



# **MONTANA TECH BASKETBALL STRENGTH & CONDITIONING**

## **SUMMER WORKOUTS**



**4 Days A Week**

**Phase 1 : 6 - Weeks (May 13 - June 22)**

**MONDAY - UPPER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Bench Ladder (Start heavy - work to light)	4	5, 10, 15, 20+
Dumbbell Incline Bench	4	8-12
Dumbbell Curl to Arnold Press	4	8-10
Dumbbell Lateral Side Raises	3	12-15
Barbell Landmine T Bar Rows	3	12-15
Pushups	1	40
Incline Push Ups	1	40
Decline Pushups	1	40
Bench Dips	1	60
Triceps Extensions	4	8-10
Dumbbell Pullovers	3	8-10
Core Du Jour (The 6 Core Groups)	1	50 reps or 1 minute hold
Pick 1 exercise from each group to do		
Do 50 reps total / or 25 each side depending on exercise / 1 minute hold on planks or holds		

**TUESDAY - LOWER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Bench/Box Squat (Heavy to Light)	4	4, 7, 10, 12
Dumbbell Step Up on Bench/Box	4 each leg	6-8
- super set w/ Skater Jumps	4 each leg	8-10
Dumbbell Lateral Lunges	3 each leg	9-11
- super set with Dumbbell Single Leg RDL's	3 each leg	10-12
Box/Bench Jumps	1	20-25
Depth Jumps	1	12-15
Gorilla Squats	2	15-20
Kettle Bell Swings	3	12-15
Dumbbell Calf Raises (Toes Straight, Toes Out, Toes In)	1 of each	30-35
Yoga Ball Single Leg Hamstring Curls	3 each leg	10-15
Core Du Jour (The 6 Core Groups)	1	50 reps or 1 minute hold
Pick 1 exercise from each group to do		
Do 50 reps total / or 25 each side depending on exercise / 1 minute hold on planks or holds		

**FINISH EACH WORKOUT WITH ONE OF OUR CONDITIONING WORKOUTS**

**4 Days A Week****Phase 1 : 6 - Weeks (May 13 - June 22)****THURSDAY - UPPER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Close Grip & Wide Grip Bench	2 of each	To Failure
Dumbbell Decline Bench	4	8-12
Dumbbell Zottman Curl	4	8-10
Lat Pulldowns	5	12-15
Dumbbell Single Arm Row	3 each	12-15
Banded/Assisted Pullups	1	25-30
Dumbbell Shrugs	4	10-12
Barbell Upright Rows	3	12-15
Dumbbell I - Y - T's	1 of each	20
Triceps Skull-crushers	4	10-12
Close Grip Pushups	3	8-10
Core Du Jour (The 6 Core Groups)	1	50 reps or 1 minute hold
Pick 1 exercise from each group to do		
Do 50 reps total / or 25 each side depending on exercise / 1 minute hold on planks or holds		

**FRIDAY - LOWER BODY**

	<b>Sets</b>	<b>Reps</b>
Hexbar Deadlifts	4	15, 12, 8, 4
Dumbbell Side Step Up on Bench/Box	4 each leg	6-8
- super set w/ Long Jumps (after both legs of DSSU)	4	5-6
Dumbbell Forward Lunges	3 each leg	6-8
- super set with Barbell RDL's (135 lbs on bar)	3	7-10
Box/Bench Jumps (Jump off 2 feet/Land on 1)	1	15 each leg
90 Degree Depth Jumps	1	10 turning each way
Cannonball Squats	2	15-20
Balance Matrix	3 each leg	18
Barbell Calf Raises (Toes Straight, Toes Out, Toes In)	1 of each	30-35
- 135 lbs on bar		
Single Leg Hamstring Bridges	3 each leg	12-15
Core Du Jour (The 6 Core Groups)	1	50 reps or 1 minute hold
Pick 1 exercise from each group to do		
Do 50 reps total / or 25 each side depending on exercise / 1 minute hold on planks or holds		

**FINISH EACH WORKOUT WITH ONE OF OUR CONDITIONING WORKOUTS**



**4 Days A Week**

**Phase 2 : 6 - Weeks (June 13 - August 2)**

**MONDAY - UPPER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Bench Burnout (155 lbs on bar)	5	To Failure
Dumbbell Incline Bench Flyes	4	8-12
Dumbbell Incline Hammer Curls	4	12-15
Truck Drivers	5	12-15 each way
Pie Servers	3	16-20
Plate Elevated Pushups	1	50
Jackknife Push Ups	1	40
Reverse Grip Bench Pushups	1	40
Bench Dips	1	60
Triceps Kickbacks	4	8-10
Seated Cable Rows	4	18-22
Straight Arm Pull Down	3	12-15
Core Du Jour (The 6 Core Groups)	1	70 reps or 1 minute hold

3 of the 6 exercises must be from 3 bottom rows  
Do 70 reps total / or 35 each side depending on exercise / 1 minute hold on planks or holds

**TUESDAY - LOWER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Free Back Squat Burnout	4	To Failure
Barbell Step Up on Bench/Box (95 lbs on bar)	4 each leg	10
- super set w/ Vertical Squat Jumps	4	5-6
Dumbbell Elevated Reverse Lunges	3 each leg	9-11
- super set with Wall Sit	3	45 seconds
Banded Clams	3 each leg	15
Triple Jump Landing	1 each leg	5
Nordic Hamstring Curl	2	12-15
Bodyweight Curtsy Lunge	3 each leg	12-15
Leg Press Calf Raises (Toes Straight, Toes Out, Toes In)	2 of each	30-35
Yoga Ball Hamstring Curls	3	15-20
Core Du Jour (The 6 Core Groups)	1	70 reps or 1 minute hold

3 of the 6 exercises must be from 3 bottom rows  
Do 70 reps total / or 35 each side depending on exercise / 1 minute hold on planks or holds

**FINISH EACH WORKOUT WITH ONE OF OUR CONDITIONING WORKOUTS**



## 4 Days A Week

## Phase 2 : 6 - Weeks (June 13 - August 2)

**THURSDAY - UPPER BODY**

	<b>Sets</b>	<b>Reps</b>
Dumbbell Bench Press Drop Set (Heavy -> Light)	5	4, 10, To Failure
Barbell Shoulder Press (75 lbs on bar)	4	8-12
EZ Bar Curls (10 lbs each side)	4	To Failure
Reverse Lat Pulldowns	5	12-15
Dumbbell Piston Row (75 lb +/- Change hands)	3 each way	12-15
Banded/Assisted Wide Pull Ups	1	25-30
Barbell Shrugs (115 lbs+ on bar)	4	10-12
Dumbbell Upright Rows	5	12-15
Dumbbell Seated Front, Lateral, Bent Over Raises	2 of each	20
Bench Dips + Feet Elevated	6	10-12
Dumbbell Side Bends	3	8-10
Core Du Jour (The 6 Core Groups)	1	70 reps or 1 minute hold

3 of the 6 exercises must be from 3 bottom rows  
Do 70 reps total / or 35 each side depending on exercise / 1 minute hold on planks or holds

**FRIDAY - LOWER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Deadlifts	4	15, 12, 8, 4
Dumbbell Goblet Squat (65 lb+)	4	6-8
- super set w/ Bodyweight Walking Lunge	4 each leg	6
Dumbbell Transverse Lunges	3 each leg	6-8
- super set with Banded Spanish Squats	3	8-10
Bench Jumps (Jump over bench/ Forward & Side to Side)	1	10 each
Pull Throughs (Bands or Cable Weight)	1	10 turning each way
Suitcase Squats	2 each side	15-20
Elevated Sumo Squat	3	15
Barbell Calf Raises (Toes Straight, Toes Out, Toes In)	1 of each	35-40
- 135 lbs on bar		
Gorilla Squats	3	12-15
Core Du Jour (The 6 Core Groups)	1	70 reps or 1 minute hold

3 of the 6 exercises must be from 3 bottom rows  
Do 70 reps total / or 35 each side depending on exercise / 1 minute hold on planks or holds

**FINISH EACH WORKOUT WITH ONE OF OUR CONDITIONING WORKOUTS**

# CORE DU JOUR

Pick one exercise from each category to complete after lift



upper



lower



six-pack



obliques



complete



core



crunches



reverse crunches



flutter kicks



sitting twists



knee to elbow



half wipers



high crunches



scissors



elbow plank



cross crunches



knee-to-elbow v2



arm / leg raises



sit-ups



leg raises



L-sit



side jack-knives



dead bug



wipers



long arm crunches



pulse-ups



star plank



toe taps



plank crunches



plank rolls



hundreds



bicycle crunches



hollow hold



sitting punches



side plank crunches



knee-in twists



knee crunches



crunch kicks



V-ups



side plank



V with rotations



climber taps

Guards	Bigs
19:45	19:47
18:45	18:47
17:45	17:47
16:43	16:45
15:43	15:45
14:43	14:45
13:41	13:43
12:41	12:43
11:41	11:43
10:39	10:41
9:39	9:41
8:39	8:41
7:37	7:39
6:37	6:39
5:35	5:37
4:35	4:37
3:33	3:35
2:33	2:35
1:31	1:33
0:31	0:33

## 20 Liners in 20 Minutes

COMPLETE ON DAYS WE DO NOT LIFT

Start running at the time listed on the left.  
A completed Liner must be at XX:00

Example:

Start – 19:45; be done by 19:00

Next run is at 18:45; done by 18:00

Start on one baseline

Sprint to opposite baseline down and back

Sprint opposite FT Line down and back

Sprint to half-court and back

Sprint to closest FT Line back

Done

# MONTANA TECH



# BASKETBALL

## Terrible 22's

Start at baseline

Sprint to opposite baseline

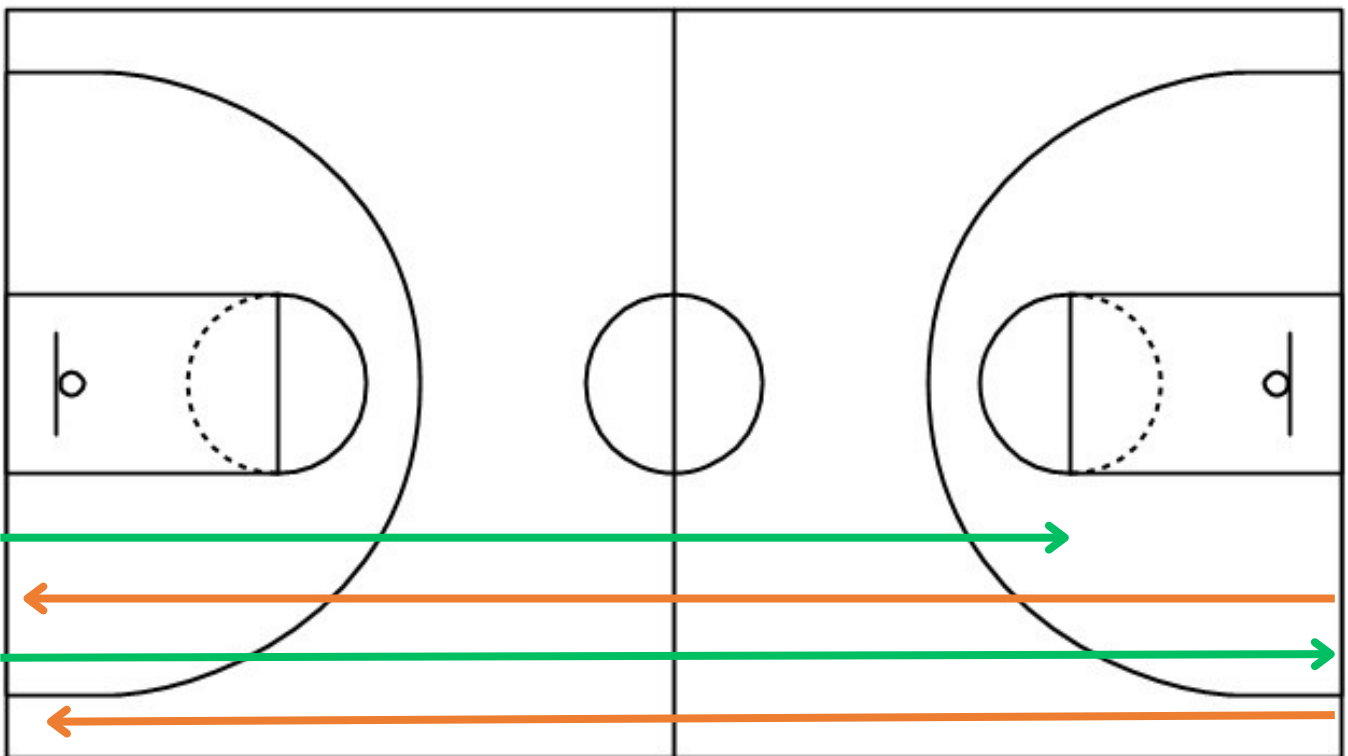
Sprint back to starting baseline

Sprint back to opposite baseline again

Sprint back toward starting baseline, but just sprint through second foul line

Finish entire pattern in 22 seconds

Perform 20 reps with 22 seconds rest between reps



Orange is starting direction / Green is returning direction



Links (Guards)	Time	Links (Biggs)	Time
1	6	1	8
2	12	2	14
3	18	3	20
4	24	4	26
5	30	5	32
6	36	6	38
7	42	7	44
8	48	8	50
9	54	9	56
10	60	10	62
11	66	11	68
12	72	12	74

### How to Run Basketball Ladder Links

Break the team into two groups, "posts" and "perimeters." Perimeter players line up along the baseline while post players wait their turn.

The coach calls out the number of links to run in a particular set. If he calls "five," the perimeters sprint to the opposite baseline (one link), sprint back and touch the original baseline with their foot (two links), and so on until they complete five links. This should take 30 seconds.

The coach then has the posts run five links. Since the posts are bigger guys, and protecting their knees is a concern, two extra seconds are added to each link. Once they complete the session, the perimeters run the next link. This is the format for Basketball Ladder Drill.

The athletes work up to the goal for each session, such as seven. Once they make it to seven links, they then work down in ladder fashion (5/3/1).

Use a 1:1 work/rest ratio.

**Ladder Session 1**

Athletes work up to seven links and back to down to one—a total of seven sprinting sets, with seven equal rest times.

Links	Time
1	6 seconds
3	18 seconds
5	30 seconds
7	42 seconds
5	30 seconds
3	18 seconds
1	6 seconds

*\*Add two extra seconds per link for post players*

**Basketball Ladder Session 2**

Athletes work up to eight links and back down to two—a total of eight sprinting sets, with eight equal rest times.

Links	Time
2	12 seconds
4	24 seconds
6	36 seconds
8	48 seconds
6	36 seconds
4	24 seconds
2	12 seconds

# Montana Tech Treadmill Hill Program

Every warm up will start with a 5:00 - 7:00 minute warm up at 3mph with a 15 incline  
 Rest 2:00 minutes; then complete hill run

<u>Speed</u>	<u>Incline</u>	<u>Work</u>	<u>Rest</u>
3.5	15	45 sec	45 sec
4	14	45 sec	45 sec
4.5	13	45 sec	45 sec
5	12	45 sec	45 sec
5.5	11	45 sec	45 sec
6	10	45 sec	45 sec
6.5	9	45 sec	45 sec
7	8	45 sec	45 sec
7.5	7	45 sec	45 sec
8	6	45 sec	45 sec
8.5	5	45 sec	45 sec
9	4	45 sec	45 sec
9.5	3	45 sec	45 sec
10	2	45 sec	45 sec
10.5	1	45 sec	45 sec
11	0	45 sec	45 sec

<u>Speed</u>	<u>Incline</u>	<u>Work</u>	<u>Rest</u>
4	15	60 sec	60 sec
4.5	14	60 sec	60 sec
5	13	60 sec	60 sec
5.5	12	60 sec	60 sec
6	11	60 sec	60 sec
6.5	10	60 sec	60 sec
7	9	60 sec	60 sec
7.5	8	60 sec	60 sec
8	7	60 sec	60 sec
8.5	6	60 sec	60 sec
9	5	60 sec	60 sec
9.5	4	60 sec	60 sec
10	3	60 sec	60 sec
10.5	2	60 sec	60 sec
11	1	60 sec	60 sec
11.5	0	60 sec	60 sec

<u>Speed</u>	<u>Incline</u>	<u>Work</u>	<u>Rest</u>
4	15	50 sec	30 sec
4.5	14	50 sec	30 sec
5	13	50 sec	30 sec
5.5	12	50 sec	30 sec
6	11	50 sec	30 sec
6.5	10	50 sec	30 sec
7	9	50 sec	30 sec
7.5	8	50 sec	30 sec
8	7	50 sec	30 sec
8.5	6	50 sec	30 sec
9	5	50 sec	30 sec
9.5	4	50 sec	30 sec
10	3	50 sec	30 sec
10.5	2	50 sec	30 sec
11	1	50 sec	30 sec
11.5	0	50 sec	30 sec

# FOOTBALL FIELD POWER CONDITIONING

COMPLETE ON DAYS WE DO NOT LIFT

Week	Drill	Reps/Dist.	Rest	Week	Drill	Reps/Dist.	Rest	Week	Drill	Reps/Dist.	Rest
1	Stride	2 x 110 yds	30 sec	9	Stride	2 x 100 yds	30 sec	15	Stride	2 x 100 yds	20 sec
	Stride	2 x 100 yds	30 sec		Stride	2 x 80 yds	30 sec		Stride	2 x 80 yds	20 sec
	Sprint	12 x 80 yds	50 sec		Sprint	3 x 60 yds	40 sec		Sprint	4 x 60 yds	20 sec
2	Stride	2 x 100 yds	40 sec		Sprint	2 x 50 yds	20 sec		Sprint	4 x 40 yds	20 sec
	Stride	2 x 80 yds	40 sec		Sprint	2 x 30 yds	20 sec		Sprint	4 x 20 yds	20 sec
	Sprint	12 x 60 yds	40 sec		Sprint	4 x 10 yds	20 sec		Sprint	4 x 10 yds	20 sec
3	Stride	2 x 100 yds	40 sec		Sprint	2 x 30 yds	20 sec		Sprint	4 x 20 yds	20 sec
	Stride	2 x 80 yds	40 sec		Sprint	2 x 50 yds	20 sec		Sprint	4 x 40 yds	20 sec
	Sprint	2 x 70 yds	40 sec		Sprint	3 x 60 yds	20 sec		Sprint	4 x 60 yds	20 sec
	Sprint	2 x 50 yds	40 sec	10	Stride	4 x 100 yds	20 sec	16	Stride	3 x 100 yds	20 sec
	Sprint	2 x 30 yds	40 sec		Stride	4 x 80 yds	20 sec		Stride	3 x 80 yds	20 sec
	Sprint	4 x 10 yds	40 sec		Sprint	10 x 60 yds	30 sec		Sprint	3 x 60 yds	20 sec
	Sprint	2 x 30 yds	40 sec	11	Stride	4 x 100 yds	30 sec		Sprint	3 x 40 yds	20 sec
	Sprint	2 x 50 yds	40 sec		Stride	3 x 90 yds	30 sec		Sprint	3 x 20 yds	20 sec
	Sprint	2 x 70 yds	40 sec		Sprint	14 x 30 yds	20 sec		Sprint	6 x 10 yds	20 sec
4	Stride	3 x 80 yds	30 sec	12	Stride	3 x 100 yds	20 sec		Sprint	3 x 20 yds	20 sec
	Stride	3 x 70 yds	30 sec		Stride	4 x 70 yds	20 sec		Sprint	3 x 40 yds	20 sec
	Sprint	14 x 50 yds	35 sec		Sprint	3 x 40 yds	20 sec		Sprint	3 x 60 yds	20 sec
5	Stride	2 x 110 yds	25 sec		Sprint	3 x 30 yds	20 sec				
	Stride	2 x 90 yds	25 sec		Sprint	3 x 20 yds	20 sec				
	Sprint	12 x 40 yds	30 sec		Sprint	4 x 10 yds	20 sec				
6	Stride	2 x 100 yds	25 sec		Sprint	3 x 20 yds	20 sec				
	Stride	2 x 80 yds	25 sec		Sprint	3 x 30 yds	20 sec				
	Sprint	2 x 50 yds	20 sec		Sprint	3 x 40 yds	20 sec				
	Sprint	2 x 40 yds	20 sec	13	Stride	3 x 100 yds	30 sec				
	Sprint	2 x 25 yds	20 sec		Stride	3 x 80 yds	30 sec				
	Sprint	2 x 10 yds	20 sec		Sprint	12 x 60 yds	20 sec				
	Sprint	2 x 25 yds	20 sec	14	Sprint	3 x 100 yds	30 sec				
	Sprint	2 x 40 yds	20 sec		Sprint	3 x 90 yds	20 sec				
	Sprint	2 x 50 yds	20 sec		Sprint	12 x 40 yds	20 sec				
7	Stride	3 x 110 yds	30 sec								
	Stride	3 x 80 yds	30 sec								
	Sprint	12 x 60 yds	35 sec								
8	Stride	3 x 100 yds	30 sec								
	Stride	4 x 80 yds	30 sec								
	Sprint	10 x 50 yds	20 sec								

Stride = 75% Run  
Sprint = Full Speed Effort





# **MONTANA TECH BASKETBALL STRENGTH & CONDITIONING**

**WHEN SCHOOL IS IN SESSION**

# WHEN SCHOOL IS IN SESSION LIFT PLAN

Lift four days a week leading up to 3 weeks before our first game

Lift 3 days a week till our first game

Lift 2 days a week during season / 3 if we have a bye weekend

Will always start with a 8-10 minute prehab warmup for the specific lift we have (Upper or Lower). Dynamic warm up, foam roll, speed ladder, etc.

Will create a database for the players to make sure they are developing through out the years. Will track height growth, weight management, and strength improvements on bench, squats, etc.

Lifts will be tailored to maintain everything we gained over the summer and pre-season. A lot of the in-season lifts will be pre-hab and injury prevention type lifts, stretches, etc.

## MONDAY – UPPER BODY EXAMPLE WORKOUT

Bench Press - 3 sets of 3 Rep Max – Do one warm up set of 135 ( 6-reps) Then 3 sets of your 3RM

### SUPERSET

3 x 12 – Barbell Press ( 10's on each side )

3 sets x Push Up Matrix ( 1 set hands straight, 1 set hands turned out, 1 set hands turned in)

- Normal pushup, Right Hand Stagger, Left Hand Stagger,
- Wide pushup, Right Hand Stagger, Left Hand Stagger,
- Close pushup, Right Hand Stagger, Left Hand Stagger

### SUPERSET

3 x 12 - Barbell Upright Row ( 10's on each side )

3 x 8 each arm – Single Arm Bent Over Row

- Use 65 lbs or more

### SUPERSET

3 x 10 – Barbell Curl ( 10's on each side )

3 x 10 Triceps Extension ( Green Bands )

### CORE

1 x 50 (25 each side) Pick Pockets / Russian Twist – 25 lb plate & touch floor

1 x 50 (25 each side) Elbow Plank – Reach forward with each arm

1 x 50 (25 each side) Leg Flippers – Feet move up and down as if you were back stroking in a pool

## WEDNESDAY – LOWER BODY EXAMPLE WORKOUT

Bench Squat - 3 x 6 ( Go up in weight each time / 3rd set should be at least 225lbs or more )

### SUPERSET

4 x 8 each leg – DB Step Up ( 30 lb dumbbells )

4 x 8 each leg – Single Leg RDL ( 30 lb dumbbell )

### SUPERSET

3 x 6 each leg – Barbell Forward Lunge ( 10 & 5's on each side )

3 x 15 each leg – Single Leg Bridges on Bench

### SUPERSET

3 x 8 – DB Side Lunges ( 30 lb DB's )

3 x 8 Box Jumps ( 24 inch boxes )

### CORE

1 x 60 Second Plank

1 x 50 Dead Bugs ( 25 each side )

1 x 30 Anchored Leg Lifts

## FRIDAY – FULL BODY EXAMPLE WORKOUT

### SUPERSET 1

25 Pull-Ups

50 Push-Ups

25 Deadlifts w/ Hex Bar ( 45's on each side )

### SUPERSET 2

25 Chin-Ups

30 Cross-Over Lunges ( 15 each leg – 30 lb DB's )

25 DB Curl to Press ( 25 lb DB's or > )

### PREHAB

Bench Jump Off / Soft Landings = 1 x 12

### CORE

25 Supermans

25 V-Ups

These lifts would ideal for our in-season lifts because we can get a good pump in, but it also doesn't hold our student athletes up, even with their busy schedule with classes & labs.

Most of our prehab, lift, and core work can all be done in 30 minutes or less; especially if we have two lift groups based on class schedules and weight room size & usage during the day.





# **MONTANA TECH BASKETBALL STRENGTH & CONDITIONING**

## **MEAL PLAN & DIET**

# Calorie Intake

Current Body Weight -

EX: 180 lbs

Goal Body Weight -

EX: 200 lbs

200 lbs x 16-18 = 3200-3600 calories / day


Protein needs to be at least 1g per lb on your body

Get at least 80g of good fats (Olives, Avocados, Butter, Peanuts, etc.)

Rest of your calories need to be good carbs (White Rice, Potatoes, Broccoli, etc.)

## LEAN PROTEIN

macros per 4oz

 BEEF (CAL: 200) p: 30g f: 8g c: 0g	 BISON (CAL: 170) p: 23g f: 8g c: 0g	 SEITAN (CAL: 120) p: 24g f: 1g c: 4g	 PORK (CAL: 126) p: 23g f: 4g c: 0g
 LAMB (CAL: 170) p: 23g f: 7g c: 0g	 EDAMAME (CAL: 160) p: 14g f: 7g c: 12g	 GREEK YOGURT (CAL: 70) p: 11g f: 0g c: 5g	 CHICKEN THIGH (CAL: 150) p: 20g f: 8g c: 0g
 COTTAGE CHEESE (CAL: 90) p: 14g f: 2g c: 5g	 TOFU (CAL: 86) p: 9g f: 5g c: 2g	 TURKEY (CAL: 190) p: 33g f: 7g c: 0g	 LOW FAT CHEESE (CAL: 200) p: 28g f: 8g c: 4g

## HIGH FAT PROTEIN

macros per 4oz

 SARDINES (CAL: 172) p: 28g f: 13g c: 0g	 HERRING (CAL: 253) p: 14g f: 20g c: 6g	 SALMON (CAL: 235) p: 23g f: 15g c: 0g	 MACKEREL (CAL: 261) p: 27g f: 20g c: 0g
 CHIA SEEDS (CAL: 565) p: 26g f: 31g c: 43g	 WHOLE EGGS (CAL: 160) p: 16g f: 12g c: 2g	 MILK (CAL: 50) p: 4g f: 1g c: 6g	 PEANUTS (CAL: 645) p: 28g f: 56g c: 20g

## Delicious Food Choices

High in Good Fats

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### Fatty fish

Among the most nutritious animal protein sources around, fatty fish is loaded with heart-healthy omega-3 fatty acids.
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### Chia seeds

Rich in minerals, omega-3s, and fiber – as well as easy to prepare and incorporate into your diet.
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### Full-fat yogurt

Nutrient-rich yogurt brings about all the same essentials as other high-fat dairy products.
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### Nuts

These plant-based sources of protein are high in healthy fats and fiber.
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### Dark chocolate

A tasty treat with fat accounting for ~65% of its calories. Also a good source of iron and magnesium.
- 

### Cheese









This high-fat dairy product is surprisingly nutritious and does not increase heart disease risk.
- 









### Avocados

About 80% fat by calories, making avocados higher in fat than most animal foods.






**Extra Virgin Olive Oil**  
**Coconut Oil**  
**Grass Fed Butter**  
**Ghee**

# Good vs. Bad Carbs

Good	Bad
 <p>non-starchy vegetables</p>	 <p>soda</p>
 <p>starchy vegetables</p>	 <p>white pasta</p>
 <p>fruits</p>	 <p>white rice</p>
 <p>greens</p>	 <p>sugary cereal</p>

GREAT CARBS eat me anytime!	GOOD CARBS eat me sometimes!	BAD CARBS eat me rarely/never!
 <p>Leafy Greens (kale, spinach, romaine lettuce)</p>	 <p>Starchy Veggies (sweet potato, potatoes, squash...)</p>	 <p>Grains (rice, breads, cereals...)</p>
 <p>Cruciferous Vegetables (broccoli, brussels sprouts, cabbage, collards, cauliflower...)</p>	 <p>Sweeter Fruits (bananas, pineapple, papaya...)</p>	 <p>Sugary Drinks (soda, juice, sports drinks...)</p>
 <p>Berries</p>		 <p>Sugary Snacks (cookies, candies...)</p>

# EAT THE RAINBOW

Color	Nutrients	Health Benefits	Types
 <p>Red</p>	Vitamin A, C, manganese, antioxidants (quercetin, lycopene)	Reduce risk of cancer and heart disease, decrease inflammation, increase immunity, eye/skin/hair health	Tomatoes, red peppers, beets, radishes, red apples, red potatoes, grapefruit, cherries, raspberries, strawberries, watermelon
 <p>Green</p>	Vitamin K, B-Vitamins, folate, potassium, antioxidants (chlorophyll, carotenoids, lutein)	Promote eye health, lung health, liver function, healthy cell production, reduce risk of cancer, increase blood clotting, lower blood pressure	Broccoli, cabbage, brussel sprouts, cucumbers, green peppers, dark leafy greens, peas, asparagus, green beans, zucchini, avocados, kiwi, green apples, green grapes, pears
 <p>Orange/Yellow</p>	Vitamin C, A, B6, potassium, folate, antioxidants (beta-carotene, lutein, alpha-carotene)	Reduce risk of cancer and heart disease, promote eye/skin/hair health, increase immunity, decrease inflammation	Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, peaches, pineapple
 <p>Blue/Purple</p>	B-vitamins, antioxidants (anthocyanins, resveratrol, flavonoids),	Reduce risk of cancer and heart disease, protect cells from damage, improve memory, prevent aging	Eggplant, red onions, purple cabbage, purple potatoes, blueberries, blackberries, plums
 <p>White</p>	Vitamins C, K, folate, potassium, antioxidants (allicin, quercetin, anthoxanthins)	Lower cholesterol, reduce risk of cancer and heart disease, protect cells from damage, increase immunity, promote eye/skin/bone health	Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, rutabagas