

TJW Meal Plan

Mornings On an empty stomach

- Fresh squeeze lemon mix with 1 tablespoon Braggs Apple Cider Vinegar in an 8 oz glass of water.
- ***Saffron Supplement – Natural Appetite suppressant (Optional)**

MEAL 1 – Pre workout meal. Prepare overnight oats style or cook your oats and add ingredients in.

- 1 scoop 25g sugar free lactose free or plant base protein
- 1/2 cup oats (measure dry)
- ½ cup berries – strawberries, blueberries, blackberries or raspberries (fresh or frozen)
- 1 cup unsweetened almond milk 30 cal
- 10 raw or unsalted almonds
- ***Multi Vitamin**
- ***B complex**
- ***1000mg Vitamin C**
- ***KSM-66 Ashwagandha Root Powder Extract**

***MEAL 2 – Post workout meal. On days you don't workout (Sundays), SKIP THIS!**

- 1 cup egg whites & 1 whole egg
- 1 cup sauteed mushrooms and bell peppers

MEAL 3

- 4 oz chicken breast or 93% lean turkey breast
- 2 cups veggies of your choice
- 1/2 cup cooked Quinoa or 120g roasted sweet potatoes
- ***Fish oil**

MEAL 4

- 4 oz White albacore tuna in a can (in water)
- ¼ small avocado
- 2 low carb counter wraps (60 cal per wrap)
- Handful of spinach
- Chopped sweet bell peppers and cucumbers
- Any sugar-free low calorie – G Hughes sauces are great (10 cal or less per serving)

MEAL 5

- 5oz Fatty fish of your choice (Salmon, Halibut, Trout, Mackerel, Tuna)
 - Huge Salad bowl (kale/spring mixed greens/spinach/cabbage slaw)
 - 1-2 tbsp vinaigrette style dressing
- *Vitamin D3**
***MSM Turmeric Joint support**
***ZMA (Zinc & Magnesium)**

***You Must drink a Gallon of Water a day. No exceptions!**

MIND OVER BODY. YOU CAN DO THIS!!!

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