

A woman with short dark hair, wearing a light blue tank top and black leggings, is smiling while cooking in a kitchen. She is using tongs to transfer food from a pan on the stove to a tray. The kitchen has white cabinets and a sink. In the background, there are lemons in a bowl and a potted plant. A large graphic overlay consisting of overlapping blue and purple circles is centered over the image, containing the text 'FIND YOUR STRENGTH' and 'NUTRITION GUIDE WOMEN'S NON-VEGAN'.

# FIND YOUR STRENGTH

NUTRITION GUIDE  
WOMEN'S  
NON-VEGAN

The logo for 'más' features a small pink and purple graphic above the lowercase text 'más'.

# Meal Prep Tips

Meal prepping is all about preparation and setting up a routine. Pick a day of the week when you are free to do your grocery shopping and can prepare for the week. For me, Sundays work best, but depending on your lifestyle and work schedule, you'd have to pick what best accommodates you.

Believe it or not, as you get comfortable each week building that routine, you will feel so comfortable planning your meals even if you aren't the best of cooks. I must admit to you that I learned my way in the kitchen by making a lot of mistakes, burning a lot of food, and sometimes over seasoning or under seasoning certain items.

**Practice makes perfect.**

## **Recommended Meal Prepping Tools:**

- Digital/Manual Food Scale
- Oven/Microwavable Friendly Tupperware
- Measuring Cups
- Measuring Spoons
- Foil Paper (Optional For Roasting And Baking On Baking Sheet)
- Saran Wrap (Optional For Sealing And Covering Bowls)
- Zip Lock Bags (Optional For To-Go Snacks)

# Meal Prep Tips

If you lack time, try buying your proteins in bulk this way you can season them and save in the freezer for later use. I tend to buy exactly what I need for the week, season everything the day of my meal prep, but only cook for 2-3 days at a time saving the rest in freezer to defrost when needing to cook again.

Make sure you rely mostly on spices to season your food. The flavor can be achieved by using spices and minimize oils, sauces, and lots of sodium that contain no nutritional value but add lots of calories, and contribute to water retention and bloating. The use of salt is okay, but using garlic, pepper, thyme, oregano, parsley, smoked paprika, onion powder, onions, cilantro, red pepper flakes, curry powder, cumin, and other favorite spices, will enhance the taste without using so much sodium.

Your meals should be spaced out around 3 hours if possible and your last meal should be ingested 1 hour before heading to bed.

# Meal Prep Tips (cont'd.)

If you want to use sauces like BBQ, chili sauce, teriyaki, buffalo, etc... add them by the serving size to your already cooked meal. This will help you get that flavor you want without drenching your meats in them (trust me, this is where all the calories add up, just read the labels of these sauces and prepare to be shocked). Another benefit of this technique is that while you might cook chicken breast with a neutral spice taste, you can give it a twist and change its flavor by adding a serving of any of these sauces on any given day.

Try different cooking methods as the foods will taste very different. For example, chicken breast tastes completely different when grilled then when made into a patty when it's ground, baked into meatballs, sautéed into chicken breast cubes/strips, or even tenderized like a paillard.

Use a digital scale to weigh your food specially your proteins. When you weigh the food, I suggest you do it already cooked. If you want to be very specific with your macronutrient numbers, then weigh everything by the grams/ounce on your scale. Your nutritional label gives you the grams per serving size as well as other measurement units (cups, tbs, etc).



# WEEK ONE

<b>BREAKFAST</b>	<b>Spelt Breakfast Bowl</b> Protein: 23 Carbs: 85 Fats: 26 Calories: 666
<b>AM SNACK</b>	<b>Protein Shake</b> <b>Apple</b> Protein: 20 Carbs: 30 Fats: 1 Calories: 209
<b>LUNCH</b>	<b>Green Bean Chicken Bowl</b> Protein: 29.5 Carbs: 19.5 Fats: 2.5 Calories: 216.25
<b>Dinner</b>	<b>Beef + Black Lentil Bowl</b> Protein: 28.25 Carbs: 85 Fats: 30 Calories: 723
<b>Snack</b>	<b>Pumpkin Brownies</b> Protein: 5 Carbs: 18 Fats: 16 Calories: 236

1-1 1/2 Gallons of Water Per Day

# Spelt Breakfast Bowl

## Ingredients

1/2 cup cooked spelt  
1 tbs peanut butter  
1 tbs chia seeds  
1 tbs hemp seeds  
1 tsp cinnamon  
1 banana

## Instructions

1. Cook spelt according to package directions
2. Once spelt is cook add all other ingredients and mix

# Protein Shake & Apple

## Ingredients

1 scoop of (TRU Supplements) protein powder  
10-12 oz water

Apple of choice

# Green Bean Chicken Bowl

## Ingredients

3 Oz Chicken

2 tbs coconut aminos

2 cups bok choy and green beans

3 oz mushrooms

Coconut aminos/Sriracha sauce

## Instructions

1. Cut chicken into cubes
2. Spray Skillet with avocado or coconut oil spray and heat medium high
3. Add Chicken and cook thoroughly.
4. Once Chicken is almost cooked add green beans, bok chow, and mushrooms then cook for another 10 minutes or until veggies are cooked. Remove from heat and add coconut aminos or sriracha sauce

# Beef and Black Lentil Bowl

## Ingredients

3 oz ground beef  
1/3 cup black lentils  
1 sweet potato  
3 oz small chopped red pepper  
1 avocado  
1/4 Cup Primal Kitchen BBQ Sauce

## Instructions

1. Cook black lentils first according to package directions, or use canned lentils.
2. Brown ground beef in skillet on medium heat, stirring often to break up the meat.
3. Steam or roast sweet potato in vegetable broth.
4. When ingredients are cooked place in bowl and top with red pepper and avocado. Add serving of (Primal Kitchen) BBQ sauce.



# Pumpkin Protein Brownies

## Ingredients

- 1 can pumpkin puree
- 2 tbs pumpkin spice
- 1/2 cup unsweetened almond milk
- 1/3 cup sliced almonds, sunflower and pumpkin seeds
- 2 scoops TRU Supplements pumpkin protein powder
- 1 1/2 cup spelt flour
- 3 tbs maple syrup
- 1/4 mini vegan chocolate chips (substitute raisins)

## Instructions

1. Preheat oven to 350 degrees.
2. In large bowl, thoroughly combine all ingredients. To get consistency of cookie dough, add more almond milk for desired consistency.
3. Using a brownie pan or cookie sheet, spread dough evenly about a half inch thick.
4. Bake 15-20 minutes, let cool.
5. Slice into 2 inch squares after brownies have cooled.

# WEEK TWO

<b>BREAKFAST</b>	<b>Overnight Oats</b> Protein: 16 Carbs: 75 Fats: 9 Calories: 445
<b>AM SNACK</b>	<b>Protein Shake Blueberries</b> Protein: 23 Carbs: 42 Fats: 1 Calories: 269
<b>LUNCH</b>	<b>Buffalo Beef Bowl</b> Protein: 29 Carbs: 54 Fats: 41 Calories: 702
<b>Dinner</b>	<b>Chicken Veggie Bowl</b> Protein: 49 Carbs: 67 Fats: 14 Calories: 591
<b>Snack</b>	<b>Blueberry Chocolate Muffins</b> Protein: 14 Carbs: 42 Fats: 12 Calories: 332

1-1 1/2 Gallons of Water Per Day

# Overnight Oats

## Ingredients

1/2 cup dry oats

1/2 cup organic whole milk (or non-dairy alternative)

1 tbs chia seeds

1 tbs raisins

1 banana

## Instructions

1. In container add all ingredients except banana.
2. Let sit overnight in refrigerator.
3. When ready to eat, mix and add sliced banana.

# Protein Shake & Blueberries

## Ingredients

1 scoop of (TRU Supplements) protein powder

10-12 oz water

2 Cups of blueberries (eat separately or add to protein shake)

# Buffalo Beef Bowl

## Ingredients

3 Oz Ground Beef

1/2 cup wild rice

2 oz broccoli

Handful spinach (1 cup)

1 avocado

2 oz jalapeños

1/4 cup Primal Kitchen buffalo sauce

## Instructions

1. Brown ground beef in a skillet on medium high heat, breaking up the meat often as it cooks, and cook rice according to package directions. If prepping for the week, allow these items to cool before preparing your bowls.
2. Once cooked, add spinach to bowl, then add rice, broccoli, and jalapeños.
3. Top with buffalo sauce and mix.
4. Prepping this recipe in bulk for 3 days at a time is ideal.

# Chicken Veggie Bowl

## Bowl Ingredients

5 oz chicken  
1/2 cup broccoli  
3 oz millet noodles  
3 oz red pepper  
1/3 cup peanut sauce

## Peanut Sauce Ingredients

1/3 cup peanut butter	1/4 cup brown rice syrup
1/4 cup low sodium soy sauce	1/4 tsp ground ginger
*Substitution: Tamari	1/4 tsp cayenne pepper
2 tbs water	
2 tbs rice vinegar	

## Instructions

1. Cut chicken into cubes.
2. Spray skillet with avocado or coconut oil spray and heat to medium high. Add chicken and cook thoroughly
3. Steam or roast cauliflower, broccoli and red pepper in one cup veggie broth. Cook millet noodles separately. Once veggies are cooked, layer all ingredients into bowl as desired and add peanut sauce.

# Blueberry Chocolate Muffins

## Ingredients

9 bananas  
1 1/2 cup peanut butter  
1 scoop TRU Protein powder  
1/2 cup cocoa powder  
1 1/2 cups blueberries

## Instructions

1. Preheat oven to 350.
2. In a bowl, mash bananas with fork.
3. Add nut butter, protein and cocoa powder, blueberries. Mix until well combined.
4. Add batter to muffin pan and bake at 18-20 minutes.

\*2 muffins per serving

# WEEK THREE

<b>BREAKFAST</b>	<b>Ezekiel Breakfast</b> Protein: 22 Carbs: 69 Fats: 33 Calories: 665
<b>AM SNACK</b>	<b>Protein Shake</b> <b>Berries</b> Protein: 21 Carbs: 22 Fats: 3 Calories: 199
<b>LUNCH</b>	<b>Shrimp Bowl</b> Protein: 44 Carbs:65 Fats: 30 Calories:708
<b>Dinner</b>	<b>Lentil Bolognese</b> Protein: 45 Carbs: 52 Fats: 4 Calories: 424
<b>Snack</b>	<b>No-Bake Choc-PB Cookies</b> Protein: 8 Carbs: 22 Fats: 12 Calories: 228

1-1 1/2 Gallons of Water Per Day

# Ezekiel Breakfast

## Ingredients

2 slices Ezekiel bread  
1/2 cup garbanzo beans  
1 avocado  
1 lemon  
1/2 tsp paprika

1/4 tsp lemon juice  
Pinch of cayenne  
Salt/pepper to taste

## Instructions

1. Toast Ezekiel bread.
2. In a bowl mash beans with all ingredients except avocado.
3. Add bean mixture to toast and top with avocado.

# Protein Shake & Berries

## Ingredients

1 scoop of (TRU Supplements) protein powder  
10-12 oz water

1 cup of strawberries or raspberries (eat separately or add to protein shake)



# Shrimp Bowl

## Ingredients

4 oz shrimp  
1/2 cup banza rice  
4 oz cauliflower  
3 oz carrots  
3 oz broccoli sprouts  
1 oz sesame seeds  
1/4 cup herb dressing

## Herb dressing ingredients

1 avocado  
5 large basil leaves  
1/4 cup cilantro  
1/4 cup chives  
1/2 cup lemon juice  
1/3 red onion, chopped  
2 green onions  
1 clove garlic  
Salt and pepper to taste

## Instructions

1. Steam or sauté shrimp (using avocado or coconut oil spray) until fully cooked
2. Separately, spray oil into skillet or pan and cook cauliflower and carrots until desired texture.
3. Cook banza rice separately, according to package instructions.
4. Prepare herb dressing (blend ingredients in food processor or high powered blender).
5. Add shrimp, rice, and veggies into bowl, top with sesame seeds, herb dressing, and broccoli sprouts.

# Lentil Bolognese

## Ingredients

1/2 cup dry lentils	1/8 tsp red pepper flakes
4 oz chicken	3/4 tsp oregano
1 cup spinach	1/3 cup tomato sauce
1 1/2 cups veggie broth	2 tbs water
1 tbsp tomato paste	
1/4 yellow onion, chopped	
2 minced garlic cloves	

## Instructions

1. In a pot over medium heat, add onion, garlic and water. Cook until onions soften and water evaporates. Add cut up chicken cubes and allow to cook thoroughly, stirring frequently.
2. Add oregano, salt and red pepper. Cook for a minute then add lentils and tomato paste.
3. Add vegetable broth, tomato sauce and half of balsamic vinegar, stir to mix well.
4. Bring sauce to gentle boil then reduce heat and simmer for 30 minutes or until lentils are tender.
5. Stir in remaining balsamic vinegar and spinach, let simmer for 2-3 minutes more.

# No Bake Chocolate Chip And Peanut Butter Cookies

## Ingredients

- 1 1/2 cup rolled or quick oats
- 1/4 tsp salt
- 1/2 cup peanut butter
- 1/4 cup vegan chocolate chips
- 1/2 cup maple syrup
- 3 tbs non-dairy milk

## Instructions

1. In a large bowl mix all ingredients together.
2. On a cookie sheet mold into any size cookies then place in refrigerator.

\* Makes approximately 12 cookies, 2 cookies per serving

# WEEK FOUR

<b>BREAKFAST</b>	<b>Protein Cake Bowl</b> Protein: 26 Carbs: 60 Fats: 6 Calories: 398
<b>AM SNACK</b>	<b>Protein Shake</b> <b>Berries</b> Protein: 22 Carbs: 22 Fats: 1 Calories: 185
<b>LUNCH</b>	<b>Chicka Salsa Bowl</b> Protein: 40 Carbs: 70 Fats: 10 Calories: 532
<b>Dinner</b>	<b>Protein Chili</b> Protein: 44 Carbs: 76 Fats: 10 Calories: 573
<b>Snack</b>	<b>Choc-PB Banana Cookies</b> Protein: 10 Carbs: 34 Fats: 9 Calories: 257

1-1 1/2 Gallons of Water Per Day

# Protein Cake Breakfast Bowl

## Ingredients

1/2 cup dry oats

1/2 cup organic whole milk (or non-dairy alternative)

2 tbs of raisins

1 scoop of Tru Protein

Half banana

1. Add dry oats, milk and protein to high powered blender for about 30 seconds
2. Pour into a microwave safe bowl and cook for 2 and a half minutes.
3. Once done cooking add raisins and banana.

# Salsa Bowl

## Ingredients:

4 oz of chicken

1/2 cup wild rice

1/2 cup of green/red bell peppers

1/4 cup of corn

Handful of lettuce

1/2 cup of salsa

## Instructions

1. Cut chicken into cubes
2. Spray a skillet with avocado or coconut oil spray and heat to medium heat. Add chicken and cook thoroughly. Add vegetable broth, tomato sauce and half of balsamic vinegar, stir to mix well.
3. Cook wild rice and corn separately from each other. Chop up raw peppers and chop lettuce.
4. How to layer salad: peppers and lettuce on bottom, then rice, chicken and corn, then add salsa dressing on top.

# Protein Chili (4 servings)

1 can of kidney beans  
1 can of garbanzo beans  
1 lb of ground beef  
1 can of tomato sauce  
4 cloves of garlic  
1 white onion  
4 tbs of chili powder  
1 tsp of cumin  
1/2 tsp of smoked paprika  
1/8 tsp of cayenne  
1 tbs of maple syrup  
3 cups of water

## Instructions

1. In a large pot on stove top add 1 cup of water to onion, sauté for 5 minutes then add garlic. Add ground beef and brown, stirring often
2. Once the onion and garlic is cooked and meat is almost fully cooked, add dry ingredients: chili powder, cumin, smoked paprika and cayenne. Stir until garlic and onion are coated. Add in 2 cups water, 1 can of tomato sauce, kidney and garbanzo beans, maple syrup
3. Cook on medium heat for 15-20 minutes, adding water or broth if needed, then reduce heat and let rest to let flavors combine even more.

# Chocolate Peanut Butter Banana Cookies

## Ingredients:

4 bananas

1 cup of dry rolled oats

2 scoops of Tru Supplement protein powder

1/4 cup of chopped up JUSTIN's dark chocolate pb cups

1. Preheat the oven to 350 degrees. In a large bowl, mash the bananas.

2. Mix in the remaining ingredients until thoroughly combined.

3. Form into cookies using a tablespoon. You can also pour into a muffin tin. Bake for 20 minutes.

Entire batch makes 12 cookies