



TRU TRAINING NUTRITION GUIDE

STRENGTH FOCUSED
CARNIVORE MEAL PLAN

TRU TRAINING NUTRITION GUIDE

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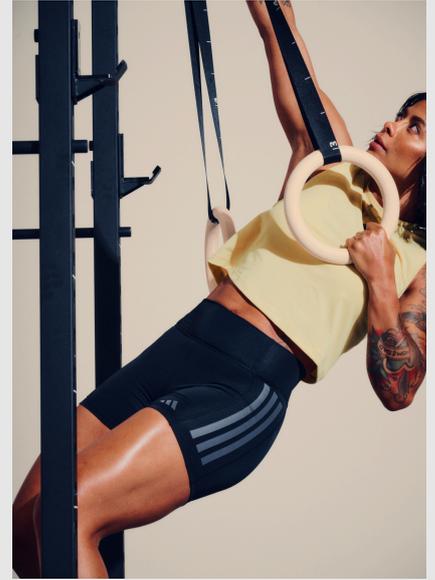
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BODY RECOMPOSITION MEAL PLAN



During the first 4 weeks, consistency is key. I've provided a weekly menu to guide you, but the ultimate goal is for you to feel comfortable with these recipes and learn 2-3 variations of each major meal or snack so they become everyday go-tos.

Each week also includes a grocery list to make shopping and prep easier. I recommend meal prepping on your least busy day and slowly building a routine that works for you. Don't aim for perfection your first week. Focus on progress, enjoyment, and nourishing your body. Use spices, seasonings, and flavors you love so your meals taste as good as they make you feel.

WELCOME TO THE TRU TRAINING NUTRITION GUIDE

On this journey together, we'll focus on building a healthier relationship with food while learning how to eat for better body composition. Your meal plan is designed to help you build muscle, lose body fat, and nourish your gut, hormones, and overall health.

Your plan includes 4 weeks of structured meals created to maximize your body-composition goals. You'll also find a collection of recipes that will become staples in your routine, helping you stay creative and confident in the kitchen as you move through the program.



CHOOSE YOUR PRE-WORKOUT NUTRITION

The size of your meal will depend on how long you have to digest before you workout. Please use this as a reference & adjust your meals as needed.



2-3 HOURS PRIOR

You have plenty of time to digest a full meal. Choose a meal that's high in carbs, but moderate fat, protein, and fiber.



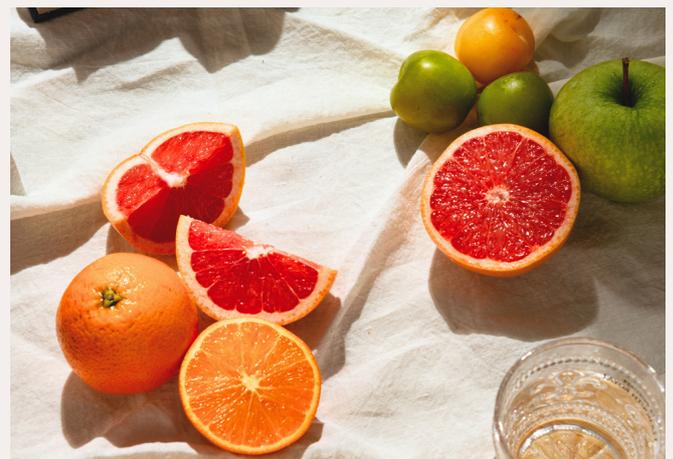
1-2 HOURS PRIOR

Since you have less time to digest your meal, you will want to lessen the amount of fat and dietary fiber in your meal. Carbs and protein will be your focus.



30-60 MINUTES PRIOR

Your priority is digestibility at this point. Focus on carbohydrates, & minimize dietary fat and fiber. Keep serving sizes moderate.



0-30 MINUTES PRIOR

Simplicity is key! Opt for a small serving of carbs and protein. Having some fuel is better than struggling through a workout underfueled!



Workout Supplement *Recommendations*

These are the TRU Supplement products we recommend to maximize your workout experience, energy levels, and recovery.



PRE-WORKOUT

1 Scoop TRU Energy Complete with 10 oz water, 15 minutes before workout



DURING WORKOUT

1 Scoop TRU Hydration Complete formula with BCAA, with 16-20 oz water, sip throughout workout



POST WORKOUT

1 Scoop TRU Protein Complete with 10 oz water, or prepared as a smoothie with additional ingredients per your calorie/macro goals

ALL PRODUCTS

MAXIMIZE YOUR RESULTS

BOOST YOUR PERFORMANCE, FAT LOSS, HEALTH AND MUSCLE GAINS WITH TRU SUPPLEMENTS. USE CODE **MA26** FOR AN EXCLUSIVE 20% DISCOUNT.



YEAR OF YOU BUNDLE

This bundle is designed to help women with intention, nourishment, and the momentum to become their BEST selves



GREENS COMPLETE

Your daily all-in-one wellness scoop with organic greens, essential nutrients, and plant-powered support for energy, digestion, and metabolism.



PROTEIN COMPLETE

A plant-based protein to support muscle, recovery, and daily nutrition—great post-workout, as a meal replacement, or anytime.



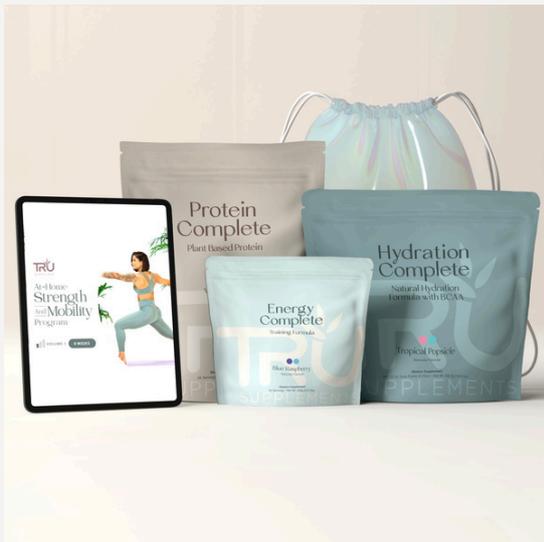
DREAM BODY BUNDLE

Everything you need to nourish your body, fuel your workouts, and support your goals inside and out.

ALL PRODUCTS

FUEL YOUR BODY & GOALS

SUPPORT ENERGY, RECOVERY, AND PERFORMANCE WITH TRU SUPPLEMENTS —BUILT TO HELP YOU BURN FAT, BUILD MUSCLE, AND FEEL YOUR BEST EVERY DAY. USE CODE **MA26** FOR AN EXCLUSIVE 20% DISCOUNT.



WONDER WOMAN BUNDLE

For the woman who does it all and chooses herself. This bundle supports energy, strength, and consistency so you can show up confident every day.



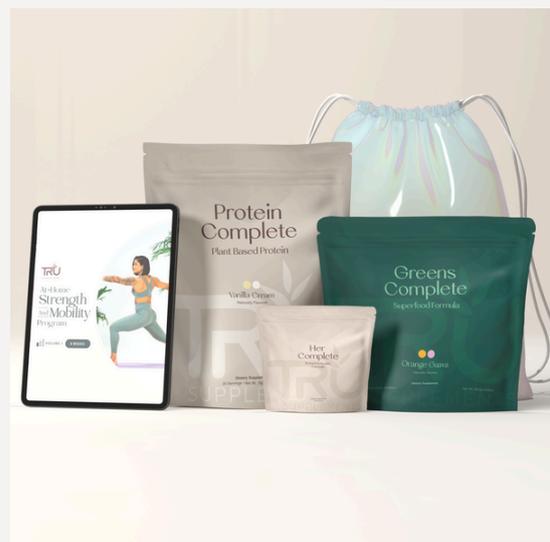
METABOLISM COMPLETE

Burn fat, preserve muscle, and boost energy, supporting your fitness goals safely and effectively.



HYDRATION COMPLETE

An all-day boost for energy and recovery - electrolytes, magnesium, and clean energy to keep you hydrated, strong, and focused.



GODDESS GLOW BUNDLE

Radiate strength and glow from within. This bundle fuels your body, supports workouts, and helps you shine every day.

ALL PRODUCTS

YOUR BEST SELF STARTS HERE

ACHIEVE YOUR GOALS, SUPPORT ENERGY, RECOVERY, FAT LOSS, AND MUSCLE GROWTH - EVERYTHING YOU NEED TO FEEL STRONG, CONFIDENT, AND UNSTOPPABLE. USE CODE **MA26** FOR 20% OFF.



MUSCLE MAMI BUNDLE

This bundle celebrates the beauty of transformation - boosting confidence, energy, and strength so every workout becomes a statement of self-care.



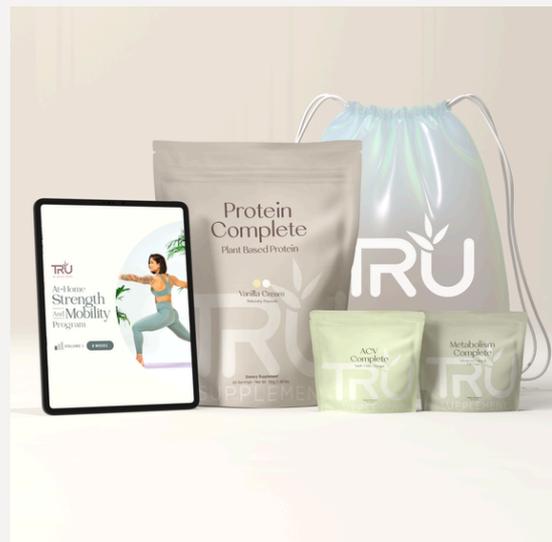
HER COMPLETE

Women's formula for hormonal balance, stress relief, skin and gut health, and natural energy. Feel your best daily.



ENERGY COMPLETE

A natural pre-workout designed to boost energy, strength, endurance, and fat burn so you can power every workout and reach your goals consistently.



BODY TRANSFORMATION BUNDLE

This bundle helps women build lean muscle, support fat-burning, and improve digestion so you can stay consistent and see real results.

ALL PRODUCTS

FUEL. STRENGTHEN. TRANSFORM.

MAXIMIZE YOUR RESULTS, BUILD MUSCLE, BURN FAT, BOOST ENERGY, AND RECOVER FASTER—EVERYTHING YOU NEED TO FEEL STRONG, CONFIDENT, AND UNSTOPPABLE. USE CODE **MA26** FOR 20% OFF.



SCULPT ESSENTIALS BUNDLE

This bundle fuels your workouts, supports recovery, and helps you burn fat, build lean muscle, and boost overall strength.



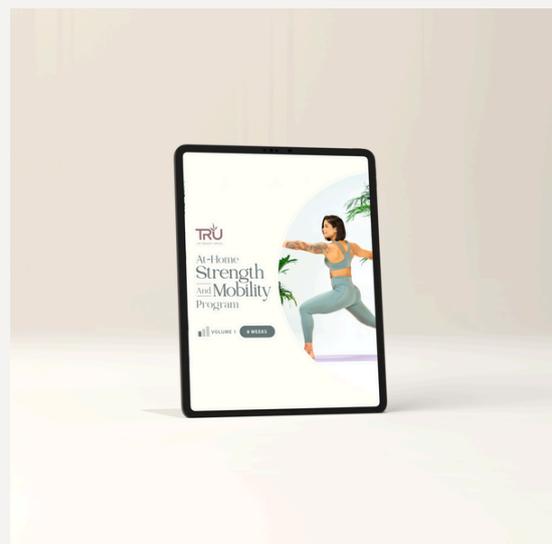
CREATINE COMPLETE

TRU Creatine enhances strength, endurance, and muscle growth while supporting brain and bone health.



ACV COMPLETE

TRU ACV provides fat-burning and bloat-fighting benefits of apple cider vinegar without the harsh taste or enamel damage—in a vegan-friendly capsule.



SCULPT PROGRAM

This program builds lean muscle, burns fat, and boosts strength, mobility, & athleticism helping you move & perform your best.

MEAL PLAN DO'S

1. Prioritize Protein Intake

Include a lean protein source in every meal. TRU Protein helps you meet daily needs & supports muscle recovery, growth, & fullness.

2. Maintain a Mild Caloric Deficit

Follow the meal plan as written. It's crafted to keep you in a slight deficit while still fueling muscle growth. Don't undereat or push hunger for results.

3. Time Carbs Around Workouts

Eat most of your carbohydrates before & after training for better energy, performance, & recovery.

4. Include Healthy Fats

Avocado, nuts, seeds, & olive oil support hormones essential for fat loss & muscle gain.

5. Control Portions with Intuitive Eating

Follow the plan for structure, but adjust portions based on your body's hunger & fullness cues.

6. Focus on Whole Foods

Focus on lean proteins, veggies, whole grains, & healthy fats. The plan uses clean ingredients & healthy cooking methods.

7. Stay Hydrated

Aim for at least half your body weight in ounces of water daily, more if you're active.

8. Build Balanced Meals

Each meal should include protein + complex carbs + healthy fats for steady energy & recovery.

9. Meal Prep Consistently

Prep ahead so you can stay on track. The first weeks build your routine & help you get comfortable with recipes you'll use long-term.

10. Track Progress Simply

Check photos, measurements, & strength every 2-4 weeks, not daily weight.

MEAL PLAN DON'TS

1. Don't Cut Calories Too Low

A large caloric deficit can cause muscle loss, slower metabolism, & lead to burnout.

2. Don't Ignore Hunger Signals

If you're truly hungry, eat something that aligns with your goals, even if it's not on the plan.

3. Don't Fear Carbs

You need carbs to perform and build muscle. Focus on quality carbs & time them wisely around your workouts.

4. Don't Binge on Cheat Days

Enjoy treats mindfully and in moderation, in line with intuitive eating principles.

5. Don't Eat Just to Hit Macros

If you're satisfied, don't force extra food. Your energy & muscle recovery are indicators of your fuel intake.

6. Don't Skip Post-Workout Meals

Your body needs protein + carbs after training to rebuild & recover.

7. Don't Use an All-or-Nothing Mindset

If you slip up, move on. Don't restrict or punish yourself the next day. Get back on track.

8. Don't Eat Too Fast

Slow down so your body can signal fullness & prevent overeating.

9. Don't Skip Vegetables

Veggies provide essential fiber, vitamins, & minerals that support digestion, micronutrient intake, fat loss, & overall health.

8-WEEK WEIGHT LOSS

EXERCISE & NUTRITION

Program Overview

I created these guidelines the same way I coach clients one-on-one. The goal is to help you transition into a healthy, sustainable lifestyle—one step at a time. If you haven't exercised in a while or have more weight to recompose, this journey is about making the process digestible, measurable, and truly attainable.

WEEK 1

WEEK 2

PRE-CONTEMPLATION → PREPARATION

Nutrition

Start by tracking your current diet for 2–3 weekdays and 1–2 weekend days in a notebook or journal. This helps you identify patterns and small areas for improvement.

Familiarize yourself with your meal plan. Meals are balanced with lean protein, complex carbs, healthy fats, and plenty of fruits and vegetables. Learn to cook, meal prep, and plan grocery trips. Gradually integrate these foods, replacing processed snacks and sweets with healthier options like fruit or sugar substitutes.

Eat until satisfied—don't starve yourself. Focus on following your plan as closely as possible, without stressing about perfection.

Exercise

Start simple. Walking 30–45 minutes daily or other low-impact movement is a great foundation.

Gradually introduce workouts: combine mobility and walking first, then add strength exercises, even if you don't complete all sets at first. If you already exercise regularly, begin your planned workouts now.

Journal

Dedicate a section for nutrition notes and another for reflections on your feelings. Write at least 200 words daily. No rules—just free-flow thoughts.

WEEK 3

WEEK 4

PREPARATION → ACTION

Nutrition:

Fully implement the meal plan with consistency, focusing on whole foods, lean protein, complex carbs, and healthy fats. Maintain favorite meals but keep flexibility balanced with plan guidelines.

Exercise:

Follow your movement program consistently. Adjust sets, weights, or hold durations if needed. Start small and gradually increase intensity to avoid burnout.

Journal:

Continue daily journaling (200+ words). Focus on thoughts, feelings, and experiences in your life.

WEEK 5

WEEK 6

ACTION

Nutrition

Evaluate your body's response to the plan. Adjust as needed, but stay committed to the principles that support your progress. Your body composition may continue to evolve.

Exercise

Aim for consistency. Increase intensity in strength training and add 20–30 minutes of cardio before mobility sessions if energy allows. Prioritize recovery and sleep to support your progress.

WEEK 7

FORWARD

PROGRESS

Nutrition

Healthy eating should feel natural now. Continue meal prepping and focusing on nutrient-dense foods. Your choices should be guided by knowledge and habits formed over the previous weeks. The more you actively choose the healthy route, the easier it becomes to maintain as a lifestyle.

Exercise

Continue maintaining your workout routine. By now, you should feel not only the physical changes but also the mental and emotional benefits of consistent movement. Staying active becomes part of who you are.

MICRO & MACRO NUTRIENTS

WHAT ARE MICRO NUTRIENTS?

Micronutrients are nutrients your body needs in much smaller amounts, but they are just as essential. Often referred to as vitamins and minerals, micronutrients support countless processes in the body, from immune function to metabolism to healthy bones and skin. Common examples include minerals like sodium, iodine, zinc, copper, and fluoride, as well as vitamins A, C, D, E, K, and the B vitamin complex. Even though you only need small amounts, deficiencies can lead to serious health issues.

WHAT ARE MACRO NUTRIENTS?

Macronutrients, or “macros,” are the main nutrients found in the foods you eat. The three key macros are protein, fat, and carbohydrates. Each plays a vital role in how your body functions, and together they determine the calorie content of your food.

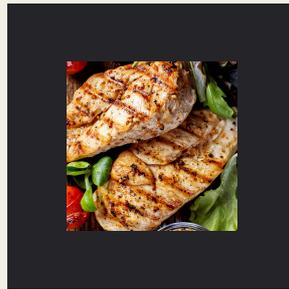
Protein and carbohydrates provide 4 calories per gram, while fat is more calorie-dense at 9 calories per gram. All three are essential for health, energy, and body composition. Below, we'll take a closer look at each macro and its role in the body.



CARBOHYDRATES

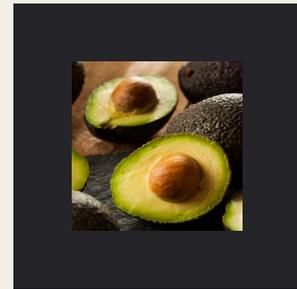
Carbohydrates are your body's primary source of fuel, providing energy for both your muscles and central nervous system.

They support daily movement, workouts, & mental focus. Carbs are essential for performance and recovery. You just need to choose the right types and portions.



PROTEINS

Protein is crucial for building & repairing muscle. It provides amino acids that support recovery & boost metabolism. For active individuals, it's especially important as your muscles are constantly rebuilding, making intake key for strength, performance, & overall body composition.



FATS

Fats act as an important energy reserve and help the body absorb fat-soluble vitamins A, D, E, and K. They insulate and protect organs, support hormone balance, brain development, joint health, blood clotting, and help regulate inflammation.

TYPES OF CARBOHYDRATES

COMPLEX CARBS (THE GOOD CARBS)

Your main source of energy. They're high in fiber, keep you full longer, support digestion, and give steady, sustained energy.

Examples: leafy greens, fruits, veggies, sweet potatoes, oatmeal, quinoa, barley, potatoes, and brown rice.

SIMPLE CARBS (LIMIT THESE)

Quick energy with little nutrition. They digest fast, spike blood sugar, and leave you hungry soon after.

Examples: cookies, pastries, white bread/rice, crackers, prezels, candy, chips, fries, soda, and juice.

COLOR	NUTRIENTS	HEALTH BENEFITS	TYPES
RED 	Vitamin A & C Manganese Antioxidants (Quercetin, Lycopene)	Reduce risk of cancer & heart disease, Decrease inflammation, Increase immunity, Eye/skin/hair health	Tomato, Red pepper, Beet, Radish, Red apple, Red potatoes, Grapefruit, Cherries, Raspberries, Strawberries, Watermelon
GREEN 	Vitamin K, B-Vitamins, Folate, Potassium, Antioxidants (Chlorophyll, Carotenoids, Lutein)	Promote eye health, lung health, liver function, healthy cell production, Reduce risk of cancer, Increase blood clotting, Lower blood pressure	Broccoli, Cabbage, Cucumber, Pepper, Pea, Asparagus, Zucchini, Avocado, Kiwi, Apple, Grape, Pear
ORANGE/YELLOW 	Vitamin C, A, B6 Potassium, Folate, Antioxidants (Beta-Carotene, Lutein, Alpha-Carotene)	Muscle growth, Boosts energy, Strengthens immunity, Promotes bone health	Carrots, Orange/Yellow Peppers, Squash, Sweet Potato, Pumpkin, Orange, Banana, Apricot, Cantaloup, Nectarine, Peach
BLUE/PURPLE 	B-Vitamins, Antioxidants (Anthocyanins, Resveratrol, Flavonoids)	Reduce risk of cancer & heart disease, Protect cells from damage, Improve memory, Prevent aging	Eggplant, Red onion, Purple Cabbage, Purple Potatoes, Blueberries, Blackberries, Plums
WHITE 	Vitamin C & K Folate Potassium Antioxidants (Allicin, Quercetin, Anthoxanthins)	Lower cholesterol, Reduce risk of cancer & heart disease, Protect cells from damage, Increase immunity, Promote eye/skin/bone health	Cauliflower, Garlic, Jicama, Mushroom, Onion, Parsnip, Turnip, Potato, Rutabagas

TYPES OF PROTEINS

WHY PROTEIN MATTERS

- Supports muscle growth and recovery
- Preserves lean muscle while losing fat
- Boosts metabolism
- Keeps you fuller longer
- Essential for a toned, strong physique

GOOD TO KNOW

The more muscle you have, the more calories you burn at rest, making protein a key part of any fat-loss and body-recomposition plan.

Examples: eggs, fish, poultry, dairy, plant-based proteins, chicken, beef, pork, legumes.

PROTEIN	NUTRIENTS	HEALTH BENEFITS	TYPES
SALMON 	Vitamin B12 & B6 Niacin Riboflavin Vitamin D	Heart health Brain function Muscle recovery Strong bones Healthy skin	Atlantic Chinook (King) Coho (Silver) Sockeye (Red) Pink Chum (Keta) Salmon
BEEF 	Protein Iron Zinc B12 Healthy Fat	Muscle growth Boosts energy Strengthens immunity Promotes brain health	Ribeye Filet Mignon New York Strip T-Bone Sirloin
CHICKEN 	Protein B Vitamins Phosphorus Selenium Zinc Healthy Fats	Muscle growth, Boosts energy, Strengthens immunity, Promotes bone health	Chicken breast Thighs Wings Drumsticks Whole Chicken
TOFU 	Protein Iron Calcium Magnesium Phosphorus B Vitamins	Muscle growth Bone health Energy levels Heart health Hormone balance	Silken Soft Firm Extra Firm Super Firm
EGGS 	Protein Healthy Fats Vitamin B12 & D Choline Iron Selenium	Muscle growth Brain function Bone health Immunity	White Brown Free-Range Pasture-raised Organic Omega-3

TYPES OF FATS

UNHEALTHY FATS (LIMIT THESE)

Not all fats are created equal. Saturated fats and trans fats are considered unhealthy when consumed in excess. These fats can negatively impact heart health and inflammation and should be limited as much as possible in a balanced nutrition plan.

HEALTHY FATS (PRIORITIZE THESE)

Unsaturated fats (monounsaturated & polyunsaturated) support hormone health, brain function, & inflammation control. These essential fats (omega-3s and omega-6s) must come from food.

Examples: Avocado, salmon, walnuts, chia seeds, flax seeds, egg yolks, olive oil, almond butter

FATS	NUTRIENTS	HEALTH BENEFITS	TYPES
Monounsaturated Fats 	Oleic acid Vitamin E Polyphenols	Heart health Reduce inflammation Improves cholesterol balance (↑ HDL, ↓ LDL) Blood sugar control	Avocado Olive oil Olives Almonds Cashews
Polyunsaturated Fats (Omega-3) 	EPA DHA ALA Vitamin D	Reduces inflammation Brain & cognitive health Improves heart health Supports hormone balance	Salmon & Sardines Anchovies & Mackerel Chia seeds Flaxseeds Walnuts
Polyunsaturated Fats (Omega-6) 	Linoleic acid Vitamin E	Supports cell structure Aids hormone production Skin & hair health Best with omega-3s	Sunflower seeds Pumpkin seeds Sesame oil Tofu Soybeans
Saturated Fats (Quality Sources) 	Fat-soluble vitamins (A, D, E, K) MCTs	Hormone production Aids nutrient absorption Increases satiety Supports energy levels when used in moderation	Beef, Bison & Lamb Eggs Grass-fed butter Ghee Coconut oil Yogurt
Whole-Food Fat Sources 	Fiber Magnesium Antioxidants Micronutrients	Supports digestion Helps stabilize blood sugar Improves fullness & appetite control Gut health	Nuts & Seeds Avocado Olives Dark Chocolate Coconut

COMPARISON LABELS

DORITOS
(SIMPLE CARBS)

VS.

ROLLED OATS
(COMPLEX CARBS)

Nutrition Facts	
Serving Size 1 oz (28g/About 11 chips)	
Servings Per Container About 3.5	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Thiamin 2%	• Vitamin B6 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

Nutrition Facts	
8 servings per container	
Serving size	1 pouch (42g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Potassium 160mg	4%
Thiamin	15%
Phosphorus	10%
Magnesium	10%
Zinc	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

HOW TO READ LABELS

1. Serving Size

Start with the serving size. This tells you how much counts as one serving and how many servings are in the entire package. Many packages contain multiple servings, so you may need to multiply the numbers on the label to understand how many calories, fats, sugars, and carbs you're actually consuming.

2. Calories

Calories show how much energy you get from one serving. These calories come from protein, carbs, and fats. Labels also list how many of those calories come specifically from fat. As a general guideline, aim to keep fat intake to about 30% or less of your total daily calories.

3. Calories per Gram

These standard values help you understand where calories come from:

- Fat: 9 calories per gram
- Carbs: 4 calories per gram
- Protein: 4 calories per gram
- These numbers don't change from food to food.

4. Limit These Nutrients

Nutrition labels are based on a 2,000-calorie diet. Choose foods low in saturated fat, trans fat, and sodium, and higher in healthier fats like polyunsaturated and monounsaturated fats. Remember: "fat-free" doesn't mean calorie-free. Many fat-free items are high in sugar or sodium.

- Keep saturated fat to 10% or less of total daily calories.
- Avoid trans fats completely. Even if a label says "0g trans fat," check the ingredients for partially hydrogenated oils—a hidden source.

5. Get Enough of the Good Nutrients

Focus on nutrients that support your health: fiber, protein, calcium, iron, and essential vitamins.

- Aim for 25–30g of fiber daily.

6. Use the % Daily Value (%DV)

%DV helps you understand whether a food is high or low in a nutrient.

- 5% DV or less = low
- 20% DV or more = high
- Choose low %DV for nutrients to limit (sodium, saturated fat) and high %DV for nutrients to increase (fiber, vitamins).

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

7. Choose Foods with Short Ingredient Lists

Ingredients are listed by weight. Look for foods with simple, recognizable ingredients. If you can't pronounce something, or the list is long and full of additives, choose a different option. A helpful rule: aim for products with five ingredients or fewer.



Nutrition Guide

MACRO SPLITS

This guide introduces how tracking calories and your macro balance (carbs, protein, and fats) helps you reach goals like fat loss, muscle gain, or maintenance. When you log what you eat, you learn the portions and fuel your body needs to perform at its best. With consistency, you won't need to track forever. These habits will teach you how to adjust your food intake naturally and pair it with your training for long-term success.

SPLITTING MACROS

There is no one-size-fits-all macro split. Your ideal ratio depends on factors like age, gender, metabolism, activity level, sleep, lifestyle, and workout intensity. The macro calculator provided gives you the best starting point. Follow your numbers for the first two weeks to see how your body responds, then adjust if needed. Next, we'll walk through how to calculate your macros and share tips to make the process easy and effective.

ADVANCED NUTRITION: TRU MACROS

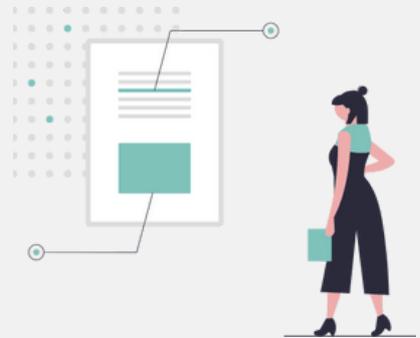
WHAT TRU MACROS IS

Your program is designed to deliver results when followed as written. However, if you're more experienced or want to take your meal planning to the next level, you can use TruMacros.com to calculate your daily calorie needs & further tailor your nutrition.



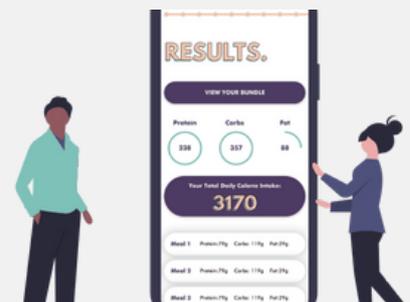
WHY CALCULATE MACROS

- **Optional for Fine-Tuning:** The guide is effective as-is, but this tool is for those who want extra precision.
- **Optimize Your Results:** Match your nutrition even more closely to your workouts.
- **Customize Your Plan:** Align your meals to specific calorie & macro targets if desired.



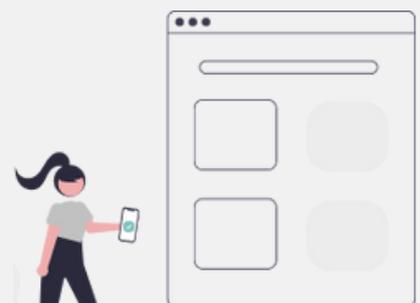
HOW IT WORKS

- 1. Visit TruMacros.com**
- 2. Input Your Info:** Age, weight, height, activity level, and fitness goals.
- 3. Receive Your Results:** Use them to guide or adjust your meal planning.



STAY FLEXIBLE

If you prefer to follow the TRU Training Nutrition Guide as written, that's perfectly fine. The recipes and meals will still support your goals. You can always begin with the guide and revisit TRU Macros as you progress.



CONSIDERATIONS

1. MACRO BASICS



Remember that protein, fats, and carbohydrates each have different calorie values (carbs = 4 cal/g, protein = 4 cal/g, fat = 9 cal/g). Always measure in grams and focus on hitting the macro percentages generated by your calculator, not the calorie total. When your macros are correct, the math will always add up automatically.

To help you build your plan, use the included Macro Index, which lists common foods and their carb, protein, and fat values in grams. This will make creating your meals easier and more accurate.

2. TRACKING MACROS



You can track your macros manually with a journal, or you can use tracking apps like Calorie Counter by MyNetDiary Inc. or MyFitnessPal. Just be sure to log the correct serving sizes and brands so your numbers stay accurate.

I do not believe in crash dieting. It can damage your metabolism. For fat loss, start with the 20% standard intensity for steady progress instead of jumping into aggressive cuts. For weight gain, begin with the 5% standard intensity to give your body time to adjust without adding unnecessary fat.

3. ADJUSTING NUMBERS



Most people following a fat-loss plan do well with 150–210g of carbohydrates. If your calculation shows a higher number, redo your inputs. It's likely an error.

Once your macros are set, it's essential to stick to them for the first 14 days. For fat loss, avoid straying from your plan during this time. This is the only way to know whether your numbers are working. If you're making progress after two weeks, your macros are correct. If not, adjust slowly by reducing 125 calories (which equals 20g carbs + 5g fat). For muscle gain, add the same amount (+125 calories).

4. HEALTHY PROGRESS



Crash dieting does not create sustainable results. It affects your relationship with food and leaves you tired, unhappy, and stalled. You do not need to starve to lose weight, and you cannot rush muscle gain. Your body needs time to repair the micro-tears created during training.

Prioritize rest, hydration, consistency, and balanced nutrition. You don't build muscle in the gym; you build it by fueling properly and recovering well.

User Scenario

MACRO CALCULATOR

ALICE | FEMALE | 28 YEARS OLD | 5'6" | 180LBS | GOAL: -30LBS
 Here's how Alice's Macros would look based on her information

Step 1: Enter in your Weight, Height, Age after selecting the Male or Female Calculator.

Step 2: Select Moderate Activity Level since this program emphasizes 5x workouts per week

Step 3: Review your various TDEE (Total Daily Energy Expenditure) for the various goals

Alice needs to eat 1930 calories per day to reach her goal of losing 30 pounds. This is broken down like so:

Daily Macros: 212 g Carbs | 149 g Protein | 54 g Fats

How To Apply: If you divide each category by 6 (meals per day) you will get your macros per meal

Macros Per Meal: 35 g carbs | 25 g protein | 9 gram fat

Notice these macro totals are very close to Alice's calculated amount. There is slight wiggle room for condiments.

Meal	Description	Amount	Protein (g)	Carbs (g)	Fats (g)	Cals
Breakfast	Eggs: 1 whole, 3 whites	1	17	0	5	125
	Oatmeal	3/4 Cup	8	41	5	240
	Strawberries	4oz	0.9	8.5	0.68	38
	Totals:		25.9	49.5	10.68	403
Meal	Description	Amount	Protein (g)	Carbs (g)	Fats (g)	Cals
AM Snack	Hummus	4tbs	8	16	8	140
	Celery	2 stalks	0.6	2.4	0.2	12
	Totals:		8.6	18.4	8.2	52
Meal	Description	Amount	Protein (g)	Carbs (g)	Fats (g)	Cals
Lunch	Grilled chicken	4oz	26	0	1.4	124
	Zucchini	1 med	2.4	6	0.6	33
	Brown rice	3/4 cup	3.39	34.38	1.21	164
	Totals:		31.79	40.38	3.21	321
Meal	Description	Amount	Protein (g)	Carbs (g)	Fats (g)	Cals
PM Snack	Greek yogurt	1 cup	23	0	3.97	140
	Unsalted Rice Cakes	2	2	30	1	120
	Peanut Butter	2tbs	6	6	16	180
	Totals:		31	36	20.97	440
Meal	Description	Amount	Protein (g)	Carbs (g)	Fats (g)	Cals
Dinner	Salmon	4oz	22.55	0	12.3	207
	Baked sweet potato	8oz	4.5	46	0.09	204
	Asparagus	10 spears	2.2	3.88	0.12	20
	Totals:		29.25	49.88	12.51	431
Meal	Description	Amount	Protein (g)	Carbs (g)	Fats (g)	Cals
Post workout Snack	Tru supp protein shake		20		2	100
	Totals:		20	0	2	100

Protein	Carbs	Fats	Cals
146.54	194.16	57.57	1813

Macro Index For CUSTOM NUTRITION PLAN

DISCLAIMER: ALWAYS DOUBLE CHECK YOUR MACROS. THE NUTRITIONAL FACTS OF CERTAIN FOODS MIGHT CHANGE FROM BRAND TO BRAND. YOUR PROTEINS & 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, & OTHER CONDIMENTS.

	Portion / Size	Protein	Carbs	Fats
Carbohydrates				
100% Whole grain Bread	1 Slice	4	15	0.5
100% Whole grain Bread	2 Slice	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
Bulgur cooked	1/2 Cup	2.8	17g	0.22
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

	Portion / Size	Protein	Carbs	Fats
Carbohydrates				
Farro Cooked	1 Cup	8	52	2.7
Farro Cooked	3/4 Cup	6	32	2
Farro Cooked	1/2 Cup	4	26	1
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 Oz	1.78	22.8	0.06
Sweet Potato	6 Oz	2.67	34.22	0.09
Sweet Potato	8 Oz	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	17.5	0.3
Wild Rice (cooked)	3/4 Cup	4.9	26	0.42

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

	Portion / Size	Protein	Carbs	Fats
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 Avocado	1/2	1	6	12
Olive Oil	1Tbs	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

	Portion / Size	Protein	Carbs	Fats
Vegetables & Fruit				
Artichoke	1 Med	4.2	13	0.2
Asparagus	10	4.5	7.25	0.75
Asparagus	16	6.4	10	0.8
Banana - Small 6-8in	6-8in	1.1	23	0.33
Beets	1 Cup	2.2	13	0.2
Bell Pepper	1 Large	1.9	12	0.4
Black Olives	1/4 Cup	0	2	5
Blueberries	(small)	0.84	16	0.37
Broccoli	1 Cup	4.6	8.6	0.4
Brussel Sprouts	1 Cup	3	8	0.3
Cabbage	1 Cup hopped	1.1	5	0.1
Carrots (rainbow)	1 Cup	1.4	11	0.3
Cauliflower - 1 Cup	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 (med)	(med)	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

	Portion / Size	Protein	Carbs	Fats
Protein				
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
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	3 Oz	19.5	0	0.75
Cod	5 Oz	32.5	0	1.3
Cod	1 Oz	6.5	0	0.25
Cod	2 Oz	13	0	0.5
Cod	4 Oz	26	0	1
Cottage Cheese	1/2 Cup	13	6	1
Egg w/ 4 Whites	1	21	0.9	5
Egg White	1 large	0	0.2	3.5
Egg White	2 large	0	0.4	7
Egg White	3 large	0	0.6	10.5
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

	Portion / Size	Protein	Carbs	Fats
Protein				
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	5 Oz	31.1	0.6	6
Flounder	2 Oz	18.7	0.35	3.6
Flounder	4 Oz	24.9	0.47	4.8
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
Haddock	4 Oz	27.5	0	1.1
Hard Boiled Egg (with Yolk)	1	6.3	0.6	5
Hard Boiled Egg (with Yolk)	1	6.3	0.6	5
Milk	8 Oz	8	13	0
Milk	8 Oz	8	13	0
Protein Shake (Tru)	1 Serving	20	2	1
Protein Shake (Tru)	1/2 Serving	10	1	0.5

	Portion / Size	Protein	Carbs	Fats
Protein				
Salmon	3 Oz	19	0	10.5
Salmon	4 Oz	25.3	0	14.8
Salmon	3 Oz	19	0	10.5
Salmon	4 Oz	25.3	0	14.8
Scallops	4 Oz	19	2.7	1
Scallops	4 Oz	19	2.7	1
Shrimp	4 Oz	24	0	1.2
Shrimp	4 Oz	24	0	1.2
Soy Nuys - 1/3 Cup	1/3 Cup	9	10	5
Soy Nuys - 1/3 Cup	1/3 Cup	9	10	5
Soy Tempeh	4oz	22	19	9
Tilapia	2 Oz	5.5	0	0.5
Tilapia	2 Oz	11	0	1
Tilapia	3 Oz	16.5	0	1.5
Tilapia	4 Oz	23	0	2
Tilapia	2 Oz	5.5	0	0.5
Tilapia	2 Oz	11	0	1
Tilapia	3 Oz	16.5	0	1.5
Tilapia	4 Oz	23	0	2
Tofu	1/2 Cup	10	2	5
Tofu	1 Cup	20	4	10
Tofu	1/2 Cup	10	2	5
Tofu	1 Cup	20	4	10
Traditional Seitan	4oz	30	14	3
Tuna (fresh)	4 Oz	33.3	0	6.7
Tuna (fresh)	5 Oz	41.7	0	8.3

	Portion / Size	Protein	Carbs	Fats
Protein				
Tuna (fresh)	6 Oz	50	0	10
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	4 Oz	34	0	4
Turkey	5 Oz	4	0	5
Turkey	6 Oz	51	0	6
Turkey	5 Oz	4	0	5
Turkey	6 Oz	51	0	6
Veggie Cheese	1 Oz	6	2	3
Veggie Cheese	1 Oz	6	2	3
Veggie Shred	5 Oz	3	1	1.5
Veggie Shred	5 Oz	3	1	1.5
Veggie Slice	1 Slice	4	0.5	2

FOODS ALLOWED

Use this list of preferred foods to guide substitutions and alternatives.



PROTEINS

Wild Caught Salmon (or Any White Fish), Canned Skipjack Tuna (Limit To 3 Times Per Week,) All Natural Chicken Breast, All Natural Lean Turkey, Low-sodium Turkey, Ham, Grass-fed All Natural Bison, Ground Beef (90/10 Ratio Breakdown,) Tofu, Tempeh, Seitan, Eggs, Lean Steak



VEGETABLES

Broccoli, Zucchini, Brussel Sprouts, Cauliflower, Asparagus, Mushrooms, Green Beans, Bell Peppers, Sweet Peas, Carrots, Leafy Greens, Butternut Squash, Eggplant, Bok Choy



HEALTHY CARBS

Sweet Potato, Cous Cous, Quinoa, Sprouted Bread, Oatmeal, Brown/Wild/Black Rice, Brown Rice Cakes, Sprouted Multi-grain Bread, Multi-grain Pasta, Chickpea/Lentil Pasta



FRUITS

Strawberries, Blueberries, Raspberries, Pineapple, Grapes, Kiwi, Orange, Plum, Melon, Watermelon, Apples (Green Or Fuji), Grapefruit



DAIRY & HEALTHY FATS

Fat Free Greek Yogurt, (Plain Almond/Soy Dairy-Alternative Yogurt), Almond/Peanut/Cashew Butter, Avocado, Hummus, Unsweetened Almond or Coconut Milk



CONDIMENTS

All Mustard Variations, Hot Sauce, Balsamic Vinegar, Avocado Oil, Soy Sauce, (Soy-Alternative Coconut Aminos), Olive Oil, Maple Syrup, Apple Cider Vinegar



LEGUMES

Chickpea, Lentils, Peas, Kidney Beans, Black Beans, Soy Beans, Pinto Beans

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

YOUR RESET STARTS HERE



MEAL PLAN 1

This week is all about awareness and gentle shifts. Track what you eat, learn your meal plan, and start adding more whole, nutrient-dense foods to your day. Cut back on processed snacks, choose fruit when cravings hit, walk daily, and check in with yourself through simple journaling. Progress begins with consistency, not perfection.

MEAL PLAN 1

BREAKFAST**FETA CHEESE + EGG WHITE WRAP**

Macros: ~46G P / 48G C / 13G F | Calories: 496

- 1 Spinach Tortilla
- 1/2 Cup Spinach
- 1 Cup Egg Whites
- 2 oz Feta Cheese
- 1 Tsp Sun Dried Tomatoes

AM SNACK**PROTEIN SHAKE**

Macros: 36G P / 47G C / 9G F | Calories: 392

- 1.5 Scoop Tru Supplements Protein
- 1/4 Cup Rolled Oats
- 2 Tsp Sliced Almonds
- 1 tsp Chia Seeds
- 1 Medium Apple

LUNCH**DIJON CHICKEN**

Macros: 54G P / 19G C / 13G F | Calories: 421

- 6 oz Chicken Breast
- 1/2 Cup Sliced Onions
- 1/2 Cup Sliced Green or Red Peppers
- 1 Cup Cauliflower Rice

PM SNACK**RICE CAKES + PEANUT BUTTER**

Macros: 9G P / 21G C / 16G F | Calories: 145

- 2 Pieces Unsalted Rice Cakes
- 2 Tbsp Peanut or Almond Butter

DINNER**BLACK BEAN + CORN BOWL**

Macros: 25G P / 30G C / 24G F | Calories: 456

- 3 Cups Mixed Greens
- 1/2 Medium Avocado
- 1/2 Cup Black Beans
- 1/2 Cup Canned Corn
- 1/2 Cup Low Fat Shredded Mozzarella Cheese

**This meal plan is for morning workouts, with your protein shake after your workout. If you train in the evening, just swap your snacks so the shake becomes your PM snack.*

MENU 1

GROCERY LIST

PRODUCE	CANNED / BOXED	GRAINS / PASTA	
Avocados Spinach Mixed Greens Onions Red Bell Peppers Yellow Bell Pepper Garlic Cloves Apple	Canned Corn Black Beans	Spinach Tortillas Cauliflower Rice Unsalted Rice Cakes Rolled Oats	
REFRIGERATED	BAKING GOODS	CONDIMENTS	HERB / SPICES
Chicken Breast Eggs or Egg Whites Feta Cheese Low Fat Shredded Mozzarella Cheese	Sliced Almonds Extra Virgin Olive Oil	Sun Dried Tomatoes Peanut or Almond Butter Dijon Mustard Honey	Dried Oregano Garlic Powder Black Pepper Salt Cumin



EGG WHITE FETA CHEESE SPINACH WRAP

MEAL RECIPES

MACROS: ~46G P / 48G C / 13G F
CALORIES: 496

INGREDIENTS

- 1/2 cup fresh spinach
- optional 1 tbsp sun dried tomatoes, finely chopped
- 2 oz feta cheese
- 1 cup egg whites
- 1/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 large spinach tortilla

DIRECTIONS (MAKES 1 SERVING)

1. Heat a saucepan over medium heat and cook spinach until wilted. Place in a bowl and mix sundried tomatoes, oregano garlic powder and salt.
2. Cook egg whites in a pan with some cooking spray oil and cook until soft.
3. Spread spinach mixture on a tortilla then cover with egg whites and top with feta cheese.
4. Roll the tortilla up like a burrito.
5. Put on a hot saute pan and brown on each side.



DIJON CHICKEN

MEAL RECIPES

MACROS: 54G P / 19G C / 13G F

CALORIES: 421 PER SERVING

INGREDIENTS

- * 1.5 lb Boneless, skinless chicken breast
- * 2 Large yellow onion, cut into large pieces
- * 2 Red or yellow bell peppers
- * 1 Tsp Salt
- * 4 Cups Cauliflower Rice

For Garlic Dijon Sauce

- * 1 Tbsp extra virgin olive oil.
- * 3 Tbsp quality Dijon Mustard
- * 6 Garlic cloves, minced
- * 1 Tsp ground coriander or cumin
- * 2 Tsp honey

DIRECTIONS (MAKES 4 SERVINGS)

1. Preheat a large skillet to medium high heat.
2. Take chicken out of the fridge. Pat dry and season on both sides with all spices. Cut into thin strips about 2 oz each. Set aside for a few minutes.
3. Add the olive oil, garlic, & chicken. Cook chicken until almost fully cooked making sure there's enough room in skillet and it's not over crowded. Add the onions, peppers, and cauliflower rice & cook for another few minutes.
4. Add Dijon mustard and honey right at the end and turn off heat.

BUILD MOMENTUM



MEAL PLAN 2

With the basics underway, continue leaning into whole foods and smarter choices. Keep reducing processed snacks, listen to your hunger cues, and stay active with daily walks and light mobility. Journal your thoughts and wins along the way. Small steps repeated turn into powerful habits.

MEAL PLAN 2

BREAKFAST**CINNAMON APPLE BANANA OATS (SEE RECIPE)****Macros: 19G P / 64G C / 12G F | Calories: 435**

- 1 Medium Banana
- 1/2 Tbsp Cashew Butter
- 1.5 Cups Unsweetened Almond Milk
- 1/2 scoop TRU Protein (optional)
- 1/2 Cup Rolled Oats
- 1/4 Granny Smith Apple

AM SNACK**PROTEIN SHAKE****Macros: 32G P / 18G C / 7G F | Calories: 262**

- (option to mix shake separate from yogurt + berries)
- 1 Scoop Tru Supplements Protein
 - 1/2 Cup Blueberries or Strawberries (your preference)
 - 1/2 Cup Greek Yogurt

LUNCH**BBQ BISON + VEGGIES****Macros: 40G P / 32G C / 17G F | Calories: 440**

- 6 oz Ground Bison
- 1/2 Cup Onions
- 1/2 Cup Green/Red Bell Peppers sliced
- 1/2 Cup Quinoa
- 1/2 cup chopped broccoli

PM SNACK**RICE CAKES + PEANUT BUTTER****Macros: 9G P / 21G C / 16G F | Calories: 145**

- 2 Pieces Unsalted Rice Cakes
- 2 Tbsp Peanut or Almond Butter

DINNER**VEGGIE STIR FRY****Macros: 32G P / 53G C / 8G F | Calories: 427**

- 1 Cup Spinach
- 5 oz Tempeh
- 1/4 Cup Braggs Aminos
- 1 Cup Sliced Zucchini
- 4 Oz Mushrooms

**This meal plan is for morning workouts, with your protein shake after your workout. If you train in the evening, just swap your snacks so the shake becomes your PM snack.*

MENU 2

GROCERY LIST

PRODUCE	CONDIMENTS	GRAINS / PASTA
Avocados Spinach Onions Green/Red Peppers Bananas Granny Smith Apple Zucchini Mushrooms Chopped Broccoli Carrots Strawberries or Blueberries	Low Sugar BBQ Sauce Peanut or Almond Butter Bragg's Liquid Aminos\ Coconut Aminos Cashew Butter	Quinoa Unsalted Rice Cakes Rolled Oats
REFRIGERATED	BAKING GOODS	HERB / SPICES
Ground Bison Tempeh Greek Yogurt	Chia Seeds Unsweetened Almond Milk	Dried Oregano Garlic Powder Black Pepper Cumin Onion Powder Garlic Cloves Salt Vanilla Extract Cinnamon Powder



CINNAMON APPLE BANANA OATMEAL

MEAL RECIPES

MACROS: 19G P / 64G C / 12G F

CALORIES: 435

INGREDIENTS

- 1/2 cup rolled oats
- 1/4 granny smith apple
- 1 Medium banana
- 1/2 tbsp cashew butter
- 1.5 cups unsweetened almond milk
- optional(1/2 scoop Tru protein)
- Pinch of salt
- Vanilla extract to taste
- Cinnamon powder to taste

DIRECTIONS (MAKES 1 SERVING)

1. Bring 1.5 cups of unsweetened almond milk to a pot plus half cup of water. Add cinnamon, pinch of salt, vanilla extract, and bring to a boil. Add rolled oats, (Tru protein optional) and cook until soft.
2. In a different pot, coat it with some cooking spray (preferably coconut, you may also add 1 tsp coconut oil). Add bananas, cashew butter, and apples and sauté for a couple of minutes.
3. Add the sautéed bananas, apples, cashew butter, and Tru protein along with the oats in a bowl and enjoy!



BBQ BISON + VEGGIES

MEAL RECIPES

MACROS: 37G P / 18G C / 17G F

CALORIES: 380 PER SERVING

INGREDIENTS

- 1.5 pounds ground bison
- 1/4 cup coconut aminos
- 1/4 cup 0% fat/low sugar bbq sauce
- 2 tsp cumin
- 2 cup onions
- 2 cups green/red bell pepper
- 3 garlic cloves minced finely
- 2 tsp onion powder
- Black pepper to taste.
- 1 cup mushrooms
- 2 carrots, julienned into thin strips
- 2 cups chopped broccoli

DIRECTIONS (MAKES 4 SERVINGS)

1. Combine bison with minced garlic, coconut aminos, cumin, black pepper, and onion powder.
2. Sauté vegetables in a lightly sprayed skillet over medium heat until soft.
3. Lightly respray the pan and cook the bison mixture over medium heat.
4. Ground bison with a potato masher until fully cooked to desired texture.
5. Add veggies back in, stir for 2 minutes, then add BBQ sauce and cook 1 more minute. Serve over 1/2 cup quinoa (per serving).

Use any veggies you like. If using frozen, thaw and drain excess water first.



VEGGIE STIR FRY

MEAL RECIPES

MACROS: 32G P / 53G C / 8G F

CALORIES: 427

INGREDIENTS

- - 1 Cup Spinach
- - 5 oz Tempeh
- - 1/4 Cup Braggs Amino
- - 1 Cup Sliced Zucchini
- - 4 Oz Mushrooms

DIRECTIONS (MAKES 1 SERVING)

1. Preheat your oven to 375° F. Place the tempeh cubes on a parchment-lined baking sheet. Spoon or baste Bragg's Aminos or Low Sodium Soy Sauce on top.
2. Bake for 10 minutes. Use tongs to carefully flip each cube, and then return to the oven for another 10 minutes.
3. Mix together in large sauté pan: spinach, zucchini, mushrooms and cook over medium heat until the veggies are softened
4. Combine cooked Tempeh with the vegetables for a delicious stir fry. Use salt/pepper to season to your liking

STAY CONSISTENT, STAY CONFIDENT



MEAL PLAN 3

Your meal plan should feel more natural now. Stick with the meals you love and add flexibility when needed, while still staying aligned with your goals. Follow the workout structure, adjusting sets, weights, or hold times as your strength grows. Keep journaling daily to stay connected to your progress and mindset.

MEAL PLAN 3

BREAKFAST**GREEK YOGURT BOWL**

Macros: 27G P / 37G C / 22G F | Calories: 454

- 1 Cup Greek Yogurt
- 1/2 Cup Strawberries or Blueberries
- 1/4 Cup Granola

AM SNACK**PROTEIN SHAKE**

Macros: 30G P / 28G C / 2G F | Calories: 245

(Eat Separately)

- 1 1/2 Scoops Tru Supplements Protein
- 1 Medium Apple

LUNCH**TURKEY BURGER**

Macros: 45G P / 26G C / 29G F | Calories: 550

- 6 oz Lean Ground Turkey
- 1 Multigrain Bun
- 1/4 Medium Avocado
- 1 Slice Provolone Cheese
- Add Veggies of Choice

PM SNACK**RICE CAKES + PEANUT BUTTER**

Macros: 9G P / 22G C / 19G F | Calories: 331

- 2 Pieces Unsalted Rice Cakes
- 2 Tbsp Peanut or Almond Butter
- 1/4 cup Whipped Cream

DINNER**HIGH PROTEIN VEGETARIAN CHILI**

Macros: 31G P / 46G C / 6G F | Calories: 340

- 1 Serving of Chili (See Recipe)
- 1/2 Cup Low Fat Shredded Cheddar Cheese

**This meal plan is for morning workouts, with your protein shake after your workout. If you train in the evening, just swap your snacks so the shake becomes your PM snack.*

MENU 3

GROCERY LIST

PRODUCE	CANNED/BOXED	GRAINS / PASTA
Avocados Spinach Onions Green/Red Peppers Garlic Cloves Zucchini Parsley Strawberries or Blueberries Apples	Red Kidney Beans Garbanzo Beans Small Can Tomato Sauce	Multigrain Buns Unsalted Rice Cakes Granola
REFRIGERATED	CONDIMENTS	HERB / SPICES
Eggs Greek Yogurt Lean Ground Turkey Low Fat Shredded - Cheddar Cheese Sliced Provolone Cheese Textured Vegetable Protein Sprouts	Peanut or Almond Butter Whipped Cream Maple Syrup Worcestershire sauce Dijon Mustard	Cayenne Chili Powder Cinnamon Powder Cumin Smoked Paprika Fresh Parsley Salt + Pepper Onion Powder



TURKEY BURGER

MEAL RECIPES

MACROS: 35G P / 2G C / 15G F

CALORIES: 286 PER PATTY

INGREDIENTS

- 1 1/2 pounds ground turkey 93% lean
- 1 medium zucchini finely shredded
- 1 egg
- 3/4 teaspoon salt
- 1 tsp cumin
- 1/4 teaspoon pepper
- 1 teaspoon minced garlic
- 1 teaspoon onion powder
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- 2 tablespoons fresh parsley leaves chopped

DIRECTIONS (MAKES 4 SERVINGS)

1. In a bowl, mix turkey, zucchini, egg, salt, pepper, garlic, onion powder, cumin, Worcestershire, mustard, and parsley.
2. Shape into 4 patties (about 6 oz each).
3. Heat a lightly sprayed nonstick pan over medium-high.
4. Cook burgers 5–6 minutes per side, until completely cooked through.
5. Serve on buns with your favorite toppings.



HIGH PROTEIN VEGETARIAN CHILI

MEAL RECIPES

MACROS: 17G P / 45G C / 2G F
CALORIES: 242 PER SERVING

INGREDIENTS

- 1 Can Red Kidney Beans
- 1 Can Garbanzo Beans
- 1/2 Cup Dry Textured Vegetable Protein
- 1 Can of Tomato Sauce
- 4 Cloves of Garlic
- 1 White Onion
- 4 Tbs of Chili Powder
- 1 Tsp of Cumin
- 1/2 Tsp of Smoked Paprika
- 1/8 Tsp of Cayenne
- 1 Tbs of Maple Syrup
- 4 Cups of Water

DIRECTIONS (MAKES 4 SERVINGS)

1. In a large pot, add 1 cup of water and onion. Sauté for 5 minutes, then add garlic.
2. Once cooked, add chili powder, cumin, smoked paprika, and cayenne. Stir to coat the onion and garlic.
3. Add 3 cups of water, tomato sauce, kidney beans, garbanzo beans, and maple syrup. Heat on medium.
4. Stir in the TVP and cook for 10 minutes.

LOCK IN YOUR ROUTINE



MEAL PLAN 4

You've built strong habits. Now refine them. Keep your nutrition consistent, lean on your favorite meals, and trust the structure you've created. Continue progressing your workouts with small increases and intentional effort. Maintain your daily journaling to capture your growth and set the tone for what comes next.

MEAL PLAN 4

BREAKFAST**CHICKEN SAUSAGE + WAFFLES**

Macros: 14G P / 66G C / 16G F | Calories: 454

- 3 Multigrain Waffles
- 2 Links Applegate Chicken Apple Breakfast Sausage
- 1/2 Cup Cooked Peppers + Onions
- 1 Tbsp Honey

AM SNACK**PROTEIN SHAKE**

Macros: 25G P / 28G C / 15G F | Calories: 332

- 1 Scoops Tru Supplements Protein
- 3 Squares 85% Dark Chocolate
- 1 Medium Orange

LUNCH**LEMON ZEST SALMON**

Macros: 44G P / 36G C / 25G F | Calories: 545

- 6 oz Lemon Zest Salmon (See Recipe)
- 1 Medium Baked Yellow Sweet Potato
- 1 Medium Zucchini
- 1 Tbsp Grated Parmesan Cheese

PM SNACK**RICE CAKES + PEANUT BUTTER**

Macros: 2G P / 36G C / 0G F | Calories: 160

- 2 Unsalted Rice Cakes
- 2 Tbsp Natural Jam

DINNER**SEITAN BOWL MIX**

Macros: 60G P / 27G C / 17G F | Calories: 501

- 6 oz Seitan
- 3 oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup Cauliflower
- 1/2 Medium Avocado
- 1/2 Cup Shredded Cheese

**This meal plan is for morning workouts, with your protein shake after your workout. If you train in the evening, just swap your snacks so the shake becomes your PM snack.*

MENU 4

GROCERY LIST

PRODUCE		CANNED / BOXED
Avocados	Garlic	Parmesan Cheese
Spinach	Poblano Pepper	
Zucchini	Thyme	
Cauliflower	Red Bell Peppers	GRAINS / PASTA
Oranges	Parsley	
Mushroom	Green Bell Peppers	Multigrain Waffles
Lemons	Yellow Sweet Potato	Unsalted Rice Cakes
Onions		

REFRIGERATED	BAKING GOODS	CONDIMENTS	HERB / SPICES
Applegate Chicken Apple Sausage Seitan (or See "Make at Home Seitan" recipe) Shredded Cheese Salmon	Natural Jam 85% Dark Chocolate Squares Olive Oil Spray Honey Vital Wheat Gluten*	Coconut Aminos* Peanut or Almond Butter Lemon Juice Soy Sauce	Sea Salt Black Pepper Chipotle Chili Powder* Ground Cloves* Smoked Paprika* *Omit if purchasing store bought Seitan



CHICKEN SAUSAGE + WAFFLES

MEAL RECIPES

MACROS: 14G P / 66G C / 16G F

CALORIES: 454

INGREDIENTS

-
- 3 Waffles
 - 1 Tbsp Honey
 - 2 Applegate Chicken Apple Links
 - 1/2 Cup Onions and Peppers

DIRECTIONS (MAKES 1 SERVING)

1. Cut links into slices, chop onions, and peppers
2. In a non stick pan heat links, add onions and peppers and combine until soft.
3. Heat your waffles in a toaster and serve links over waffles. You have the option of swapping the waffles for multigrain toast. Drizzle Honey over waffles



LEMON ZEST SALMON

MEAL RECIPES

MACROS: 38G P / 4G C / 22G F

CALORIES: 366 PER SERVING

INGREDIENTS

- 4 salmon fillets 6 ounces each
- 1 tbsp honey (optional)
- 1 1/2 tablespoons soy sauce
- 1/2 teaspoon lemon zest
- 2 teaspoons lemon juice
- 2 teaspoons chopped fresh parsley plus more for garnish
- 1 1/2 teaspoons fresh thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon minced garlic

DIRECTIONS (MAKES 4 SERVINGS)

1. Preheat the broiler. Coat a sheet pan with canola oil cooking spray.
2. Combine soy sauce, honey, lemon zest, lemon juice, parsley, thyme, salt, pepper and garlic in a bowl. Whisk to combine.
3. Toss salmon fillets to coat evenly with the mixture. Place the salmon fillets on the prepared sheet pan.
4. Broil for 10-15 minutes or until salmon is browned and opaque.
5. Garnish with chopped parsley and lemon wedges, then serve.



MAKE AT HOME SEITAN

MEAL RECIPES

MACROS: 37G P / 6G C / 2G F
CALORIES: 190 PER SERVING

INGREDIENTS

- 2 Cups of Vital Wheat Gluten
- 3/4 Tsp Salt
- 3/4 Tsp Smoked Paprika
- 1/2 Tsp Chipotle Chili Powder
- 1/2 Tsp of Black Pepper
- 1/4 Tsp of Ground Cloves
- 2 Cups Water
- 3 Dashes of Coconut Amino

DIRECTIONS (MAKES 5 SERVINGS)

1. Pre-heat oven to 350 degrees
2. In a large bowl whisk vital wheat gluten with salt, paprika, chili powder, black pepper, and ground cloves.
3. Add water and coconut amino and work by hand to create a spongy dough. Place dough on a non stick pan and press into a rectangle shape.
4. Bake for 30 minutes. Let cool before storing in refrigerator.



SEITAN BOWL MIX

MEAL RECIPES

MACROS: 60G P / 27G C / 17G F

CALORIES: 501

INGREDIENTS

- 6 oz Seitan
- 3 oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup Cauliflower
- 1/2 Medium Avocado
- 1/2 Cup Shredded Cheese

DIRECTIONS (MAKES 1 SERVINGS)

1. Chop mushrooms, pepper and cauliflower. In pan on medium-high heat, sauté vegetables in water or olive oil spray.
2. Once vegetables are cooked add in seitan for 3-4 minutes, stirring.
3. Transfer to bowl. Top bowl with sliced avocado and shredded cheese

MEAL INSPIRATIONS



NEW RECIPES

These new recipes are designed to bring more variety, flavor, and ease into your routine. Each one keeps you aligned with your goals while making your meals feel exciting and satisfying. Use them to add flexibility to your week, refresh your favorites, or inspire new go-to dishes that support your progress.

View more recipes at <https://gettrusupps.com/blogs/news>

1800 DAILY CALORIES
MACRO TARGET: CARBS: 180 | PROTEIN: 135 | FAT: 60

MEAL PLAN

BREAKFAST

GREEK YOGURT PROTEIN BOWL

Macros: 42G P / 49G C / 13G F | Calories: ~450

- ¾ cup nonfat Greek yogurt
- 1 scoop vanilla protein powder
- ½ cup oats
- 1 tbsp almond butter
- ½ small apple, peeled and diced
- ¼ tsp cinnamon and a pinch of nutmeg or cloves for fall flavor
- Optional: a few unsweetened coconut flakes or a sprinkle of chopped pecans (adjust macros slightly if added)

Instructions:

1. **Cook the oats:** You can cook the oats in water or unsweetened almond milk & stir in cinnamon and nutmeg while cooking.
2. **Mix the protein:** Combine Greek yogurt & protein powder until smooth.
3. **Assemble:** Layer cooked oats, yogurt-protein mix, diced apple, & almond butter.
4. **Optional toppings:** Sprinkle coconut flakes or chopped pecans for extra texture.

LUNCH

CHICKEN POWER BOWL

Macros: 42G P / 30G C / 22G F | Calories: ~450

- 4 oz grilled chicken breast
- ½ cup cooked quinoa
- 1 tbsp olive oil
- 1 cup roasted seasonal veggies: ½ cup brussels sprouts + ½ cup diced butternut squash
- Spices: cinnamon, nutmeg, black pepper
- Optional: fresh rosemary or thyme

Instructions: Roast veggies with olive oil & spices; cook quinoa; assemble with chicken.

SNACK

PROTEIN SMOOTHIE

Macros: 23G P / 35G C / 11G F | Calories: ~250

- 1 scoop chocolate protein powder
- 1 medium banana
- 1 tbsp peanut butter
- 1 cup unsweetened almond milk

Optional add: Ice and cinnamon for taste — keeps it thick and satisfying.

DINNER

TURKEY TACO BOWL

Macros: 37G P / 50G C / 28G F | Calories: ~550

- 4 oz lean ground turkey (93%)
- ¾ cup cooked rice
- ¼ cup black beans
- ¼ avocado
- Salsa and lettuce (negligible)
- 1 oz shredded cheese

2000 DAILY CALORIES
MACRO TARGET: CARBS: 200 | PROTEIN: 150 | FAT: 66

MEAL PLAN

BREAKFAST

AVOCADO & EGG TOAST

Macros: 29G P / 43G C / 21G F | Calories: ~475

- 2 slices whole-grain or sprouted bread
- ½ medium avocado
- 3 large egg whites + 1 whole egg
- 1 tsp fresh lemon juice
- Salt and pepper, to taste
- Optional toppings: cherry tomatoes, red pepper flakes, microgreens, chopped herbs

Tip: Top toast with mashed avocado, eggs, and a sprinkle of everything-bagel seasoning for flavor and crunch.

LUNCH

GRILLED CHICKEN & QUINOA SALAD

Macros: 45G P / 42G C / 26G F | Calories: ~500

- 4 oz grilled chicken breast
- ¾ cup cooked quinoa
- ½ cup roasted butternut squash or pumpkin cubes
- 1 cup mixed greens
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar or balsamic vinegar
- 2 tbsp crumbled feta cheese
- Optional fall spices: cinnamon, nutmeg, or a pinch of ground cloves on the roasted squash

Instructions:

1. Roast the squash/pumpkin: Preheat oven to 400°F. Toss cubes with a tiny bit of olive oil and optional spices. Roast 20–25 minutes until tender.
2. Cook quinoa according to package instructions if not pre-cooked.
3. Assemble the salad: Mix quinoa, roasted squash, & mixed greens in a bowl. Top with grilled chicken and crumbled feta.
4. Dress: Drizzle with olive oil and vinegar, toss lightly.

SNACK

PROTEIN YOGURT BOWL

Macros: 44G P / 39G C / 12G F | Calories: ~300

- ¾ cup nonfat Greek yogurt
- 1 scoop vanilla protein powder
- ½ cup oats
- 1 tbsp peanut butter

Tip: Mix protein powder into the yogurt & layer with oats for a pudding-like consistency.

DINNER

SALMON RICE BOWL

Macros: 42G P / 48G C / 27G F | Calories: ~725

- 5 oz cooked salmon
- ¾ cup cooked jasmine rice
- 1 cup steamed broccoli
- 1 tbsp teriyaki or soy sauce
- 1 tsp sesame oil

Tip: Drizzle the sesame oil after cooking to lock in the flavor and healthy fats.

2200 DAILY CALORIES
MACRO TARGET: CARBS: 220 | PROTEIN: 165 | FAT: 73

MEAL PLAN

BREAKFAST

SPINACH-BANANA PROTEIN PANCAKES

Macros: 41G P / 46G C / 18G F | Calories: ~550

- ½ cup oats
- 1 scoop vanilla protein powder
- 1 large ripe banana
- 1 handful spinach
- 2 large eggs
- ¼ tsp baking powder
- ½ tsp cinnamon
- Sugar substitute to taste

Optional toppings (adjust if adding): 1 tsp almond butter → brings fat up to ~22g
Fresh berries for flavor (optional, negligible macros)

LUNCH

TURKEY & SWEET POTATO BOWL

Macros: 30G P / 40G C / 26G F | Calories: ~500

- 4 oz lean ground turkey
- 1.5 cup roasted Brussels sprouts
- 1 medium sweet potato, baked
- 1 tbsp olive oil

TIP: Roast sweet potato & brussels sprouts together with olive oil & seasoning for an easy, flavorful bowl.

SNACK

PROTEIN YOGURT BOWL

Macros: 21G P / 30G C / 12G F | Calories: ~350

- 1 scoop chocolate protein powder
- 1 tbsp almond butter
- 1 cup unsweetened almond milk
- 1 medium apple

Tip: Blend with ice for a thick, refreshing smoothie.

DINNER

SALMON QUINOA BOWL

Macros: 39G P / 50G C / 30G F | Calories: ~600

- 5 oz cooked salmon
- ½ cup steamed broccoli or brussels sprouts
- ½ cup cooked quinoa
- 1 tbsp low-sodium soy sauce or coconut aminos
- 1 cup roasted butternut squash or pumpkin
- Optional fall spices: ¼ tsp cinnamon, pinch of nutmeg, black pepper
- 1 tsp olive oil or sesame oil

Instructions:

1. Roast cubed butternut squash at 400°F for 20–25 minutes with a drizzle of olive oil, cinnamon, and nutmeg until tender.
2. Steam the broccoli or Brussel sprouts until bright green and slightly tender.
3. Combine cooked quinoa, roasted squash, and vegetables in a bowl. Top with salmon.
4. Drizzle with oil and soy sauce. Sprinkle extra spices if desired.

PREP TIME: 15 MINS

TOTAL TIME: 15 MINS



CREAMY MEDITERRANEAN CHOPPED SALAD

MEAL RECIPES

MACROS: 16G P / 29G C / 35G F

CALORIES: 495 PER SERVING

(DIVIDED INTO 3 SERVINGS)

INGREDIENTS

For the Salad:

- 1 large head Romaine lettuce or 2 medium, chopped (about 8 cups)
- 1 pint cherry tomatoes, halved
- 1 cup sliced Persian or English cucumbers
- ¾ cup sliced pepperoncini, drained
- ½ cup thinly sliced red onion
- ½ cup pitted Kalamata olives
- ½ cup crumbled feta cheese
- 1 cup garlic herb croutons
- Freshly cracked black pepper, to taste

For the Creamy Mediterranean Dressing:

- ¾ cup Greek yogurt
- ⅓ cup red wine vinegar
- 2 tablespoons lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon each: dried parsley, dried dill, dried basil
- ½ teaspoon each: garlic powder, onion powder, dried oregano, paprika, salt
- ¼ teaspoon pepper
- 2 tablespoons grated Parmesan cheese

DIRECTIONS (MAKES 3-4 SERVINGS)

1. Prepare the dressing: In a medium bowl or jar, whisk together Greek yogurt, mayo, red wine vinegar, lemon juice, and olive oil until smooth. Add all dried herbs, spices, salt, pepper, and Parmesan cheese. Whisk again until fully combined. Taste and adjust seasoning if needed.
2. Assemble the salad: In a large salad bowl, combine chopped Romaine, tomatoes, cucumbers, pepperoncini, red onion, olives, feta, and croutons.
3. Drizzle the dressing over the salad & toss until everything is evenly coated.
4. Finish and serve: Top with a bit more cracked black pepper and extra feta if desired. Serve immediately or refrigerate dressing separately for up to 3 days.



WHITE RICE, QUINOA & LENTIL BLEND

MEAL RECIPES

MACROS: 8G P / 34G C / 3G F

CALORIES: 198 PER SERVING

INGREDIENTS

- ½ cup white jasmine or basmati rice
- ½ cup dry quinoa (white or tri-color)
- ½ cup dry lentils (green or brown)
- 3 cups water or low-sodium vegetable broth
- 1 tbsp olive oil or avocado oil
- 1 small shallot or ½ small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp sea salt (adjust to taste)
- ¼ tsp black pepper
- Optional spices for depth:
 - ½ tsp cumin or coriander
 - ¼ tsp turmeric or smoked paprika
- Fresh herbs for garnish (parsley, cilantro, or basil)

DIRECTIONS (MAKES 6 SERVINGS)

1. Rinse rice, quinoa, and lentils separately until the water runs clear.
2. Pre-cook lentils: Simmer 10–12 minutes until slightly tender; drain.
3. Sauté aromatics: Cook shallot and garlic in olive oil for 2–3 minutes.
4. Toast grains: Add rice and quinoa; stir 1–2 minutes.
5. Pour in 3 cups water/broth, add seasonings, and bring to a boil.
6. Simmer & Rest: Cover & cook on low for 15–18 minutes, until liquid is absorbed. Let sit 5 minutes, then fluff.
7. Finish: Add herbs and a drizzle of olive oil.



CREAMY HEALTHY SWEET POTATO MASH

MEAL RECIPES

MACROS: 3.5G P / 37G C / 4G F

CALORIES: 198 PER SERVING

INGREDIENTS

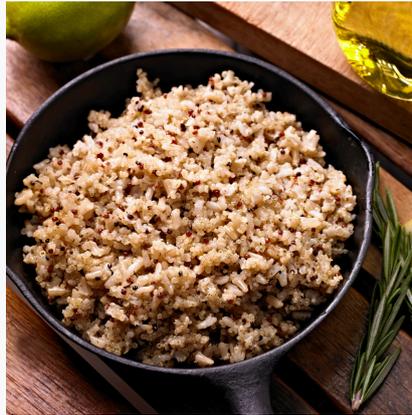
- 3 large sweet potatoes (about 1 ½ lbs / 680g), scrubbed and patted dry
- 1 tbsp olive oil or grass-fed butter (for a richer flavor)
- ¼ cup unsweetened almond milk (you may not need this as orange sweet potatoes are already watery)
- 1 tsp cinnamon
- 1 tsp sea salt
- 1 tsp pure maple syrup (optional, for natural sweetness)
- Fresh cracked black pepper, to taste

DIRECTIONS (MAKES 4 SERVINGS)

1. Bake the sweet potatoes: Preheat oven to 400°F (200°C). Pierce each sweet potato several times with a fork, then place directly on a baking sheet lined with parchment paper. Bake for 45–55 minutes, until the skins are crisp and the insides are soft and caramelized.
 2. Scoop and mash: Once slightly cooled, slice open and scoop the flesh into a mixing bowl — leave a little skin in for added fiber and texture.
 3. Blend and season: Add olive oil (or butter), almond milk, cinnamon, salt, maple syrup, and pepper. Mash with a fork or hand masher for a rustic texture, or use a hand mixer for a silky smooth finish.
 4. Adjust almond milk consistency/amount to reach your desired creaminess.
 5. Top with a drizzle of olive oil or a sprinkle of cinnamon and flaky sea salt.
- Chef's Tip: For savory depth, add 1 clove roasted garlic and 1 tsp chopped fresh thyme.

PREP TIME: 5 MINS

COOK TIME: 20 MINS



TURMERIC-SPICED QUINOA

MEAL RECIPES

MACROS: 13G P / 60G C / 9G F

CALORIES: 373 PER SERVING

INGREDIENTS

- ½ tablespoon olive oil or butter
- 1 small shallot, diced
- 2 teaspoons ground turmeric
- 1 cup dry quinoa, rinsed
- 2 cups water or vegetable stock
- Sea salt & black pepper to taste

DIRECTIONS (MAKES 2 SERVINGS)

1. Sauté the aromatics: In a medium saucepan, heat the olive oil or butter over medium heat. Add the diced shallot & cook for 2–3 mins until soft & fragrant.
 2. Bloom the turmeric: Add ground turmeric and stir for about 30 seconds.
 3. Toast the quinoa: Add rinsed quinoa, stirring to coat & lightly toast for 1 min.
 4. Simmer: Pour in the water or vegetable stock, bring to a gentle boil, then reduce heat to low. Cover & cook for 15 minutes, or until the liquid is absorbed.
 5. Finish: Fluff with a fork and season with salt and pepper to taste.
 6. Serve: Perfect as a side dish or base for bowls, vegetables, or lean proteins.
- Chef's Tip: Use vegetable stock for added flavor and minerals. You can also stir in fresh parsley, lemon zest, or sautéed garlic for extra depth.

PREP TIME: 5 MINS

COOK TIME: 12-15 MINS



DIJON-SPICED SALMON

MEAL RECIPES

MACROS: 39G P / 1G C / 23G F

CALORIES: 367 PER SERVING

INGREDIENTS

- 2 (6-ounce) salmon fillets
- 2 tablespoons Dijon mustard
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- Olive oil spray

DIRECTIONS (MAKES 2 SERVINGS)

1. Prep the salmon: Rinse each fillet under cold water and pat completely dry with paper towels.
 2. Season: Mix Dijon mustard, paprika, garlic powder, salt, and pepper.
 3. Coat: Brush or spread mixture evenly over the top of the salmon.
 4. Cook: Oven: 400°F for 12–15 minutes, until it flakes easily.
Stovetop: 4–5 minutes per side in a nonstick skillet with olive oil spray.
 5. Serve: With lemon, quinoa, or veggies.
- Tip: Drying the salmon ensures a crisp golden crust and juicy inside.

PREP TIME: 35 MINS

COOK TIME: 7-9 MINS



HONEY MISO GLAZED SALMON

MEAL RECIPES

MACROS: 42G P / 40G C / 30G F

CALORIES: 598 PER SERVING

INGREDIENTS

- 4 (6-ounce) salmon fillets, skin on or off
- ¼ cup white miso paste
- ¼ cup mirin
- 1 tablespoons honey
- 2 tablespoons tamari (or low-sodium soy sauce)
- 1 tablespoon sesame oil
- Optional garnish: toasted sesame seeds and sliced green onions

DIRECTIONS (MAKES 4 SERVINGS)

1. Make the glaze: In a small saucepan over low-medium heat, whisk together miso paste, mirin, honey, tamari, and sesame oil. Cook for 2-3 mins until smooth & slightly thickened, then remove from heat & let cool.
 2. Marinate the salmon: Place salmon fillets in a shallow dish or resealable bag. Pour half of the glaze over the salmon, coating evenly. Cover and refrigerate for 30 minutes.
 3. Preheat the broiler: Set oven to broil & line a baking sheet with parchment paper. Position the rack in the middle or upper-middle of the oven.
 4. Broil the salmon: Arrange marinated salmon on the baking sheet and broil for 7-9 minutes, until cooked through and lightly caramelized. The salmon should flake easily with a fork.
 5. Glaze and serve: Brush with remaining glaze for a glossy finish. Garnish with sesame seeds & sliced green onions, if desired, & serve immediately.
- Chef Notes: Marinating adds rich umami and keeps salmon moist. Broiling caramelizes the glaze—watch closely after 7 minutes. Finish with extra glaze for shine and garnish with sesame seeds and green onions.

MARINADE RECIPES

CILANTRO LIME GLOW MARINADE

MACROS: 13G P / 34G C / 14G F | CALORIES: 313

Bright, creamy, and full of zesty freshness with just enough jalapeño heat to wake up your taste buds.

INGREDIENTS: 1 tbsp olive oil, 1 jalapeño, seeded for less heat, 1 tbsp honey or sugar-free maple syrup, ½ cup (120g) non-fat Greek yogurt, 1 clove garlic, Juice of 1 lime, ⅓ cup (10g) fresh cilantro, Salt & pepper to taste

INSTRUCTIONS

1. Add all ingredients to a blender and blend until smooth and creamy.
 2. Pour over 1–1.5 lbs (450–680g) of chicken breast or thighs and mix to coat evenly.
 3. Marinate for at least 30 minutes, ideally 4–6 hours in the fridge.
 4. Grill, bake, air fry or pan-sear to perfection, ensuring internal temp reaches 165°F (74°C). Rest for 5 minutes before slicing and serving.
- Chef's Tip: Use any leftover marinade as a dipping sauce — just simmer it for a few minutes before serving.

MAPLE HEAT DIJON MARINADE

MACROS: 1G P / 32G C / 14G F | CALORIES: 314

A bold mix of maple, mustard, and smoky with sweet, savory, and spicy.

INGREDIENTS: 1 tbsp olive oil, ¼ cup (60g) Dijon mustard, 1 tsp smoked paprika, 2 tbsp maple syrup, 1 tsp cayenne pepper, 1 tbsp apple cider vinegar, 1 tsp garlic powder, Salt & pepper to taste

INSTRUCTIONS

1. In a bowl, whisk together all ingredients until fully combined and smooth.
 2. Add 1.5 lbs (680g) chicken and toss to coat evenly.
 3. Marinate for 30 minutes to 6 hours in the refrigerator.
 4. Grill, bake, air fry or pan-sear to perfection, ensuring internal temp reaches 165°F (74°C). Let rest before slicing for tender, flavorful chicken.
- Chef's Tip: To dial up the heat, add a pinch of crushed red pepper flakes or a drizzle of hot honey.

MARINADE RECIPES

GOLDEN HERB CITRUS MARINADE

MACROS: 13G P / 10G C / 14G F | CALORIES: 218

A refreshing, garlicky, herb-packed blend that keeps chicken juicy with a pop of lemon and creamy Greek yogurt.

INGREDIENTS: 2 garlic cloves, ½ cup (120g) non-fat Greek yogurt, the juice of 1 lemon, 1 tbsp olive oil, 1 tsp onion powder, 1 tbsp chopped parsley, 1 tsp dried oregano, ¼ tsp black pepper, salt to taste

INSTRUCTIONS

1. Whisk all ingredients in a bowl until smooth and well blended.
 2. Add 1.5 lbs (680g) of chicken and coat thoroughly.
 3. Marinate for at least 30 minutes, up to 6 hours for deeper flavor.
 4. Grill, bake, air fry or pan-sear to perfection, ensuring internal temp reaches 165°F (74°C).
 5. Let the chicken rest briefly before serving with your sides.
- Chef's Tip: Add lemon zest for extra brightness or swap parsley for basil for a Mediterranean twist.

SMOKY CHIPOTLE CHICKEN MARINADE

MACROS: 1G P / 27G C / 29G F | CALORIES: 365

Bold, savory, and packed with that fire-roasted chipotle kick — this marinade gives your chicken that perfect balance of smoky heat, tang, and juiciness.

INGREDIENTS: 2 chipotle peppers in adobo sauce (plus 1 tbsp of the sauce), 2 tbsp olive oil, 2 tbsp lime juice, 1 tbsp apple cider vinegar, 2 cloves garlic, 1 tsp smoked paprika, 1 tsp ground cumin, 1 tsp dried oregano, 1 tsp salt, ¼ tsp black pepper, 1 tbsp honey or maple syrup (optional, for balance)

INSTRUCTIONS

1. Blend: Add all ingredients to a blender or food processor and blend until smooth.
 2. Marinate: Pour over 1–1.5 lbs (450–680g) chicken thighs or breasts, coating evenly. Marinate at least 1 hour, ideally 4–6 hours, refrigerated.
 3. Cook:
 - Grill: 6–7 minutes per side, until charred and 165°F (74°C) internal temp.
 - Bake: 400°F (200°C) for 20–25 minutes, flipping halfway.
 - Pan-sear: Medium-high heat, 5–6 minutes per side, until golden.
 - Air fry: 380°F (193°C) for 10–12 minutes, flipping halfway.
 4. Rest & serve: Rest 5 minutes before slicing. Serve with cilantro-lime rice, fajita veggies, or warm tortillas.
- Optional: Blend in 2 tbsp Greek yogurt or ½ avocado for a more creamier / tender marinade.



APPLE CINNAMON OATMEAL

MEAL RECIPES

MACROS: 8G P / 46G C / 12.5G F

CALORIES: 317.5 PER SERVING

INGREDIENTS

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- 1 Tbsp cashew butter, Peanut, or almond butter
- 1 apple, peeled, cored, and diced
- 1/2 tablespoon coconut oil
- Sugar substitute (like stevia, monk fruit, or erythritol)
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- Pinch of salt
- Lemon
- Optional toppings: chopped nuts, extra cinnamon, a drizzle of almond butter, or unsweetened coconut flakes

DIRECTIONS (MAKES 2 SERVINGS)

1. Cook Oatmeal: Combine 1 cup oats, 2 cups almond milk, spices, and a pinch of salt in a saucepan. Bring to a boil, reduce heat, stir in nut butter, and simmer 5–7 minutes until creamy.
2. Sauté Apples: In a skillet, heat coconut oil, cook diced apples 3–4 minutes, add cinnamon, sweetener, lemon juice, and salt, and cook 2–3 more minutes until tender.
3. Serve: Top oatmeal with apples, nuts, almond butter, or cinnamon. Pair with scrambled or boiled eggs if desired.



SPINACH-BANANA PROTEIN PANCAKES

MEAL RECIPES

MACROS: 22G P / 73G C / 14G F

CALORIES: 494

INGREDIENTS

- 3/4 cup oats
 - 1 large ripe banana
 - 1 handful of spinach (about 1/2 cup)
 - 1/4 tsp baking powder
 - 2 large eggs
 - Cinnamon to taste (about 1/2 tsp)
 - Your favorite sugar substitute (like Stevia, Monk Fruit, or erythritol – adjust to taste)
- Optional Toppings:
- Fresh berries (blueberries, raspberries, etc.)
 - Nut butter (almond, peanut, etc.)
 - Chia seeds
 - A drizzle of sugar-free syrup or honey (if desired)

DIRECTIONS

1. Blend Ingredients: In a blender, combine the oats, banana, spinach, baking powder, eggs, cinnamon, and your sugar substitute. Blend until smooth and creamy, making sure the spinach is fully blended into the mixture.
2. Cook Pancakes: Heat a non-stick skillet or griddle over medium heat and lightly grease with cooking spray or coconut oil. Pour the batter onto the skillet, forming small pancakes. Cook for about 2-3 minutes on each side or until bubbles form on the surface and the edges are set. Flip and cook for an additional 2 minutes or until golden brown.
3. Serve: Serve warm with your favorite toppings like fresh berries, nut butter, or a drizzle of sugar-free syrup.

These pancakes are a great way to pack in protein, fiber, and a boost of greens from the spinach! Let me know how they turn out or if you'd like any adjustments!



FRITTATA

MEAL RECIPES

MACROS: 16.5G P / 4G C / 12G F
CALORIES: 186 PER SERVING (WITH 1/2C FETA CHEESE)

INGREDIENTS

- 6 large eggs
- 3 oz oven roasted nitrate free turkey breast slices
- 1/4 cup unsweetened almond milk (or any plant-based milk)
- 1 cup spinach, chopped
- 1/2 red bell pepper, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 yellow onion, diced
- 1/4 to 1/2 cup feta cheese (optional)
- Salt and pepper to taste
- Fresh herbs (such as parsley or cilantro) for garnish

DIRECTIONS (MAKES 4 SERVINGS)

1. Preheat Oven: Preheat your oven to 375°F (190°C).
2. Whisk the Eggs: In a large bowl, whisk together the eggs, then add turkey breast slices almond milk, veggies salt, and pepper until well combined.
3. Add the Egg Mixture: Pour the egg mixture in a 12 inch pan and add feta cheese on top. Bake for 25 mins at 350.
4. Serve: Let the frittata cool for a few minutes before slicing. Serve with fresh avocado slices on top and garnish with your favorite fresh herbs.

Considerations: enjoy this recipe with grain toast. You can be simple and do this recipe as a scramble but I love making this during the weekends when I have more time. It is simple to combine ingredients and while you are getting ready leave it baking in the oven.



AVOCADO TOAST WITH EGG

MEAL RECIPES

MACROS: 29G P / 37G C / 27G F

CALORIES: 495

INGREDIENTS

- 2 slices of whole grain or sprouted bread (fiber-rich) (Ezekiel or Carbonaut)
- 1/2 ripe avocado
- 3 large eggs
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste
- Optional toppings: cherry tomatoes, red pepper flakes, microgreens, or chopped herbs (like cilantro or parsley)

DIRECTIONS

1. Toast 2 slices of whole grain or sprouted bread to your desired crispiness.
2. Prepare the avocado: Mash the avocado with a fork until smooth (or leave some chunks if you prefer). Add the teaspoon of lemon juice, and season with salt and pepper to taste. Mix well.
3. Cook the eggs:
 - Option 1: Pan "Fried" Eggs. Heat a nonstick skillet over medium heat. Lightly spray with cooking oil if needed. Crack the eggs into the skillet and cook for 3-4 minutes, until the whites are set and the yolk is still runny (or cook longer if you prefer a firmer yolk).
 - Option 2: Scrambled Eggs. In a bowl, whisk the eggs with a pinch of salt and pepper. Pour into a non-stick skillet over medium heat, stirring frequently until the eggs are fully cooked but still soft.
4. Assemble the toast: Spread the mashed avocado evenly over the toasted bread slices. Top each toast with an egg.
5. If desired, add a few cherry tomato halves, a sprinkle of red pepper flakes for a little heat, or fresh microgreens or herbs for a bright, fresh flavor.



HIGH PROTEIN TURKEY CHILI

MEAL RECIPES

MACROS: 32G P / 46G C / 14G F

CALORIES: 438 PER SERVING

INGREDIENTS

- 1 tablespoon olive oil or avocado oil
- 1 lb. lean ground turkey, beef, or ground chicken (93% lean or leaner)
- 4 large garlic cloves, minced
- 1/ small yellow onion, diced
- 1 red bell pepper, diced
- 1 zucchini or yellow squash, diced
- 1 medium carrot, diced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can crushed or petite diced tomatoes
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup frozen corn
- 8 ounces water or broth
- Dash of cayenne pepper (optional)
- Salt and black pepper, to taste

DIRECTIONS (MAKES 4 SERVINGS)

1. Chop vegetables into bite-size pieces.
2. Heat olive oil in a large pot or Dutch oven over medium heat. Season the meat with spices, reserving the garlic, onion, and bell pepper.
3. Once the oil is hot, sauté garlic, onion, and bell pepper for a few minutes until fragrant. Add the seasoned meat, zucchini or squash, and carrot, cooking 7–9 minutes and stirring until the meat is no longer pink.
4. Stir in chili powder, cumin, tomato sauce, crushed tomatoes, beans, corn, broth, and cayenne if using. Season to taste.
5. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes until carrots are tender. Taste, adjust seasoning, and serve hot.



HONEY GARLIC CHICKEN

MEAL RECIPES

MACROS: 27G P / 19G C / 4.5G F

CALORIES: 225 PER SERVING

INGREDIENTS

- 4 boneless, skinless chicken breasts
- (free-range, organic)
- 1/4 cup raw honey
- 3 cloves garlic, minced
- 2 tbsp low-sodium soy sauce or tamari (for gluten-free)
- 2 tbsp apple cider vinegar
- 1 tbsp olive oil (plus extra for skillet cooking)
- 1 tsp ground ginger (optional)
- 1/2 tsp ground black pepper
- 1/2 tsp smoked paprika
- 1/4 tsp chili flakes (optional)
- 1 tbsp fresh lemon or lime juice

DIRECTIONS (MAKES 4 SERVINGS)

1. Whisk together honey, garlic, soy sauce, apple cider vinegar, olive oil, ginger, black pepper, smoked paprika, chili flakes, and lemon juice. Marinate chicken in the sauce for 1–8 hours.

Cook the Chicken:

- Skillet: Heat oil over medium heat & cook chicken 5–6 minutes per side until it reaches 165°F. Add marinade, simmer 2–3 minutes, & spoon over chicken.
- Air Fryer: Preheat to 375°F and oil the basket. Air fry for 12–15 minutes, flipping halfway, until 165°F. For extra glaze, brush with marinade and air fry 2 more minutes.

Serving Suggestions:

- Brown Rice: Cook 1 cup rice (use broth for extra flavor).
- Roasted Veggies: Toss sweet potatoes, Brussels sprouts, butternut squash, and red onion with olive oil, salt, pepper, and cinnamon or nutmeg. Roast at 400°F (air fryer 15–20 min, oven 25–30 min), flipping halfway.

Serve the honey garlic chicken over rice with roasted veggies and extra sauce.



CREAMY COCONUT CHICKEN SOUP

MEAL RECIPES

MACROS: 48G P / 31.5G C / 11G F

CALORIES: 417 PER SERVING

INGREDIENTS

- 1 ½ lb. boneless, skinless chicken breasts or thighs
- 1 tablespoon olive oil (only for stovetop & Instant Pot versions)
- 1 medium onion, chopped
- 1 medium bell pepper (yellow, red, orange), chopped
- 1 small jalapeño, seeds & membranes removed, finely chopped
- 6 cloves garlic, minced
- 2 ½ teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 tablespoon chili powder
- 1 teaspoon salt (plus extra to taste)
- ½ teaspoon black pepper
- 1 ½–2 cups chicken broth (or bone broth)
- 1 (14-ounce) can light coconut milk
- Juice of ½ lime
- ½ cup fresh cilantro, roughly chopped
- Optional garnish: additional cilantro & lime wedges
- 1 (14-ounce) can white beans, drained & rinsed

DIRECTIONS (MAKES 4 SERVINGS)

1. Chop veggies, mince garlic, and seed the jalapeño. Add onion, bell pepper, jalapeño, garlic, cumin, oregano, chili powder, salt, pepper, and white beans to a pot or slow cooker and sauté briefly.
2. Poke chicken breasts with a fork, then nestle them into the veggie mixture. Pour in chicken broth to submerge, cover, and cook on LOW 5–6 hours (or simmer covered on the stovetop) until tender.
3. Remove and shred chicken, return to the pot, then stir in light coconut milk. Cook on HIGH for 10–15 minutes until warmed through.
4. Finish with lime juice and cilantro, adjust seasoning, and serve hot with extra lime and cilantro if desired.



HEALTHY CHICKEN FAJITAS

MEAL RECIPES

MACROS: 28.5G P / 19.5G C / 8G F

CALORIES: 275 PER SERVING

INGREDIENTS

- 2 boneless, skinless chicken breasts (sliced into thin strips)
- 2 bell peppers (use a mix of red, yellow, and green), sliced
- 1 large onion, thinly sliced
- 1 tablespoon olive oil (or avocado oil for a higher smoke point)
- 4 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon ground coriander
- ¼ teaspoon cayenne pepper (optional for heat)
- Salt and pepper to taste
- Juice of 1 lime
- Fresh cilantro (optional for garnish)
- (You can use taco seasoning as this is a homemade taco seasoning recipe)

DIRECTIONS (MAKES 2 SERVINGS)

1. Marinate sliced chicken with garlic, spices, lime juice, salt, and pepper for at least 15 minutes to enhance the flavor.
2. Heat ½ tbsp olive oil in a pan over medium-high and cook chicken 5–7 minutes until browned and cooked through. Remove and set aside.
3. In the same pan, cook bell peppers and onions in ½ tbsp olive oil for 5–7 minutes until tender-crisp, seasoning with salt, pepper, and lime juice if desired. Return chicken to the pan, toss to combine, and cook 1–2 minutes.
4. Remove from heat, top with cilantro, and serve with whole wheat tortillas or lettuce wraps. Add avocado, Greek yogurt, salsa, or extra lime if desired.



BEEF PICADILLO

MEAL RECIPES

MACROS: 24G P / 8G C / 12G F

CALORIES: 236 PER SERVING

INGREDIENTS

- 1 lb 90/10 lean ground beef
- 1 small onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 medium tomato, diced
- 1/4 cup tomato sauce (low-sodium or no-sugar-added)
- 1/4 cup green olives, sliced (pimento-stuffed if preferred)
- 2 tablespoons capers (optional)
- 1 teaspoon cumin
- 1 teaspoon salt (plus extra to taste)
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground oregano
- 1/2 teaspoon ground cinnamon (optional, for a slight warmth)
- 1 bay leaf
- 1/4 cup raisins (optional for sweetness)
- 1/4 cup water or low-sodium beef broth
- Salt and pepper to taste
- Fresh cilantro for garnish
- Optional: a squeeze of fresh lime

DIRECTIONS (MAKES 4 SERVINGS)

1. Sauté onion, bell pepper, and garlic in a skillet over medium heat for 3–5 minutes. Add ground beef and cook 5–7 minutes until browned, draining excess liquid if needed.
2. Stir in cumin, paprika, oregano, cinnamon (if using), and bay leaf. Cook 1–2 minutes, then add diced tomatoes, tomato sauce, and water or broth. Simmer 10–15 minutes until thickened.
3. Add olives, capers, and raisins (if using) and simmer 5 more minutes. Remove bay leaf, adjust seasoning, and finish with cilantro and lime if desired.
4. Serve over rice, quinoa, cauliflower rice, roasted veggies, or in lettuce wraps.

BREAKFAST

EGG VEGGIE OMELETTE WITH OATS ON THE SIDE

MACROS: 26G P / 33G C / 21G F | CALORIES: 420

- 3 whole eggs
- 1 cup spinach (chopped)
- ¼ cup diced bell peppers (red or yellow)
- ¼ cup cherry tomatoes (halved)
- Fresh parsley or basil (for garnish)
- Salt and pepper to taste
- 1/2 cup rolled oats
- Cinnamon powder
- Vanilla extract
- Clove powder
- Unsweetened almond milk/ water

DIRECTIONS:

1. **Cook the oats:** Simmer ½ cup rolled oats with spices and 1 cup water or unsweetened almond milk for about 5 minutes, stirring occasionally. Sweeten to taste.
2. **Make the omelet:** Whisk egg whites until slightly frothy. Sauté spinach, bell peppers, & cherry tomatoes in a non-stick pan for 2–3 minutes. Add egg whites & cook until set (2–3 minutes). Fold & cook 1 more minute.
3. **Serve:** Plate the omelet with oats. Garnish with fresh herbs & season with salt & pepper.

KODIAK PROTEIN PANCAKES

MACROS: 28G P / 60G C / 4G F | CALORIES: 380

- 1 cup Kodiak Cakes Protein Pancake Mix
- Optional Toppings:
 - Fresh fruit (bananas, berries, etc.)
 - A drizzle of honey, maple syrup, or agave syrup
 - Nut butter (peanut butter or almond butter)
 - Greek yogurt
 - Chia seeds or flaxseeds

DIRECTIONS:

1. **Prepare the batter:** Follow package instructions. Add cinnamon, vanilla extract, clove, & a sugar substitute if desired. Optional: add an extra egg for more protein.
2. **Preheat the skillet:** Heat a non-stick pan over medium heat & lightly grease.
3. **Cook the pancakes:** Pour ¼ cup batter per pancake. Cook 2–3 minutes per side until golden and set.
4. **Serve:** Top with banana slices & a drizzle of honey. Enjoy!

BREAKFAST

EGG WHITE SCRAMBLE WITH TURKEY, VEGGIES, & FETA CHEESE

MACROS: 35G P / 15G C / 23G F | CALORIES: 397

- 4-5 egg whites
- 2oz slices of lean turkey breast (deli-style nitrate free or roasted, sliced into strips)
- ½ cup spinach chopped
- ¼ cup diced bell peppers (red, yellow, or green)
- ¼ cup diced onions (optional)
- ¼ cup crumbled feta cheese
- 1 tablespoon olive oil or avocado oil
- Salt and pepper to taste
- Fresh herbs (parsley or cilantro) for garnish

DIRECTIONS:

1. **Prep Ingredients:** Chop ½ cup veggies, 2 oz. cooked turkey, & gather 1 cup egg whites, 2 tbsp feta, salt, & pepper.
2. **Cook Veggies & Turkey:** Heat 1 tbsp olive oil or cooking spray in a skillet over medium heat. Sauté veggies for 2–3 minutes, then stir in turkey & heat for 1–2 minutes.
3. **Scramble Eggs:** Reduce heat to medium-low, pour in egg whites, & gently stir until nearly set.
4. **Add Feta & Finish:** Sprinkle feta, fold until eggs are fully cooked, season with salt and pepper, & serve.

BAKED SWEET POTATO

MACROS: 2G P / 23G C / 0G F | CALORIES: 100

- 1 small sweet potato
- Salt and pepper to taste
- ¼ teaspoon cinnamon (optional, for added flavor)

DIRECTIONS:

1. Preheat oven to 400°F (200°C).
2. Prepare the sweet potato: Wash the sweet potato thoroughly and pat dry. Leave skin on. Pierce the sweet potato a few times with a fork to allow steam to escape during baking.
3. Bake the sweet potato: Place the sweet potato on the rack and place baking sheet underneath it bake in the preheated oven for 45-50 minutes, or until it's tender & easily pierced with a fork. You will notice maybe the potato leaking some of its sugar on the baking sheet. You can also air fry the sweet potato with a little drizzle of avocado or olive oil.

POST WORKOUT SMOOTHIE

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

MACROS: 28G P / 39G C / 16G F | CALORIES: 409

- 1 scoop TRU Chocolate Peanut Butter protein powder
- 1 medium banana (preferably frozen for a creamier texture)
- 1 tablespoon chia seeds (for fiber & omega-3s)
- 1 tablespoon peanut butter (natural, unsweetened)
- 1 cup unsweetened almond milk (adjust for desired consistency)
- ½ teaspoon ground cinnamon
- Ice cubes (optional)

DIRECTIONS:

1. **Blend the ingredients:** In a blender, combine banana, protein powder, chia seeds, peanut butter, almond milk, and cinnamon. Add ice or a frozen banana for a thicker smoothie.
2. **Blend until smooth:** Blend on high until fully combined. Add more almond milk if needed for your desired consistency.
3. **Taste and adjust:** Adjust sweetness or cinnamon to your liking.
4. **Serve:** Pour into a glass and enjoy immediately as a high-protein breakfast or post-workout snack.

TROPICAL BERRY VANILLA SMOOTHIE

MACROS: 22G P / 27G C / 5G F | CALORIES: 226

- 1 scoop TRU Supplements Vanilla protein powder
- 1 cup frozen mixed berries (strawberries, blueberries, raspberries, blackberries)
- 1 cup unsweetened almond milk
- ½ teaspoon ground cinnamon (or to taste)
- ½ cup frozen mango or pineapple chunks (optional, for a more tropical flavor)
- Ice cubes (optional)

DIRECTIONS:

1. **Blend the ingredients:** Add mixed berries, Tru Vanilla protein, almond milk, cinnamon, and frozen mango or pineapple (optional) to a blender. Add ice for a thicker smoothie.
2. Blend on high until combined and smooth. Add more almond milk if needed.
3. **Taste & adjust:** Adjust cinnamon or thickness with more almond milk or ice.
4. **Serve:** Pour into a glass & enjoy immediately as a refreshing, high-protein treat.

SNACKS

BERRY DELIGHT GREEK YOGURT BOWL

MACROS: 27G P / 32G C / 7G F | CALORIES: 285

- 1 cup plain 0% Greek yogurt
- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 2 tablespoons chopped walnuts or your favorite chopped nut
- ½ teaspoon vanilla extract (optional, for added flavor)
- 1 teaspoon honey or sugar substitute (optional, for sweetness)

DIRECTIONS:

1. In a bowl, add 1 cup of 0% Greek yogurt.
2. Top with mixed berries and chopped walnuts.
3. Drizzle with honey or a sugar substitute for sweetness if desired.
4. Stir in vanilla extract for a hint of flavor, and enjoy!

TROPICAL GREEK YOGURT BOWL

MACROS: 27G P / 32G C / 6G F | CALORIES: 296

- 1 cup plain 0% Greek yogurt
- 1 cup diced tropical fruit (mango, pineapple, and/or kiwi)
- 2 tablespoons chopped walnuts
- ½ teaspoon ground cinnamon
- 1 teaspoon shredded coconut (optional, for a tropical touch)
- You can add coconut whipped cream

DIRECTIONS:

1. In a bowl, add 1 cup of 0% Greek yogurt.
2. Top with tropical fruit and chopped walnuts.
3. Sprinkle with ground cinnamon and optional shredded coconut for added flavor.
4. Mix it all together and enjoy your tropical-inspired protein-packed bowl.

DARK CHOCOLATE & CHERRY GREEK YOGURT BOWL

MACROS: 28G P / 37G C / 4G F | CALORIES: 285

- 1 cup plain 0% Greek yogurt
- 1 cup fresh or frozen cherries (pitted)
- ½ teaspoon vanilla extract (optional)
- Your favorite sugar substitute
- 1 tbsp dark chocolate (70%+), chopped, or one serving of chocolate-covered almonds added to yogurt.

DIRECTIONS:

1. In a bowl, add 1 cup of 0% Greek yogurt.
2. Top with the cherries, dark chocolate, and chopped walnuts.
3. Stir in vanilla extract if you like for added flavor.
4. Enjoy this decadent yet healthy treat!

DRESSING FOR SALADS

LOW-FAT BALSAMIC VINAIGRETTE

MACROS: 0G P / 8G C / 5G F | CALORIES: 77

- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon honey (optional)
- Salt & pepper to taste

LOW-FAT YOGURT DILL DRESSING

MACROS: 6G P / 3G C / 0G F | CALORIES: 42

- 2 tablespoons Greek yogurt (low-fat or non-fat)
- 1 teaspoon lemon juice
- 1 teaspoon red wine vinegar
- 1 teaspoon dried dill (or 1 tablespoon fresh dill, chopped)
- Salt & pepper to taste

LOW-FAT LEMON HERB DRESSING

MACROS: 0G P / 3G C / 5G F | CALORIES: 55

- 2 tablespoons fresh lemon juice
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1 tablespoon fresh parsley, chopped
- Salt & pepper to taste

LOW-FAT GINGER SOY DRESSING

MACROS: 4G P / 14G C / 5G F | CALORIES: 112

- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon honey or maple syrup
- 1 teaspoon fresh ginger, grated
- 1 clove garlic, minced
- 1 tablespoon water (to thin, if needed)

LOW-FAT LEMON TAHINI DRESSING

MACROS: 3G P / 4G C / 14G F | CALORIES: 155

- 1 tablespoon tahini (sesame paste)
- 2 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 teaspoon olive oil
- 1 tablespoon water (to thin)
- Salt & pepper to taste

HORMONAL BALANCE



EDUCATION

Hormonal balance becomes a major focus for women after 30—and for good reason. Your hormones influence everything from fat storage and muscle growth to mood, energy, and metabolism. What many women don't realize is how strongly their environment impacts hormonal health.

HORMONAL & ENDOCRINE DISRUPTORS

HOW THEY AFFECT FEMALE HEALTH, WEIGHT LOSS & MUSCLE BUILDING

Hormonal health is foundational to a woman's overall well-being. It influences weight management, fat storage, muscle building, mood, energy levels, and recovery. However, modern life exposes us daily to endocrine disruptors—substances that interfere with hormone function. These disruptors come from environmental toxins, household products, cosmetics, plastics, heavy metals, canned foods, lack of sleep, and poor nutrition. Here's how they affect your hormones and ways to protect your body.

Environmental Toxins (Pesticides & Air Pollutants)

- **Sources:** Conventional produce, pollution, industrial chemicals
- **Impact:** Mimic or block estrogen, disrupt thyroid function, impair metabolism
- **Result:** Weight gain & impaired muscle recovery due to altered metabolic & stress hormones

Water Contaminants

- **Sources:** Tap water with chlorine, fluoride, pharmaceutical residues
- **Impact:** Disrupt thyroid & reproductive hormones
- **Result:** Reduce energy production and muscle synthesis by impairing thyroid function

Household Products (Cleaners, Candles, Air Fresheners)

- **Sources:** Phthalates, VOCs, artificial fragrances, ammonia
- **Impact:** Estrogen disruption & increased inflammation & oxidative stress
- **Result:** Increased fat storage & hormonal imbalance

Cosmetics & Personal Care (Skincare, Makeup, Deodorant)

- **Sources:** Parabens, synthetic fragrances, aluminum, phthalates
- **Impact:** Act as xenoestrogens, disrupt hormone balance & block natural detox pathways
- **Result:** Harder fat loss, impaired muscle repair, increase toxin load

Plastics, Heavy Metals & Canned Goods

- **Sources:** BPA & phthalates, lead, mercury, cadmium in plastic bottles, containers & packaging
- **Impact:** Disrupt estrogen, adrenal & thyroid hormones
- **Result:** Increased fat storage, cause fatigue, slow metabolism & disrupt muscle-building hormones

Lifestyle Factors

- **Lack of sleep:** Raises cortisol, lowers growth hormone, disrupts insulin sensitivity
- **Poor nutrition:** Causes inflammation, disrupts insulin, leptin, & ghrelin
- **Result:** Fat gain, muscle loss, cravings, & low energy

YOUR HORMONAL HEALTH

HOW TO PROTECT & TAKE CHARGE OF YOUR HORMONAL HEALTH

By recognizing and minimizing exposure to endocrine disruptors, you support your body's natural hormonal balance. This not only improves fat loss and muscle building but also enhances energy, recovery, and overall vitality. Small changes compound over time—start today and reclaim control of your health.

- **Environmental Changes:** Choose organic produce & filtered water to reduce pesticide & contaminant exposure.
- **Household Products:** Opt for natural cleaners & fragrance-free air fresheners. Use essential oils for scent.
- **Cosmetics:** Look for paraben-free, fragrance-free, & phthalate-free products. Use natural deodorants.
- **Plastics:** Replace plastic containers with glass or stainless steel. Avoid microwaving food in plastic.
- **Heavy Metals:** Use water filters certified to remove heavy metals. Choose wild-caught, small fish over larger species.
- **Canned Goods:** Prioritize fresh or frozen foods. If using canned goods, opt for BPA-free packaging.
- **Lifestyle Adjustments:** Get 7-9 hours of quality sleep nightly. Eat a nutrient-dense diet rich in fiber, protein, healthy fats, & anti-inflammatory foods. Manage stress through meditation, yoga, or deep breathing.



HELPFUL APPS & RESOURCES

Think Dirty® - www.thinkdirtyapp.com

An app scans product barcodes to receive ingredients info & discover cleaner alternatives.

Yuka® - www.yuka.io

This app analyzes food & cosmetic products, providing health ratings & better options.

YOUR BODY IS POWERFUL. WHEN YOU SUPPORT YOUR
HORMONES, EVERYTHING ELSE BEGINS TO ALIGN.

UNDERSTANDING FEMALE HORMONES

THEIR ROLE IN METABOLISM, FAT LOSS & MUSCLE BUILDING

Hormones are powerful chemical messengers that regulate metabolism, fat storage, muscle growth, energy, & overall well-being. For women, understanding key hormones helps you optimize fitness, recovery, & vitality.

ESTROGEN

The primary female sex hormone, regulating the menstrual cycle, bone health, & fat distribution—especially in the hips & thighs.

- **Healthy:** 15–350 pg/mL (varies by cycle)
- **Too much:** Fat gain, bloating, hormonal imbalance
- **Too little:** Low energy, bone loss, irregular cycles

PROGESTERONE

Balances estrogen & supports sleep, mood, & pregnancy.

- **Healthy:** 5–20 ng/mL (luteal phase)
- **Too much:** Drowsiness or bloating
- **Too little:** Irregular cycles, poor sleep, mood changes

TESTOSTERONE

Essential for women & muscle growth, fat loss, strength, energy levels, & libido.

- **Healthy:** 15–70 ng/dL
- **Too much:** Acne, unwanted hair growth, & menstrual irregularities
- **Too little:** Low energy, reduced muscle mass, & difficulty losing fat

INSULIN

Regulates blood sugar levels & plays a key role in energy balance & fat metabolism. When insulin becomes resistant, fat loss becomes more difficult.

- **Healthy fasting levels:** 2–25 μ IU/mL
- **Insulin imbalance:** Can lead to weight gain, energy crashes, & increased risk of PCOS or Type 2 diabetes

CORTISOL

The body's primary stress hormone and is essential for managing inflammation, blood sugar, & daily energy.

- **Healthy morning levels:** 16–23 μ g/dL
- **Too much:** Abdominal fat gain, disrupted sleep, and muscle breakdown
- **Too little:** Fatigue, low blood pressure, & poor stress tolerance

THYROID HORMONES (T3 & T4)

Thyroid hormones regulate metabolism, energy production, & body temperature. Low thyroid function can slow metabolic rate.

- **Healthy:** 0.4–4.0 mIU/L
- **Underactive thyroid:** Weight gain, low energy, & difficulty losing fat

HOW LIFESTYLE CHOICES INFLUENCE HORMONES



01

STRENGTH TRAINING

- Boosts testosterone, supports muscle growth, & improves insulin sensitivity
- **Tip:** Incorporate resistance exercises like squats, deadlifts, & push-ups 3-5 times per week to see hormonal benefits.



02

AVOIDING UNHEALTHY PROCESSED FOODS

- Processed foods are often high in sugar, unhealthy fats, & additives that can disrupt hormonal balance. Excessive sugar can spike insulin, leading to resistance over time.
- **Tip:** Opt for whole foods like lean proteins, colorful vegetables, whole grains, & healthy fats.



03

EATING WHOLE FOODS

- Whole foods provide essential nutrients like magnesium, zinc, & omega-3 fatty acids for hormone production & regulation support.
- **Tip:** Include hormone-friendly foods like avocados, wild caught salmon, sweet potatoes, and leafy greens.



04

GETTING ENOUGH SLEEP

- Essential for cortisol regulation, growth hormone production, & tissue repair
- **Tip:** Aim for 7-9 hours per night, consistent schedule, dark & cool environment, avoiding screens an hour before bed



05

AVOIDING RISKY SUBSTANCES

- Alcohol, nicotine, & certain medications can disrupt liver metabolism of hormones
- **Tip:** Limit or avoid alcohol; follow program guidelines for optimal recovery

RESTORING HORMONAL BALANCE TO MAXIMIZE FITNESS

001

EXERCISE SMARTLY

Combine strength training with moderate cardio, prioritize recovery

Overtraining elevates cortisol and slows progress

002

NOURISH YOUR BODY

Eat nutrient-dense, anti-inflammatory foods

Avoid processed fast foods; eat whole foods for hormone function support

003

PRIORITIZE SLEEP

Sleep and rest are non-negotiable for energy, fat loss, and muscle repair

004

MANAGE STRESS

Use meditation, yoga, or mobility days to restore nervous system balance

005

MONITOR YOUR HEALTH

Check hormone levels annually with a healthcare provider

Understand deficiencies, track improvements, and guide adjustments

HORMONE BALANCE IS THE KEY TO
SUSTAINABLE TRANSFORMATION

BUILD RESULTS FROM THE INSIDE OUT



YOUR HORMONES PLAY A CRITICAL ROLE IN FAT LOSS, MUSCLE GROWTH, ENERGY, & OVERALL HEALTH. BY PRIORITIZING STRENGTH TRAINING, NOURISHING FOODS, STRESS REDUCTION, & QUALITY SLEEP, YOU SUPPORT BALANCE & UNLOCK YOUR BODY'S TRUE POTENTIAL. THIS IS WHERE LASTING RESULTS BEGIN—STAY CONSISTENT & TRUST YOUR BODY.

TRU SUPPLEMENTS: BALANCE, STRENGTH & VITALITY