



MA45DAY Recipes

NON-VEGAN

MASVIDA.IO

Recommended “Foods Allowed” and “Foods to Avoid” List

I've created a list of foods that I recommend and foods you should avoid. If you choose not to go strictly by the meal plan, this list will help you to still be successful during your lifestyle change.

Note: If there is something in the meal plan you are allergic to or simply do not like, feel free to substitute that specific carb/fat/protein with another from the foods allowed list. I highly encourage you to experiment and make this enjoyable for yourself.

CARBS

Oatmeal, Quinoa, Legumes, Sweet Potato, Potato, Whole Wheat/Multi-Grain/Sprouted Grain Bread, Squash, Buckwheat, Kamut, Teff, Amaranth, Air Popped Popcorn (examples: Skinny Pop, Pop Zero, Boom Chicka Pop)

FRUITS

Banana, Cherry, Berry, Apple, Orange, Grapefruit, Kiwi, Pineapple, Pomegranate, Lemon, Papaya, Nectarine, Plum

VEGETABLE

No discrimination! Get creative, use any vegetables you like.

PROTEIN

Lean Chicken Breast, Lean Grass Fed/Minimally Processed Beef or Bison (85-90% lean), Ground Chicken, Ground Turkey, Salmon, Any White Fish, Shrimp, Eggs, Tofu, Tempeh

FATS

Olive Oil, MCT Oil, Coconut Oil, Almonds, Cashews, Peanuts, Pistachios, Nut Butter, Greek Yogurt, Low-Fat Feta Cheese

PROTEIN

All Spices!, Mustard, Ketchup, Low Sodium Soy Sauce, Hot Sauce, Low Sugar BBQ Sauce, Hummus

THINGS TO AVOID

Fried Foods, Soft Drinks that contain sugar (may moderately consume beverages low in sugar or use sugar substitute), Milkshakes, Frappuccinos, Sugary Beverages (contain Syrups, Honey, Sugar, Agave), Highly Processed and Artificially Flavored Foods, Pastries, Crackers, Chips, Soda (Zevia, Carbonated Waters, Unsweetened Tea are okay)

Weekly Overview: Meal Prep Schedule

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Grocery Shop
Meal Prep			(Optional) Meal Prep second half of week			Grocery Shop

Weekly Overview: Meal Schedule

The order of your meals is up to you! I encourage you to move them around per your schedule. Everybody is different! For example, if you workout in the evenings, you may move all meals up and have your snack/post-workout in the evening. Make it work for you so you can be successful.

UPON WAKING UP

MEAL ONE

SNACK/POST WORKOUT

MEAL TWO

SNACK

MEAL THREE

Week One Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

MEAL ONE

OATMEAL & EGGS

CAL 357 | FAT 8.97 | CARB 45 | PROTEIN 26.29

SNACK/PWO

BANANA MANGO SMOOTHIE

CAL 349 | FAT 17.5 | CARB 33 | PROTEIN 28

MEAL TWO

CHICKEN SHAWARMA STUFFED PITA

CAL 405 | FAT 7 | CARB 40 | PROTEIN 47

SNACK

SKINNY POP CORN (3.5 CUPS / NO RECIPE)

CAL 150 | FAT 10 | CARB 15 | PROTEIN 2

MEAL THREE

TACO SALAD

CAL 359 | FAT 9.93 | CARB 43 | PROTEIN 27.12

Week One Recipes

Reminder: If there is something in the recipe you are allergic to or simply do not like, feel free to substitute that specific carb/fat/protein with another from the foods allowed list. I highly encourage you to experiment and make this enjoyable for yourself.

OATMEAL & EGGS

INGREDIENTS

1/2 cup oats
1 cup unsweetened almond milk
8 ounces berries (of choice)
1 whole egg
4 egg whites
(Optional: veggies of choice to mix with egg)

INSTRUCTIONS

In a pot add unsweetened almond milk, vanilla extract, cinnamon, and your desired sugar substitute sweetener. If you have not acquired the palate for stevia or monk fruit, I recommend to try Splenda. Bring spices and almond milk to a boil and add oatmeal. Lower the heat and finish cooking to your desired consistency.

Note: if your meal plan has eggs with oatmeal, one can cook the eggs however you see fit. Make sure to cook with non stick cookware and using olive oil in a spray form to control how much oil you're using. Keep cooking your proteins with minimal oil. You may add veggies, salt, pepper.

Week One Recipes

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BANANA MANGO SMOOTHIE

INGREDIENTS

- 2 cups unsweetened almond milk
- 1 cup kale
- 1 cup baby spinach
- 1/2 cup plain 0% greek yogurt (if not using the protein powder)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 cup mango chunks (fresh or frozen)
- 1 small banana (fresh or frozen)
- 1/4 cup avocado chunks (fresh or frozen optional)
- 1 tsp vanilla extract
- 1/2 a lime, juice only
- 1 scoop vanilla protein powder

INSTRUCTIONS

Put all ingredients in blender and blend. Depending on the flavor of protein you choose, this recipe may change flavors. This recipe goes well with vanilla and strawberry. You may change the fruit of choice and keep the measurements the same.

Week One Recipes

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CHICKEN SHAWARMA STUFFED PITA

INGREDIENTS

3/4 tbsp ground cumin	1/2 tsp cayenne pepper
3/4 tbsp turmeric powder	2 lbs (6 oz servings) chicken breasts
3/4 tbsp ground coriander	1 large onion, thinly sliced
3/4 tbsp garlic powder	Juice of 1 large lemon
3/4 tbsp paprika	3 tbs olive oil
1/2 tsp ground cloves	

INSTRUCTIONS

1. In a bowl, mix the cumin, turmeric, coriander, garlic powder, sweet paprika and cloves.
 2. Clean and cut your chicken breast into the desired shape. I like to cut mine in long thin strips.
 3. Place the chicken in a large bowl. Add the shawarma spices and toss to coat. Add salt to taste. Add the onions, lemon juice and olive oil. Toss everything together again. Cover and refrigerate for 3 hours or overnight (if you don't have time, you can cut or skip marinating time)
 4. One can cook in air fryer, sauté the chicken or preheat oven to 425 degrees F. Take the chicken out of the fridge and let it sit in room temperature for a few minutes.
 5. Spread the marinated chicken with the onions in one layer baking sheet pan. Roast for 30 minutes in the 425 degrees F heated-oven. For a more browned, crispier chicken, move the pan to the top rack and broil very briefly (watch carefully). Remove from the oven.
 6. While the chicken is roasting, prepare the pita pockets. Add 2 tbs of hummus and your desired vegetable toppings (arugula, cucumber, lettuce, tomatoes, etc.).
- * Makes 5 servings (recipe will have a small amount of leftover chicken. Freeze for next time or share :)

Week One Recipes

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TACO SALAD

INGREDIENTS

Taco seasoning:	2 lbs (4 oz servings) of 90/10 ground beef
3 tbsp chili powder	(sub bison, TVP, ground chicken or turkey if you prefer)
2 tsp ground cumin	2 cups mixed greens per serving
1 1/2 tsp onion powder	1/2 cup corn per serving
1 tsp sea salt	
1/4 tsp cayenne pepper	

INSTRUCTIONS

1. In a bowl combine 2 lbs of the lean beef and add your taco seasoning marinade. Combine the mixture and the beef and let it sit for 30 mins in the fridge if possible.
 2. When cooking your proteins we will try to minimize the amount of oils and fats used. Using a large non stick pan and spraying slightly, set to high heat and add the beef mixture. You will cook the beef breaking it down as much as possible to get the right texture. As it cooks, continue to break it down and lower the heat. Once everything is cooked, if the beef is too dry, I like to add a little vegetable stock to bring out the moisture of the lean beef.
 3. You can use this mixture to swap proteins. This recipe goes well with ground chicken and turkey.
 4. When assembling your salad, the corn can be canned, frozen or fresh. The beans can be easily rinsed canned or carton box. You may add all veggies you love in a salad. Rely on the protein flavor to dress the salad. If choosing a salad dressing, choose one without any fat added or with minimal fat added and go by the serving. Stay away from creamy ranch dressings or vinaigrettes that exceed 6g of fat per serving. All vinegars are ok to use.
- *Makes 8 servings (You can freeze the extra serving or share :)

Week Two Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

MEAL ONE

EGG & TURKEY SANDWICH

CAL 423 | FAT 7 | CARB 66 | PROTEIN 37

SNACK/PWO

PB BANANA SMOOTHIE

CAL 320 | FAT 15.5 | CARB 10 | PROTEIN 25

MEAL TWO

SPICY CHICKEN TACOS

CAL 385 | FAT 8.5 | CARB 39 | PROTEIN 43

SNACK

YOGURT PARFAIT

CAL 250 | FAT 6 | CARB 29 | PROTEIN 26

MEAL THREE

BAKED FISH, CORN AND SPINACH

CAL 308 | FAT 20.5 | CARB 34 | PROTEIN 48

Week Two Recipes

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BACON & EGG SANDWICH

INGREDIENTS

2 pieces turkey bacon
4 egg whites
2 slices multigrain toast
8 oz berries of choice
Optional: tomato, greens, onion

INSTRUCTIONS

Cook and toast ingredients as you normally would. When assembling your sandwich one can add tomatoes, spinach, arugula, and even onions. Remember, no discrimination when it comes to vegetables! One can cook the egg whites with these toppings using light spray olive oil in a non stick pan. Eat berries separately.

PB BANANA SMOOTHIE

INGREDIENTS

1 tbsp chia seeds
1 tbsp peanut butter
1 frozen banana
2 cups unsweetened almond milk
1 scoop protein powder

Put all ingredients into a blender, blend.

Week Two Recipes

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SPICY CHICKEN TACOS

INGREDIENTS

Taco seasoning:

3 tbsp chili powder

2 tsp ground cumin

1 1/2 tsp onion powder

1 tsp sea salt

1/4 tsp cayenne pepper

2 lbs chicken breast or ground chicken (6 oz servings, with each serving divided between three taco-sized corn tortillas)

2 tbs hummus

Avocado pico de Gallo:

1/4 ripe avocado, cubed

1 roma tomato, diced

1 tbsp red onion, diced

1/2 jalapeno, seeds + ribs removed, minced

1 tbsp fresh cilantro, chopped

1 juice of lime

Salt and pepper to taste

INSTRUCTIONS

If using chicken breast, cut into small bite pieces. Marinate the chicken using the spices and covering for 30 mins in the fridge. Use olive oil spray in a pan to cook chicken. When assembling your tacos you can use hummus or avocado pico de Gallo (ingredients above, mash and mix all together).

* Makes 5 full servings. You can freeze the small amount of extra chicken if you wish.

Week Two Recipes

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YOGURT GREEK PARFAIT

INGREDIENTS

1 cup 0% greek yogurt
1/4 cup granola
1 tsp cinnamon
1 tsp vanilla extra

Favorite sugar/sweetener substitute to taste
* may add serving of coconut whipped cream

INSTRUCTIONS

Mix all ingredients, top with granola and coconut whipped cream, enjoy.

Week Two Recipes

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BAKED WHITE FISH, CORN AND SPINACH

INGREDIENTS

3 tbsp 'I can't believe its not butter'
4 cloves garlic, minced
Fresh thyme
1 lemon
1 1/2 white fish of choice (6 oz per serving)

1 Corn on the cob
3 cups spinach

INSTRUCTIONS

Preheat oven to 425F

In a pan melt the butter, garlic, and the zest of your lemon. Cut the lemon into slices and place them at the bottom of your baking dish. Salt and pepper your fillets and brush each fillet with the butter garlic and lemon zest. Bake your fish for 10-12 mins.

Sautéed spinach:

In a pan spray some olive oil spray and add one minced garlic clove. Add our desired spinach and cook for a few. One can add vegetable stock or lemon to deglaze.

Corn on the cob:

Boil for 5 mins and enjoy.

Week Three Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

MEAL ONE

SPINACH FETA AVO TOAST

CAL 525 | FAT 24 | CARB 55 | PROTEIN 36

SNACK/PWO

BERRY BANANA SMOOTHIE

CAL 425 | FAT 12.5 | CARB 52 | PROTEIN 26

MEAL TWO

SHRIMP & COUSCOUS

CAL 375 | FAT 14.55 | CARB 51.2 | PROTEIN 33

SNACK

YOGURT PARFAIT

CAL 250 | FAT 6 | CARB 29 | PROTEIN 26

MEAL THREE

GROWN-UP PIZZA TORTILLA

CAL 403 | FAT 9 | CARB 33 | PROTEIN 42

Week Three Recipes

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SPINACH FETA AVO TOAST

INGREDIENTS

1/2 avocado
1 oz feta
4 egg whites
Handful spinach
2 slices multigrain bread
Sea salt and pepper to taste

INSTRUCTIONS

1. Cook your egg whites in a non stick pan spraying slightly with olive oil spray. Salt and pepper after egg whites are cooked.
 2. Mash avocado adding salt and pepper if needed.
 3. Toast your bread and spread avocado mash evenly. Add egg whites on top and crumble your feta.
- * May add tomatoes and other veggie toppings of choice.
* May replace avocado with 2 servings of your preferred hummus.

Week Three Recipes

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BERRY BANANA SMOOTHIE

INGREDIENTS

- 1 tbsp chia seeds
- 1 banana
- 1 tbsp almond butter
- 1 cup frozen berries
- 1 cup unsweetened almond milk
- 1 scoop protein powder

INSTRUCTIONS

In a blender add unsweetened almond milk, protein powder, your frozen banana and berries, chia seeds, and almond butter. Blend until desired consistency and enjoy.

*optional: cinnamon and a splash of lemon juice

Week Three Recipes

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SHRIMP & COUSCOUS (MAKES 3 SERVINGS)

INGREDIENTS

2 cups cherry tomatoes	3 cloves garlic, minced
2 ears of corn (can use canned corn)	2 cups arugula
2 tbsp olive oil, divided	1/2 oz cup crumbled feta
1/2 cup pearl couscous, dry	1 juice of lemon
Approx. 18 medium shrimp (6 oz per serving)	5-8 fresh basil leaves, chopped
	Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375F. Line 2 small baking sheets with or without parchment paper. Bring water for couscous to a boil and prepare cows with box instructions. Use minimal oil for recipe. One can use vegetable stock for flavor instead of water.
2. Remove kernels off the ears of corn using a sharp knife. Spread on one baking sheet along with cherry tomatoes. Spray corn and tomatoes lightly with olive oil spray, salt, and pepper.
3. Place tomatoes and corn in an even layer, and transfer baking sheet to the oven for 20-25 mins. Toss halfway through and remove when lightly browned and tender – be careful not to burn.
4. Toss the shrimp in 1 Tbsp olive oil, minced garlic, salt, and pepper. Spread in an even layer on a second baking sheet, making sure to leave space in between each piece. Transfer to the oven for 10-12 mins.
5. Remove all ingredients from the oven. Assemble bowls with arugula or preferred leafy green, cooked couscous, roasted tomatoes + corn, shrimp, crumbed feta, lemon juice, fresh basil, salt + pepper (as desired). Divide ingredients evenly between servings and enjoy!

Week Three Recipes

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YOGURT GREEK PARFAIT

INGREDIENTS

1 cup 0% greek yogurt
1/4 cup granola
1 tsp cinnamon
1 tsp vanilla extra

Favorite sugar/sweetener substitute to taste
* may add serving of coconut whipped cream

INSTRUCTIONS

Mix all ingredients, top with granola and coconut whipped cream, enjoy.

Week Three Recipes

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GROWN-UP PIZZA TORTILLA

INGREDIENTS

2 large whole wheat or spinach tortillas
6 oz sautéed chicken
Fresh or dried oregano to taste
Fresh basil to taste
Choice of: 1 oz skim mozzarella, 3 tbsp shredded parmesan, or 1 oz non-dairy cheese
Veggie toppings of choice

INSTRUCTIONS

Because this is not pizza crust, one has to crisp up the tortilla slightly using a pan or preheating oven to 375. The goal is to recreate the flavors of pizza but adding veggies and protein while keeping the balance of your macros.

After tortillas are slightly crisp, add marinara sauce just to coat the tortillas, the cooked chicken breast and toppings. Add the cheese and fresh/dry oregano on top of toppings and cook for about 6-8 mins or until the desired consistency. Do not over saturate the tortillas with too much moisture. One can always add the rest of pasta sauce at the end.

Week Four Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

MEAL ONE

OATMEAL & EGGS

CAL 362 | FAT 8.36 | CARB 44.75 | PROTEIN 27.35

SNACK/PWO

PB BANANA SMOOTHIE

CAL 356 | FAT 9.95 | CARB 38.06 | PROTEIN 5.48

MEAL TWO

TERIYAKI CHICKEN W/QUINOA & BROCCOLI

CAL 529 | FAT 9.8 | CARB 54.06 | PROTEIN 57.46

SNACK

CHOCOLATE CHIP YOGURT

CAL 320 | FAT 11 | CARB 37 | PROTEIN 27

MEAL THREE

BAKED SALMON SALAD W/SWEET POTATO

CAL 387 | FAT 10.35 | CARB 37.74 | PROTEIN 37.34

Week Four Recipes

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OATMEAL & EGGS

INGREDIENTS

1/2 cup oats
1 cup unsweetened almond milk
8 ounces berries (of choice)
1 whole egg
4 egg whites
(Optional: veggies of choice to mix with egg)

INSTRUCTIONS

In a pot add unsweetened almond milk, vanilla extract, cinnamon, and your desired sugar substitute sweetener. If you have not acquired the palate for stevia or monk fruit, I recommend to try Splenda. Bring spices and almond milk to a boil and add oatmeal. Lower the heat and finish cooking to your desired consistency.

Note: if your meal plan has eggs with oatmeal, one can cook the eggs however you see fit. Make sure to cook with non stick cookware and using olive oil in a spray form to control how much oil you're using. Keep cooking your proteins with minimal oil. You may add veggies, salt, pepper.

Week Four Recipes

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PB BANANA SMOOTHIE

INGREDIENTS

- 1 tbsp peanut butter
- 1 frozen banana
- 2 cups unsweetened almond milk

Put all ingredients into a blender, blend.

Week Four Recipes

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TERIYAKI CHICKEN W/QUINOA & BROCCOLI

INGREDIENTS

Sauce:

- 1/2 cup low sodium soy sauce
- 1/2 cup pineapple juice
- 2 tbsp red wine vinegar
- 1 tbsp brown sugar *optional
- 2 tsp minced garlic
- 1 tbsp cornstarch
- 2 tbsp warm water

Chicken Marinade:

- 2 lbs chicken breast
- 1 tbsp olive oil
- 1/2 cup diced onion
- 2 tbsp minced garlic
- 1 cup finely chopped broccoli
- 2 large carrots peeled and grated
- 4 cups cooked white or brown rice (divided 6 servings)

INSTRUCTIONS

1. Mix soy sauce, 1/2 cup pineapple juice, red wine vinegar, brown sugar, garlic and ginger in a small saucepan over medium heat. Stir with a whisk until sugar is dissolved.
2. In a small bowl, whisk together 2 tablespoons warm water and cornstarch until cornstarch is completely dissolved.
3. Heat sauce over medium high heat. Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside.
4. Heat oil in a large skillet over medium-high heat. Add diced onions and cook until soft.
5. Chop chicken and mix garlic into the pan and cook until chicken is about half cooked. Add grated carrots and chopped broccoli and continue to cook until chicken is cooked all the way through.
6. Pour teriyaki sauce over cooked chicken and vegetable mixture and stir. Simmer for about five minutes to combine the flavors.
7. Divide Chicken and vegetable mix + rice into six servings. Enjoy.

Week Four Recipes

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CHOCOLATE CHIP YOGURT

INGREDIENTS

1 cup 0% greek yogurt
1/4 cup granola
2 tbsp dark chocolate chips

Favorite sugar/sweetener substitute to taste
* may add serving of coconut whipped cream

INSTRUCTIONS

Mix all ingredients, top with granola and coconut whipped cream, enjoy.

Week Four Recipes

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BAKED SALMON SALAD W/SWEET POTATO

INGREDIENTS

Four 6oz salmon fillets	4 medium sweet potatoes
1 tbsp olive oil	8 cups mixed greens (2 cups per serving)
Sea salt and pepper to taste	
1 tbsp minced garlic	
1 tsp Italian herb seasoning blend	
1 lemon	

INSTRUCTIONS

1. Preheat oven to 400 degrees and spray olive oil in a large baking pan. Arrange salmon fillets on the baking sheet and season generously with salt and pepper.
 2. Combine the olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.
 3. Bake for 12-15 minutes until salmon is flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.
 4. Cook sweet potatoes as directed.
 5. Place salmon over bed of mixed greens. Enjoy.
- * Makes four servings