

MA45DAY

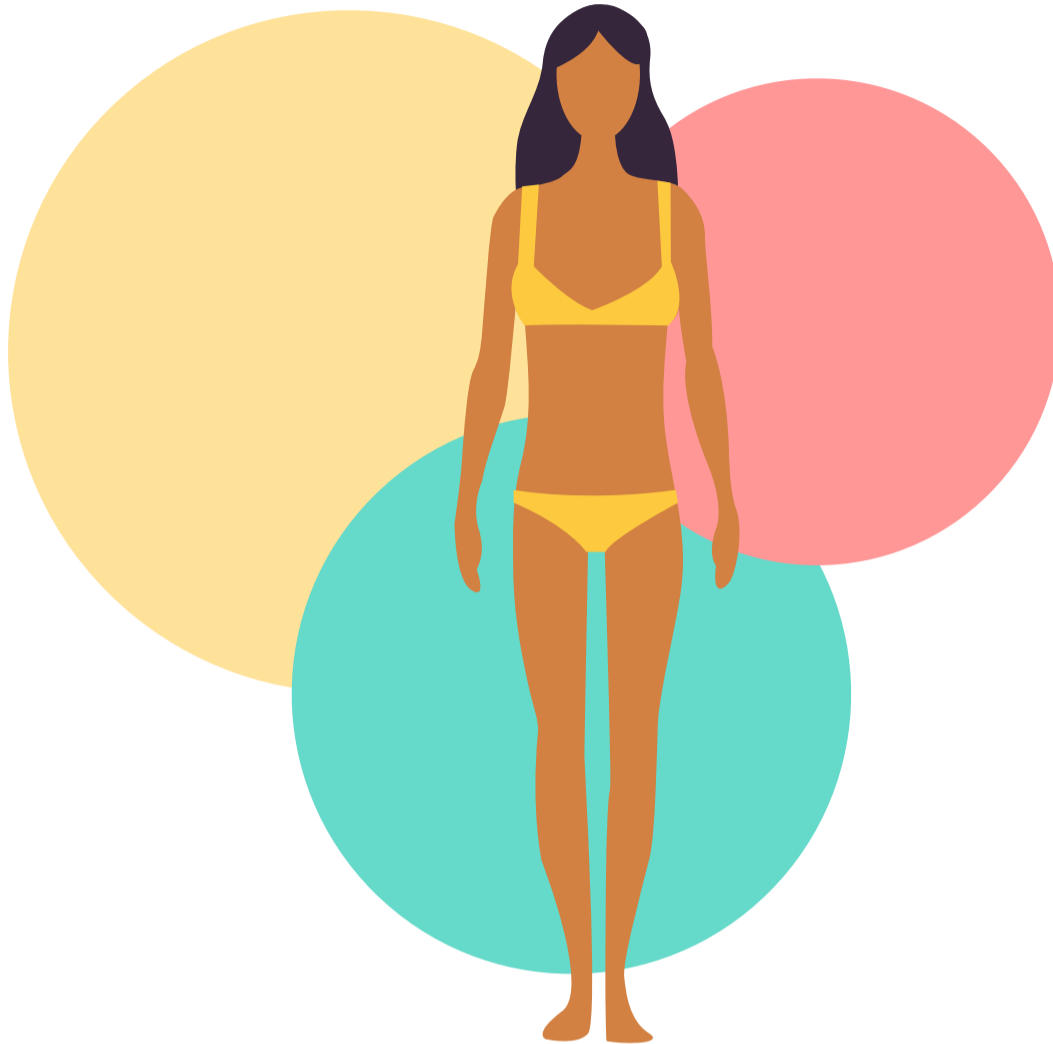
NUTRITION GUIDE

[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 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 | Hempheh |
| 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

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

LUNCH

Spanish Bowl with Chicken Fajitas (See Recipes for Fajita)

- 4 oz Chicken Fajitas
- 1/2 Cup Red Beans
- 1/2 Cup Rice

Snack

- Granola bar of choice

DINNER

Turkey Broccoli Salad (See Recipe)

- 1 Serving Broccoli Salad
- 4 oz Lean Ground Turkey

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

Oats

Rice

Whole Grain Rice Cakes

HEALTHY CARBS

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

CONDIMENTS

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 • Makes 4 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. This makes more flavorful chicken as there's more surface area for seasoning to marinate chicken. Place in a large bowl. Sprinkle with the dry 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

Broccoli Salad • 4 Servings

INGREDIENTS

- 5 Heads Broccoli, Cut Into Bite-Size Pieces
- 1/2 Cup Low Fat Mozzarella Cheese
- 1/4 Onion, Diced
- 1/4 Cup Toasted Sliced Almonds
- 2/3 Cup 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, Minced

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

- 1 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1 Tsp Agave Nectar
- 1/2 Cup Frozen Strawberries
- 2 Handful Spinach
- 1 Banana, Large

LUNCH

Indian Bowl (see coconut rice and curried chicken recipes)

- 2 Serving Coconut Rice
- 6 oz Ground Chicken Curry w/ Vegetables
- Green Salad Tossed in Balsamic Vinegar

DINNER

Turkey Wraps (see recipe)

- 2 Turkey Wraps
- 1 Cup Black Beans
- 1/4 Cup Mozzarella

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

Agave Nectar or Honey

Whole Wheat Wrap

CONDIMENTS

Espresso Shot or Tru Energy

Unsweetened Almond Milk

Balsamic Vinegar

Salt (Kosher or Sea Salt)

Taco Seasoning

Salsa

LEGUMES

Black Beans

PROTEINS

Tru Supplements Protein

Chicken

Lean Ground Turkey

DAIRY/FATS

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.
6. Top rice with sesame seeds upon serving (optional)



WEEK 2 MEAL RECIPES

Curry Chicken • 2-4 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. In a medium size bowl, add ground chicken and all ingredients together, mix well.
2. Divide mixture into equal parts. (This recipe will give you 4 - 4 oz. servings or 2 - 8 oz servings)
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 Wraps • 4 Servings

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
- 4 Whole Wheat Wrap
- 1 Cup Mozzarella Cheese

INSTRUCTIONS

1. Heat skillet on medium heat. Add ground turkey to the 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. Store separate from lettuce and toppings in refrigerator, divided evenly into 4 servings.
2. Spoon in one serving of meat mixture across each wrap evenly. Add cherry tomatoes and avocado pieces. Top each with (1/4 cup) salsa and (1/4 cup) mozzarella cheese.



WEEK 3 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

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

LUNCH

Thai Chicken Bowl - mix cooked ingredients in a bowl

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

Snack

- 6 Oz Greek Yogurt
- 1/2 Cup Granola

DINNER

Parmesan Salmon

- 4 oz Salmon
- 2 Tbsp Parmesan Cheese
- 1 1/4 Cup Zucchini, Squash, & Mushroom Medley
- 1 Cup Jasmine Rice

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
Granola
Rice

CONDIMENTS

Espresso Shot or Tru Energy
Unsweetened Almond Milk
Bragg's Liquid Aminos
Olive Oil Onion Powder
Black Pepper Salt
Ground Ginger Cayenne Pepper
Hot Sauce Italian Seasoning
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
Greek Yogurt





WEEK 3 MEAL RECIPES

Egg Muffins • 9 Servings

INGREDIENTS

- 1 32oz Liquid Egg Whites (*if You Can't Find Egg Whites - Equivalent Is 1 Carton of Eggs, 10 Egg Whites Separated + 2 Whole Eggs*)
- 2 Cups Baby Spinach
- 4 Tbs Parmesan Cheese (Yum Yum)
- 1 Red Penner
- 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! (Chop veggies very small to get some of them in every bite!)
3. Add egg whites , minced garlic, salt, pepper, parmesan cheese, and whisk 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

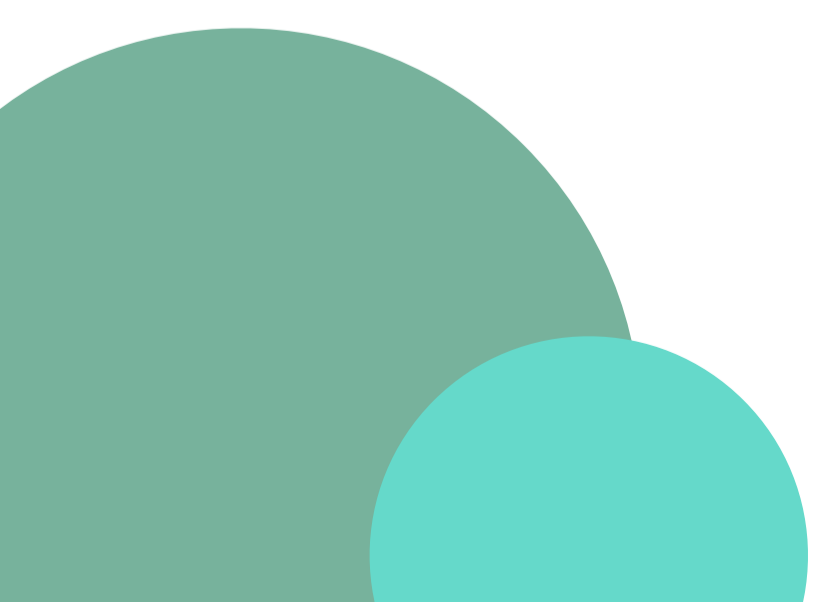
Peanut Sauce • 4 Servings

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

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.
- 1 Lbs Lean Chicken Breast (Enough for 4 Oz 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 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. Lightly coat a baking sheet with cooking spray. Place fish on baking sheet; lightly coat fish with sea salt, ground black pepper and cooking spray, top with sprinkle of parmesan cheese.
4. Broil salmon for 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with 2 lemon wedges each.



WEEK 3 MEAL RECIPES

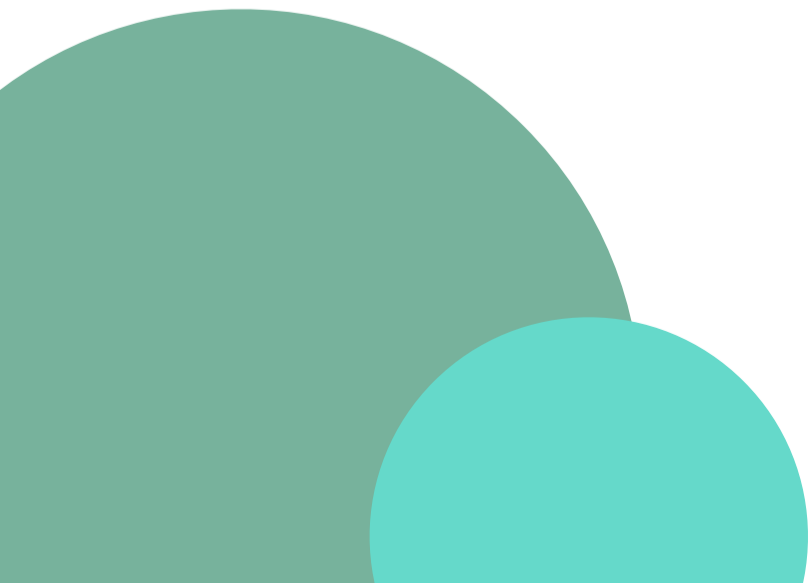
Roasted Vegetables • 4 Servings

INGREDIENTS

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

INSTRUCTIONS

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





WEEK 4 MEAL SCHEDULE

PRE WORKOUT

- 1 Piece of Fruit
- Espresso Shot or Tru Energy

BREAKFAST

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

LUNCH

Chipotle Got Nothin' On Us Bowl - See Recipe

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

Snack

- 15 Baby Carrots
- 3 Tbs Hummus

DINNER

BBQ Chicken Salad - See Recipe

- 1.5 Serving BBQ Chicken Salad
- 1 Cup Rice

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

Baby Carrots

HEALTHY CARBS

Instant Oatmeal

Quinoa

Rice

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

Hummus





WEEK 4 MEAL RECIPES

Egg Muffins • 9 Servings

INGREDIENTS

- 1 32oz Liquid Egg Whites (*if You Can't Find Egg Whites - Equivalent Is 1 Carton of Eggs, 10 Egg Whites Separated + 2 Whole Eggs*)
- 2 Cups Baby Spinach
- 4 Tbs Parmesan Cheese (Yum Yum)
- 1 Red Penner
- 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 wisk 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

- 1 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1/4 Cup Frozen Blueberries
- 1/4 Cup Frozen Strawberries
- 2 Cups Spinach

LUNCH

The Godfather Bowl - See Recipe

- 4 oz Ground Turkey
- 1.5 Cup Brown Rice Pasta, Cooked
- 1.5 Cup Marinara Sauce
- Chopped Mushrooms, Asparagus, Basil, Garlic
- 2 Tbsp Parmesan Cheese
- 1/4 Cup Mozzarella Cheese

Snack

- 2 Servings Wheat Crackers
- Tunacado, 1/2 serving - See Recipe

DINNER

Baked Tofu in Peanut Sauce w/ Cauliflower Rice - See Recipe

- 1 Serving Baked Tofu in Peanut Sauce
- 1 Cup Cooked Quinoa

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

Wheat Crackers

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

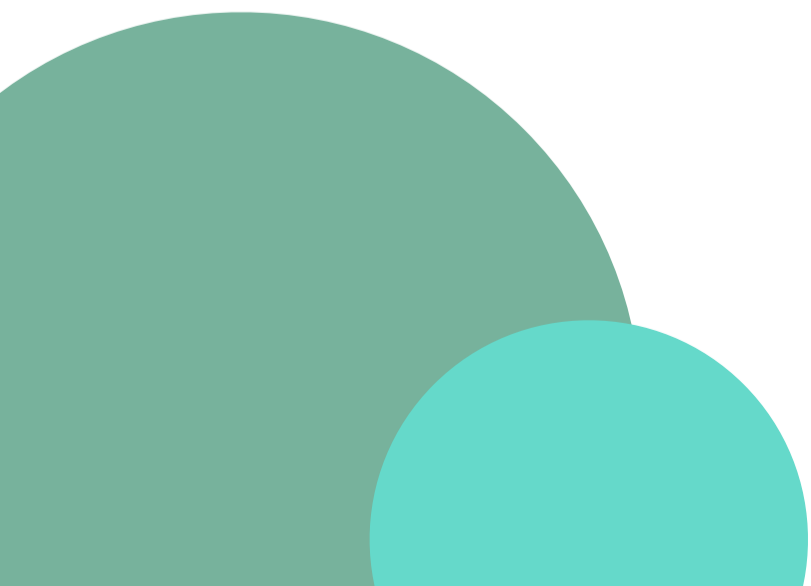
Tunacado • 1 Serving

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 fresh 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. Wrap tofu in a washcloth, place on a plate and then put a heavy pan on top. After an hour, your tofu should be drained of water and you can pat dry 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 tofu to bowl and mix around.
5. When preparing for your meal, heat up a skillet to medium-high heat and reheat 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. (If you do not have a food processor, you can purchase 'riced cauliflower' or simply chop cauliflower into very tiny pieces).
2. After the cauliflower is 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 upon serving, enjoy!



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, Minced
- 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 ginger to skillet, 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

- 1 Scoops Tru Supplements Protein
- 2 Cups Unsweetened Almond Milk
- 1 Small Apple
- 1 Tbsp Peanut Butter
- 2 Tbsp Agave Nectar or Honey
- 4 Squares Dark Chocolate

SNACK

- 6 oz Greek Yogurt
- 1 Cup Sliced Strawberries
- 2 Medjool Dates

LUNCH

Chicken Avocado Tomato Salad

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

DINNER

The Ultimate Healthy Burger

- 1 6 oz Turkey or Chicken Patty (See Recipe)
- Multigrain Bun
- Lettuce/Tomato/Onion
- 1 Medium Baked Sweet Potato

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST WEEK 6

FRUITS

Fruit of Choice

Apple Strawberries

Avocado

Lemon Medjool Dates

Tomato Mushrooms

Arugula Baby Spinach

Lettuce Cilantro

Onions Parsley

Garlic Green Pepper

Red Pepper Cherry Tomatoes

Agave Nectar or Honey

Multigrain Rice Cakes

Sweet Potato

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

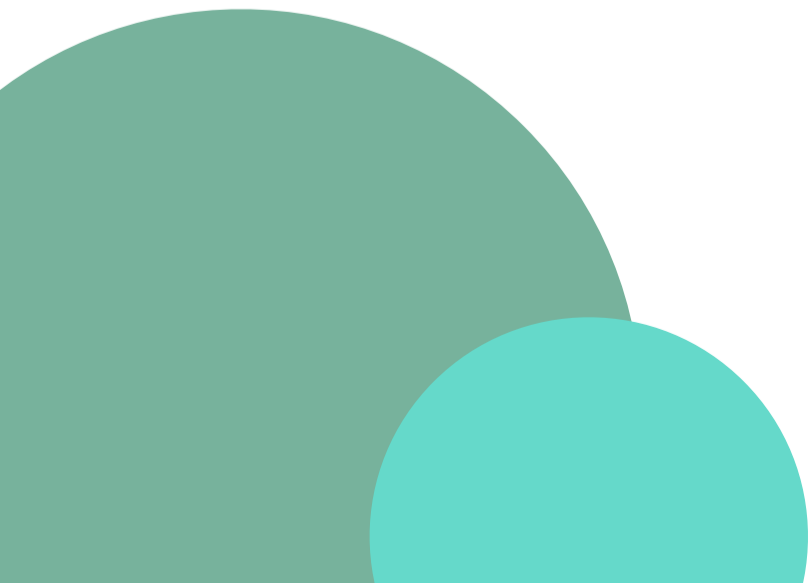
Avocado Tomato Salad • 4 Servings

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

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

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.