**Summer bodybuilding project**

**Foods need to eat to optimize the growth hormone:**  
1. Olive oil (fat)   
2. Oats (carb)  
3. Lemon (V-C)   
4. Pumpkin seeds (Magnesium/zinc/protein/fat)   
5. Spinach (pui shake) (Magnesium/more)   
6. Sweet potatoes (Carb/fat)   
7. Whey protein (supplement/fat/protein)   
8. China Badam (fat/Protein)   
9. Brown Rice (carb/v- B/ more)   
10. Pork (Protein/fat)   
11. Chicken (clean Protein)   
12. Onion (V- C/B)   
13. Eggs (Protein/ V –A/ D/omega/fat)  
14. Cod liver oil (V-A)  
15. Carrots (v-A)   
16. Butter ( fat/V-A )

**Foods high in polyunsaturated fat that you should AVOID because it decries the growth hormone:**Processed sugary foods   
Soybean oil  
Canola oil  
Sunflower oil  
Vegetable oils  
any kind of soy product, any kind of processed foods that contains soy.

**Anti-Insulin resistance Meal timing:**  
Meal one (9.00 am) - 5 hours fasting - Meal two (2.00 pm) - 4 hours fasting- Snacks (Between 5.00 pm – 6.00 pm) 4 hours fasting – Dinner at 10 pm. ( 8 hours sleep)

**Daily Distribution percentage** (per meal):   
  
Breakfast: 50% carb- 25 % fat - 25% Protein   
  
Lunch: 25% Carb- 50% fat- 25% Protein  
  
Snacks: 25% carb- 0% fat- 0% Protein  
  
Dinner: 25% carb-50% fat- 50%