



MA60DAY MEAL PLAN

CARNIVORE • ECTOMORPH

"FOODS ALLOWED"

Fruits

Strawberries, Blueberries, Raspberries, Pineapple, Grapes, Kiwi, Orange, Plum, Melon, Watermelon, Apples (Green Or Fuji) Grapefruit

Vegetable

Broccoli, Zucchini, Brussel Sprouts, Cauliflower, Asparagus, Mushrooms, Green Beans, Bell Peppers, Sweet Peas, Carrots, Leafy Greens, Butternut Squash, Eggplant, Bok Choy,

Healthy Carbs

Sweet Potato, Cous Cous, Quinoa, Sprouted Bread, Oatmeal, Brown/Wild/Black Rice, Brown Rice Cakes, Sprouted Multi-grain Bread, Multi-grain Pasta, Chickpea/Lentil Pasta

Legumes

Chickpea, Lentils, Peas, Kidney Beans, Black Beans, Soy Beans, Pinto Beans

Proteins

Wild Caught Salmon (or Any White Fish), Canned Skipjack Tuna (Limit To 3 Times Per Week,) All Natural Chicken Breast, All Natural Lean Turkey, Low-sodium Turkey, Ham, Grass-fed All Natural Bison, Ground Beef (90/10 Ratio Breakdown,) Tofu, Tempeh, Seitan, Eggs, Lean Steak

Dairy & Healthy Fats

Fat Free Greek Yogurt, (Plain Almond/Soy Dairy-Alternative Yogurt), Almond/Peanut/Cashew Butter, Avocado, Hummus, Unsweetened Almond or Coconut Milk

Condiments

All Mustard Variations, Hot Sauce, Balsamic Vinegar, Avocado Oil, Soy Sauce, (Soy-Alternative Coconut Aminos), Olive Oil, Maple Syrup, Apple Cider Vinegar

CARNIVORE MEAL PLAN AM

MENU 1



BREAKFAST

Feta Cheese + Egg White Wrap (See Recipe)

- 1 Spinach Tortilla
- 1/2 Cup Spinach
- 3/4 Cup Egg Whites
- 2 oz Feta Cheese
- 2 Tsp Sun Dried Tomatoes

AM Snack

Protein Shake (Eat Apple Separate from Shake with Oats/Honey)

- 1 Scoop Tru Supplements Protein
- 1 Cup Rolled Oats
- 1 Tbsp Honey
- 1 Medium Apple

LUNCH

Dijon Chicken (See Recipe)

- 6 oz Chicken Breast
- 1/2 Cup Sliced Onions
- 1/2 Cup Sliced Green or Red Peppers
- 1 Cup Cauliflower Rice

PM Snack

Rice Cakes + Peanut Butter

- 2 Pieces Unsalted Rice Cakes
- 2 Tbsp Peanut or Almond Butter

DINNER

Black Bean + Corn Bowl (Mix All Together)

- 3 Cups Mixed Greens
- 3/4 Cup Black Beans
- 3/4 Cup Canned Corn
- 1/4 Cup Low Fat Shredded Mozzarella Cheese
- 1 Tbsp Grated Parmesan Cheese

CARNIVORE MEAL PLAN PM

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- 3/4 Cup Black Beans
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GROCERY LIST

MENU 1

PRODUCE

Avocados
Spinach
Mixed Greens
Onions
Green/Red Bell Peppers
Yellow Bell Pepper
Garlic Cloves
Apple

CANNED/BOXED

Canned Corn
Black Beans

GRAINS/PASTA

Spinach Tortillas
Cauliflower Rice
Unsalted Rice Cakes
Rolled Oats

REFRIGERATED

Chicken Breast
Eggs or Egg Whites
Feta Cheese
Low Fat Shredded Mozzarella Cheese
Grated Parmesan Cheese

BAKING GOODS

Sliced Almonds
Extra Virgin Olive Oil

CONDIMENTS

Sun Dried Tomatoes
Peanut or Almond Butter
Dijon Mustard
Honey

HERB/SPICES

Dried Oregano
Garlic Powder
Black Pepper
Salt
Cumin

TIP:

DON'T FORGET TO PURCHASE YOUR PLANT
BASED PROTEIN! [GETTRUSUPPS.COM](https://www.gettrusupps.com)

MEAL PREP

EGG WHITE FETA CHEESE SPINACH WRAP

Ingredients

- 1/2 cup fresh spinach
- optional 1 tbsp sun dried tomatoes, finely chopped
- 2 oz feta cheese
- 3/4 cup egg whites
- 1/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 large spinach tortilla

Directions (Makes 1 Serving)

1. Heat a saucepan over medium heat and cook spinach until wilted. Place in a bowl and mix sun-dried tomatoes, oregano garlic powder and salt.
2. Cook egg whites in a pan with some cooking spray oil and cook until soft.
3. Spread spinach mixture on a tortilla then cover with egg whites and top with feta cheese.
4. Roll the tortilla up like a burrito.
5. Put on a hot saute pan and brown on each side.

MEAL PREP

DIJON CHICKEN

Ingredients

1.5 lb boneless, skinless chicken breast

- * 2 large yellow onion, cut into large pieces
- * 2 red or yellow bell peppers
- * 1 Tsp Salt
- * 4 Cups Cauliflower Rice

For Garlic Dijon Sauce

- * 1 tbsp extra virgin olive oil.
- * 3 tbsp quality Dijon Mustard
- * 6 garlic cloves, minced
- * 1 tsp ground coriander or cumin.
- * 2 tsp honey

Directions (Makes 4 Servings)

1. Preheat a large skillet to medium high heat.
2. Take chicken out of the fridge. Pat dry and season on both sides with all spices. Cut into thin strips about 2 oz each. Set aside for a few minutes.
3. Add the olive oil, garlic, and chicken. Cook chicken until almost fully cooked making sure there's enough room in skillet and it's not over crowded. Add the onions, peppers, and cauliflower rice and cook for another few minutes.
4. Add Dijon mustard and honey right at the end and turn off heat.

CARNIVORE MEAL PLAN AM

MENU 2



BREAKFAST

Cinnamon Apple Banana Oats (See Recipe)

- 1 Medium Banana
- 1.5 Cups Unsweetened Almond Milk
- 1/2 Cup Rolled Oats
- 1/2 Granny Smith Apple

AM Snack

Protein Shake (option to mix shake separate from yogurt + berries)

- 1 Scoop Tru Supplements Protein
- 1 Cup Blueberries or Strawberries (your preference)
- 1/2 Cup Greek Yogurt

LUNCH

BBQ Bison + Veggies (See Recipe)

- 6 oz Ground Bison
- 1/2 Cup Onions
- 1/2 Cup Green/Red Bell Peppers sliced
- 1/2 Cup Quinoa
- 1 Tsp BBQ Sauce
- 1/2 cup chopped broccoli

PM Snack

Rice Cakes + Peanut Butter

- 2 Unsalted Rice Cakes
- 2 Tbsp Natural Jam

DINNER

Veggie Stir Fry

- 1 Cup Spinach
- 5 oz Tempeh
- 1/4 Cup Braggs Aminos
- 1 Cup Sliced Zucchini
- 4 Oz Mushrooms

CARNIVORE MEAL PLAN PM

MENU 2



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- 1/2 Cup Rolled Oats
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- 2 Unsalted Rice Cakes
- 2 Tbsp Natural Jam

LUNCH

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- 6 oz Ground Bison
- 1/2 Cup Onions
- 1/2 Cup Green/Red Bell Peppers sliced
- 1/2 Cup Quinoa
- 1 Tsp BBQ Sauce
- 1/2 cup chopped broccoli

AM Snack

Protein Shake (option to mix shake separate from yogurt + berries)

- 1 Scoop Tru Supplements Protein
- 1 Cup Blueberries or Strawberries (your preference)
- 1/2 Cup Greek Yogurt

DINNER

Veggie Stir Fry

- 1 Cup Spinach
- 5 oz Tempeh
- 1/4 Cup Braggs Aminos
- 1 Cup Sliced Zucchini
- 4 Oz Mushrooms

GROCERY LIST

MENU 2

PRODUCE

Avocados
 Spinach
 Onions
 Green/Red BellPeppers
 Bananas
 Granny Smith Apple
 Zucchini
 Mushrooms
 Chopped Broccoli
 Carrots
 Strawberries or
 Blueberries

CANNED/BOXED

GRAINS/PASTA

Quinoa
 Unsalted Rice Cakes
 Rolled Oats

REFRIGERATED

Ground Bison
 Tempeh
 Greek Yogurt

BAKING GOODS

Natural Jam
 Unsweetened Almond Milk

CONDIMENTS

Low Sugar BBQ Sauce
 Peanut or Almond Butter
 Bragg's Liquid Aminos\ Coconut Aminos

HERB/SPICES

Dried Oregano
 Garlic Powder
Black Pepper
 Cumin
 Onion Powder
 Garlic Cloves
 Salt
 Vanilla Extract
 Cinnamon Powder

TIP:

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 BASED PROTEIN! GETTRUSUPPS.COM

MEAL PREP

CINNAMON APPLE BANANA OATMEAL

Ingredients

1/2 cup rolled oats
 1/2 granny smith apple
 1 Medium banana
 1.5 cups unsweetened almond milk

optional(1/2 scoop tru protein)
 Pinch of salt
 Vanilla extract to taste
 Cinnamon powder to taste.

Directions (Makes 1 Serving)

1. Bring 1.5 cups of unsweetened almond milk to a pot plus half cup of water. Add cinnamon, pinch of salt, vanilla extract, and bring to a boil. Add rolled oats, (Tru protein optional) and cook until soft.
2. In a different pot, coat it with some cooking spray (preferably coconut, you may also add 1 tsp coconut oil). Add bananas, cashew butter, and apples and sauté for a couple of minutes.
3. Add the sautéed bananas, apples, cashew butter, and tru protein along with the oats in a bowl and enjoy!

VEGGIE STIR FRY

Ingredients

- 1 Cup Spinach
- 5 oz Tempeh
- 1/4 Cup Bragg's Amino
- 1 Cup Sliced Zucchini
- 4 Oz Mushrooms

Directions (Makes 1 Serving)

1. Preheat your oven to 375° F. Place the tempeh cubes on a parchment-lined baking sheet. Spoon or baste Bragg's Aminos or Low Sodium Soy Sauce on top.
2. Bake for 10 minutes. Use tongs to carefully flip each cube, and then return to the oven for another 10 minutes.
3. Mix together in large sauté pan: spinach, zucchini, mushrooms and cook over medium heat until the veggies are softened
4. Combine cooked Tempeh with the vegetables for a delicious stir fry. Use salt/pepper to season to your liking

MEAL PREP

BBQ BISON + VEGGIES

Ingredients

- 1.5 pounds ground bison
- 1/4 cup coconut aminos
- 1/4 cup 0% fat/low sugar bbq sauce
- 2 tsp cumin
- 3 garlic cloves minced finely
- 2 tsp onion powder
- Black pepper to taste.
- 1 cup mushrooms
- 2 carrots, julienned into thin strips

Directions (Makes 4 Servings)

1. In a bowl combine bison, minced garlic, coconut aminos, cumin, black pepper, and onion powder.
2. Heat a non stick skillet over medium heat, coat with canola oil spray, and sauté vegetables until softened.
3. Remove vegetables, coat pan lightly again over medium heat, and add in the bison mixture.
4. With a potato masher, ground bison as it cooks to the desired textured until fully cooked
5. Add veggies back into the pan, and stir for another 2 minutes. Add bbq sauce at the end, and stir for another minute.

You can add different veggie choices. If using frozen veggies, let the bag thaw completely and rinse out excess water before cooking.

CARNIVORE MEAL PLAN AM



MENU 3

BREAKFAST

Greek Yogurt Bowl

- 1 Cup Greek Yogurt
- 1/2 Cup Strawberries or Blueberries
- 1/4 Cup Granola
- 2 Tbsp Honey

AM Snack

Protein Shake (Eat Separately)

- 1 Scoops Tru Supplements Protein
- 1 Medium Apple

LUNCH

Turkey Burger (See Recipe)

- 6 oz Lean Ground Turkey
- 1 Multigrain Bun
- 1 Slice Provolone Cheese
- Add Veggies of Choice

PM Snack

Rice Cakes + Peanut Butter

- 2 Unsalted Rice Cakes
- 2 Tsp Peanut or Almond Butter
- 1/4 cup Whipped Cream

DINNER

High Protein Chili (See Recipe)

- 3/4 Cup Red Kidney Beans
- 3/4 Cup Garbanzo Beans
- 1/4 Cup Textured Vegetable Protein
- 2 Tbsp Grated Parmesan

CARNIVORE MEAL PLAN PM



MENU 3

BREAKFAST

Greek Yogurt Bowl

- 1 Cup Greek Yogurt
- 1/2 Cup Strawberries or Blueberries
- 1/4 Cup Granola
- 2 Tbsp Honey

PM Snack

Rice Cakes + Peanut Butter

- 2 Unsalted Rice Cakes
- 2 Tsp Peanut or Almond Butter
- 1/4 cup Whipped Cream

LUNCH

Turkey Burger (See Recipe)

- 6 oz Lean Ground Turkey
- 1 Multigrain Bun
- 1 Slice Provolone Cheese
- Add Veggies of Choice

AM Snack

Protein Shake (Eat Separately)

- 1 Scoops Tru Supplements Protein
- 1 Medium Apple

DINNER

High Protein Chili (See Recipe)

- 3/4 Cup Red Kidney Beans
- 3/4 Cup Garbanzo Beans
- 1/4 Cup Textured Vegetable Protein
- 2 Tbsp Grated Parmesan

GROCERY LIST

MENU 3

PRODUCE

Avocados
Spinach
Onions
Green/Red Peppers
Garlic Cloves
Zucchini
Parsley
Strawberries or
Blueberries
Apples

CANNED/BOXED

Red Kidney Beans
Garbanzo Beans
Small Can Tomato Sauce

GRAINS/PASTA

Multigrain Buns
Unsalted Rice Cakes
Granola

REFRIGERATED

Eggs
Greek Yogurt
Lean Ground Turkey
Grated Parmesan Cheese
Sliced Provolone Cheese
Textured Vegetable Protein Sprouts

BAKING GOODS

Honey

CONDIMENTS

Peanut or Almond Butter
Whipped Cream
Maple Syrup
Worcestershire sauce
Dijon Mustard

HERB/SPICES

Cayenne
Chili Powder
Cinnamon Powder
Cumin
Smoked Paprika
Fresh Parsley
Salt + Pepper
Onion Powder

TIP:

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MEAL PREP

TURKEY BURGER

Ingredients

- 1 1/2 pounds ground turkey 93% lean
- 1 medium zucchini finely shredded
- 1 egg
- 3/4 teaspoon salt
- 1 tsp cumin
- 1/4 teaspoon pepper
- 1 teaspoon minced garlic
- 1 teaspoon onion powder
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- 2 tablespoons fresh parsley leaves chopped

Directions (Makes 4 Servings)

1. Place the ground turkey, grated zucchini, egg, salt, pepper, garlic, onion powder, cumin, Worcestershire sauce, mustard and parsley in a bowl. Stir to combine.
2. Shape the meat mixture into 4 patties. About 6 oz each.
3. Preheat a non stick pan to medium high heat. Coat pan light with some canola spray.
4. Add the burgers and cook for 5-6 minutes per side, or until completely cooked through.
5. Place the burgers on the buns, add toppings as desired, then serve.

HIGH PROTEIN CHILI

Ingredients

- | | |
|------------------------------------|---------------------------|
| 2 Can Red Kidney Beans | 5 Tbs of Chili Powder |
| 2 Can Garbanzo Beans | 1 Tsp of Cumin |
| 1/3 Bag Textured Vegetable Protein | 1/2 Tsp of Smoked Paprika |
| 2 Can of Tomato Sauce | 1/4 Tsp of Cayenne |
| 4 Cloves of Garlic | 2 Tbs of Maple Syrup |
| 1.5 White Onion | 4 Cups of Water |

Directions (Makes 4 Servings)

1. In a large pot on stove top add 1 cup of water to onion, sauté for 5 minutes then add garlic. Once the onion and garlic is cooked add dry ingredients chili powder, cumin, smoked paprika and cayenne. Stir until garlic and onion are coated. Add in 3 cups water, 1 can of tomato sauce, kidney and garbanzo beans, maple syrup. All on medium heat. Add the tvp and let cook for 10 minutes.

CARNIVORE MEAL PLAN AM

MENU 4

BREAKFAST

Chicken Sausage + Waffles (See Recipe)

- 3 Multigrain Waffles
- 1 Links Applegate Chicken Apple Sausage
- 1/2 Cup Cooked Peppers + Onions
- 2 Tbsp Honey

AM Snack

Protein Shake (Eat Separately)

- 1 Scoops Tru Supplements Protein
- 3 Squares 85% Dark Chocolate
- 1 Medium Orange

LUNCH

Lemon Zest Salmon (See Recipe)

- 6 oz Salmon
- 1 Medium Baked Yellow Sweet Potato
- 1 Medium Zucchini
- 1 Tbsp Grated Parmesan Cheese

PM Snack

Rice Cakes + Peanut Butter

- 2 Unsalted Rice Cakes
- 2 Tbsp Natural Jam

DINNER

Seitan Bowl Mix (See Recipe)

- 5 oz Seitan
- 3 oz Whole Mushrooms
- 2 Roasted Poblano Peppers
- 1 Cup Cauliflower
- 1/2 Cup Brown Rice
- 1/2 Cup Peas
- 1/4 Cup Chopped White Onion



CARNIVORE MEAL PLAN PM



MENU 4

BREAKFAST

Chicken Sausage + Waffles (See Recipe)

- 3 Multigrain Waffles
- 1 Links Applegate Chicken Apple Sausage
- 1/2 Cup Cooked Peppers + Onions
- 2 Tbsp Honey

AM Snack

Rice Cakes + Peanut Butter

- 2 Unsalted Rice Cakes
- 2 Tbsp Natural Jam

LUNCH

Lemon Zest Salmon (See Recipe)

- 6 oz Salmon
- 1 Medium Baked Yellow Sweet Potato
- 1 Medium Zucchini
- 1 Tbsp Grated Parmesan Cheese

PM Snack

Protein Shake (Eat Separately)

- 1 Scoops Tru Supplements Protein
- 3 Squares 85% Dark Chocolate
- 1 Medium Orange

DINNER

Seitan Bowl Mix (See Recipe)

- 5 oz Seitan
- 3 oz Whole Mushrooms
- 2 Roasted Poblano Peppers
- 1 Cup Cauliflower
- 1/2 Cup Brown Rice
- 1/2 Cup Peas
- 1/4 Cup Chopped White Onion

GROCERY LIST

MENU 4

PRODUCE

Avocados	Oranges
Zucchini	Lemons
Cauliflower	Garlic
Mushroom	Thyme
Onions	Parsley
Poblano Peppers	Yellow Sweet Potato
Red Bell Peppers	Peas
Green Bell Peppers	
Spinach	

CANNED/BOXED

Parmesan Cheese

GRAINS/PASTA

Multigrain Waffles
 Unsalted Rice Cakes
 Brown Rice

REFRIGERATED

Applegate Chicken Apple Sausage
 Seitan
 (or See "Make at Home Seitan" recipe)
 Shredded Cheese
 Salmon

BAKING GOODS

Natural Jam
 85% Dark Chocolate Squares
 Olive Oil Spray
 Honey
 Vital Wheat Gluten*

CONDIMENTS

Coconut Aminos*
 Peanut or Almond Butter
 Lemon Juice
 Soy Sauce

HERB/SPICES

Sea Salt
 Black Pepper
 Chipotle Chili
 Powder*
 Ground Cloves*
 Smoked Paprika*
 *Omit if
 purchasing store
 bought Seitan

TIP:

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 BASED PROTEIN! GETTRUSUPPS.COM

MEAL PREP

CHICKEN SAUSAGE + WAFFLES

Ingredients

- 3 Waffles
- 1 Applegate Chicken Apple Link
- 1/2 Cup Onions and Peppers
- 2 Tbsp Honey

Directions (Makes 1 Serving)

1. Cut links into slices, chop onions, and peppers
2. In a non stick pan heat links, add onions and peppers and combine until soft. Heat your waffles in a toaster and serve links over waffles. You have the option of swapping the waffles for multigrain toast. Drizzle Honey over the waffles

LEMON ZEST SALMON

Ingredients

- 4 salmon fillets 6 ounces each
- 1 tbsp honey (optional)
- 1 1/2 tablespoons soy sauce
- 1/2 teaspoon lemon zest
- 2 teaspoons lemon juice
- 2 teaspoons chopped fresh parsley plus more for garnish
- 1 1/2 teaspoons fresh thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon minced garlic
- cooking spray

Directions (Makes 4 Servings)

- Preheat the broiler. Coat a sheet pan with canola oil cooking spray.
- Combine soy sauce, honey, lemon zest, lemon juice, parsley, thyme, salt, pepper and garlic in a bowl. Whisk to combine.
- Toss salmon fillets to coat evenly with the mixture.
- Place the salmon fillets on the prepared sheet pan.
- Broil for 10-15 minutes or until salmon is browned and opaque.
- Garnish with chopped parsley and lemon wedges, then serve.

MEAL PREP

SEITAN BOWL MIX

Ingredients

5oz Seitan	1/2 Cup Brown Rice
3 oz Whole Mushrooms	1/2 Peas
2 Poblano Peppers	1/4 Cup Chopped Onions
1 Cup Cauliflower	

Directions (Makes 1 Serving)

1. Chop mushrooms, pepper and cauliflower.
2. In pan on medium-high heat, sauté vegetables in water or olive oil spray.
3. In separate pot boil brown rice and then drain.
4. Once vegetables are cooked add in seitan for 3-4 minutes, stirring.
5. Transfer to bowl.

MAKE AT HOME SEITAN

Ingredients

2 Cups of Vital Wheat Gluten	1/2 Tsp of Black Pepper
3/4 Tsp Salt	1/4 Tsp of Ground Cloves
3/4 Tsp Smoked Paprika	2 Cups Water
1/2 Tsp Chipotle Chili Powder	3 Dashes of Coconut Amino

Directions (Makes 5 Servings)

1. Pre-heat oven to 350 degrees
2. In a large bowl whisk vital wheat gluten with salt, paprika, chili powder, black pepper, and ground cloves.
3. Add water and coconut amino and work by hand to create a spongy dough. Place dough on a non stick pan and press into a rectangle shape.
4. Bake for 30 minutes.
5. Let cool before storing in refrigerator.