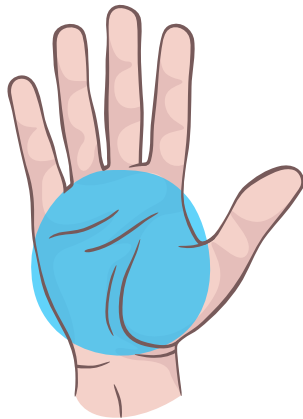


# PVFCS Formula



The Fitness  
REBELLION™



PROTEIN

VEGETABLES

FAT

CARB

Approx 25g Protein



Approx 1 Cup Veggies



Approx 16g Fat



Approx 25g Carb



**Male** = 2x of each portion (3-4 meals)  
**Female** = 1x of each portion (3-4 meals)

Use this formula 80% of the time with minimally processed selections and add a seasoning or low Kcal sauce of your choice.

## Lean Proteins

- Chicken
- Turkey
- Pork Loin
- White Fish
- Scallops
- Shrimp
- Lobster
- 0% Greek Yogurt
- 1% Cottage Cheese
- Egg Whites
- Whey Protein Powder
- Egg White Protein Powder
- Gemma Pea Protein Powder

## Fatty Proteins

- Chicken Thigh
- Turkey Leg
- Ham
- Pork Chops
- Salmon
- Herring
- Mackerel
- 93/7 Beef
- 90/10 Bison
- Ribeye
- Filet Mignon
- Flank Steak
- Free Range Eggs

## Veggies

- Onion
- Beets
- Brussel Sprouts
- Broccoli
- Green Beans
- Tomatoes
- Asparagus
- Cabbage
- Cucumber
- Zucchini
- Mushrooms
- Spinach
- Kale
- Lettuce

## Fats

- Pecans
- Macadamia Nuts
- Walnuts
- Almonds
- Peanuts
- Peanut butter
- Almond Butter
- Pistachios
- Cashews
- Chia Seeds
- Flax Seeds
  
- Olive Oil
- Coconut Oil
- Macadamia Oil
- Avocado Oil
- Grapeseed Oil
- Sesame Oil
- Ghee
- Grass-Fed Butter
  
- Coconut Milk
- Olives
- Avocado

## Carbs

- Navy Beans
- Lentils
- Plantains
- Yams
- Potato
- Sweet Potato
- Corn
- Butternut Squash
- Carrots
- Pumpkin
  
- White Rice
- Brown Rice
- Pasta
- Amaranth
- Steel Cut Oats
- Quinoa
  
- Banana
- Grapes
- Cherries
- Mango
- Pear
- Kiwi
- Pineapple
- Blueberries
- Apple
- Orange
- Raspberries
- Blackberries
- Nectarines
- Peach
- Cantaloupe
- Grapefruit
- Watermelon
- Strawberries

**\*Note:** If utilizing a fatty protein for a meal we suggest that you do not add an additional fat source to the meal.