

Malcangi's Transformation

“Approved Foods” List

Group #1 Lean Protein	Group #2 Starchy Carbohydrates	Group #3 No starch Vegetables
<p>Oatmeal</p> <p>Brown Rice</p> <p>Wild rice</p> <p>Yam/sweet potato</p> <p>Whole wheat pasta</p> <p>Beans (black-pinto-kidney)</p> <p>Wheat/corn tortillas</p> <p>Bulgar</p> <p>Potato</p> <p>Corn</p> <p>Dark rye bread</p> <p>Barley</p> <p>Lentils</p> <p>Quinoa</p> <p>Black Rice/Red rice</p> <p>Moms Energy-builder bar or muscle sandwich</p> <p>vegetables</p> <p>peas</p>		<p>Salad *list below for choices</p> <p>Tomato</p> <p>Green beans</p> <p>Grapefruits</p> <p>Broc/cauliflower</p> <p>Apple</p> <p>Banana 6'</p> <p>Asparagus</p> <p>Cucumber</p> <p>Spinach</p> <p>Tomatoes</p> <p>Bell peppers</p> <p>Butternut Squash</p> <p>Water chestnuts</p> <p>Artichoke</p> <p>Rhubarb</p> <p>Brussels sprouts</p> <p>Celery</p> <p>Kale</p> <p>Soy beans Munge Beans</p> <p>Carrots</p> <p>Parsnips</p> <p>Beets</p> <p>Radish</p> <p>Rutabaga</p> <p>Turnips</p> <p>Oinions</p> <p>Garlic</p> <p>Zucchini</p> <p>Egg plant</p> <p>Lemon grass</p> <p>Bamboo Shoots</p> <p>Ginger</p> <p>Pumpkin</p> <p>Peppers</p> <p>Egg plant</p> <p>Okra</p>

Oils (use sparingly) – Extra virgin olive oil, sunflower, coconut, walnut, avocado, olive, grapeseed, pumpkin seed

Be aware of you Fatty proteins – avocado, coconut, walnut, cashews, almonds, nut meal/flour, seeds, all natural peanut butter, salmon, sea bass, mackerel (Limit, high in mercury), bluefish, trout, mussels, bluefin tuna

Safe List **Flours** – spelt, wheat, oat, chickpea, rice, quinoa

Sweeteners – maple,, apple sauce, birch sugar(xylitol),agave nectar, stevia in the Raw, raw maple syrup, organic honey.

Superfoods – spirulina, chia, flax

Dairy – unsweetened almond milk, unsweetened rice milk, Greek yogurt, cottage cheese

Condiments – Look to ingredient panel for any added apple cider vinegar, balsamic or raspberry vinaigrette, red wine vinegar, white vinegar, rice vinegar, ketchup, reduced sodium soy sauce, reduced sodium teriyaki sauce, salsa or fresh Pico de Gallo, hot louisiana sauce, Walden Farms(all varieties) chili paste, herb pastes, tomato paste, tomato sauce, yellow or Dijon mustard, low sodium broth, Worcestershire sauce, fat free cooking spray

Misc –salt, nutritional yeast, dry herbs, spices, coffee, tea, vanilla and almond extract

The recommendations are in between the conservative approach by dietitians and the medical community, and the extreme bodybuilders.

Small (for 130 lb. person) 20-25 grams per meal

Medium (for 170 lb. person) 25-30 grams per meal

Large (for 210 lb. person) 35-40 grams per meal

Suggested serving size for eggs:

Small (for 130 lb. person) 4-5 egg whites, with one yolk

Medium (for 170 lb. person) 6-7 egg whites, with one yolk

Large (for 210 lb. person) 8-9 egg whites, with two yolks

Suggested serving size for turkey and chicken breast:

Small (for 130 lb. person) 3-4 ounces

Medium (for 170 lb. person) 4-5 ounces

Large (for 210 lb. person) 5-6 ounces

Suggested serving size for fish:

Small (for 130 lb. person) 4-5 ounces

Medium (for 170 lb. person) 5-6 ounces

Large (for 210 lb. person) 6-7 ounces

On average, one ounce of fish equals six grams of protein.

Suggested serving: Lean Red Meats

Small (for 130 lb. person) 4 ounces

Medium (for 170 lb. person) 5 ounces

Large (for 210 lb. person) 6-7 ounces

On average, an ounce of red meat has eight grams of protein.

Start by using a digital scale or measuring cups to measure your portions

Female Carbs/Starch

- Barley $\frac{3}{4}$ c
- Beans (black organic beans are perfect) $\frac{3}{4}$ c
- Black-eyed Peas $\frac{3}{4}$ c
- Corn Tortillas (Food for Life brand is best) (Ezekiel) 2 tortillas
- Cream of Wheat/Rice or Rye (from box) 1 serving
- Ezekiel bread (hamburger buns, hot dog, bread, made by Food for Life) 1 serving
- whole grain Cereal (6 grams sugar or less) (Natures path) (fiber 1) (Ezekiel) $\frac{3}{4}$ c
- Lentils $\frac{3}{4}$ c
- $\frac{3}{4}$ cup Oatmeal (Old fashioned oats) (NO packaged oatmeal!) 1 serving
- Pasta (whole wheat – prefer Ezekiel brand) (miracle noodles-unlimited) (spaghetti squash-unlimited) 1 cup
- Peas $\frac{3}{4}$ cup
- Pita Bread (low carb) Kroger's (Joseph's pita bread is a great brand or Ezekiel) 1 serving
- Potato (red skin) 5 oz
- Rice (brown only) $\frac{3}{4}$ c
- Rice Cakes (lightly salted or salt free) 3
- Sweet Potato or Yam 4-6 oz
- Tortilla (low carb wheat, prefer Food for Life brand) 1 serving
- Couscous
- Always check the package for serving size!

Male Carbs/Starch

- Barley 1 $\frac{1}{2}$ c
- Beans 1 $\frac{1}{2}$ c
- Black-eyed Peas 1 $\frac{1}{2}$ c
- Corn Tortillas (Food for Life brand is best) 2 or 3
- Cream of Wheat/Rice or Rye (from box) 1-2 serving
- Ezekiel bread(2 slices) (hamburger buns, hot dog, bread, made by Food for Life 1 serving)
- Couscous $\frac{3}{4}$ cup
- Lentils 1 $\frac{1}{2}$ c
- Oatmeal (minute oats, NO packaged oatmeal!) 2 servings (1 cup)
- Pasta (whole wheat – prefer Ezekiel brand) 1 $\frac{1}{2}$ (cooked)
- Peas 1 $\frac{1}{2}$ c
- Pita Bread (low carb or Ezekiel) Kroger's 1 serving
- Potato (white, only occasionally) 7-8 oz
- Rice (brown only) 1 $\frac{1}{2}$ c
- Rice Cakes (lightly salted, salt free) 4
- Sweet Potato or Yam 7-8 oz (weigh in store)
- Tortilla (low carb wheat, prefer Food for Life brand) 2 serving
- * Always check the package for serving size!

SAMPLE MEAL MENU

Below are some [sample meals](#) that work great for my clients and me. With a little bit of know-how, you can make most of them very tasty in only a few minutes, especially if you cook your meat and carbs in bulk. Most weeks I only cooks meat twice per week. On most of these meals you can squeeze a little lemon and or lime on the protein to give it an exceptional taste, or herbs, seasonings, or spices.

Sample Meal “On the Go”

½- ¾ cup of uncooked old fashioned oatmeal and 20 to 40 grams (depending on your body weight) of organic whey protein packed dry in a shaker. Add a pinch of sliced almonds or 1 tbs. of ground flax seed. When it is time to eat, pour in some cold water, shake vigorously and eat/drink. It doesn't matter how much water you put in, it's whatever you prefer. I like less water in so it feels like I am actually chewing a meal. Obviously, pour in less, and if you do not like the texture, you can always pour in more. **Ground flaxseed is an excellent source of fat and fiber.** Using a tablespoon or two per day can help stabilize blood sugar levels, help with digestion and curb sugar cravings. For the freshest source purchase the flax seed whole. Put some seeds in an automatic coffee grinder and grind into a very fine powder. Store a week's supply in the fridge and use as needed. The advantage that ground flaxseeds have over flax oil is having fiber to help slow down absorption of the meal.

On cardio days and non workout days put in twice as many sliced almonds, hold the oatmeal out, and eat an apple along with the shake. **This meal will come in very handy because of the quickness** of preparation and consumption. You will save so much time on preparation (no cooking) and clean up. It will only take you two minutes to prepare three of these meals for the next day, and you can consume this meal during a five-minute bathroom break. Since we are somewhat limited in our choices with healthy eating, it is important to know how to make the same foods and meals taste different. A couple ways to make this meal different are to put in a drop of mint oil, or any other extract of your choice. Go to your local health food store to see the many different choices. One of my favorite ways to make this meal taste different is to mix chocolate and vanilla whey protein in the same serving. My clients' feedback is that this one meal is a life saver. **This one tip could be the most important information in this section at helping you eat six healthy meals per day.** You should keep a couple shakers pre-made in your gym bag, at the office and in your car. You are not alone if you think that this idea is new and unfamiliar and asking..am I getting quality nutrients? And the answer is YES. I highly suggest that you give it a try. This meal is better than all the meal replacement products on the market because the carbs that those companies put in their products are overly processed and man-made. There is no way that man can make a carb that is even close to the quality of oatmeal or an apple or some nuts

Sample Meal #2- Chicken Wrap

3-6 ounces (depending on your body weight) of diced-up chicken on two corn tortillas (whole wheat tortillas are acceptable) with salsa and a small amount of sour cream. Sprinkle a little fresh Parmesan cheese and warm in microwave for 15 seconds. Ezekiel makes a great quality wheat sprout tortilla that doesn't crack like traditional corn shells, and they are not as dry.

Sample Meal #3 – Chicken/Turkey and an Apple

3-6 ounces (depending on your body weight) of chicken or turkey, and one large apple. I like to take a bite of the chicken breast and a bite of the apple at the same time and chew them together. The combination of the apple and the chicken or turkey together is excellent.

Sample Meal #4 - Chicken or Beef Casserole

3-6 ounces of chicken or ground sirloin and $\frac{3}{4}$ cup (cooked) brown or wild rice. Be creative. You can dice and spice up the chicken by adding salsa, or any other of the suggested condiments.

Sample Meal #5 – Steak or Fish, with steamed mixed vegetables

4-7 ounces of lean red meat (filet mignon or any quality cut of steak), or fish, steamed green veggies, green-beans, and a small salad.

Sample Meal #6 - Tuna Wrap

Empty one can of albacore tuna (packed in water) in a ceramic bowl. Be sure to squeeze all of water out first. Pour $\frac{1}{2}$ tablespoon of olive oil over tuna and one teaspoon of dill pickle relish and press into the dry tuna until it is moist. I spread the tuna flat against the inside surface of the ceramic bowl to thoroughly moisten all the tuna. Squeeze a little lemon and or lime onto tuna. Sprinkle a little fresh parmesan cheese on three corn tortillas and warm in microwave for 15 seconds. Put $\frac{1}{3}$ of tuna mixture on each corn tortilla with a little Tabasco or salsa. Roll and enjoy.

This seems to be the fan-favorite with my clients. A regular can of tuna is 33 grams of protein which is a perfect amount for our medium sized client (170 lbs.). If you are in the small category (130lbs.) use $\frac{3}{4}$ of a can of tuna and if you are in the large category (210 lbs.) use a can and a $\frac{1}{3}$. If you do not want to open another can of tuna you could simply eat two or three egg-whites or drink a small shot of whey protein in addition to the meal to bump up total grams of protein.

Sample Meal #7 - Chicken Salad

Slice up one yellow, one red and one green bell pepper and sauté in olive oil and set to the side. Grill chicken breasts on stove top with pepper and garlic or whatever seasoning you prefer. I like to serrate the chicken breast into very fine shavings and put on a bed of diced up Romaine lettuce. Sprinkle the sautéed bell peppers on top.

Romaine is somewhat better for you than regular iceberg lettuce. In general, foods that have more color have more nutrients.

Conversely, foods that are beige, fried, and processed are very low in nutrition.

This is by far my favorite dinner, one that I eat almost every night. I never grow tired of the taste. If you do, just use a different seasoning. You can use a tablespoon or two of a non-creamy salad dressing. You can simply make your own by adding a tablespoon of healthy fat like safflower oil or sesame oil

Sample Meal #8 - Egg Omelet Breakfast

Small (for 130 lb. person): 4-5 egg whites, with one yolk

Medium (for 170 lb. person): 6-7 egg whites, with one yolk

Large (for 210 lb. person): 8-9 egg whites, with two yolks

Spray some non-stick cooking spray (I use Pam) in a skillet, add the eggs, and within a couple of minutes you have a perfect protein breakfast. There are many ways to make omelets taste different.

Besides toppings like salsa, Tabasco, and julienne-cut sun-dried tomatoes you can cook the omelet at different heats and speeds to create different textures. It is sort of cool how two different people can create different-tasting omelets using the same ingredients. So if you get tired of yours, have someone cook it for you and it will taste different. And yes, it is fine to sprinkle a little shredded cheese on top for flavor. But just a little.

On days that you train intensely with weights, add a serving of oatmeal for a meal. On days that you do sprint interval cardio for fat loss or have no exercise scheduled, add one to two grapefruits.

Sample Meal #9 – Tuna Salad

Empty one can of albacore tuna (packed in water) in a ceramic bowl. Be sure to squeeze all of water out first. Pour ½ tablespoon of olive oil over tuna and one teaspoon of dill pickle relish and press into the dry tuna until it is moist.

Lightly sprinkle the tuna on a bed of chopped-up Romaine lettuce.

Add a few (4-6)crunched-up sweet potato or “beanito” chips for a nice healthy crouton. You can use a tablespoon or two of a non-creamy dressing. I like balsamic vinaigrette and any of the walden farm dressings

Sample Meal #10 - The Pancake Breakfast

Ingredients--Your portion of eggs:

Small (for 130 lb. person) 4-5 egg whites, with one yolk

Medium (for 170 lb. person) 6-7 egg whites, with one yolk

Large (for 210 lb. person) 8-9 egg whites, with two yolks

Your portion of oatmeal:

Small (for 130 lb. person): 1/2 cup

Medium (for 170 lb. person): 2/3 cup

Large (for 210 lb. person): 1 cup

In blender put eggs and oatmeal, a couple dashes of cinnamon, and a ½ teaspoon of vanilla extract. Blend about 5-10 seconds. Mixture should be slightly lumpy. Cook on stovetop in non-stick pan on low medium for about 5-7 minutes. When the sides start to curl up and the middle is fairly firm turn pancake over and cook another 2-3 minutes on low. Spray a little butter spray on top and sprinkle some cinnamon on top while pancake is still in pan. These taste great. It almost taste like you are cheating. They travel great, so make a double batch, and use the second batch for a quick meal later in the day.

“Snack/meal” Options

- Mom's Energy-builder Bar OR Mom's Muscle Sandwich protein bar
- 1 serving sprouted Grain slice of bread, tortilla, Pita, or english muffin or Food for Life are great

brand. with 6 oz. lean meat (no deli meats or if must all natural and nitrate free – real turkey or chicken is best)

- Fat free plain greek yogurt (Kroger – fage/stonyfield/ – 3 g sugar – Check labels) with cinnamon & Splenda + blueberries or raspberries and 1 plain rice cake with a tbsp of natural peanut butter

- 1 c of natures path Cereal (dry) and 2 pieces of low fat string cheese OR 1 can tuna 1 pieces low fat string melted ontop with an apple (dice and sprinkle with stevia and cinnamon)

- 1 cup fat free cottage cheese + 1 tbsp. sugar free jelly OR cinnamon & stevia and 2 plain whole grain rice cakes with a tbsp of natural peanut butter

- 6 oz. lean meat with 3 lightly salted or plain rice cakes and slice cucumber with Malcangis “ranchero dip”

- 6 oz. lean meat with a 6 oz. sweet potato OR 1 c brown rice with ½ cup salsa/marinera

- 6 oz. lean meat with 1 homemade protein bar squares (see recipes list)

- 1 protein shake and a medium apple(1-2 scoop whey)(low carb, low sugar & low fat) with either water or unsweetened almond milk & 1 tbs of flaxmeal

Your daily nutrition should look something like

Breakfast- Whole food Option 1 (see meal options list)

6 egg whites
Unlimited Vegetables (see list)
1 serving of starch (see starch list)

Morning Shake - Option 2 (oats N whey)

1-2 scoop whey protein
1 serving oatmeal (see starch list)
1 tbs flax meal
(eat raw uncooked or cook oats then stir in whey last. Add little water as needed)

Mid-morning

2 turkey or chicken muffins(see recipe)
OR
a Mom's bar or homemade protein bars(see recipe)
Small Meal option (see List)
Unlimited vegetables(see list)
Juiced shake (high fiber vegetable juicing recipe)(see recipe)

Lunch

6 oz of lean meat (chicken breast, white meat turkey, white fish like tilapia and orange roughly, boiled shrimp, egg whites)
1 serving of starch (see starch list)
Unlimited salad and vegetables (see list)

Mid-afternoon

2 chicken or turkey muffins (see recipe)
Moms bar or homemade protein bars (see recipe)
Small meal option (see list)
Unlimited vegetables (see list)

Dinner

6 ounces of lean meat (see above and see list)
1 serving of starch (see list)
Unlimited salad and vegetables (see list)

Evening whole food option

6 ounces of lean meat (see list) or 6 egg whites
Unlimited vegetables
OR
-Protein Pudding (see small meal option)
-Fat free Cottage cheese with 1 tbs sugar free jam and 6 nuts of choice (walnut,pecan,peanut)

**** No carbs (starch) after 7:00 pm (or about 3 hours before bedtime)****

Limit fruit to 2 servings each day. Berries in the morning then a citrus serving or banana after a workout with your protein shake. Always carry a shaker small bag of apples in case of an emergency meal on hand or if an energy slump hits!

Breakfast: Meal #7 **Omelet Breakfast (use oats) (bulk egg muffin recipe with potato)**
Mid morning: Meal #1 **Meal on the Go (Shake with oats)**
Lunch: Meal #6 **Chicken Salad/ veggie Bowl**
Mid-afternoon: Meal #4 **Chicken or Beef Casserole (bulk recipe)**
Dinner: Meal #8 **Tuna Salad/veggie bowl**
Late Evening: **Any whole food protein source/No Carbs**

Follow up your strength training with a protein bar or Greek yogurt with fruit or protein shake with 1 serving fruit. Then 1½- 2 hours later follow with next meal.

Eat “on convenience” only on the weekend from “On the Go” list of approved foods. Only in emergency use during the work week.

****Note: Three to four meals included starchy carbs from Group 2 on the Approved Foods List. For the last meal of the day just use a little leftover protein that you used for your dinner , higher protein dairy option like cottage cheese or greek yogurt, add in some vegetables and a healthy fat of choice**

CREATE YOUR PREFERRED PERSONAL PLAN & FILL IN EACH MEAL SLOT

If you enjoy a meal outside of the sample meal plan, Figure and follow the portion of the foods your using in each meal.

Breakfast Macros

Protein: 1 serving

Carbohydrate 1 serving

Healthy Fat serving (7g)

Meal #1 Breakfast Shake “Peanut butter Banana Blend”

- 1 scoop of dymatize whey
- 1 6' banana
- 1 tbs all natural peanut butter
- 1 cup ice

Mid-morning Snack Macros

Protein: 1 serving

Starchy Carbohydrate 2/3 serving

Meal #2 Meat and Veggie Bowl

- ounces (chicken, steak, fish) or 1 can of tuna
- 2/3 cup black rice OR 4 ounces of sweet potato or ;2/3 cup grain(bears)
- ½ cup Green beans
- ¼ bell pepper
- ¼ roma tomato
- Sauce : Walden farms, Mustards, salsa, seasonings

Lunch Macros

Protein: 1 serving

1 serving of Fruit or Starchy Carbohydrate 2/3 serving

Meal #3 Chicken Salad with veggies

- ounces (chicken, steak, fish) or 1 can of tuna
- 2/3 cup black rice OR 4 ounces of sweet potato or ;2/3 cup grain(bears)
- ¼ bell pepper
- ¼ roma tomato
- 1/5th sliced cucumber
- Sauce : Walden farms, Mustards, salsa, seasonings

Meal #4 Post workout Macros

Protein: 1 serving

Starchy Carbohydrate 2/3 serving

Meal #4 Mom's Bar or Protein shake with oats

- 1 muscle sandwich meal replacement
- OR
- 1 scoop whey
- 2/3 cup oats mixed into pudding or blended shaker

Meal #5 Dinner Macros

Protein: 1 serving

Non-starchy carbohydrates (unlimited)

1 serving of fruit

Meal #5 Veggie bowl # 2

- 4.5 ounces (chicken, steak, fish) or 1 can of tuna
- 1 medium apple
- ½ cup Green beans
- ¼ bell pepper
- ¼ roma tomato
- Sauce : Walden farm, Mustard, salsa, seasonings

Late Last Meal Macros

Protein: 1 serving

Non-starchy carbohydrates (unlimited)

No fruits or Starches

1 serving healthy fats

Meal #6

- 4.5 ounces (chicken, steak, fish) or 1 can of tuna or 4 egg whites 1 whole egg
- Egg and veggie omelette or scramble

OR

- Meat with Frozen steam-able or raw steamed or raw chopped
- 10 nuts/ 2 tbs flax/ 1 tbs healthy oil dressing

OR

- -Protein Pudding (see small meal option)
- -Fat free Cottage cheese with 1 tbs sugar free jam and 6 nuts of choice (walnut,pecan,peanut)

**** No carbs (starch) after 7:00 pm (or about 3 hours before bedtime)****

Limit fruit to 2 servings each day. Berries in the morning then a citrus serving or banana after a workout with your protein shake. Always carry a shaker small bag of apples in case of an emergency meal on hand or if an energy slump hits!

Matt Dillon Malcangi's 12 week Transformation Diet

Eat first meal within 1 hour of waking

Plan ahead! Write out your daily diet and Designate a food prep day

Measure and weigh your proteins and carbs for the first week to find your portion.
Purchase measuring cups and a weight scale

Eat every 3 hours (5-6 times each day, depending on when you wake up!) Its the secret to speeding up your metabolism to build muscle and especially burn excess fat. Be on Time!

Drink lots of water! (2-3 1 liter bottles each day) (include tea, and zero calorie drinks) (if a coffee drinker, compliment each ounce of coffee with 1 ounce of water to prevent acidic ulcers and dehydration.

To become a fat burning machine 24/7 - Cycle your Carbohydrates

On strength training days eat 3 meals with a starchy carbohydrate. And Eat 1 meal with 1 serving fruit. Last 1-2 meals contain only lean protein, healthy serving of fat and vegetables.

On Cardio or rest days Eat only one meal containing starchy carbs(1 serving) And eat 3 meals containing only 1 serving of fruit. Last 1-2 meals contain only lean protein, healthy serving of fat(list) and unlimited vegetables

Take a daily multi-vitamin- When lifting weight its importance to increase your calcium intake. Be sure to purchase a quality vitamin(omega code) and to supplement with your first meal.

Take 1-2 tablespoons of flaxseed/flaxmeal or fish oil daily Flaxseed and fish oil actually aid in weight loss and encourages healthy bowel movements. (mix in or sprinkle on the flaxmeal into your oatmeal, protein shakes, ontop of salads or steamed vegetables. Donnot heat flaxseed/flaxmeal this will destroys its health promoting benefits.

Consistency is KEY! If you have a day where you slip up...DONT GIVE UP! Start fresh at your next meal or the next day. YOU CAN DO IT!

Use logs to stay on track!

Exercise logs to document your exercises and weights used during your current program

Nutritional log to document what your eating each day of your transformation

Progress log to document each week your changes in weight & measurements