



TRU
TRAINING

Sculpt

NUTRITION GUIDE



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Welcome to the MAWARRIOR community!

As we step into this 8-week meal plan journey, we're not just focusing on what's on your plate — we're fueling your transformation. These recipes have been carefully created by me to help you build muscle and lose body fat, all while enjoying every bite. Gone are the days of boring, restrictive meals; this program is packed with delicious options that will become staples in your everyday diet like they have become in my household.

I need you to believe in my process, and know that our goal is to help you achieve body re-composition. I'm trying to teach you a lifestyle in which you learn how to balance out your meals while building a healthy relationship with food for life and not just for a season. The foods I am listing are staple for good health, but how I am building them will encourage in combination with your workouts a leaner physique.

Your journey to a stronger, healthier you starts now — let's crush it together!



DO'S AND DON'TS OF YOUR MEAL PLAN

DOs: in this program we prioritize protein. If you are a beginner when following our meal plan we suggest that you follow it as close as you can before you get more specific with macros. Focus on nailing the meal prepping process and adjusting your workout routine first. The meal plan alone is really well crafted and will work on its own if you follow it and its guidelines.

1. Prioritize Protein Intake:

- Ensure you're consuming enough lean protein (chicken, fish, tofu, eggs, etc.) with every meal. Protein is essential for muscle repair and growth, especially when you're also aiming to lose fat. A general target is about **1g of protein per pound of body weight, but if you fall in the obese or highly overweight category, I suggest you calculate your adjusted body weight first. There are many calculators online that can do that for you.**
- Whether you do a workout or take a day off, consume the necessary protein as this will ensure your own muscle recovery without any loss of it. One of the main reasons we add TRU protein powder is to help you reach those protein requirements and it becomes a convenient and easier way to consume protein in the forms of shakes and delicious smoothies. If you want to build and maintain muscle, you have to do it on a daily basis. Protein also satiates you and helps curb hunger.

2. Eat in a Caloric Deficit (with Enough to Build Muscle): Your meal plan is taking this in consideration as it is whole foods based. When you follow it, always follow your hunger cues, but never undercut or be hungry because you believe this will give you faster results. We are choosing the right foods and balancing them out at the same time.

- To lose body fat while building muscle, you'll need to eat slightly fewer calories than you burn but not to the point where muscle-building is compromised. If you are following macros on [trumacros.com](https://www.trumacros.com) a mild caloric deficit of 10% or roughly **200-500 calories per day** is a good starting point.

3. We time Your Carbs Wisely:

- Focus on **eating carbohydrates around your workouts** for fuel and recovery. This will give your muscles the energy they need to perform and recover, helping you gain muscle while still burning fat.



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4. We incorporate Healthy Fats:

- Include healthy fats (avocados, nuts, seeds, olive oil) to support hormone production, which is crucial for both fat loss and muscle gain.

5. Practice Portion Control with Intuitive Eating:

- Follow your meal plan for structure but **listen to your body's hunger and fullness cues**. If your meal plan is suggesting an amount of food but you can finish it, take note of that and adjust. If the opposite is happening, also Eat when you're hungry, and stop when you feel satisfied. The combination of complex carbs, healthy fats, and protein will help you feel satiated and your own body will tell you how much it needs specially as your metabolism speeds up.

6. Eat Whole, Unprocessed Foods:

- While there are some foods that are minimally processed and still considered great to consume, most of your diet has to be from nutrient-dense whole foods that are rich in vitamins and minerals. If you look at your meals, we're cooking with minimal oil, dairy, creams, and our cooking methods are healthy. These will help optimize performance, recovery, and fat loss. Focus on veggies, lean meats, whole grains, and healthy fats.

7. Stay Hydrated:

- Drinking water is essential for muscle function and fat metabolism. Aim for at least **half your body weight in ounces** of water daily, adjusting based on activity level.

8. Have Balanced Meals:

- Each meal should include a balance of **protein, complex carbs, and healthy fats**. This will keep you full, provide sustained energy, and ensure that your body has all the nutrients it needs for recovery and muscle growth. Like I stated before, each of the meals we provided are balanced out for you. If you want to add flexibility, look at your foods allowed list but keeping these principles in mind.

9. Meal Prep to Stay Consistent:

- Plan and prep your meals in advance so you don't fall off track. This makes it easier to stick to your nutrition goals to prep. Put in the work the first weeks patiently and this will become the foundation for new recipes we give you



in while allowing flexibility if hunger cues differ day-to-day. Get into a rhythm the first couple of weeks of prepping, remembering that once you learn these recipes, it will be easy in the future. The goal is to build your repertoire of recipes for you and your family to enjoy a new lifestyle.

10. Monitor Progress (But Don't Obsess):

- Keep track of your muscle gain and fat loss through photos, measurements, and strength improvements—not just the scale. Adjust your plan based on how your body responds, without obsessing over daily weight fluctuations. You would want to do this every 2-4 weeks.

DON'Ts:

1. Don't Cut Calories Too Drastically:

- A large caloric deficit can cause muscle loss, slow down your metabolism, and lead to burnout. Avoid eating too little, especially when trying to build muscle and lose fat simultaneously

2. Don't Ignore Hunger Signals:

- While a meal plan is important, **don't force yourself to ignore hunger**. Intuitive eating encourages you to listen to your body. If you're genuinely hungry, eat something that aligns with your goals, even if it's not "on the plan."

3. Don't Fear Carbs:

- Cutting carbs completely can harm your muscle-building goals. Avoid low-carb extremes. Instead, **focus on the quality of carbs** (like sweet potatoes, oats, brown rice, quinoa) and time them around your workouts.

4. Don't Binge on Cheat Days:

- Having the occasional treat is fine, but don't turn cheat meals into cheat days. **Bingeing** will throw off your progress. Try to incorporate treats mindfully and in moderation, in line with intuitive eating principles. You can start looking at the unhealthy meals you used to enjoy and make them healthier. The goal is to help you transition from unhealthy to healthy.

5. Don't Eat Just to Hit Macros:

- If you're full, don't force yourself to eat more just to hit calorie or macro goals. Trust your body's signals. Your energy and muscle recovery are better indicators of whether you're getting enough fuel.



6. Don't Skip Post-Workout Meals

- After a workout, your body is primed to absorb nutrients for muscle recovery. **Don't skip your post-workout meal;** make sure it's balanced with protein and carbs to replenish glycogen stores and aid muscle repair.

7. Don't Fall into the All-or-Nothing Mindset:

- Intuitive eating means embracing flexibility. If you eat something off-plan, don't punish yourself or try to make up for it by drastically restricting food the next day. Get back on track without guilt

8. Don't Eat Too Quickly:

- Eating too fast can prevent you from recognizing when you're full. Slow down and give your body time to signal fullness, helping you stay within your caloric goals without overeating.

9. Don't Skip Vegetables:

- Even though protein is crucial for muscle gain, **don't neglect vegetables.** They provide essential fiber, vitamins, and minerals that support fat loss and overall health.



BREAKDOWN OF AN 8-WEEK EXERCISE AND NUTRITION PROGRAM FOR WEIGHT LOSS

I created these guidelines in the same manner I work with clients one on one. The goal is to help you transition completely into a healthy lifestyle as you adopt and learn my process. If you have not exercised in a while or have a considerable amount of weight to recompose, the journey will be about making this process digestible, measurable, and attainable.

Week 1-2: Pre-contemplation to Preparation: I want us to use 1 to 2 weeks to prep ourselves and slowly start to follow this program.

- **Nutrition:** Grab a notebook or journal and I want you to start by evaluating your current diet. Record what you eat for 2-3 days of the week and 1-2 days over the weekend. If I am correct you have a pattern and by journaling, we will start creating an idea of what this pattern is to then start identifying areas where you can make small improvements.
- In this period, I want you to start familiarizing yourself with your meal plan. If you look at it, we are eating whole foods. Your meals are balanced with protein, complex carbs, a healthy fat but low fat profile, with fruits and veggies. I want you to have control of what you eat, so we will learn to cook, meal prep, and use this process to heal our relationship with food. It is important you prepare a plan to accommodate the logistics of grocery shopping, and meal prepping. You may be a “picky” eater having bad experiences with some of these foods, but the goal is to integrate them in a way that you can enjoy.
- As you familiarize yourself with the foods, recipes, and break down of your meals, start to slowly integrate the meal plan phasing out unhealthy snacks (processed foods, excess sugars) and gradually increase your intake of the whole foods and recipes on your plan. Replace sugary desserts, pastries, cookies, candy, with fruit when your body is craving for sweets. Use your favorite sugar substitute to replace simple syrup, sugar, honey, molasses, etc, as we will give our bodies the carbs that will help us stay energized for longer.



- You will be eating until you're satisfied. This is a phase in which you are building rapport with yourself. Take whatever you think you know about weight loss and trust this new process. Do not starve yourself, eat within the flexibility you have of the foods allowed list and mimic your meal plan as close as you can every day without stressing to be 100%. Make the right choices.
- **Exercise:** begin with simple, achievable goals that you can measure and complete daily. Depending on your current fitness level this will vary. Walking for 30-45 mins a day outdoors or on a treadmill if the weather conditions aren't favorable is a great example of something simple to focus on as you work with your nutrition plan. It will be very smart to set a routine that is consistent to perform your workouts while starting with something simple and gradual. Another strategy is to start integrating the workouts slowly during the week. Maybe you integrate the mobility with the walking, then slowly start your workouts even if you aren't completing all the sets given. My goal is to give you a way to ease into the program without making all the changes at once becoming overwhelming.
- If exercise is already part of your life, and you have analyzed your program you can start your workouts.
- **Journal:** separate your nutrition journal with another section where you write what you feel every day. I will not give you anything in specific. Journal what comes to mind at least 200 words a day for 2 weeks.

Week 3-4: Preparation to Action

- **Nutrition:** By this stage, you have fully implemented the meal plan's guidelines, which focuses on whole foods, lean proteins, healthy fats, and complex carbohydrates. You will now start thinking of building consistency with your meals within the program. If you have a favorite menu that makes you happy with the recipes given, keep it while adding some flexibility to it, but try to keep it as close as you can.
- **Exercise:** your goal is to follow your movement program. It is better to start small and build, then try to start too fast and burn out in the process. You have the choice of reducing sets, duration of holds, or weight of resistance.
- **Journal:** journal daily at least 200 words. I won't give you anything specific, just flow with what is happening in your life and mind



Week 5-6: Action

- **Nutrition:** Now that the meal plan is in place, evaluate how your body is responding. No matter where you are on your journey, these principles are responsible for your progress being made or for maintaining the goals you have already achieved. Depending where you are on your journey, your body composition will continue to change and your needs will slightly evolve.
- **Exercise:** Aim for consistency with your workouts, increasing the intensity of your strength training days. You may start adding 20-30 mins cardio before your mobility sessions. I'd be mindful of energy levels and recovery, ensuring getting enough sleep to support the program. This stage is about keeping consistency and learning about exercise being a part of your daily ritual.

Week 7 And Forward

- **Nutrition:** By this point, the healthy eating habits will feel more natural. Stay committed to meal prepping and continue focusing on nutrient-dense foods. This is a time in which your choices will be guided by what you have learned. If you are making progress, which should be the case, the association of this progress with what you are currently doing will have incredible impact on your brain. The more active decisions you make on choosing the healthy route, the easier it becomes to being a lifestyle.
- **Exercise:** Depending on where you started, maintaining your workout and movement routine is the goal. By now you have not only noticed the physical changes, but also how being active has impacted your life in so many verticals including being mentally healthier.



OPTIONAL: FINE-TUNE YOUR NUTRITION WITH TRU MACROS

The Sculpt 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 and further tailor your nutrition.

Why Calculate Your Calories?

- **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 Sculpt workouts.
- **Customize Your Plan:** Align your meals to specific calorie and macro targets if desired.

How It Works

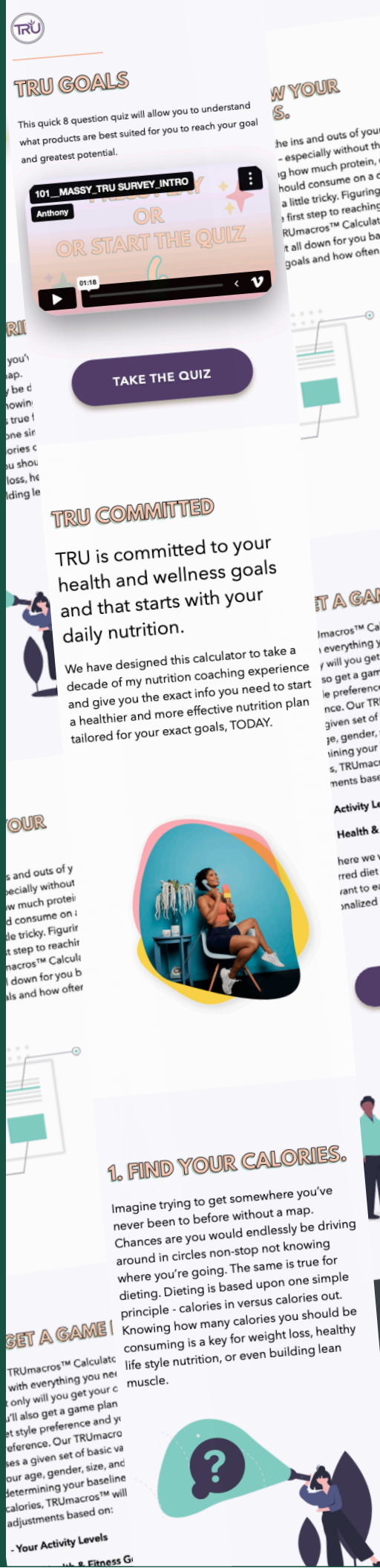
1. **Visit TruMacros.com**
2. **Input Your Info:** Age, weight, height, activity level, and fitness goals.
3. **Receive Your Results:** Use them to guide or adjust your meal planning.

Stay Flexible

If you're new to tracking or prefer to follow the Sculpt Nutrition Guide as written, that's perfectly fine! The recipes and meal ideas here will still help you achieve your goals. For those ready to dive deeper, TRU Macros is a helpful option to explore.

Pro Tip

You can always start with the guide as written and revisit TRU Macros later as you progress in the Sculpt program.



HOW TO FOLLOW:

Example Schedule:

Fast from 8pm-10am

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

10:00 am - Morning Shake

1:00 pm - Meal 1

5:00 pm - Meal 2

7:30 pm - Meal 3

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

FAQ

Can I have a cheat meal once/week?

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

Do I have to follow the Intermittent Fasting?

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

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





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

What if I'm still hungry?

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

HEALTHY SWAP LIST:

Is there something on the menu you are allergic to, dislike, or would like to change? Use this list of preferred foods to help you make substitutions or find alternatives.

PROTEIN	Chicken Breast	<p>*Please match the amount of protein used for your swap choice, to the amount of called for in your plan, in the meal where you are swapping.</p> <p>*For example, if your meal plan calls for 3.5oz of salmon and you want chicken, you would replace it with 3.5oz of chicken.</p> <p>*All protein portions are cooked portions.</p>
	Ground Beef - 90/10	
	Ground Turkey - 90/10	
	Tuna	<p>Recommended Cooking Methods:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Oven </div> <div style="text-align: center;">  Air Fryer </div> <div style="text-align: center;">  Skillet </div> <div style="text-align: center;">  Grill </div> </div>
	Salmon	
	Egg Whites	

We do not recommend frying any of your proteins, as this will add unnecessary amounts of fat to your meal plan. When preparing your protein, you may use 1-2 TBSP of a healthy oil like coconut oil, avocado oil, olive oil, or real butter. Avoid unhealthy cooking oils like canola oil or seed oils like sunflower oil.

Baking:

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

Stovetop:

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

Grilling:

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

Air Fryer:

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

HEALTHY SWAP LIST:

Is there something on the menu you are allergic to, dislike, or would like to change? Use this list of preferred foods to help you make substitutions or find alternatives.

SIDE A

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

SIDE B

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

FRUITS

Banana	Strawberry	Raspberry	Blueberry
Orange	Apple	Grapes	Melon



MEAL PLAN SCHEDULE:

SHAKE

- 1 scoops TRU Protein
 - 8oz unsweetened almond milk
 - 1 medium banana
 - 8-10 cashews
-

MEAL 1

- 3.5 oz Salmon - cooked (Use Healthy Swap list -Protein- for variety)
 - 1 serving Chickpea Salad (Use Healthy Swap list -Side A- for variety)
 - 12 Grapes (Use Healthy Swap list -Fruit- 1 serving for variety)
-

MEAL 2

- 3.5 oz Chicken Breast - cooked (Use Healthy Swap list -Protein- for variety)
 - 1 serving Taco Salad (Use Healthy Swap list -Side A- for variety)
 - 3/4 cup Strawberries - sliced (Use Healthy Swap list -Fruit- 1 serving for variety)
-

MEAL 3

- 2/3 cup Nonfat Plain Greek Yogurt (150g)
 - 1 1/3 tbsp Nut Butter of Choice (20g)
 - 1/2 cup Blueberries (Use Healthy Swap list -Fruit- 1 serving for variety)
 - 1 Rice Cake
-

WATER

Drink 1 Gallon of Water Daily

GROCERY LIST:

While you may not need every ingredient on this grocery list, we have included it so that you can use it for reference. We suggest you print out or screen shot this list each week and compare it with your chosen recipes, then go through and circle the items you will need

FRUITS

Banana	Grapes
Strawberry	Melon
Raspberry	Watermelon
Blueberry	Avocado
Orange	Apple

VEGETABLES

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

CONDIMENTS

ACV	Lemon juice
Lime	Dijon mustard
Honey	Balsamic vinegar
Olive oil	

LEGUMES

Black beans	Quinoa
Chickpeas	

PROTEINS

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

CARBS

Basmati rice	Hemp hearts
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DAIRY/FATS

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

SPICES

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



APPLE CINNAMON OATMEAL

MAKES 2 SERVINGS

Ingredients:

1. 1 cup rolled oats
2. 2 cups unsweetened almond milk
3. 1 Tbsp cashew butter, Peanut, or almond butter
4. 1 apple, peeled, cored, and diced
5. 1/2 tablespoon coconut oil
6. Sugar substitute (like stevia, monk fruit, or erythritol)
7. 1 teaspoon ground cinnamon
8. 1/4 teaspoon ground cloves
9. Pinch of salt
10. Lemon
11. Optional toppings: chopped nuts, extra cinnamon, a drizzle of almond butter, or unsweetened coconut flakes

Instructions:

1. Cook the Oatmeal:

- In a medium saucepan, combine 1 cup of rolled oats, 2 cups of unsweetened almond milk, ground cinnamon, ground clove, and a pinch of salt.
- Bring the mixture to a gentle boil over medium heat, then reduce the heat to low and simmer, add the nut butter stirring occasionally, until the oats have absorbed most of the liquid and be come creamy (about 5-7 minutes). You can add more or less liquid depending on the texture you want.

2. Prepare the Apple Cinnamon Mixture:

- While the oatmeal is cooking, heat 1/2 tablespoon of coconut oil in a small skillet over medium heat.
- Add the diced apple to the skillet and sauté for 3-4 minutes until slightly softened.
- Sprinkle in the cinnamon, sugar substitute, squeeze a few drops of lemon juice and a small pinch of salt. Stir well and cook for an additional 2-3 minutes until the apples are caramelized and tender.

3. Prepare the Apple Cinnamon Mixture:

- Once the oatmeal is cooked, spoon it into bowls.
- Top each bowl with the caramelized apple-cinnamon mixture.
- Optionally, add toppings like chopped nuts, a drizzle of almond butter, or a sprinkle of extra cinnamon.

Considerations: Enjoy this recipe with scrambled eggs or boiled eggs.



SPINACH-BANANA PROTEIN PANCAKES

MAKES 2 SERVINGS

Ingredients:

1. 3/4 cup oats
2. 1 large ripe banana
3. 1 handful of spinach (about 1/2 cup)
4. 1/4 tsp baking powder
5. 2 large eggs
6. Cinnamon to taste (about 1/2 tsp)
7. 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)

Instructions:

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!

whole



FRITTATA

MAKES 2-3 SERVINGS

Ingredients:

1. 6 large eggs
2. 3 oz oven roasted nitrate free turkey breast slices
3. 1/4 cup unsweetened almond milk (or any plant-based milk)
4. 1 cup spinach, chopped
5. 1/2 red bell pepper, diced
6. 1/2 cup cherry tomatoes, halved
7. 1/4 yellow onion, diced
8. 1/4 to 1/2 cup feta cheese (optional)
9. Salt and pepper to taste
10. Fresh herbs (such as parsley or cilantro) for garnish

Instructions:

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.

1: 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

MAKES 1 SERVING

Ingredients:

1. 2 slices of whole grain or sprouted bread (fiber-rich) (Ezequiel or Carbonaut)
2. 1/2 ripe avocado
3. 3 large eggs
4. 1 teaspoon fresh lemon juice
5. Salt and pepper to taste
6. Optional toppings: cherry tomatoes, red pepper flakes, microgreens, or chopped herbs (like cilantro or parsley)

Instructions:

1. Toast the bread: Toast the 2 slices of whole grain or sprouted bread to your desired level of 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 non-stick 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 3: 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. Add optional toppings: 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

MAKES 4 SERVINGS

Ingredients:

1. 1 tablespoon olive oil or avocado oil
2. 1 lb. lean ground turkey, beef, or ground chicken (93% lean or leaner)
3. 4 large garlic cloves, minced
4. 1/2 small yellow onion, diced
5. 1 red bell pepper, diced
6. 1 zucchini or yellow squash, diced
7. 1 medium carrot, diced
8. 2 tablespoons chili powder
9. 1 tablespoon ground cumin
10. 1 (15-ounce) can tomato sauce
11. 1 (15-ounce) can crushed or petite diced tomatoes
12. 1 (15-ounce) can black beans, rinsed and drained
13. 1 cup frozen corn
14. 8 ounces water or broth
15. Dash of cayenne pepper (optional)
16. Salt and black pepper, to taste

Instructions:

1. Chop your veggies in bite size pieces to desired size.
2. **Heat the oil:**
In a large pot or Dutch oven over medium heat, add the olive oil. Allow it to heat up.
3. Season meat with all spices leaving the garlic, onion, and bell pepper to sauté in pot before adding seasoned meat.
4. **Cook the meat and veggies:**
Once the oil is hot, add the garlic, onion and red bell pepper sauté for a few minutes. Add the ground meat, zucchini or yellow squash, and carrot. Sauté for about 7-9 minutes, stirring frequently, until the meat is fully cooked and no longer pink.
5. **Add the spices and liquids:**
Stir in the chili powder, cumin, tomato sauce, crushed tomatoes, black beans, frozen corn, and water or broth. Add a dash of cayenne pepper, if using. Season with salt and black pepper to taste.

6. Simmer:

Bring the mixture to a boil over medium-high heat, then reduce the heat to low. Cover the pot and let it simmer for about 15 minutes, or until the carrots are tender.

7. Serve:

Once done, taste and adjust seasoning if necessary. Serve hot, and enjoy!

This hearty and nutritious recipe is packed with lean protein, colorful veggies, and rich spices for a delicious and healthy meal.



HONEY GARLIC CHICKEN

MAKES 4 SERVINGS

Ingredients:

1. 4 boneless, skinless chicken breasts (free-range, organic)
2. 1/4 cup raw honey
3. 3 cloves garlic, minced
4. 2 tbsp low-sodium soy sauce or tamari (for gluten-free)
5. 2 tbsp apple cider vinegar
6. 1 tbsp olive oil (plus extra for skillet cooking)
7. 1 tsp ground ginger (optional)
8. 1/2 tsp ground black pepper
9. 1/2 tsp smoked paprika
10. 1/4 tsp chili flakes (optional)
11. 1 tbsp fresh lemon or lime juice

Ingredients:

1. Prepare the Marinade:

Whisk together honey, garlic, soy sauce, apple cider vinegar, olive oil, ginger, black pepper, smoked paprika, chili flakes, and lemon juice.

2. Marinate the Chicken:

Place chicken breasts in a resealable bag or dish, pour marinade over, and refrigerate for 1-8 hours.

Cooking Methods:

Skillet: Heat 1-2 tbsp olive oil in a skillet over medium heat. Sear chicken (5-6 minutes per side) until cooked through (165°F). Add reserved marinade to skillet, simmer for 2-3 minutes to thicken, and spoon over chicken before serving.

Air Fryer: Preheat to 375°F and coat basket with oil. Place chicken in a single layer and air fry for 12-15 minutes, flipping halfway, until 165°F. Optionally, brush with extra marinade and air fry for 2 more minutes to caramelize the glaze.

Serving Suggestions:

Brown Rice: Cook 1 cup rice according to package instructions (yields 2 cups cooked). For extra flavor, cook in low-sodium chicken broth and add a pinch of salt.

Roasted Veggies: Toss cubed sweet potatoes, halved Brussels sprouts, cubed butternut squash, and sliced red onion with olive oil, salt, pepper, and a pinch of cinnamon or nutmeg.

• **Air Fryer:** Cook at 400°F for 15-20 minutes, shaking halfway.

• **Oven:** Roast at 400°F for 25-30 minutes, flipping halfway.

To Serve: Plate the honey garlic chicken on brown rice with roasted veggies, drizzling extra sauce over the top for added flavor.

This quick, nutritious dish brings out the best of flavors!



CREAMY COCONUT CHICKEN SOUP

MAKES 4 SERVINGS

Ingredients:

- 1 ½ lb. boneless, skinless chicken breasts or thighs
- 1 tablespoon olive oil (only for stovetop and Instant Pot versions)
- 1 medium onion, chopped
- 1 medium bell pepper (yellow, red, orange), chopped
- 1 small jalapeño, seeds and 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 and lime wedges
- 1 (14-ounce) can white beans, drained and rinsed (omit for Whole30)

Instructions:

1. Prepare the slow cooker base:

chop your veggies to desired size. Mince the garlic and cut jalapeño taking out seeds completely.

2. In a pot or slow cooker

Add the chopped onion, bell pepper, jalapeño, garlic, cumin, oregano, chili powder, salt, black pepper, and white beans to the slow cooker and sauté for a couple of mins.

3. Layer the chicken:

after washing, poke the breasts front and back with a fork to let spices season the whole chicken.

4. Place the chicken breast on top of the vegetable mixture sinking the breast to the bottom of the pot.

5. Add the liquid:

Pour the chicken broth over the ingredients, making sure the chicken is submerged. Cover the slow cooker with its lid.

6. Slow cook:

Cook on LOW for 5-6 hours, until the chicken is fully cooked and the vegetables are soft. If cooking in a pot, lower the heat to simmer and cover until chicken breast and veggies are soft.

7. Shred the chicken:

Once the cooking time is done, carefully remove the chicken, shred it with two forks, and return it to the slow cooker or pot.

8. Mix in light coconut milk:

Stir in the coconut milk, turn the heat to HIGH, and allow it to cook for another 10-15 minutes to warm through.

9. Finish with lime and cilantro:

Just before serving, stir in the lime juice and chopped cilantro. Taste and adjust seasoning if needed.

10. Serve:

Ladle the chili into bowls and top with extra cilantro and lime wedges, if desired.



HEALTHY CHICKEN FAJITAS

MAKES 4 SERVINGS

Ingredients:

1. 2 boneless, skinless chicken breasts (sliced into thin strips)
2. 2 bell peppers (use a mix of red, yellow, and green), sliced
3. 1 large onion, thinly sliced
4. 1 tablespoon olive oil (or avocado oil for a higher smoke point)
5. 4 cloves garlic, minced
6. 1 teaspoon chili powder
7. 1 teaspoon ground cumin
8. 1 teaspoon smoked paprika
9. ½ teaspoon ground coriander
10. ¼ teaspoon cayenne pepper (optional for heat)
11. Salt and pepper to taste
12. Juice of 1 lime
13. Fresh cilantro (optional for garnish)
14. (You can use taco seasoning as this is a homemade taco seasoning recipe)

Instructions:

1. Marinate the Chicken:

In a bowl, combine the sliced chicken with garlic, chili powder, cumin, smoked paprika, coriander, cayenne pepper, lime juice, and a pinch of salt and pepper. Let it marinate for at least 15 minutes to absorb the flavors.

2. Sauté the Chicken

- Heat ½ tablespoon of olive oil in a large non-stick pan over medium-high heat. Once hot, add the marinated chicken strips.
- Cook for about 5-7 minutes until the chicken is browned and fully cooked through. Remove the chicken from the pan and set aside.

3. Cook the Vegetables:

- In the same pan, add the remaining ½ tablespoon of olive oil.
- Toss in the sliced bell peppers and onions. Stir-fry for about 5-7 minutes until the vegetables are tender but still slightly crisp.
- Season the veggies with a pinch of salt, pepper, and a bit more lime juice if desired.

4. Combine & Serve:

- Add the cooked chicken back into the pan with the peppers and onions. Stir everything together to let the flavors meld for 1-2 minutes.
- Remove from heat and sprinkle fresh cilantro on top for added freshness.

Serving Suggestions:

- Serve the chicken fajitas with whole-wheat tortillas, or for a low-carb option, use lettuce wraps.
- You can also add toppings like avocado slices, Greek yogurt (as a healthy sour cream alternative), or a bit of salsa. Extra cilantro and lime wedges, if desired.



BEEF PICADILLO

MAKES 4 SERVINGS

Ingredients:

- 1 lb 96/4 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

Instructions:

1. Sauté the Vegetables:

- Heat a large non-stick skillet over medium heat. Add the chopped onion, bell pepper, and garlic. Sauté for 3-5 minutes until softened and fragrant. You can add a tiny drizzle of olive oil (about 1/2 teaspoon) or just use a splash of water to keep it oil-free.

2. Brown the Beef:

- Add the lean ground beef to the skillet. Break it up with a spatula and cook until browned and no longer pink, about 5-7 minutes.
- Drain any excess liquid if necessary (though with lean beef, there will be minimal fat).

3. Add Spices and Tomatoes:

- Stir in cumin, smoked paprika, oregano, cinnamon (if using), and bay leaf. Cook for 1-2 minutes to toast the spices.
- Add the diced tomato, tomato sauce, and water (or broth). Stir to combine.

4. Simmer:

- Reduce the heat to low and simmer the mixture for about 10-15 minutes, allowing the flavors to meld together and the sauce to thicken.

5. Add Olives, Capers, and Raisins:

- Stir in the olives, capers, and raisins (if using). Simmer for another 5 minutes until the raisins plump up and the olives release their briny flavor.
- Taste and adjust seasoning with salt and pepper as needed.

6. Serve:

- Remove the bay leaf and sprinkle with fresh cilantro. For extra brightness, you can add a squeeze of fresh lime juice right before serving.

Serving Suggestions:

- Serve the beef picadillo over brown rice, cauliflower rice, or whole-grain quinoa for a healthy, balanced meal.
- It's also delicious served with roasted vegetables, or even wrapped in lettuce for a low-carb option.

This version of beef picadillo is lean but full of traditional Cuban-style flavors, perfect for a satisfying yet nutritious meal!

BREAKFAST:

Egg Veggie Omelette with Oats on the Side

- 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

1. Cook the oats: In a small pot, cook ½ cup rolled oats with the spices to taste, 1 cup of water (or unsweetened almond milk for a creamier texture) on medium heat for about 5 minutes until fully cooked. Stir occasionally. Use your favorite sugar substitute to sweetener.

2. Make the omelette: While the oats cook, whisk the egg whites in a bowl until slightly frothy. Heat a non-stick skillet over medium heat. Add the chopped spinach, diced bell peppers, and cherry tomatoes to the pan and sauté for 2-3 minutes until softened. Pour the egg whites into the pan, spreading them evenly over the veggies. Let cook for 2-3 minutes until the egg whites are set. Gently fold the omelet in half and cook for another minute.

3. Pour the egg whites into the pan, spreading them evenly over the veggies. Let cook for 2-3 minutes until the egg whites are set. Gently fold the omelet in half and cook for another minute.

4. Serve: Plate the omelet with a side of oats. Garnish with fresh parsley or basil and season with salt and pepper.

Kodiak Protein Pancakes

- 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

1. Prepare the batter:

- Follow the direction of the package. I like to add cinnamon, vanilla extract, and clove powder to elevate these pancakes. I also like to add my favorite sugar substitute to make the batter slightly sweet.

2. Preheat the skillet:

- Heat a non-stick skillet or griddle over medium heat. Lightly grease the surface with cooking spray or a little oil.

3. Cook the pancakes:

- Pour about ¼ cup of batter onto the hot skillet for each pancake. Cook for 2-3 minutes on each side, or until bubbles form on the surface of the pancakes and the edges start to set. Flip and cook the other side for another 2-3 minutes until golden brown.

4. Serve: add half banana slices as toppings and a drizzle of honey.

5. Enjoy your high-protein pancakes for a filling, delicious breakfast!

You can add an extra egg to the batter to add extra protein if needed.

BREAKFAST:

Egg White Scramble with Turkey, Veggies, and Feta Cheese

- 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

1. Prep Ingredients: Chop ½ cup veggies, 2 oz. cooked turkey, and gather 1 cup egg whites, 2 tbsp feta, salt, and 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 and heat for 1–2 minutes.

3. Scramble Eggs: Reduce heat to medium-low, pour in egg whites, and gently stir until nearly set.

4. Add Feta & Finish: Sprinkle feta, fold until eggs are fully cooked, season with salt and pepper, and serve.

Baked Sweet Potato

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

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 and 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

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

1. Blend the ingredients:

In a blender, combine the banana, protein powder, chia seeds, peanut butter, almond milk, and cinnamon. If you prefer a thicker, colder smoothie, you can add a handful of ice cubes or use a frozen banana.

2. Blend until smooth:

Blend on high speed until all the ingredients are fully combined and smooth. If the smoothie is too thick, add a little more almond milk to reach your desired consistency.

3. Taste and adjust:

Taste the smoothie and adjust the cinnamon or sweetness as needed. You can add a pinch more cinnamon for extra flavor or a little more almond milk to thin it out if necessary.

4. Serve and enjoy!

Pour the smoothie into a glass and enjoy immediately as a delicious, high-protein breakfast or post-workout snack.

Tropical Berry Vanilla Smoothie

- 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, for a colder smoothie)

1. Blend the ingredients:

In a blender, add the mixed berries, Tru Vanilla protein powder, almond milk, cinnamon, and frozen mango or pineapple (if using). Add a handful of ice cubes if you prefer a thicker, colder smoothie.

2. Blend until smooth:

Blend on high speed until all the ingredients are well combined and smooth. If the smoothie is too thick, add a little more almond milk until you reach your desired consistency.

3. Taste and adjust:

Taste the smoothie and adjust the cinnamon or thickness by adding more almond milk or ice as needed.

4. Serve and enjoy!

Pour the smoothie into a glass and enjoy immediately for a refreshing, high-protein treat.

SNACKS:

Berry Delight Greek Yogurt Bowl

- 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)

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

- 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

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 and Cherry Greek Yogurt Bowl

- 1 cup plain 0% Greek yogurt
- 1 cup fresh or frozen cherries (pitted)
- 1 tablespoon dark chocolate chips or chopped dark chocolate (70% or higher). You can use Lily's brand, or one serving of chocolate covered almonds which you can chop and add to yogurt.
- ½ teaspoon vanilla extract (optional)
- Your favorite sugar substitute.

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!

You can view more recipes at <https://gettrusupps.com/blogs/news>

DRESSINGS FOR SALADS:

Low-Fat Balsamic Vinaigrette

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

Low-Fat Yogurt Dill Dressing

- 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 and pepper to taste

Low-Fat Lemon Herb Dressing

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

Low-Fat Ginger Soy Dressing

- 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

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



FOOD ALLOWED LIST:

Is there something on the menu you are allergic to, dislike, or would like to change? Use this list of preferred foods to help you make substitutions or find alternatives.

FRUITS	Strawberries	Blueberries	LEGUMES	Chickpeas	Lentils
	Raspberries	Pineapple		Peas	Kidney Beans
	Grapes	Kiwi		Black Beans	Soy Beans
	Orange	Plum		Pinto Beans	
	Melon	Apples		Tofu	Tempeh
	Grapfruit			Seitan	Hempheh
VEGETABLES	Broccoli	Zucchini	PROTEINS	Wild Caught Salmon	White Fish
	Brussel Sprouts	Cauliflower		(canned) Tuna	Eggs
	Asparagus	Mushrooms		Lean Steak	Chicken Breast
	Green Beans	Bok Choy		Lean Ground Turkey	Low-Sodium Turkey-Ham
	Leafy Greens	Butternut Squash		Grass-Fed Bison	Ground Beef (90/10)
	Eggplant			(Soy/Almond/Coconut/Cashew) Unsweetened Yogurt	Peanut/Almond/Cashew Butter
HEALTHY CARBS	Sweet Potato	Cous Cous	HEALTHY FATS	Avocado	Hummus
	Quinoa	Sprouted Bread		Unsweetened (Almond/Coconut/Cashew) Milk	Plain Greek Yogurt
	Oatmeal	Brown Rice			
	Wild Rice	Black Rice			
	Rice Cakes	Sprouted Multi-Grain Bread			
	Multi-Grain Pasta	Chickpea/Lentil Pasta			
CONDIMENTS	Mustard Variations	Low Salt/Sodium Ketchups			
	Hot Sauce	Vinegars			
	ACV	Low Sodium Soy Sauce			
	Avocado Oil	Olive Oil			
	Maple Syrup	Coconut Aminos			

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

HORMONAL AND ENDOCRINE DISRUPTORS: HOW THEY AFFECT FEMALE HEALTH, WEIGHT LOSS, AND MUSCLE BUILDING

One of the most prominent topics of women after 30's is hormonal balance, that being said, I wanted to educate you on how your environment can impact your hormones and what to do in order to protect your body's alignment.

Hormonal health is foundational to a woman's overall well-being, influencing weight management, fat storage, muscle building, mood, and energy levels. However, modern life is rife with endocrine disruptors—substances that interfere with hormone function. These disruptors infiltrate our lives through environmental factors, household products, cosmetics, plastics, heavy metals, canned goods, lack of sleep, and poor nutrition. Let's explore how these disruptors impact hormonal health and actionable steps to protect your body.

Environmental Disruptors

Pesticides and Air Pollutant

- **Sources:** Conventional produce, air pollution, and industrial chemicals.
- **Hormonal Impact:** Mimic or block estrogen, disrupt thyroid function, and impair metabolism.
- **Effect on Weight and Muscle:** Lead to weight gain and difficulty in muscle recovery due to altered metabolic and stress hormone levels.

Water Contaminants

- **Sources:** Tap water containing chlorine, fluoride, and pharmaceuticals.
- **Hormonal Impact:** Disrupt thyroid and reproductive hormones.
- **Effect on Weight and Muscle:** Hinder energy production and muscle synthesis by affecting thyroid function.



Household Products

Cleaning Products

- **Sources:** Chemical cleaners with phthalates, VOCs, and ammonia.
- **Hormonal Impact:** Interfere with endocrine function and cause oxidative stress.
- **Effect on Weight and Muscle:** Promote fat storage due to chronic inflammation.

Air Fresheners and Candles

- **Sources:** Artificial fragrances containing phthalates.
- **Hormonal Impact:** Mimic estrogen and disrupt hormonal signaling.
- **Effect on Weight and Muscle:** Contribute to weight gain by altering hormonal balance.

Cosmetics

Skincare and Makeup

- **Sources:** Products containing parabens, synthetic fragrances, and phthalates.
- **Hormonal Impact:** Act as xenoestrogens, disrupting natural estrogen and testosterone levels.
- **Effect on Weight and Muscle:** Impair muscle repair and increase fat storage.

Deodorants

- **Sources:** Aluminum-based antiperspirants and synthetic fragrances.
- **Hormonal Impact:** Block natural detoxification pathways and disrupt hormone balance.
- **Effect on Weight and Muscle:** Increase toxin load, making weight loss harder.

Plastics

BPA and Phthalates



- **Sources:** Plastic bottles, food containers, and packaging.
- **Hormonal Impact:** Mimic estrogen and disrupt thyroid hormones
- **Effect on Weight and Muscle:** Promote fat storage and impair muscle protein synthesis.

Heavy Metals

Lead, Mercury, and Cadmium

- **Sources:** Contaminated water, seafood, and cookware.
- **Hormonal Impact:** Disrupt adrenal and thyroid function, leading to hormonal imbalances.
- **Effect on Weight and Muscle:** Cause fatigue, hinder metabolism, and impair muscle recovery.

Canned Goods

BPA Linings

- **Sources:** Canned foods and beverages.
- **Hormonal Impact:** Leach chemicals that mimic estrogen.
- **Effect on Weight and Muscle:** Increase fat storage and disrupt muscle-building hormones.

Lifestyle Factors

Lack of Sleep

- **Hormonal Impact:** Increases cortisol, decreases growth hormone, and disrupts insulin sensitivity.
- **Effect on Weight and Muscle:** Leads to fat accumulation, muscle breakdown, and cravings for unhealthy foods.

Poor Nutrition

- **Sources:** Diets high in processed foods and sugars, and low in fiber and protein.
- **Hormonal Impact:** Causes insulin resistance, inflammation, and disrupts leptin and ghrelin (hunger hormones).
- **Effect on Weight and Muscle:** Promotes fat gain, reduces muscle growth, and decreases energy levels.



How to Protect Yourself

Environmental Changes

- Choose organic produce and filtered water to reduce pesticide and contaminant exposure.

Household Products

- Opt for natural cleaners and fragrance-free air fresheners. Use essential oils for scent.

Cosmetics

- Look for paraben-free, fragrance-free, and 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, and anti-inflammatory foods.
- Manage stress through meditation, yoga, or deep breathing.

Take Charge of Your Hormonal Health

By recognizing and minimizing exposure to endocrine disruptors, you can support your body's natural hormonal balance. This not only aids weight loss and muscle building but also enhances your overall vitality and well-being. Small changes add up, so start today to reclaim your health and empower your body.

Here are my favorite apps and resources to discover any



endocrine disruptor's ingredients that are in your current or future products.

Think Dirty® - www.thinkdirtyapp.com

An app that allows you to scan product barcodes to receive information on ingredients and discover cleaner alternatives.

Yuka - www.yuka.io

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

Understanding Female Hormones and Their Role in Metabolism, Fat Loss, and Muscle Building

Hormones are powerful chemical messengers that regulate countless processes in the body, including metabolism, fat loss, muscle building, and energy levels. For women, hormonal health is especially pivotal, given the complex interplay between various hormones. Understanding these hormones and how to support their optimal balance can help you achieve your fitness goals while improving overall well-being.

The Key Female Hormones and Their Roles

1. Estrogen

Estrogen is the primary female sex hormone. It plays a significant role in regulating the menstrual cycle, maintaining bone health, and distributing fat, especially around the hips and thighs.

- **Healthy levels:** Vary based on the menstrual cycle phase but generally range from 15-350 pg/mL.
- **Too much estrogen:** Can lead to weight gain, fatigue, and mood swings.
- **Too little estrogen:** Can result in low energy, decreased bone density, and disrupted menstrual cycles.

2. Progesterone

This hormone works alongside estrogen to regulate the menstrual cycle and supports pregnancy. It also has a calming effect, promoting restful sleep and reducing anxiety.

- **Healthy levels:** 5-20 ng/mL during the luteal phase of the cycle.
- **Too much progesterone:** Rare, but may cause drowsiness or bloating.
- **Too little progesterone:** Can result in irregular cycles,

Estrogen

Progesterone

Testosterone

difficulty sleeping, and mood disturbances.

3. Testosterone

Although commonly associated with men, testosterone is essential for women too. It supports muscle building, fat loss, energy, and libido.

- **Healthy levels:** 15-70 ng/dL.
- **Too much testosterone:** Can cause acne, hair growth in unwanted areas, and menstrual irregularities.
- **Too little testosterone:** May lead to low energy, reduced muscle mass, and difficulty losing fat.

4. Insulin

Insulin regulates blood sugar levels. When in balance, it promotes stable energy and efficient fat metabolism. Insulin resistance, however, can lead to weight gain and increased risk of conditions like PCOS or Type 2 diabetes.

- **Healthy fasting insulin levels:** 2-25 μ IU/mL.

5. Cortisol

Known as the stress hormone, cortisol is essential for managing energy levels and inflammation. However, chronic stress can lead to elevated cortisol, which negatively impacts metabolism and fat storage.

- **Healthy levels:** 16-23 μ g/dL in the morning.
- **Too much cortisol:** Can lead to weight gain, particularly in the abdominal area, and disrupted sleep.
- **Too little cortisol:** May cause fatigue and low blood pressure.

6. Thyroid Hormones

The thyroid produces hormones like T3 and T4, which regulate metabolism. An underactive thyroid (hypothyroidism) can slow metabolism and lead to weight gain.

- **Healthy TSH levels:** 0.4-4.0 mIU/L.

How Lifestyle Choices Influence Hormones

1. Strength Training

Strength training boosts testosterone, which supports muscle

Estrogen

Progesterone

Testosterone

building and fat loss. It also improves insulin sensitivity, helping your body manage blood sugar more effectively.

- **Tip:** Incorporate resistance exercises like squats, deadlifts, and push-ups 3-5 times per week to see hormonal benefits.

2. Avoiding Unhealthy Processed Foods

Processed foods are often high in sugar, unhealthy fats, and additives that can disrupt hormonal balance. For example, excessive sugar can spike insulin, leading to resistance over time.

- **Tip:** Opt for whole foods like lean proteins, colorful vegetables, whole grains, and healthy fats.

3. Eating Whole Foods

Whole foods provide essential nutrients like magnesium, zinc, and omega-3 fatty acids that support hormone production and regulation.

- **Tip:** Include hormone-friendly foods like avocados, wild-caught salmon, sweet potatoes, and leafy greens. If you look at your program and recipes, they are made up of whole foods that help your hormones be balanced.

4. Avoiding Risky Substances

Substances like alcohol, nicotine, and certain medications can disrupt hormonal balance by overloading the liver, which plays a crucial role in hormone metabolism.

- **Tip:** Limit alcohol to occasional consumption and avoid smoking altogether. During your program we will be suggesting stopping the consumption of alcohol altogether. You can resume to a moderate one drink or two a week if needed on social gatherings or at your own convenience, but alcohol will impact and impair your progress and overall recovery.

5. Getting Enough Sleep

Sleep is the cornerstone of hormonal health. During deep sleep, your body regulates cortisol, repairs tissues, and produces growth hormones, all of which are vital for muscle building and fat loss.

- **Tip:** Aim for 7-9 hours of quality sleep per night. Create a bedtime routine, avoid screens an hour before bed, and ensure your sleeping environment is cool and dark. This is a non-negotiable on your program as this is the best form of



recovery the body can be provided with. Failure to comply with this amount of sleep is disrupting your appetite and energy hormones leptin and ghrelin.

Restoring Hormonal Balance to Maximize Fitness Goals

Whole foods provide essential nutrients like magnesium, zinc, and omega-3 fatty acids that support hormone production and regulation.

- 1. Exercise Smartly:** Combine strength training with moderate cardio and prioritize recovery to avoid overtraining, which can elevate cortisol. During your program, I have developed the right cadence for overtraining not to happen. You can add cardio on your mobility days on a zone 2 for 30 mins a day. On your rest days, walk a minimum of 45 mins and stay active having fun and being mobile on those days. Love goin for a easy hike or a walk outside.
- 2. Nourish Your Body:** Fill your plate with nutrient-dense whole foods, focusing on anti-inflammatory options. Your goal is to leave the processed fast foods, and focus on the nutrient dense foods and recipes provided. You will be learning and unlearning how to fuel, nourish, and maintain your physique and health during the program.
- 3. Manage Stress:** Incorporate stress-relief practices like meditation, yoga, or deep-breathing exercises to lower cortisol. We have added the mobility days to help you relaxant restore your nervous system.
- 4. Prioritize Sleep:** A consistent sleep schedule can do wonders for all aspects of hormonal health. I am adding the sleep requirement once again as this is a non negotiable, you are a goddess and you need to recover like one.
- 5. Monitor Your Health:** Work with a healthcare provider to check hormone levels regularly and address any imbalances. The only way to figure out what is going on with your health is by checking your blood and hormones once a year. It will help you understand deficiencies, areas of improvement, and will help you address issues with facts and guidance.

Conclusion

Understanding your hormones and how they interact with your lifestyle is a game-changer for achieving fat loss, muscle



building, and sustainable energy. By committing to strength training, eating whole foods, avoiding harmful substances, and prioritizing sleep, you can restore hormonal balance and unlock your body's full potential. We are starting with this program, but staying consistent, during it and trusting the process will help you thrive as I am providing you with the tools. Your journey to optimal health begins with understanding how your body works, trust the process and let's have an amazing journey together.

