



MIKE'S TOP 10 FAVORITE CARBS

- 1) Sweet Potatoes
- 2) Brown Rice / Wild Rice
- 3) Whole Wheat Pasta – Cooked Al Dente
- 4) Quinoa – Also contains Protein
- 5) Barley
- 6) Bulgur
- 7) New Potatoes
- 8) Manna Bread by Nature's Path
- 9) Red Grain Rice
- 10) Oatmeal – Irish Oats

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