



MA WARRIOR NUTRITION GUIDE



A smiling woman with short dark hair, wearing a blue apron over a white top, is cooking in a kitchen. She is using tongs to transfer food from a pan on the stove to a black meal prep container. The kitchen is bright and modern, with a sink and a bowl of lemons visible in the background.

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A smiling woman with short dark hair and multiple tattoos on her arms and shoulder. She is wearing a white ribbed off-the-shoulder top, a black belt with a gold buckle, and light blue denim shorts. She is standing in a kitchen with a stove and a plate of fruit in the foreground. The background is bright and slightly blurred, showing a window and a yellow flower.

INTRODUCTION

On this 8 week journey together we'll combine both the workouts and meal plan to help you build a better booty of course - but also lose body fat, build muscle, and become stronger!

One of the unique features about the coconut guides nutrition program is that we have built in the ability for you to create tons of variety for yourself as often as you'd like by using our **integrated swap list**! You can feel free to work the plan as it is laid out for you, or if you like to explore you can make changes every single day to keep it fresh for yourself!

NUTRITION PROGRAM PREPARATION & FAQ

WHAT IS A MACRONUTRIENT (AKA MACRO)?

Macronutrients are the major, calorie containing nutritional categories that make up our daily diets. The three macronutrient groups are Protein, Carbohydrates, and Fat. Each of these macronutrients are important to the proper function of our bodies. Depending on our goals or individual needs - we may function best and get better results with certain amounts or ratios of these macronutrients.

WHAT ARE THE "CARB SWAP" AND "FAT SWAP" NOTES ON MY MEAL PLAN?

The Carb and Fat Swap list is a feature that allows you to gain more flexibility and options with your meals.

In the Swap List area of this guide, you will see specific instructions on how to use this "Swap List Multiplier" to trade the listed food item for your choice of many others. Essentially I have streamlined the ability to take certain foods from your meal plan and "swap" them out for another.

HOW IS A MACRO DIET SIMILAR TO—AND DIFFERENT FROM —OTHER DIETS?

A professionally prepared diet built on macronutrient values is one that has been structured scientifically and built for success. It has been created with the optimal amount of each macronutrient and total number of calories to get you the results you are after. A macro based plan also allows for flexible dieting, which means you can make changes on the go as much or as little as you desire to create variety.

WHY SHOULD I COUNT MACROS VS CALORIES?

Counting macros allow for more precise control over the biological effects that food has on our bodies. Although total calorie intake is the most important factor in weight loss or weight gain - we can yield the best possible results by controlling our macronutrient levels.



NUTRITION PROGRAM PREP & FAQ

WHAT IS THE BEST WAY TO TRACK MY DAILY MACRONUTRIENT INTAKE? DO I NEED TO WEIGH/MEASURE MY FOOD? APPS?

Our recommendation is to use a scale to weigh your food at least for the first couple of weeks - as you get comfortable you may decide you can eyeball it moving forward. For tracking purposes or for planning a meal to match your listed macros - I recommend MyFitnessPal or Daily Burn; but any tracking app you are comfortable with is perfectly ok.

CAN I EAT BELOW MY MACROS TO LOSE WEIGHT FASTER?

You can attempt to, however you will be sacrificing long term results if you eat less than you are supposed to. Your body will adapt to your new low calorie intake and then you will be stuck and have a very difficult time losing additional weight.

IF I EAT MORE THAN MY ALLOTTED MACROS SHOULD I EXERCISE MORE OR CUT BACK THE NEXT DAY?

No - If you overeat at a particular day - once you sleep and wake up - treat it as a new day with a fresh opportunity to execute better and nail your plan. By over exercising or under eating in response to the previous day's "slip-up" you reinforce that the pattern of overexertion, overeating, and negative relationship with food. MA Warrior Programs are designed and intended to get results; but also to build self-confidence and long term health.

WHAT SHOULD I DO IF I'M STILL HUNGRY AFTER EATING ALL OF MY MACROS FOR THE DAY?

Usually this is a sign of either not getting enough rest, experiencing an unusual amount of stress, or being dehydrated. In any case, more food is not the answer. The best practice is to drink 20-32oz of water, tea, or zero calorie beverage to make sure you are hydrated as well as send the appropriate fullness signals from your gut to your brain. You can do this!



NUTRITION PROGRAM PREP & FAQ

WHY AM I EATING SO MUCH FOOD?

It's very important that we start our nutrition journey eating the amount calculated for you because this allows us to maximize your metabolic rate; and the amount of nutrients we are delivering your body. We can always make adjustments downward in calories based on your progress and feedback, but if you start too low, increasing calories becomes very hard - as your metabolism will adopt to lower calories fairly quickly!

WILL THESE CARBS MAKE ME GAIN FAT?

NO! We are using the carbohydrates on your plan to replenish and refuel your body. We will be supporting high quality workouts, expediting recovery, and not to mention - fueling your metabolism. By reaching your goals with carbohydrates included, you will make more meaningful and sustained progress.

DO I NEED TO EAT THE SAME FOODS EVERY DAY?

No! Using our swap list, you can easily make adjustments to your plan on a daily basis to create variety for yourself.

CAN I USE A PROTEIN POWDER OTHER THAN TRU?

You absolutely can use any protein powder you would prefer, however we recommend Tru Supplements because it is the highest quality invest tasting Plant Based Protein on the market!

DO I NEED SUPPLEMENTS?

We believe supplements are just that, supplements. They do not replace the need for Southern nutrition and hard workouts. But with the coconut day you will have both of those variables in place, so the supplements we recommend can make a big difference in getting more results and maximizing the return from all your hard work.



NUTRITION PROGRAM PREP & FAQ

WHY SNACK HOUSE PUFFS OVER OTHER SNACK FOODS?

Snack house puffs are one of my favorite choices for snacks because the ratio of calories to protein and the satiation that they provide are nearly unmatched in the snack world. With both sweet and savory flavors available you are sure to find a flavor you love.

WHAT IF I WORK OUT IN THE MIDDLE OF THE DAY OR AT NIGHT? DO I STILL EAT MY MEALS IN THE SAME ORDER?

Midday workout - Change the order of your meals to be:

Meal 1

Meal 3

Meal 2

Meal 4

Evening workout - Change the order of your meals to be:

Meal 3

Meal 4

Meal 1

Meal 2

CAN I USE SAUCES LIKE KETCHUP, BBQ SAUCE, & SALAD DRESSINGS?

You absolutely can, but in moderation of course. We have a list of approved condiments right here in your nutrition guide!

CAN I STILL HAVE MY MORNING COFFEE W/ CREAMER OR SYRUPS?

You can have your morning coffee, and you can use 30 cal almond or other no sugar added nut milk as your creamer. For sweetener or you can use any of the following: stevia, monk fruit, Sucralose



NUTRITION PROGRAM PREP & FAQ

WHAT HAPPENS IF I HAVE A “CHEAT MEAL”?

To define the term, a “cheat meal” is a meal where there is no respect given to the planned meal, and you simply eat what ever you’d like. We do not recommend or advocate for cheat meals while you are trying to reach a goal. They can be great for variation for a person who is at a very close to their goal; but if you still have work to do to get there - we recommend skipping the cheat meals.

WHAT HAPPENS IF I MISS A MEAL?

If you miss a meal, do not try to make it up or overdo it at the next meal, just simply move forward and nail the next meal! As a warning, missing meals regularly will lead to over eating later - so try to plan ahead! If you can’t eat exactly what is laid out for you due to unforeseen circumstances, you can always use the swap list to create your best option!

WHY HAS MY SCALE WEIGHT GONE UP?

It is common for weight to quickly fluctuate up or down by a few pounds when starting a new nutritional approach. Your digestive system and body as a whole is adapting to new foods and new food timing, do not stress. Stick to the plan for an entire week before you evaluate whether or not weight has actually gone up or down!

WHAT IF I DO NOT LIKE TO EAT BEFORE MY MORNING WORKOUT?

We recommend fueling your body 1 hour to 40 minutes prior to training. However, if you absolutely do not like to eat before your morning workout, you can train fasted (make sure you drink BCAA!) and move the “pre-workout meal” to be an afternoon snack between meals 3 and 4.



SUPPLEMENTS



WHAT NUTRITIONAL SUPPLEMENTS DO I SUGGEST?

I recommend the full line of my brand, TRU Supplements. However, for the coconut program I have chosen a very specific combination of TRU Products - designed to increase your quality of life, enhance your workouts and speed up your recovery capabilities.

[GetTruSupps.com](https://www.gettrusupps.com)

DAILY SUPPLEMENT TIMING PROTOCOL

UPON WAKING:

TRU ACV capsules with water

TRU Metabolism capsules with water

TRU PROTEIN POWDER:

As Directed by meal plan. An additional shake can be mixed with water as needed if you are really hungry or have cravings

PRE-WORKOUT:

Mix 1 scoop of TRU Energy with 10oz water 20 minutes prior to your workout

DURING WORKOUT:

Mix 1 scoop of TRU BCAA with 16oz water, and sip during your workout

WITH LUNCH:

TRU Vitamin (or with largest meal of the day)

AFTER YOUR LAST MEAL:

TRU Detox Capsules with a glass of water



[Click Here to Purchase Your Daily Supplements from TRU!](#)



FOOD SUBSTITUTIONS

One of the best parts about the Nutrition Guide we have built for you, is the ability to create endless variety for yourself with our food swap method.

We want you to understand what is in your foods and the appropriate amounts for your body in order to reach your goals. In order to maintain the results of your nutrition program long-term, it is important to understand how to swap out foods to create options for your lifestyle.

To do this, take your base meal plan and swap out equivalent amounts of protein, carbohydrate, and/or fats. The following lists make it easy to make substitutions to your meals.

SWAP LIST: VEGGIES



In any meal that calls for green veggies, you can select from the list below. Use the portion indicated by your plan. These are some of our favorite green veggies, packed with nutrients and valuable fiber. You will notice some of the veggies aren't green; but don't worry - it's not a mistake, these powerhouse veggies are also packed with nutrients that will enhance your health and your results.

Green Beans	Spinach	Kale
Broccoli	Brussel Sprouts	Okra
Cucumber	Asparagus	Cauliflower
Arugula	Zucchini	Mushroom
Red Peppers	Yellow Peppers	Collar Greens

SWAP LIST: PROTEIN



Although there is slight variation in grams of protein per ounce among different sources, for simplicity, I recommend counting all lean protein sources (listed below) as 7 grams of protein per ounce. This means that 1/2 ounce is 3.5 grams of protein. Use the same amount of any option below as what is listed in that specific meal.

Protein is the easiest swap because there is no math involved! Use the same amount of any option below as what is listed in the specific meal.

NOTE: For consistency, I recommend you measure protein weight after cooking

Egg Whites	Extra Lean Turkey breast	Extra Lean Ground Beef
Top Sirloin Steak	Tilapia	Canned Albacore Tuna
Cod	Chicken Breast	99% Fat Free Deli Turkey/Chicken
Organic Firm Tofu	Organic Tempeh	Field Roast Sausage
Beyond Meat Beef Crumbles	Beyond Meat Burgers	

SWAP LIST: CARBOHYDRATES

On the next few pages, you will find the scale weight measurements for a 10 gram carbohydrate serving for many of our favorite carbohydrate sources. So, if you have 10 grams of carbs in the meal, you would eat the exact amount listed. If you have 30 grams of carbs in the meal, you would use 3 times the amount listed. If the item is listed as 1/2 or 1/3 for a 10 gram serving, you probably shouldn't have that item unless you have enough carbs for the whole item.

(Easy way to calculate)

1. Pick the item within any meal that you want to swap out from your current plan
2. Look in the notes section under that meal for the multiplier number I give you for that item **(ex: if your meal calls for 100g of banana, it will say "(2X)" in parenthesis next to the Banana)**
3. Take this number **(your "multiplier")** and multiply it by anything on this list, and that is the scale weight or amount you can have of the NEW item to replace what is currently on your plan. In the example above (100g of banana is being swapped – and let's say you wanted cheerios) you will take your number (which was 2x) and multiply it by the cheerios number (14g) to give you 28g of cheerios. That would be a perfect swap for the 100g of banana!

SWAP LIST: CARBOHYDRATES

THESE ARE ALL SCALE WEIGHTS, Multiply this listed number by your “multiplier” on your plan to get the scale weight or portion amount of the new item you are swapping for.

FRUITS

Banana (50g)	Strawberry (125g)	Raspberry (80g)	Blueberry (70g)
Orange (80g)	Apple (75g)	Grapes (60g)	Melon (130g)

VEGETABLES

Carrots (100g)	Sweet Potato, Cooked (42g)
White Potato, Cooked (56g)	Squash, Cooked (100g)

BREAD/WRAPS

Ezekiel Bread (2/3 slice)	Flaxseed Bread (1 slice)	Whole Wheat Pita Bread (1/2 Pita)
Flat-out Soft 100% Whole Wheat Flatbread (1/2 Flatbread)	La Tortilla Factory Low Carb, High Fiber Tortilla (1 Tortilla)	Mission Yellow Corn Tortilla (1 Tortilla)

PASTA, RICE, BEANS

Pasta, Dry Measure (13g)	Brown Rice, Cooked (35g)
White Rice, Cooked (30g)	Black Beans, Cooked (42g)
Lentils (42g)	

SWAP LIST: CARBOHYDRATES



◆ CEREAL AND BREAKFAST FOODS

Cheerios (14g)	Quaker Oatmeal Squares Cereal (14g)	Puffed Kamut Cereal (15g)	Oatmeal *Dry Measure* (15g)
Cream of Wheat *Dry Measure* (14g)	Grits *Dry Measure* (1/2 Packet or 13g)	Eggo Nutrigrain Low Fat Whole Wheat Waffles (1/3)	

◆ SNACKS

Baked Lays Chips (14g)	Annie's Bunnies (1/2 a Serving)
Pop Tart (1/3 Pop Tart)	Fiber One Brownie (1/2 a Brownie)
Flavored Rice Cakes (1 Rice Cake)	Skinny Cow Ice Cream Sandwich (1/3 of a sandwich)
Vegan Snack Seaps (1 serving/10g)	Triscuits (3 crackers)
Sun Chips (15g chips)	BelVita Protein Soft Baked Biscuits (1/2 biscuit)
Earth Balance Cheddar Squares (19g)	Halo Top Dairy Free Birthday Cake Ice Cream (85g or 2/3 cup)
Nabisco Graham Crackers (3 1/2 crackers)	

SWAP LIST: FATS

Below are the scale weight measurements for a 5 gram of fat serving of our favorite fat sources. If you have 5 grams of fat in the meal, you would use the exact amount listed. If you have 15 grams of fat, you would use 3 times the amount listed below.

(Easy way to calculate)

1. Pick the item within any meal that you want to swap out from your current plan **(the fat sources are usually a nut or a nut butter or avocado)**
2. Look in the notes section under that meal for the multiplier number we give you for that item **(ex: if your meal calls for 20g of Peanut Butter in the notes it will say "PB is 2x for swap")**
3. Take this number (your "multiplier") and multiply it by anything on this list, and that is the scale weight or amount you can have of the NEW item to replace what is currently on your plan.

- In the example above (20g of PB is being swapped – and let's say you wanted Avocado) you will take your provided multiplier which was 2x) and multiply it by the avocado number (35g) to give you 70g of Avocado. That would be a perfect swap for the 20g of PB!

SWAP LIST: FATS



THESE ARE ALL SCALE WEIGHTS, Multiply this listed number by your “multiplier” to get the scale weight or portion amount of the new item you are swapping for.

Peanut Butter (10g)	Almond Butter (10g)	Almonds (10g)
Macadamia Nut (7g)	Avocado (35g)	Hummus (2 tbsp)
Cashews (10g)	Walnuts (10g)	Pecans (10g)
Coconut or MCT Oil (1/3 tbsp)	Pistachios (10g)	Extra Virgin Olive Oil (1/3 tbsp)

RECOMMENDED SAUCES & CONDIMENTS

Olive Oil Or Coconut Oil Cooking Spray

Tabasco

Frank's Red Hot

Frank's Red Hot Wings Buffalo Sauce

Cholula

Tapatio

Valentina Salsa Picante

Sriracha

Hoy Fung Chili Garlic

Mustard: Dijon, Spicy, Yellow, Jalapeño

Salsa

Annie's BBQ Sauce 3g Carb Per Tablespoon

Minced Garlic

Lemon/Lime Juice

Vinegars: Apple Cider, Red Wine, White, Rice, Balsamic

Bragg's Liquid Aminos (Similar to Soy Sauce)

Low/Reduced Sugar Jam

Walden Farms Pancake Syrup

Fat Free Reddi Whip Whipped Cream

Low Calorie Coconut Whipped Cream

