

# FUEL4 THE FIGHTER

Smarter. Stronger. Faster.

FUEL4THEFIGHTER.COM

If you are looking for ideas on what great foods to eat that are close to the source, here is just a partial list to give you some ideas.

## GENERAL

Here are just some basic food groups that you can eat.

- **Pasta:** Any kind.
- **Beans:** Cooked beans of every kind used in baked beans, chili, burritos and wraps, etc. Lima beans, green beans, garbanzo beans, soy beans, you name it. Lentils in particular are simple to cook and a great source of protein. Tofu is a bean curd made from soybeans and high in protein and has no flavor, so works great when added to sauces or seasoned. Tempeh is another very healthy soy product and can be used in place of meat when cooking, as can Seitan, which is made from wheat protein (*gluten*).
- **Grains:** Cooked grains like all the kinds of rice (*brown being better than white*), bulgar wheat, oatmeal, etc. Quinoa great high protein grain that is easy to cook up.
- **Breads:** Breads of every kind- Sourdough, Rye, French, Whole Wheat, Bagels, English Muffins, Pita. You can use tortillas, chapatis or lavosh for wraps.
- **Nuts:** Nuts of all kinds and all the products made from them (*peanut butter, almond butter, cashew butter, hazelnut butter etc.*) are great sources of protein. And don't forget all the natural fruit preserves and jams (*including also fresh sliced fruit*) that work well with nut butters on sandwiches.
- **Salads:** Salads with every vegetable you can think of- spinach salads, mixed green salads, grilled vegetable salads, greek salad, bean salads- the list is endless. If you prepare yourself, you can include Romaine lettuce, butter leaf lettuce, green leaf lettuce, spinach, carrots, cucumbers, cherry tomatoes, sliced tomatoes, mushrooms, olives, green and red bell peppers, red and white cabbage, sprouts, seeds like sunflower seeds, celery, squash, etc. Chick peas (*also called garbanzo beans*) and kidney beans are great sources of protein and are present in most store salad bars.
- **Fruits:** All fruits, fruit salads, dried fruits like raisins, fruit juices and shakes, including bananas, green and red apples, strawberries, watermelons, cantaloupes, honeydew melons, oranges, grapefruits, grapes, cherries, figs, dates, tangerines, blueberries, raspberries, blackberries, etc.
- **Cereals:** Cereals of every type, including granola, corn flakes, oats, bran flakes, etc.
- **Milks:** Soy milk, almond milk, rice milk, oat milk and many others are now widely available for use on cereals and in smoothies.

## AMERICAN

- **Veggie burgers, veggie dogs, and veggie sandwich slices:** Brands of substitute meats are listed [www.fuel4thefighter.com/meat-substitutes](http://www.fuel4thefighter.com/meat-substitutes). Meat substitutes can be really good. Seitan, made from soy, is also an easy substitute for meat in cooking.
- **Vegetables:** All the normal vegetable dishes, baked potato; mashed potatoes; steamed green beans, corn on the cob, peas, carrots, broccoli, cauliflower, beets, artichokes, mushrooms, sweet potato, squash, etc., etc.

...American Continued:

- Nut and vegetable casseroles (*more for if you cook at home*)
- Stuffing

## **ITALIAN**

**You have tons of great tasting options at an Italian restaurant.**

- **Pasta:** All pastas are fine - spaghetti, linguini, rotelli, fettucini, angel hair, tortellini, shells, rigatoni, etc. Just order them with a marinara sauce, and ask for vegetables to be included. Other sauces would be pesto, puttanesca, and Alfredo (*which contains dairy*). For example: \_Angel hair pasta in a garlic marinara sauce with olives, sun dried tomatoes, and grilled porabello mushrooms; Baked tortellini with eggplant and mushrooms; Fresh tomato, arugula and artichoke pasta; Fettucini with asparagus and sun dried tomatoes, etc.
- Vegetable Lasagna
- Risotto (*rice and vegetables*)
- Ravioli
- Eggplant dishes with a marinara sauce

## **MEXICAN**

**Mexican is great because you get the mix of beans and rice which is a great protein combination, plus you get lots of great tasting options.**

- Burritos with beans, cheese (*if you want*), rice, grilled vegetables, salsa
- Tostadas
- Corn or flour tortillas
- Tacos hard or soft shell with beans, rice, cheese (*if you want*), lettuce, and salsa
- Stuffed peppers
- Enchiladas

## **CHINESE**

**Chinese is so easy to do with less meat. Almost any dish on the menu can be made with no meat, or with tofu instead.**

- Any stir fry with any vegetables including tofu
- Mu shu vegetables
- Fried or steamed rice with vegetables (*steamed is better for you*)
- Spring and egg rolls (*spring rolls are better for you because they are not fried*)
- Chow Mein, Lo Mein, or other noodle dishes.
- Any wok fried vegetable dishes with brown sauce, sweet and sour sauce, garlic sauce, etc.

## **INDIAN**

**Indian food is off the hook. There is a huge variety of great tasting sauces and spices, and after all millions of people live long lives in India never eating meat at all, so you have tons of awesome menu choices at an Indian restaurant. You can order pretty much everything on the menu, and if it is made with chicken, you can ask the kitchen to swap that out.**

- Chana Masala (*chick peas with vegetables in a red sauce*)
- Dal (*lentil stew*)
- Vegetable Samosas
- Kofta (*vegetable balls*)
- Basmati rice and Briyani
- Aloo Gobi (*cauliflower and potatoes*)

...Indian Continued:

- Aloo Mataar (*potatoes and peas curry*)
- Mushroom Mataar
- Palak (*spinach*)
- Mater (*peas in a curry sauce*)
- Nan, Papadam, and Chapati breads
- Dosa (*large pancake wrap filled with vegetables and a variety of sauces*)
- Uttapam (*thick rice pancake filled with all sorts of vegetables*)

## **JAPANESE**

**Japanese food has many options. There are lots of tofu dishes and lots of great tasting vegetable dishes.**

- Sushi rolls with any mix of vegetables (*rice, avocado, cucumber, carrots, etc.*)
- Any tofu dish (*steamed or fried though steamed is better for you*)
- Edamame (*steamed soybeans in the shell*)
- Miso soup
- Cucumber salad and any other vegetable salads
- Tempura with vegetables
- Soba noodles (*high protein buckwheat*), or Udon noodles

## **THAI**

**All Thai food can almost always be order with vegetables and tofu.**

- Pad Thai with vegetables and tofu
- Pad See You (*flat rice noodles with broccoli and tofu in a garlic sauce*)
- Praram tofu (*tofu and sauteed spinach in a peanut sauce*)
- Spicy tofu dishes
- All vegetable and tofu dishes with red, yellow or green curry
- Tom Kha Pak and Tom Yam Pak soups (*coconut milk lemongrass soups with vegetables and tofu*)

## **MIDDLE EASTERN**

**Middle eastern restaurants have lost of great non-meat dishes including high protein humus.**

- Falafel with mixed vegetables in a pita pocket
- Cous Cous (*high protein grain salad*)
- Humus
- Babganoush (*eggplant*)

## **DESERTS**

**This is easy. Almost no deserts contain meat, and many cakes, sorbets, and pies don't contain dairy. But go easy on the deserts fighters, and stick to fruit salads and fruit shakes.**

*Smarter. Stronger. Faster.*