

MA45DAY

NUTRITION GUIDE

[Plant-Based | Mesomorph]





Welcome

Welcome to the MA45 program! On this 6 week journey together we'll combine both the workouts and meal plan to help you lose body fat, build muscle, and become stronger!

The menu's for each week changes as you progress to help provide more variety and the recipes are meant to be simple and easy to follow! Each week comes with a handy grocery list to help you grocery shop and prepare for the upcoming week. I personally suggest meal prepping as many of the healthy meals as you can to help you stay the course! I typically like to spend Sundays and Wednesdays as my prep days to keep the fridge stocked with ready to eat meals



How to Follow

I suggest to see best results to complete your workout in the morning to help energize your day! I want everyone to follow at least a 14 hour FAST each and every night so no late night snacking!! That means if you have your last meal at 6 pm to hold off from eating your pre workout fruit until at least 8 or 9 am the next morning.

Sample Routine

Wake Up: drink water to stay hydrated. Try to drink as much water as you can through the day

30-60 min Before Working Out: eat a piece of fruit to help break your fast with either espresso, black coffee, or TRU Energy to help energize you before your workout

Complete your workout

Post Workout: Enjoy your breakfast smoothie as the first big meal to fuel your body

Lunch/Snack/Dinner: try to space your next meal at least 2 or more hours after your smoothie. You can enjoy the snack before or after dinner. After your last feeding begin your 12 hour fasting routine in which you should only drink water or take your vitamins!

Begin 14 Hour Fast until next morning

FOODS ALLOWED

FRUITS

| | |
|--------------------|----------------------------|
| Strawberries | Blueberries |
| Rasberries | Pineapple |
| Grapes | Kiwi |
| Orange | Plum |
| Melon | Apples |
| Grapfruit | |
| Broccoli | Zucchini |
| Brussel Sprouts | Cauliflower |
| Asparagus | Mushrooms |
| Green Beans | Bok Choy |
| Leafy Greens | Butternut Squash |
| Eggplant | (no discrimination here!) |
| Sweet Potato | Cous Cous |
| Quinoa | Sprouted Bread |
| Oatmeal | Brown Rice |
| Wild Rice | Black Rice |
| Rice Cakes | Sprouted Multi-Grain Bread |
| Multi-Grain Pasta | Chickpea/Lentil Pasta |
| Mustard Variations | Low Salt/Sodium Ketchups |
| Hot Sauce | Vinegars |
| ACV | Low Sodium Soy Sauce |
| Avocado Oil | Olive Oil |
| Maple Syrup | Coconut Aminos |

VEGETABLES

HEALTHY CARBS

CONDIMENTS

LEGUMES

PROTEINS

HEALTHY FATS

| | |
|--|------------------------------|
| Chickpeas | Lentils |
| Peas | Kidney Beans |
| Black Beans | Soy Beans |
| Pinto Beans | |
| Tofu | Tempeh |
| Seitan | Hemp |
| Wild Caught Salmon | White Fish |
| (canned) Tuna | Eggs |
| Lean Steak | Chicken Breast |
| Lean Ground Turkey | Low-Sodium Turkey-Ham |
| Grass-Fed Bison | Ground Beef (90/10) |
| (Soy/Almond/Coconut/Cashew) Unsweetened Yogurt | Peanut/Almond/Cashew Butter |
| Avocado | Hummus |
| Unsweetened (Almond/Coconut/Cashew) Milk | Plain Greek Yogurt |



WEEK 1 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

- 1/2 Cup Cooked Farro
- 1 Tbsp Almond Butter
- 2 Tbsp Hemp Seeds
- 1 Tsp Cinnamon

- 1 Scoop Tru Supplements Protein
- 1 Cup Blueberries
- 1 Oz Walnuts

LUNCH

- 6 Oz Baked Tofu
- 2 Tbsp Coconut Aminos
- 1 Cup Roasted Snap Peas / Cauliflower
- 1/3 Cup Cannellini Beans

Snack

- 1/2 Cup Cucumber Dill Dip
- 1 Cups Celery & Bell Peppers
- 1 Piece of Fruit

DINNER

TVP Sloppy Joe

- 1 Cup Textured Vegetable Protein
- 1 Onion, Chopped
- 1 Green Bell Pepper, Chopped
- 1 Can Tomato Soup
- 1 Cup Vegetable Broth
- 2 Tbsp Mustard
- 2 Tbsp Worcestershire Sauce
- 1/2 Cup Ketchup
- 2 Cups Broccoli

Dessert

- 1 Protein Chocolate Chip Peanut Butter Cookie Bar

WATER

Drink 1 Gallon of Water Daily



WEEK 1 MEAL RECIPES

TVP Sloppy Joe • Servings 4

INGREDIENTS

- Half Bag of TVP (Textured Vegetable Protein)
- 1 Small Onion Chopped Fine
- 1 Clove Garlic Chopped Fine
- 1 Green Pepper Chopped Fine
- 1 Can of Tomato Soup
- 1 Cup of Vegetable Broth
- 2 Tbs of Mustard
- 2 Tbs of Worcester Sauce
- 1/2 Cup of Ketchup
- On a Bed of Broccoli

INSTRUCTIONS

1. Soak TVP in hot water for 5 minutes before adding to sauce pan
2. In a large sauce pan sauté garlic and onion in vegetable broth for 5 minutes then add rest of the ingredients. Let simmer for 20 minutes.
3. Steam broccoli separate. Serve TVP Sloppy Joe on Broccoli.



WEEK 1 MEAL RECIPES

Baked Tofu • Servings 2

INGREDIENTS

- 16 Oz Extra Firm Tofu

INSTRUCTIONS

1. Pre heat oven to 450
2. Open tofu and drain by placing on towel and pressing a large pot on top. Let sit with pot on top for 30 minutes.
3. Cut tofu into slices or cubes.
4. Place parchment paper on baking sheet and lay tofu on top.
5. Bake for 35 - 45 minutes or until tender
6. Season with dried spices.



WEEK 1 MEAL RECIPES

Cucumber Dill Dip • 5 Servings

INGREDIENTS

- 2 Small Cucumbers
- 1 Package of Firm Silken Tofu
- 3 1/2 Tbs of Lemon Juice
- 2 Cloves Garlic, Peeled
- 1/2 Tsp Sea Salt
- 1 Tbs Fresh Chopped Parsley
- 1 Tbs Dill
- 1/4 Cup of Diced Red Onion

INSTRUCTIONS

1. Peel and grate cucumbers
2. In a high speed blender or food processor, combine tofu, lemon juice, garlic, salt, parsley and dill. Blend until smooth. Squeeze grated cucumber to remove excess moisture. Then place in a serving bowl with red onion. Add tofu mixture and stir to combine.



WEEK 1 MEAL RECIPES

Chocolate Chip PB Cookie Bars • 10 Servings

INGREDIENTS

- 15 Oz of Chickpeas (Garbanzo Beans) Rinsed
- 1/2 Cup Peanut Butter
- 1 Scoop of Tru Protein
- 1/3 Cup Maple Syrup
- 2 Tbs of Vanilla Extract
- 1/4 Tsp of Baking Powder
- 1/4 Tsp Baking Soda
- 1/3 Enjoy Life Vegan Chocolate Chips

INSTRUCTIONS

1. Preheat oven to 300 degrees. Line a loaf pan with parchment paper.
2. Add beans, protein, peanut butter, maple syrup, vanilla, baking powder and baking soda in a high speed blender or food processor and blend into a batter.
3. Stir in chocolate chips into the top. Bake for 30 minutes.

GROCERY LIST WEEK 1

FRUITS

Fruit of Choice

Lemons

VEGETABLES

Snap Peas Garlic

Cauliflower Broccoli

Celery Cucumbers

Bell Peppers Parsley

Onion Dill

Green Pepper Red Onion

Farro

HEALTHY CARBS

CONDIMENTS

Espresso or Tru Energy

Almond Milk Hemp Seeds

Cinnamon Coconut Aminos

Tomato Soup Vegetable Broth

Mustard Worcestershire Sauce

Ketchup Sea Salt

Maple Syrup Vanilla Extract

Baking Powder Baking Soda

LEGUMES

Chickpeas

Tru Supplements Protein

Tofu

Firm Silken Tofu

Textured Vegetable Protein

PROTEINS

Almond Butter

Walnuts

Peanut Butter

Enjoy Life Vegan Chocolate Chips

DAIRY/FATS





WEEK 2 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 1 Cup Blueberries
- 1 Oz Almonds

- 1 Serving Cookie Dough Baked Oatmeal
- 1 Piece of Fruit

LUNCH

Black Bean Bowl

- 1 1/2 Cup Black Beans
- 1 Cup Wild Rice
- Handful of Spinach
- 2 Oz Jalapeño
- 1/2 Cup Salsa
- 1 Oz Sesame Seeds
- 2 Oz Alfalfa Sprouts

SNACK

- 1 Cup Fresh Celery / Apple Juice

DINNER

Broccoli Tempeh Cashew Cheese Bowl

- 4 Oz Tempeh
- 1/2 Cup Millet Noodles
- 2 Cup Broccoli
- 1/2 Cup Cheese Sauce

DESSERT

- 3 Protein Peanut Butter Banana Ice Cream Bites

WATER

Drink 1 Gallon of Water Daily



WEEK 2 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 1 Cup of Berries
- 1 Oz Almonds

- 1 Serving Cookie Dough Baked Oatmeal
- 1 Piece of Fruit

LUNCH

Black Bean Bowl

- 1 1/2 Cup Black Beans
- 1 Cup Wild Rice
- 1 Cup Corn
- Handful of Spinach
- 2 Oz Jalapeño
- 1/2 Cup Salsa
- 2 Oz Alfalfa Sprouts

SNACK

- 1 Cup Steamed Edamame

DINNER

Broccoli Tempeh Cashew Cheese Bowl

- 6 Oz Tempeh
- 1 Cup Millet Noodles
- 2 Cup Broccoli
- 2 Cup Cheese Sauce

DESSERT

- 3 Protein Peanut Butter Banana Ice Cream Bites

WATER

Drink 1 Gallon of Water Daily



WEEK 2 MEAL RECIPES

Broccoli Tempeh Cheese Bowl • 1 Servings

INGREDIENTS

- | | | |
|--|---|--|
| <ul style="list-style-type: none">• 1 Cup Millet Noodles• 6 Oz of Tempeh• 2 Cups of Broccoli Chopped | Cheese Sauce <ul style="list-style-type: none">• 1/2 Cup Raw Cashews• 1 1/2 Cups of Water• 2 Tbs of Veggie Broth• 6 Cloves of Garlic• 1 Tbs of Miso• 1 Tbs of Nutritional Yeast• 1 Tsp of Tahini | <ul style="list-style-type: none">• 1/4 Smoked Paprika |
|--|---|--|

INSTRUCTIONS

1. Steam broccoli over boiling water until it is tender, about 5 minutes.
2. Cook millet noodles in a separate pot. Cook time is 4 minutes for the millet noodles.

Cheese Sauce

3. Process cashews and water in blender until smooth
4. Heat 2 tbs vegetable broth in a skillet over medium-high heat. Saute the garlic. Add cashew mixture, miso nutritional yeast, tahini and smoked paprika.
5. Spread cheese over noodles and broccoli. Add tempeh on top.



WEEK 2 MEAL RECIPES

Cookie Dough Baked Oatmeal • 1 Servings

INGREDIENTS

- 1 Cup Rolled Oats
- 1 Tsp Vanilla Extract
- 1 Tbsp Maple Syrup
- 1/4 Cup Applesauce
or Banana
- 1/2 Cup Vegan Milk
- 1 Tbs of Vegan
Chocolate Chips

INSTRUCTIONS

1. Preheat oven to 380. Combine dry ingredients, then mix in wet.
2. Pour into a small baking pan.
3. Cook for 20 minutes or until firm.



WEEK 2 MEAL RECIPES

Protein PB Banana Ice Cream Bites • 4 Servings

INGREDIENTS

- 4 Ripe Bananas
- 1 Scoop of TRU Protein
- 2 Tbs of Cacao Powder
- 2 Tbs Peanut Butter

INSTRUCTIONS

1. In a high speed blender mix all ingredients.
2. Add a rounded scoop of each to a 12 muffin tin.
3. Freeze for 3 hours or overnight.

GROCERY LIST WEEK 2

FRUITS

Fruit of Choice

Bananas

VEGETABLES

Spinach

Jalapeño

Alfalfa Sprouts

Peas

Broccoli

Garlic

HEALTHY CARBS

Wild Rice

Millet Noodles

CONDIMENTS

Espresso or Tru Energy

Salsa

Vegetable Broth

Miso

Nutritional Yeast

Smoke Paprika

Cacao Powder

LEGUMES

Black Beans

PROTEINS

Tru Supplements Protein

Textured Vegetable Protein

Tempeh

DAIRY/FATS

Pumpkin Seeds Sunflower Seeds

Almonds

Raw Cashews

Tahini Peanut Butter





WEEK 3 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

Peanut Butter Muffin Protein Pancakes

- 2 Pancakes
- 2 Scoops Tru Supplements Protein
- 1/2 Cup Strawberries

LUNCH

Adzuki Bean Bowl

- 1/3 Cup Adzuki Beans
- 1/2 Cup Textured Vegetable Protein
- 4 Oz Bok Choy
- 1 Oz Sesame Seeds
- 3 Oz Alfalfa Sprouts
- 1 Serving of Dressing

SNACK

- 2 Multi Grain Rice Cakes
- 2 Tbsp Peanut or Almond Butter
- 1 Piece of Fruit

DINNER

Tempeh Pasta Bowl

- 1/2 Cup Red Lentil Pasta
- 3 Oz Tempeh
- 2 Cups Spinach
- 1/3 Cup Cheese Sauce

DESSERT

- 1 Oatmeal Cookies

WATER

Drink 1 Gallon of Water Daily



WEEK 3 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

Peanut Butter Muffin Protein Pancakes

- 4 Pancakes
- 2 Scoops Tru Supplements Protein
- 1/2 Cup Strawberries
- 1 Oz Almonds

LUNCH

Adzuki Bean Bowl

- 1/2 Cup Adzuki Beans
- 1/2 Cup Black Rice
- 4 Oz Bok Choy
- 4 Oz Peas
- 3 Oz Alfalfa Sprouts
- 1 Serving of Dressing

SNACK

- 2 Multi Grain Rice Cakes
- 2 Tbsp Peanut or Almond Butter
- 1 Tbsp Coconut Flakes
- 1 Piece of Fruit

DINNER

Tempeh Pasta Bowl

- 1 Cups Red Lentil Pasta
- 4 Oz Tempeh
- 2 Cups Spinach
- 1/2 Cup Cheese Sauce

DESSERT

- 1 Oatmeal Cookies

WATER

Drink 1 Gallon of Water Daily



WEEK 3 MEAL RECIPES

Peanut Butter Protein Pancakes • 4 Servings

INGREDIENTS

- 1 Cup of Spelt Flour
- 1 Scoop of Vegan Vanilla Protein
- 1 1/2 Teaspoons Baking Powder
- 2 Ripe Bananas
- 3/4 Cup of Unsweetened Vanilla Almond Milk

INSTRUCTIONS

1. In a large bowl add dry ingredients first then add wet ingredients. Mix well. On a non stick griddle or pan cook pancakes. Add peanut butter and chia on top of pancakes after cooking.



WEEK 3 MEAL RECIPES

Cheese Sauce • 5 Servings

INGREDIENTS

- 3 Yukon Gold Potatoes
- 2 Carrots
- 1/2 Cup Water (Used To Boil Potatoes and Carrots)
- 1/4 Cup Nutritional Yeast
- 2 Tbs Lemon Juice
- 1 Tsp Apple Cider Vinegar
- 1/2 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1/2 Tsp Brown Mustard
- 1/8 Tsp Turmeric

INSTRUCTIONS

1. Chop potatoes and carrots into desired pieces and boil for 10 minutes. Let rest for 5 minutes and then transfer to a high speed blender
2. Add 1/2 cup of the potato water to the blender and mix, add the remaining ingredients and blend until smooth and creamy.
3. Add cheese sauce to pasta. Add sliced tempeh on top all on a bed of spinach



WEEK 3 MEAL RECIPES

Coconut Oatmeal Protein Cookie • 10 Servings

INGREDIENTS

- 4 Bananas
- 1 Cup of Dry Rolled Oats
- 1 Tsp Vanilla Extract
- 2 Scoops of Tru Supplement Protein Powder
- 1/2 Cup Unsweetened Coconut Flakes
- 1/2 Cup Walnuts
- 1/2 Cup Raisins

INSTRUCTIONS

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.

GROCERY LIST WEEK 3

FRUITS

Fruit of Choice

Bananas

Lemons

VEGETABLES

Bok Choy Alfalfa Sprouts

Spinach Yukon Gold Potatoes

Carrots

HEALTHY CARBS

Multigrain Rice Cakes

Red Lentil Pasta

Splet Flour

Rolled Oats

CONDIMENTS

Baking Powder

Unsweetened Almond Milk

Nutritional Yeast

Apple Cider Vinegar

Onion Powder Garlic Powder

Brown Mustard Turmeric

Vanilla Extract

Raisins

LEGUMES

Adzuki Beans

PROTEINS

Tru Supplements Protein

Textured Vegetable Protein

Tempeh

DAIRY/FATS

Almonds

Peanut or Almond Butter

Coconut Flakes

Walnuts





WEEK 4 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

Farro Walnut Breakfast Bowl

- 1/3 Cup Cooked Farro
- 1 Cup Almond Milk
- 1 Oz Walnuts
- 1 Tsp Cinnamon

- 1 Scoop Tru Supplements Protein
- 1/4 Cup Vegan Yogurt
- 1 Tbsp Hemp Seeds

LUNCH

Vegan Tuna Sandwich

- 1 Serving Vegan Tuna
- 2 Collard Green Leaves (For Wrapping Tuna)

SNACK

- 1/2 Cup Oat Milk Coconut Chia Pudding

DINNER

Buddha Bowl

- 1 Cup Textured Vegetable Protein
- 3 Oz Mushroom
- 3 Oz Cauliflower
- 3 Oz Red Beets
- 1 Oz Sunflower Seeds
- 1 Oz Pumpkin Seeds
- 1 Oz Sesame Seeds
- 1/4 Cup Hummus Dressing

DESSERT

- 2 Chocolate Chip Protein Cookie

WATER

Drink 1 Gallon of Water Daily



WEEK 4 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

Farro Walnut Breakfast Bowl

- 1/2 Cup Cooked Farro
- 1 Cup Almond Milk
- 3 Tbsp Peanut Butter
- 1 Tsp Cinnamon

- 2 Scoops Tru Supplements Protein
- 1/4 Cup Vegan Yogurt
- 1 Tbsp Hemp
- 1 Tbsp Chia

LUNCH

Vegan Tuna Sandwich

- 1 Serving Vegan Tuna
- 2 Collard Green Leaves (For Wrapping Tuna)

SNACK

- 1/2 Cup Oat Milk Coconut Chia Pudding
- 1 Oz Walnuts
- 1 Piece of Fruit

DINNER

Buddha Bowl

- 2 Cups Textured Vegetable Protein
- 3 Oz Mushroom
- 3 Oz Cauliflower
- 3 Oz Red Beets
- 1 Oz Sunflower Seeds
- 1 Oz Pumpkin Seeds
- 1 Oz Sesame Seeds
- 1/4 Cup Hummus Dressing

DESSERT

- 2 Chocolate Chip Protein Cookie

WATER

Drink 1 Gallon of Water Daily



WEEK 4 MEAL RECIPES

Buddha Bowl • 1 Servings

INGREDIENTS

- Use Measurement in Meal Plan for Textured Vegetable Protein
- 3 Oz Mushrooms
- 3 Oz Shredded Carrots
- 3 Oz Shredded Cauliflower
- 3 Oz Shredded Red Beets

- 1/2 Avocado
- Tablespoon of Sunflower Seeds

Hummus Dressing

- 2 Tbsp Balsamic Vinegar
- 1/2 Tsp Mustard
- 3 Tbsp Homemade Hummus

INSTRUCTIONS

1. Soak TVP in hot water for 5 minutes before adding to sauce pan
2. In a large sauce pan sauté the rest of the ingredients and add the soaked TVP
3. Add Hummus Dressing on top of mixture.



WEEK 4 MEAL RECIPES

Homemade Hummus • 4 Servings

INGREDIENTS

- 15 Ounce Can Chickpeas Drained and Rinsed
- 2 Cloves Garlic, Peeled and Chopped
- 2 Tbsp Tahini
- Juice of One Lemon
- 2tbs of Water
- 1/4 Teaspoon of Paprika

INSTRUCTIONS

1. Add all ingredients into a high speed blender or food processor and run until smooth.



WEEK 4 MEAL RECIPES

Vegan Tuna • 4 Servings

INGREDIENTS

- 1 Cans of Chickpeas
- 1 Stalk of Celery
- 3 Oz of Red Onion
- 3 Oz of Green Bell Pepper
- 1 Tbs of Vegan Mayo
- 1 Tbs of Mustard
- 1 Tbs of Sunflower Seeds
- 3 Oz of Pickles

INSTRUCTIONS

1. Drain and rinse chickpeas and place in a bowl.
2. With a potato masher, mash them up until most beans are crushed.
3. Add remaining ingredients and mix well.



WEEK 4 MEAL RECIPES

Oat Milk Coconut Chia Pudding • 1 Servings

INGREDIENTS

- 1 Cup of Unsweetened Oat Milk
- 1/4 Cup Chia Seeds
- 1 Tbs of Unsweetened Coconut Flakes

INSTRUCTIONS

1. In a mason jar soak chia seeds in oat milk overnight.
2. In the morning add coconut flakes, hemp and chocolate chips on top



WEEK 4 MEAL RECIPES

Chocolate Chip Protein Cookies • 15 Servings

INGREDIENTS

- 2 Cups of Spelt Flour
- 2 Scoops of Vanilla Tru Supplements Protein
- 3 To 4 Bananas
- 1/2 Cup PB2 Almond
- 1/4 Tsp of Baking Soda
- 1/4 Maple Syrup
- 1/4 Cup Vegan Chocolate Chips

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix all the dry ingredients. Add the wet ingredients.
3. Mix well until desired consistency. Form into cookies using a tablespoon.
4. You can also pour into a muffin tin. Bake for 15 to 20 minutes.



WEEK 4 MEAL RECIPES

Homemade Hummus • 4 Servings

INGREDIENTS

- 15 Ounce Can Chickpeas Drained and Rinsed
- 2 Cloves Garlic, Peeled and Chopped
- 2 Tbsp Tahini
- Juice of One Lemon
- 2tbs of Water
- 1/4 Teaspoon of Paprika

INSTRUCTIONS

1. Add all ingredients into a high speed blender or food processor and run until smooth.

GROCERY LIST WEEK 4

FRUITS

Fruit of Choice

Lemon

Bananas

VEGETABLES

Collard Green Leaves

Mushroom Cauliflower

Red Beets Carrots

Avocado Garlic

Celery Red Onion

Green Bell Pepper

Farro

Spelt Flour

HEALTHY CARBS

Espresso or Tru Energy

Almond Milk Cinnamon

Hemp Seeds Balsamic Vinegar

Mustard Paprika

Vegan Mayo Pickles

Unsweetened Oat Milk Baking Soda

Maple Syrup

Vegan Chocolate Chips

CONDIMENTS

LEGUMES

Chickpeas

Tru Supplements Protein

Textured Vegetable Protein

PB2 Almond

Walnuts

Vegan Yogurt

Sunflower Seeds Pumpkin Seeds

Sesame Seeds Tahini

Chia Seeds Unsweetened Coconut
Flakes

PROTEINS

DAIRY/FATS





WEEK 5 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

Tropical Smoothie Protein Bowl

- 1 Serving Tropical Smoothie Protein Bowl
 - 1 Scoop Tru Supplements Protein
 - 1/3 Cup Almonds
 - 1 Tbsp Raisins
 - 1 Piece of Fruit
-

LUNCH

Quinoa Bowl

- 1 Cup Quinoa, Cooked
 - 1/2 Cup Black Beans
 - 1/2 Cup Textured Vegetable Protein
 - 1/2 Cup Salsa
 - 1 Avocado
 - 1 Oz Pumpkin Seeds
 - 2 Tbsp Hemp Seeds
-

DINNER

- 1 1/2 Cups Lasagna
-

DESSERT

- 1/2 Cup Protein Ice Cream
-

WATER

Drink 1 Gallon of Water Daily



WEEK 5 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

Tropical Smoothie Protein Bowl

- 1 Serving Tropical Smoothie Protein Bowl
- 1 Scoop Tru Supplements Protein
- 1/3 Cup Almonds
- 1 Tbsp Raisins
- 1 Piece of Fruit

LUNCH

Quinoa Bowl

- 1/2 Cup Quinoa, Cooked
- 1/2 Cup Black Beans
- 1/2 Cup Salsa
- 1 Avocado
- 1 Oz Pumpkin Seeds
- 2 Tbsp Hemp Seeds

DINNER

- 2 Cups Lasagna

DESSERT

- 1/3 Cup Protein Ice Cream

WATER

Drink 1 Gallon of Water Daily



WEEK 5 MEAL RECIPES

No Oil Lasagna • 6 Servings

INGREDIENTS

- 1 Bag of Frozen Chopped Spinach
- 1 Pack of Extra Firm Tofu
- 1/2 Cup Nutritional Yeast
- 1 1/2 Tsp of Oregano
- 1 Tsp of Garlic Powder
- 1 Tsp of Basil
- 1 Tsp of Cayenne Pepper
- 1 Jar of Pasta Sauce
- 1 Pack of Lasagna Noodles

INSTRUCTIONS

1. Boil lasagna noodles first until tender.
2. In a high speed blender put tofu, spinach (make sure you drain water out of frozen spinach first before) nutritional yeast and spices. Blend well.
3. In a 9x13 inch pan. Cover the bottom with a few tbs of pasta sauce, then layer with 4 lasagna noodles, add a layer of cheese from the blender and add a little more pasta sauce. Repeat by layering with noodles, cheese and pasta sauce. Add more pasta sauce to the top when you're finished. Cover with foil tightly and bake for one hour at 350 degrees.



WEEK 5 MEAL RECIPES

Tropical Smoothie Protein Bowl • 1 Servings

INGREDIENTS

- Spinach
- 1 Cup Frozen Pineapple
- 1 Cup Frozen Mango
- 1 Scoop Tru Protein
- Frozen Banana
- 1 Tbs Chia Seeds

INSTRUCTIONS

1. Add all ingredients into a high speed blender or food processor and run until smooth.



WEEK 5 MEAL RECIPES

Protein PB Banana Ice Cream • 12 Servings

INGREDIENTS

- 4 Ripe Bananas
- 1 Scoop of TRU Protein
- 2 Tbsp of Cacao Powder
- 2 Tbsp Peanut Butter

INSTRUCTIONS

1. In a high speed blender mix all ingredients.
2. Add a rounded scoop of each to a 12 muffin tin.
3. Freeze for 3 hours or overnight.

GROCERY LIST WEEK 5

FRUITS

Fruit of Choice

Frozen Berries

VEGETABLES

Fresh Spinach

Frozen Chopped Spinach

HEALTHY CARBS

Quinoa

Lasagna Noodles

CONDIMENTS

Espresso or Tru Energy

Hemp Milk Salsa

Nutritional Yeast Oregano

Garlic Powder Basil

Cayenne Pepper Pasta Sauce

LEGUMES

Black Beans

PROTEINS

Tru Supplements Protein

Tempeh

Extra Firm Tofu

DAIRY/FATS

Chia Seeds

Walnuts

Pumpkin Seeds

Hemp Seeds





WEEK 6 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

- 1 Serving Teff Blueberry Breakfast Bowl
- 1 Scoop Tru Supplements Protein
- 1 Oz Walnuts

LUNCH

Bulgur Veggie Bowl

- 1/2 Cup Textured Vegetable Protein
- 1/2 Cup Bulgur
- 1/3 Cup Navy Beans
- 1 Cup Broccoli
- 3 Oz Mushrooms
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Sunflower Seeds
- 2 Tbsp Coconut Aminos

SNACK

- 1 Cup Daikon
- 1 Cup Celery
- 1 Piece of Fruit

DINNER

Macro Plate w/ Cashew Sauce

- 4 Oz of Tempeh
- 1/2 Cup Black Rice
- 1 Cup Kale
- 3 Oz Purple Cabbage
- 3 Oz Mushrooms
- 1/2 Cup Cheese Sauce

DESSERT

- 1 Square of Brownie

WATER

Drink 1 Gallon of Water Daily



WEEK 6 MEAL SCHEDULE

PRE WORKOUT

Espresso Shot or Tru Energy

BREAKFAST

- 1 Serving Teff Blueberry Breakfast Bowl
- 2 Scoops Tru Supplements Protein
- 1 Oz Walnuts

LUNCH

Bulgur Veggie Bowl

- 1 Cup Bulgar
- 1 Cup Broccoli
- 1/2 Cup Navy Beans
- 3 Oz Mushrooms
- 1 Tbs Pumpkin Seeds
- 2 Tbsp Coconut Aminos

SNACK

- 1 Cup Daikon
- 1 Cup Celery
- 1 Piece of Fruit

DINNER

Macro Plate w/ Cashew Sauce

- 6 Oz of Tempeh
- 1/2 Cup Black Rice
- 1 Cup Kale
- 3 Oz Purple Cabbage
- 3 Oz Mushrooms
- 1/2 Cup Cheese Sauce

DESSERT

- 1 Square of Brownie

WATER

Drink 1 Gallon of Water Daily



WEEK 6 MEAL RECIPES

Cheese Sauce • 5 Servings

INGREDIENTS

- 3 Yukon Gold Potatoes
- 2 Carrots
- 6 Cups Water (Used To Boil Potatoes and Carrots)
- 1/4 Cup Nutritional Yeast
- 2 Tbs Lemon Juice
- 1 Tsp Apple Cider Vinegar
- 1/2 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1/2 Tsp Brown Mustard
- 1/8 Tsp Turmeric

INSTRUCTIONS

1. Chop potatoes and carrots into desired pieces and boil for 10 minutes. Let rest for 5 minutes and then transfer to a high speed blender
2. Add 1/2 cup of the potato water to the blender and mix, add the remaining ingredients and blend until smooth and creamy.
3. Add cheese sauce to pasta. Add sliced tempeh on top all on a bed of spinach



WEEK 6 MEAL RECIPES

Teff Blueberry Breakfast Bowl • 1 Serving

INGREDIENTS

- 1/2 Cup of Teff, Cooked
- 1 Tbsp of Peanut or Almond Butter
- 1/4 Cup of Blueberries
- 1 Tbsp of Hemp Seeds
- 1 Tsp of Cinnamon

INSTRUCTIONS

1. Cook the Teff according to directions, if you want you can supplement with oatmeal.
2. Once cooked, add all ingredients and eat.



WEEK 6 MEAL RECIPES

Brownies • 17 Servings

INGREDIENTS

- 4 Bananas
- 1/2 Cup Cocoa Powder (Unsweetened)
- 1 1/2 Cups Raw Almond Butter
- 1 Scoop of TRU Chocolate Protein

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Prepare a 9-in. x 9-in. square baking dish by spraying it with cooking spray or rubbing coconut oil around the sides and bottom so the brownies do not stick.
2. In a large bowl mash the bananas with a fork until smooth. Add the almond butter and mix until smooth. If the almond butter is too stiff, melt in the microwave for 30 seconds. Add the cocoa powder, protein and optional cinnamon and blend until no visible cocoa powder is seen.
3. Pour the batter into the prepared baking pan and bake for 20-25 minutes or until set and slightly dark on the top. Remove from the oven and let cool completely before slicing.

GROCERY LIST WEEK 6

FRUITS

Lemons
Bananas

VEGETABLES

Broccoli Mushrooms
Daikon Celery
Kale Purple Cabbage
Yukon Gold Potatoes Carrots

HEALTHY CARBS

CONDIMENTS

Coconut Aminos Nutritional Yeast
Apple Cider Vinegar Onion Powder
Garlic Powder Brown Mustard
Turmeric
Cocoa Powder (Unsweetened)

LEGUMES

Tru Supplements Protein
Textured Vegetable Protein
Tempeh

PROTEINS

DAIRY/FATS

Walnuts
Pumpkin Seeds
Raw Almond Butter

