



# 1:1 CLIENT GUIDE

**WARRIOR FITNESS**

COACH:  
STEPHANIE LAWLER

# INTRODUCTION

## OVERVIEW:

You have registered as a 1:1 client for nutrition and workouts. This is a 3-month commitment and no refunds will be issued. If illness or injury occur during the contracted time, adjustments to the plan will be made by the coach.

Please make sure if you have not filled out the intake form, you complete that via this link and at the end of that, schedule your intake call to review this form. This call will take 30-minutes and will go over your form, goals, and any other information necessary for creation of your plan as well as an orientation to the app used for coaching.

[\*\*TIER 1 INTAKE FORM\*\*](#)

[\*\*TIER 2 INTAKE FORM\*\*](#)

[\*\*TIER 3 INTAKE FORM\*\*](#)

## Breakdown of tiers:

Tier 1: Custom macros or a general portion control plan, workouts (home or gym), access to private Facebook group, custom supplement plan, and weekly check-in via app, and a monthly 30-minute Zoom call or virtual training session

Tier 2: Everything in Tier 1 PLUS bi-monthly 30-minute Zoom meetings or virtual training sessions.

Tier 3: Everything in Tier 1 PLUS weekly 30-minute Zoom meetings or virtual training sessions.

## Client Expectations:

-Client will commit and adhere to the entire 3-month block of nutrition and programming. This includes submission of weekly progress pics and stat, check-ins, and completion of workouts, cardio, and logging (in app or MFP) and hitting all macros

-Client will NOT make any changes to the plan without communicating this with the coach  
-Client will respect the coach's hours of availability (9am-8pm EST) and will not expect messages to be responded to outside of that window. ALL communication will take place in the Warrior Fitness app, not via text or email. All messages will be answered within 24-hours

-Zoom meetings will be scheduled via the coach's Acuity link and is the client's responsibility. Failure to do so within the month will result in forfeit of that month's meeting(s). Rescheduling or cancelling of a set Zoom need to happen within 24 hours of set time or that call will be forfeited.

# MEET

# Stephanie

## ABOUT ME:

Welcome! I am so honored and excited to be working with you along your nutrition and/or fitness journey. As a special needs mom, I understand how difficult it is to make yourself a priority, but what I have learned over the last 16 years is that to give your best, you have to be your best. And that includes learning how to take care of your mind, body, and spirit. That is what I am here to help you with!

My background is education. I taught for 20 years (high school and college English) before taking a BIG leap at age 40 to pursue my passion: health and wellness.

Nutrition and fitness have always been a huge part of my life, and leaving formal education was a way for me to blend my passion for teaching and serving others through health and wellness.

I am a NASM certified personal trainer with specializations in behavior change, fitness nutrition, and youth sports. I am the mom of Hannah (21) and Neely (18), wife to Lane, and dog mom to Rock and Finn (English Bulldogs). We live outside of Atlanta, GA and enjoy traveling and spending time on the lake!



 @WARRIORFIT1

# IN THIS GUIDE

## CONTENTS:

In this guide, you will find information on:

- Warrior Fitness App
- Tools for success
- Supplementation
- Nutrition 101
- Shopping list
- Sample meal plan
- Macro resource page

## DISCLAIMER:

*\*Please note that Warrior Fitness coaches are not certified nutritionists or registered dieticians. If you have any medical issues or conditions, please consult with a physician before beginning any nutrition or exercise plan.*

*You are NOT being prescribed a medical plan or meal plan. You are NOT being given medical advice. Within the scope of certifications, you are being given suggested macros and a workout plan. You assume all liability for illness, injury, or death that could occur during the contracted period.*

*This fat loss guide is for educational purposes only and is not for redistribution, nor should any part of it be copied or taken for your own use or sale.*

*By payment and acceptance of this guide, you understand that no refunds, full or partial, will be issued. Should illness or injury occur during the contracted 3-month period, please notify the coach, and adjustments can be made to the program.*



# TO START

## BEFORE WE BEGIN:

Read this entire guide. Remember that this is just a "start-up" guide.

- Make sure you have completed the intake form

[\*\*TIER 1 INTAKE FORM\*\*](#)

[\*\*TIER 2 INTAKE FORM\*\*](#)

[\*\*TIER 3 INTAKE FORM\*\*](#)

- Order all supplements/tools for success. Your coach will provide you with a custom supplement plan. All supplements can be ordered through:

[\*\*SUPPLEMENTS\*\*](#)

- Set up a MyFitnessPal account. I suggest upgrading to premium, so you can customize macros to what I set for you. You can also track within the Warrior Fitness app
- Request access to our FB Community, Team Warrior Fitness, if you aren't already in the group. The coaches educate there daily and host a Live each Tuesday night at 8pm EST to dive deeper into our weekly focus topic  
FB group link:



[\*\*FACEBOOK  
GROUP\*\*](#)



# EXPECTATIONS

## EXPECTATIONS:

- Log your food a day in advance or the morning off. Track everything you eat/drink in our app. Mark each day as complete. Hit 90% or better nutrition compliance each week.
- Mark your workouts and cardio. Hit 90% or better exercise compliance each week.
- Complete your weekly check-in which means replying back to the check-in auto-message that drops each Sunday morning in app AND answering all the questions in that message by Sun. 10am EST. I will reply, making any adjustments to the plan, by Monday 10am EST.
- Feeling like it and having time aren't requirements. Doing the work is.
- Don't lie to yourself. Don't lie to me.
- Attend your scheduled Zoom calls. Cancellation is 24-hours in advance or else you forfeit that meeting (camera on please).
- Trust the process. Be coachable. Ask for help when you don't know or can't figure it out.
- All communication to Stephanie will be via the app. Please do not call, email, or text. Messages will be answered between 9am and 8pm EST. This response time will be limited on weekends and only app messages (personal or professional) will be replied to (not text, call, etc). Please be respectful of my life and personal time as well as my other professional obligations.



# WARRIOR FITNESS

# App

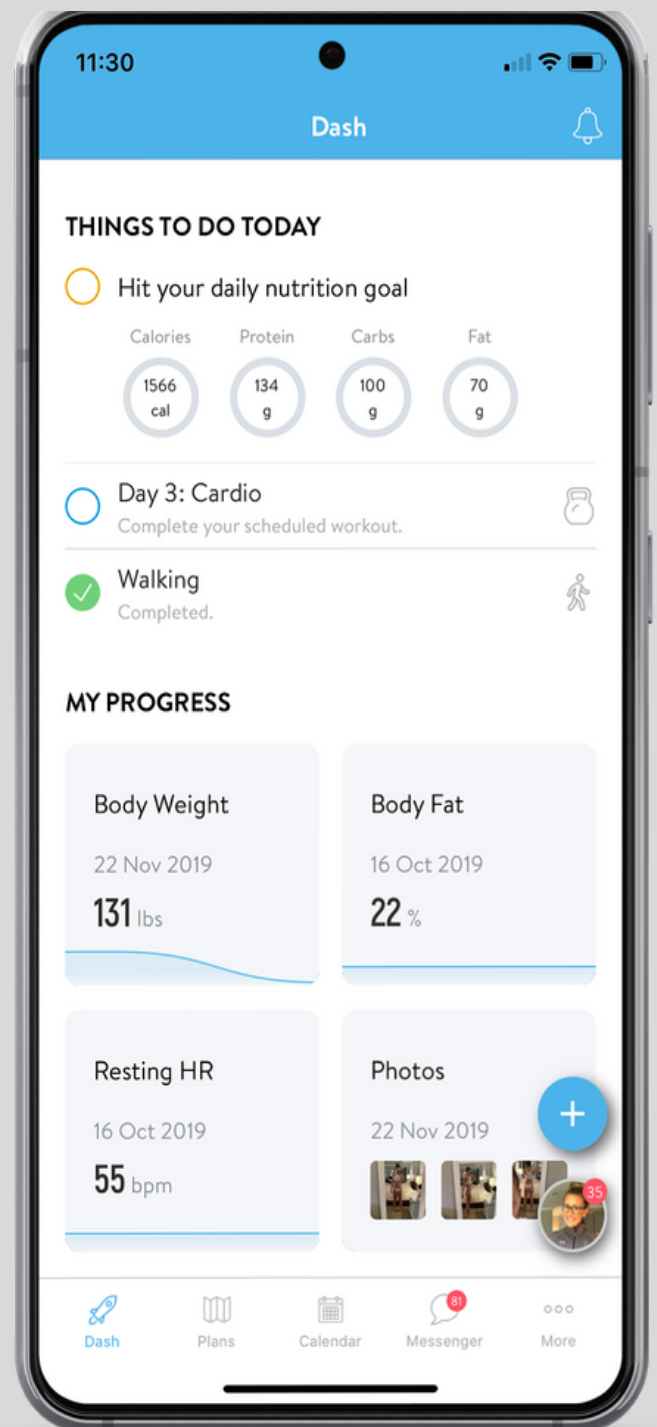
## THE APP:

For this contract period, we will be using my app, Warrior Fitness. You will be sent an email to the email address you used to register and will prompt you to download this free app.

Upon download, you will also be sent email directions for how to pair your MyFitnessPal account to the app. You do NOT need to pair anything else. By pairing your MFP, your nutrition compliance will appear for me/you on your app dashboard. You may also choose to log in-app versus MFP.

The app is where you will find/do everything. You will upload your start and weekly progress pictures, weekly weight and body stats, and where you will find your workouts and cardio. You will be able to see the entire week's workouts if you need to move them around to fit your schedule. You can drop/drag them on the Calendar tab to move them. Your custom macros can be found under Goals.

Each week, you will get an auto-message to remind you to update your picture and stats. You will get a second message to reply to with some questions. This serves as our weekly check-in. Please reply back to this message and have pics/stats done by within 24-hours of this message, so coaching and adjustments can happen, if needed.



# TOOLS FOR

# Success

## THINGS TO HELP:

For the workouts, you will either need access to a standard gym or a few items to do these workouts at home.

To workout at home, you will need a pair of resistance bands or dumbbells that are a challenging weight for 15-20 reps. You will also need a heavier set that is challenging for lower reps (6-8). A kettlebell is also suggested (10-15lbs). You will also need a jump-rope and possibly a yoga mat.

You can find great mats and sliders at:

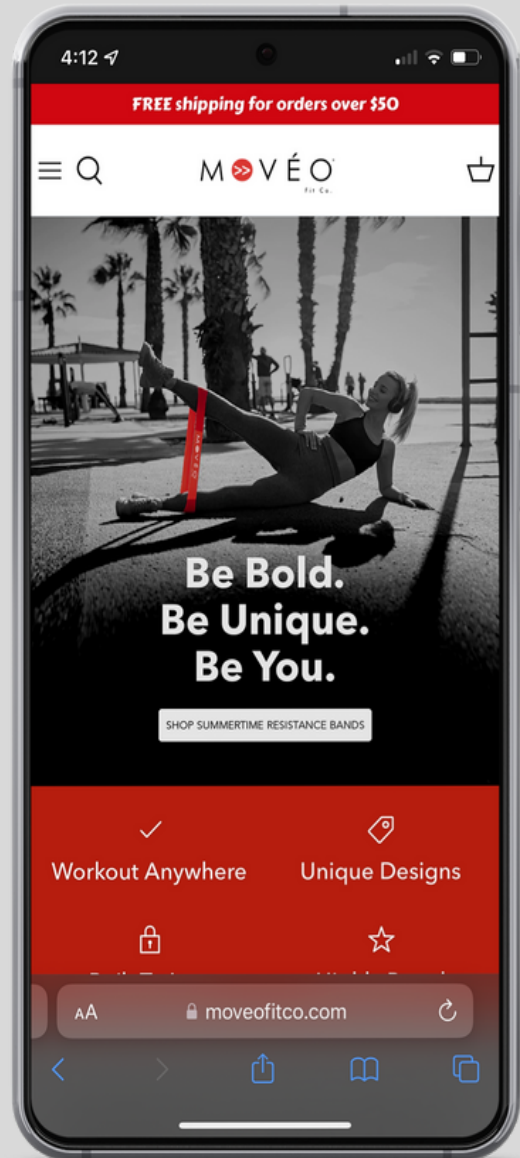
**MOVEO FIT CO.**

Resistance bands can be purchased through:

**WARRIOR FITNESS**

Meal prep containers, scales, food scales, and hand frothers are all linked and can be purchased through my Amazon storefront:

**AMAZON**





# SUPPLEMENT

# Guide

## FILLING GAPS:

Understand that supplements are intended to do just that: supplement a healthy lifestyle.

### **THERE ARE NO "MAGIC PILLS" TO SHORT-CUT THIS PROCESS.**

At the base of supplementation, making sure your micronutrient needs are met is the first order of importance. Without vitamins and minerals, the body can't function optimally and surely won't respond as quickly or efficiently to additional tasks, like fat loss. For this reason and because of the fact that fat loss typically limits variety due to meal prep and lesser amounts of fruits and veggies to fit calories and macros, a comprehensive micronutrient pack will fill those gaps in diet and ensure the body is functioning optimally, especially under the stress of caloric deficit.

Another important supplement is a high-quality omega-3 fish oil (EPA/DHA ratio of 900:600) to speed fat loss, lower inflammation, and fuel the brain. Our diets are rich in omega-6, 9 but limited on omega-3 as many of us don't eat wild caught, deep-sea, fatty fish 3-4 times a week to counterbalance the 6/9 ratio.

A low-temperature processed greens product aids digestion, breaks food down, reduces bloating, improves regularity, and improves the gut microbiome through powerful probiotics to improve immunity.

Lastly, a low-temperature processed reds product will improve circulation, aid in cardiovascular health, improve visible signs of aging, and keep cells young and healthy.



[SHOP COMPLETE STACK](#)

# SUPPLEMENT

# Guide

## FILLING GAPS (cont.):

There are 2 other places my clients are typically lacking, and that is protein consumption through whole foods every 3-4 hours due to limited protein options and busy lifestyle and a rapidly digesting protein and carb in the post workout setting.

For these gaps, I recommend Level-1 whey concentrate protein for a "meal-style" protein. This protein is low-temperature processed, so unlike other powders, it won't cause digestive upset, bloating, or gas like so many others out there. Clients who are lactose-intolerant or GF can readily use this product with zero issues. It can be a quick meal on the go when paired with a carb source like rice cakes or fruit. It blends easily in water only and can also be used for baking or flavoring coffee (my favorite "meal!").

Phormula-1 and Ignition make up the post-workout stack. Utilizing this stack shuts off the breakdown that occurs during a workout and quickly puts the body back into a fat-burning state. This is the only time where a supplement is more efficient/better than a whole food. Phormula-1 is a rapidly digesting isolate protein that clears the gut fast and moves to muscles to start the repair process, thus reducing soreness and fatigue.

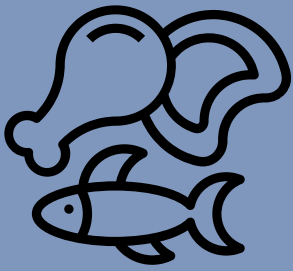
This protein is to be paired with Ignition, a rapidly digesting carb made from the most simple sugar to replenish the muscle glycogen lost during a workout. As the most simple carbohydrate, it bypasses the liver quickly to not be stored as fat. Ignition also contains a micronutrient blend to restore lost vitamins and minerals that are excreted during a workout. This stack is to be mixed with water only and consumed right after a workout.

**Click the images to take you to these products!**



# NUTRITION 101

## Eat to Lose



### PROTEIN

1g = 4 calories

- Builds and repairs tissue
- Helps you feel satiated
- Preserves lean muscle mass in a calorie deficit

Meat, fish, eggs, whey, dairy



### CARBS

1g = 4 calories

- Easy energy source for the body
- Refills glycogen stores
- Provides fiber and aids with digestion

Fruit, veg, rice, bread, pasta



### FATS

1g = 9 calories

- Allows nutrient absorption
- Regulates hormonal function
- Helps with brain health

Nuts, salmon, cheese, dairy, eggs

Before we begin, you will be given custom macros via the email purchased with. This will be the grams of protein, carbs, and fats you will need to consume in a day for your goals.

Make no mistake...how, when, and what you eat is far more important than exercise. Nutrition is truly 75-80% of the equation for fat loss. If you only had limited time, spend that time on getting nutrition right before pouring all your time into workouts.

What most people don't understand is that you have to eat to lose. In order for your metabolism to be primed and ready for fat loss, you have to eat. You have to eat at regular intervals (about every 3 hours), and you need to eat a combination of healthy proteins, carbs, and fats at each meal. Food is fuel, not the enemy,

Eating protein puts you into a fat burning or "anabolic state" for 3 hours. Every time you go beyond eating every 3 hours, you are putting yourself into a fat holding or "catabolic state." For example, in the 8 hours you are sleeping, you are in a catabolic state. So if you wake up and don't eat for 4 more hours, that means your body is in a fat-holding state for those 12 hours!! This is only broken by eating PROTEIN.

# NUTRITION 101

## PROTEIN:

Protein is often referred to as the “building blocks” of our bodies as they are used to make organs, muscles, and tendons. They are also used to make chemicals within the body. As a macro, proteins are the most digestible and take the most time in the body to break down as usable energy. Calories from protein are important in fat loss because protein stimulates metabolic function, increases the body’s thermogenic response, and are nearly impossible to be re-metabolized as fat, unlike unexpended carbs or fats.

Protein is also important for our body in terms of building lean muscle (the more lean muscle we have, the lower our overall body fat percentage is), boosting immunity, and improving insulin-sensitivity.

What are good protein sources? Whole foods are best. Think white meats like chicken and turkey, and white or oily fish. Other good protein sources include whey protein, egg/whites, some dairy (yogurt, cottage cheese), lean ground beef, bison, deer, elk, and pork that are grilled, baked, or broiled.

Typical recommendations for protein intake is ONE gram per goal weight. You have to eat for the body you want, not the body you have.



# NUTRITION 101

## CARBS:

Carbs are our body's fuel source. Carbs are metabolized and converted to muscle glycogen. Glycogen feeds our muscles for energy and endurance. The amount of carbs you need daily is dependent on many factors, but your fat-loss goals and activity level are the two biggest factors. Health history and health issues are also considerations.

“Carbs are bad,” and “Carbs make you fat,” is antiquated thinking. Carbs don't make you fat. Unused carbs make you fat. Carbs from sugary and processed foods make you fat. If you are eating more carbs, you are storing more glycogen in your muscles for fuel. If you aren't burning that fuel off through activity and a fast-metabolism, your body very quickly converts that unused glycogen into fat.

Look for lower-glycemic index carbs. This means this type will have less impact on spiking your blood sugar and releasing even more insulin into the body. Fruits and veggies are carbs. Fruits contain sugar, so they will be faster digesting and spike your blood sugar. Lower glycemic index carbs are things like rice, potatoes, quinoa, and oats to name a few.

The only time you want to spike your blood sugar is in the post-workout setting. This is where Ignition is utilized.



# NUTRITION 101

## FATS:

Fats are the last macro-nutrient. Although most people think eating fat makes them fat, this is not exactly true. Fats are important for the body in many ways. First, fats help your body absorb many micro-nutrients (vitamin A, E, K, D).

Fat also protect the organs and keeps the body properly insulated and able to regulate temperature. Fats also give cells structure and are important in the production of some hormones. Essential fatty acids play a key role in brain development and function, blood clotting, and lowering overall inflammation and as an energy source.

Trans-fats should be avoided. These types of fats are generally found in processed foods, fried foods, and vegetable oils. These are high in omega-9, which is inflammatory.

Unsaturated and good sources of saturated fats do not contribute to increased cholesterol or heart disease. Sources of unsaturated fats are fish, nuts, avocado and olive oil. These are high in omega-6, which REDUCES inflammation.



# MICROS



## VITAMINS & MINERALS:

As a Greek or Latin root, “micro” means, “on a small scale.” Micronutrients are trace amounts of vitamins and minerals that your body needs to function properly at the cellular level. Some micronutrients have specific functions like aiding in enzyme and hormone production while others work across a broad-spectrum for many bodily functions.

Most micronutrients are derived from food sources, but due to poor quality fruits and veggies, nutrient dense soil, and genetically modified food, supplementation for essential micronutrients is usually necessary to avoid deficiencies.

There are 2 categories of micronutrients from vitamins: fat-soluble and water-soluble.

Fat-soluble vitamins are stored in fatty (adipose) tissue for reserve for the body. Fat-soluble vitamins include A, E, D, K and are best take with food for maximum absorption.

Water-soluble vitamins include C and the B-complex vitamins. These vitamins need to be replaced daily through food or supplementation as they are not stored in the body and excreted through the urine.

Trace minerals like magnesium, zinc, and selenium are also important micronutrients the body needs to function properly

# HYDRATION

## WATER:

The human body is approximately 60% water. Water helps regulate body temperature, carries nutrients throughout the body, aids in digestion, maintains proper blood volume, keeps the brain and lungs functioning optimally, and improves mood and mental alertness.

By the time you feel thirsty, you are already dehydrated. Dehydration can lead to muscle weakness, dizziness, electrolyte imbalance, and mental alertness and clarity.

In terms of fat loss, water is important in flushing toxins from the body and stopping the hunger signals. Often times, when you “feel” hungry, you are actually dehydrated. Drinking water is a great appetite suppressant as the belly is full and that hunger signal is turned off. Water helps boost metabolism and increases overall energy.

Water also hydrates muscles and joints. This leads to less joint popping and pain, and hydrated muscles are happy muscles improving endurance and performance. Proper hydration also decreases the oxidative stress that occurs when our body is under stress from exercise.

As skin is our second largest organ, drinking enough water improves skin texture and tone as well as elasticity. Headaches and even depression-symptoms can be improved by increasing water consumption.





# REST & RECOVERY

## A KEY ELEMENT:

Contrary to popular belief, lean muscle isn't made in the gym. When you workout, you are actually breaking down muscle fibers.

Muscle breakdown is actually called the "catabolic state." You are in a catabolic state when you are working out and when you are not eating frequently enough. To be in a fat-burning or "anabolic state," this occurs when you are eating at frequent intervals and while the body is at rest.

Rest and recovery are just as important to the fat-loss journey as is eating properly and moving your body. Those things, along with proper hydration and supplementation to fill gaps, are the 5 pieces to the fat-loss equation.

Rest days allows your muscles, nerves, bones, and connective tissue to rebuild. Rest and recovery also allow the central nervous system to reset, hormones and chemicals to balance, and mental and emotional status to be realigned.

Clients have at least one full rest day built into their plans. This means that on this particular day, you do not do any exercise of any kind. Use those extra hours to get to bed earlier or wind down by doing something to relax. I usually also build in one "active rest day." This is a day where you do some sort of light exercise like walking at a slow pace, taking an easy hike, or practicing yoga or stretching.

It is best to position these days between your workout days, so your body has time to properly recover and rebuild. You will notice that your workouts are better, and you have more strength, endurance, and motivation when you allow a few rest or active rest days between your working days.

Sleep is a CRUCIAL part of recovery as well and needs to be prioritized as part of this plan for your goals. Aim for 7+ hours of quality sleep each night. Stay off all screens 1-2 hours prior to bed, no caffeine after 3pm, and sleep in a cool room without your phone used as your alarm. Failure to prioritize sleep will stall your efforts as well as lead to hormone disruption, gut microbiome imbalance, increased water retention and inflammation, and increased cravings.

# MACRO TRACKING

## TO BEGIN:

You will be given daily macros to meet your goals. It is essential that you follow these macros and hit them within +/-5g each day for each macro category. To do so, you will have to set up and track your intake in My Fitness Pal or similar program or within the WF app.

Once you set up MFP initially, your information will carry over if you log onto the app version. To start on the desktop, you can go in and edit your macros under Home/Goals to match the numbers in your plan under Goals in the app. You will also want to edit your sugars to 30g and sodium to 1500mg under the right side column labeled “Micronutrients.” You can leave the rest of the micronutrients as they are listed.

DO NOT pair exercise to your account as it will show that you have “earned back” additional calories from exercise. This becomes messy and confusing in terms of what your true daily calorie/macro goals should be. Once you set up your initial account and plug your food in the program will retain your most common foods, and you can simply choose from that list day to day or even copy a complete day’s worth of eating.

We suggest you plug your food in at the START of the day instead of as you eat. This will allow you to make changes to food or quantity before you eat, so you aren’t left with something crazy like 100g of protein by the end of the day. Again, if you follow the given plan, you will not run into those problems.

When you are entering foods into MFP (My Fitness Pal), double check brands and labels. You will probably NEVER be 100% spot on with your numbers each day, but you need to aim to come as close as possible. Under-eating and leaving amounts of each macro on the table at the end of the day is just as detrimental to your goals as over-eating.

Also, please make sure you are logging all liquids that you drink within a day– even diet drinks and splashes of creamer in your coffee! You also need to be mindful of the cooking methods you are using. Log all oils, and be careful of seasonings and marinades as lots of them have TONS of hidden sodium. Opt for sodium or low-sodium versions. Log all supplements, gum, and candy as well. Even zero-calorie food/drinks need to be logged.

# SHOPPING LIST

## WHAT TO BUY:

The easiest way to approach your shopping is to create your weekly meal plan after you plug it into MFP, so you know exactly how MUCH of each food you will need plus extras if you are cooking for family meals as well. You will mostly be shopping the perimeter of the store. The inner aisles are mainly processed foods that we don't need. Think about what protein, carb, and fats you need. Those are your 3 main macro/food groups. Fats come primarily from your protein sources and in how you prep your foods (oils, oil sprays, butter).

### Protein:

- Lean ground turkey Boneless, skinless chicken breast
- Lean ground beef (grass-fed)
- Liquid egg whites
- Flank steak
- London broil
- Shrimp
- White fish
- Level-1 protein powder
- Low fat cottage cheese
- High protein yogurt (Siggi's)

### Carbs:

- Sweet potatoes
- White potatoes
- Jasmine rice
- Basmati rice
- Whole grain bread
- Plain quick oats
- Zucchini spirals
- Cauliflower rice
- All green veggies
- Fruit (berries are lower sugar)
- Couscous
- Quinoa
- Protein pasta

### Fats:

- Nuts
- Nut butters
- Ghee
- Grass fed-butter
- Coconut, olive, avocado oil/spray
- Avocado
- Cheese
- Half/half (for coffee)

# MEAL PREP

## HOW TO PREP:

The easiest and most effective way to stick to your plan is to spend a few hours once or twice a week and meal prep. All this really means is cooking up the bulk of your proteins, carbs, and veggies in advance. You can go even further and weigh them out after cooking and divide them into meal prep containers, so all you have to do is grab and go each day. You will need to make up your grocery list from your meal plan and multiply those meals out by 7 days for what you will need for the week.

From there, doing all of this prep work should only take you a few hours, but it will save you 5-10 hours per week from cooking each day or night.

Proteins: bake or grill a batch of chicken breasts, brown up a few pounds of lean ground beef or turkey, grill up steaks or fish, tofu, turkey, bison, and even low-sodium deli meat is okay, eggs, egg whites, grilled, broiled, or baked seafood of all kinds, low sodium tuna fish.

Carbs: bake sweet potatoes (whole or cubed), cook rice (brown, jasmine, basmati), protein or whole wheat/high fiber pasta, yams, squash, spaghetti squash (a great alternative to pasta), wash and cut fruits (in moderation as they are high in sugars).

Veggies: bake frozen broccoli on a baking sheet with no-sodium seasoning and a drizzle of extra-virgin olive oil, do the same with asparagus, wash and cut lettuce, peppers, cucumbers. You can saute or bake bell peppers and onions, kale, brussel sprouts- all veggies other than corn (especially all green veggies) can really be eaten without limitation as they are great for nutrition and fiber.

Breakfast: Level -1 protein shakes, egg cups (eggs and/or egg whites with veggies or pico added in and cooked in large cupcake tins at 350 for 25 or so minutes, protein pancakes with sugar-free syrup, eggs, omelets

Snacks: nuts, nut butters, low-sodium cottage cheese, raw veggies and hummus, salt-free rice cakes with nut butter, flavored mini rice cakes, protein shakes, Quest protein chips, Level-1 Bars, Siggi's yogurt, 1stPhorm Protein Sticks

Spices and Flavorings: look for salt-free or low-sodium options, garlic or onion powder instead of salt, Mrs. Dash, Flavor God seasonings (available online through their website), herbs (fresh or dried), extra virgin olive oil, coconut oil or cooking spray, Kerry Gold butter

Dressings and dips: red wine vinegar and extra virgin olive oil vinaigrette with a dash of salt, pepper, and oregano and/or crushed garlic, Bolthouse Farms salad dressings, hummus, avocado, guacamole, pico, lower sodium salsa, sugar-free barbeque sauce, mustards, Cholula or other hot sauce

Dairy: most dairy is high in fat and sodium, but if you can make it work in your numbers, go for it! Low-sodium options are good, but usually low-fat is higher in sodium, so go for less quantity of the full-fat kinds.

Coffee: is fine, but think about black or just using half and half, almond or cow's milk, stevia or Truvia nectar to sweeten, or sugar-free creamers if you can tolerate them. Silk and Califia Farms also make creamers from almond milk. I would recommend adding Level-1 protein (1-2tbsp) to your coffee instead with milk or 1/2 and 1/2 to bring the temperature down a bit before adding in the protein.

# RECIPES

## A FEW IDEAS:

### **Breakfast:**

Level-1 protein coffee: Mix in 1/2 scoop of Level-1 (any flavor is amazing) into your coffee instead of using flavored creamers. You will need to bring the temp down with milk or 1/2 and 1/2 or you can use a frother to blend it in (or blender). You can also mix up a shake with a few ounces of water and pour it into your coffee.

Egg cups: I use about 2 cups of egg whites, spinach, garlic powder, and pico or salsa all mixed up and then spooned into muffin tins. Cook on 350 for about 10 minutes or until an inserted knife comes out clear.

Protein pancakes: 1 cup of Kodiak pancake mix, 1 cup of Level-1 protein, and 1 cup of milk or water.

Egg white oatmeal: 1/2 cup of liquid egg whites mixed with 1 pack of plain, instant oats. Cook in the micro for 30-40 seconds and then add SF syrup or cinnamon to top.

### **Lunch:**

Turkey wrap: Using a low carb wrap, fill with low-sodium deli turkey, spicy mustard, oregano, vinegar, lettuce, sundried tomatoes, cucumber, and hummus

Mediterranean bowl: spinach, lettuce, cucumber, feta, grilled chicken, jasmine rice, sundried tomatoes, peppers and toss with lemon juice (or vinegar), olive oil, and crushed oregano and salt/pepper to taste

Grilled chicken salad: grilled chicken over a bed of lettuce with 1/2 cup rice, red onions, cucumbers, chopped bell peppers, fresh oregano, shredded carrots, 2 tablespoons of avocado, topped with homemade vinaigrette

### **Dinner:**

Crockpot Flank Steak: 1 large flank steak, 1 pack of dry au jus, 1 pack of dry ranch, 1 cup of low-sodium beef or bone broth, 3-4 pepperoncini peppers, potatoes and carrots (optional)- combine all in a crock pot and cook on low 6-8 hours or on high for 4.

Stuffed Bell Peppers: Fill bell peppers with jasmine rice, cooked ground turkey or beef, black beans, and top with 10z shredded cheese and bake in a 325 degree oven for 20 minutes. Top with Greek yogurt (sub for sour cream) and salsa/pico

Crockpot chicken: 2 pounds of boneless, skinless chicken breasts with one jar of salsa of your choice. Cover and cook on low for 4-6 hours or on high for 4 hours. To shred, use a hand mixer right in your crock pot!

Red Wine Vinaigrette: Great to use as a salad dressing or a marinade....1/2 cup red wine vinegar, 1/4 cup extra virgin olive oil (first cold press), 1/2 tsp crushed oregano, 1/2 tsp kosher salt, 1/2 tsp black pepper, one clove of garlic crushed. Combine all ingredients except oil. Mix together and then slowly whisk olive oil into vinegar or use an emulsifier wand.

# SAMPLE MEAL PLAN

## 2000 CALORIE DAY:

\*NOTE: These amounts will NOT necessarily match YOUR macros. This is just an example of meals and how they are spread out across a day.

### Meal 1: (to be eaten within the first hour of waking):

- 1-2 cups of coffee
- 2 tbsp half/half (fat)
- 1 scoop Level-1 (protein)

### Meal 2: (3 hours later)

- 1 cup of liquid egg whites with one full egg (protein and fat)
- ½ cup blueberries OR piece of Ezekiel or Dave's Killer Bread (carb)
- \*Micro-Factor, Full Mega, Opti-Greens (2 scoops)

### Meal 3: (3 hours later)

- 4 oz of baked or grilled chicken breast (protein)
- 4 oz of rice (carb)
- ½ cup of green veggies (carb)
- grass fed butter for veggies (fat)

### Meal 4: (3 hours later)

- 1 cup of low fat cottage cheese (protein and fat)
- 1 low salt rice cake (carb)
- 1 tbsp of peanut butter (carb and fat)
- \*Full Mega, Opti-Greens (2 scoops)

### Meal 5: (3 hours later)

- 4 oz of 95% lean ground beef, turkey, or skinless chicken breast (protein)
- 4 oz of rice or sweet potato (carb)
- 1 cup of green veggies (carb)
- 1 tbsp olive oil to saute veggies or butter for potato (fat)

### \*Meal 6: (Consumed right after workout, then an hour after this, continue with next meal)

- 1 scoop of Phormula-1 (protein)
- ½ scoop of Ignition (carb) mixed with 4-6oz water only

