

# JOHN'S FOOD RULES

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**Learn how to change your life and habits. Lose body fat, gain muscle, and get healthier. Feel better and have more energy.**

I wish to help you understand how to eat in a healthy manner, while at the same time supporting your workouts and the changes you wish to make in your body. To begin, here are some wide-ranging “rules” for eating that will help you support a lean, healthy body.

#1 It’s wonderful to combine protein and carbohydrates in a meal.

#2. It’s great to combine protein and fats in a meal.

#3. Try to never combine fats and carbs in a meal.

(A perfect example of this guaranteed fattening meal is pizza. It contains little to no protein, and what is there is poor quality and not easily absorbed by the

body. But the fat and processed carbohydrate calories are numerous.)

Grilled cheese sandwiches, or peanut butter on toast, are other fine examples of foods that promote fat storage.

The best times to consume carbohydrates are at breakfast, and the meals or shakes before and after your workouts.

This is NOT the time to diet, your body wants the calories for energy during your workouts.

From a fat-loss perspective, your last one or two meals of the day should be protein/fat. You'll be leaner and lose more body fat by avoiding carbohydrates at night.

Try to consume a gram of protein per pound of bodyweight per day. So if you weigh 200 pounds, eat 200 grams of protein each day. Consume the protein in your meals first; you won't fill up with carbs and get full of unneeded food. This insures you get sufficient protein into your system.

Eat every three hours, or more often if your body demands it (especially around workouts). Eat small meals, secure in the knowledge you'll be able to eat again soon. Your stomach will tighten up quickly.

Quality carbohydrate sources are real oatmeal (not the instant or 1-minute variety, avoid those), vegetables (notably broccoli, red and yellow peppers, asparagus, spinach, fruit, and sweet potatoes). When losing bodyfat, avoid starches, potatoes, breads, crackers, pasta, and all processed carbs and commercially baked foods. Processed carbs are like sugar

in your system, you trigger a massive insulin spike and your body saves a disproportionate amount of the calories as unwanted body fat.

Good protein is found in albacore tuna, salmon, fish, red meat, chicken, protein powder, cottage cheese, eggs, and mixed nuts. (I spend the extra money on Omega-3 eggs; even at \$2.25 per dozen this is relatively inexpensive quality protein).

Deli meat is a great example of popular food that is lacking, nutritionally. Most of the protein in deli meat is not available to your system; you don't receive the amino acids in the protein, but you do get all the chemicals and preservatives.

Healthy omega-3 fats are found in fish oil avocados, macadamia nut oil, natural peanut butter, and mixed nuts (almonds and cashews notably). Cook down a bunch of spinach before adding your beaten eggs to make delicious scrambles. And remember, the fat and cholesterol in egg yolks is perfectly healthy.

My tuna patties are made this way: empty two big albacore tuna packets into a mixing bowl; add one or two eggs, and a half cup of real oatmeal. Mix well, empty into a hot pan.

Sprinkle curry powder, then cook until the egg is done. Place into containers, eat cold (I use dark mustard or salsa when I eat this). This is a great meal in and of itself.

At all costs, avoid any food product containing high-fructose corn syrup. This may be one of the unhealthiest ingredients found in modern food. Your body cannot burn it for fuel or energy. It can only pass it or store it as fat. I'm now seeing "energy" drinks containing huge amounts of high fructose corn syrup; what a contradiction. Ignore the recent wave of television ads extolling the virtues of high-fructose corn syrup.

Most people under-consume protein and vegetables. At the same time we eat far too many empty carbohydrates, sugars and dangerous fats.

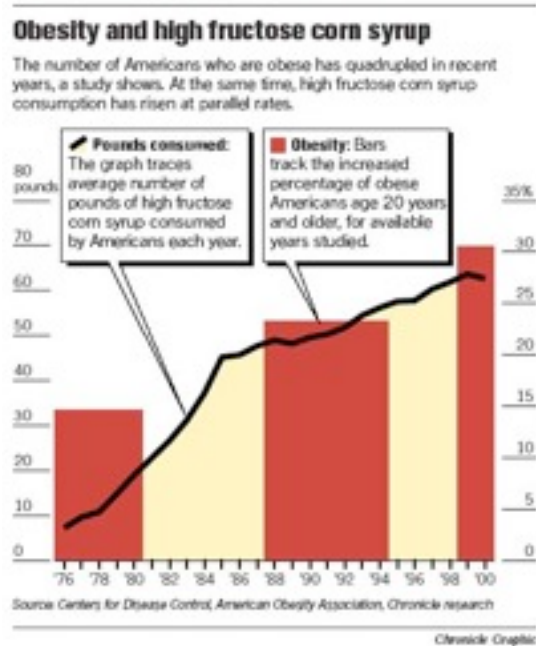
The best meal to have prior to bed is protein and a small amount of fat. My favorite example is fat-free cottage cheese and a tablespoon of natural peanut butter. Just make sure you don't get crazy and eat too much peanut butter.

There are no special recipes for protein shakes. If you have a blender, you're in business. Use water or skim milk, whatever you prefer. One blender will make two shakes; add a

tablespoon or two of peanut butter, drop in a banana or frozen fruit, and four scoops of protein powder. Blend away. Each shake will have 45 or so grams of protein and some quality carbs and fat; a meal in itself. Use shakers to transport shakes to your job and you're in business with two easy, healthy meals. I also add a bit of fiber supplement to my shakes (Fiberlyze from [www.speciesnutrition.com](http://www.speciesnutrition.com)).

Macadamia nut oil is an ideal omega-3 oil for cooking, as it has a high smoke point and when heated doesn't burn and turn into a cancer-causing agent. Extra-virgin olive oil is wonderful, but shouldn't be heated or cooked with! Drizzle it on your salad or meat after they are cooked. Only in America do we think we should fry everything. Macadamia nut oil tastes wonderful, and locally is available from Steger's Nutrition, on Northland Ave (OO) just east of Oneida St.

I also highly recommend Vitamin Shoppe, on Wisconsin Ave., in front of the mall. Their selection is wide-ranging and includes quality companies, including their house brand. This is not a bodybuilding-supplement shop; they have every health food, vitamin, mineral, protein supplement, and health and fitness related food product you will ever need. Best of all, the employees are not working on a commission basis, so they help you find the products you desire and need, not those with the greatest profit margin. I trust the staff of Vitamin Shoppe.



## Personal Training, Meal Planning, Nutritional Consulting, Supplements, Lifestyle Choices

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