

MA45DAY

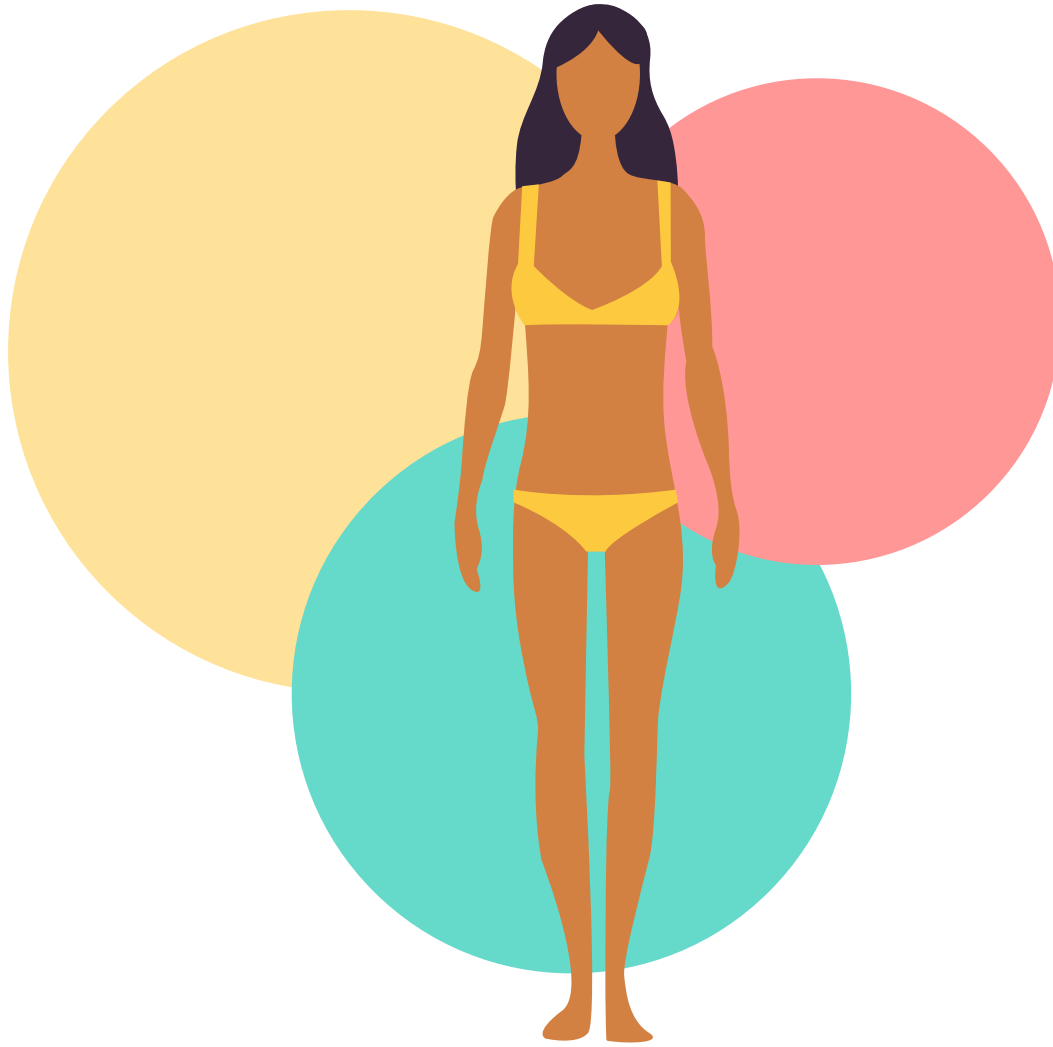
NUTRITION GUIDE

[carnivore | ectomorph]



NUTRITION GUIDE

[Carnivore | Ectomorph]



Each somatotype favors a particular ratio of macronutrients as determined by your genetics. While the majority of us are a combination of a couple body types, our nutrition greatly influences our ability to build muscle or lose fat. By following the body type you most closely associate with can help you gain the edge in helping improve your fitness!

This body type prefers the following percentages of their total calories as your meal plan was structured off these ratios.

Macronutrient	Percentage of Calories
Protein	25%
Carbs	55%
Fats	20%



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

Something listed on the menu you are allergic to/dislike/ or want to change? Use this list of preferred foods to help you make substitutions or find alternatives.

FRUITS

Strawberries	Blueberries
Rasberries	Pineapple
Grapes	Kiwi
Orange	Plum
Melon	Apples
Grapfruit	

VEGETABLES

Broccoli	Zucchini
Brussel Sprouts	Cauliflower
Asparagus	Mushrooms
Green Beans	Bok Choy
Leafy Greens	Butternut Squash
Eggplant	*

HEALTHY CARBS

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

CONDIMENTS

Mustard Variations	Low Salt/Sodium Ketchups
Hot Sauce	Vinegars
ACV	Low Sodium Soy Sauce
Avocado Oil	Olive Oil
Maple Syrup	Coconut Aminos

LEGUMES

Chickpeas	Lentils
Peas	Kidney Beans
Black Beans	Soy Beans
Pinto Beans	

PROTEINS

Tofu	Tempeh
Seitan	Hempeh
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)

HEALTHY FATS

(Soy/Almond/Coconut/Cashew) Unsweetened Yogurt	Peanut/Almond/Cashew Butter
Avocado	Hummus
Unsweetened (Almond/Coconut/Cashew) Milk	Plain Greek Yogurt

When it comes to vegetables, there aren't really limitations! These are just vegetables used daily in meals that I prep



WEEK 1 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy (Optional)

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1 Tbs Honey
- 1/2 Cup Oats
- 2 Handfull Spinach
- 2 Medjool Dates

LUNCH

Spanish Bowl with Chicken Fajitas (See Recipes for Fajita and Avocado Salad)

- 10 oz Chicken Fajitas
- 1/2 Cup Dominican Red Beans
- 1 Cup Rice
- Avocado Salad (1/2 Avocado)

SNACK

- 3 Whole Grain Rice Cakes
- 2 Tbsp Low Sugar Strawberry Preserves

DINNER

Turkey Broccoli Salad (See Recipe)

- 1 Serving Broccoli Salad
- 8 oz Lean Ground Turkey
- 3 Boiled Eggs

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 1

FRUITS

Fruit of Choice

Medjool Dates

Avocado

VEGETABLES

Spinach Ginger

Broccoli Bell Peppers

Onion

Garlic

Cilantro

HEALTHY CARBS

Oats

Rice

Whole Grain Rice Cakes

Honey

CONDIMENTS

Espresso or Tru Energy

Unsweetened Almond Milk

Balsamic Vinegar + Apple Cider Vinegar

Salt (Kosher or Sea Salt) + Pepper

Taco Seasoning Salsa

Dijon Mustard Bragg's Liquid Aminos

Olive Oil Crushed Red Pepper

Chili Powder Smoke Paprika

Garlic Powder Dried Oregano

LEGUMES

Red Beans

Tru Supplements Protein

Boneless Skinless Chicken Breasts

Lean Ground Turkey

Eggs Egg Whites

PROTEINS

Low Fat Mozzarella Cheese

Sliced Almonds

Mayonnaise

Peanut or Almond Butter

DAIRY/FATS





WEEK 1 MEAL RECIPES

Chicken Fajitas • Servings

INGREDIENTS

- 1/2 Tsp Black Pepper
- 2 Tbsp Chili Powder
- 1 Tsp Smoked Paprika
- 1 Tsp Garlic Powder
- 1/2 Tsp Dried Oregano
- 1/2 Tsp Red Pepper Flakes
- 16 Oz Boneless Skinless Chicken Breasts
- 1/4 Cup Coconut Aminos or Reduced Sodium Soy Sauce
- 3 Medium Bell Peppers, Cut Into Thin Strips
- 1 Medium Onion, Thinly Sliced
- 2 Tbsp Avocado Oil or Extra Virgin Olive Oil

INSTRUCTIONS

1. In a bowl, mix together the seasoning ingredients.
2. Julienne veggies and set aside.
3. Wash and slice chicken into thin strips. I like to fillet my chicken breast in half and sometimes even in thirds to make thin slices. This makes more flavorful chicken as there's more surface area for seasoning to marinate chicken. Place in a large bowl. Sprinkle with the seasoning mix. Use your clean hands to rub the spices into the meat. Wash your hands thoroughly.
4. Heat 1 tablespoon of the oil in a large, deep skillet over medium-high heat, about 2 minutes. Add the bell peppers and the onions. Cook, stirring often, until just tender for a few minutes.
5. Remove the veggies then add the remaining oil plus chicken and cook fully. You may break batch in half to allow chicken to have a sear instead of boiling in its own water.
6. Return the vegetables to the skillet. Stir-fry everything together 1-2 more minutes, until heated through.



WEEK 1 MEAL RECIPES

Avocado Salad • 4 Servings

INGREDIENTS

- 2 Avocados
 - 1/2 Chopped Onion
 - Salt / Pepper
 - 1/2 Chopped Cucumber (Optional)
 - 1 Tbl Spoon Lime Juice or Balsamic Vinegar
- ***Note: This Can Be Eaten Separately or as a Topper for the Spanish Bowl Mixture of Rice and Beans

INSTRUCTIONS

1. Chop onions, tomato, and cucumber (optional) into small pieces
2. Combine in a medium bowl with avocados, salt, pepper, lime juice or balsamic vinegar and mix together
3. Chill in refrigerator before use and enjoy as a topper to the Spanish Bowl (just mix the rice and beans together in small bowl)!



WEEK 1 MEAL RECIPES

Broccoli Salad • 4 Servings

INGREDIENTS

- 5 Heads Broccoli, Cut Into Bite-Size Pieces
- 1/2 C. Low Fat Mozzarella Cheese
- 1/4 Onion, Diced
- 1/4 C. Toasted Sliced Almonds
- 2/3 C. Mayonnaise
- 4 Tbsp. Apple Cider Vinegar
- 3/4 Tbsp. Dijon Mustard
- Salt & Pepper

INSTRUCTIONS

1. In medium sauce pan, fill with water. Bring to Boil.
2. Add broccoli florets to the boiling water and cook until soft.
3. Remove with a slotted spoon and place into a bowl of cold water.
4. After the broccoli has cooled off, drain.
5. In a large mixing bowl, whisk together all wet ingredients dressing ingredients. Season to taste.
6. Combine all salad ingredients in a large bowl and pour over dressing.
7. Refrigerate until ready to eat.



WEEK 1 MEAL RECIPES

Ground Turkey • 6 Servings

INGREDIENTS

- 1 Teaspoon Pepper
- 2 Garlic Cloves, Minced
- 1 Pound Ground Turkey (I Buy 99% Fat Free From Trader Joes)
- ¼ Cup of Low Sodium Soy Sauce (or Braggs Liquid Aminos)
- 1 Tablespoon Olive Oil
- 1 Yellow Onion, Chopped
- 1 Red Pepper Chopped
- 3 Tbs Chopped Cilantro
- 2" Long Piece of Ginger

INSTRUCTIONS

1. In a medium size skillet, heat the olive oil over medium high heat. Add in the onions, garlic, red pepper, salt and pepper, cooking until the onion starts to turn translucent, about 5 minutes. Add in the ginger and cook for 1 more minute.
2. Add turkey to the skillet with the onions, garlic, ginger, red bell pepper, salt and pepper and break it up as it cooks, about 10 minutes.
3. Add in the soy sauce, turn the heat up to high until all of the soy sauce is absorbed. Remove from heat and allow cooling for 5 minutes then adding the cilantro.



WEEK 2 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1/2 Cup Oats
- 2 Handful Spinach
- 1 Banana, Large

LUNCH

Indian Bowl (see coconut rice and curried chicken recipes)

- 1.5 Serving Coconut Rice
- 8 oz Ground Chicken Curry w/ Vegetables

SNACK

- Celery, Cut to Desired Length
- 1 Tbsp Peanut or Almond Butter
- 1 Apple

DINNER

Turkey Lettuce Wraps (see recipe but replace with high fiber wrap)

- 2 Turkey Lettuce Wraps
- 2 multigrain high fiber wrap
- 1/4 Cup Low Fat Mozzarella, Topping

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 2

FRUITS

Fruit of Choice

Banana

Apple

Avocado

VEGETABLES

Spinach

Celery

Cherry Tomatoes

Romaine Lettuce

HEALTHY CARBS

Oats

Jasmine Rice

CONDIMENTS

Espresso Shot or Tru Energy

Unsweetened Almond Milk

Balsamic Vinegar

Salt (Kosher or Sea Salt)

Taco Seasoning

Salsa

LEGUMES

PROTEINS

DAIRY/FATS

Tru Supplements Protein

Chicken

Lean Ground Turkey

Roasted Cashews Canned Reduced Fat
Coconut Milk

Low Fat Mozzarella Cheese

Canned Unsweetened Coconut Milk

Peanut or Almond Butter





WEEK 2 MEAL RECIPES

Coconut Rice • 6 Servings

INGREDIENTS

- 1 1/2 Cups Uncooked Jasmine Rice
- 1 (13 Ounce) Can Reduced Fat Coconut Milk
- 1 1/4 Cups Water
- 1/4 Tsp Salt
- 1 Tsp Sesame Seeds , Optional

INSTRUCTIONS

1. In one pot mix the coconut milk, water, and salt in a saucepan with a cover.
2. Add rice and stir to combine.
3. Bring mixture to a boil.
4. Cover and simmer on low heat for about 18-20 minutes
5. Turn off heat and let it sit for a few minutes before removing cover and fluffing the rice.



WEEK 3 MEAL RECIPES

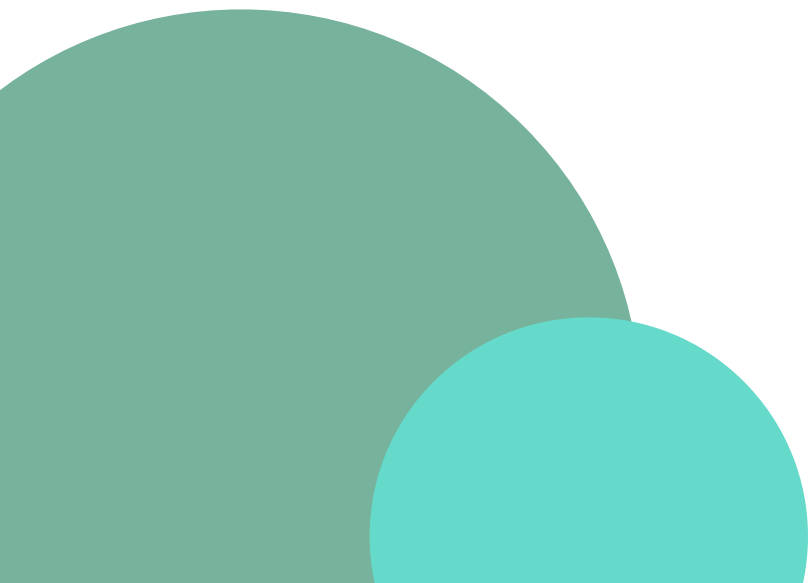
Curried Chicken • 4 Servings

INGREDIENTS

- 1 Tsp Pepper
- 2 Garlic Cloves, Minced
- 1 Lb Lean Ground Chicken
- 1 Tbsp Olive Oil
- 1 Yellow Onion, Chopped
- 1 Red Pepper Chopped
- 3 Tbs Chopped Cilantro
- 1 Teaspoon Salt
- 1 Tbs Curry Powder
- 2 Tbs Chopped Parsley
- 1 Tbsp Dijon Mustard
- 1/4 Cup Low Sodium Soy Sauce

INSTRUCTIONS

1. 1 lb = 16 oz | Divide mixture into 4 equal parts. This recipe will give you 4 servings.
2. In a medium size bowl, add ground chicken and all ingredients together.
3. Preheat your skillet or pan on medium heat, add the 1 tbsp of olive oil and cook all your ingredients together.





WEEK 2 MEAL RECIPES

Turkey Lettuce Wraps • 12 Lettuce Wraps

INGREDIENTS

- 1 Pound Lean Ground Turkey
- 3 Tablespoons Taco Seasoning, Homemade or Store Bought
- 1/2 Teaspoon Kosher or Sea Salt
- 1 Cup (Half-Pint) Cherry Tomatoes, Halved
- 1 Avocado, Pitted, Peeled, and Diced
- 1 Cup Salsa, no Sugar Added
- 12 Whole Romaine Heat Lettuce Leaves

INSTRUCTIONS

1. Add ground turkey to a skillet. Cook over medium heat for 8 minutes until browned. Add 1/3 cup water, taco seasoning, and salt (if not already an ingredient in the seasoning). Allow to cook for 3 minutes more. Remove from heat.
2. Double each lettuce leaf so the top fits into the second and you have 6 doubled leaves altogether. Spoon in meat mixture. Add cherry tomatoes and avocado pieces. Top each with salsa.



WEEK 3 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1 Medium Orange
- 1/2 Cup Instant Oatmeal

LUNCH

Thai Chicken Bowl

- 1 Cup Rice Noodles, Cooked
- 2 Cups Stir Fry Vegetables
- 1 Serving Peanut Sauce
- 8 oz Lean Chicken Breast

SNACK

- 2 Multigrain Rice Cake
- 2 Tbsp Peanut or Almond Butter
- 2 Egg Muffins (See Recipe)

DINNER

Parmesan Salmon

- 10 oz Salmon
- 1 Tbsp Olive Oil
- 2 Tbsp Parmesan Cheese
- 1 1/4 Cup Zucchini, Squash, & Mushroom Medley

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 3

FRUITS

Frozen Blueberries
Frozen Strawberries
Lemons

VEGETABLES

Spinach Green Bell Peppers
Stir Fry Vegetables
Zucchini Garlic
Yellow Squash Parsley
Mushrooms Fresh Dill
Red Bell Peppers

HEALTHY CARBS

Rice Noodles
Multigrain Rice Cakes

CONDIMENTS

Espresso Shot or Tru Energy
Unsweetened Almond Milk
Bragg's Liquid Aminos
Olive Oil
Black Pepper Salt
Ground Ginger Cayenne Pepper
Hot Sauce
Olive Oil Cooking Spray

LEGUMES

PROTEINS

DAIRY/FATS

Tru Supplements Protein
Lean Chicken Breast
Salmon Filets
Liquid Egg Whites
Eggs

Parmesan Cheese
Walnuts, Crushed
Peanut or Almond Butter





WEEK 3 MEAL RECIPES

Egg Muffins • 9 Servings

INGREDIENTS

- 1 32oz Liquid Egg Whites
- Equivalent to 1 Carton of Eggs 10 Egg Whites & 2 Whole Eggs
- 2 Cups Baby Spinach
- 4 Tbs Parmesan Cheese (Yum Yum)
- 1 Red Pepper
- 1 Green Pepper
- 1 Medium Yellow Onion
- 1 Cup Mushrooms (Optional)
- 2 Cloves Garlic, Minced
- 3-4 Tbs Chopped Parsley
- Black Pepper and a Dash of Salt To Taste.
- Hot Sauce Optional for Drizzling on Top!

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Start by chopping some veggies: red pepper, green pepper, yellow onion, mushrooms, and baby spinach! I like to chop all the veggies very small so that when I bite everything blends together and I just don't like big chunks on these period.
3. Add egg whites , minced garlic, the salt, the pepper, the parmesan cheese, and whisk everything together.
4. Pour the egg/veggie mixture evenly into the muffin pan. You'll have enough for all 8-9 muffin slots!
5. Bake for about 15 minutes, or until the tops are firm to the touch or if an inserted toothpick comes out clean.
6. You can store these up to 4 days.



WEEK 3 MEAL RECIPES

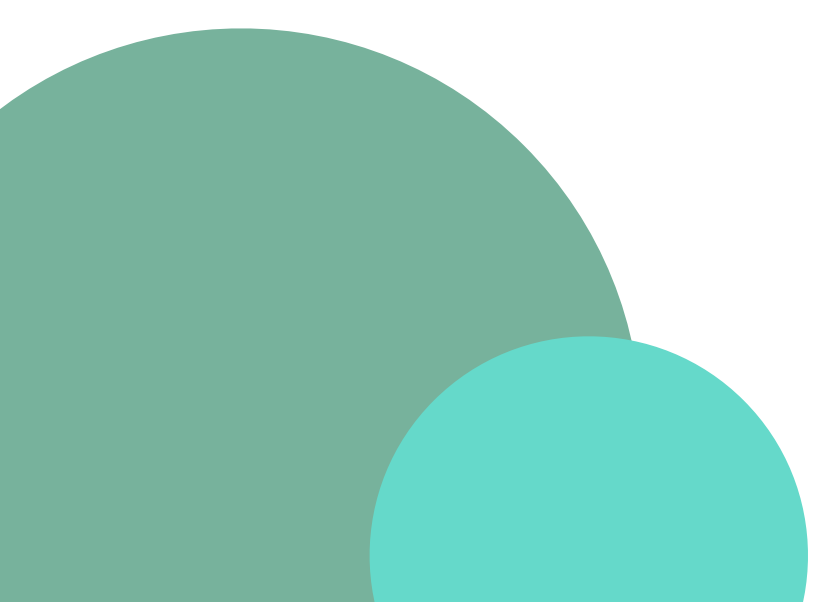
Peanut Sauce • 4 Servings

INGREDIENTS

- 1/2 Cup of Smooth Peanut Butter
- 1/4 Low Sodium Soy Sauce or Braggs
- 2 Tbs of Water
- 2 Tbs of Rice Vinegar
- 1/4 Cup Brown Rice Syrup
- 1/4 Teaspoon Ground Ginger
- 1/4 Tsp Cayenne Pepper

INSTRUCTIONS

1. Combine all ingredients in a bowl and whisk until mixed





WEEK 3 MEAL RECIPES

Parmesan Salmon • 2 Servings

INGREDIENTS

- 4 (4-5-Ounce) Salmon Fillets
- (About 1 Inch Thick)
- Cooking Spray
- 1 1/2 Tablespoons Chopped Fresh Dill
- 1 Tbs Minced Fresh Garlic
- 1/2 Teaspoon Kosher Salt
- 1/8 Teaspoon Freshly Ground Black Pepper
- 4 Lemon Wedges
- Parmesan Cheese
- Crushed Walnuts (Optional)

INSTRUCTIONS

1. Preheat oven to broil.
2. Poke fillets with a fork and stuff garlic and dill into each of them evenly.
3. Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with sea salt and ground black pepper and with cooking spray,
4. Broil salmon for 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lemon wedges.



WEEK 3 MEAL RECIPES

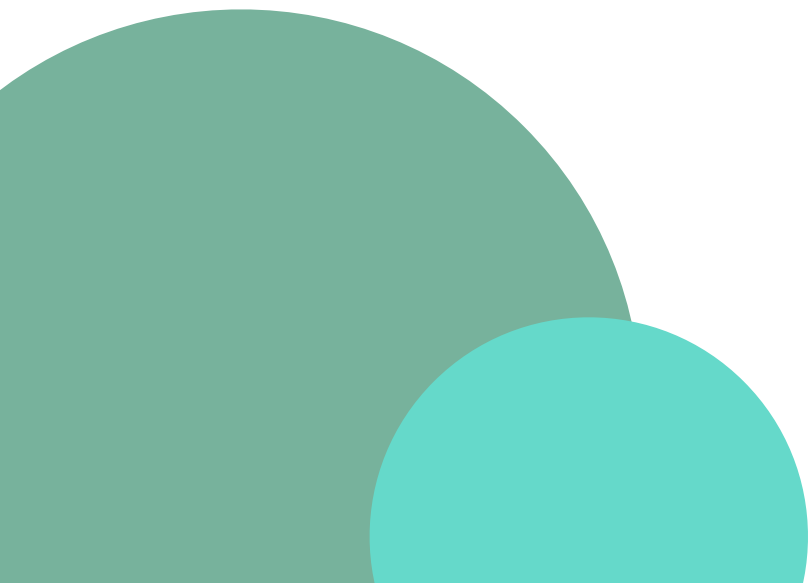
Roasted Vegetables • 4 Servings

INGREDIENTS

- 4 Zucchini
- 4 Yellow Squash
- 4 Packages of Mushrooms
- Olive Oil Spray

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Cut zucchini in half lengthwise and place on a cookie sheet or baking tray
3. Coat zucchini lightly olive oil cooking spray
4. Bake at 350 degrees for 20 mins until tender
5. Season with Salt & Pepper





WEEK 4 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- Juice of 1 Orange
- 1 Cup Instant Oatmeal

LUNCH

Chipotle Got Nothin' On Us Bowl

- 6 oz Lean Ground Bison or Beef (90/10)
- 1/2 Cup Quinoa, Cooked
- 1/2 Cup Black Beans
- 1/2 Cup Sweet Corn
- 2 Tbsp Sour Cream

SNACK

- 2 Egg Muffins (See Recipe)
- 1 Serving Almonds (28 Almonds)

DINNER

BBQ Chicken Salad - See Recipe

- 2 Serving BBQ Chicken Salad
- 1 oz Mozzarella Cheese, Topping

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 4

FRUITS

Fruit of Choice

Oranges

Avocado

Limes

VEGETABLES

Sweet Corn

Spinach

Red Bell Pepper

Green Bell Pepper

Red/Yellow Onions

Garlic

Parsley

Mushrooms

Mixed Greens

Tomatoes

Cilantro

HEALTHY CARBS

Instant Oatmeal

Quinoa

CONDIMENTS

Espresso

TRU Energy

Almond or Oat Milk

Black Pepper/Salt

Hot Sauce

Onion Powder

Dried Parsley

No Salt All Purpose
Seasoning

BBQ Sauce

LEGUMES

Black Beans

PROTEINS

TRU Protein

Lean Chicken Breast

Lean Ground Beef or
Bison

Liquid Egg Whites

Eggs

DAIRY/FATS

Parmesan Cheese

Almonds

Mozzarella Cheese

Sour Cream





WEEK 4 MEAL RECIPES

Egg Muffins • 9 Servings

INGREDIENTS

- 1 32oz Liquid Egg Whites
- Equivalent to 1 Carton of Eggs 10 Egg Whites & 2 Whole Eggs
- 2 Cups Baby Spinach
- 4 Tbs Parmesan Cheese (Yum Yum)
- 1 Red Pepper
- 1 Green Pepper
- 1 Medium Yellow Onion
- 1 Cup Mushrooms (Optional)
- 2 Cloves Garlic, Minced
- 3-4 Tbs Chopped Parsley
- Black Pepper and a Dash of Salt To Taste.
- Hot Sauce Optional for Drizzling on Top!

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Start by chopping some veggies: red pepper, green pepper, yellow onion, mushrooms, and baby spinach! I like to chop all the veggies very small so that when I bite everything blends together and I just don't like big chunks on these period.
3. Add egg whites , minced garlic, the salt, the pepper, the parmesan cheese, and whisk everything together.
4. Pour the egg/veggie mixture evenly into the muffin pan. You'll have enough for all 8-9 muffin slots!
5. Bake for about 15 minutes, or until the tops are firm to the touch or if an inserted toothpick comes out clean.
6. You can store these up to 4 days.



WEEK 4 MEAL RECIPES

Ground Bison or Beef • 9 Servings

INGREDIENTS

- 1.5 Lbs 90-95% Ground Bison
- 2-3 Cups of Your Favorite Veggies (Can Be Asian Veggies).
- 2 Tbsp Water (More if Needed)
- 3 Minced Garlic Cloves
- Small Chopped Onion
- 1/4 Cup Reduced Sodium Soy Sauce or Coconut Aminos
- 2 Tbsp Honey
- 2 Tsp Sesame Oil
- Chili Flakes To Taste (Can Be Sriracha)
- 1 Tbsp Ginger, Minced

INSTRUCTIONS

1. Heat a large pan over medium high heat.
2. Add the water and the veggies of your choice to the pan and cook for about 3-4 minutes. Do not overcook the veggies. Remove and set them aside.
3. Add the sesame oil, minced garlic, and chopped onion with the beef. Cook ground bison and break it up small until fully cooked.
4. Meanwhile mix together the soy sauce, honey, garlic, and ginger. Add to the cooked ground bison and bring to a simmer. Cook for 3-4 minutes.
5. You can Stir in the vegetables or serve them on the side so its easier to measure beef. I like to mix up the veggies after I've measured my portions.



WEEK 4 MEAL RECIPES

BBQ Chicken Salad • 4 Servings

INGREDIENTS

- 2 Lbs Chicken Breast (2 Lbs Yields 8 4oz Servings)
- Onion Powder To Taste (1tbs)
- 4 Cloves Minced Garlic
- Juice of 1 Lime
- 1 Tbs Dried Parsley
- No Salt All Purpose Seasoning of Your Choice
- BBQ Sauce (Only To Be Used per Tablespoon After Chicken Is Cooked)
- Spinach
- Mixed Greens
- Red Bell Peppers
- Tomatoes
- 1/2 Cup Black Beans
- Red Onions
- 1/2 Cup Sweet Corn
- Cilantro

INSTRUCTIONS

1. Clean, rinse, and butterfly your chicken breast. Cut length wise, then slice into 1 inch cubes.
2. In a separate bowl add the lime juice, minced garlic, onion powder, dried parsley, and your favorite no salt all purpose seasoning.
3. Let it marinate for 15 mins (I like to poke the breasts with a fork so it can absorb more flavor).
4. You can add any spices you prefer (including cayenne pepper, lime, black pepper, Italian seasoning, turmeric or any spices of your choice!)
5. Cook breasts using no calorie oil spray until cooked thoroughly.
6. Add BBQ Sauce after chicken is cooked. Use only 1 tbsp per meal.
7. The salad portion of the recipe can be made as big as you want in terms of vegetables! (Follow the portions for the black beans, corn, and chicken)
8. For the frozen corn and black beans, you can simply thaw and add garlic powder and lemon. If buying canned, drain and rinse thoroughly.



WEEK 5 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1/2 Cup Frozen Blueberries
- 2 Cups Spinach

LUNCH

The Godfather Bowl

- 10 oz Turkey Meatballs or 8 oz Ground Turkey
- 1/2 Cup Brown Rice Pasta, Cooked
- 1 Cup Marinara Sauce
- Chopped Mushrooms, Asparagus, Basil, Garlic
- 2 Tbsp Parmesan Cheese
- 1/2 Cup Mozzarella Cheese

SNACK

- 2 Serving Tunacado
- 2 Multigrain Rice Cakes

DINNER

Baked Tofu in Peanut Sauce w/ Cauliflower Rice

- 1.5 Serving Baked Tofu in Peanut Sauce
- 2 Serving Cauliflower Rice

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 5

FRUITS

Fruit of Choice

Frozen Blueberries

Frozen Strawberries

Avocado

Lime

VEGETABLES

Spinach

Mushrooms

Asparagus

Basil

Garlic

Cauliflower

Yellow Onion

Grape Tomatoes

Red/Green Bell
Pepper

Cilantro

Frozen Green Peas
Ginger

Green Onions

HEALTHY CARBS

Brown Rice Pasta

Multigrain Rice
Cakes

CONDIMENTS

Ground Ginger

Brown Rice Syrup

Almond Milk

Marinara Sauce

Honey Mustard

Low Sodium Braggs
Aminos

Sesame Oil

Chili Garlic Sauce

Agave or Honey

Sesame Seeds

Olive Oil

Salt/Pepper

Rice Vinegar

Cayenne Pepper

LEGUMES

PROTEINS

DAIRY/FATS

TRU Protein

Turkey Meatballs or
Ground Turkey

Extra Firm Tofu

Canned Tuna in
water

Eggs

Parmesan Cheese

Almond Butter

Smooth Peanut
Butter





WEEK 5 MEAL RECIPES

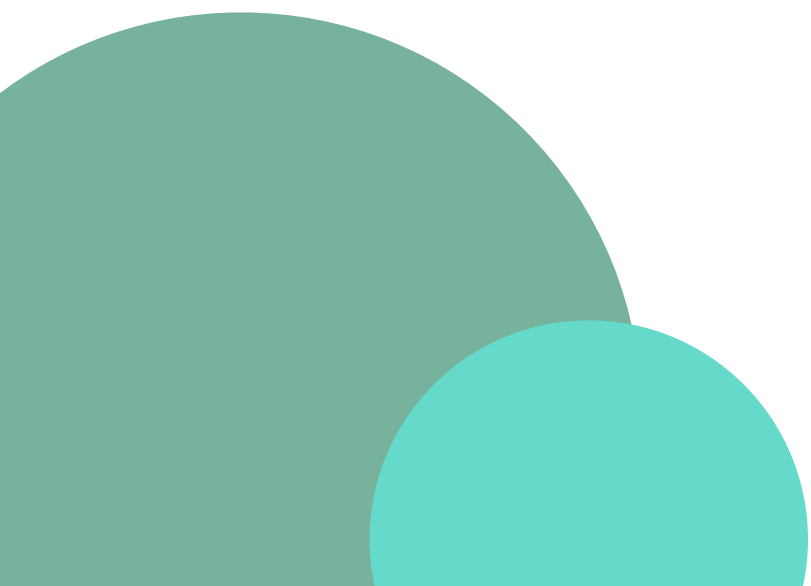
Tunacado • 1 Serving

INGREDIENTS

- 1/2 Onion, Diced
 - 12 Grape Tomatoes, Halfed
 - 1/2 Green Bell Pepper, Diced
 - 1 Tbsp Cilantro, Diced
 - 1 Tbsp Honey Mustard
 - 1 Whole Avocado
 - Lime
- 1 Can Skipjack Tuna in Water

INSTRUCTIONS

1. Chop onions, tomatoes, peppers, and cilantro into very small pieces. The smaller the better.
2. Mash avocado with lime and honey mustard
3. Open skipjack tuna can, drain water, and stir all ingredients together.
4. Enjoy!





WEEK 5 MEAL RECIPES

Turkey Meatballs

INGREDIENTS

- 1 Lb 93% Lean Ground Chicken
- 1 Tbsp Water
- 1/2 Cup Whole Wheat Panic Breadcrumbs
- 1/4 Cup Finely Grated Parmesan
- 1 Large Egg
- 2 Tbsp Extra-Virgin Olive Oil
- 1 Tsp Dried Oregano
- 1 Tsp Garlic Powder
- 1 Tsp Onion Powder
- 1 Tsp Salt
- 1/4 Tsp Red Pepper Flakes (Optional)
- 2 Tbsp Tomato Paste
- 3 Tbsp Finely Chopped Flat-Leaf Parsley or Dried Parsley
- 2 1/2 Cups Lightly Packed Fresh Spinach

INSTRUCTIONS

1. Place a rack at about the upper third of the oven and preheat the oven to 400 degrees F.
2. Spray a 9x13-inch baking dish or baking sheet with nonstick spray.
3. In a large bowl beat the egg. Add the chicken, breadcrumbs, Parmesan, 1 tablespoon olive oil, oregano, garlic powder, onion powder, salt, red pepper flakes, parsley, and 1 tablespoon tomato paste.
4. Finely chop the spinach into very small bits, then add it to the mixture. With clean hands mix until well combined, being careful not to compact the meat. Shape the mixture into 12 meatballs and arrange in the prepared baking dish making sure they do not touch.
5. In another bowl, whisk together the remaining olive oil, 1 tbsp water, and tomato paste. Mix until smooth. Brush over the top of the meatballs.
6. Bake the meatballs for about 18-22mins or until fully cooked. Weigh your meatballs for servings after being cooked.
7. To save your the trouble, get store bought pasta sauce. When you're looking at the nutritional facts make sure it contains no fat. One can add fish basil or more oregano for a more tasty pasta sauce. You can pour over one serving of pasta sauce over the meatballs or cook your already boiled pasta in the marinara sauce. Place meatballs on top and enjoy.



WEEK 5 MEAL RECIPES

Baked Tofu • 4 Servings

INGREDIENTS

- 2 Packages (14 - 16oz Ea) Extra Firm Tofu
- 2/3 Cup, Bragg's Liquid Aminos
- 3 Cloves of Garlic ,Minced
- 1 Tbsp, Toasted Sesame Oil
- 2 Tbsp (16g), Chili Garlic Sauce
- 2 Tbsp, Agave Nectar or Honey
- 5 Tbsp, Almond Butter

INSTRUCTIONS

1. Start by allowing your tofu to drain. Many people like to put their tofu in a washcloth and then place a heavy pan on top in the sink to do this. After an hour, your tofu should be drained of water and you can dry off with a paper towel.
2. Preheat your oven to 375 degrees. While heating, cut your tofu into 1 inch cubes.
3. When oven is ready place parchment paper on a pan and add the tofu. Bake for 30 minutes and then let cool.
4. While the tofu is baking, prepare your peanut sauce by adding the remaining ingredients into a bowl and whisking together. Add to tofu and mix around.
5. When preparing for your meal, heat up a skillet to medium-high heat and cook for roughly 5 minutes, until warm.
6. Serve and ENJOY!



WEEK 5 MEAL RECIPES

Cauliflower Rice • 4 Servings

INGREDIENTS

- 2 Small Heads of Cauliflower, Pulsed
- 2 Cloves of Garlic, Minced
- 1/4 Onion, Chopped
- 1/2 Cup, Green Peas, Frozen
- Small Handful of Green Onions
- 1/2 Tsp Sesame Seeds
- 2 Tbsp Bragg's Liquid Aminos
- 2 Large Eggs, Beaten
- Olive Oil Spray

INSTRUCTIONS

1. Start by cutting your cauliflower small enough to fit into a food processor. Pulse until the cauliflower looks like rice, usually 2 minutes of pulsing occasionally.
2. After the cauliflower its pulsed, add the Bragg's Liquid Aminos, garlic, and pepper to a bowl and whisk.
3. Spray a small pan with olive oil spray, and add your beaten eggs to the pan. Let them cook for about 3 minutes, then dice them up, and add back to your pan.
4. Add the remaining ingredients, except the green onions, and let cook for roughly 4 minutes, until veggies are tender.
5. Add green onions to the top and serve!



WEEK 5 MEAL RECIPES

Cooking Your Turkey • 4 Servings

INGREDIENTS

- 1 Tsp Pepper
- 2 Cloves Garlic, Minced
- 1 Lb Ground Turkey I Buy 99% Fat Free From Trader Joes
- 1/4 Cup of Low Sodium Soy Sauce or Bragg's Liquid Aminos
- 1 Tbsp Olive Oil
- 1 Yellow Onion, Chopped
- 1 Red Pepper Chopped
- 3 Tbsp Cilantro, Chopped
- 2" Long Piece of Ginger
- Peeled & Shredded
- 1 Teaspoon Salt

INSTRUCTIONS

1. In a medium size skillet, heat the olive oil over medium high heat. Add in the onions, garlic, red pepper, salt and pepper, cooking until the onion starts to turn translucent, about 5 minutes. Add in the ginger and cook for 1 more minute.
2. Add turkey to the skillet with the onions, garlic, ginger, red bell pepper, salt and pepper and break it up as it cooks, about 10 minutes. Add in the soy sauce, turn the heat up to high until all of the soy sauce is absorbed. Remove from heat and allow cooling for 5 minutes then adding the cilantro.



WEEK 6 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

- 2 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1 Small Apple

SNACK

- 2 Multi Grain Rice Cakes
- 1 Tbs Strawberry preserves
- 1 Egg Muffins (See Recipe)

LUNCH

Chicken Avocado Tomato Salad

- 1 Serving Avocado Tomato Salad
- 6 oz Pan Grilled Chicken (See Recipe)
- 3 Cups Arugula

SNACK

- 8 oz 0% Fage Greek Yogurt
- 35g Dark Chocolate

DINNER

The Ultimate Healthy Burger

- 8 oz Turkey or Chicken Patty (See Recipe)
- Lettuce
- Tomatoes
- Onions

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 6

FRUITS

Fruit of Choice

Apple

Avocado

Lemon

Tomato Mushrooms

Arugula Baby Spinach

Lettuce Cilantro

Onions Parsley

Garlic Green Pepper

Red Pepper Cherry Tomatoes

Multigrain Rice Cakes

Espresso or TRU Energy

Unsweetened Almond Milk

Salt/Pepper Olive Oil Curry Powder

Mustard Braggs Liquid Aminos

Garlic Powder Onion Powder Seasoning
Salt

Dried Parsley or Italian Dry Seasoning

Italian Dry Seasoning Hot Sauce
(optional)

VEGETABLES

HEALTHY CARBS

CONDIMENTS

LEGUMES

PROTEINS

DAIRY/FATS

Tru Supplements Protein

Lean Chicken Breast

Ground Turkey

Liquid Egg Whites

Eggs

Peanut or Almond Butter

Mozzarella Cheese

Feta Cheese

Parmesan Cheese

Greek Yogurt

Chia Seeds

Dark Chocolate





WEEK 6 MEAL RECIPES

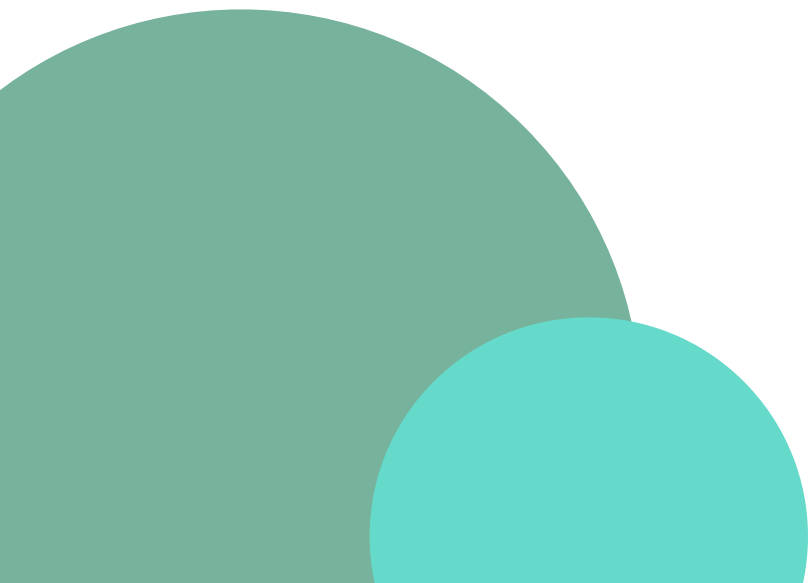
Avocado Tomato Salad • 4 Servings

INGREDIENTS

- 1 Whole Avocado
- 1/2 Cup Sliced Cherry Tomatoes
- Cilantro To Taste.
- Lemon Juice
- Garlic Powder or Fresh Garlic (Optional)
- Cayenne Pepper (Optional)
- Salt & Pepper

INSTRUCTIONS

1. Simply add all the ingredients together and server with Arugula or your choice of green lettuce.





WEEK 6 MEAL RECIPES

Turkey Patty • 5 Servings

INGREDIENTS

- 1 Tsp Pepper
- 2 Garlic Cloves, Minced
- 1 Pound Ground Turkey (I Buy 99% Fat Free From Trader Joes)
- 1 Tbsp Olive Oil
- 1 Yellow Onion, Chopped
- 1 Red Pepper Chopped
- 3 Tbs Chopped Cilantro
- 1 Teaspoon Salt
- 1 Tbsp Curry Powder
- 2 Tbsp Chopped Parsley
- 1 Tbsp Mustard
- 1/4 Cup Bragg's Liquid Aminos
- 1/4 Cup Crumbled Feta Cheese

INSTRUCTIONS

1. 2 lb = 32 oz | Divide mixture into 5 equal parts. This recipe will give you 5 servings.
2. In a medium size bowl, add ground turkey and all ingredients together.
3. Form patties, measuring them according to your meal plan's portions.
4. Use a non toxic / non stick skillet or pan to cook your patties.
5. Preheat your skillet or pan on medium heat, add the 1 tbsp of olive oil and cook all your patties.



WEEK 6 MEAL RECIPES

Pan Grilled Chicken • 4 Servings

INGREDIENTS

- 1/2 Cup Lemon Juice (Remember That Lemon Juice Is So Acidic It Might “Cook” the Chicken if Left for Too Long So I Do Not Recommend You Freezing the Chicken if You Use This Marinade)
- 1/2 Teaspoon Onion Powder Ground Black Pepper To Taste
- Seasoning Salt To Taste
- 2 Teaspoons Dried Parsley or if You Have Italian Dry Seasoning Give It a Try.
- 2 Lbs Lean Chicken Breast (Enough for 6oz Chicken Breasts per Meal)

INSTRUCTIONS

1. You can marinate some and freeze and cook what you will eat for 2-3 days then defrost overnight and cook the rest for the next 2-3 day
2. Clean and rise your chicken breast.
3. In a separate bowl add 3-4 cups water with salt and minced garlic (Add about 6-7 garlic cloves and around 2 teaspoons of salt).
4. Soak your breasts for 15-20 mins (I like to poke the breasts with a knife so it can absorb more flavor).
5. After they soak, drain the water and pan dry.
6. You can add any spices you want including onion and garlic powder, Italian seasoning, black pepper, no salt chicken seasoning.
7. Cook breasts using non calorie oil spray.



WEEK 6 MEAL RECIPES

Egg Muffins • 9 Servings

INGREDIENTS

- 1 32oz Liquid Egg Whites
- Equivalent to 1 Carton of Eggs 10 Egg Whites & 2 Whole Eggs
- 2 Cups Baby Spinach
- 4 Tbs Parmesan Cheese (Yum Yum)
- 1 Red Pepper
- 1 Green Pepper
- 1 Medium Yellow Onion
- 1 Cup Mushrooms (Optional)
- 2 Cloves Garlic, Minced
- 3-4 Tbs Chopped Parsley
- Black Pepper and a Dash of Salt To Taste.
- Hot Sauce Optional for Drizzling on Top!

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Start by chopping some veggies: red pepper, green pepper, yellow onion, mushrooms, and baby spinach! I like to chop all the veggies very small so that when I bite everything blends together and I just don't like big chunks on these period.
3. Add egg whites , minced garlic, the salt, the pepper, the parmesan cheese, and whisk everything together.
4. Pour the egg/veggie mixture evenly into the muffin pan. You'll have enough for all 8-9 muffin slots!
5. Bake for about 15 minutes, or until the tops are firm to the touch or if an inserted toothpick comes out clean.
6. You can store these up to 4 days.