

FREE MEAL GUIDE WITH GROCERY LIST

MEAL	FOOD
WAKE -UP	16 oz Water
BREAKFAST	2 large- Whole eggs 4 - Egg whites 1/2 cup Oatmeal 1 tbsp Natural peanut butter
SNACK	1-2 scoop Tru Supplement protein 2 oz any blackberries or blueberries
LUNCH	4 oz Chicken breast or 4 oz Lean Beef or 6oz White fish 1/2 cup Brown rice 1 cup Spinach 1 tbsp Coconut oil
POST WORKOUT	1-2 scoop Tru Supplement protein
DINNER	4oz Chicken breast or 4oz Lean Beef or 6oz White fish 1 cup Broccoli 1 medium Sweet potato As much Spinach (any greens) To taste Vinaigrette 1/2 tbsp Olive oil
SNACK	1 scoop Tru Supplement Natural peanut butter

GROCERY LIST - use the list below to build your own meal plan

PROTEIN	CARBOHYDRATES	FATS
Egg Whites Whole Eggs Chicken Ground Turkey Lean Beef White Fish Seafood Tru Supplement Protein	Oatmeal Sweet Potato Brown Rice Berries Broccoli Spinach Asparagus Beans and lentils Cucumbers	Dairy Avocados Almonds, nuts & seeds Natural nut butters Salmon Olive oil Safflower oil Coconut oil Canola oil

RECOMMENDED SUPPLEMENT LIST

Want to know what supplements to take and how to take them? I have created a full list of the products to help you get started [HERE](#). You can purchase my recommended supplement stack [HERE](#). Save \$\$\$% on your stack by using code **BODYLAB10** at checkout.

How much CALORIES / MARCOS should you be eating? Click [HERE](#)