



# *The Acadami*

*Ignite. Elevate. Empower.*

*Acadami Fitness*

*Foods List, 2019*

For access to our private, online Facebook group for more information please contact:

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Disclaimer: I am NOT a registered dietician; this is GENERALIZED nutrition and food information/recommendations for weight loss/healthier living.

EVERY body is different, therefore you should talk to your doctor and/or a dietician or nutritionist before changing any diet/exercise habits.

These recommendations are not meant to diagnose, treat, or prevent any kind of medical conditions.

Always talk to your doctor before including any nutritional supplementations into your diet.

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**Calorie saving options:**

**Typical -**

**Calorie Saving/Healthier option-**

<p>Whole eggs – great protein source but higher fat</p>	<p>Liquid egg whites – High protein, low fat; less calories</p>
<p>Dairy Milk – High in calories; fats and carbs</p>	<p>Nut milks such as Almond milk or Cashew milk (unsweetened) (many nutrient benefits without the calories) - Beware of oat milk, it is high in carbs –</p>
<p>Flavored oatmeal packets/pre-made overnight oats</p>	<p>Steel Cut Oats; Make with almond milk and fresh berries; honey/agave nectar; cinnamon</p>
<p>Pasta – Very high in carbs</p>	<p>Veggie Pastas: There’s SO MANY options in your frozen veggie area Veggie penne with cheese, Zoodles (Zucchini Noodles), Veggie made tots and fries</p>
<p>Mashed Potatoes</p>	<p>Cauliflower mash</p>

Rice (if regular rice, try to do brown rice/wild rice/quinoa)	Cauliflower/broccoli Rice
Bread (white or sourdough are especially high in calories)	Dave's Killer 21 Grain (thin sliced to save even more calories)
Ground beef	Ground turkey
Sweetener(s)/Sugar	Stevia/agave nectar
Coffee Creamer (super high in calories & sugar, especially for what you're getting)	Sugar free "pump" flavoring Level 1 Protein: <a href="https://1stphorm.com/collections/meal-replacement-proteins?a_aid=ami">https://1stphorm.com/collections/meal-replacement-proteins?a_aid=ami</a> Almond milk, honey/agave (small amounts)
Highly processed/farm raised fish	Wild caught, deep water fish

<p>Breakfast cereals (pretty much a bowl of sugar)</p>	<p>The best option here that I've found is buying low carb cereals online OR Honey Bunches of Oats – you get the most nutrients for the least amount of carbs/calories</p> <p>Pro tip: use almond milk instead of dairy milk OR (even better) use a protein shake – Premier Protein has some yummy flavors that go well or Level 1 or Phormula 1 mixed with almond milk then poured in would do it</p>
<p>Soda</p>	<p>Flavor your water with sugar free drops/powders like crystal light; Essential Amino Acid products are great here!</p> <p>You can do sparkling water/soda water as well if you need some bubbles</p>
<p>Refried beans Very high in fat (some)</p>	<p>You can find no/low fat refried beans; Black beans are great</p>
<p>Canned Chili</p>	<p>Turkey chili or make your own so you can control what's in it</p>
<p>Chips (empty calories)</p>	<p>Snack on almonds or you can get Quest Protein Chips</p>

<p>Cookies/brownies (high in calories, fats and carbs) Waffles/pancakes/muffins, too</p>	<p>Make your own protein cakes with Level 1, almond flour and/or Kodiak Cakes high protein mixes – this is still high in carbs but it's better</p>
<p>Candy/chocolates (sugar)</p>	<p>Best to just stay away if you can. You can do sugar free but be careful with too much, it can cause you needing to go to the restroom. Often, we crave simple sugars if our Greens/gut health is off and/or if we aren't getting enough quality carbs for fuel, so check that! Dark chocolate is best, but really not good  Best option: Delicious, chocolatey Level 1 Protein Bars <a href="https://1stphorm.com/collections/protein-bars?a_aid=ami">https://1stphorm.com/collections/protein-bars?a_aid=ami</a></p>

**Pro Tips:**

- NEVER go to the grocery store hungry; eat before you go
- Don't allow yourself to skip so many meals that you're completely FAMISHED by the time you get to eat
- Eat SLOWLY and drink lots of water before, during, and after your meals
- ALWAYS have a list of foods to get and stick to it (pre plan your meals, don't "wing it, you're more likely to grab less ideal foods that way)
- Stick to the outer aisles of the store
- Avoid canned veggies/foods; in order of good/better/best:
  - o Fresh is BEST (if you can use it before it goes bad)
  - o Frozen is BETTER (good if you struggle with foods expiring before you make them)
  - o Canned is better than nothing but not really good

Carbs should come from quality sources like veggies and fruits, but don't be afraid of brown rice/quinoa/whole grain breads – just like anything though, in moderation – TRACK!

Protein should come from lean sources like fish, chicken and turkey, but don't be afraid of red meat like steak - just like anything though, in moderation – TRACK!

Fats should come from quality sources like avocado, whole eggs, maybe some cheese – Don't forget to track your cooking aids too like butter/oil to grease the pan, butter on your toast, peanut butter is a fat (peanut butter isn't the healthiest for us. Check out some almond butter/coconut oil to sub out). Don't be afraid of them but be aware and just like anything, in moderation – TRACK!

Remember your basic portion control:

- Palm sized portion of protein
- Fist sized portion of veggies
- Fist sized portion of carbs

Goals: Always try to get lean protein in and eat your protein FIRST, then go for the veggies, LASTLY go for your carbs.

If we HAVE to do a drive through (this is not an okay to do it, it's not healthy – at all; but if you're really in a bind and have no choice):

- **Order water, not soda**
- **No fries if you can help it (if you absolutely have to, SMALL) – notice, they don't even give you small as an option. They usually say, "do you want medium or large?" – F YOU and F THAT....TRICKERY...ask for small!...don't curse them out, they are just doing their job but still.)**
  - **Del Taco: Classic chicken burrito with NO SAUCE (the more chicken and veggies, the less tortilla the better); turkey taco**
  - **El Pollo Loco: chicken black bean bowl, any of the grilled chicken options (on anything, order no corn), they have an entire "under 500 calories" menu...DO THAT**
  - **Jack in the box: Any of the chicken salads or chicken teriyaki bowl, chicken fajita pita, chicken nuggets if you must (no sauces or fries)**
  - **Taco Bell: Chicken soft taco(s); value menu tostada; taco salad (order easy cheese, easy sour cream, light beans to save on fat calories)**
  - **McDonalds: Any of the chicken salads; chicken nuggets if you must (no sauces or fries), fruit & yogurt parfait, plain (no cheese or bacon) breakfast biscuit or mcmuffin (any egg white option for those is better)**
  - **Burger King: Any of the chicken salads, grilled chicken sandwich, chicken nuggets/chicken fries if you must (no sauces or regular fries), chicken jr or spicy chicken jr**
  - **KFC: Kentucky Grilled Chicken, Sides of veggies like green beans, popcorn chicken**

**If you have a favorite fast food place or run into one that you have to use that I have not listed, please let me know and I'll add it!**

**In order of which has the most, healthier options:**

**El Pollo Loco**

**Jack in the box**

**McDonalds**

**Burger King**

**Del Taco**

**KFC**

**Taco Bell**

- **Remember that fats carry 9 calories per gram whereas carbs carry 4 so all the things covered in cheese or things like quesadillas are carrying A LOT of calories from the cheese plus meat plus tortilla –**



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