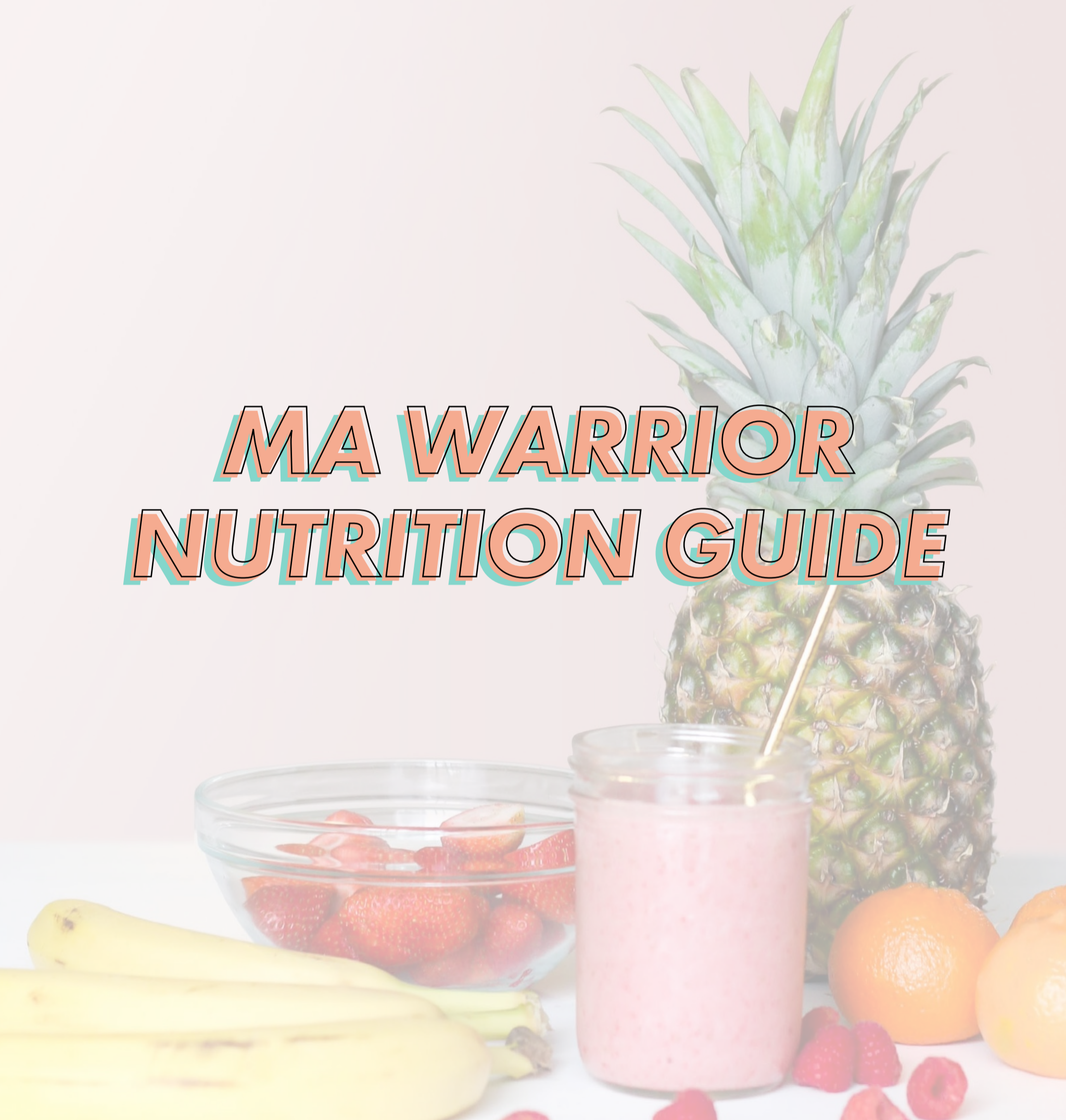




# MA WARRIOR NUTRITION GUIDE



1600 CALORIES | OMNIVORE



## HOW TO FOLLOW YOUR PLAN

The general layout of the nutrition plan is based on a morning workout, which we find to be most suitable to the majority of people schedule and the time where we are most likely to accomplish the work out if it is planned accordingly!

**However, if this doesn't work for you, we can adjust very easily.** What's important is that you have the meals that are labeled as pre-workout and post workout in that order. The other two meals of the day can be moved around to suit your needs.

**LET'S EAT!**

# HOW TO FOLLOW YOUR PLAN

## Wake Up:

Drink water to stay hydrated!  
Try to drink as much water as you can through the day.

**Tip:** If you don't like drinking plain water, our TRU HYDRATE is an excellent way to add both flavor and function to your water by making it taste amazing, adding electrolytes, and skipping out on the sugar, artificial flavors, and fake colors you often find in flavored beverages.

## 1 hour before working out:

Fuel your body by consuming the "pre-workout" meal listed on your plan

## 20 min Before Working Out:

Energize with either espresso, black coffee, or TRU Energy to help jump start you before your workout & then complete your workout

## Post Workout:

Enjoy your smoothie listed as the "post-workout" meal - this meal will refuel and replenish your body from the workout you just completed, jumpstart your recovery, and allow your body to continue burning fat!

## Meals 3 and 4:

These two meals should be spread out throughout your day in the windows that work best for you. You will notice they are larger meals than you're probably used to eating, and they are meant to be very satisfying to avoid snacking in between meals! We had planned these meals to be very nutrient dense and in combination with your pre-and post workout meal to provide your body with all of the amazing nutrition it needs - from both Macro & Micro nutrients!

# RECOMMENDED SUPPLEMENTS



All the supplements you need in one place!

[www.GetTruSupps.com](http://www.GetTruSupps.com)



# MEAL PLAN

## PRE-WORKOUT

**20P 20C 1F**

1 Scoop TRU Protein

1 Medium Apple (2x carb swap)

Directions: Shake up 1 scoop of protein powder with 8-10 oz cold water

## POST-WORKOUT

**16P 28C 10F**

1/2 Scoop TRU Protein

8 oz Unsweetened Almond Milk

28 g Chia Seeds

105 g blueberries (1.5x carb swap)

Directions: Add all measured ingredients to blender with 3-4 ice cubes. Blend for roughly 30-60 seconds \*Optional: Enjoy chia seeds sprinkled on top of smoothie\*

# MEAL PLAN

## MEAL THREE

42P 56C 21F

5 oz Chicken Breast	70 g Avocado (2x fat swap)
2/3 tbsp Olive Oil (2x fat swap)	45 g Quinoa * dry (3x carb swap)
65 g Sliced Pears (1x carb swap)	100 g Carrots ( 1x carb swap)
100 g Yellow Peppers (0.5x carb swap)	

Directions: Cook quinoa in small pot according to instructions. While quinoa is simmering, cook your chicken breast in pan/skillet over medium heat in olive oil. Add seasoning to taste. Slice your avocado, veggies and fruit portions. Combine all ingredients over a bed of spring mix.

## MEAL FOUR

42P 56C 21F

5 oz Ground Bison	168 g Sweet Potato (4x carb swap)
100 g Brussel Sprouts (1x carb swap)	100 g Cauliflower (0.5g carb swap)

Directions: Bake sweet potato whole or chunks 30-45 minutes in advance. Cook ground bison in pan/skillet over medium heat with non-stick spray. Add seasoning to taste. Steam veggies or cook separately in pan/skillet with non-stick spray.  
**Enjoy one of the choices below as dessert!**

27 g Snack House Puffs (any flavor)	1 Fiber One Square (any flavor)
1 Skinny Cow Mini (any flavor)	1/2 ONE Protein bar (any flavor)