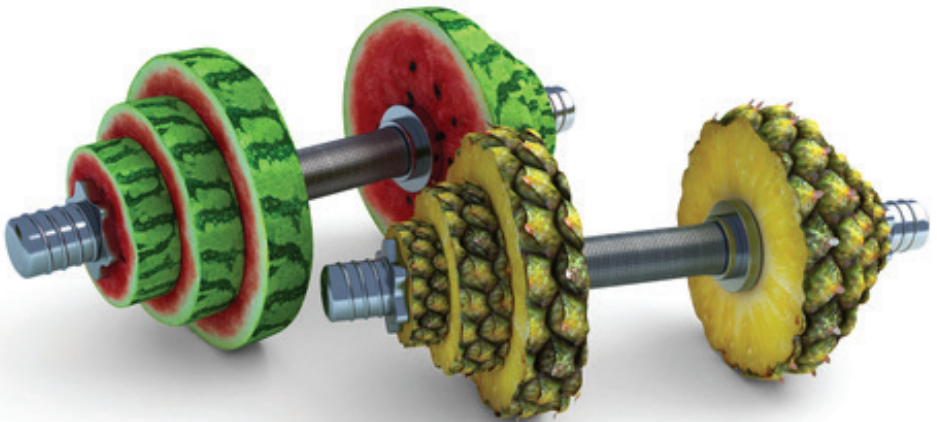




TITANIUM NUTRITION REVOLUTION





CATEGORY 1

Eliminate Completely!

- Sugar
- Any Processed Carbohydrate
 - White Rice
 - White Bread
 - White Pasta
 - Bagels, Cakes, Cup Cakes, Muffins, Donuts
- Salad Dressing (including fat free and light dressing)
- Soda & Fruit Juice (Eat fruit, don't drink it!)
- Butter, Cream, Sour Cream, Cream Cheese, etc.
- Milk (Even non-fat)
- Ice Cream
- Frozen Yogurt (it may be fat free but it's pure sugar!)
- Milk shakes, smoothies, Frappuccinos, etc.
- Chips
- Junk Food & Fast Food (Candy, etc.)
- Anything Fried (Fries, Onion Rings, etc.)



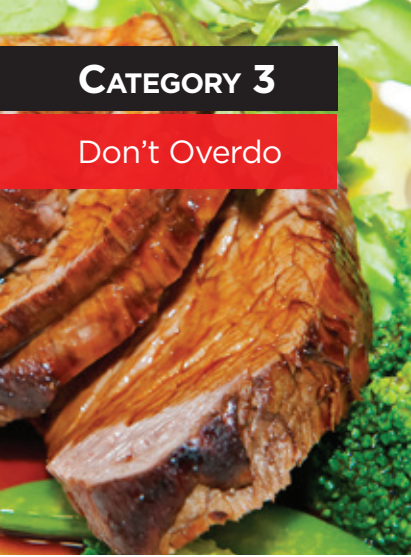
CATEGORY 2

Avoid if You Don't Love It & Limit It if You Do Love It

- Potatoes
- Cheese
- Any Pasta, any Bread and any kind of Rice
- Diet Soda, Artificial sweeteners
- Egg yolk
- Creamy soups
- Popcorn
- Fat Free Yogurt
- White Beans
- Fruit with high sugar content: Bananas, Figs, Grapes, Guava, Kumquat, Lychee, Mango, Pomegranate (Much better than eating junk food but not good)
- Alcohol (Wine, Beer, etc.)

CATEGORY 3

Don't Overdo



- Red Meat
- Fruit
- Vegetable juices from Sugary vegetables like Carrots, Corn, Peas, etc...
- Peanut butter
- Nuts & Seeds
- Tofu
- Olive Oil
- Vinegar
- Salt & pepper

CATEGORY 4

Good (Strongly Recommended)



- Fish
- Chicken
- Vegetable Juice (Not the High-Sugar Ones)
- Salads, vegetables, greens
- Green Leafy vegetables (Maximize)
- Egg whites

GUIDE TO EATING OUT (DON'T OVERDO)**■ Order of Meat:**

- Fish (Best)
- Chicken
- Turkey
- Buffalo
- Beef (Worst)

■ Sandwiches:

- Wheat Roll (Scooped Out)
- Choice of Meat
- Extra Vegetables
- No Mayo or Sauces
- Oil & Vinegar
- Salt & Pepper

■ Hamburgers:

- Wheat Roll (Scooped Out)
- Choice of Meat
- Extra Vegetables
- No Mayo or Sauces
- Light Ketchup or Mustard

■ Burritos:

- Wheat Tortilla
- Meat Selection
- Extra Vegetables
- Salsa
- No Sour Cream



! HINT FOR EATING OUT: !

Tell them you don't want butter or else they put butter on everything, including vegetables!

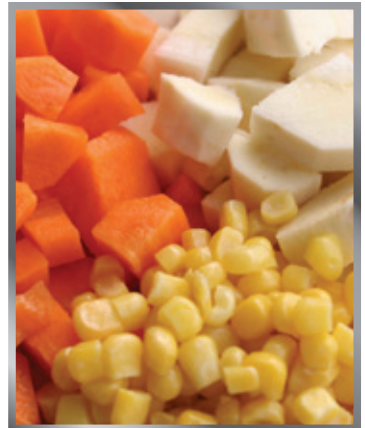
SCIENTIFIC & REAL WORD:

- Everything in this guide is based on solid science not theory.
- Everything in this guide is tested in the real world and you can be certain it works.



CATEGORY TITLES:

Please read the category titles carefully so you know what exactly each represents. For example, juice from High-Sugar vegetables is under the category of “Don’t Overdo.” I would HIGHLY recommend not overdoing Beets, Carrots or any other vegetable with high sugar content regardless of the health benefits because those health benefits can typically be attained with small amounts on a regular basis rather than large quantities at once, especially in the juice.



CALORIE RESTRICTION:



If you want to lose weight or have an amazing body, no diet works without restricting your calories. Keep in mind that this information will help you limit the amount of bad food you bring into your body so it's good for health and good for losing fat. A few things to add to it...

1. Even if you eat healthy, you will gain weight if you don't limit your calories
2. Unless you want to gain weight, you MUST limit your calories
3. Even if you're trying to put on body mass and muscle, follow this diet and limit your calories. You don't need to eat like a cow to gain muscle. Unless your body fat percentage is lower than 5%, you can limit your

calories and your body will burn the fat and use the food you consume to product muscle. I don't care what anyone tells you, I have experimented with this and it's absolutely true!

FOOD ADDICTIONS:

When you find it hard to completely end an addiction to a particular food, use “food substitution” instead. This is where you can substitute something less bad for your current food addictions if you are not able to completely give them up. Of course, it’s better to just give them up but if you can’t do cold turkey, this is a good option. Here is an example:



You can do this every week, every month or whatever works for you.



TASTE BUDS:

As you limit the junk and the foods to avoid, your taste buds will completely change and you will begin to enjoy things that you never would have enjoyed before! Bland food will start to be tasty and flavorful to you.



WHOLE FRUIT VS. FRUIT JUICE:

Vegetables that are high in sugar are not good for juicing because you get too much sugar, too quickly. I actually eat Beets every day. Juicing them is a different story, however, because the juice is just too concentrated. Juice from something sweet is MUCH more likely to turn into fat, tire you out, and damage your body than consuming the item itself. For that reason, I rarely juice Beets but I always eat beets.



CHEAT DAYS & CHEAT MEALS:

Cheating for one meal or a day once in a while is something that is natural for just about any human being, even those who are Titanium! The key is to know that when you cheat, you are going backwards and losing prior progress, not just stopping your gains. Do it as rarely as possible and get back to form as quickly as possible.



GUIDE TO JUICING:

1. Use the best juicer you can afford. Some of the cheap ones are more haste than they're worth.
2. Do not juice fruit unless you are adding a tiny amount in order to add flavor. Eat your fruits & drink your vegetables.
3. Good vegetables for juicing:
 - a. Lettuce, Celery, Broccoli, Cabbage, Fennel, Collard greens
 - b. Cucumber – The big ones give you a ton of juice
 - c. Kohlrabi greens
 - d. Chard (Swiss Chard)
 - e. Spinach – Better to blend
 - f. Radishes (including leaves) – According to taste
 - g. Herbs (ginger, mint, parsley, cilantro, etc.) – According to taste (I can't stand ginger but my wife loves it)
 - h. Add lemon for flavor, according to your taste.
4. Vegetables to limit in your juice because of high sugar content. Use them if you get a little flavor.
 - a. Beets (including the stems and greens)
 - b. Carrots



EATING OUT OPTIONS:

Subway



- a. Best – 6” Veggie Delite® - 230 Calories
- b. Best – 6” Turkey Breast - 280 Calories
- c. Best – 6” Turkey Breast & Ham - 280 Calories
- d. Best – 6” Black Forest Ham - 290 Calories
- e. Good – 6” Subway Club® - 310 Calories
- f. Good – 6” B.L.T. - 320 Calories
- g. Good – 6” Oven Roasted Chicken - 320 Calories
- h. Good – 6” Roast Beef - 320 Calories
- i. Acceptable – 6” Cold Cut Combo - 360 Calories
- j. Acceptable – 6” Subway Melt® (includes cheese) - 370 Calories
- k. Acceptable – 6” Sweet Onion Chicken Teriyaki - 370 Calories
- l. Acceptable – 6” Subway Club® with Avocado - 370 Calories
- m. Acceptable – 6” Steak and Cheese - 380 Calories
- n. Acceptable – 6” Tuscan Chicken Melt - 380 Calories
- o. Acceptable – 6” Turkey & Bacon Avocado - 390 Calories

Flame Broiler



- a. Chicken or steak bowl with no rice and no dressing on the salad. Substitute extra vegies for the rice.

EATING OUT OPTIONS:



Whole Foods

- a. Use one of the small containers for salad and then get a soup that has no carbs or use a large salad container. No salad dressing! Use the official 4-category guide for everything else there.



Chick-fil-A® (Acceptable if you want quick drive-through)

- a. Grilled Chicken Sandwich (No sauce. You can get some ketchup instead)
- b. Make sure you don't get fries or any other junk with it.



For any other restaurant, please refer to the guide the first page of this document.

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