



**ELEVATE**

*Nutrition Guide*

**MALE – FAT LOSS**

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

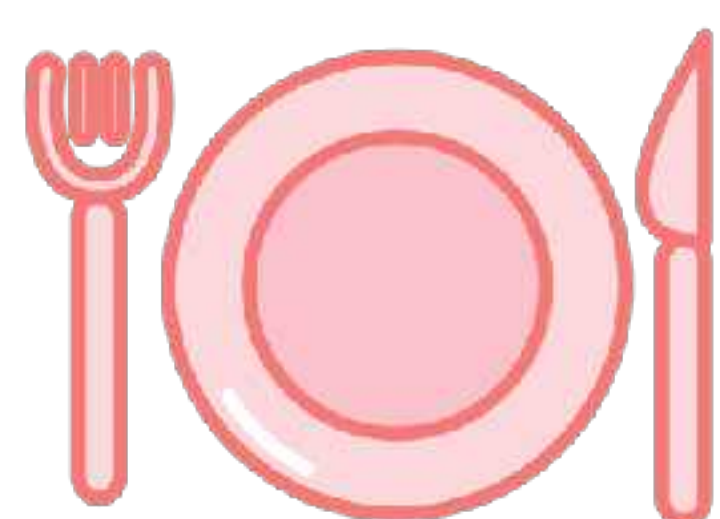




## Meal Planning and Prepping

Not only will meal prepping save you money, but it will help you understand what ingredients can make your food taste better and compliment your goals. **Food is energy.** Learning how to pair your meals and cook them in a way that helps you create the proportions to gain muscle, lose fat, be healthy, and have energy to be a better athlete will be key to your success.

Make a promise to yourself that each week you'll prioritize your desires to reach your fitness goals. You can do this by preparing your meals in advance using the meal prep tips and menu that I provide. Nutrition is the most important element to improve your overall health & achieving your aesthetic goals.





Elevate focuses on being your complete solution to improve your **mental and physical health**. While exercise and movement does have tremendous impact on your mental health perhaps the most important aspect, in my opinion, are the foods you put in your body. Your food is your fuel and if you aren't fueling yourself properly you aren't setting yourself up for success.

## Eating for Mental Health

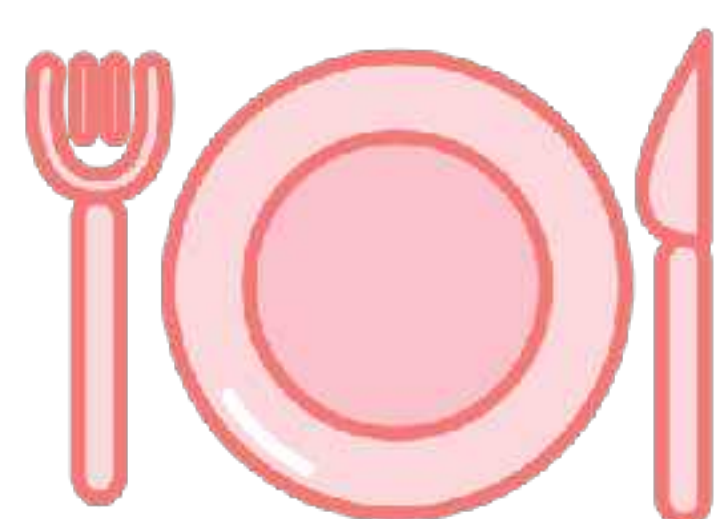
Whether your health goal is to lose body fat or to build new muscle, there's clear scientific evidence on how certain foods, or lack thereof, can help boost your mental health. To boost your mental health, focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon. Dark green leafy vegetables in particular are brain protective. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods.

## Brain Food

Your brain and nervous system depend on nutrition to build new proteins, cells and tissues. In order to function effectively, your body requires a variety of carbohydrates, proteins and minerals. To get all the nutrients that improve mental functioning, nutritionists suggest eating meals and snacks that include a variety of foods, instead of eating the same meals each day.

Here are the top three foods to incorporate into a healthy mental diet:

- **Complex carbohydrates** — such as brown rice and starchy vegetables can give you energy. Quinoa, millet, beets and sweet potatoes have more nutritional value and will keep you satisfied longer than the simple carbohydrates found in sugar and candy.
- **Lean proteins** — also lend energy that allows your body to think and react quickly. Good sources of protein include chicken, meat, fish, eggs, hemp, soybeans, nuts and seeds.
- **Fatty acids** — are crucial for the proper functioning of your brain and nervous system. You can find them in fish, meat, eggs, nuts and flaxseeds.





# FOODS ALLOWED LIST

Here is a list of things I always have in my kitchen/pantry to keep my meals filled with clean, whole foods. Feel free to prep a few days or the whole week, whatever works for YOU. If you have an allergy or a food preference that interferes with a recipe, simply substitute it with something from this list! **Plant-Based Warriors** select your preferred protein of choice when making protein swaps!

## VEGETABLES

Broccoli	Zucchini
Brussel Sprouts	Cauliflower
Asparagus	Mushrooms
Green Beans	Bok Choy
Leafy Greens	Butternut Squash
Eggplant	(No real veggie discrimination!)

## PROTEINS

Tofu	Tempeh
Seitan	Hemp
Wild Caught Salmon	White Fish
Tuna	Eggs
Lean Steak	Chicken Breast
Lean Ground Turkey	Low-Sodium Turkey/Ham
Grass-fed Bison	Ground Beef (90/10)

## CONDIMENTS/SEASONING

Mustard Variations	Low Salt/Sodium Ketchup
Hot Sauce	Vinegar
ACV	Low-Sodium Soy Sauce
Avocado Oil	Olive Oil (Spray)
Maple Syrup	Coconut Aminos

## FRUITS

Strawberries	Blueberries
Raspberries	Pineapple
Grapes	Kiwi
Orange	Plum
Apples	Grapefruit
Banana	

## HEALTHY FATS

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

## LEGUMES

Chickpeas	Lentils
Peas	Kidney Beans
Black Beans	Soy Beans
Pinto Beans	

## HEALTHY CARBS

Sweet Potato	Couscous
Quinoa	Sprouted Grain Bread
Oatmeal	Brown Rice
Wild Rice	Black Rice
Rice Cakes	Multi-Grain Pasta
Chickpea/Lentil Pasta	



# Conversion Chart For the Kitchen

Here’s a quick and easy reference table for many of the measuring metrics in the kitchen.

## Volume Measurement Conversions

Cups	Tablespoon	Teaspoons	Milliliters
		1 Tsp	5 ml
1/16	1 Tbsp	3 Tsp	15 ml
1/8 Cup	2 Tbsp	6 Tsp	30 ml
1/4 Cup	4 Tbsp	12 Tsp	60 ml
1/3 Cup	5 1/3 Tbsp	16 Tsp	80 ml
1/2 Cup	8 Tbsp	24 Tsp	120 ml
2/3 Cup	10 2/3 Tbsp	32 Tsp	160 ml
3/4 Cup	12 Tbsp	36 Tsp	180 ml
1 Cup	16 Tbsp	48 Tsp	240 ml

## Common Weight Measurements

Ounces	Grams	Pounds
1 oz	28 g	
4 oz	113 g	1/4 pound
6 oz	170 g	.37 pound
8 oz	230 g	1/2 pound
10 oz	283.5 g	.625 pound
12 oz	340 g	3/4 pound
16 oz	450 g	1 pound
32 oz	900 g	2 pounds

## Common Conversions

1 tablespoon = 3 teaspoons
4 tablespoons = 1/4 cup
1 cup = 250 mL
1 pint = 500 mL
1 quart = 0.95 L
1 Liter = 34 Fluid Oz
1 gallon = 3.8 L

## Cooking Temperature Conversions

<b>Celcius/ Centigarde</b>	F = ( C x 1.8) + 32
<b>Fahrenheit</b>	C = (F-32) x .5556
	350 F = 180 C
	400 F = 205 C
	425 F = 220 C

## Standard/Imperial Measurement Abbreviations

Tbsp = Tablespoon (also TB, Tbl)
tsp = Teaspoon
Oz = Ounce
fl. Oz = Fluid ounce
c = Cup
qt = Quart

## Helpful Kitchen Tips

### Measuring Liquid Ingredients vs. Dry Ingredients

Dry ingredients and liquid ingredients should be treated differently when measuring. Measuring cups and spoon sets are generally intended for dry ingredients, while liquid measuring cups are (obviously) intended for liquid ingredients. Using the right measuring tools will ensure exact measurements.

### Ounces vs Fluid Ounces

Using ounces vs fluid ounces comes back to the liquid ingredients vs dry ingredients. Ounces measure weight, while fluid ounces measures volume. Dry ingredients are measured in ounces (by weight), while liquid ingredients are measured in fluid ounces (by volume). So if a recipe calls for 8 ounces of flour, that doesn’t mean you need 1 cup.

### Baking Pan Conversions

Sometimes you come across an awesome cake recipe that’s made for a specific type of baking pan...but you don’t have that type or size, or you just prefer to make a different style of cake. No worries! By figuring out how much cake batter goes into each cake pan, you can change up the recipe to fit in another type of baking pan. (The cups refer to how much batter fits into the pan)

- 9-inch round cake pan = 12 cups
- 10-inch tube pan =16 cups
- 10-inch bundt pan = 12 cups
- 9-inch springform pan = 10 cups





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Supplements certainly help **SPEED** up **RESULTS**, but aren't required. For those looking to amplify their results, above are the ideal TRU products we recommend to accompany your program.

If you are unsure which supplements to take, TRU has simplified bundles based on your overall goal. I've personally help create the products in the TRU line to make sure they are of the best quality, effective, and most importantly safe to use.

You can find all of these supplements by clicking the link below!

**GetTruSupps.com**





# DAILY MEAL DIARY

BREAKFAST

SNACK

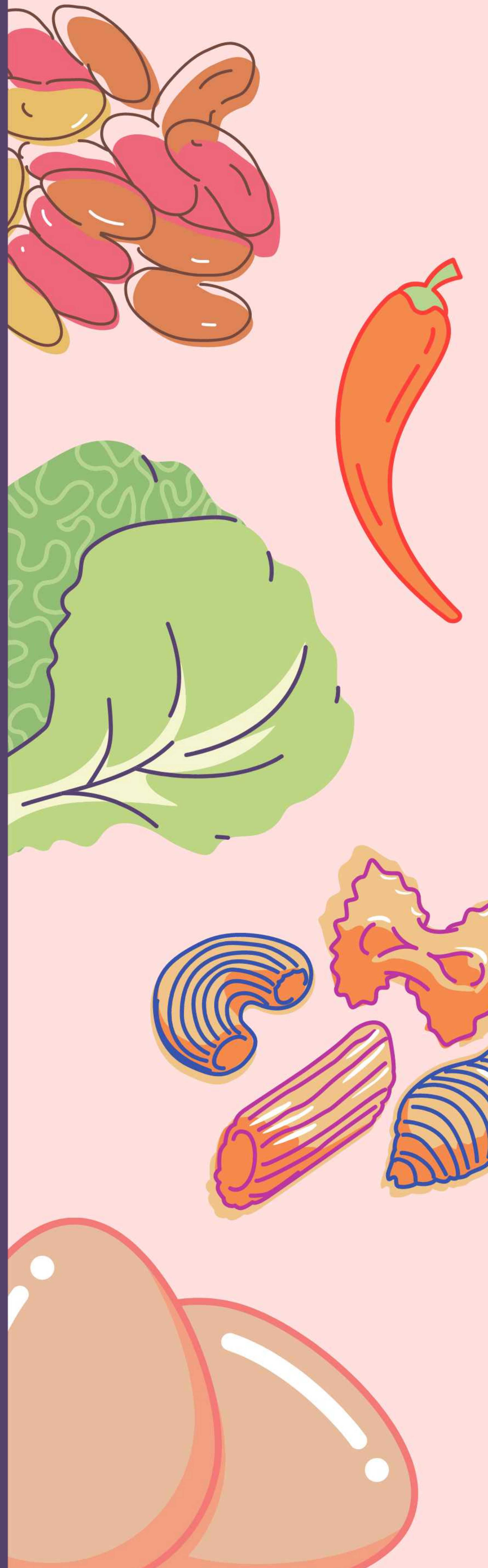
LUNCH

DINNER

PRE WORKOUT

POST WORKOUT

\*PRE AND POST WORKOUT WILL DEPEND  
ON WHEN YOU WORKOUT IN THE DAY





# Meal Plan

I am providing you with diaries that include a meal plan for 4 individual weeks, both vegan and non-vegan. One meal plan = what you would meal prep for one week. Because vegan and non-vegan meal plans and recipes are provided in this all inclusive nutrition guide, the choice is yours to. If there's a particular ingredient you dislike, can't have, or would like to change you use the MACRO INDEX at the back of this guide to assist with finding something with close macro numbers for replacement.

**A**

Go by the 4 weeks of meal plans verbatim, and repeat them week 5-8. This is great for beginners.

**B**

Use a combination of both vegan and non-vegan 4 week meal plans, creating your own 8 weeks of meal plans to go by, in no specific order or arrangement.

**C**

Using all versions of meal plans and the foods allowed list to create your own meal plan with the whole foods/recipes I have suggested for a successful 60 days. (This would be best for more advanced participants who have a good grasp on nutrition).

Meal planning and prepping is only as challenging as you make it. If there is something in a recipe you can't have due to allergy or food preference, simply substitute it or use a different recipe that you enjoy for that specific meal.

Following this page you will find the 4 weeks of meal plans for vegan and non-vegan. **By clicking the meal name, you will be directed to the recipe if the meal calls for one.**



# NON-VEGAN MEAL PLAN

Review each menu carefully as the portions are partitioned to fit your specific goal in mind (muscle building vs. fat loss) and in regards to your total calories.

**Pescatarians:** you are welcome to swap in a preferred protein of your choice using the foods allowed table for suggestions.

**If you have a specific food preference (vegan, vegetarian, specific food allergies) please review the ingredient list carefully to make sure it aligns with your preferences.**



# Meal Plan 1

<b>Breakfast</b>	<u><b>Breakfast Sandwich Recipe</b></u> 4 Pieces Turkey Bacon 2 Whole Eggs + 2 Egg White 1 English Muffin 1/2 Grapefruit
<b>Snack</b>	2 Unsalted Rice Cakes 2 Tbsp Peanut Butter 1 Banana
<b>Lunch</b>	<u><b>Asian Beef Recipe</b></u> 6 oz Ground Beef 93/7 lean 1 Cup Mixed Veggies 1 Cup Quinoa
<b>Dinner</b>	4Cups Mixed Greens 1 Avocado 1/2 Cup Black Beans 1/2 Cup Corn 1 Cup TVP
<b>Post–Workout</b>	Protein Shake with 2 scoop protein 1 Cup Pineapple

Remember to click the name of the [recipe](#) if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.



# Meal Plan 2

<b>Breakfast</b>	<p><u><b>Overnight Blueberry Oatmeal</b></u></p> <ul style="list-style-type: none"> <li>• 1 Cup Rolled Oats</li> <li>• 2 Tbsp Chia Seeds</li> <li>• 1 Scoop Tru Supplements Plant-Based Protein</li> <li>• 1 Tsp Maple Syrup</li> <li>• 1 Cup 1% Low Fat Milk Or Unsweetened Almond Milk</li> <li>• 1/2 Cup Blueberries</li> <li>• Stevia For Extra Sweetness</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2 Small Green Apple</li> <li>• 2 Tbsp Peanut Or Almond Or Cashew Butter</li> </ul>
<b>Lunch</b>	<p><u><b>Kale and Sweet Potato Quinoa Bowl</b></u></p> <ul style="list-style-type: none"> <li>• 1 Cup Cooked Quinoa</li> <li>• 2 Cups Steamed Kale</li> <li>• 1 Cup Cooked Chickpeas</li> <li>• 1 Cup Roasted Sweet Potato Chunks</li> <li>• Add Peanut Sauce</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 4 Tbsp <u><b>Hummus</b></u></li> <li>• 1 Cup Baby Carrots</li> <li>• 1 Cup Celery</li> </ul>
<b>Dinner</b>	<p><u><b>Braised Kale &amp; Zucchini</b></u> with <u><b>Chicken Muffins</b></u></p> <ul style="list-style-type: none"> <li>• 1 Large Roasted Zucchini</li> <li>• 2 Cups Braised Kale</li> <li>• 2 Chicken Muffins</li> </ul>
<b>Post–Workout</b>	<ul style="list-style-type: none"> <li>• 1 Scoop Tru Supplements Plant-Based Protein</li> <li>• 1.5 Cups Unsweetened Almond Milk</li> </ul> <p><i>If Working Out Really Early In The Morning This Can Be Your Pre Workout</i></p>

Remember to click the name of the **recipe** if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.



# Meal Plan 3

<b>Breakfast</b>	2 Cup Greek Yogurt 1/2 Cup Granola 1 Cup Mixed Berries *stevia for flavor
<b>Snack</b>	2 Unsalted Rice Cakes 2 Tbsp Almond Butter 1/4 Cup Whipped Cream
<b>Lunch</b>	<u><b>6 oz Turkey Burger</b></u> 1 Multigrain Bun or Daves Bread 1/2 Avocado *2 tbsp condiments of choice *Vegetable toppings of choice
<b>Dinner</b>	3 Cups Mixed Greens 1/2 Avocado 1/2 Cup Black Beans 1/2 Cup Corn 1/4 Cup TVP
<b>Post–Workout</b>	2 Scoop Protein Powder 1 Orange

Remember to click the name of the [recipe](#) if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.



# Meal Plan 4

<b>Breakfast</b>	1 Cup Oats 1 Tbsp Almond Butter 1/4 Cup Strawberries 8 Oz Almond Milk
<b>Snack</b>	4 Cups Skinny Pop Corn 50 grams 85% Dark Chocolate
<b>Lunch</b>	6 oz Turkey Breast - sliced 1/2 Medium Avocado 2 Slices Multigrain Bread **preferred condiments mustard, ketchup, veggies, or honey mustard
<b>Dinner</b>	<u><b>Honey Garlic Shrimp Recipe</b></u> 5 oz Shrimp 1.5 Cups Mixed Veggies 1 Cup Quinoa
<b>Post–Workout</b>	2 Scoops Protein Powder 1 Large Banana

Remember to click the name of the [recipe](#) if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.



# VEGAN MEAL PLAN

Review each menu carefully as the portions are partitioned to fit your specific goal in mind (muscle building vs. fat loss) and in regards to your total calories.

**Vegetarians/Lacto–Ovo–Vegetarians:** you are welcome to swap in a preferred protein of your choice

**If you have a specific food preference (vegan, vegetarian, specific food allergies) please review the ingredient list carefully to make sure it aligns with your preferences.**





# Plant-Based Meal Plan 1

<b>Breakfast</b>	1 1/2 Cup Millet 1 Tbsp Maple Syrup 1 Banana 1 1/2 Cup Oat Milk 2 Tsp Non Dairy Chocolate Chips
<b>Snack</b>	1 Scoop Tru Supplements Protein 2 Cup Blueberries
<b>Lunch</b>	<b>Black Bean Bowl:</b> 1 1/2 Cup Black Beans 1 Cup Wild Rice 1 Avocado 1 Cup Salsa 2 Oz Broccoli Sprouts Handful Spinach 2 Oz Jalapeños
<b>Dinner</b>	<b><u>Tempeh Cheese Bowl</u></b> 8 Oz Tempeh 1 Cup Cauliflower 1 Cup Broccoli 1 Cup " <b><u>Vegan Cheese Sauce</u></b> " 3 Oz Red Pepper 3 Oz Mushrooms
<b>Post-Workout</b>	Protein Shake with 2 Scoop Tru Supplements Protein
<b>Snack / Dessert</b>	1 Cup <b><u>Banana Cream Pie Protein Pudding</u></b>

Remember to click the name of the [recipe](#) if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.





# Plant-Based Meal Plan 2

<b>Breakfast</b>	<b><u>Quinoa Breakfast Bowl</u></b> 1 1/2 Cup Cooked Quinoa 2 Tbsp Peanut Butter 2 Tbs Chia Seeds 2 Tbs Hemp Seeds 1 Tsp Cinnamon 1 Banana
<b>Snack</b>	1 Scoop Tru Supplements Protein 1 Pear
<b>Lunch</b>	8 Oz Baked Tofu 2 Tbsp Coconut Aminos 2 Cups Butternut Squash & Brussel Sprouts 4 Oz Mushrooms <i>*Steam or roast butternut squash, mushrooms and Brussel sprouts in 1 cup veggie broth</i>
<b>Dinner</b>	<b><u>TVP+Farro Bowl</u></b> 1 1/2 Cup Textured Vegetable Protein 1 Cup Farro 1/2 Sweet Potato 1 Avocado 1 Chopped Green Pepper 1/2 Cup <b><u>Homemade Hummus</u></b>
<b>Post-Workout</b>	Protein Shake with 1 Scoop Tru Supplements Protein
<b>Snack / Dessert</b>	<b><u>3 Pumpkin Muffins</u></b>

Remember to click the name of the **recipe** if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.



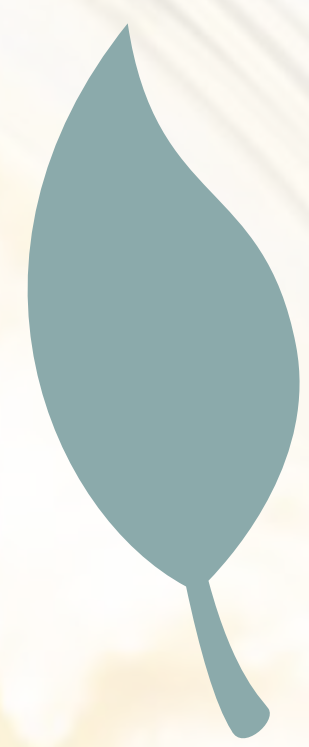


# Plant–Based Meal Plan 3

<b>Breakfast</b>	3 Slices Ezekiel Bread 1 Tbsp Chia Seeds 1 Banana 2 Tbsp Peanut Butter
<b>Snack</b>	1 Scoop Tru Supplements Protein 1 Cup Strawberries
<b>Lunch</b>	<b>Garbanzo Italian Bowl</b> – mix all together 1 Cup Garbanzo Beans 1 Cup Black Rice 4 Oz Cauliflower 3 Oz Carrots 3 Oz Alfalfa Sprouts 1 Serving <u><a href="#">Oil Free Italian Dressing</a></u>
<b>Dinner</b>	2 Cup Green lentil Pasta 1 Cup Textured Vegetable Protein 1 Cup Spinach 1/3 Cup <u><a href="#">“Vegan Cheese Sauce”</a></u>
<b>Post–Workout</b>	Protein Shake with 1 Scoop Tru Supplements Protein
<b>Snack / Dessert</b>	2 <u><a href="#">No Bake Peanuts Butter Cookies</a></u>

Remember to click the name of the [recipe](#) if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.





# Plant–Based Meal Plan 4

<b>Breakfast</b>	1/2 Cup Dry Oats 1 Cup Soy Milk 1 Tbsp Raisins 1 Tsp Cinnamon 1/2 Banana 2 Tbsp Coconut Flakes 2 Tbsp Chia
<b>Snack</b>	1 Scoop Tru Supplements Protein 1 Cup Raspberries & Blueberries
<b>Lunch</b>	<u><b>Basmati Rice Bowl</b></u> 1 Cup Pinto Beans 1 Cup Basmati Rice 1 Cup Green/Red Peppers Corn 1/2 Cup Handful of Lettuce 1/2 Cup Spinach Dressing
<b>Dinner</b>	<u><b>Sun–dried Tomato Bowl</b></u> 1 Cup Textured Vegetable Protein 3 Oz Mushrooms 3 Oz Carrots 4 Oz Cauliflower 4 Oz Butternut Squash
<b>Post–Workout</b>	Protein Shake with 1 Scoop Tru Supplements Protein
<b>Snack / Dessert</b>	<u><b>2 Coconut Banana Cookie</b></u>

Remember to click the name of the [recipe](#) if applicable, to be directed to the recipe. Your pre-workout supplements and post-workout meal will always depend on when you workout in the day, so change that accordingly.



# BREAKFAST RECIPES





# BREAKFAST

## BREAKFAST SANDWICH

### INGREDIENTS

4 nitrate free, uncured turkey bacon (I use Applegate)  
2 whole eggs + 2 Egg Whites  
English muffin

### DIRECTIONS

In a non stick frying pan, add a splash of nonstick spray. Cook your turkey bacon in medium heat for a minute per side. Put aside and add eggs on same pan and cook.

Toast English muffin and assemble together. You can add spinach to this sandwich.





# BREAKFAST

## STOVE-TOP OATMEAL

### INGREDIENTS

1/2 cup old fashioned or instant oats	1/2 teaspoon vanilla extract	1 tbsp almond butter
2 Tbs Hemp Seeds	8 oz unsweetened almond milk	Sweeten with stevia, splenda*, truvia, or monk fruit.

### DIRECTIONS

In a pot add dry oats, unsweetened almond milk, cinnamon, and vanilla extract. Set heat to low medium and let it come to a boil. Add another 2 oz of water and set pot to low. Let oats cook until your desired consistency. Add almond butter and stir. Sweeten and add berries on top.





# BREAKFAST

## QUINOA BREAKFAST BOWL

### INGREDIENTS

1 1/2 Cups Cooked Quinoa	2 Tbs Peanut Butter	2 Tbs Chia Seeds
2 Tbs Hemp Seeds	1 Tsp Cinnamon	1 Banana

### DIRECTIONS

Cook quinoa according to package instructions.  
Measure serving size into bowl.  
Chop or mash banana, add banana and all other ingredients.  
Stir in and enjoy!





# BREAKFAST

## HIGH-PROTEIN BLUEBERRY OATMEAL

### INGREDIENTS

1 Cup Rolled Oats	1 Tsp Maple Syrup	2 Tbsp Chia Seeds
1 Scoop Tru Supplements Protein	1 Cup Unsweetened Soy Milk	1/2 Cup Blueberries

### DIRECTIONS

Add all the ingredients to a mason jar or a bowl except the blueberries. May add stevia for extra sweetness and cinnamon powder to spice. Stir until thoroughly mixed.

2. Put mix in to the fridge overnight. May reheat in the morning or eat cold. May add extra milk if texture is too thick.

3. In the morning, sprinkle on the fresh blueberries



# LUNCH RECIPES





# LUNCH

## KALE & SWEET POTATO QUINOA BOWL

### INGREDIENTS

1 Cup Cooked Quinoa	2 Cups Steamed Kale	1 Cup Cooked Chickpeas
1 Cup Roasted Sweet Potato Chunks	1 Tbsp Peanut Butter	1/2 Clove Garlic
1 Tsp Fresh Ginger	1 Tbsp Rice Vinegar	1 Tbsp Bragg's Aminos
1 Tbsp Maple Syrup		

### DIRECTIONS

1. Roast some medium sweet potatoes spraying a bit of olive oil non stick spray in a pyrex at 400° F for 30 minutes.
2. Cook quinoa according to package instructions while sweet potatoes are roasting.
3. Prepare kale by washing, and chopping. You can massage kale with a Tsp or two of olive oil to loosen texture.
4. Make peanut sauce by blending the peanut butter, rice vinegar, garlic, braggs aminos, fresh ginger, and maple syrup together.

**SERVINGS: 6**





# LUNCH

## BASMATI RICE BOWL

### INGREDIENTS

1 Cup Pinto Beans  
1 Cup Basmati Rice  
1 Cup Green / Red Peppers  
1/2 Cup Corn  
1 Handful Lettuce

Spinach Dressing:  
4 oz spinach  
1 avocado  
1/4 cup tahini  
2 tbs of lemon juice  
1/2 tsp cumin  
2 tbs of cilantro  
1/8 tsp of red pepper flakes

### DIRECTIONS

1. Cook basmati rice, corn pinto beans according to package directions. Chop up raw peppers and chop lettuce and add to a bowl. Once rice, beans and corn are cooked add to lettuce and peppers.
2. Prepare ingredients for spinach dressing into a food processor and mix.
3. Pour spinach dressing over the rice bowl



# DINNER RECIPES





# DINNER

## ROASTED ZUCCHINI

### INGREDIENTS

3 Large Zucchini	Olive Oil Spray	1 Tsp Garlic Powder
1 Tsp Smoked Paprika	1/2 Tsp Sea Salt	1/2 Clove Garlic

### DIRECTIONS

1. Preheat oven to 325 degrees.
2. Wash Zucchini.
3. Trim the bottoms and slice them in half.
4. Spray zucchinis slightly with olive oil spray.
5. Place in baking sheet face up and season with dry ingredients.
6. Roast in pre heated oven for 7 -8 mins or until desired consistency is reached

**SERVINGS: 6**





# DINNER

## BRAISED KALE / SPINACH

### INGREDIENTS

1 - 1.5lbs Kale or Spinach	2 Tbsp Balsamic Vinegar	1 Onion
1 - 2 Cloves Garlic	Salt & Pepper	1/2 Cup Vegetable Stock

### DIRECTIONS

1. Heat a large pot at medium heat and spray with olive oil spray
2. Chop and mince the onion and garlic.
3. Sauté the onion and garlic until translucent. Add salt.
4. Meanwhile wash and trim the kale.
5. Add the kale to the pot and toss the kale in the mixture until it is well integrated.
6. Slowly pour in balsamic vinegar and vegetable stock.
7. Let the balsamic vinegar and vegetable stock slightly reduce. Add pepper to taste.
8. Kale should remain a bright green color

**SERVINGS: 6**





# DINNER

## CHICKEN MUFFINS

### INGREDIENTS

1lb Lean Ground Chicken or Turkey	1 Egg	1/2 Cup Quick Cooking Oats
1/2 Tsp Ground Cumin	1/2 Tsp Dried Thyme	1/2 Tsp Paprika
2 Tbsp Dijon or Yellow Mustard	2 Tsp Black Pepper	2 Tsp Chili Powder
2 Tbsp Garlic Powder	2 Tbsp No Salt Seasoning	2 Tbsp Minced Garlic
1 Diced Onion	1 Large Red Bell Pepper	2 Large Chopped Roma Tomatoes
2 Tbsp Low Sodium Soy Sauce		

### DIRECTIONS

1. Pre heat oven to 375.
2. Set apart 2 bowls to separate all wet ingredients from dry ingredients.
3. Chop the pepper, tomatoes, and onion
4. Add the ground meat with all wet ingredients then add all dry ingredients and with your hands (yup, we will get dirty here) mix everything until all ingredients are evenly distributed.
5. Coat the muffin pans with olive oil cooking spray.
6. With a cookie scooper or if you do not have one take a 1 cup measuring cup and scoop out the mixture to fill out the trays.
7. Cook for 35 mins and let them rest before you burn your mouth. (Like I have a million times over...)

**SERVINGS: 8**





# DINNER

## ASIAN GROUND BEEF

### INGREDIENTS

- 2 tbsp honey
- 1/4 cup reduced sodium soy sauce/ coconut aminos/ bragg's aminos.
- 1 tbsp sesame oil
- 1/2 teaspoon crushed red-pepper flakes, or more to taste
- 1/4 teaspoon ground ginger
- 1 tablespoon extra virgin olive oil
- 6 cloves garlic, minced
- 2lbs organic grass-fed ground beef 93/7
- 4 green onions, thinly sliced
- 1 teaspoon sesame seeds

### DIRECTIONS

#### How to:

- In a bowl, whisk together honey , soy sauce, sesame oil, red pepper flakes and ginger. Add beef and let it sit for a few mins to marinate.
- Heat olive oil in a large skillet over medium high heat. Add garlic stirring constantly for about a minute . Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks. I like it very small so I use a steady fork to break the beef down. Remember this beef is very lean and it cooks quickly. Add green onions and cook slightly.
- Lower heat and take out the beef once it is browned.
- Add your mixed asian veggies to the same pan you cooked the beef ( you can use frozen. I like frozen as it is convenient). Cook until they are defrosted.

**When serving, spoon out the correct amount of beef that's on your program when you meal prep. Assemble meal as a bowl to eat mixed together with the quinoa and veggies.**





# DINNER

## TEMPEH CHEESE BOWL

### INGREDIENTS

8 Oz Tempeh  
1 Cup Cauliflower  
1 Cup Broccoli  
1/3 Cup "**Vegan Cheese Sauce**"  
3 Oz Red Pepper  
3 Oz Mushroom

### DIRECTIONS

1. Steam or roast cauliflower, broccoli and mushrooms in one cup veggie broth.
2. Prepare **Vegan cheese sauce**.
3. Once veggies are cooked put into a bowl and add cheese sauce, chop raw red pepper and add on top. Add tempeh (lightlife) to bowl. No need to cook tempeh.





# DINNER

## TVP + FARRO BOWL

### INGREDIENTS

1 1/2 Cup Textured Vegetable Protein  
1 Cup Farro  
1/2 Sweet Potato  
1 Chopped Green Pepper  
1 Avocado

### DIRECTIONS

1. Cook farro first according to package directions
2. Soak Tvp in hot water for 10 minutes, make sure all the water is absorb. If there is any water left just drain.
3. Steam or roast sweet potato in veggie broth
4. When everything is cooked place in a bowl and add chopped green pepper and avocado





# DINNER

## SUN DRIED TOMATO BOWL

### INGREDIENTS

#### **Bowl:**

- 1 Cup Textured Vegetable Protein
- 3 Oz Mushrooms
- 3 Oz Carrots
- 4 Oz Cauliflower
- 4 Oz Butternut Squash

#### **Sun dried Tomato Dressing:**

- $\frac{1}{2}$  cup Sun-dried Tomatoes\*
- 1 clove Fresh Garlic
- $\frac{1}{4}$  tsp Italian Seasoning
- 1 tbsp Balsamic Vinegar
- $\frac{1}{4}$  cup Hemp Hearts
- 2 cup Water

### DIRECTIONS

1. Prepare tvp by soaking in hot water for 10 minutes or until water is drained.
2. Steam or roast butternut squash, cauliflower, carrots and mushrooms in one cup veggies broth.
3. Once everything is cooked add sun dried tomato dressing.

#### **Sun-dried Tomato Dressing Instructions:**

In a high powered blender or food processor mix all the ingredients





# DINNER

## TURKEY BURGER

### INGREDIENTS

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"><li>• 1 tsp pepper</li><li>• 2 garlic cloves, minced</li><li>• 2 pound ground turkey</li><li>• 1 Tbsp olive oil</li><li>• 1 yellow onion, chopped</li></ul> | <ul style="list-style-type: none"><li>• 1 red pepper chopped</li><li>• 3 tbs chopped cilantro</li><li>• 1 teaspoon salt</li><li>• 1 tbsp curry powder</li><li>• 2 tbsp Chopped Parsley</li><li>• 1 tbsp Mustard</li><li>• 1/4 cup Bragg's Liquid Aminos</li></ul> | <ul style="list-style-type: none"><li>• 1/4 Cup Crumbled Feta Cheese</li></ul> |
|---|---|--|

### DIRECTIONS

1. This recipe will give you multiple servings. Divide your mixture based on the total size required by your plan (4 oz, 6 oz, 8 oz, etc)
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. Cook 3-4 minutes on each side until it reaches your desired consistency.





# DINNER

## HONEY GARLIC SHRIMP

Servings: 3 servings

### INGREDIENTS

1 lb Uncooked Shrimp		Black Pepper to taste
2 Tbsp Honey	1/4 Cup Coconut Aminos or Braggs Aminos	1 Tbsp Minced Garlic
Optional: 1tbsp minced fresh ginger	2 Tsp Olive Oil	Choppen Green Onion for garnish

### DIRECTIONS

1. In a bowl blend the honey, soy sauce, garlic, and ginger (if using).
2. Place the shrimp in a large zipped-top bag or Tupperware. Marinate the shrimp with 1/2 of the mixture for 15 mins (you can also marinate overnight).
3. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, I steamed broccoli and microwaved some quick brown rice.)
4. Heat olive oil in a skillet over medium-high heat. Place just the shrimp in the skillet. Cook shrimp on one side until pink– about 45 seconds-1 min. Flip shrimp, pour in the marinade’s sauce and cook it all until shrimp is cooked fully, about more 1 minute.
5. Take out shrimp to set aside.
6. On the same pan, add a large bag of mixed veggies of your choice ( about 4-5 cups) poor the sauce you saved over the veggies and cook until your veggies desired consistency.

Build your meal by measuring your shrimp, adding veggies on top of the quinoa or rice. If you want to reduce sodium, instead of poring the marinade, one can use vegetable broth.





# SNACK RECIPES





# SNACKS

## HOMEMADE HUMMUS

### INGREDIENTS

1/4 Cup Tahini	Juice of 1 Whole Lemon	1 Tsp Olive Oil
1/4 Tsp No Salt All Purpose Seasoning	1/4 Tsp Paprika or Red Pepper Flakes	1/8 Tsp Pepper
1 Can Chickpeas	2 Tbsp Fresh Parsley	

### DIRECTIONS

1. Mix everything in a food processor until smooth consistency. This is a very healthy snack and an easy way to eat your vegetables.
2. Total cook time: 10 min.

**SERVINGS: 6**





# SNACKS

## VEGAN CHEESE SAUCE

### INGREDIENTS

1 medium white onion, chopped  
4 large garlic cloves, minced  
1-2 cups vegetable broth  
1/2 C. Cashews  
1/4 C. Nutritional Yeast  
1/4 tsp. Black Pepper  
1 tbsp. Lemon Juice

### DIRECTIONS

1. Add one cup of the broth and onion to a large pan over medium-low heat.
2. Add garlic after 2 minutes and cook for about 6 more minutes until onion is very tender, and the broth has evaporated.
3. Put the onion and garlic into a blender. Add the rest of the ingredients and blend on high until very creamy and smooth.
4. Add more broth to reach desired consistency, and more salt and pepper if desired.





# SNACKS

## BANANA CREAM PIE CHIA PUDDING

### INGREDIENTS

1/4 cup chia seeds  
1 scoop of vanilla protein powder  
1 cup coconut milk  
1 tablespoon of agave  
1 tsp of cinnamon  
1/2 tsp of vanilla  
1 tbs of coconut flakes

### DIRECTIONS

Combine the chia seeds, coconut milk, agave, vanilla, cinnamon, protein and mashed banana together in a bowl. Whisk until well combined. Store in mason jar and store in the fridge for 1 hour to firm up. Add coconut flakes after





# SNACKS

## PUMPKIN PROTEIN MUFFINS

### INGREDIENTS

1 can pumpkin  
2 tablespoons pumpkin spice  
1/2 cup of unsweetened almond milk  
1/2 cup walnuts  
2 scoops of Tru Supplement protein powder  
1 1/2 cup of almond flour  
1/4 Cup "Enjoy life" mini vegan chocolate chips or raisins

### DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a large bowl, thoroughly combine all the ingredients.
3. Pour into a 12-tin muffin tin.
4. Bake for 30 minutes





# SNACKS

## VEGAN – OIL FREE ITALIAN DRESSING

### INGREDIENTS

$\frac{3}{4}$  cup cooked white beans, drained and rinsed (if using canned)  
 $\frac{1}{4}$  cup water (or more)  
2 tablespoons fresh lemon juice  
1 garlic clove, chopped  
 $1\frac{1}{2}$  tablespoons shallots, chopped  
 $\frac{1}{2}$  teaspoon dried oregano  
1 tablespoon maple syrup  
 $\frac{1}{4}$  teaspoon salt (or more to taste)  
1 tablespoon fresh parsley, chopped (or more to taste)  
Fresh ground black pepper

### DIRECTIONS

Place all ingredients in food processor or high speed blender





# SNACKS

## VEGAN NO BAKE PEANUT BUTTER COOKIES

### INGREDIENTS

1 1/2 cup rolled or quick oats  
1/4 tsp salt  
1/2 cup peanut butter  
1/2 cup maple syrup  
3 tbs of non dairy milk

### DIRECTIONS

In a large bowl mix all together. On a cookie sheet make into any size cookies then place in the refrigerator. Makes approx 12 cookies





# SNACKS

## COCONUT BANANA COOKIES

### INGREDIENTS

4 bananas  
1 cup of dry rolled oats  
2 scoops of Tru Supplement protein powder  
1/2 cup unsweetened coconut flakes  
1/2 cup walnuts  
1/4 cup vegan chocolate chips

### DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a large bowl, mash the bananas.
3. Mix in the remaining ingredients until thoroughly combined.
4. Form into cookies using a tablespoon.
5. You can also pour into a muffin tin. Bake for 20 minutes.

Makes approx 12 cookies



# TRU Healthy Treats

**\*\*\*These are NOT required recipes as part of your Elevate Program\*\***

The goal in providing these is to give an opportunity to refresh your program on the weekends if you like to try new things, bake, or replace some of the snacks on your program with some of these treats or recipes. Even myself, I often get cravings or a sweet tooth so I look to try to have some healthy treats on hand to help avoid overly processed or sugary things.

Nutrition plans are often the hardest part of fitness programs so I want to make sure to provide you with an area of increased variety to keep things fun, new, and exciting. Having a bit of variety is the key to making this a sustainable lifestyle!

**If you have a specific food preference (vegan, vegetarian, specific food allergies) please review the ingredient list carefully to make sure it aligns with your preferences.**





# TRU Treats

## VEGAN BANANA MUFFINS

### INGREDIENTS

1/2 cup spelt flour	1 tbsp Baking Powder	1 medium Banana (mashed)
2 scoops Tru Supplement Banana Maple Muffin Protein Powder	1 tsp Baking Soda	1/4 cup Cashew Yogurt
1 tbsp Arrowroot starch *(see notes)	1/4 tsp Cinnamon	1/2 cup of unsweetened Cashew Milk
For Topping: 1 tbsp Almond Butter (natural) 1 tbsp pure Maple syrup 1oz roasted Walnut pieces		

### DIRECTIONS

1) Preheat the oven to 350 F. Line a muffin tin. The leavening agents will activate quickly and it is best to prepare everything so once the batter is mixed you can bake it right away. Mix all dry ingredients well. In another bowl mash the banana, add the yogurt and half of the cashew milk. Add dry ingredients and mix well until combined. Add the rest of the milk and mix.

2) With a cookie scoop, divide the batter equally into 6 muffin liners and bake for 20 minutes (or until a toothpick comes out clean)

\*\*\*\*\*

Glaze:

1) Mix almond butter and maple syrup together (if your maple syrup is out of the fridge, heat it in the microwave, this will make a thinner glaze)

Glaze muffins and sprinkle toasted walnut pieces on top.

NOTES:

\* You can replace Arrowroot starch with corn starch, potato starch or tapioca starch. Please keep in mind that some starches are not a 1:1 replacement for this and might give you different results.

**SERVINGS: 6**





# TRU Treats

## AVOCADO CHOCOLATE PUDDING

### INGREDIENTS

1 scoop TRU Chocolate Protein	1/2 cup Plant Milk, unsweetened	1/2 cup Water or Espresso*
2 Avocados **	4 tbsp Cocoa Powder, unsweetened	4 tbsp Maple Syrup ***
1 tsp Vanilla Extract		

### DIRECTIONS

- 1) Mix TRU Protein with plant milk and water/espresso and let sit for at least an hour. This step will allow for the protein particles to soak up liquid and avoid the pudding to become grainy.
- 2) Add all ingredients in a high speed blender including the protein plant milk mix. Blend until smooth, scraping down the sides of the blender half way through.
- 3) Serve as is or top with coconut whipped cream.

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#### Notes:

- \* Espresso will give it a deeper chocolate flavor
- \*\* Make sure the Avocados are just ripe enough but not over ripe. I like to do a smell test, if you can smell them they are too ripe.
- \*\*\* You can use Sugar-free Syrup instead if you would like to cut own on carbs and sugar content.

**SERVINGS: 4**





# TRU Treats

## COCONUT COOKIES

### INGREDIENTS

1/2 cup TRU Coconut Nut Butter	3 tbsp Maple Syrup	1 Egg
1/2 scoop TRU Coconut Macaroon Protein	4 tbsp Whole Wheat Pastry Flour	4 tbsp Almond Flour
1 cup Unsweetened Coconut Flakes		

### DIRECTIONS

- 1) Preheat oven to 350 degrees Fahrenheit.
- 2) In a non stick pan or the oven, toast the coconut flakes until golden brown and crips.
- 3) Mix nut butter, egg and maple syrup until combined.
- 4) Add protein powder, whole wheat flour and almond flour and mix with a fork until no lumps are left. Once combined stir in toasted coconut flakes until just combined.
- 5) Use a small cookie scoop and scoop dough onto a parchment lined baking sheet. If you prefer your cookies to be flat use a spatula to press flat (dip spatula into water to do that without the dough sticking to it)
- 6) Bake for 15-18 minutes until golden brown.

**SERVINGS: 12 cookies**





# TRU Treats

## MINI PECAN PIES

### INGREDIENTS

#### Ingredients for filling:

3 soaked Pitted Dates  
3/4 cup Pecans  
2 tbsp Allulose Syrup  
1/2 tbsp Maple Syrup  
1/4 tsp Cinnamon  
1/2 tsp Vanilla Extract  
1/8 tsp Sea Salt

#### Ingredients for crust:

1/2 cup Pecans  
1/2 cups Oats  
1/2 scoop TRU Banana Maple Muffin or Vanilla Protein  
1/2 tbsp Nut Butter  
2 tbsp Allulose Syrup

### DIRECTIONS

- 1) Preheat oven to 350 degrees F.
- 2) For the crust combine all ingredients into a food processor and process on high for a few minutes. The consistency should be coarse but stick together, if it does not add a tbsp of cold water and pulse until combined.
- 3) Divide the nut mixture into 8 equal amounts and press them into the cavity of a mini muffin pan. With the back of a utensil or your thumb, press an indentation into the center of the dough on each cavity. Bake for 8 minutes and let cool to room temperature.
- 4) Add all ingredients for the filling into the food processor and pulse until combined. It is perfectly fine if it is coarse but should hold together and be soft.
- 5) Add a tablespoon of filling onto each mini crust and serve warm or cold.

---

#### Notes:

- \* store in refrigerator
- \* can be reheated in the microwave for 10-15 seconds

**SERVINGS: 8 pies**



# TRU Treats

## HOMEMADE PB+J CUPS

### INGREDIENTS

1/2 cup natural Peanut Butter  
1 1/2 scoops TRU Chocolate PB Protein  
3 tbsp Fruit Spread  
1.5 bars of Lily's Milk Chocolate

### DIRECTIONS

- 1) Mix Peanut Butter with Protein Powder until it forms a thick rollable dough (add water 1tbsp at a time if needed). Roll out until 1/4 inch thick and use a 2 inch round cookie cutter to make 10 equal disks. Transfer to wax paper and put into freezer.
- 2) After an hour, take out disks and top with the fruit spread. Try to divide the 3 tbsp in the recipe equally to each disk. Put back into freezer until frozen. The fruit spread should be pretty firm at this point.
- 3) Cut chocolate in pieces and add into a microwave safe bowl. Microwave in 15 second intervals, stir in between each interval. Repeat this until chocolate is fully melted. Be careful not to overheat the chocolate as it would crystalize and make sure to not get any water in the bowl or the utensil you use to stir. You can also do this over a water bath if you want more control over the heat.
- 4) It will help for this step if you have a utensil designed to make pralines but if you don't a fork will be just fine. Submerge the full frozen PB&J disk into the chocolate until fully covered and place onto a wax paper or aluminum foil covered cuttingboard/cookie sheet. Let it set in the fridge. Store in the fridge and enjoy cold.

**SERVINGS: 10 servings**





# TRU Treats

## WHOLE GRAIN PROTEIN WAFFLES

### INGREDIENTS

- 1 cups plant milk, unsweetened
- 1 Large Pasture Raised Egg\*
- 1/2 tbsp Avocado or Walnut Oil
- 2 tsp Vanilla Extract
- 5 drops Liquid Stevia
- 1/4 tsp Sea Salt
- 1 1/2 scoops TRU Banana Maple Muffin Protein\*\*
- 1/2 cup Oat Flour
- 1/2 cup White Whole Wheat Flour\*\*\*
- 1 1/2 tsp Baking Powder

### DIRECTIONS

- 1) Turn on waffle iron and let it preheat.
- 2) Combine all dry ingredients (except for sea salt) in a bowl and mix well.
- 3) Separate egg white and egg yolk in individual bowls.
- 4) Beat egg white until soft peaks form and set aside.
- 5) Mix egg yolk, plant milk, sea salt, vanilla extract, liquid stevia and oil. Pour into dry ingredients and wish until combined and no lumps are left behind.
- 6) With a spatula gently fold in the egg white, half at first and then the second half until just incorporated. Do not use a electric mixer for this step as you do not want to destroy the bubbles of the egg white.
- 7) Add batter to waffle iron following your waffle irons instructions. Do not over fill.
- 8) Serve plain or with toppings of your choice.

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#### Notes:

\* You can use any whole egg but I prefer pasture raised eggs as they are more nutrient dense in regards to vitamins and more flavorful.

\*\* Vanilla protein will work well here too, keep in mind you might need to adjust the amount of stevia used to sweeten the batter as Vanilla is not a Dessert Series protein and therefore not as sweet on its own.

\*\*\* Whole Wheat Pastry Flour should work here as well.

**SERVINGS: 2 Waffles**





# TRU Treats

## APPLE OAT MUFFINS

### INGREDIENTS

1 Apple, peeled and chopped  
into small cubes  
2 tbsp Allulose Syrup  
1/2 tsp Cinnamon  
Juice of 1/4 Lemon  
1 tsp Vanilla Extract

2 scoops TRU Protein (Vanilla,  
Cinnamon Roll or Banana Maple  
Muffin works great)  
2 1/4 cup Quick Oats  
1/2 tsp Baking Soda  
1 tsp Baking Powder  
1 tsp Cinnamon  
1/2 tsp Sea Salt

1/4 cup Unsweetened  
Plant Milk  
2 Eggs  
1/4 cup Maple Syrup  
2 tsp Vanilla Extract  
1 cup Unsweetened  
Apple Sauce  
4 tbsp Almond Butter

### DIRECTIONS

- 1) Preheat oven to 350 degrees Fahrenheit.
- 2) Heat a non stick pan to medium high heat, lightly spray with oil. Add chopped apples, cinnamon, vanilla extract and Allulose Syrup and sear until golden brown
- 3) Combine dry ingredients and wet ingredients in separate bowls. Mix each mixture well and combine together.
- 4) Use an ice cream scoop or cookie scoop to divide the batter into lined 12 cupcake baking tray. Top with 1-2 teaspoons of the cooked apples, press into the batter slightly and bake for 20-22 minutes.

**SERVINGS: 12 Muffins**





# TRU Treats

## COCONUT BREAKFAST BARS

### INGREDIENTS

1/2 cup + 1 tbsp Shredded Coconut,  
unsweetened  
1 1/2 scoops TRU Coconut Macaron  
Protein Powder  
6 tbsp Hemp Seeds  
1/2 tsp Baking Powder

1/8 tsp Sea Salt  
2 tbsp Maple Syrup  
4 tbsp Coconut Creamer (or Coconut Milk)  
1 medium Banana

### DIRECTIONS

- 1) Preheat oven to 350 F.
- 2) Mash Banana and mix with all liquid ingredients.
- 3) Mix all dry ingredients except the extra tablespoon of shredded coconut (this will be added on top later) until combined. Add liquid mixture to dry ingredients and stir until combined.
- 4) Spread dough into a loaf baking pan and sprinkle with the left over coconut flakes.
- 5) Bake for 20 minutes. Optional: Set oven to broil and toast top for 1-2 minutes (please keep an eye on it, it can burn very quickly)
- 6) Let cool completely before cutting.

**SERVINGS: 4 bars**







# TRU Treats

## HOMEMADE STRAWBERRY ICE CREAM

### INGREDIENTS

2 cups Unsweetened Vanilla Almond Yogurt  
2 scoops TRU Strawberry Protein  
1/2 cup fresh Strawberries  
1/2 cup Unsweetened Cashew Milk  
1 tbsp Natural Almond Butter

### DIRECTIONS

- 1) Blend all ingredients in a high speed blender until smooth and combined.
- 2) Pour into a plastic container (or molds) and freeze for at least 4 hours or over night.
- 3) Serve with 1-2 tbsp Coconut Whipped Topping or Whipped Cream and fresh strawberries.

**SERVINGS: 2 Servings**



# MACRO INDEX

**DISCLAIMER:** ALWAYS DOUBLE CHECK YOUR MACROS. THE NUTRITIONAL FACTS OF CERTAIN FOODS MIGHT CHANGE FROM BRAND TO BRAND. YOUR PROTEINS AND PRODUCE USUALLY REMAIN THE SAME, BUT OTHER ITEMS MIGHT CHANGE. COUNT THE MACROS OF THE CONDIMENTS YOU USE AS WELL. CHECK LABELS OF DRESSINGS, SAUCES, AND OTHER CONDIMENTS.

## CARBOHYDRATES

	Portion/Size	Protein	Carbs	Fats
100% whole grain bread	1 slice	4	15	0.5
100% whole grain bread	2 slices	8	30	1
Amaranth	1/4 cup dry		32	3
Brown rice	1 cup	4.8	48	1.2
Brown rice	3/4 cup	3.6	36	0.9
Brown rice	1/2 cup	2.4	24	0.6
Brown rice pasta	1 cup	7.4	37	0.76
Brown rice pasta	3/4 cup	5.5	27	0.57
Bulgur cooked	1 cup	5.61	34	0.44
Bulgur cooked	3/4 cup	3.1	19	0.24
couscous	1/2 cup	3.4	21	0.1
Cream of rice	1/4 cup (dry)	3	38	0
Ezekiel bread	1 slice	4	14	0.5
Farro cooked	1 cup	8	52	2.7
Farro cooked	3/4 cup	6	32	2
Farro cooked	1/2 cup	4	26	1



# MACRO INDEX

CARBOHYDRATES	Portion/Size	Protein	Carbs	Fats
Jasmine Rice	1 cup	4	45	0
Oat bran	1/2 cup	7	25	3
Oatmeal old-fashioned	1/2 cup	5	27	3
Quinoa	1 cup	8	39	3.6
Steel cut oats	1 cup	5	27	2.5
Steel cut oats	3/4 cup	3.75	20.25	1.875
Steel cut oats	1/2 cup	2.5	13.5	1.25
Steel cut oats	1/4 cup	1.25	6.75	0.625
Sweet potato	4 ounces	1.78	22.8	0.06
Sweet potato	6 ounces	2.67	34.22	0.09
Sweet potato	8 ounces	4.6	47	0.34
Wheat germ	1/4 cup (dry)	5.5	27	1.6
Whole grain bagel	1/2 bagel	5	28	0.75
Whole wheat waffle	2 waffles	8	33	3
Wild rice cooked	1 cup	7	35	0.6
Wild rice cooked	1/2 cup	3.5	17.4	0.3
Wild rice cooked	3/4 cup	4.9	26	0.42



# MACRO INDEX

## LEGUMES

	Portion/Size	Protein	Carbs	Fats
Black beans cooked	1 cup	15	40	0.93
Black beans cooked	3/4 cup	11	30	0.52
Black beans cooked	1/2 cup	8	20	0.46
Chickpeas cooked	1 cup	15	45	4
Chickpeas cooked	1/2 cup	7	22.5	2
Fava beans cooked	1 cup	12.9	33	0.7
Fava beans cooked	3/4 cup	10.5	23.8	0.42
Green peas cooked	1 cup	7.9	21	0.58
Green peas cooked	3/4 cup	5.8	16	0.44
Green peas cooked	1/2 cup	3.93	10.4	0.29
Lentils cooked	1 cup	18	40	0
Lentils cooked	1/2 cup	9	20	0
Lima beans cooked	1 cup	10.6	31	1.3
Lima beans cooked	3/4 cup	8	23	0.975
Lima beans cooked	1/2 cup	5.3	16	0.7
Pinto beans cooked	1 cup	12.2	35.7	0.71
Pinto beans cooked	3/4 cup	9.2	26.8	0.53
Pinto beans cooked	1/2 cup	6.1	17.9	0.35



# MACRO INDEX

FATS	Portion/Size	Protein	Carbs	Fats
Almond butter	2 tbs	7	7	16
Almonds	1/4 cup	6	6	14
Cashews	1/4 cup	6	10	16
Cashew butter	2 tbs	12	18	32
Chia seeds	2 tbs	2	4	5
Coconut oil	1 tbs	0	0	14
Edamame pods	1 cup cooked	26	12	8
Flax seeds	2 tbs	2	4	5
Hass avacado	1/2	1	6	12
Olive oil	1 tbs	0	0	14
Peanut butter	2 tbs	8	7	16
Pine nuts	1/4 cup	4	4	20
Pumpkin seeds	1/4 cup	9	4	14
Raw shelled hemp seeds	3 tbs	10	2	14
Sunflower seeds	1/4 cup	8	7	18
walnuts	1/4 cup	5	4	20



# MACRO INDEX

PROTEIN	Portion/Size	Protein	Carbs	Fats
0% Non-fat greek yogurt	1/2 cup	11.5	4.5	0
0% Non-fat greek yogurt	3/4 cup	18	7	0
0% Non-fat greek yogurt	1 cup	23	9	0
Canned tuna 2 oz	1/2 can	12	0	0.8
Chicken	1 oz	7	0	1
Chicken	2 oz	14	0	1.5
Chicken	3 oz	21	0	2.25
Chicken	4 oz	28	0	3
Chicken	5 oz	35	0	3.75
Chicken	6 oz	42	0	4.5
Cod	1 oz	6.5	0	0.25
Cod	2 oz	13	0	0.5
Cod	3 oz	19.5	0	0.75
Cod	4 oz	26	0	1
Cod	5 oz	32.5	0	1.3
Cottage Cheese	1/2 cup	13	6	1
Whole egg + 4 egg whites	1	21	0.9	5
Egg white	1	4.5	0	0
Egg white	2	9	0	0
Egg white	3	13.5	0	0
Egg white	4	18	0	0
Egg white	5	22.5	0	0
Egg white	6	27	0	0



# MACRO INDEX

PROTEINS	Portion/Size	Protein	Carbs	Fats
Flank steak	1 oz	6.2	0	4.3
Flank steak	2 oz	12.4	0	8.6
Flank steak	3 oz	22	0	13
Flank steak	4 oz	29	0	17.3
Flounder	1 oz	6.2	0.12	1.2
Flounder	2 oz	12.4	0.24	2.4
Flounder	3 oz	18.7	0.35	3.6
Flounder	4 oz	24.9	0.47	4.8
Flounder	5 oz	31.1	0.6	6
Flounder	6 oz	37.3	0.72	7.2
Ground beef	1 oz	5.75	0	2
Ground beef	2 oz	11.5	0	4
Ground beef	3 oz	17.25	0	6
Ground beef	4 oz	23	0	8
Haddock	4 oz	27.5	0	1.1
Whole hard boiled egg	1	6.3	0.6	5
Milk	8 oz	8	13	0
Protein Shake (TRU)	1 serving	20	2	1
Protein Shake (TRU)	1/2 serving	10	1	0.5
Salmon	3 oz	19	0	10.5
Salmon	4 oz	25.3	0	14.8
Scallops	4 oz	19	2.7	1
Shrimp	4 oz	24	0	1.2
Soy nuts	1/3 cup	9	10	5
Soy tempeh	4 oz	22	19	9



# MACRO INDEX

PROTEINS	Portion/Size	Protein	Carbs	Fats
Tilapia	2 oz	5.5	0	0.5
Tilapia	3 oz	11	0	1
Tilapia	4 oz	16.5	0	1.5
Tilapia	5 oz	23	0	2
Tofu	1/2 cup	10	2	5
Tofu	1 cup	20	4	10
Traditional seitan	4 oz	30	14	3
Tuna (fresh)	4 oz	33.3	0	6.7
Tuna (fresh)	5 oz	41.7	0	8.3
Tuna (fresh)	6 oz	50	0	10
Turkey	4 oz	34	0	4
Turkey	5 oz	40	0	5
Turkey	6 oz	51	0	6
Veggie cheese	1 oz	6	2	3
Veggie cheese shreds	5 oz	3	1	1.5
Veggie cheese slice	1 slice	4	0.5	2



# MACRO INDEX

FRUIT/VEGETABLES	Portion/Size	Protein	Carbs	Fats
Artichoke (medium)	1	4.2	13	0.2
asparagus	10	4.5	7.25	0.75
sparagus	16	6.4	10	0.8
Banana (6-8in small)	1	1.1	23	0.33
Beets	1 cup	2.2	13	0.2
Bell pepper (large)	1	1.9	12	0.4
Black olives	1/4 cup	0	2	5
Blueberries	1/4 cup	0.84	16	0.37
Broccoli	1 cup	4.6	8.6	0.4
Brussel sprouts	1 cup	3	8	0.3
Cabbage (chopped)	1 cup	1.1	5	0.1
Carrots, rainbow	1 cup	1.4	11	0.3
Cauliflower	1 cup	2	5	0.3
celery	1 cup	0.7	3	0.2
Craisins	1/4 cup	0.02	22.65	0.38
Cucumbers	1/4 cup	0.5	2	0.1
Egg plant	1 cup	0.8	4.8	0.2
Grapefruit (medium)	1	0.81	10	0.13
Grapes, seedless	4 oz	0.82	20	0.18
Green apple	1	0.36	19	0.23
Green beans	1 cup	2.4	9.8	0.4
Kale	1 cup	2.9	6	0.6
Kiwi (large)	1	0.87	11	0.4
Mushroom	1 cup	3	3.1	0.3
Onion, chopped	1 cup	1.8	15	0.2
Orange (medium)	1	1.2	15	0.16
Pea pods	1/2 cup	2	5.4	0.1
Pear (small)	1	0.5	21	0.17
Pineapple, chopped	4 oz	0.61	14	0.14
Spinach	1 cup	0.9	1.1	0.1
Squash, sliced	1 cup	1.4	3.8	0.2
Strawberries	4 oz	0.76	8.7	0.34
Tomato, chopped	1 cup	1.6	7	0.4
Zucchini, medium	1	2.4	6	0.4