



# SUMMER SHAPE-UP

## NUTRITION GUIDE



PLAN (C)

# WELCOME

This meal plan is designed to help you burn fat and build muscle. As a Balanced Macros meal plan, you will be eating the appropriate portions of lean proteins, healthy fats, and carbohydrates in each meal. We focus on eating whole foods and reducing/eliminating any added sugar. You will combat sugar cravings by having fruit all throughout your day.

This meal plan is meant to give you both structure and flexibility. While you do have a weekly menu, you also have healthy swap options to add variety to your meals if you wish. We will practice intermittent fasting throughout this challenge. We suggest fasting for only 12 to 14 hours at a time. As women, we do not want to go longer than this in consideration for our hormones.

Each morning of this challenge will start with a protein shake. This will not only promote muscle growth as we fuel our workouts but also stabilize our blood sugar. Following this, our next two meals will be larger portions. The first of these meals will include more carbs, while later in the day we will have a lower carb meal. Our last meal of the day will be a smaller snack.

At the bottom of each menu, you will see the healthy swap options available for that meal. Simply click on this swap that you are looking for and you will be brought to the recipe.

During your program, we also suggest avoiding alcohol, as this can hinder your goals. Aim to drink about one gallon of water per day.

The TRU Training system has worked and brought results for thousands of women in the past, but the key to success is consistency. We have aimed to serve all types of people in this program, those who thrive on structure and those who crave variety. You may follow the meal plan exactly, or you may utilize the swap options. Both will bring results, but we suggest not steering off of this plan during the program.

## 6 PILLARS OF HEALTH & WELLNESS



Stress  
Resilience



Exercise



Positive Social  
Connections



Sleep



Avoidance of  
Risky Substances



Nutrition

These are the components that we prioritize, not only in your meal plan, but in every facet of what we do here at TRU Training and TRU Supplements. This approach allows us to achieve the results we know you are after while enhancing and optimizing your overall health.

# HOW TO FOLLOW

## Example Schedule:

**Fast from 8pm-10am**

**Recommended Workout Timing:** 7:00 - 9:00 am (or first thing in the morning)\*

**10:00 am** - Morning Shake

**1:00 pm** - Meal 1

**5:00 pm** - Meal 2

**7:30 pm** - Meal 3

\*While not everyone will be able to workout first thing in the morning, we do recommend this if possible to set the tone for your day. You will want to consume your morning shake within an hour after your workout ends. If you workout in the afternoon or evening, this is fine. **The most important thing is to not miss workouts.** This is far more important than timing. Simply consume your next meal within an hour. This timing assists in the muscle building process, which is key to body recomposition (burning fat/building muscle).

## FAQ

### Can I have a cheat meal once/week?

*The best way to see results in this program is to follow it as written. However, if you are feeling too rigid and have a really serious craving, we suggest rather than risking a binge meal to simply give yourself a very small portion. Only do this if the mental fight becomes distracting towards your goals.*

### Do I have to follow the Intermittent Fasting?

*No, you do not have to fast if you don't want to or cannot do so for health reasons. You may also opt to shorten the fast, such as a 10-hour fast.*

### What if I can't eat everything in one meal?

*If your body is full, stop eating. You can save the rest for a snack if you wish.*

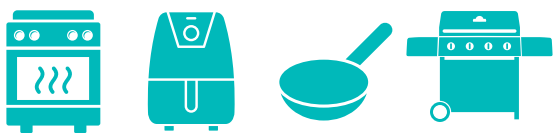
### What if I'm still hungry?

*Listen to your body. If you are still hungry, you may increase your portion sizes as needed. If this happens for several days or a whole week, this may be a sign that you need to increase to a higher calorie meal plan. We do not recommend adding food sources that are not already part of that meal.*

# HEALTHY SWAP LIST

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.  
 Portion size listed below is 1 serving. Adjust based on # of servings called for in meal plan.

## PROTEIN

Chicken Breast	Organic Tofu Firm (1.5 oz Tofu for every 1oz meat you are replacing)
Ground Beef - 90/10	Textured Vegetable Protein (1/8 cup dry measure, for every 1oz you are replacing)
Ground Turkey - 90/10	<p>Recommended Cooking Methods:</p>  <p>Oven    Air Fryer    Skillet    Grill</p>
Tuna	
Salmon	
Egg Whites (2 whites per each 1oz of meat you are replacing)	

\*Please match the amount of protein used for your swap choice, to the amount of called for in your plan, in the meal where you are swapping.

\*For example, if your meal plan calls for 3.5oz of salmon and you want chicken, you would replace it with 3.5oz of chicken.

\*All protein portions are cooked portions.

### BAKING:

- Set the oven to 400 degrees
- Season your meat with a 1 Tbsp of Olive Oil or Olive Oil Spray and desired salt and spices
- Place protein evenly on baking sheet or desired oven safe cookware
- Bake in oven until protein is completely cooked through depending on protein: 20-45 minutes

### STOVETOP:

- Place 1 Tbsp of Olive Oil or Olive Oil Spray in cooking pan and set to Med or Med-high heat
- Warm oil for 2 minutes
- Place protein evenly on pan and simmer until desired char is reached: 6-10 minutes
- Flip protein and continue to cook until desired doneness is reached

### GRILLING:

- Light/Turn on Grill
- Set/Warm grill to 350 degrees
- Place Protein evenly on grill leaving space between pieces
- Cook until desired char is achieved: 4-8 minutes
- Flip and continue to cook until desired doneness is reached

### AIR FRYER:

- Turn on your air fryer and set it to 375 degrees, or whatever is the recommended temperature on your device
- Place Protein evenly, leaving space between pieces
- Cook in air fryer until protein is completely cooked through and reaches the recommended safe internal temperature. Depending on protein and how thick the pieces are: 15-30 minutes

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## SIDE A

Sun Dried Tomato Bowl	Cilantro Lime Rice
Chickpea Salad	Cilantro Lime Quinoa

## SIDE B

Taco Salad	Ultimate Veggie Stir Fry
Power Salad*	Avocado Tomato Salad*

## FRUITS

Banana (1/2 small banana)	Strawberry (3/4 cup sliced)	Raspberry (2/3 cup)	Blueberry (1/2 cup)
Orange (1 small orange)	Apple (1/2 small apple)	Grapes (12 grapes)	Melon (1 cup diced)





# MEAL PLAN (C) SCHEDULE

\*This is the baseline meal plan we recommend you to start with, but we encourage you to create variety with your Healthy Swap Options

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## SHAKE

- 1 1/4 scoop TRU Protein
  - 10oz unsweetened almond milk
  - 1 1/3 cups banana slices (200g)
  - 16 almonds (18g)
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## MEAL 1

- 5 oz Salmon - cooked (Use Healthy Swap list -Protein- for variety)
  - 1.5 serving Chickpea Salad (Use Healthy Swap list -Side A- for variety)
  - 24 Grapes (Use Healthy Swap list -Fruit- 1 serving for variety)
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## MEAL 2

- 5 oz Chicken Breast - cooked (Use Healthy Swap list -Protein- for variety)
  - 1.5 serving Taco Salad (Use Healthy Swap list -Side A- for variety)
  - 1 1/2 cups Strawberries - sliced (Use Healthy Swap list -Fruit- 1 serving for variety)
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## MEAL 3

- 1 cup Nonfat Plain Greek Yogurt (212g)
  - 2 TBSP Peanut Butter (30g)
  - 1 cup Blueberries (Use Healthy Swap list -Fruit- 1 serving for variety)
  - 1 Rice Cake
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## WATER

**Drink 1 Gallon of Water Daily**

# GROCERY LIST

## FRUITS

Banana	Grapes
Strawberry	Melon
Raspberry	Watermelon
Blueberry	Avocado
Orange	Apple

## VEGETABLES

Purple cabbage	Spinach
Purple onion	Tomatoes
Carrots	Radicchio
Jalapeño pepper	Mushrooms
Romaine lettuce	Brussel sprouts
Corn	Cherry tomatoes
Bell pepper	Arugula
Serrano	Cauliflower
Red onion	Sweet potato
Green onion	Kalamata olives
Grape tomatoes	Fresh parsley
Cucumber	Cilantro
Broccoli	Garlic clove
Kale	Dill
Mint	Sun-dried tomatoes

## CONDIMENTS

ACV	Lemon juice
Lime	Dijon mustard
Honey	Balsamic vinegar
Olive oil	

## LEGUMES

Black beans	Quinoa
Chickpeas	

## PROTEINS

TRU Protein	Tuna
Chicken breast	Salmon
Ground beef	Egg whites
Ground Turkey	

## CARBS

Basmati rice	Hemp hearts
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## DAIRY/FATS

Greek Yogurt  
(plain unsweetened,  
0% or low fat)

## SPICES

Dried oregano leaves	Cayenne pepper
Salt	Bay leaf
Black pepper	Garlic powder
Italian seasoning	

# SUMMER SHAPE-UP RECIPES

## Sun Dried Tomato Bowl • 4 Servings

### INGREDIENTS

#### For the Salad

- 3 oz mushrooms
- 3 oz carrots
- 4 oz cauliflower
- 4 oz sweet potato

#### For the Dressing

- ½ cup sun-dried tomatoes
- 1 clove fresh garlic
- ¼ tsp italian seasoning
- Tbsp balsamic vinegar
- ¼ cup hemp hearts
- 2 cups water

### INSTRUCTIONS

1. Steam or roast the sweet potato, cauliflower, carrots and mushrooms.
2. Mix your dressing ingredients in a blender, or food processor.
3. Once cooked, mix in your veggies and dressing and enjoy!



# SUMMER SHAPE-UP RECIPES

## Cilantro Lime Rice • 4 Servings

### INGREDIENTS

- 1 cup uncooked basmati rice
- 2 cups water
- 1 bay leaf
- 1 tsp salt
- Juice of 1 lime
- 4 Tbsp fresh chopped cilantro

### INSTRUCTIONS

1. Before you start, make sure to rinse your rice a couple times.
2. In a small pot, or rice cooker, add your rice, water, bay leaf and salt.
3. Bring the pot to a boil on high heat. Once boiling, lower the heat to low, cover and cook until the water soaks into the rice, about 30 minutes. (Or follow rice cooker directions)
4. Remove the pot from the heat, remove and discard the bay leaf, and add the rice to a bowl.
5. Add the salt, lime juice and chopped cilantro to the bowl and toss together.
6. Serve hot.

# SUMMER SHAPE-UP RECIPES

## Chickpea Salad • 4 Servings

### INGREDIENTS

#### For the Salad

- 3 cups chickpeas, drained & rinsed (You can find boxed chickpeas, canned, or cook them from scratch.)
- 2 cups grape tomatoes, mixed yellow/red, halved
- ½ an English cucumber, diced
- ½ cup red onions
- ½ cup of kalamata olives, pitted & halved
- ½ cup fresh parsley, chopped
- ¼ cup dill, chopped
- ¼ cup mint, chopped

#### For the Dressing

- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp dijon mustard (add more if needed to taste)
- ¼ tsp garlic powder (or 1 clove grated) (add more if needed to taste)
- 1 tsp sea salt
- ground pepper, to your taste
- 2 tsp honey

### INSTRUCTIONS

1. Make the dressing. Whisk together the olive oil, lemon juice, mustard, garlic, salt, & pepper at the bottom of a large bowl.
2. Add the chickpeas, olives, onions, tomatoes, and cucumber. Toss to coat these ingredients in the dressing.
3. Add the fresh herbs. Toss again to make sure ingredients are combined well.
4. Season to taste and enjoy!

# SUMMER SHAPE-UP RECIPES

## Cilantro Lime Quinoa • 4 Servings

### INGREDIENTS

- 1 cup uncooked quinoa
- ½ cup of chopped cilantro
- ¼ cup fresh lime juice  
(juice of 1 lime)
- 1 Tbsp olive oil
- ½ cup red bell pepper
- ½ cup green or red onion

### INSTRUCTIONS

1. Measure 1 cup dry quinoa and cook according to directions on the label.
2. On a large skillet add 1 Tbsp olive oil over medium heat.
3. Add red bell peppers, onions and cook for 1 minute on medium heat.
4. Add quinoa, chopped cilantro, and lime juice. Mix it all together.
5. Cook for 2 minutes. Add a dash of salt and black pepper to taste.

## Taco Salad • 4 Servings

### INGREDIENTS

#### For the Salad

- 2 cups Romaine Lettuce
- 1 cup shredded Purple cabbage
- 1½ cups black beans - drained and rinsed
- 1½ cups corn Kernels - from 2 ears fresh corn (boil the corn and cut off the kernels. Or use frozen corn.)
- 1 red bell pepper - stemmed, seeded, & diced
- ½ to 1 jalapeño, seeded and diced (or 1 serrano, sliced)
- ⅓ cup red onion, diced
- ⅓ cup sliced green onion (greens and whites)

- ½ ripe but firm avocado, pitted & diced
- \*Optional: 2 Tbsp toasted pepitas

#### For the Dressing

- ¼ cup fresh lime juice (juice of 1 lime)
- 1 small garlic clove, grated
- ¾ tsp sea salt
- Freshly ground black pepper
- ½ ripe but firm avocado, pitted & diced
- ¼ cup greek yogurt (plain unsweetened, 0% or low fat)
- 1 cup cilantro
- 1 tsp honey

### INSTRUCTIONS

1. In a large mixing bowl, whisk together the lime juice, avocado oil, garlic, salt, and pepper.
2. Add the lettuce, cabbage, black beans, corn, red pepper, cilantro, jalapeño, and red onion. Toss to coat.
3. Fold in the avocado, and season to taste. \*Sprinkle with cilantro leaves and toasted pepitas, if desired.

# SUMMER SHAPE-UP RECIPES

## Ultimate Veggie Stir-Fry • 4 Servings

### INGREDIENTS

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|---|--|
| <ul style="list-style-type: none"><li>• 2 multi-colored bell peppers (we used red and yellow)</li><li>• 1 medium red onion</li><li>• 1 large carrot</li><li>• 1 head broccoli (8 ounces, stem on)</li></ul> | <ul style="list-style-type: none"><li>• 2 Tbsp olive oil, divided</li><li>• 1 tsp dried oregano</li><li>• ½ tsp kosher salt</li><li>• fresh ground black pepper to taste</li></ul> |
|---|--|

### INSTRUCTIONS

1. Thinly slice the peppers. Slice the onion. Cut the carrot into thin rounds, on the bias. Cut the broccoli into small florets.
2. Toss the vegetables in a bowl with 1 tablespoon olive oil and the oregano, kosher salt and plenty of fresh ground black pepper.
3. In a large skillet, heat the remaining 1 tablespoon olive oil over medium high heat. Cook for 10 to 12 minutes until tender and lightly charred, stirring occasionally. Taste and add a few pinches of additional salt to taste. Serve immediately.

# SUMMER SHAPE-UP RECIPES

## Power Salad • 4 Servings

### INGREDIENTS

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• kale</li><li>• spinach</li><li>• cucumbers</li><li>• tomatoes</li><li>• shredded carrots</li><li>• bell peppers</li></ul> | <ul style="list-style-type: none"><li>• radicchio</li><li>• mushrooms</li><li>• broccoli</li><li>• shaved brussel sprouts</li></ul> |
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### INSTRUCTIONS

1. Add as many leafy greens as you want.
2. Lightly steam your broccoli or mushrooms if desired.
3. Add all vegetables together and choose your dressing.
4. Season with balsamic vinegar and 1 Tbsp of hummus.

# SUMMER SHAPE-UP RECIPES

## Avocado Tomato Salad • 4 Servings

### INGREDIENTS

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 1 whole avocado</li><li>• ½ cup sliced cherry tomatoes</li><li>• cilantro to taste</li><li>• lemon juice</li></ul> | <ul style="list-style-type: none"><li>• garlic powder or fresh garlic (optional)</li><li>• cayenne pepper (optional)</li><li>• salt &amp; pepper</li></ul> |
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### INSTRUCTIONS

1. Simply add all the ingredients together and serve with Arugula or your choice of green lettuce.

# SUMMER SHAPE-UP RECIPES

## Curtido • 4 Servings

### INGREDIENTS

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|--|---|
| <ul style="list-style-type: none"><li>• ½ head of purple cabbage thinly shredded or sliced.</li><li>• ½ purple onion very thinly sliced</li><li>• 2 carrots , finely shredded</li><li>• 1 fresh jalapeño pepper, sliced (optional)</li></ul> | <ul style="list-style-type: none"><li>• ½ teaspoon dried oregano leaves</li><li>• ½ cup apple cider vinegar</li><li>• Salt to taste</li></ul> |
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### INSTRUCTIONS

1. Bring 4 cups of water to a boil.
2. Place cabbage in a fine mesh strainer. Very slowly pour boiling water over the cabbage to “flash cook”. Rinse with very cold water. Drain well.
3. Add all the ingredients together in a bowl or even a large jar.
4. Let the Curtido sit for a few minutes as it tastes better when it pickles for a bit.
5. Store it in a covered container or mason jar for up to 1 week in the fridge



# FOOD ALLOWED LIST

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
Raspberries	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	*
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## 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
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## CONDIMENTS

Mustard Variations	Low Salt/Sodium Ketchups
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Hot Sauce	Vinegars
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ACV	Low Sodium Soy Sauce
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Avocado Oil	Olive Oil
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Maple Syrup	Coconut Aminos
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## LEGUMES

Chickpeas	Lentils
Peas	Kidney Beans
Black Beans	Soy Beans

Pinto Beans	
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## PROTEINS

Tofu	Tempeh
Seitan	Hempheh
Wild Caught Salmon	White Fish
(canned) Tuna	Eggs

<b>Lean Steak</b>	<b>Chicken Breast</b>
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<b>Lean Ground Turkey</b>	<b>Low-Sodium Turkey-Ham</b>
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<b>Grass-Fed Bison</b>	<b>Ground Beef (90/10)</b>
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(Soy/Almond/Coconut/Cashew) Unsweetened Yogurt	Peanut/Almond/Cashew Butter
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Avocado	Hummus
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Unsweetened (Almond/Coconut/Cashew) Milk	<b>Plain Greek Yogurt</b>
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## HEALTHY FATS

\*When it comes to vegetables, there aren't really limitations! These are just vegetables used daily in meals that I prep\*