



TMAC FITNESS

TMAC 20: FOOD PHILOSOPHY,  
RECIPES, MEAL PLAN & GROCERY LIST

# TMAC 20 INTRODUCTION

## FOOD PHILOSOPHY

This Challenge was created to help you create a long term healthy and sustainable lifestyle. Counting calories and macros is not sustainable or fun! The best way to think of the food program is a template. The focus is simple. Eat real whole food.

You do not have to eat each meal. If you have another recipe you like that consists of real whole food, go for it. When in doubt, follow this general rule: If you can plant it, pick it, or catch it, then eat it. If man made, stay away.

\*You should always consult your doctor before starting a nutrition plan.

### TIPS:

1. Be honest with yourself. If your mornings are crazy busy, then don't pick an option that takes a long time to cook.
2. Leftovers: It's a big time saver to cook enough dinner to have for lunch the next day.
3. Eating Out: Pick a protein with two servings of vegetables.

## FOOD PREP DAY

You will need to do this 2-3 times a week depending on the food you choose to eat. We suggest getting in the habit of food prepping the days you go to the grocery store.

### TIPS:

1. Cook Your Veggies For Snacks (instructions below).
2. Hard Boiled Eggs. Make extra the night before to have as snacks the next day.
3. Chia Seed Pudding. Needs to be made the night before consuming.
4. Plan Ahead. Check out what's coming up in the Meal Plan.

## SUNDAYS/CALORIC INTAKE REDUCTION

- On Sundays, we reduce your caloric intake. For breakfast, you will have a bulletproof coffee. This should hold you off for a few hours.
- We skip lunch and have an early dinner.
- Move throughout the day. Get in 10k steps. This will also keep your mind off of food.
- Once you get past the first hunger wave, you will be fine.
- It's important that you stay hydrated!
- If this is too hard for you, just follow the food philosophy. Eat real whole food.

# TMAC 20 INTRODUCTION

## ADVANCED NUTRITION PLAN

- This should only be followed by those who already have a healthy relationship with food and are looking to take it up a notch.
- The premise is to fast for 16hrs each day of the challenge.
- If you have a Bullet Proof Coffee it's technically not fasting, but you will still get amazing results... and we love some Bullet Proof Coffee!
- The easiest way to do this is to skip breakfast.
- You are welcome to have your cup of coffee. Fyi, the Bulletproof recipe will help keep you full until lunch.
- For your first meal of the day (around lunchtime) feel free to follow the food plan or even have the breakfast option. Who doesn't like eggs for lunch?!!!!
- That's it. For everything else simply follow the food program.

**Warning — you should not fast if you are:**

- Underweight
- Have an eating disorder
- Pregnant or breastfeeding
- Are under the age of 18



# TMAC 20 BREAKFAST OPTIONS

\*Indicates ingredients for recipe that are not on the grocery list.

## TMAC SCRAMBLE

### INGREDIENTS: (PER SINGLE SERVING)

- Portobello mushroom (½ cup chopped)
- Onion (¼ cup chopped)
- Spinach (1 handful)
- 3-4 eggs
- Avocado slices (¼ to ½ of a medium avocado)
- Sausage links (3)

### DIRECTIONS:

1. Bring a pot of water to boil. Place the uncooked sausages in the water, ensuring there is enough water to completely cover the sausages. Reduce to a simmer. Med-Low temp. Cover for roughly 12-15 minutes. Eat leftover sausage links for snacks.
2. Cut up mushrooms & onions (additional options: peppers, broccoli, zucchini).
3. Heat 1 tbsp. of coconut oil in pan over medium heat.
4. Add veggies and sauté for a few minutes until tender.
5. Add a handful of chopped spinach (it will shrink).
6. Crack eggs into pan.
7. Scramble eggs with veggies; about 5 minutes until cooked.
8. Plate and top with sliced avocado.

## TMAC SIETE BREAKFAST WRAP

- Same as TMAC Scramble minus the Sausage and top off with Hot Sauce.
- How to cook tortillas: Place tortilla in cast iron skillet or pan on medium heat. Warm up each side roughly 10-30 seconds each side.
- To order Siete Wraps on Amazon Prime click [HERE](#)

## TMAC SMOOTHIE

### INGREDIENTS & DIRECTIONS:

\*Add the following ingredients to a blender or VitaMix:

1. Pour enough almond milk (no sugar added) to cover the blade.
2. Handful of ice.
3. 1 serving of fruit of choice. (I like an apple or pear.)
4. Handful of raw almonds.
5. Handful of spinach.
6. 1 spoonful of chia seeds.
7. 1 spoonful of Greek yogurt. Go for full fat or 4%. No added sugar.
8. 1 scoop of [Primal Kitchen Collagen Fuel Vanilla Coconut](#) (optional) — Use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.)
9. Blend.

# TMAC 20 BREAKFAST OPTIONS

## HARD BOILED EGGS

### DIRECTIONS:

1. Place eggs in pot.
2. Cover eggs with an inch or two of water.
3. Bring water to boil.
4. Turn off heat and let sit for 10-12 minutes. Keep pot on hot burner.
5. Once cooled, peel off the egg shells.
6. Add a pinch of salt and pepper to taste.
7. Put eggs in tupperware or ziplock bag and keep in fridge.

## BULLETPROOF COFFEE

### INGREDIENTS & DIRECTIONS:

Recipe makes two large cups.

1. Make coffee.
2. Pour coffee into blender.
3. Add two tablespoons of unsalted grass-fed butter (\*Kerrygold brand recommended).  
Could also use ghee instead of butter.
4. Add Brain Octane Oil or MCT Oil. 1-2 tablespoons.
5. Add 1 scoop of [Primal Kitchen Collagen Fuel Vanilla Coconut](#) (optional) – Use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.
6. Blend.



# TMAC 20 BREAKFAST OPTIONS

## CHIA SEED PUDDING

### INGREDIENTS & DIRECTIONS:

Place all ingredients in medium sized mason jar.

1. 6 spoonfuls of chia seeds.
2. Fill mason jar  $\frac{3}{4}$  full with almond milk (no sugar added).
3. Add one scoop [Primal Kitchen Collagen Fuel Vanilla Coconut](#) (optional) and mix with chia seeds. Use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.
4. Cover with lid and put in refrigerator overnight.
5. Top off with half a banana, blueberries, raspberries, handful of almonds.



Ⓜ **BE PRESENT** Choose to inhabit your days fully awakened. And in these moments of life, collect moments, not things. Ⓜ  
-Live Beaming

# TMAC 20 BREAKFAST OPTIONS

## BURCKLE PROTEIN MUFFINS

RECIPE VIA CAROLINE BURKLE @caroburckle

### INGREDIENTS:

- 1 cup rolled oats
- 1/3 cup coconut flour
- 1 scoop chocolate protein powder (I like Vegans Proteins +)
- 2 large egg whites
- 2 small very ripe bananas, mashed
- 1 small handful of blueberries
- 1/2 cup unsweetened applesauce
- 1/3 cup almond milk
- 1 tsp maca powder (Navitas Naturals Raw Maca Powder)
- 1 tsp chia seeds
- 1 tbsp cinnamon
- 1 tbsp PB2
- 1 teaspoon vanilla extract
- 1 eyedropper of Liquid Stevia Extract

### DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Grease muffin pan with coconut oil or coconut oil spray
3. Bake for approximately 10-12 minutes. Make sure to watch them closely so they don't burn or get crispy...you want them fluffy and moist!

# TMAC 20 LUNCH OPTIONS

## PALEO WHOLE30 PESTO CHICKEN ZOODLE SOUP

RECIPE VIA JESSICA DEMAY [@realfoodwithjessica](#)

### INGREDIENTS:

- 12 chicken thighs, about 3 pounds
- 2 cups chicken broth (homemade for low FODMAP) or water
- 1 teaspoon [salt](#)
- 1/2 cup [paleo pesto](#)
- 1 pint grape tomatoes, halved
- 1 cup almond milk or coconut milk
- 4 medium zucchini, made into noodles
- 1/4 cup chopped green onion

### DIRECTIONS:

1. Add chicken, broth and salt to the Instant Pot. Put lid on, make sure valve is closed, and cook for 8 minutes on high.
2. Hit "cancel", release pressure and remove the chicken. Add in the pesto, tomatoes, almond milk, zucchini, and green onion. Hit "saute" and cook until noodles are tender, about 5 minutes. While that is cooking, chop up the chicken and add it back in. Taste and add more salt if needed.
3. Hit "cancel" and serve warm.





# TMAC 20 LUNCH OPTIONS

## SOUP

Organic canned vegetable soup or organic canned lentil soup.

\*If soup does not satisfy your appetite feel free to eat leftovers from the previous



## TMAC SALAD

### SALAD BUILDING BASICS:

1. Choose dark green leaves: spinach, kale, romaine, or arugula.  
\*Add chopped herbs: basil, parsley, cilantro (optional).
2. Pick a lean protein: chicken, turkey, or fish.  
\*Canned wild salmon or light tuna are fine on occasion if you need a quick protein.
3. Add vegetables (unlimited amount): beets, carrots, onion, cucumber, cauliflower, radish, celery.
4. 1 serving of fruit (optional).
5. Fats (choose one):  $\frac{1}{4}$  -  $\frac{1}{2}$  avocado, 10 to 12 raw almonds or walnuts, 2 tbsp. raw sunflower seeds.
6. Dressing: 1 tbsp. olive oil and 1 tbsp. vinegar (red wine vinegar, apple cider vinegar or coconut vinegar are great options) + juice from  $\frac{1}{2}$  lemon or lime.  
\*If this is not available, choose a clean vinaigrette with no high-fructose corn syrup or filler oils like partially-hydrogenated soybean oil.

📌 THINK POSITIVELY and exercise daily, eat healthy, work hard, stay strong, build faith, worry less, read more, be happy. 📌  
-Unknown

# TMAC 20 LUNCH OPTIONS

## SALMON SALAD RECIPE VIA JORDAN YOUNGER @THEBALANCEDBLONDE

### INGREDIENTS: (PER SERVING)

- 4 to 6 oz. salmon fillet (wild caught if possible)
- 1 cup spinach
- 1 cup kale
- 1 carrot
- 4 strawberries
- Fig Balsamic Dressing (from Whole Foods) or plain balsamic vinegar
- 1 lime

### DIRECTIONS:

1. Cook salmon fillet; pan sear for 3-4 min. per side or bake at 375 degrees for 15-20 min. (Use canned wild caught salmon if you are short on time.)
2. Rinse and chop kale and spinach. Add to bowl.
3. Rinse and slice carrots and strawberries. Add to bowl.
4. Squeeze  $\frac{1}{2}$  the lime and drizzle Fig Balsamic Dressing over salad. (Use plain balsamic vinegar instead if you prefer.)
5. Place salmon over salad.



# TMAC 20 LUNCH OPTIONS

## \*CARROT & ZUCCHINI WITH LEMONY PISTACHIO PESTO

by our good friend Laura Lea | Instagram: [@lauraleabanced](https://www.instagram.com/lauraleabanced)

CHECK OUT THIS SNEAK PEAK RECIPE FROM LAURA LEA'S NEW COOKBOOK.

### #AMAZING PISTACHIO PESTO INGREDIENTS:

- 1/2 cup roasted and salted pistachios
- 2 ounces fresh basil
- 1 teaspoon miso paste
- 1/4 teaspoon black pepper
- 2 teaspoons lemon zest (approximately 1 lemon)
- 2 tablespoons fresh lemon juice (approximately 1 lemon)
- 2 tablespoons nutritional yeast
- 1-2 cloves garlic, peeled and roughly chopped
- 1/2 cup olive oil

### SALAD INGREDIENTS:

- 4 medium carrot
- 4 medium zucchinis
- 1/3 cup roasted and salted pistachios
- Optional: 1/2 cup crumbled goat cheese (4 ounces)
- Salt to taste

### PESTO DIRECTIONS:

Combine all ingredients in a food processor and pulse until it forms your desired pesto consistently. I personally like it pretty finely chopped.

### SALAD DIRECTIONS:

Peel carrots of outer layer and remove tips and bottoms. In large mixing bowl, use your vegetable peeler to make carrot "ribbons". Eventually they'll get flimsy and difficult to peel. I find that holding it against a flat surface instead of over the bowl allows me to get more ribbons. Set aside.

Remove tops and bottoms of zucchini and use vegetable peeler to make zucchini "ribbons" of the outer layers. Stop as soon as you get to the seeds. I use the same trick as above to get as many ribbons as possible. I then roughly chop the leftover zucchini and carrots and use in smoothies.

Toss carrot and zucchini ribbons with pesto, starting with 1/2 cup and adding as desired. I find if I do more than 1/2 cup, though, it gets a little soggy. Roughly chop remaining 1/2 cup pistachios add to bowl, along with crumble goat cheese. Gently toss to coat and taste for more salt, then add accordingly. If you don't think you'll eat the whole dish in one meal, you can hold off on tossing veggies with pesto and goat cheese, and just add them when you serve.

# TMAC 20 DINNER OPTIONS

## SALMON & KALE (Sundays/Food Prep Days)

### INGREDIENTS: (PER SINGLE SERVING)

- 4 to 6 oz. salmon fillet (wild caught if possible)
- 1 bunch of kale chopped
- Garlic salt, lemon, and Bragg's Liquid Aminos
- [Avocado oil spray](#) (use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.)

\*TMAC prep tip: cook extra salmon to have for the next day

### DIRECTIONS:

- Season salmon with garlic salt, juice from lemon slice, and Bragg's Liquid Aminos. (Seasonings are optional based on preference.)
- Pan fry, grill, or bake salmon depending on preference and time. (Pan frying is quickest: 45 min. per side in oiled pan on medium heat, bake at 375-400 degrees for 18-20 min., or wrap in foil and grill if you have access.)
- Heat oven to 400 deg. Place kale on cooking sheet. Drizzle kale with olive oil.
- Season with salt & Everything But The Bagel seasoning from Trader Joes.
- Cook for 20 minutes or until nice and crispy. Almost like kale chips. Crunchier the better!
- Top salmon with avocado and kale.



# TMAC 20 DINNER OPTIONS

## SAUSAGE & CABBAGE

### INGREDIENTS & DIRECTIONS: (PER SINGLE SERVING)

#### Sausage:

1. Bring water to boil.
2. Reduce to medium heat.
3. Add sausage links.
4. Cook for 12-14 minutes.

\*I like New Primal Mustard BBQ Sauce for the sausage — use Coupon Code TMAC for 10% off any Primal Kitchen Product.

#### Cabbage:

1. Chop half to  $\frac{3}{4}$  of the head of cabbage.
2. Put pan on medium heat. Pour enough olive oil to cover the bottom of the pan.
3. Add cabbage to pan.
4. Add more olive on top of cabbage (you will get a better feel for how much the more you cook this meal for your preference).
5. Add garlic salt on cabbage as it cooks.
6. Cook cabbage until tender. \*Roughly 12-15 minutes. Stir often.
7. Add salt & pepper to taste.

## \*STEAK & ASPARAGUS

### INGREDIENTS: (PER SINGLE SERVING)

- 4 to 6 oz. steak \*Grass-fed if possible
- Asparagus (1 bundle)
- Salt, pepper, garlic salt, and Bragg's Liquid Aminos
- Coconut or olive oil for sautéing

### DIRECTIONS:

1. Heat up grill.
2. Marinate steak with salt, pepper, and drizzle with Bragg's Liquid Aminos.
3. Slice bottom ends off asparagus and season with garlic salt.
4. Add 1 tbsp. olive oil to pan over medium heat.
5. Add asparagus to pan and sauté for 10-12 min.
6. Cook 5-8 minutes each side on medium heat.

# TMAC 20 DINNER OPTIONS

## TILAPIA & BRUSSELS SPROUTS

### INGREDIENTS: (PER SINGLE SERVING)

- 4 to 6 oz. tilapia fillet (roughly the size of your fist or a deck of cards)
- Brussels sprouts (2 handfuls)
- Garlic salt, pepper, and olive oil

### DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Rinse and slice Brussels sprouts in half.
3. Place Brussels sprouts in tin foil. Drizzle with [olive oil spray\\*](#) & sprinkle lightly with garlic salt.
4. Wrap them up and bake for 25-30 min. Start fish after they have cooked for 15-20 min.
5. Prepare tilapia with a sprinkle of pepper, garlic salt, fresh lemon juice, and olive oil.
6. Place fish in a pan on stove over medium heat and cook 3-4 min. per side or bake together in the oven for 15 to 18 min. with the Brussels sprouts.

\*(Use Coupon code TMAC for 10% off all Primal Kitchen Products).

## CHICKEN, SQUASH & POTATOES

### INGREDIENTS: (PER SINGLE SERVING)

- 4 to 6 oz. chicken breast (roughly the size of your fist or a deck of cards)  
\*TMAC prep tip: cook extra chicken for leftovers the next day
- 1 medium yellow summer squash
- 3 red potatoes
- Salt, pepper, garlic salt, and Bragg's Liquid Aminos
- New Primal Mustard BBQ Sauce (optional) — Use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.)

### DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Slice red potatoes into small pieces, drizzle with olive oil, season with Everything But The Bagel.
3. Place potatoes on baking sheet and bake at 400 degrees for 45 minutes.
4. Season chicken with salt, pepper and Bragg's Liquid Aminos.
5. Bake chicken at 400 degrees for 25-30 min. or grill if you have access. It may need more or less time depending on your oven and the thickness of the chicken. Cook chicken until it is no longer pink in middle. Top chicken with New Primal Mustard BBQ Sauce.
6. Slice squash into small pieces. Add sliced squash to medium pan with enough olive oil to cover the bottom of pan and sprinkle with garlic salt.
7. Cook on medium heat (roughly 12-15 minutes). Stir often.
8. Salt & pepper to taste.

\*TMAC baking tip: cover pan with tinfoil to lock in moisture.

\*TMAC prep tip: cook 1 or 2 hard boiled eggs tonight to have ready for a snack tomorrow.

# TMAC 20 DINNER OPTIONS

## CHICKEN & CAULIFLOWER RICE

### INGREDIENTS & DIRECTIONS: (PER SINGLE SERVING) Chicken:

1. Preheat oven to 400 degrees.
2. Season chicken with salt & pepper, drizzle with Bragg's Liquid Aminos.
3. Wrap chicken in tin foil, place on cooking pan, and put in oven.
4. Cook for 25-35 minutes. It may need less or more time depending on your oven. (Cook chicken until no longer pink in middle.)
5. Slice chicken into small chunks.

### Cauliflower Rice:

1. Wash cauliflower and chop into small pieces. (Cut off stem and leaves.)
2. Use Vitamix, Ninja, or Food Processor to blend cauliflower chunks. Add enough water to cover the blade. Drain after. Now you have cauliflower rice. \*If you don't have a food processor you can always simply sauté the cauliflower chunks.
3. Sauté rice in a large skillet over medium heat. Use enough olive oil to cover bottom of pan.
4. Add garlic salt.
5. Cover with lid over pan. Stir as needed. Cook 5-8 minutes, then season as desired.
6. Place rice in bowl, add sliced chicken, and season with Bragg's Liquid Aminos.

## \*FAMOUS BRYANT FAMILY CHILI

by our good friend Laura Lea [@lauraleabalanced](https://www.instagram.com/lauraleabalanced)

You can find this recipe and others in Laura Lea's [COOKBOOK](#)

### INGREDIENTS:

- 1 pound ground beef (I use 85/15)
- 1 pound ground chicken or turkey (I use a mixture of dark and white meat)
- 1 tablespoon butter (sub olive oil)
- 2 cups white onion, diced into 1/4-inch pieces (approximately 1 large or 2 small onions)
- 2 1/2 to 3 cups mixed bell peppers, diced into 1/2-inch pieces (I use 1 yellow and 1 green pepper)
- 5 cloves garlic, minced
- 3 tablespoons chili powder
- 1 tablespoon cumin
- 2 tablespoons paprika
- 1 1/2 teaspoons sea salt
- 1 28-ounce can unsalted crushed tomatoes (can sub diced)
- 1 15-ounce can unsalted diced tomatoes
- 2 tablespoons sriracha (depending on spice preference)
- 2 tablespoons molasses
- 1/4 cup coconut sugar (sub light brown sugar, or 3 tablespoons honey or maple syrup)

# TMAC 20 DINNER OPTIONS

## INGREDIENTS:

- 1/4 cup tomato paste
- 1/4 cup low-sodium tamari
- 1 15-ounce can unsalted black beans, drained and rinsed
- 1 15-ounce can unsalted kidney beans, drained and rinsed

## DIRECTIONS:

Heat a large pot to medium-high and add beef and chicken. Cook, using a wooden spoon or spatula to break up the meat, for 8 to 10 minutes or until no pink remains and the meat has some golden-brown edges. At rest the meat will seem like it's sticking, but as it cooks it will render natural fat to help unstick. Scoop meat out into a heatproof bowl and set aside.

Turn heat to medium-low and add butter. When butter has melted, add onion and bell pepper. Cook, stirring, until veggies are softened, approximately 6 minutes.

Turn heat to lowest setting and add garlic. Cook, stirring, until garlic is softened and fragrant, approximately 1 minute. Add meat back to pot, along with chili powder, cumin, paprika, and sea salt. Cook, stirring, another minute, then add remaining ingredients. Stir to combine ingredients evenly.

Bring to a simmer if not already simmering and cover pot with a lid. Allow to simmer 45 minutes to an hour before serving. Leftover chili will keep tightly sealed in the refrigerator for up to 4 days or in the freezer for 2 months.





# TMAC 20 DINNER OPTIONS

## GROWN MAN BURGER (Saturdays)

### INGREDIENTS: (PER SERVING)

- ¼ lb. lean ground beef or ground bison (Grass-fed if possible)
- Portobello mushroom (½ cup chopped)
- Onion (¼ cup chopped)
- Spinach (1 large handful)
- Avocado (½ of a medium avocado)
- Salt, pepper, and Bragg's Liquid Aminos
- Coconut oil or olive oil
- New Primal Mustard BBQ Sauce (optional) — use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.

### DIRECTIONS:

1. Prepare burger with salt, pepper, and drizzle with Bragg's Liquid Aminos.
2. Place burger on well-heated grill (or grill pan on stove).
3. Chop up ¼ cup onion and ½ cup portobello mushroom.
4. Heat 1 tbsp. of oil in a pan over medium heat.
5. Add mushroom and onions to pan and sauté for 4-5 min.
6. Flip burger after 5-7 minutes on one side.
7. Add 1 handful of spinach to pan with mushrooms and onions and cook for 2-3 min.
8. When finished, place burger in a bowl and add cooked veggies.
9. Top with sliced avocado and New Primal Mustard BBQ Sauce (optional).



# TMAC 20 SNACK OPTIONS

## SNACK OPTIONS

### TIPS:

- Drink water throughout the day. We often overeat because we are dehydrated. Have two large glasses of water before every meal and snack.
- Hot tea will help suppress your appetite. I like Yogi Tea "Purely Peppermint".

### SNACK #1:

Hard Boiled Eggs (directions above in breakfast section).

### SNACK #2:

Cooked Veggies. The veggies listed below are simply a suggestion. If you prefer another veggie go for it.

\*I recommend doing this twice a week.

### Directions: (Pick two of the following)

- Cut up baby red potatoes (4-5x). Place in cooking sheet.
- Cut up one head of cauliflower. Place in cooking sheet.
- Slice up two handfuls of Brussels sprouts. Place in cooking sheet.
- Cut up two beets. Place in cooking sheet.

### Cooking Instructions:

- Drizzle olive oil on potatoes, cauliflower, Brussels sprouts, or beets.
- Season potatoes, Brussels sprouts, and beets with salt and pepper or your favorite all purpose seasoning.
- My favorite all purpose seasoning is Trader Joe's Everything But The Bagel Seasoning Blend. It's great on veggies. [\\*You can order it on Amazon.](#)
- Sprinkle curry seasoning on the cauliflower.
- Bake at 400 degrees for 35-45 minutes.

### SNACK #3

Leftovers. I strongly encourage this to be your snack. It saves time and will keep you full which will prevent you from making poor choices.

### SNACK #4:

TMAC's favorite Beef Thins

- Click [HERE](#) for TMAC's favorite Beef Thins. (perfect for traveling)

### SNACK #5

Carrots and hummus. One large carrot normally does the trick.

# TMAC 20 MISCELLANEOUS DESSERT (If needed)

## 1. Frozen Grapes

- These will soon be a new favorite.
- Place grapes in ziplock bag and put in freezer.
- Let thaw out while cooking dinner. Enjoy after dinner.

## 2. Bedtime Yogi Tea.

## STARBUCKS HACKS

I find myself traveling more now and have a whole new appreciation for how hard it is to eat clean when traveling. Lucky for us there seems to be a Starbucks everywhere.

Here are my Starbucks hacks:

1. Hot Green Tea (nothing added).
2. Cold Green Tea (no sugar added).
3. Protein Box with Eggs.

## SUPPLEMENTS

- We advocate real whole food. That being said, we totally get you need some help with your day.
- Currently the only supplement I take is [Primal Kitchen's Collagen Fuel](#). I use it in my chia seed pudding and TMAC smoothie for breakfast. Use Coupon Code **TMAC** for 10% off any Primal Kitchen Product.
- This is optional for the program.
- FYI, I receive a commission for each purchase.
- I have been following this company for about eight years now, so I vouch for them.

## BEVERAGES

- Tea (no sugar added)
- Coffee. Drink black or Bulletproof. A Full Fat Cream from Grass Fed Cows is okay.
- Sparkling water Waterloo. Get on Amazon Prime [HERE](#)

## SAUCES, SALAD DRESSINGS, CONDIMENTS

- Click [HERE](#) for TMAC's favorite Salad Dressings and Condiments
- Click [HERE](#) for TMAC's favorite BBQ Sauce

## FROZEN MEALS I LIKE

Click [HERE](#). Use coupon code **TMAC** for 10% off.

**MOST PEOPLE** have no idea,  
how good their body is designed to feel.  
-Kevin Trudeau

# TMAC 20 MEAL PLAN

Below is a daily food plan for those who like structure. Feel free to follow or not. If you have other meals you enjoy that are real whole food, go for it!

My goal for the food program is two-fold.

- 1) To help you get on a whole food diet so your body can thrive.
- 2) To keep it simple, so you can make this a lifestyle.

The meal plan is based off three meals, two optional snacks and an optional dessert each day. Your metabolism and how active you are will factor into how much you eat.

Food Prep Day is designed for Sunday (Day 0). Your first meal is Dinner: Salmon & Kale on Day 0. The Meal Plan starts with Day 1 being a Monday. Adjust to best fit your schedule. Repeat each week.

Day	Food Prep 1	Food Prep 2	Food Prep 3	Dinner
0 Sun	Hard Boil Eggs	Cook Veggies	Make Chia Seed Pudding	Cook Salmon & Kale

Day	Breakfast	Snack	Lunch	Snack	Dinner	Dessert	Food Prep
1 Mon	Chia Seed Pudding	Hard Boiled Eggs	TMAC Salad	Pre-Cooked Veggies	Sausage & Cabbage	Hot Tea Chamomile	
2 Tues	TMAC Scramble	Leftover Sausage	Salmon Salad	Pre-Cooked Veggies	PALEO WHOLE30 PESTO CHICKEN ZOODLE SOUP	Frozen Grapes	
3 Wed	TMAC Smoothie	Hot Green Tea	WHOLE30 PESTO CHICKEN ZOODLE SOUP	Protein Bar	Chicken, Squash & Potatoes	Hot Tea Chamomile	Cook Veggies + Hard Boiled Eggs
4 Thurs	Hard Boiled Eggs	Piece of Fruit	TMAC Salad	Pre-Cooked Veggies	Tilapia & Brussels Sprouts	Hot Tea Chamomile	Chia Seed Pudding
5 Fri	Chia Seed Pudding	Protein Bar	Vegetable Soup	Pre-Cooked Veggies	Chicken & Cauliflower Rice (make enough for lunch tomorrow). Glass of wine.	Hot Tea Chamomile	
6 Sat	TMAC Siete Breakfast Wrap	Piece of Fruit	Leftover Chicken & Cauliflower Rice	Hot Tea Green	TMAC Grown Man Burger. Glass of wine.	Frozen Grapes	
7 Sun	Bulletproof Coffee	Hot Tea	No lunch. Healthy snack if needed.	Hot Tea	Salmon & Kale	Hot Tea Chamomile	Repeat Day 0

© THERE IS no passion to be found in playing small,  
in settling for a life that is less than what you are capable of living. ©

-Nelson Mandela

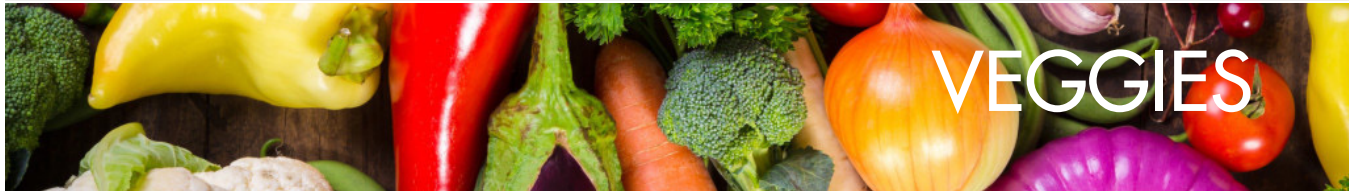
# TMAC 20 GROCERY LIST

## A FEW HELPFUL TIPS TO GET YOU STARTED:

There are two ways to look at this grocery list:

- 1) As a general template for things to keep in your house.
- 2) A detailed plan for the week.

Depending on your personality type, you will prefer one or the other. Personally, I prefer a general template. I will buy enough veggies/fruits/nut for the week and enough protein to get me through three days. Then I either go back to the grocery store later in the week or order on [Amazon Prime Now](#). Super convenient if they deliver to your city. Also, I highly recommend you check out [PRIMAL KITCHEN](#) for healthy salad dressings, cooking oils, frozen meals, and more (Use Coupon code TMAC for 10% off all products). After a week or two, you will get a feel for what recipes you like/don't like and can adjust accordingly.



- |  |  |
|--|--|
| <input type="checkbox"/> Asparagus (1 bundle)          | <input type="checkbox"/> Yellow Squash (1) |
| <input type="checkbox"/> Baby Spinach (1 bag)Beets (2) | <input type="checkbox"/> Grape tomatoes    |
| <input type="checkbox"/> Brussels Sprouts (3-4         | <input type="checkbox"/> Zucchini (1)      |
| <input type="checkbox"/> handfuls) Cabbage (1 head )   |  |
| <input type="checkbox"/> Carrots (1)                   |  |
| <input type="checkbox"/> Green Onion                   |  |
| <input type="checkbox"/> Kale (1 head)                 |  |
| <input type="checkbox"/> Portobello Mushroom (1) Red   |  |
| <input type="checkbox"/> Potatoes (4-6)                |  |
| <input type="checkbox"/> Cauliflower (1 head)          |  |
| <input type="checkbox"/> Cauliflower Rice (1)          |  |



- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Avocados     | <input type="checkbox"/> Bananas (2)  |
| <input type="checkbox"/> (2) Apples   | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> (3) Lemons   | <input type="checkbox"/> Blueberries  |
| <input type="checkbox"/> (2) Lime (1) |                                       |

# TMAC 20 GROCERY LIST



- Eggs (1 Dozen) \*Organic with Omega-3s recommended
- Chicken Breasts (3) \*Organic recommended
- Salmon (2 fillets 4-6oz) \*Wild Caught
- Tilapia (1 fillet 4-6oz) \*Sustainably farmed or wild
- Steak (1 cut 6oz) \*Grass-Fed
- Lean Ground Meat (6oz) \*Grass-Fed
- Sausage Links (3)
- 12 Chicken Thighs, About 3 Pounds
- Turkey Deli Meat (10-16oz) \*Nitrate-free (if making TMAC salad)



- Lentil Soup (1 can) \*Organic
- Vegetable Soup (1 can) \*Organic



# TMAC 20 GROCERY LIST



- Olive Oil
- Coconut Oil
- Grass-fed Butter
- Balsamic Vinegar (and/or red wine vinegar) Brain
- Octane or MCT Oil
- Almond Milk (\*recommend Califia Farms Pure, plain)
- One bag of Raw Almonds (\*not roasted, salted or flavored)
- Bag of Ice
- Unsalted Grass-Fed Butter or Ghee
- Case of Waterloo Sparkling Water
- Medium Mason Jar
- [Primal Kitchen's Collagen Fuel - Vanilla](#) (Use coupon code **TMAC** for 10% off Primal Kitchen Products)
- RXBARs (2-3)
- Meat Sticks \*Recommended brand New Primal
- Siete Grain Free Tortillas (There are several kinds. Dealer's choice.) Tea \*Recommended brand Yogi
- (Peppermint & Lemon/Ginger/Chamomile Chicken Broth (Homemade for low FODMAP) or water
- Paleo Pesto
- Salt
- Pepper
- Turmeric
- Trader Joe's Everything But The
- Bagel Garlic Salt
- Bragg's Liquid Aminos (1 bottle)
- New Primal BBQ Mustard
- Sauce Curry Seasoning
- Hot Sauce
- Chia Seeds (1 bag)
- Greek Yogurt (7oz or more)

## WANT HEALTHY MEAT & FISH?

### ButcherBox

- Butcher Box delivers Wild Salmon, Grass-Fed & Grass-Finished Beef, Organic Chicken, & Heritage Breed Pork.
- All animals are humanely raised and never ever given added hormones or antibiotics. Click [HERE](#) to get Butcher Box

