

Intermediate strength training workshop

Sponsored by **LIVING STRONG FITNESS TRAINING SYSTEMS.**

Training Rules: Here is a synopsis of the quickest, most effective and safest guidelines to follow for certain success with intermediate level strength training. These TRAINING RULES are based on years of studies, research, and having personally trained and evaluated hundreds of trainees.

1. Strength train three days per week, alternating days with 48 hours rest and recovery time between each workout.
2. Always forcefully exhale on exertion, and breathe freely on the negative portion of all lifts. **NEVER HOLD YOUR BREATH WHILE STRENGTH TRAINING.**
3. Always use clips or collars on dumbbells and barbells. Always double check your weights.
4. Perform only one set of 12 repetitions for each exercise. Start with light weights and perfect form. If you can do more than 12 reps, increase pounds at the next session. When you have a weight at which you can just barely do 12 reps with good form, add a tiny bit of weight each week and try to always get 12 reps. this is called "progression".
5. Take each set to a point where you cannot continue the movement in PERFECT form, target goal is 12 reps.
6. Move the weight slowly. Do not throw the weight up and do not drop it back down.
7. Keep accurate training logs, and weight-body mass records. Weigh and check body composition each month.
8. Walk, cycle, Nordic-track, or swim for 30-60 minutes on the days you do not strength train. The pace should be brisk enough to make you breathe hard and break a sweat.
9. Drink 1 gallon of water per day
10. Eat enough high-quality calories to support muscle growth, but not add extra body fat. You should be increasing the weight you are lifting, but not increasing waist size. If your waist increases, reduce your calories. If your lifts stop increasing, see a qualified personal trainer, and increase your caloric intake.

Food tips:

- Eat 5 quality small meals per day, one about every three hours. Men should shoot for 4 of the meals to be 300 calories, one should be 500 calories. Women should shoot for 4 of the meals to be 225 calories, one should be 400 calories. If you cannot increase your lifts each week with this amount of fuel, increase your caloric intake. If you start adding inches to your waist, decrease your caloric intake.
- Always choose nutrient-dense foods (natural, unprocessed, unsweetened, raw, whole, broiled, baked or steamed) instead of caloric-rich foods (sugared, sweetened, processed, fried, high-fat, chemically added or altered). Try to balance your nutrient intake at about 60% carbohydrates, <20% protein, and >20% fat.
- **If you start gaining fat, reduce calories in each meal. If you stop gaining strength, add calories to each meal.**
- Drink a gallon of quality water per day. Avoid other drinks.
- Eat a low-glycemic index meal 1 – 2 hours before your workouts, and a higher protein – higher glycemic index meal immediately after each workout.

Eliminate these foods:

- Fried foods (chicken nuggets, fried chicken, fries, fried fish, donuts, chips, etc.)
- Processed sugars (candy, beer, soda, most cereals, cookies, and desserts. Read all food labels and if sugar, corn sweetener or any sweetener is in the first four ingredients, don't eat it.)
- Foods with any artificial sweetener or sugar substitutes.
- Highly processed foods (cheese whiz, white flour, white pasta, white rice, ice cream)
- Polyunsaturated fats and oils
- Trans fats
- High fat low protein foods (most pizza, most burgers, most foods with cream sauces)

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Eat:

- Grilled or broiled meats, especially Salmon or other fish.
- Reduced portions of Whole-wheat stone ground bread.
- Reduced portions of pastas made from whole wheat, artichoke or spinach.
- Skim milk
- Low fat cottage cheese
- Long grain brown rice
- Plain yogurt with raisins, nuts, or berries added.
- 3 fruits per day
- <3 vegetable servings per day
- Romaine lettuce salads, with no or little dressings, one per day.
- Sweet potatoes
- Occasional baked potatoes.
- Tuna and Salmon.
- Small amounts of Butter instead of margarine
- Lowest fat, highest protein frozen meals.
- Extra virgin Olive oils, coconut oils.
- Cereals with added sweeteners only if the sweetener is ingredient #5 or higher.
- Drink a gallon of water a day.

See the attached meal suggestions for tried and proven healthy muscle-building meal ideas.

Eating out: Examples of “less damaging” selections...

Arby's: ½ market fresh beef + Swiss, or smoked turkey
Regular roast beef, add lettuce + tomato

McDonald's: Egg mcmuffin
Grilled chicken specialty salads
Occasional regular hamburger with no mayo, extra lettuce onion and tomatoes

Burger King: Whopper Junior, no mayo, extra tomato + lettuce
Chicken whopper, no mayo, extra tomato + lettuce

Wendys: Caesar side salad, chili with onions + cheese
Any specialty salad with grilled chicken, no dressing
Baked Potato w cheese + onions, or chili on top

Whataburger: Grilled Chicken Sandwich

Taco Bell: Bean burrito
Chicken soft taco, fresco style
Steak soft taco, fresco style

Restaurants, general: Caesar salad w/ broiled or grilled chicken, dressing on side. Do not pour dressing on, just dip fork tips in dressing for each bite.
Grilled or broiled entrees, whole wheat breads.

For a complete eating out guide, visit the “HELPFUL LINKS”, AND SCROLL THROUGH THE “NUTRITION” SECTION AT WWW.LIVINGSTRONG.ORG .

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MASTER SESSION 1, Legs and lower body

MASTER SESSION 2, Chest and shoulders

MASTER SESSION 3, Back, arms and abs

MASTER SESSION 4, Exercise program design, sequence and timing

You should have your doctor's approval to begin any exercise or diet program. These tips are not intended as a prescription for you to follow, but are provided as a reference for you to learn what has been successful for other trainees.

Some of the best free-weight exercises you may want to include for legs and lower body:

Squat.

- Use rack. Set upper pins to armpit height, set lower pins to stop bar at the point where your thighs are parallel with the floor.
- Use Manta Ray on bar.
- Lift the bar using legs, hips under bar, and step into middle of rack.
- Stand with heels a bit wider than shoulders, toes slightly pointing out. Keep your upper body erect, shoulders in a military attention position. Look up at the ceiling to keep a positive curve in back.
- Bend knees and use legs to lower your upright upper body to the bottom position as if you were going to sit down in a chair. All of your weight should be on your heels. Be sure that your knees end up directly over your toes when you are in the bottom position.
- Raise up with your back straight, weight on heels, do not lean forward or round your back.
- Perfect your form with just the bar, and add weight when you have perfect form.
- Three seconds up and three down, the twelfth rep should be extremely difficult or impossible, but with perfect form.

Sissy Squat

- Hold onto doorknob or squat rack for support.
- Bend knees and lower your vertical erect upper body as if you were going to sit in a chair.
- Your knees should be directly above your ankles during this entire exercise.
- Ten seconds down to the lowest position that you are able to go, and ten seconds up.
- Do not lean forward, and don't rush the up half of the movement.

One Leg Sissy Squat

- Same as sissy squat using only one leg. Lift one leg up behind you by bending knee. Lower yourself till that knee touches floor. Raise up and switch legs.
- Three seconds down, Three up.

Lunges

- Begin from a normal standing position.
- Take a big step backward with your right foot, and kneel to barely touch your right knee to the floor behind your left heel.
- From that position, raise up and move your right foot forward back to a normal standing position.
- Repeat with left foot.
- Alternate feet, repeat to muscle fatigue, three seconds down to each knee touch, and three seconds up.

Calf raises

- Use rack. Set upper pins to chest height, set lower pins to the highest position possible.
- Use Manta Ray on bar.

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- Use an “h” block (a 2’ 4x4 with 2’ 2x4s screwed to each end to form a stable calf block) positioned in rack so that you will be leaning slightly forward.
- (You may want to use luggage straps between the rack pins and the front-top of the rack as an extra safety precaution.)
- Step into position on the block, feet in a normal standing position, balls of feet on the block, heels suspended off the back of the block.
- Lift the bar using legs, with hips under bar, and straighten knees to standing position, slightly leaning forward with the bar touching the upright rails of the rack.
- Be sure you are slightly leaning forward so that the bar is touching the rack during the entire exercise.
- Raise your body as high as possible using your calf muscles with the weight on the ball of the feet, and hold that position for second or two.
- Lower to as low as you can comfortably go in the bottom position.
- Keep your knees straight. Do not flex your knees.
- 3 seconds up, three down.
- When you progress to the point of needing large amounts of weight for this exercise, start over with just the bar and do one leg at a time stabilizing your balance with your hands guiding the bar on the upright rails.

Some of the best free-weight exercises you may want to include for chest and shoulders:

Pushups.

- Use dumbbell or pushup handles to get a good wrist angle. Wrist should be straight, not bent.
- Forearms should be vertical on all angles with your elbows over your wrists.
- The bottom position should have your hands in line with lower armpits.
- Touch chest to floor with your back straight.
- Use your knees until strong enough to do these from your toes. Keep back stiff and straight. When you can do 12, use as a warm-up for bench press.
- 3 seconds up, three down.

Barbell bench press:

- Use squat rack, set bottom pins to catch bar at chest height.
- Bench should be horizontal and support entire body and head.
- Use marks on bar to establish your correct grip width.
- Wrists should be directly above elbows. Lift from middle of pectorals, (nipple level on males) until arms are straightened overhead at clavicle height.
- Immediately lower bar to touch chest.
- Shoulders pulled together in back, hard against bench.
- Back pressed against bench, not arched.
- Use a step to elevate your feet so your knees are higher than your body. Be sure your feet are firmly planted.
- Three seconds up, three down.

Dips:

- Set straight bars across lower rack supports at the height you use for bench press, and the width of your shoulders.
- Put a rubber pad under you for your knees to touch in the bottom position.
- Stand between the bars, and grasp the bars in the middle of the rack.
- Using your arms to support your weight, lift your feet up behind you by bending the knees and lower your body straight down till your knees touch the pad on the floor directly beneath you.
- Your elbows will be the same width at the bottom as at the top, close to the body, not out to the sides.
- Upper arms should be parallel with the floor in the bottom position, and no lower.

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- Use your toes behind you as a support as you begin this exercise, and as you get stronger you will be able to do it without any foot support.
- If it is too difficult at first, do only the negative (lowering) portion and use your feet to get up again between each rep.
- Three seconds up, three down.

(Always do a few Rotator Cuff exercises to warm up shoulders before doing any shoulder work.)

Barbell shoulder press:

- Use power rack, bar on lower supports at collarbone height.
- Set bench back to near vertical.
- Use reference marks on bar to establish your correct grip width. Grip width should be the same as for benchpress, so the forearms are vertical in mid lift with elbows at a right angle.
- Lift the bar from the bottom position keeping elbows under bar. Lift straight up, brushing chin.
- Lift the bar evenly, smoothly and keep horizontal at all times.
- When motion reaches the top arms will be vertical. Immediately reverse direction and lower bar brushing chin and bottoming at the collarbone.
- Three seconds up, three down.

Dumbbell shoulder press

- Hold dumbbell in each hand immediately above each shoulder with handles positioned similar to a barbell shoulder press grasp.
- Raise dumbbell with forearm vertical, wrist above elbow.
- Raise to full overhead extension, elbows straight, touch dumbbells together at top.
- Lower to starting position.
- Three seconds up, three down

Upright rear deltoid row

- Adjust power rack so the lower supports are at mid thigh height.
- Standing in rack with thighs touching bar, bow forward and grasp a wide grip on the bar, palms toward body. Do not arch your back. Keep it straight.
- Stand slightly leaning forward, squeeze shoulder blades together and raise elbows toward ceiling, straight out to each side, forearms vertical.
- Three seconds up, three down.

Bench-assisted rear deltoid row

- Same as standing row, only using bench at a 45 degree angle to support chest. This eliminates lower back stress.

Some of the best free-weight exercises you may want to include for back, arms and abs:

Foot-Assisted Pull-ups.

- Place bar in power rack on top pins set to collarbone height.
- Grasp bar with pronated grip, palms facing away from you, grip width should be the same as for benchpress, so the forearms are vertical in mid lift with elbows at a right angle.
- Hang from bar, arms extended overhead, and momentarily lift knees to chest in a dead hang to align elbows and hips beneath bar.
- Place feet on floor so that knees are bent at a 90 degree angle, hips and elbows directly beneath bar.
- Using minimal support from your legs, pull your body up with your arms until your collarbone touches the bar, and squeeze shoulder blades together.
- Lower yourself to the bottom starting position with minimal support from your legs.

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- Keep your hips and elbows directly under the bar at all times. Your face will travel straight up and down brushing chin on bar.
- One second up, one down. When you can do twelve, use your toes only for support. When you can do twelve with just toe support, only allow one foot at a time to support you by alternating feet every second or so. When you can do 12 of these, move to negative pull-ups.

Negative Pull-ups:

- Place bar in power rack on top pins set to collarbone height.
- Grasp bar with pronated grip, palms facing away from you, grip width should be the same as for benchpress, so the forearms are vertical in mid lift with elbows at a right angle.
- With bar at collarbone, tighten grip, squeeze shoulder bones together and lift knees to chest.
- Holding knees to chest, lower your body slowly to a full hang at the bottom. Try to make the descent take ten seconds.
- Repeat until your descent is reduced to two seconds.
- When you can do twelve, move to Pull-ups.

Pull-ups:

- Grasp the top bar of power rack with pronated grip, palms facing away from you, grip width should be the same as for benchpress, so the forearms are vertical in mid lift with elbows at a right angle.
- Lift your feet off of the floor.
- Pull your body up until your collarbone touches the bar.
- Lower yourself to the bottom position.
- One second up, one down.
- When you can do twelve, add weight.

Foot-Assisted Chin-ups, Negative Chin-ups, Chin-ups:

- Identical to the pull-ups described above but with supinated grip with palms facing you, gripping bar at torso width.

Lower back row:

- Set a bench to about 22% - 45% incline.
- Place a dumbbell on floor at each side of the head of the bench.
- Lie on stomach, face and head clear of the top of bench, reach down and grasp dumbbells with a parallel grip, palms facing in toward each other and lift by raising elbows beside body toward your waist. Keep forearms vertical during the entire exercise.
- Lift up moving elbows up beside body until upper arm is parallel with floor, elbows touching sides.
- Do not put pressure on neck or head, but pull against chest only.
- Three seconds up, three down.

Bicep curls:

- Alternate between straight bar, curl bar, and dumbbells every three to four weeks.
- Keep elbows locked against sides, use arms only to lift. Do not arch back.
- Three seconds up, three down.

Standing triceps extensions:

- Using triceps bar, stand with weight at end of fully extended arms directly over head.
- Keeping upper arms locked, bend elbows to lower weight behind head.
- Lift to starting position keeping elbows tight directly above shoulders. Do not let elbows move away from each other.
- Three seconds up, three down.

Lying triceps extensions:

- Lay on back on floor with feet flat on floor, knees in the air.

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- Using triceps bar, begin with weight at end of fully extended arms directly over head.
- Keeping upper arms locked, bend elbows to lower weight behind head.
- Lift to starting position keeping elbows tight directly above shoulders. Do not let elbows move away from each other.
- Three seconds up, three down.

Curl up-foot touch:

- Lying with back on floor, arms suspended in the air with hands beside waist, legs flat on floor.
- Raise shoulders off floor while lifting knees to chest.
- Top position will be knees fully contracted to chest, shoulders as high off floor as you can lift, fingers touching sole of foot on each side.
- Return to starting position
- Three seconds up, three down.
- When you can do twenty, hold top contracted position for three seconds before you go down.

Exercise program design, sequence and timing:

Discussion points.....

- After a successful exercise session, your muscles should be sore, but not your joints. If you have joint pain, stop working that joint until it is pain free, or see a sports doctor.
- Warm up with light calisthenics until you break a sweat, 5 minutes or so.
- Exercise your largest muscle groups first.
- Each set should last 60 – 90 seconds.
- Let your heart rate drop down to about 60% of your max between sets. Generally this is about 1 to 2 minutes between sets.
- You must plan your workouts on your calendar IN INK weeks in advance, and be regular in your training.
- In order to live in your fittest and healthiest condition, you will have to use your muscles regularly for the rest of your life. So you will probably need to plan on strength training for the rest of your life. When you stop being muscularly active regularly, your body will immediately adapt to your lack of muscle stimulation, and you will begin negative adaptation with all of its negative health and lifestyle detriments. You are either living strong and well, or weak and compromised.
- It would be best to work with a qualified personal trainer for 6 to 12 weeks to establish an ideal workout plan and exercise selection for your specific body and situation. Then to maximize and stay on top of your health and fitness, see your trainer at regular intervals to evaluate your progress and fine-tune your training and progress.

See the attached workout log and sample workout.

Be sure to visit www.livingstrong.org for a complete resource of the best fitness and strength information. Go to the “student” link, scroll down and read the article [Strength training - what to use, where to train](#) for sound info about strength training equipment.

Living Strong Fitness Training Systems, www.livingstrong.org

Suggested strength training exercise progression Choose your appropriate strength-training experience category. Do one exercise for each muscle group in the order listed. Begin with a cardio warm-up to a sweat, about 5 minutes, and lightly stretch. Use a weight that makes the last few reps intense. Use perfect form. Use the full range of motion for each exercise movement. If you experience or develop joint pain, stop the exercise, use a reduced range of motion and gradually increase it as you progress, or choose an alternate exercise.

	Beginning	Intermediate	Advanced
Muscle group:	Choose 1 exercise for each muscle group. Do 1 set of 12-20 reps, 4x4 seconds to momentary muscle failure. No rest between sets.	Choose 1 exercise for each muscle group. Do 1 set of 12-14 reps, 4x4 seconds to momentary muscle failure. One minute rest between sets.	Choose 1 exercise for each muscle group. Do 1 set of 12 reps, 3x3 seconds to momentary muscle failure. 1-2 minute rest between sets.
Legs/back	Body weight sissy squat Body weight squat Body weight lunges	Weighted sissy squat T-bar squat Weighted lunges Barbell squat Rack Barbell squat	Rack Barbell squat Rack weighted lunges Trapbar deadlift One-leg sissy squat
Calves	Dual calf raise	Single leg weighted calf raises Rack Barbell dual calf raise	Rack Barbell dual calf raise Rack Barbell single calf raise
Lower back	Barbell Stiff leg deadlift	Barbell Stiff leg deadlift	
Chest	Pushup from knees / toes Barbell benchpress, floor Barbell benchpress, bench	Pushup from toes Rack Barbell benchpress, bench	Pushup from toes Rack Barbell benchpress, bench
Trap, neck			Rack Barbell Shrug Trapbar shrug
Shoulders	Barbell seated shoulder press, chair	Barbell seated shoulder press, chair Rack Barbell seated shoulder press, bench	Rack Barbell seated shoulder press, bench Dumbbell standing shoulder press
Upper back		Barbell upright row, standing Dumbbell rear bent over flys, standing	Barbell upright row, standing Dumbbell rear bench flys, lying
Back	Stretch Band pull down Pronated pull-up, foot assisted	Pronated pull-up, foot assisted Pronated pull-up, leap up-negative dn. Supinated chin-up, leap up-negative dn.	Pronated pull-up Supinated chin-up Dumbbell lying row
Arms, bicep	Barbell bicep curls Dumbbell bicep curls	Barbell bicep curls Dumbbell bicep curls	Barbell bicep curls Dumbbell bicep curls
Arms, triceps	Triceps extension	Triceps extension on floor	Triceps extension on floor Standing Triceps extension
Abs	Curl up	Curl up with bent leg-lift Oblique crunch	Jackknife toe touch Hanging oblique knee raise

These general guidelines will assist students and clients of Living Strong Fitness Training Systems in the selection and progression of the strength training component of your fitness training program. To be effective your program must also include appropriate cardio, nutrition, rest, and hydration. This information is intended only for those who have been trained to use these exercises safely and effectively with correct form and exercise protocol. Before you begin any exercise program, and before you use any of this information, consult with your physician to determine if this information is appropriate for your situation.

Living Strong Workout Log www.livingstrong.org

name _____

Start each workout with an aerobic warmup of about 5 minutes to break a sweat, and lightly stretch.

WORKOUT	day\date			
	start time			
	stop time			
	workout length			
	heartrate	min / avg / max	min / avg / max	min / avg / max
Exercise	position - speed	WEIGHT / REPS REST	WEIGHT / REPS REST	WEIGHT / REPS REST
1	AEROBIC WARMUP			
2	SQUAT warmup, 45 lb.			
3	BB SQUAT			
4	LUNGES			
5	BB STANDING CALF RAISE			
6	ROTATOR CUFF warmup			
7	BB SHOULDERPRESS			
8	BB DELTOID ROW			
9	PRO. PULLUP			
10	SUP. CHINUP			
11	PUSHUP warmup			
12	BB BENCHPRESS			
13	BB BICEP CURL			
14	LYING TRICEP EXTENSION			
15				

NOTES:

Living Strong Workout Log

name _____

Start each workout with an aerobic warmup of about 5 minutes to break a sweat, and lightly stretch.

WORKOUT	day\date			
	start time			
	stop time			
	workout length			
	heartrate	min / avg / max	min / avg / max	min / avg / max

	Exercise	position - speed	WEIGHT / REPS REST	WEIGHT / REPS REST	WEIGHT / REPS REST
1					
2					
3					
4					
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15					

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Living Strong Workout Log

name _____

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	min / avg / max	min / avg / max	min / avg / max	min / avg / max
	WEIGHT / REPS REST	WEIGHT / REPS REST	WEIGHT / REPS REST	WEIGHT / REPS REST
1				
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NOTES:

Living Strong Meal planning ideas - Suggestions to help you plan wise food choices.

www.livingstrong.org

Calculate appropriate portion sizes to fit into your nutrition and calorie plan. Use the Personal Trainer One software to easily track and evaluate your daily nutrition intake.

Breakfast Ideas:

- 1 Original rolled oats old fashioned oatmeal, raisins, milk
- 2 Whole grain, no sugar cereal (Muesli, Uncle sams, Shredded wheat, Kashi GoLean, etc.), fruit, nonfat milk
- 3 1 egg fried in a mist of olive oil, Whole grain toast, fruit (papaya, banana, pineapple, berries)
- 4 Whole grain bagel half, lite cream cheese, fruit
- 5 Shake: fruit, skim milk, non sweetened whey or soy protein powder (Juice Plus Complete), tbsp flax seed oil
- 6 Open faced breakfast sandwich: 1 poached egg with fat free cheese on whole grain toast w/ mustard, fruit
- 7 Egg white omelet, low fat cheese, bell peppers, onion, seasoning, with whole grain toast
- 8 No fat pita pocket, Light cream cheese, 1/2 cup OJ., Decaf coffee

Lunch or Dinner Ideas:

- 1 Grilled chicken Caesar salad w/ no dressing
- 2 Turkey wrap: whole grain tortilla w/ spinach, onion, sprouts, guacamole
- 3 Lean Cuisine or Healthy Choice frozen entrée (choose lowest fat, highest protein)
- 4 Plain yogurt with raisins and nuts
- 5 Tuna with crushed pineapple sandwich on whole grain bread
- 6 Mixed vegetables w/ lean ground beef, seasoned with garlic, cayenne, etc.
- 7 Sweet potato, broiled or microwaved salmon, shredded cold slaw w/ little or no dressing
- 8 Natural peanut butter and banana sandwich
- 9 Lean meat sandwich on whole grain bread w/romaine lettuce or spinach, tomato, mustard, fat free cheese
- 10 Avocado on whole grain bread
- 11 Small (3-6 oz) lean steak, 1/2 baked potato w/non fat cheese, chives, onion: romaine side salad
- 12 Beans and brown rice w/ onions, non fat cheese, lean ground beef
- 13 Whole grain pasta with diced chicken and tomato sauce, side Caesar salad no dressing
- 14 Cottage cheese, whole grain bread

Snack Ideas:

- 1 Fruit and nuts
- 2 Whole grain low sugar granola bar (Kashi), 1/2 piece fruit
- 3 Celery with peanut butter
- 4 1/2 cliff bar, 1/2 piece fruit
- 5 Plain yogurt mixed w/ raisins, nuts
- 6 Cottage cheese, whole grain bread
- 7 Frozen papaya bites
- 8 Sliced cucumber with onions in vinegar
- 9 Baby carrots
- 10 Romaine lettuce leaves
- 11 Frozen peas
- 12 Fresh spinach leaves
- 13 Whole grain, no sugar cereal (Muesli, Uncle sums, Shredded wheat, Kashi GoLean, etc.), fruit, non fat milk
- 14 Non fat milk