

FOOD LOG & ACCOUNTABILITY CHART

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EXTRAS

2L WATER?

10K STEPS?

EXERCISED TODAY?

MEALS ON PLAN?

NOTES

HIGH PROTEIN FOODS

PROTEIN CONTENT PER 100g

VEGGIE OR VEGAN

0% FAT GREEK YOGHURT - 10G

A high-protein yoghurt will always be thick and should stick to your spoon. Make sure your brand isn't packed with sugar

COTTAGE CHEESE- 11G

You can buy these in individual tubs and add a spoon of jam which is pretty good actually!

EGGS - 13G

Eggs are great for protein, but the yolk will cause the calories to add up. The white is far leaner, so you may want to chuck out a couple yolks from your next omelette

PROTEIN POWDER - 86G

Always go for a bog-standard protein, never get any "diet" proteins as they're priced high and are no different. Soya, pea & whey powders are the best

BEANS - 21G

Beans are a good way to up your protein, but contain carbs and fats so I'd recommend adding another source

TOFU - 8G

If you're a vegan or a veggie then tofu might just be your secret ingredient to getting plenty of protein in your diet

MEAT & FISH

CHICKEN - 31G

All chicken is good, just go skinless as most of the calories are in the skin

BEEF MINCE - 21G

If you're using 15-20% fat mince, once it's cooked, add some water, boil and rinse the fat off a second time. Try and always get 5-15% fat

TURKEY - 29G

Same as with chicken, just remove the skin. Any cuts of turkey are good! (just no reformed dinosaurs)

PORK TENDERLOIN 29G

Pork cuts tend to be fattier, but tenderloin, leg, steaks and chops are fine. Just avoid the skin

STEAK - 25G

Sirloin and fillet are the leanest choices, but you can find leaner rib-eye steaks. The same applies to roasting joints

SALMON - 20G

Salmons great, but higher in calories due to it's high healthy fat content. So make sure you limit the carbs and fats with the meal

WHITE FISH - 21G

All white fish is good. Tuna, bass, cod, hake, trout are all winners

CRAB MEAT - 19G

A bit random, but the canned stuff will mix up your diet nicely

LAMB LEG - 17G

Similar to pork, lambs tends to be on the fattier side. Lean cuts include, chump-chops and leg. The fat's white, so just cut it off!

THE PRIMAL TRAINING RULES

1 FOCUS ON DIET > EXERCISE

AIM TO DO 1 - 3 STRENGTH WORKOUTS A WEEK

3 CONSUME 30G OF PROTEIN EACH MEAL

4 REDUCE YOUR CARBS & FATS FROM EACH MEAL BY 25%

5 HIT 10K STEPS A DAY

6 LOG YOUR FOOD EVERYDAY (I KNOW IT'S BORING!)

PRIMAL 