

THE WISEGUY WAISTLINE

THE NUTRITIONAL GUIDE

Phase 1 — the foods that fuel the family. Eat real, whole food at every meal. No starving, no gimmicks. This is the list.

01 FRUITS & VEGETABLES

All fruits and vegetables are allowed and encouraged — fresh or frozen. Eat them liberally and at most meals: aim for at least 2–3 servings of fruit and at least 5 servings of vegetables each day. Eat potatoes less often, 2–3 times per week.

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|-------------------------------|----------------|--------------------------|
| • Apple | • Melons | • Green beans |
| • Apricots | • Peaches | • Leafy greens |
| • Avocado | • Pears | • Mushrooms |
| • Banana | • Pomegranate | • Olives (any variety) |
| • Berries | • Beets | • Onions (any variety) |
| • Cherries | • Bell peppers | • Peas |
| • Citrus fruits (any variety) | • Carrot | • Potatoes (any variety) |
| • Figs | • Corn | • Tomatoes |
| • Grapes | • Eggplant | • Zucchini |

02 BREADS, GRAINS & STARCHES

Eat carbohydrates at every meal. Choose complex, whole-grain sources — they're less processed and carry more fiber and nutrients than refined versions.

- 100% whole grain bread & crackers
- Barley
- Brown or white rice
- Buckwheat
- Bulgur wheat
- Couscous
- Gluten-free pastas (if sensitive)
- Grits
- Millet
- Oats (any whole grain variety)
- Orzo
- Pasta (whole wheat, low carb, or semolina)
- Polenta
- Popcorn (air popped)
- Quinoa

03 NUTS & SEEDS

Eat up to 2 servings daily. Each serving is 30 grams (1 ounce).

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Hazelnuts
- Hemp seeds
- Nut butters
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds (pepitas)
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts

04 BEANS & LEGUMES

Eat 2–3 times each week in ½-cup servings.

- Black beans
- Black-eyed peas
- Broad beans
- Cannellini beans
- Fava beans
- Garbanzo beans (chickpeas)
- Gigante beans
- Great Northern beans
- Kidney beans
- Lentils
- Navy beans
- Peas
- Pinto beans
- Refried beans
- Soybeans

05 EGGS, MEAT, POULTRY, FISH & SEAFOOD

Remove the skin when possible and choose leaner cuts such as the loin or round.

- Albacore tuna
- Beef
- Chicken
- Clams
- Cod
- Cornish hens
- Crab
- Lamb
- Lobster
- Mussels
- Pork chops
- Salmon
- Sardines
- Shrimp
- Trout
- Turkey
- Wiseguy Protein Drink (for additional daily protein)

06 DAIRY & CHEESE

Two servings each day — full and/or low-fat. Eat high-saturated-fat dairy like butter, cream, and ice cream sparingly.

- Blue cheese
- Brie
- Chevre
- Cottage cheese
- Feta
- Goat cheese
- Gorgonzola
- Kefir
- Manchego
- Milk
- Mozzarella
- Parmigiano-Reggiano
- Pecorino
- Ricotta cheese
- Swiss cheese
- Yogurt (regular or Greek)
- Wiseguy Protein Drink (for additional daily protein)

07 OILS & VINEGARS

Choose extra virgin olive oil for the most health benefits — use it daily and at every meal.

- Apple cider vinegar
- Avocado oil
- Balsamic vinegar
- Canola oil
- Extra virgin olive oil
- Red wine vinegar
- White wine vinegar

08 BEVERAGES

Stay hydrated. Keep added sugar out of your drinks.

- Coffee
- Tea
- Water (plain or sparkling — no sugar)
- Wiseguy Protein Drink

The Wiseguy Protein Drink can be used at any meal for additional daily protein.

WISEGUYWORKOUTS · BUILT IN THE TRENCHES