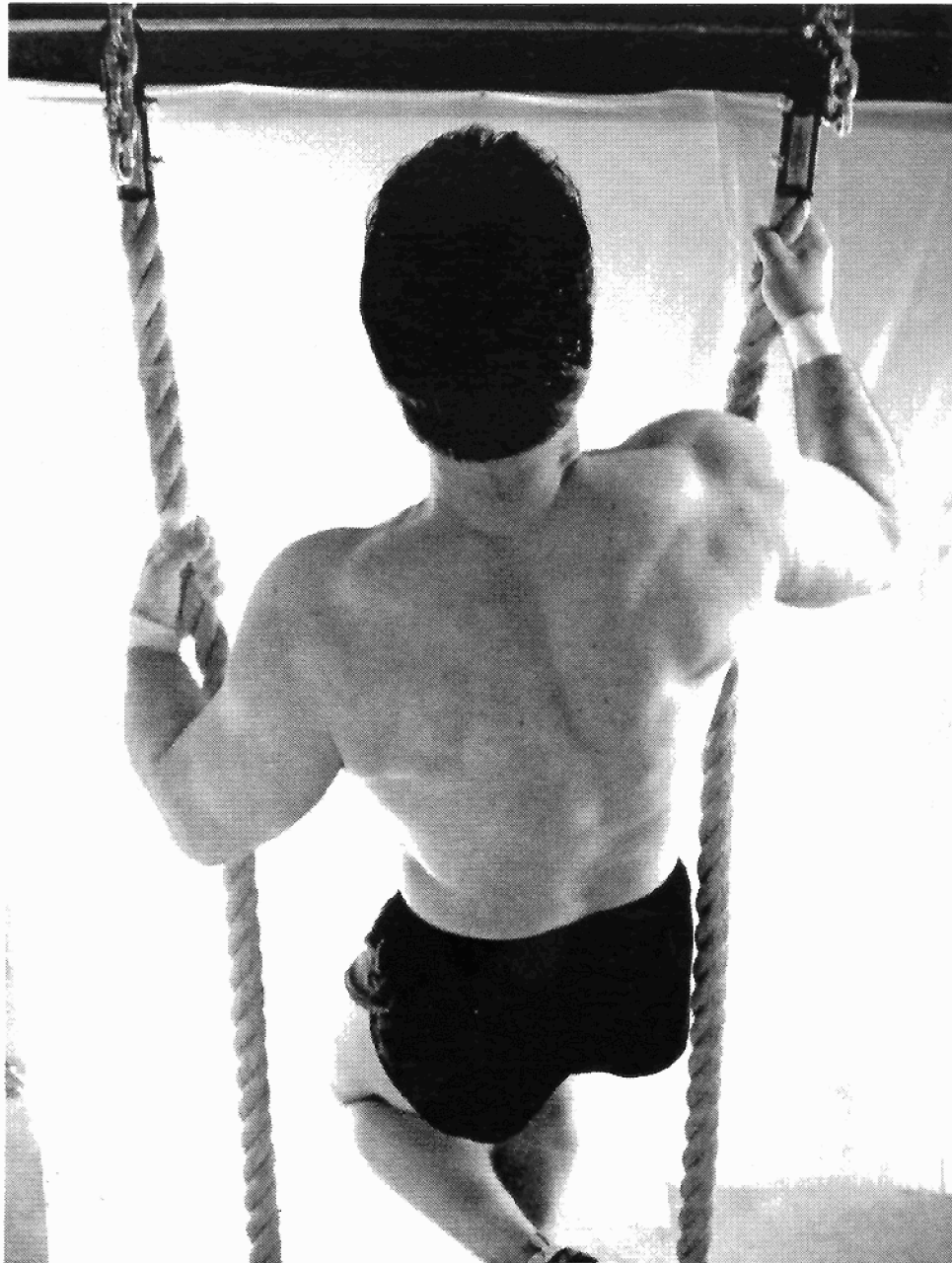


# THE DINOSAUR SUPER STRENGTH HEALTH AND MUSCLE BUILDING DIET



BY  
BROOKS D. KUBIK

## DEDICATION

To my beautiful wife, Trudi, who is the best cook in the entire world.  
Thanks for keeping me strong and healthy!

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## DISCLAIMER

The author is not a medical doctor, and the information and advice contained in this book are not intended as medical advice. The reader is urged to consult with his or her personal physician before following the advice in this, or any other book, manual or course dealing with diet and nutrition. This is particularly important for anyone with any sort of chronic medical condition.

## **WHAT THIS COURSE WILL DO**

This course will teach you what to eat (and what not to eat) in order to derive maximum results from any strength training program that you may follow.

Specifically, this course will teach you what to eat (or not eat) to achieve:

- maximum muscular development
- maximum strength and power
- minimum body-fat
- unlimited energy
- great endurance
- superb over-all condition
- mental alertness
- lifelong health and fitness.

## **IT'S NOT ROCKET SCIENCE!**

I'm going to present his material in ordinary English. I won't bore you with long-winded scientific or technical speak, with medical jargon or with anything similar. I'm just going to tell you, in plain and simple terms, what you should eat and what you should not eat.

But make no mistake about it. The information contained in this course is among the most important information you've ever read. It can literally change your life. It can transform you. It is absolutely imperative that you **READ, GRASP and APPLY** this information.

What you eat directly controls the results that you will obtain from your training. You can train daily, applying yourself as hard as possible in your workouts, but if you fail to follow the proper diet you will achieve far less in the way of results than you would have achieved had you combined correct training with a correct diet.

It's just that simple, and there's no two ways about it.

Thankfully, proper nutrition for strength training and muscle building is **NOT** rocket science. Nor does it require that you eat bland, boring meals, that you go hungry all the time, that you starve yourself, that you live on brown rice and baked chicken breasts, that you eat nothing but protein, that tuna fish becomes your constant companion (if not your best friend), that you swap your steak for tofu, or that you load up on esoteric oddities with unpronounceable names. I'm not going to ask you to live on carrots, kefir and bean sprouts. Nor am I going to tell you to eat a pound of liver or two dozen eggs for breakfast, cram 300 or 400 grams of protein per day down your gullet, or drink a gallon or two of whole milk each day, as various "experts" have advocated

in articles published in muscle magazines over the years. We're going to keep this discussion in the world of common-sense and forget about the muscle-media silliness that has been floating around out there for at least the last sixty or seventy years.

Here's what to do, and it's very simple. I'm going to break it into 15 simple points.

# **1. Eat five to ten servings of fresh fruits and vegetables every day.**

Fruits and vegetables are absolutely essential for health, strength and muscle building. Fruits and vegetables are your primary sources of vitamins, minerals, and anti-oxidants. (See point no. 6 for more about anti-oxidants.)

Fruits and vegetables also supply high quality carbohydrates for energy, as well as fiber for regularity and digestive health.

Beginning in the 1960's, and continuing to the present under a variety of different names, there have been a variety of diets that emphasized "low carb" meals. In the 1960's, the muscle magazines talked about "the meat diet" and "the meat and eggs diet," which were supposed to allow you to simultaneously build huge muscle mass while burning off every last shred of fat for "maximum muscularity, cuts and definition."

These diets are absolutely to be avoided!

Think of them as the "UN Diet" – and no, that doesn't refer to the United Nations.

The "UN-Diet" is:

UN-balanced

UN- healthy

UN-productive

UN-scientific

UN-necessary

There is absolutely nothing wrong with "carbs." HOWEVER, there is a HUGE difference between healthy carbs and unhealthy carbs. Fresh fruits and vegetables provide healthy carbs. So do whole grains. (See point no. 3)

The wrong kind of carbs are the "empty calories" you find in processed flour products and in anything loaded with white sugar or its evil twin, corn syrup.

Interestingly, you can load up on fresh fruits and vegetables while eliminating products made with white flour and sugar and end up eating FEWER total grams of carbohydrates than if you followed the typical white flour and sugar diet. But because you are eating HIGH QUALITY carbs, you'll actually have more energy than if you were loading up with two or three times as many carbs, but getting them from "empty calories."

But let me offer a few words of common sense advice. If you've not been eating five to ten servings of fresh fruits and vegetables per day (and few do), start slowly and gradually build up to the recommended amounts. Otherwise, you'll overload your digestive system and end up with a serious case of "the runs" – and I'm not talking about wind sprints!

So use your head. Do this.

For breakfast tomorrow morning, have a small serving of fresh fruit. That's better for you than fruit juice because the fruit takes longer to digest. Fruit juice causes a sudden spike in your blood sugar because your body absorbs it so quickly.

Berries are excellent at breakfast. Blueberries, blackberries and raspberries are particularly good because they contain a wealth of anti-oxidants.

If you eat oatmeal (an excellent idea – see point no. 3), add fresh fruit to your oatmeal.

At lunch, have a small salad made of mixed salad greens (not iceberg lettuce) and a small or medium baked potato.

Put a small amount of butter (not margarine – margarine is evil; see point no. 8) on the baked potato. Skip the sour cream – it provides nothing but empty calories, and empty calories go right to your waistline.

Use a small amount of salad dressing on your salad. Try to use a salad dressing that is made from olive oil. Shop around a bit. Read the labels. Italian, Greek and oil and vinegar dressings are best.

Avoid the creamy dressings.

Most people use iceberg lettuce in their salads. Iceberg lettuce is a nutritional zero. It is not bad for you, but it doesn't provide anywhere near the nutrients that you get from spring mix or mixed greens. Some stores sell salad greens with fresh herbs (in leaf form). These are excellent.

Learn to shop for food and prepare meals based on the "Kubik Color Principle." The Kubik Color Principle is simple to use, and works better than if you carried a nutritional almanac or a registered dietician with you at all times.

Here's the Kubik Color Principle:

*"Choose foods with deep, rich colors, and eat as many different colors of food as possible at every meal, and over the course of every day."*

When you apply the Color Principle to salad selection, you can see at a glance that spring mix or mixed greens are more colorful, and thus, to be preferred, over iceberg lettuce. And guess what? If you compare the nutritional content of the two products, the mixed greens or spring mix are far superior.

If you get hungry in the mid or late afternoon, have a small snack. One or two pieces of fruit are perfect. So is a piece of fruit and a small piece of cheese, fresh fruit and yogurt, or some fresh fruit and cottage cheese.

At dinner, have two steamed vegetables. One of them should be a dark green vegetable, such as broccoli, spinach, kale, chard, dandelion greens, Brussels sprouts, beet greens, or collard greens. The other should be a different color: carrots, beets, cauliflower, purple cauliflower, red pepper, yellow pepper, acorn squash, winter squash, zucchini, tomato, or purple cabbage. If you prefer, have another salad made of spring mix or mixed greens, and a single cooked vegetable.

Another possible dinner combination is a salad made of spring mix and a small or medium baked potato or sweet potato.

Now, here's the fun part. The following day, try to have DIFFERENT fruits at breakfast and for snacks, and DIFFERENT vegetables at dinner. Keep a written record, and see how many different fruits and vegetables you can eat over the course of the week.

As time passes, gradually increase the amount of fruits and vegetables in your diet by adding first one, and then two steamed vegetables at lunch, and by adding first one and then two steamed vegetables at dinner time.

Over the course of the next three to six months, you'll work up to the point where you are having five to ten servings of fresh fruits and vegetables each day without even thinking about it, and you'll start to wonder where all the extra energy is coming from. You'll be leaner, harder, more muscular, much stronger and far better conditioned than you are now — and when you stop and think about it, you'll quickly see that loading up on fresh fruits and vegetables was one of the very best things you ever did for yourself.

## **2. Eat high quality protein at every meal.**

Protein builds muscle. Carbohydrates provide energy for training, and protein provides the nutrients your body needs to recover from a hard workout by rebuilding the muscle tissue that you tear down in your training.

How much protein do you need?

The answer is, "More than most people, but not nearly as much as the muscle media would have you believe."

There are weight trainers, bodybuilders, powerlifters, Olympic weightlifters, strongman competitors, martial artists, football players and other athletes who regularly eat 200, 300 or even 400 grams of protein each and every day – because the muscle media has convinced them that they need to do so in order to build strength and muscle.

This is an example of typical BAD THINKING based on the logical fallacy, "If some is good, more is always better, and twice as much is twice as good." In fact, there is an optimum amount for anything that you can put into your body. Many medicines are virtual wonder drugs if taken in the right amount, but deadly poisons if taken in excessive dosages.

MORE protein is NOT the answer to building strength and muscle. Yes, you need plenty of high quality protein, but you do NOT need ridiculously excessive amounts of protein.

Excessive protein overloads the kidneys and upsets the digestive processes. It slows you down. Makes you sluggish. Makes you lazy. Makes you fat.

So how much protein do you really need? Here's a rule of thumb for determining how much protein your body really needs every day:

1. Divide your bodyweight in pounds by 2.2. This gives you your bodyweight in kilos.
2. One gram of protein for every kilo of bodyweight is about right for a typical man with moderate activity levels. (Note: If you are carrying extra lard lumps, the ratio will be off. The 1:1 ratio is based on a normal bodyweight, not on an excessively fat bodyweight.)
3. Add 50% if you are in hard training, if you have extremely large muscle mass (not bodyweight, but muscle mass), or if you are trying to increase your muscle mass by 10 or more pounds.
4. Add 10-20% if you are under 25 years of age.
5. Subtract 10-20% if you are trying to lose 20 or more pounds.
6. Subtract 10-20% if you are over the age of 40.
7. Subtract an additional 5-10% if you are over the age of 50.

In my own case, here's how the formula works:

1. Current bodyweight 220 pounds
2. 220 divided by 2.2 equals 100
3. Add 50% due to hard training and large muscle mass ... i.e., add 50 grams per day
4. Not applicable.
5. Not applicable.
6. Subtract 10-20% due to age (48) ... i.e., subtract 20-40 grams per day.

RESULT: Optimal protein intake equals 110 to 130 grams per day.

How does the formula match up against my actual protein in-take? Well, check this out. My typical daily intake is something like the following:

Breakfast – 20-25 grams of protein

Lunch – 40-50 grams of protein

Dinner – 50-60 grams of protein

TOTAL: 110 to 135 grams of protein

Is that enough? Well, at age 48, I'm still building muscle and adding strength to my 220 pound body.

**Remember, TRAINING STIMULATES MUSCLE GROWTH.** Protein does not CAUSE muscle growth. It merely allows growth to occur. If you are training the right way, you will build plenty of muscle on a diet that is high in protein, but not excessively high. And by avoiding an excessively high protein diet, you'll be far, far healthier. You're not just training for strength and muscle, you're training for lifelong health and fitness.

And in that regard, let's address several important topics.

First, drop the fried foods. Grill, bake and broil your protein. Fried foods merely add dangerous, artery-clogging fats to your diet.

Second, don't cover your protein with sauces, oils, or anything else that adds unnecessary fat to your diet.

Third, be careful with seafood. The ocean is inundated with manmade chemicals and pollutants, and seafood is not nearly as healthy as it once was. In fact, many types of fish and seafood contain dangerous levels of mercury, which can cause severe health problems. Does that mean you should skip the tuna fish? Unfortunately, it does. At least on an every day basis. Once or twice a week is probably ok.

Fourth, shop for quality. Lean cuts of meat are far better for you than fatty cuts. Look for cuts that LOOK appetizing. Red meat should be exactly that – RED. (Remember the Kubik Color Principle. It applies to meat as well as fruits and vegetables.)

Fifth, avoid processed meats. They're made with the left-over parts of the animal – snouts, ears, intestines, whatever can't be sold unless it is ground up and packaged as a processed delicacy – and they are loaded with salt, preservatives, food coloring and chemicals. They are typically low protein and high fat.

Sixth, try buffalo. It's far leaner than beef, and far better for you.

Finally, if at all possible switch NOW to organic meats, poultry and fish. Ordinary meat and poultry are loaded with chemicals, colorings, steroids, growth drugs, hormones and antibiotics. They can cause all sorts of serious health problems, including cancer. Organic meats and poultry

are raised without dangerous chemicals, steroids, hormones, or similar contaminants. Your overall health and fitness will sky-rocket if you switch from CHEMICAL foods to NATURAL foods. (See point no. 11 for more information on chemicals in foods.)

### **3. Eat natural, unprocessed foods, including organic foods if at all possible.**

Part of the secret of eating healthy meals is to avoid the stuff that's UN-healthy. Or to put it in blunt terms, if you want to live a long, happy, healthy life, don't eat things that will kill you.

In the modern world, you can group foods into two broad categories: (1) processed, and (2) unprocessed. All processed foods start as unprocessed, and go through a series of add-ons, add-ins and add-to's. And the things they add to foods in the processing process are killers. The more processing, the more salt, sugar, corn syrup, chemicals, coloring, dyes, and preservatives are added.

Take an apple, for example.

A raw apple is an excellent food. Totally natural. Unprocessed. No salt, no sugar, no trans-fat, no white flour, no preservatives, no dyes or food colors. You get 20-25 grams of high quality, slow burning carbs that can keep you going for a long time without feeling hungry. You can grab an apple as a mid-afternoon snack, finish the work-day, and go train hard for an hour or 90 minutes and not feel hungry even if you train right through the dinner hour. And you get tons of nutrients. It's a great investment – you get an outstanding nutritional return on 80 to 100 calories.

Now take apple juice. Apple juice is made from apples, water, preservatives, food coloring, and tons of white sugar or corn syrup. It's about as good for you as guzzling soda-pop. (Compare the calorie content on the nutritional labels. A glass of apple juice has almost as many calories from white sugar or corn syrup as does a glass of soda pop.) Because the sugar content is so high, you get an immediate jump in blood sugar – followed by an inevitable drop in blood sugar an hour or two later. The drop in blood sugar leaves you hungry, so you go grab something to eat. It's a way of adding calories on calories. (Of course, for the food industry, it's a way of assuring that people are hungry all day long no matter how much they are eating.) And apple juice has LESS nutritional benefit than an apple, because many of the nutrients are destroyed in the course of the processing. Heat and pasteurizing kills them.

Now take apple pie. Apple pie is made from apples, sugar and/or corn syrup, white flour, trans-fats, artificial colors, artificial flavors, and tons of chemicals and preservatives. Take a slice of apple pie, and you're having 250 to 400 calories, almost all of them from white flour, trans-fat, white sugar and corn syrup. Those are empty calories with ZERO nutritional benefit. They will cause your blood sugar to sky-rocket, and then crash. You'll be hungry again in an hour.

Processed foods are slow death.

Why put your strength, health and fitness at risk just to fatten the already-bulging bank-accounts of the food giants?

Eat these foods, and NOTHING ELSE:

1. Fresh fruits.
2. Fresh vegetables.
3. Unprocessed meats, poultry and fish. (Steaks, roasts, chops, poultry, and other things that you roast, grill or broil, as opposed to lunch meat, sausage, pre-packaged “patties,” “chicken fingers,” anything that comes in a box, jar or can, or anything you pop into the microwave.)
4. Milk and dairy products.
5. Oatmeal, brown rice, and other whole grains.
5. Whole grain breads, made without using any white flour, white sugar, corn syrup or trans-fats.
6. Eggs.
7. Fresh vegetable juices and fresh fruit juices, made at home with a juicer, with no added sweeteners.

When you shop at a grocery store, stick to the perimeter as much as possible. Grocery stores tend to place all of the unprocessed foods on the perimeter of the store, and fill the aisles with the processed stuff. In a very real sense, the most important health walk you can do is the walk around the perimeter of the grocery store. Walking down the aisles is dangerous. For some, it can be downright deadly.

If you’re really serious about improving your strength, health and fitness – and especially if you need to lose weight – start by using the Trash Bag Method.

Grab a couple of heavy-duty trash bags, and clean out your refrigerator, freezer and kitchen shelves. Keep the un-processed foods (if you have any). Pitch the other stuff. Then go to the grocery store and load up on REAL food. Remember, if it’s not there, you won’t eat it. So dump the junk.

#### **4. Include several servings of whole grain products each day.**

When we’re talking about whole grain products, we’re talking about complex carbohydrates. So once again, let me repeat a very important message. It’s time to get real about carbs.

Forget the zero carb diet books, forget the zero carb diets the bodybuilders follow, and forget anything you ever read or heard about grain products being bad for you. That’s marketing propaganda from the diet industry.

You NEED whole grains in your diet for maximum strength, health and fitness.

Whole grains build strength, health and power.

Whole grains are **GOOD** for you.

Whole grains help to lower your blood pressure, increase your “good” cholesterol, decrease your “bad “ cholesterol, unclog your arteries, avoid strokes and heart attacks, and reduce your risk of certain types of cancer. They are loaded with vitamins, minerals and other nutrients.

Of course, there is a world of difference between whole grain products and white bread and other refined products made with white flour. White bread and other products made with highly processed white flour do none of the good things that whole grain products do. They merely add empty calories to your diet. If they are made with trans-fats, they clog your arteries, throw your cholesterol out of whack and increase your risk of a heart attack. Adding vitamins and minerals to white bread and calling it “enriched” doesn’t make it any better for you – it’s still a non-food that does nothing for your health and fitness.

So stay completely away from white bread and any products made with refined grains.

Here’s what I want you to do. Include two to four servings per day of whole grains. Try oatmeal in the morning, perhaps with a piece of whole grain toast. Have another piece of whole grain bread at lunch, and have some brown rice, wild rice, barley or couscous at dinner. Or have oatmeal in the morning, brown rice at lunch, and barley or couscous at dinner. There are many different ways to make it work.

The point is simply this: whole grains are good for you. Eat them in moderation, but eat them. They are an essential part of a healthy diet.

## **5. Drink plenty of water.**

This one’s pretty simple. For peak performance, you need to be well hydrated. That means, drink 8 glasses of water per day. Spring water is best, by far. Tap water in almost all cities is loaded with chemicals.

I know that some of you will say, “Who says?” or “Prove it!” or “Why EIGHT glasses of water?”

I’m not going to argue with you.

Instead, I want you to do the following:

For the next four weeks, gradually up your water intake to a minimum of 8 glasses of pure, spring water every day. You can drink other liquids, but don’t count them. Just count the spring water.

After you work up to 8 glasses of spring water per day, stay at that level of water intake for four weeks.

At the end of the four week period, see how you feel. Compare THEN to NOW. Check your training log. Look at what happens to your strength and conditioning. Check the mirror. See how your appearance changes.

The YOU decide whether to make those 8 glasses of water part of your daily routine for the rest of your life.

By the way – I’m suggesting this experiment because I did exactly the same thing. Saw the results. Reached my own conclusions. And guess what – I’ve got 24 bottles of spring water in the corner of my study as I sit here at the keyboard. I want them at easy reach. They’re that important.

## **6. Eliminate excess fat and eliminate ALL trans-fats.**

The typical modern diet is loaded with two of the most dangerous substances you can eat: fats and trans-fats.

The typical modern man is large, round, soft and fat. He’s weak, he tires easily, he has no energy he is unhealthy, and he dies young or lives an unhappy life with a variety of chronic medical problems.

And guess what – there’s a direct correlation between the modern, high-fat diet and the pathetic physical condition of the average modern man.

If you want to get into terrific physical condition, with large, powerful muscles and minimal levels of body-fat, you need to cut fats down to a minimum.

That’s all there is to it.

A single gram of protein or carbohydrate contains four calories. A single gram of fat has NINE calories – that’s more than two times as much.

And because fat is dense, you can a lot of it very quickly – before you even begin to feel “full”, you may have gobbled 1,000 to 2,000 calories.

The problem is compounded when you eat fried foods, because the frying process coats the food in fat, giving the same caloric effect as if you were slathering every bite you ate with a large spoonful of oil.

Here’s a simple tip that will cut off the pounds and keep them off:

*“Bake, broil, steam, grill or poach your food – never fry it. The only exception is stir-fried vegetables, using only a tiny amount of olive oil on the bottom of the pan.”*

But don’t stop there. When you serve your foods, use only minimal amounts of butter or salad dressing. Don’t ruin a piece of whole wheat toast or a potato by covering it with two or three tablespoons of butter. And never transform a healthy plate of fresh vegetables or a green, leafy salad into a fat-forming monstrosity by coating the veggies in butter or drowning the salad with salad dressing.

Have you ever seen a fat person eat at a salad bar? They almost always cover their plate with salad dressing – at a whopping 100 calories per tablespoon.

Then there's the issue of trans-fats. These are man-made fats used by the food industry because they keep better and cost far less than butter or olive oil. Trans-fats can kill you. They simultaneously increase your bad cholesterol and decrease your good cholesterol. The end result is that your body becomes a walking time bomb – an artery-clogged heart attack waiting to happen.

Margarine is made from corn oil and soybean oil. Trans-fats. Very, very bad for you. Drop the margarine NOW. Use butter on toast or baked potatoes (or even better, use some crumbled cheese on your baked potato – you get more flavor, some high quality protein, calcium and other minerals, with less fat and fewer calories).

Trans-fats are easy to identify. They are “hydrogenated.” If the label says “hydrogenated” don't eat it. Don't even bury it in the back yard – your dog might dig it up and eat it, and that's not fair to the poor critter.

Processed foods are almost always loaded with fat.

Remember, fats are cheap. They are easy to use in food processing. They are addictive. Once you get hooked on them, you crave them – especially when they are combined with white sugar.

Two final points. When you shop for meat, always purchase the leanest cuts that you can afford. As I noted before, buffalo is excellent.

When you purchase eggs, try purchasing eggs from free range chickens. These are lower in saturated fats and cholesterol than ordinary eggs from hens trapped in tiny cages in the mass production egg factories that have replaced real farms all across North America. They are far healthier and better for you – and they taste much better.

## **7. Eliminate sugar.**

I'm going to give you a quick, ten minute workout that will help you to drop many, many pounds of dangerous, ugly flab.

Go to your kitchen.

Collect all the following items:

White sugar

Brown sugar

Honey

Molasses

Maple syrup

Corn syrup

Cookies

Cake

Pie

Ice cream

Popsicles

Sherbet

Frozen yogurt

Pudding

Jell-O

Donuts

“Food bars”

“Energy bars”

Soft drinks

Candy

Drink mixes

Fruit juice (unless it is 100% sugar free, and that means 100% “corn syrup free”)

Canned fruits

Chocolate milk or other types of sweetened milk

Sweetened yogurt

Processed breakfast cereal

Anything else containing sugar or corn syrup

Take all of the above, throw them into a trash bag, dump them in the trash, and never, ever, buy, use, make or eat them ever again.

Let me be very blunt. Sugar adds **NOTHING** to your diet. All it adds are pounds and inches of flab.

Do you want to feel better, look better, work better, train better and be two or three times healthier than you are now?

**THEN DROP THE SUGAR!**

Stop eating the stuff!

It is poison.

It is addictive.

It causes disease.

It causes poor health.

It leads to diabetes.

It condemns you to living an entire life-time trapped in a prison of sugar-calorie fat.

Do you want to go through life feeling and looking only half alive – knowing that sugar is the cause?

Or do you want to drop the stuff now, cut it out of your diet forever, and live long, strong and healthy?

The choice is yours.

I can't make the decision for you.

But I CAN tell you this.

If you start NOW – and I mean RIGHT NOW – by getting rid of everything in the kitchen that contains sugar, and if you STAY AWAY from the stuff for the next couple of weeks – the cravings will disappear, you won't even miss sweets, and you'll suddenly realize that you feel better than you have felt in your entire life.

Strong words? You bet they are! But it's THAT important. It's literally do or die. Make the right choice.

## **9. Eliminate all junk foods of any description.**

If you followed the instructions in the previous section, you have eliminated most of the junk food from your kitchen – the stuff containing sugar and corn syrup. Now go the next step and get rid of the rest of the junk:

Pizza

Hot dogs

Potato chips

Crackers

White bread

French fries

Any other processed, packaged foods that contain high amounts of fat, sugar or salt.

There's a reason they call them "junk foods."

If you are serious about your strength, health and physical fitness – and I am assuming you ARE serious, or else you would not be reading this manual – you will RUTHLESSLY ELIMINATE ALL JUNK FOODS FROM YOUR DIET – starting RIGHT NOW.

## **10. Eliminate salt and MSG.**

Processed foods and junk foods are covered with salt and MSG (monosodium glutamate, sometimes labeled as "hydrolyzed vegetable protein"). Both are highly addictive, and both cause serious health problems. Too much salt increases blood pressure and can lead to hypertension – which in turn can lead to strokes and heart attacks. MSG is a chemical that can cause a wide variety of health problems. (If you've ever had a meal at a "Chinese Restaurant" and developed a severe headache afterwards, it's the MSG in the soy sauce that did it to you.)

By eliminating processed foods and junk foods from your diet, you'll also eliminate excess salt and virtually all MSG – and your body will thank you for it.

## **11. Eliminate chemicals, additives, preservatives, hormones and antibiotics.**

Processed foods and junk foods are saturated with chemicals. These may or may not be harmful to the human body. No one can say with any degree of certainty, because there are so many of them in our foods, and there is no way to test them all, either individually or in combination, particularly if you are trying to determine the long-term effects of regular consumption.

So work on the assumption that it's better and safer to avoid all chemicals.

As I have mentioned repeatedly, stay away from processed foods and junk foods.

Read the nutritional labels on everything you purchase. If it is loaded with a laundry list of chemicals and preservatives, find something else to eat.

Wash your fruits and vegetables thoroughly before using them. This will help to eliminate pesticides and other chemical residue. And if it is at all possible, purchase your fruits and vegetables from stores that sell organically grown produce. (But still wash them!)

Beef, pork and poultry are loaded with antibiotics and hormones (as in, anabolic steroids), which are used to grow larger, heavier animals for slaughter. These cannot possibly be good for you!

Buy **ONLY** beef, pork and poultry that is 100% chemical free – no antibiotics, no hormones, no growth drugs, no chemical monkey-shines of any sort.

Look for beef from cattle that is grass-fed – cattle that is allowed to graze.

Try buffalo.

Buy free range chicken and free range turkey.

Yes, chemical-free food is more expensive, but it's far, far better for you. And once again, I speak from experience. I **KNOW** how much my own health has improved since switching from ordinary meat purchased at a local grocery store to purchasing nothing but natural, organic, no-chemical meat. Again, I won't argue with you. I simply urge you to give it a try for a few months. See for yourself what happens when you eliminate all of the chemical residue from your food.

## **12. Use alcohol in moderation or not at all.**

I'm not a teetotaler, and I have no religious, moral or other axes to grind when it comes to alcohol. And I understand that red wine is loaded with antioxidants, and that studies have shown that it's probably good for heart health.

It's a simple matter of calories.

The typical teenager in the United states who goes off to college will start drinking plenty of beer, and will gain 10 to twenty pounds of blubber during his freshman year. If a 19 year old with a high metabolism is going to have that sort of reaction to beer, what do you think it's going to do to a 30, 40 or 50 year old?

There's also the problem of protein synthesis. If you drink alcohol with a meal, your liver cannot properly synthesize the protein you eat at the meal. It's really the same as if you ate a meal with **ZERO** protein – which is hardly a good idea for someone in serious training.

## **13. Forget about “bulking up.”**

If you've ever read a muscle magazine, you're doubtless familiar with the term “bulking up.” The term became commonplace in the 1950's, and has been in common use ever since.

“Bulking up” is the process of “packing on the pounds” through a limited exercise training program combined with massive amounts of food. A typical “bulking” diet might consist of six or more meals a day, combined with a gallon or more of whole milk. The daily calorie consumption might exceed 4,000, 5,000, or even 6,000 calories.

“Bulking” diets often include “get big quick drinks,” consisting of a quart or two of whole milk mixed with large amounts of protein powder (usually flavored with chocolate and sugar or corn syrup for extra calories), cocoa, corn syrup, honey, molasses, peanut butter, wheat germ, wheat germ oil, corn oil, non-fat dry milk powder, malted milk powder, ice cream, bananas, raw eggs, cream or half and half, and virtually anything else that you can toss into a blender. The idea is to drink enough of the stuff to add 2,000 to 4,000 additional calories to your six meal per day diet!

Some bodybuilders have included brewer's yeast, canned tuna, and desiccated liver with their "get big quick" drinks – and quite frankly, those are three of the foulest tasting things that you could possibly mix together in a blender.

Other "bulk up" advice that has appeared in the muscle magazines reads like a column from Ripley's believe It or Not. Eat a pound of liver for breakfast every morning (fried in bacon grease). Eat a dozen raw eggs every day. Eat two dozen eggs daily. Eat an egg every hour. Eat three dozen eggs per day. Have a pound of steak and half a dozen eggs after you train. Eat two or more pounds of meat at a sitting. Fortify your diet with raw cow's blood from your friendly neighborhood slaughterhouse. Eat several cans of tuna everyday (and never mind the mercury). Drink a quart or two of milk during your workouts.

"Bulking up" is a terrible idea. Sure, it's a great way to get big – big and FAT! How do you think they grow sumo wrestlers? On enormous diets very similar to those the "bulk up" crowd like to follow!

And just imagine what the "bulking" diet will do to your over-all health and fitness? Your body simply will not be able to process that much food. Your kidneys won't be able to handle that much protein. What do you think your cholesterol and triglyceride levels will look like after a few weeks on the high fat, high cholesterol, high sugar bulk up regime? Can anyone spell "heart attack"?

Do you need extra calories, extra protein, and extra nutrition when you are in hard training?

Of course you do – but you don't need anything like the insane amounts of food in the "bulking" diet!

And remember this – you're not training to turn yourself into a 300 pound "monster." You're training to build yourself into a hard muscled, lean, muscular ATHLETE. Leave the "bury me big" crowd to their own devices – and their own funerals.

#### **14. Saturate your body with anti-oxidants.**

For over half a century, certain foods have been labeled as "protective foods." Modern nutritionists use the term "medicinal foods." Some describe "protective foods" or "medicinal foods" as those that are "rich in anti-oxidants."

Whatever you call them, there are certain foods that actually promote increased health and physical functioning, help you to live longer, and may even reduce your risk of developing certain types of cancer and other diseases. These same foods can make you stronger and better conditioned. After all, if a particular food helps to unclog your arteries, it's undoubtedly going to give you more energy for strength training workouts.

Picture a car engine with thick, dirty oil that needs to be changed. There's no way the engine can be running at peak efficiency or with maximum power out-put. The human body is no different. If your blood is thick and slow-moving because it's loaded with fatty acids and cholesterol, you cannot possibly do your best in your workouts.

With a car, you can change the oil. With the human body, you need to change your diet – which will, over time, result in changes in your blood chemistry.

What foods qualify as “protective,” “medicinal” or “anti-oxidant”? Here’s a list of some of the more important ones. Build your diet around these “power foods” and watch your strength, health and muscle building soar to new heights!

**Apples** – Reduce cholesterol. High in anti-oxidants. Contains quercetin.

**Asparagus** – Supplies glutathione, a powerful anti-oxidant that may reduce your risk of developing certain types of cancer.

**Avocado** – Helps to prevent clogged arteries. Helps to dilate blood vessels. Has anti-oxidant properties. Excellent source of glutathione.

**Banana** – Excellent source of potassium..

**Barley** – Rich in anti-oxidants. Helps to reduce cholesterol levels. May reduce your risk of developing certain types of cancer.

**Beans** – High in compounds that may reduce your risk of developing prostate or breast cancer. Helps to reduce cholesterol levels. Helps to regulate blood sugar.

**Bell pepper** – Excellent source of anti-oxidants.

**Blueberries** – Rated as one of the richest of foods in anti-oxidants.

**Broccoli** – Rich in anti-oxidants and substances that may help to reduce your risk of developing lung, colon, or breast cancer.

**Brussels sprouts** – Rich in anti-oxidants and compounds that may reduce your risk of developing certain types of cancer, including colon cancer.

**Cabbage** – Loaded with anti-oxidants and cancer-fighting substances. Contains compounds that may help to reduce your risk of developing colon and prostate cancer.

**Cantaloupe** – Good source of beta carotene, a potent anti-oxidant that may help to reduce your risk of developing certain cancers, inflammatory diseases, and arthritis.

**Carrot** – Exceptionally high in beta carotene.

**Celery** – Contains compounds that may help to lower your risk of developing certain types of cancer. May lower blood pressure.

**Chili pepper** – Promotes healthy nasal passages and sinuses. Contains certain compounds that may lessen your risk of developing certain types of cancer.

**Collard greens** – An exceptional source of anti-oxidants and compounds that may help to reduce your risk of developing certain types of cancer. Very high in lutein and beta carotene.

**Corn** – Abundant source of compounds that may help to reduce your risk of developing certain types of cancer.

**Dates** – Contains compounds that may help to reduce your risk of developing certain types of cancer.

**Eggplant** – May lower blood pressure.

**Garlic** – A highly potent source of anti-oxidants and a natural antibiotic. Lowers cholesterol levels.

**Gooseberries** – Even higher in anti-oxidants than blueberries.

**Grapefruit** – Good source of potent anti-oxidants. Contains compounds that may lower your risk of developing certain types of cancer. May lower cholesterol levels and blood pressure.

**Grapes** – Outstanding source of anti-oxidants. Red grapes are particularly valuable; they are rich in quercetin and resveratrol, which may help to lower blood pressure.

**Green tea** – One of the very richest sources of anti-oxidants.

**Kale** – A nutritional powerhouse. Extremely high in beta carotene and lutein. May help to lower your risk of developing certain types of cancer.

**Mushroom** – Shitake mushrooms may help to prevent cancer and certain viral diseases. May also lower cholesterol levels.

**Mustard greens** – Another nutritional powerhouse, loaded with anti-oxidants.

**Nuts** – Good source of many different anti-oxidants. May help to reduce cholesterol levels, and lower your risk of developing heart disease and certain types of cancer.

**Oats** – Help to lower cholesterol and regulate blood sugar.

**Onion** – Extremely rich source of anti-oxidants. May help to lower your risk of developing certain types of cancer. May help to prevent arteriosclerosis.

**Orange** – A virtual wonder-food. Packed with anti-oxidants and substances that might lessen your risk of developing certain types of cancer. May help to prevent arteriosclerosis.

**Parsley** – Excellent source of anti-oxidants.

**Plum** – Good source of anti-oxidants.

**Potato (sweet)** – Excellent source of beta carotene and other anti-oxidants.

**Potato (white)** – Very good source of potassium. Contains certain compounds that may reduce your risk of developing certain types of cancer.

**Raspberries** – Outstanding source of anti-oxidants. Virtually all berries are nutritional powerhouses.

**Rice** – The bran in brown rice helps to lower cholesterol levels. May help to prevent kidney stones. May help to reduce your risk of developing certain types of cancer.

**Soybeans** – May help to lower cholesterol levels, may help to prevent kidney stones, and may help to reduce your risk of developing certain types of cancer.

**Spinach** – Popeye knew what he was doing! Spinach is a super-high source of anti-oxidants, including folate, beta carotene and lutein. Studies have linked spinach consumption with lower rates of cancer.

**Strawberries** – Rich in anti-oxidants. May act as an antiviral agent. Studies have linked the regular consumption of strawberries to lower rates of cancer.

**Tomato** – A treasure-trove of lycopene. Studies have linked tomatoes to lower rates of certain cancer s.

**Watermelon** – A rich source of anti-oxidants and anti-cancer compounds, including lycopene and glutathione.

**Wheat** – Whole wheat cereal (including the bran) contains a variety of nutrients. It may help to reduce your risk of developing certain types of cancer, and may help to lower cholesterol levels and blood pressure.

## **15. Your Daily Menu Plan for Strength, Health and Fitness.**

Let's put it all together. Here's a daily meal plan for building maximum levels of strength, health and physical fitness. Note that the amount of food is **generous**. This is for someone who is involved in hard physical training, similar to the strength training and muscle building programs outlined in my best-selling book, *Dinosaur Training: Lost Secrets of Strength and Development*, or in my newly released training course, *Dinosaur Bodyweight Training*.

If you are trying to lose weight, reduce the size of the portions, but keep the overall ratios of protein foods, whole grains, fresh fruits and vegetables the same as outlined in the sample eating plan.

Note: the menu calls for milk with your meals. If you don't like milk, or are allergic to it, try spring water, green tea, or herb tea. Fresh squeezed fruit and vegetable juices (made at home, with a juicer, and without any added sweetener) are also good options.

### **Breakfast**

1-3 eggs, scrambled, poached, or served as an omelet; cheese may be added

1-2 pieces of whole grain toast, lightly buttered (omit or reduce to one half slice of toast if watching your weight)

one serving of cooked oatmeal or whole wheat cereal with fresh fruit

1 glass milk if you drink milk (note: teenagers and underweight trainees may drink whole milk or 2% milk; trainees over the age of 25 should drink 2% or skim milk; overweight trainees should drink 1% or skim milk)

### Lunch

4-6 oz. of lean grilled beef, pork, or chicken; or grilled, broiled or baked fish

one medium baked potato with crumbled cheese or small amount of butter

large medley of steamed vegetables, such as onions, leeks, red pepper, purple cabbage, snow peas, carrots, garlic, summer squash, zucchini, broccoli, parsley, and cauliflower

1 glass of milk if you drink milk

### Mid-afternoon snack

4-8 oz. cottage cheese or plain yogurt with sliced fruit or sliced tomato

1 glass of milk if you drink milk

### Dinner

4-8 oz. of lean grilled beef, pork or chicken; or grilled, broiled or baked fish

one serving of brown rice or barley (can be mixed with vegetables to make a pilaf)

one large steamed vegetable medley, as at lunch, or one large serving of asparagus, eggplant, broccoli, cauliflower or other vegetable

one medium serving of cooked greens (kale, spinach, chard, beet greens or mustard greens) or one medium green salad (field greens)

1 glass milk if you drink milk

### Before going to bed:

One glass of milk if you drink milk (teenagers or underweight trainees only)

One banana or small serving of nuts (teenagers or underweight trainees only)