

THE HIGH-ENERGY DIET

Stick to High Energy foods
for 80% of your Diet.

- High Energy**
- Medium Energy**
- Low Energy**

Use these calculations as a starting
point for how many calories to eat.

- Fat Loss** **BW x 12**
- Maintenance** **BW x 14**
- Weight Gain** **BW x 16**

High Energy

- Lean Ground Beef

Chicken Breast

Lean Ground Turkey

Lean Ground Bison

Sirloin Steak

Wild Salmon

Shrimp

Oysters

Mussels

Milk
- Gelatin

Lamb

Whey Protein

Collagen Protein

Greek Yogurt

Cottage Cheese

Beef Liver

Beef Heart

Beef Kidney

Whole Eggs

Medium Energy

- Pork

Chorizo

Ribs

Ribeye Steak

Sardines

Mackerel

Chuck Roasts

Chicken Wings

Fatty Ground Beef

Chicken Thighs

Farmed Salmon

Filet Mignon

Low Energy

- Soy Protein

Pea Protein

Processed Meats

Fried chicken

Plant-Based Alternatives

Hot Dogs

Bacon

Protein Bars

Protein

Fats

Carbohydrates

- Grassfed Butter

Grassfed Ghee

Coconut Oil

Cocoa Butter

Beef Tallow

Extra Virgin Olive Oil

Macademia Nuts

MCT Oil

- Almonds

Brazil Nuts

Palm Oil

Dark Chocolate

Nut Butters

Half & Half

Heavy Cream

Avocados

Cheese

- Canola Oil

Grapeseed Oil

Soy Oil

Sunflower Oil

Sunflower Seeds

Cookies, Pastries, Cakes

Fast food

- Oranges

Apples

Berries

Peaches

Carrots

Sweet Potatoes

Russet Potatoes

Basmati Rice

Papaya

Pineapple
- Kiwi

Cantaloupe

Plaintains

Bananas

Cherries

Zucchini

Squash

Beets

Oat Bran

Raw Honey

White Mushrooms

- Asparagus

Spinach

Lettuce

Bell Pepper

Broccoli

Cauliflower

Brussel Sprouts

Beans

Bok Choy

- Sodas

Chips

Biscuits

White Bread

Baked Goods

Crackers

Cereals

Candy

Processed Whole Grains



Need personalized, 1-1 support to restore your energy levels?

email me "ENERGY" at nick@thenickrideout.com to get started.