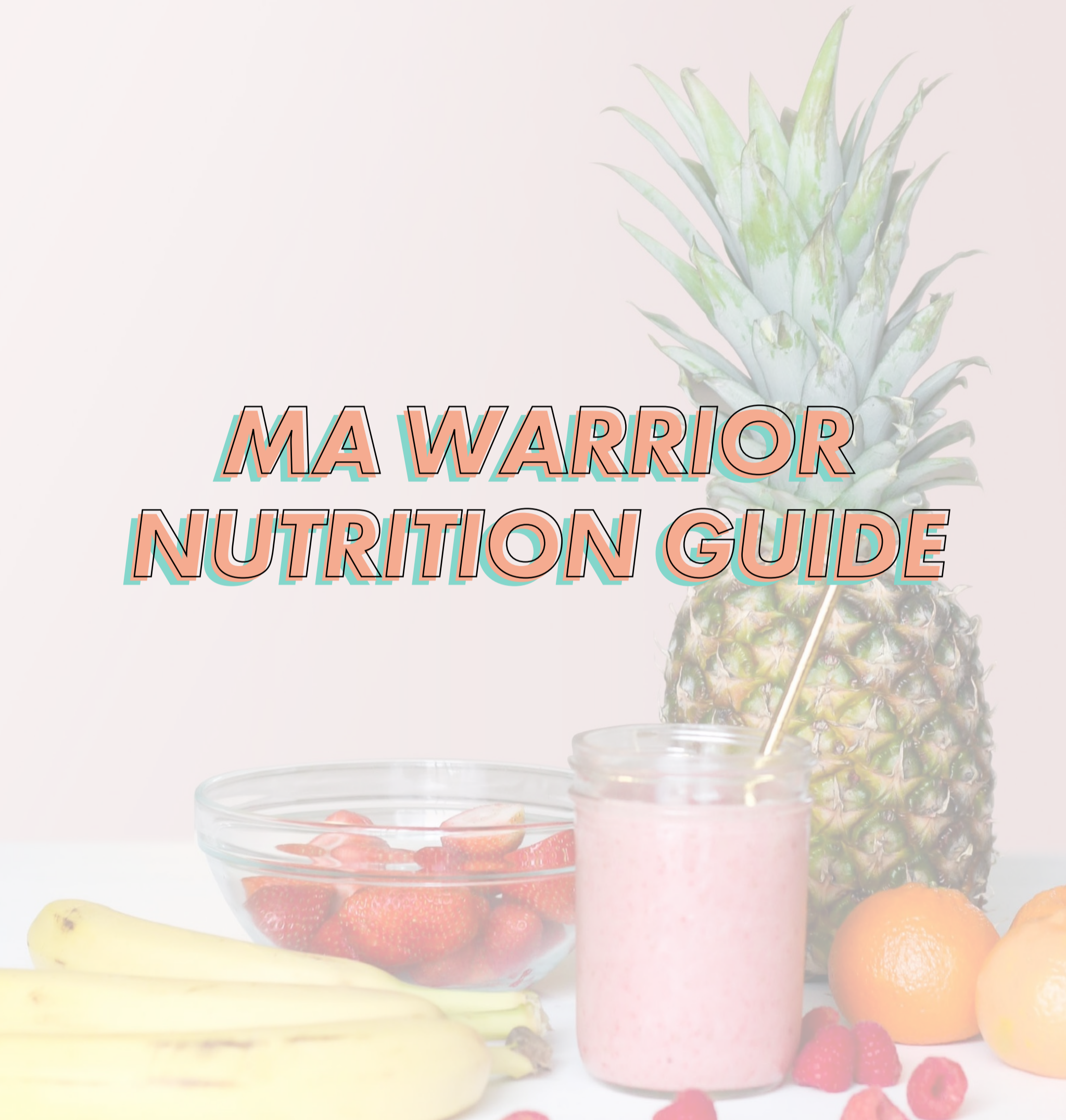




MA WARRIOR NUTRITION GUIDE



2200 CALORIES | VEGAN



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's schedule and the time where we are most likely to accomplish the workout 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



MEAL PLAN

PRE-WORKOUT

30P 30C 1.5F

1 1/2 Scoop TRU Protein

1 Pear (2.5x carb swap)

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

POST-WORKOUT

20P 61C 23F

1 cup Quinoa *cooked (4x carb swap)

2 tbsp Peanut Butter (3x fat swap)

1 tbsp Chia Seeds

1 tbsp Cinnamon

1 Banana (2.5x carb swap)

2 tbsp Hemp Seed

Directions: Cook quinoa per packaging. Once cooked, top with peanut butter, cinnamon, chia, hemp and banana. Mix and enjoy.

MEAL PLAN

MEAL THREE

19.5P 22.5C 6.5F

| | |
|--------------------------------|----------------------------------------------|
| 4 oz Baked Tofu | 2 tbsp Coconut Aminos |
| 1 cup Butternut Squash | 1 cup Brussel Sprouts |
| 113 g Mushrooms (veggie swap) | (Optional: 1 cup low sodium vegetable broth) |

Directions: Marinate tofu in coconut aminos and then bake or sauté. Cook vegetables on separate pan using non-stick spray, in oven or stove top. Season to taste. *For extra flavor, you can opt to steam/roast vegetables in 1 cup of low sodium vegetable broth!*

MEAL FOUR

66P 125C 48F

| | |
|------------------------------------------------|----------------------------|
| 1 cup Textured Vegetable Protein (TVP) *dry | 1 cup Farro (3x carb swap) |
| 113 g Sweet Potato (2.5x carb swap) | 1 Chopped Green Pepper |
| 1 Avocado (4x fat swap) | 1/4 cup Hummus |
| 3 Pumpkin Muffins | |

Directions: Cook farro according to package instructions first, let TVP soak in hot water for 10 minutes - make sure all water absorbs and season to taste. (If some water left, drain.) Steam or bake sweet potato. Once everything is cooked, place in bowl and add green pepper, avocado and hummus. Have pumpkin protein muffins for dessert. **(See next page if you would like to make homemade hummus, and for pumpkin muffin recipe)**

MEAL PLAN

HOMEMADE HUMMUS

| | |
|------------------------------------------|--------------------------------------|
| 15 oz can Chickpeas (drained and rinsed) | 2 cloves Garlic (peeled and chopped) |
| 1/4 cup Tahini | Juice of 1 Lemon |
| 2 tbs of Water | 1/4 tsp Paprika |

Directions: Put all ingredients in food processor or blender, blend until smooth. (This makes approximately four servings)

PROTEIN MUFFINS

| | |
|---------------------------------|----------------------------------------------------------|
| 1 can Pumpkin | 2 tbs Pumpkin Spice |
| 1/2 cup Unsweetened Almond Milk | 1/2 cup Walnuts |
| 2 Scoops TRU Protein Powder | 1/4 'Enjoy Life' Mini Vegan Chocolate Chips (or raisins) |

Directions: Preheat oven to 350 degrees. In a large bowl, thoroughly combine all ingredients. Pour evenly in 12-count muffin tin. Bake for 30 minutes.