



TFW
•TRAINING FOR WARRIORS•

28 DAY WARRIOR SHRED



LOSE FAT  BUILD MUSCLE  FEEL GOOD

SHRED BASICS

28 DAY WARRIOR SHRED

WHAT IS THE WARRIOR SHRED?

Our 28 day warrior shred serves to help you develop long-lasting lifestyle changes using a habit-based approach to nutrition and weight loss. It is NOT a quick fix method or fad diet.

Instead, we've developed a program to help you learn about the advantages of healthy eating and exercise to get you feeling and looking your best!

WHAT YOU'LL REMOVE:

DAIRY
ALCOHOL
PROCESSED FOODS
REFINED SUGARS

WHAT YOU'LL ADD:

WHOLE FOODS
WATER
SLEEP

PREFERABLY 7-8 HOURS PER NIGHT IS CRUCIAL TO YOUR SUCCESS

TFW WORKOUTS
DEEP BREATHING & RELAXATION

HOW DO WE GET STARTED?

We've made this process as simple as possible. Our 28 day shred includes a complete meal plan. In this guide, you'll find 28 days of recipes for breakfast, lunch and dinner. All you have to do is make the commitment to change your lifestyle and start *looking and feeling better*, starting today.

Your team of coaches at Training for Warriors Mahopac is committed to guiding and supporting you through this program. Please contact any coach with questions about the shred.

NOTE: If you have any food allergies to the ingredients listed in this shred, please see a TFW Mahopac coach for alternatives or suggestions and do not cook with those food items. Likewise, if you are vegetarian or vegan, our coaches are happy to provide you with alternatives for any recipe listed.

THERE IS NO GREAT VICTORY WITHOUT A GREAT BATTLE.

WARRIORS, WE CAN DO THIS! HALLUSSA!

START HERE: PRE-SHRED GOAL SETTING

Warriors, you are about to embark on an incredibly transformative 28 day journey.
At TFW, we understand and promote the importance of goal setting.
We encourage you to take 5 minutes to write down your goals prior to starting the program.

WHAT DO YOU WANT TO ULTIMATELY GET OUT OF THIS PROGRAM?

IN THE PAST, WHAT EXCUSES HAVE HELD YOU BACK FROM ACHIEVEING YOUR GOALS?

DECIDE ON YOUR "WHY". WHY DO YOU WANT TO ACHIEVE THESE GOALS? THIS IS YOUR MOTIVATION. USE IT!

WHAT DAILY ACTIONS WILL YOU TAKE TO ENSURE I ACHIEVE YOUR GOALS?

TIPS FOR SUCCESS!

PLAN AHEAD

Look ahead at what recipes/ingredients are on the meal plan for the week and look at your personal calendar to get an idea of what your week will be like. In many cases, food can be prepped ahead of time and similar ingredients are used for multiple recipes.

BUY IN BULK

Buying food items in the bulk section can significantly reduce the cost of your grocery bill! This also allows you to buy exact amounts of specific ingredients you may need, reducing overall food waste.

TAKE NOTE OF ALL WARRIOR TIPS

Throughout the shred, you'll notice "Warrior Tips" that were designed to help you seamlessly complete the program. Be sure to read each tip ahead of time!

FOLLOW THE MEAL PLAN

Our meal plan was specifically designed to fuel you with the right amounts of every nutrient you need to power up for your workouts and burn fat on a day-to-day basis! That being said, we encourage you to follow the shred as closely as possible for the best results!

LISTEN TO YOUR BODY

Nothing is more important than listening to the signs and signals your body gives you. Feeling hungry or weak? Choose a healthy snack from the list we've provided you with! Feeling thirsty? Hydrate! We only ask that you make healthy decisions which align with your goals.

UTILIZE YOUR SUPPORT SYSTEM

Ultimately, this shred is about helping you develop sustainable habits when it comes to exercise and nutrition. At TFW, we've worked to create a family of people committed to bettering their health. Utilize this family (coaches and fellow warriors) to keep you motivated and focused on your goals.

We are strongest when we work together!

WARRIORS, INTO THE ROAR WE GO!

WEEK ONE

DAY 1

Meal 1: Overnight Oats with Fruit

Recipe: Oh She Glows

Make this recipe day before shred start date.



Serves: 1

Ingredients:

1 large ripe banana, mashed
2 tbsp. chia seeds
¼ teaspoon cinnamon
½ cup gluten-free rolled oats
¾ cup almond milk

Optional Toppings: Fresh Berries, Cinnamon,
1 tsp. Unsweetened coconut flakes

Directions:

1. In small bowl, mash banana until almost smooth. Stir in chia seeds and cinnamon until combined.
2. Stir in oats and almond milk. Cover and refrigerate overnight or a minimum of two hours.
3. In the morning, stir the mixture to combine. Stir in additional 1 tablespoon chia seeds if watery, or a splash of almond milk if too thick. Top with optional toppings.

Meal 2: Green Salad

Serves: 1

Ingredients:

2 cups romaine lettuce/blend or 1 head romaine, roughly chopped
½ medium vine-ripe tomato
¼ medium bell pepper (any color)
¼ avocado
½ cup shredded carrots
1 tbsp. toasted pumpkin seeds
2 tbsp. salad dressing
Optional: 4 oz. grilled chicken breast

Directions: Combine all ingredients in medium-size bowl. Enjoy.

Warrior Tip: Preserve remaining avocado by squeezing lemon juice on leftover and tightly wrapping in plastic wrap.



DAY 1 CONTINUED

Meal 3: One-Pan Chicken Thighs with Brussels Sprouts, Cauliflower & Spinach



Serves: 2

Ingredients:

- 1 large onion, coarsely chopped
- 2 tbsp. olive oil
- 3 garlic cloves, minced
- ½ tsp. Himalayan salt
- 1 tsp. dried rosemary, crushed and divided
- ½ tsp. black pepper
- ½ tsp. paprika
- 4 bone-in chicken thighs, skin removed
- 2 cups Brussels sprouts, trimmed and halved
- 1 medium head Cauliflower
- 4 cups fresh baby spinach

Directions:

1. Preheat oven to 425 degrees.
2. In large bowl, combine onion, cauliflower, Brussels sprouts, oil, garlic, ¼ tsp. Himalayan salt, ½ tsp. rosemary and ¼ tsp. black pepper; toss to coat. Transfer to foil-lined baking sheet, slightly greased with olive oil.
3. In small bowl, combine paprika and remaining salt, rosemary and pepper. Sprinkle chicken with mixture and arrange over vegetables. Roast until thermometer inserted in chicken reads at least 170 degrees and vegetables are just tender, about 35-40 minutes.
4. Remove chicken and place on serving platter, cover to keep warm. Top vegetables with spinach. Roast until vegetables are tender and spinach is wilted, about 8-10 minutes longer. Stir vegetables to combine and serve with chicken.

DAY 2

Meal 1: Sweet Potato-Kale Hash

Recipe: Isabel Eats



Serves: 2

Warrior Tip: Make this the night before and save leftovers for tomorrow's breakfast!

Ingredients:

- 2 medium sweet potatoes, peeled and diced into small cubes
- 1 medium onion, finely diced
- 2 cups kale, finely chopped
- 2 tbsps. olive oil
- ¼ tsp. ground sage
- ¼ tsp. smoked paprika
- ¼ tsp. rosemary
- ¼ tsp. Himalayan salt

Directions:

1. In frying pan, add oil over medium heat. Add sweet potatoes, onions, garlic and sage. Stir and mix well.
2. Let cook 15 minutes, stirring occasionally.
3. Add kale, smoked paprika, rosemary and sea salt.
4. Cook for another 15-20 minutes or until the edges of the sweet potato start to brown and are fully cooked through and tender. If a fork can easily go through the potatoes, they are fully cooked.

Meal 2: Leftover Chicken Thighs and Vegetables

Serves: 1 (1-2 chicken thighs + 1-1.5 cup veggies)

Meal 3: Lentil Soup + Avocado Toast

Recipe: Budget Bytes

Serves: 4 (1 serving = 1.5 cups)

Ingredients:

- 1 tsp. olive oil
- 1 clove garlic, minced
- ½ medium onion, diced
- 2 medium carrots, sliced
- 1 rib celery, sliced
- ½ 15 oz. can (no salt added) black beans, drained
- ½ cup dry brown lentils
- ½ tsp. cumin and oregano
- ¼ tsp. smoked paprika
- Ground black pepper, to taste
- 3 medium tomatoes, diced
- 2 cups vegetable broth
- ¼ tsp. Himalayan salt

Directions:

1. Heat olive oil over medium heat in large pot. Sauté garlic and onion until onions are tender/fragrant. Add celery and carrots to pot. Sauté another 5 minutes.
2. Add black beans and diced tomatoes to pot (with juice from tomatoes), dry lentils, cumin, oregano, smoked paprika, cayenne pepper, and freshly cracked pepper to preference. Finally, add vegetable broth, stirring to combine.
3. Increase to medium-high heat, allowing mixture to come to a boil. Once boiling, reduce heat to low, cover and simmer for 30 minutes or until lentils are tender.
4. Add Himalayan salt and black pepper to taste.

For Avocado Toast: Toast 1 slice sprouted grain bread. Mash ½ avocado on top of bread. Lightly sprinkle with Himalayan salt. (serves 1)



DAY 3

Meal 1: 2 Egg Omelette with Kale, Sweet Potato and Bell Peppers

Serves: 1

Ingredients:

2 organic eggs (men may have 3)
Olive Oil Cooking Spray
¼ cup diced red bell pepper
¼ cup leftover kale-sweet potato mixture from day 2
Himalayan salt and cracked black pepper, to taste

Directions:

1. In a small bowl, crack two eggs. Whisk until smooth. Set aside.
2. Heat small frying pan over medium heat. Grease slightly with olive oil cooking spray.
3. Add bell pepper to pan. Cook 2-3 minutes, or until tender.
4. Add sweet potato-kale mix to pan. Cook 1 minute or until warmed through.
5. Lower heat to medium-low. Add whisked eggs, evenly coating the bottom of the pan with egg. Sprinkle with salt and pepper.
6. Cook 1 minute. Fold in half. Cook both sides of omelette until egg is completely cooked through. Serve immediately.

Meal 2: Leftover Lentil Soup

Serving Size: 1.5 cups



Meal 3: Quinoa Power Salad with Lemon Basil Vinaigrette

Recipe: Simply Quinoa

Serves: 2



Ingredients:

1 bunch curly kale, stems removed, finely chopped
½ cup cooked quinoa
¼ cup mango, chopped
¼ cup chopped raw cashews or slivered almonds
¼ cup blueberries
½ avocado, diced

Dressing:

3 tbsp. olive oil
1 tbsp. apple cider vinegar
1 tpb. lemon juice
1 tbsp. basil, finely chopped
½ tsp. honey
¼ tsp. each of ginger and turmeric
Himalayan Salt and Pepper, to taste

Directions:

1. Combine kale, quinoa, mango, almonds/cashews, blueberries and avocado in large bowl. Set aside.
2. For dressing, whisk all ingredients until smooth.
3. When ready to serve, toss salad in dressing. For best flavor allow salad to sit in dressing for 30 minutes in fridge. If not eating immediately, keep salad and dressing separate and combine before eating.

DAY 4

Meal 1: Open Faced Breakfast Sandwich

Serves: 1

Ingredients:

½ Avocado
 ½ cup greens (kale, watercress, or spinach)
 1 organic egg (men may have 2)
 1 slice sprouted-grain bread
 1 tbsp. broccoli sprouts
 Himalayan salt, to taste
 Pepper, to taste
 Optional: ¼ tsp. sesame seeds

Directions:

1. Toast sprouted-grain bread.
2. Heat small frying pan over medium heat, lightly greased with olive oil cooking spray. Crack one egg into pan and cook to preference (over easy, over medium, or fully cooked through)
3. Mash avocado onto toast. Top with greens, egg, , Himalayan salt, pepper and sesame seeds if desired.

Warrior Tip: Be sure to rinse all vegetables before use!

Meal 2: Leftover Quinoa Power Salad with Lemon Basil Vinaigrette



Meal 3: Veggie Chili and Side Salad

Recipe: Oh She Glows



Serves: 2

Ingredients:

1 tbs. extra virgin olive oil
 2 large bell peppers, chopped
 1 large yellow onion, chopped
 1.5 15-oz. cans red kidney beans drained
 2 15-oz. cans organic diced tomatoes, with liquid (suggested brand: Jovial, thrivemarket.com)
 1 cup low sodium vegetable broth
 6 tablespoons tomato paste
 1 teaspoon dried oregano
 1 tbsp. chili powder
 1 small can tomato sauce
 Himalayan salt & Black Pepper, to taste

Directions:

1. In large pot, sauté onion until soft and translucent.
2. Add in bell pepper and sauté another 5-7 minutes or until soft.
3. Add diced tomatoes (with juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high.
4. Add drained and rinsed beans, chili powder, oregano, and pinch of Himalayan salt. Simmer, uncovered, until thickened, about 10-15 minutes. Serve hot.
5. For side salad, combine 1-2 cups any greens with vegetable toppings such as tomatoes, cucumbers and carrots. Top with 1-2 tablespoons dressing and serve.

DAY 5

Meal 1: Raw Apple, Cinnamon & Chia Breakfast Bowl

Recipe: Blissful Basil



Serves: 1

Ingredients:

2 apples, diced
1 pinch nutmeg
2 tbsp. chia seeds
½ tsp. cinnamon
1 tbsp. walnuts

Directions: Combine all ingredients in bowl and serve.

Meal 2: Leftover Veggie Chili Over Greens

Serves: 1

Ingredients:

1-1½ cups veggie chili
1-2 cups romaine lettuce, chopped

Directions: Add romaine to a bowl and top with veggie chili.



Meal 3: Broiled Salmon with Mango Lime Salsa, Brown Rice & Coconut Greens

Serves: 4

Ingredients - Salmon:

2 tbsp. lime juice
2 tbsp. fresh dill, chopped
4 (4 oz.) salmon fillets
Himalayan salt, to taste
Black Pepper, to taste
1 mango, peeled, pitted and cubed
1 lime, finely grated zest and juice
2 tbsp. unsweetened coconut flakes
1 cup cooked brown rice

Directions - Salmon:

1. Preheat broiler to medium-high heat and line broiler rack with aluminum foil.
2. Combine lime juice, honey, and half of the dill in large bowl and mix well.
3. Add the salmon, turning to coat completely in the glaze.
4. Arrange salmon on broiler rack and broil, turning once, 8-10 minutes or until browned and fish easily flakes when pressed with knife.
5. To make the salsa, combine mango, lime zest and juice, coconut, and remaining dill in a small bowl and mix well.
6. Serve with 1 fillet over ¼ cup cooked brown rice topped with mango salsa for each serving.

Ingredients - Coconut Greens:

Serves: 2

1 tsp. olive oil
½ medium onion, chopped
¼ cup coconut milk
1 bunch (approx. 4 cups) kale, collard greens, or spinach

Directions:

1. Heat olive oil in medium size frying pan over medium heat.
2. Saute onion until fragrant/translucent.
3. Add greens to pan, cook 2-3 minutes or until all greens have wilted.
4. Add coconut milk, stirring to combine. Cook another 4-5 minutes or until soft.
5. Serve with salmon and brown rice dish.

DAY 6

Meal 1: Overnight Oats with Fruit

Recipe: Oh She Glows



Serves: 1

Ingredients:

1 large ripe banana, mashed
 2 tbsp. chia seeds
 ¼ tsp. cinnamon
 ½ cup gluten-free rolled oats
 ¾ cup almond milk

Optional Toppings:

Low-Glycemic Fruit – (Fresh Berries –
 Strawberries, Blueberries, Raspberries,
 Blackberries)

Cinnamon/Nutmeg

1 tsp. unsweetened coconut flakes

Directions:

1. In small bowl, mash banana until almost smooth. Stir in chia seeds and cinnamon until combined.
2. Stir in oats and almond milk. Cover and refrigerate overnight or a minimum of two hours.
3. In the morning, stir the mixture to combine. Stir in additional 1 tablespoon chia seeds if watery, or a splash of almond milk if too thick.
4. Top with optional toppings.

Meal 2: 5 Minute Detox Salad with Leftover Salmon

Recipe: Minimalist Baker

Serves: 1

Ingredients:

2 cups mixed greens or roughly chopped kale (or mix the two)
 ¼ cup diced red onion
 3-4 radishes, thinly sliced
 1 tbsp. roasted pumpkin seeds
 2 tbsp. approved dressing of choice
 1 (4 oz.) cooked salmon filet

Directions: Combine all ingredients in bowl and enjoy.



DAY 6 CONTINUED

Meal 3: Lentil Sloppy Joes with Side Green Salad

Recipe: Minimalist Baker



Serves: 4

Ingredients:

For Lentils – 2 cups water + 1 cup green lentils

For Sloppy Joes –

2 tbs. olive oil

½ white or yellow onion, minced

2 cloves garlic, minced

½ green bell pepper, diced

Himalayan Salt and Black Pepper, to taste

1 15-oz. can tomato sauce

1-2 tbs. vegan Worcestershire sauce

1 tsp. chili powder, or more to taste

1 tsp. ground cumin

1 pinch smoked or regular paprika

Optional: Whole grain or sprouted grain bun

Directions:

1. Add water and lentils to small saucepan and heat over medium-high heat.
2. Bring to a low boil, then reduce heat to simmer and cook uncovered about 18 minutes or until tender. Drain any excess liquid and set aside.
3. While the lentils cook, heat large skillet over medium heat. Add oil, onion, garlic, and bell pepper. Sauté 4-5 minutes, stirring frequently, or until peppers and onions are tender and slightly browned.
4. Add tomato sauce, Worcestershire sauce, chili powder, cumin and paprika. Stir to combine. Once lentils are cooked, add them to the skillet as well.
5. Continue cooking mixture over medium-low heat until completely warmed and thick. Taste and adjust flavor as needed.
6. Serve the mixture over fresh greens or a toasted whole grain or sprouted grain bun.
7. For the salad, combine 1-2 cups any greens with vegetables (cucumbers, tomatoes, carrots) of choice and 1-2 tablespoons dressing.

DAY 7**Meal 1: Sunday Scramble**

Serves: 1

*Ingredients:*

Olive oil cooking spray

2 eggs, whisked (men may have 3)

 $\frac{1}{2}$ cup any leftover vegetables from the week, chopped

Examples: Kale, spinach, tomatoes, peppers, onions, sweet potatoes, broccoli, etc.

Directions:

1. Heat slightly greased skillet over medium heat.
2. Add any leftover vegetables, cooking until warmed through and tender.
3. Add eggs, mixing well to combine all ingredients.
4. Continue to stir mixture frequently until eggs are cooked through.
5. Serve warm, top with avocado if available.

Meal 2: Leftover Lentil Sloppy Joe Over Side Green Salad

Serves: 1

Ingredients:

1.5 cups lentil sloppy joe mixture

2 cups romaine lettuce, chopped

Directions: Add romaine lettuce to bowl and top with lentil mixture. Enjoy.**Meal 3: Everything-But-The-Kitchen-Sink Salad**

Recipe: Original

Serves: 1

Ingredients:

2 cups any dark leafy greens (kale, spinach, romaine)

Any leftover vegetables (carrots, tomatoes, peppers, etc.)

Any leftover lean protein (salmon, grilled chicken, turkey, tempeh)

2 tbsp. approved dressing of choice

Directions:

1. Combine all ingredients in large bowl. Top with dressing. Enjoy!



WEEK TWO

DAY 8

Meal 1: Green Smoothie of Choice

See the “Smoothies” section of this shred to choose from the following smoothies:

1. TFW Green Smoothie
2. Mango Mint Green Smoothie



Meal 2: Mixed Baby Greens and Arugula with Blackberries and Pecans

Recipe: Skinny Taste

Serves: 2

Warrior Tip: Save extra for lunch tomorrow!

Ingredients:

½ large bunch mixed baby greens (or 1.5 cups)

½ medium bunch arugula (or 1.5 cups)

1 cup blueberries

15 pecan halves

½ cup chickpeas

Vinaigrette:

1 tbsp. Champagne vinegar

Himalayan salt and freshly ground pepper

1 tsp. basil

6 tbsp. extra-virgin olive oil

Directions:

1. For the dressing, combine all ingredients in mixing bowl. Whisk until oil is emulsified.
2. Toss the mixed baby greens and arugula with enough vinaigrette to lightly coat the greens. Top with blackberries and pecans.



DAY 8 CONTINUED

Meal 3: Grilled Chicken with Roasted Tomatoes, Red Onion and Spinach

Recipe: Skinny Taste



Serves: 2

Warrior Tip: Save extra chicken for your salad tomorrow!

Ingredients:

- 1 cup halved cherry tomatoes
- ½ medium red onion, cut into ¼ -inch slices
- 2 large garlic cloves, peeled and smashed with side of a knife
- 1 tsp. olive oil
- ½ tsp. herbs de Provence
- 1/8 tsp. red pepper flakes
- Himalayan salt and freshly ground pepper
- Olive oil spray
- 1 (½ pound total) boneless, skinless chicken breast
- 1 tbsp. fresh chopped basil
- 2 cups spinach

Directions:

1. Preheat oven to 400 degrees F.
2. In a medium bowl, combine tomatoes, onions, garlic, olive oil, herbs de Provence, red pepper flakes, ¼ teaspoon salt and pepper.
3. Meanwhile, cut the chicken breast in half lengthwise into 2 thin cutlets. Season both sides with ¼ teaspoon salt and pepper.
4. Spray a large non-stick grill pan or skillet with olive oil over medium-high heat. Once hot, add chicken and cook about 1 ½ - 2 minutes per side or until cooked through.
5. For spinach, heat ½ teaspoon olive oil over medium heat. Add spinach and cook until wilted. To serve, add chicken, spinach and roasted veggies to dish and garnish with remaining basil.

DAY 9

Meal 1: Fresh Fruit Bowl

Serves: 1

Ingredients: Cherries, Blueberries, Blackberries, Strawberries, Apples, Peaches, Oranges, etc.

Directions: Combine a total of about 2 cups your choice of fruit in bowl. Enjoy.



Meal 2: Leftover Grilled Chicken over Mixed Baby Greens Salad

Serves: 1

Ingredients: (from day 8)

1 serving mixed baby greens salad, ~2 cups

1 serving grilled chicken, ~1/4 pound

1-2 tbsp. dressing

Directions: Combine ingredients and serve.



Meal 3: Buddha Bowl

Recipe: Oh She Glows

Serves: 2

Warrior Tip: Save second serving for lunch tomorrow!

Ingredients:

¾ cup uncooked quinoa

1 tbsp. extra-virgin olive oil

1 cup fresh green beans, ends trimmed and chopped into bite-sized pieces

1 cup yellow zucchini, sliced into half moons

Himalayan Salt, to taste

1-2 cups fresh baby spinach

1 medium carrot, peeled and spiralized or julienned

1 medium beet, peeled and spiralized or julienned

½ large ripe avocado, pitted and sliced

½ cup toasted pepita seeds (spread onto baking sheet and toast 8-10 minutes at 325 degrees F)

1-2 tbsp. dressing

Directions:

1. Cook quinoa according to package directions.
2. Saute the vegetables: While quinoa is cooking, in a large skillet, add the olive oil, green beans, and zucchini. Stir to combine and season with salt. Saute vegetables over medium-high heat for about 10 minutes, until tender but not overcooked. You'll want the veggies to have a light crispiness to them. At the end of cooking, stir in the spinach and cook for a couple minutes until it wilts. Turn off heat.
3. Peel and spiralize or julienne carrot and beet. Slice the avocado.
4. To assemble, stir cooked quinoa into the skillet veggie mixture. Increase heat to medium, and cook until warmed through. Portion the mixture into bowls and top with carrot, beet, avocado, and toasted pepita seeds. Drizzle dressing over mixture and serve.

DAY 10

Meal 1: Open Faced Breakfast Sandwich

Serves: 1

Ingredients:

Olive oil spray

1 egg

Himalayan salt and pepper

¼ cup arugula

1 slice sprouted grain bread, toasted

¼ large avocado, mashed

Red pepper flakes (optional), to taste

Directions:

1. Spray small skillet with olive oil spray. Over medium heat, crack egg into skillet. Cook, over easy (or to liking).
2. Mash avocado onto slice of toast. Top with arugula, then egg. Sprinkle with salt, pepper, and red pepper flakes, to taste.

Meal 2: Leftover Buddha Bowl

Ingredients: 1 serving Buddha Bowl from day 9



Meal 3: Vegan Lentil Soup and Side Green Salad

Recipe: Serious Eats

Serves: 2

Warrior Tip: Save leftovers for lunch tomorrow!

Ingredients:

1 tbsp. olive oil

½ medium onion, finely diced (about 1 cup)

1 large carrot, peeled and finely diced (about 1 cup)

1 medium clove garlic, minced

½ lb. dried brown lentils, picked over

1 bay leaf

1 quarts water or vegetable broth

Himalayan salt

Lemon juice, of ½ lemon

¼ cup chopped parsley

Black pepper, freshly ground

Directions:

1. Heat olive oil in large Dutch oven or pot over medium-high heat until simmering. Add onions, carrot, and celery. Cook, stirring occasionally, until softened, but not browned, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Add lentils, stirring to combine. Add bay leaf, water (or broth) and a pinch of salt. Bring to a boil and then reduce to simmer. Cover and cook until lentils are completely tender, about 1 hour, adding water as necessary (lentils should be completely covered at all times).
2. Transfer half of soup into a blender and blend until smooth. Fold back into remaining soup. Whisk in lemon juice to taste, along with parsley (saving some for garnish). Season to taste with salt and pepper and serve.

DAY 11

Meal 1: Steel Cut Oats with Fresh Berries, Coconut Flakes, and Nuts

Serves: 1



Ingredients:

- ½ cup cooked steel cut oats, as directed by packaging
- ½ cup fresh berries (blueberries, strawberries, raspberries, blackberries, etc.)
- ½ tbsp. unsweetened coconut flakes
- ½ tbsp. pecans, chopped

Directions:

1. Top cooked steel cut oats with fresh berries, coconut flakes, and pecans. Enjoy.

Meal 2: Leftover Vegan Lentil Soup

Ingredients: 1 serving vegan lentil soup.

Meal 3: Shredded Chicken and Avocado Mash Lettuce Wraps

Recipe: Simply Recipes

Serves: 2

Warrior Tip: Save leftovers for lunch tomorrow!

Ingredients:

- 1 cup finely chopped cooked chicken
- 1 ripe avocado, seeded and peeled
- 1 apple, peeled, cored and finely chopped
- ¼ cup finely chopped celery
- ¼ cup finely chopped red onion
- 2 tbsp. finely chopped cilantro or parsley (based on preference)
- 2 tsp. lime juice (if cilantro) OR 1 tbsp. lemon juice (if parsley)
- ½ tsp. Himalayan salt
- Pinch of freshly ground black pepper
- Bibb lettuce or full romaine leaves

Directions:

1. Place the chicken, avocado, apple, celery, and red onion in a medium bowl. Gently mash avocado with a fork and stir around so everything gets well mixed.
2. Add the cilantro or parsley, lime or lemon juice, salt and pepper. Add more of each to taste. If mixture seems dry, try stirring in a teaspoon of olive oil.
3. Assemble ½ of mixture on lettuce wraps and enjoy.



DAY 12

Meal 1: Smoothie of Choice

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.

Meal 2: Leftover Shredded Chicken and Avocado Mash over Greens

Ingredients:

1-2 cups greens of choice (romaine, kale or arugula)
1 serving shredded chicken and avocado mash
Optional: 1-2 tbsp. dressing of choice

Directions:

1. Add greens to bowl, top with shredded chicken and avocado mash. Drizzle with dressing of choice if desired.

Meal 3: Roasted Poblano Black Bean Burger Stack

Recipe: This Mess Is Ours

Serves: 4-5 patties

Warrior Tip: Save leftovers for lunch on days 13 and 14!

Ingredients:

¼ cup gluten free rolled oats
1 15-oz. can black beans, drained and rinsed
1 large egg
¼ tsp. ground cumin
¼ tsp. ground coriander
Himalayan salt
¼ cup chopped, roasted poblano pepper (~1 small pepper)
1 scallion (light/dark green parts only), minced
1 tbsp. chopped fresh cilantro
Olive Oil

For Salsa Topping:

1 large tomato, diced
¼ cup red onion, finely chopped
1 tsp. cilantro, chopped
1 tsp. lime juice
4 cups romaine lettuce
Dressing of choice



Directions:

1. Pulse oats in your food processor 3-5 times to roughly chop, then add in ½ can drained and rinsed black beans. Pulse an additional 5-6 times, creating a chunky paste. Add in the egg, cumin, coriander and a pinch of salt and blend until most of the large pieces are gone, leaving a thick paste.
2. In a medium-sized bowl, mix the remaining ½ can of drained and rinsed black beans with the roasted poblano, scallions, cilantro, and the mixture from the food processor. Wipe a little olive oil on a large plate, and then with wet hands, form the bean mixture into patties and place on the plate. Leave plate in the fridge for 10-30 minutes.
3. Heat a cast iron skillet over medium heat and coat with 1 teaspoon olive oil. Cook burgers on skillet until a nice crispy crust has formed on the outside, about 3-5 minutes, then flip to the other side for another 2-3 minutes. The burgers are done when the center of the patty is firm to the touch and they are golden brown.
4. For the salsa, combine tomatoes, onion, cilantro, and lime juice. Mix well.
5. Place one black bean burger over bed of romaine. Top with salsa. Drizzle with dressing.

DAY 13

Meal 1: Fresh Fruit Bowl

Serves: 1

Ingredients: Cherries, Blueberries, Blackberries, Strawberries, Apples, Peaches, Oranges, etc.

Directions: Combine a total of about 2 cups your choice of fruit in bowl. Enjoy



Meal 2: Leftover Black Bean Burger over Green Salad

Serves: 1

Ingredients:

1-2 cups romaine lettuce
 ¼ cup shredded carrots
 ¼ cup red bell pepper, diced
 ¼ cup tomato, diced
 1 black bean burger patty
 2 tbsp. TFW dressing of choice

Directions:

1. Combine all ingredients in medium-sized bowl. Enjoy.

Meal 3: Salmon w/ Sautéed Tomatoes, Dill, and Quinoa

Warrior Tip: Save leftover quinoa for breakfast tomorrow and salmon for dinner tomorrow!

Serves: 2

Ingredients:

2 (4-oz) salmon filets
 Juice of 1 lemon
 1 tsp. dill, finely chopped, plus some of garnish
 2 tsp. olive oil
 Himalayan Salt
 Black Pepper Freshly Cracked
 2 cups grape tomatoes, sliced in half
 1 cup cooked quinoa

Directions:

1. Place salmon filets in a medium-sized bowl. Add in lemon juice, dill, olive oil, and a pinch of salt pepper. Toss salmon in mixture so it is completely coated.
2. Heat skillet over medium heat. Place salmon filets on skillet, cooking about 2-3 minutes on one side, or until nice and crispy on the bottom. Flip once and cook other side of filet until salmon is completely cooked through.
3. While salmon is cooking, heat olive oil in skillet over medium heat. Add in tomatoes and cook until they start to blister and char. Sprinkle with salt and pepper to taste.
4. To serve, place one salmon filet, half the tomatoes, and ¼ cup quinoa on a dish. Garnish salmon with dill and squeeze of lemon if desired. Enjoy.



DAY 14

Meal 1: Breakfast Quinoa Bowl

Recipe: Original

Serves: 1

Ingredients:

1 egg, cooked over easy (men may have 2)
 ¼ cup cooked quinoa
 ½ cup any leftover vegetables, roasted or cooked
 with olive oil in skillet

Directions:

1. Place cooked quinoa in bowl, top with veggies, and then finally egg. Enjoy!



Meal 2: Leftover Black Bean Burger over Green Salad

Serves: 1

Ingredients:

1-2 cups romaine lettuce
 ¼ cup shredded carrots
 ¼ cup red bell pepper, diced
 ¼ cup tomato, diced
 1 black bean burger patty
 2 tbsp. TFW dressing of choice

Directions:

1. Combine all ingredients in medium-sized bowl. Enjoy.

Meal 3: Everything-But-The-Kitchen-Sink Sunday Salad w/ Leftover Salmon

Serves: 1

Ingredients:

1-2 cups salad greens (romaine, kale, arugula, spinach)
 1 leftover salmon filet, sliced
 1 cup any leftover vegetables
 2 tbsp. dressing of choice

Directions:

1. Combine all ingredients in medium-sized bowl, toss in dressing and enjoy.

WEEK THREE

DAY 15

Meal 1: Green Smoothie of Choice

See the “Smoothies” section of this shred to choose from the following smoothies:

1. TFW Green Smoothie
3. Mango Mint Green Smoothie



Meal 2: Garlicky Kale Salad with Crispy Chickpeas

Recipe: Minimalist Baker

Serves: 2 ****Warrior Tip:** Save second serving for lunch tomorrow!

Ingredients:

6 cups kale, chopped

Chick Peas:

1 15-oz. can chickpeas, rinsed, drained and thoroughly dried
1.5 tbsp. olive oil
3 tbsp. tandoori masala spice blend (available at most Whole Foods or Ms. Greens)

Dressing:

1 head garlic
¼ cup tahini
2 tbsp. olive oil + more for roasting garlic
2 lemons, juiced
1 tbsp. pure maple syrup
Pinch each of salt and pepper
Hot water to thin

Directions:

1. Preheat oven to 375 degrees F. Peel apart garlic cloves but leave the skin on.
2. Add drained chickpeas to mixing bowl and toss with oil and seasonings.
3. Add garlic cloves and seasoned chickpeas to baking sheet. Drizzle garlic with olive oil. Bake 20-23 minutes or until chickpeas are slightly crisp and golden brown and the garlic is fragrant and slightly browned. Remove from oven and set aside.
4. Squeeze garlic out of skins or peel away skins and add 3 cloves to mixing bowl. Add all remaining dressing ingredients and whisk vigorously to combine, smashing the garlic with the whisk. Taste and adjust seasonings as desired.
5. Add kale to large mixing bowl. To soften kale, add 1 tablespoon each of lemon juice and olive oil and massage with hands (optional; this softens and reduces bitterness). Top with chickpeas. Add dressing right before eating.

DAY 15 CONTINUED

Meal 3: Green Powerhouse Pesto Plate

Recipe: Oh She Glows



Serves: 2

Ingredients:

½ cup uncooked quinoa
 ½ cup uncooked green lentils
 1 medium zucchini, sliced
 2 handfuls of spinach
 For the Pesto:
 ½ large avocado
 2 small or 1 large garlic clove
 2 tbsp. extra virgin olive oil
 ¼ cup water
 Fine grain Himalayan salt, to taste
 2 tbsp. fresh lemon juice
 1 cup lightly packed basil leaves

Directions:

1. Cook quinoa and lentils according to packaging instructions.
2. Meanwhile, sauté the zucchini in a skillet with a bit of olive oil, salt and pepper for about 5-10 minutes, or until much of the water has cooked off. Add a few handfuls of spinach into the skillet and cook until wilted.
3. To prepare the pesto dressing: Add all dressing ingredients into a food processor and process until smooth, stopping to scrape down the bowl as necessary. Adjust salt to taste.
4. To assemble: Toss the millet and lentils together in one pot and season with pepper to taste. Portion onto plate followed by zucchini and spinach mixture. Drizzle with dressing and enjoy!

DAY 16**Meal 1: Smoothie of Choice**

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.

Meal 2: Leftover Garlicky Kale Salad with Crispy Chickpeas

Serves: 1



Ingredients: 1 serving Garlicky Kale Salad with Crispy Chickpeas

**Meal 3: Grilled Chicken with Roasted Tomatoes, Red Onion and Spinach**

Recipe: Skinny Taste

Serves: 2

Ingredients:

1 cup halved cherry tomatoes
 ½ medium red onion, cut into ¼ -inch slices
 2 large garlic cloves, peeled and smashed with side of a knife
 1 tsp. olive oil
 ½ tsp. herbs de Provence
 1/8 tsp. red pepper flakes
 Himalayan salt and freshly ground pepper
 Olive oil spray
 1 (½ pound total) boneless, skinless chicken breast
 1 tbsp. fresh chopped basil
 2 cups spinach

Directions:

1. Preheat oven to 400 degrees F.
2. In a medium bowl, combine tomatoes, onions, garlic, olive oil, herbs de Provence, red pepper flakes, ¼ teaspoon salt and pepper.
3. Meanwhile, cut the chicken breast in half lengthwise into 2 thin cutlets. Season both sides with ¼ teaspoon salt and pepper.
4. Spray a large non-stick grill pan or skillet with olive oil over medium-high heat. Once hot, add chicken and cook about 1 ½ - 2 minutes per side or until cooked through.
5. For spinach, heat ½ teaspoon olive oil over medium heat. Add spinach and cook until wilted. To serve, add chicken, spinach and roasted veggies to dish and garnish with remaining basil.

DAY 17

Meal 1: Chia Seed Pudding

Recipe: Cookie and Kate



Serves: 1

Ingredients:

1 cup almond milk
 ½ tsp. orange zest
 1/8 tsp. vanilla extract
 3 tbsp. white chia seeds
 ¼ cup blueberries

Directions:

1. In a small jar or bowl, combine almond milk, orange zest, and vanilla extract.
2. Whisk in the chia seeds, cover the jar or bowl and refrigerate for at least 2 hours or overnight, until the chia seeds have absorbed enough moisture to achieve a pudding-like state. If you think of it, give it a stir sometime along the way to break up any clumps of chia.
3. Before serving, stir once again to break up any clumps of chia seeds and top with blueberries.

Meal 2: Kale Salad w/ Quinoa Tabbouleh, Crispy Seasoned Chickpeas and Leftover Chicken

Serves: 1

Ingredients:

1-2 cups kale, shredded
 ½ cup cooked quinoa
 1 tbsp. parsley, chopped
 1 tbsp. fresh lemon juice
 ½ tsp. olive oil
 ½ cup grape tomatoes, sliced in half
 ½ cup crispy seasoned chickpeas
 2 tbsp. dressing of choice

Directions:

1. To a medium sized bowl, add cooked quinoa and parsley, mixing to combine. Add in lemon juice, olive oil, and grape tomatoes, mixing to combine.
2. To serve: Put kale in a bowl and top with quinoa mixture, followed by crispy chickpeas. Top with dressing and enjoy.



DAY 17 CONTINUED

Meal 3: Green Taco Wraps with Lentil Walnut Taco Meat

Recipe: Oh She Glows



Serves: 2

Warrior Tip: Save one serving for lunch tomorrow!

Ingredients:

1 cup uncooked French green lentils (you will use 1 $\frac{3}{4}$ cups cooked lentils)

1 cup walnut pieces, toasted

1 $\frac{1}{2}$ tsp. dried oregano

1 $\frac{1}{2}$ ground cumin

1 $\frac{1}{2}$ tsp. chili pepper

$\frac{1}{2}$ tsp. fine grain Himalayan salt, or to taste

1 $\frac{1}{2}$ tbsp.. extra-virgin olive oil

2 tbsp. water

For the Wraps/Toppings:

1-2 large bell peppers, thinly sliced

$\frac{1}{2}$ - 1 large onion, thinly sliced

Diced tomatoes

Green onion

Fresh lime juice

Lettuce wraps (large romaine or butter lettuce leaves)

Optional Toppings: sliced avocado, fresh chopped cilantro

Directions:

1. Cook the lentils according to the package instructions.
2. Toast the walnuts: Preheat oven to 300 degrees F. Add walnuts to timed baking sheet and toast for 10-13 minutes, watching closely, until lightly golden and fragrant. Set aside to cool for a few minutes.
3. Sauté the pepper and onion filling: Add $\frac{1}{2}$ to 1 tablespoon of oil into a large skillet. Cook the onion and peppers over medium heat for about 15-20 minutes, reducing heat if necessary and stirring frequently, until translucent.
4. Prepare the taco "meat": Add 1 and $\frac{3}{4}$ cups cooked lentils and all the toasted walnuts into a food processor and pulse until chopped (make sure to leave some texture). Stir or pulse in the oregano, cumin, chili powder, and salt. Stir in the oil and the water until combined.
5. Prepare the rest of your vegetable toppings and wash and dry the lettuce wraps.
6. To assemble: Add a large lettuce leaf onto a plate, top with taco meat, sautéed pepper and onion, and the rest of your desired toppings.

DAY 18

Meal 1: Sunny Side Up Egg and Avocado Toast

Recipe: Simple Green Moms



Serves: 1

Ingredients:

1 egg, cooked sunny side up
 1 slice sprouted whole grain bread
 ½ avocado
 1 tsp. lime juice
 Himalayan salt and black pepper
 Optional Topping: Parsley

Directions:

1. Prepare toast and eggs.
2. Peel and mash avocado with the lime juice, salt and pepper.
3. Spread avocado on toast and then top with egg and additional optional seasonings.

Meal 2: Leftover Green Taco Wraps with Lentil Walnut Taco Meat

Serves: 1

Ingredients: 1 serving green taco wraps with lentil walnut taco meat .

Meal 3: Cauliflower Watercress Soup w/ Side Strawberry Spinach Salad

Soup Recipe: Skinny Taste

Serves: 2

Warrior Tip: Save one serving for tomorrow!

Ingredients:

½ tbsp. olive oil
 ¼ cup chopped onions
 2 cups reduced sodium vegetable broth
 ½ large head cauliflower, chopped into florets
 2 cups watercress (1.5 oz.)
 Himalayan salt and black pepper, to taste

Directions:

1. In medium nonstick saucepan, heat oil over low heat. Add onions and sauté until soft, about 3-5 minutes.
2. Add vegetable broth and cauliflower and increase heat to medium-high. Bring to a boil, then cover and simmer over medium-low until vegetables are tender (about 20 minutes). Add the watercress until wilted, about 1 minute.
3. Transfer soup to a blender and blend until smooth. Season with salt and pepper to taste.

Salad Recipe:

Serves: 1

Warrior Tip: Double the recipe to meal prep your lunch tomorrow!

Ingredients:

1-2 cups spinach
 1 tbsp. sliced almonds
 ½ cup fresh strawberries, sliced
 1 tbsp. dressing of choice

Directions:

1. Combine all ingredients in medium sized bowl. Enjoy.



DAY 19

Meal 1: Smoothie of Choice

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.



Meal 2: Leftover Cauliflower-Watercress Soup & Strawberry-Spinach Salad

Serves: 1

Ingredients:

1 serving cauliflower-watercress soup
1 serving strawberry-spinach salad



Meal 3: Mexican Stuffed Sweet Potato with Avocado Crema

Recipe: Eating Bird Food

Serves: 1

Ingredients:

1 large sweet potato
¼ cup cooked black beans
2 tbsp. onion, chopped
¼ cup red bell pepper, chopped
1 cup baby spinach
5 cherry tomatoes, sliced
1 green onion, chopped (green part only)

For the Crema:

½ avocado
2 tbsp. cilantro
Juice of 1 lime
1 tsp. olive oil
Himalayan Salt and Pepper, to taste
Optional: 1 pinch cayenne pepper

Directions:

1. Preheat oven to 400 degrees F. Pierce potato with a fork several times and bake for about 1 hour or until tender. (For the quicker version, place sweet potato in microwave for 4-8 minutes or until tender).
2. While the potato is cooking, use food processor or blender to blend together all ingredients for avocado crema until ingredients have created a smooth mixture.
3. Sauté onion and peppers in a 1 tsp. olive oil in a skillet over medium heat until soft, about 5 minutes. Add in spinach and cook until just wilted. Remove from heat.
4. Cut open sweet potato, mash each side with a fork and sprinkle a little salt and pepper to season.
5. Add on the toppings, starting with the sautéed onions, peppers and spinach. Then add black beans, green onion, and finally drizzle with avocado crema. Top with fresh chopped cilantro if desired.

DAY 20

Meal 1: Smoothie of Choice

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.

Meal 2: Kale Salad w/ Quinoa Tabbouleh and Crispy Seasoned Chickpeas

Serves: 1

Ingredients:

1-2 cups kale, shredded
 ½ cup cooked quinoa
 1 tbsp. parsley, chopped
 1 tbsp. fresh lemon juice
 ½ tsp. olive oil
 ½ cup grape tomatoes, sliced in half
 ½ cup crispy seasoned chickpeas
 2 tbsp. dressing of choice

Directions:

1. To a medium sized bowl, add cooked quinoa and parsley, mixing to combine. Add in lemon juice, olive oil, and grape tomatoes, mixing to combine.
2. To serve: Put kale in a bowl and top with quinoa mixture, followed by crispy chickpeas. Top with dressing and enjoy.



Meal 3: Hummus Crusted Baked Chicken and Zucchini

Recipe: Gimme Some Oven

Serves: 2

Warrior Tip: Save extra to use tomorrow!

Ingredients:

2 boneless, skinless chicken breasts
 Himalayan salt and pepper
 ½ zucchini, chopped
 ½ yellow squash, chopped
 ½ medium onion, chopped
 ½ cup plain hummus
 ½ tsp. olive oil
 1 lemon
 ½ tsp. regular or smoked paprika

Directions:

1. Preheat oven to 400 degrees F. Prepare one large baking dish with olive oil cooking spray.
2. Pat chicken dry and season breasts with pinch of salt and pepper. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with pinch of salt and pepper.
3. Place all vegetables on the bottom of the baking dish in an even layer. Lay the 2 chicken breasts evenly on top, then coat each chicken breast with a thin layer of hummus so that the entire breast is covered. Squeeze the juice of 1 lemon over the chicken and vegetables. Sprinkle the pan with smoked or regular paprika.
4. Bake 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

Warrior Tip: Use a very thin layer of hummus for a crispier taste!

DAY 21

Meal 1: Smoothie of Choice

See the “Smoothies” section of this shred to choose from any of the smoothie recipes listed.

Meal 2: Everything-But-The-Kitchen-Sink Salad

Serves: 1

Ingredients:

1-2 cups salad greens (romaine, kale, arugula, spinach)
1 leftover chicken breast
1 cup any leftover vegetables
2 tbsp. dressing of choice

Directions: Combine all ingredients in medium-sized bowl, toss in dressing and enjoy.



Meal 3: Everything-But-The-Kitchen-Sink Stir Fry

Example Recipe: Cookie and Kate

Serves: 2

Warrior Tip: Adapt the ingredients in this recipe to use up extra food!

Ingredients:

2 tbsp. olive oil
2 eggs, beaten
2 cloves garlic, pressed or minced
 $\frac{3}{4}$ cup chopped green onion (about $\frac{1}{2}$ bunch)
1 cup thinly sliced vegetables (anything leftover, like bell pepper, zucchini, or carrot)
1 medium bunch kale, ribs removed and leaved finely shredded
 $\frac{1}{4}$ tsp. fine grain Himalayan salt
 $\frac{3}{4}$ cup unsweetened coconut flakes
2 cups any leftover cooked grain (brown rice, quinoa, couscous)
1 lime, juiced
1 handful fresh cilantro chopped

Directions:

1. Heat large skillet over medium-high heat. Once pan is hot enough that a drop of water sizzles on contact, add 1 teaspoon oil. Pour in the eggs and cook, stirring occasionally, until scrambled and lightly set. Transfer eggs to a bowl.
2. Add 1 tablespoon oil to the pan and add garlic, green onions and any vegetables you'll be using. Cook until fragrant and vegetables are tender, stirring frequently. Add in the kale and salt. Continue to cook until kale is wilted and tender. Stirring frequently, about 2 minutes. Transfer the contents of the pan to the bowl with your eggs in it.
3. Add remaining 2 teaspoons oil to pan, pout in coconut flakes, stirring frequently until flakes are lightly golden. Add your grain of choice to the pan and cook, stirring occasionally, until rice is hot, about 3 minutes.
4. Pour the contents of your bowl back into the pan and add in lime juice. Stir to combine. Sprinkle with chopped cilantro and serve.

WEEK FOUR

DAY 22

Meal 1: Smoothie of Choice

See the “Smoothies” section of this shred to choose from any of the smoothie recipes listed.

Meal 2: 5-Minute Detox Salad

Recipe: Minimalist Baker

Serving Size: 2

Warrior Tip: Save one serving for lunch tomorrow!



Ingredients:

~4 cups mixed greens or chopped kale
1-2 tbsp. diced red onion
½ tbsp. roasted unsalted sunflower seeds
½ avocado, thinly sliced
2 tbsp. dressing of choice

Directions:

1. Add the greens to medium sized bowl and top with red onion, radishes, sunflower seeds, and avocado.
2. Portion into 2 separate servings, saving one for tomorrow's lunch.
3. Drizzle with dressing when ready to serve.

Meal 3: Sweet Red Pepper and Tomato Soup with Side Green Salad

Serving Size: 2

Ingredients:

½ tbsp. olive oil
1 tbsp. cold water
1 red bell pepper, seeded and finely chopped
1 small garlic clove, finely chopped
½ onion, finely chopped
½ can diced tomatoes (7 oz)
2 ½ cups vegetable broth
Himalayan salt and pepper, to taste
Fresh basil leaves, to garnish

Directions:

1. Combine oil, water, red bell peppers, garlic, and onion in a saucepan over medium heat. Cook 5-10 minutes or until vegetables have softened.
2. Add the tomatoes and vegetable broth and season with salt and pepper. Simmer, uncovered, for about 15 minutes. Garnish with basil leaves.

Warrior Tip: In the future, healthy soup recipes can be made in bulk and stored in the freezer.



DAY 23**Meal 1: Smoothie of Choice**

See the “Smoothies” section of this shred to choose from any of the smoothie recipes listed.

Meal 2: 5-Minute Detox Salad

Serves: 1



Ingredients: 1 serving 5-minute detox salad

Meal 3: Baked Italian Chicken and Veggie Foil Packs

Recipe: Gimme Delicious

Serving Size: 2

Warrior Tip: Save the second serving for lunch on day 24 and 25!

Ingredients:

2 large chicken breasts, cut into 1 inch cubes
 1 cup broccoli florets
 1 cup red bell peppers, sliced or chopped
 1 small zucchini, sliced
 ½ cup tomatoes, sliced into large chunks
 ½ cup onion, sliced
 1 tbsp. olive oil
 1 tbsp. Italian seasoning
 1 tsp. garlic powder
 Himalayan salt and pepper to taste

Directions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, combine all ingredients and mix until fully combined.
3. Cut aluminum foil to make 2 ~12x12 inch squares and place on a sheet pan. Place half of mixture on each foil and gently fold in the foil around the ingredients to form a tight seal.
4. Bake 20 minutes or until chicken is cooked through.



DAY 24**Meal 1: Smoothie of Choice**

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.

**Meal 2: Leftover Baked Chicken and Veggies over Romaine**

Serving Size: 1

Ingredients:

½ baked chicken breast
 ½ cup baked veggies
 1-2 cups chopped Romaine lettuce
 2 tbsp. dressing of choice

Directions: Combine all ingredients in bowl and enjoy!

Meal 3: Chickpea Mash Lettuce Wraps

Recipe: Simply Quinoa



Serving Size: 1

Ingredients:

½ (15 oz.) can chickpeas, drained and rinsed
 ½ avocado
 ¼ cup cooked quinoa
 1 tbsp. cup chopped cilantro
 Juice of ½ a lime
 Pinch of Himalayan salt
 Cracked pepper, to taste
 1 head bib lettuce or head of romaine
 ¼ cup sliced cherry tomatoes

Directions:

1. Add chickpeas and avocado to large bowl. Mash with fork or potato masher until chickpeas are broken up and the avocado is creamy.
2. Stir in quinoa, cilantro and lime juice. Season with salt and pepper. Taste and adjust as necessary.
3. Add mixture into lettuce leaves and top with sliced tomatoes.

DAY 25

Meal 1: Smoothie of Choice

See the “Smoothies” section of this shred to choose from any of the smoothie recipes listed.



Meal 2: Leftover Baked Chicken and Veggies over Romaine

Serving Size: 1

Ingredients:

½ baked chicken breast
½ cup baked veggies
1-2 cups chopped Romaine lettuce
2 tbsp. dressing of choice

Directions: Combine all ingredients in bowl and enjoy!



Meal 3: Roasted Broccoli, Arugula, and Lentil Salad

Recipe: Cookie and Kate

Serving Size: 2

Warrior Tip: Save extra serving for lunch tomorrow!

Ingredients:

2 cups raw broccoli, cut into bite-size florets
1 cup Brussels sprouts, ends trimmed off and cut in half
Olive oil
½ cup black or green lentils, picked through and rinsed
2 handfuls arugula
Lemon Vinaigrette:
2 tbsp. olive oil
½ lemon, juiced
1 tsp. Dijon mustard
Pinch red pepper flakes
Salt and ground pepper

Directions:

1. Preheat oven to 425 degrees F and line a rimmed baking sheet with parchment paper.
2. Toss broccoli and Brussels sprouts in olive oil so that they are lightly coated and sprinkle with salt and pepper to season.
3. Spread broccoli and Brussels sprouts in a single layer onto baking sheet. Bake 20-30 minutes, tossing halfway, until veggies are crisp-tender.
4. In the meantime, cook lentils according to package instructions. Once cooked, lentils should be tender but still retain their shape.
5. Whisk together vinaigrette ingredients while vegetables and lentils cool off a bit. Combine roasted vegetables, cooked lentils, and arugula in a bowl. Drizzle with vinaigrette and toss well to coat.

DAY 26

Meal 1: Smoothie of Choice

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.



Meal 2: Roasted Broccoli, Arugula, and Lentil Salad Leftovers

Serves: 1



Ingredients: 1 serving roasted broccoli, arugula, and lentil salad

Meal 3: Hummus Collard Wraps

Recipe: Eating Bird Food

Serving Size: 2

Warrior Tip: Save your second collard wrap for lunch tomorrow!

Ingredients:

2 large collard leaves
 ½ cup plain hummus
 10 asparagus spears, roasted or raw
 ½ cup cucumber, peeled and sliced into short thin strips
 1-2 carrots, peeled and sliced into short thin strips
 ½ cup zucchini, sliced into short thin strips
 ½ cup radish, sliced into short thin strips
 ½ cup red cabbage, sliced very thin
 ½ avocado
 Micro greens or sprouts

Directions:

1. Wash and dry collard leaves. (Optional: Use a paring knife to shave down the stems. This will make them much easier to fold)
2. Place collard leaves on flat surface and spread ¼ cup hummus near the top/middle of each leaf. Fill each leaf with the remaining veggies. Wrap the leaves as you would a burrito. Cut each wrap in half and enjoy.



DAY 27

Meal 1: Smoothie of Choice

See the "Smoothies" section of this shred to choose from any of the smoothie recipes listed.

Meal 2: Leftover Hummus Collard Wrap

Serves: 1

Ingredients: 1 hummus collard wrap

Meal 3: Balsamic Herb Turkey Tenderloin with Roasted Carrots and Spinach

Recipe: A Hint of Honey

Serves: 2-3

Warrior Tip: Save one serving for lunch tomorrow!



Ingredients:

1 (1 lb.) turkey tenderloin
 2 tbsp. balsamic vinegar
 2 tbsp. extra-virgin olive oil
 1½ tbsp. fresh rosemary, chopped (1/2 tbsp. for the carrots)
 1 tbsp. fresh thyme, chopped
 2 cloves garlic, minced
 Himalayan salt and freshly ground black pepper
 1 tsp. extra-virgin olive oil, for searing
 2 bunches small carrots, peeled
 1 tbsp. olive oil, for carrots and spinach
 Himalayan salt and black pepper
 4 cups spinach
 ½ tbsp. low-sodium vegetable broth

Directions:

- Whisk to combine vinegar, olive oil, 1 tablespoon rosemary, thyme, garlic, salt and pepper in a small bowl. Place tenderloin in a re-sealable plastic bag. Pour in marinade. Shake to coat. Refrigerate at least 3 hours.
- Preheat oven to 400 degrees F. Line two baking sheets with aluminum foil and lightly grease with cooking spray.
- In medium bowl, toss carrots with ½ tablespoon olive oil, ½ tablespoon rosemary, and a pinch of salt and pepper. Spread onto one of the baking sheets to form a single layer.
- Preheat 1 tablespoon olive oil in a large skillet over medium-heat. Discard the marinade and sear the tenderloins, several minutes on each side, until a nice crust forms.
- Transfer tenderloins to the prepared baking sheet and roast in preheated oven for 20-30 minutes, until a meat thermometer registers 160-165 degrees F when placed in thickest part of tenderloin (or until juices run clear). At same time, roast carrots 20-25 minutes or until tender. When turkey is ready, remove from oven and let sit 10-15 minutes before slicing.
- For the spinach, heat ½ tablespoon olive oil in skillet over medium heat. Add spinach and vegetable broth. Cook until spinach wilts and broth evaporates.

DAY 28

Meal 1: Smoothie of Choice

See the “Smoothies” section of this shred to choose from any of the smoothie recipes listed.



Meal 2: Leftover Turkey Tenderloin, Roasted Carrots and Spinach

Serves: 1

Ingredients: 1 serving turkey tenderloin, roasted carrots and spinach

Meal 3: Everything-but-the-Kitchen-Sink Salad

Serves: 1

Ingredients:

- 1-2 cups salad greens (romaine, kale, arugula, spinach)
- 1 serving leftover turkey tenderloin (if available)
- 1 cup any leftover vegetables
- 2 tbsp. dressing of choice

Directions:

1. Combine all ingredients in medium-sized bowl, toss in dressing and enjoy.



SALAD DRESSINGS

Green Goddess:

Recipe: Oh She Glows

Yields: 2.5 cups

1 garlic clove
 1 cup avocado flesh
 7-8 tbsp. water
 4 tbsp. apple cider vinegar
 3 tbsp. fresh lemon juice, to taste
 ¼ cup extra-virgin olive oil
 ½ cup packed fresh basil leaves
 ½ cup packed fresh parsley
 ½ cup packed green onion (dark green part only, not white)
 1 tsp. Himalayan salt

Directions: Add ingredients to food processor and process until smooth. Taste and adjust seasonings as necessary, to taste.

Lemon Vinaigrette:

Recipe: Wholefully

Yields: 1 cup

¼ cup red wine vinegar
 2 tbsp. Dijon mustard
 ½ cup extra-virgin olive oil
 Zest and juice of 1 lemon
 1 garlic clove, finely minced
 1 tsp. raw honey
 1 tsp. Himalayan salt
 ¼ tsp. black pepper
 2 tbsp. dried oregano

Directions: Combine all ingredients in a jar with a tight-fitting lid and shake until well combined.

Balsamic Vinaigrette:

Recipe: Wholefully

Yields: 1 cup

½ cup extra-virgin olive oil
 ½ cup balsamic vinegar
 2 tsp. Dijon mustard
 1 tsp. honey
 1 tsp. Himalayan salt
 ¼ tsp. black pepper

Directions: Combine all ingredients in a jar with a tight-fitting lid and shake until well combined.

Cilantro Lime:

Recipe: Eating Bird Food

Yields: ¾ cup

¼ cup olive oil
 Juice of 2 limes
 2 tbsp. fresh cilantro, chopped
 ½ tsp. Himalayan salt
 ½ tsp. ground black pepper
 ¼ tsp. ground coriander

Directions: Combine all ingredients in blender/food processor and blend until smooth.

Classic Greek Dressing:

2 small garlic cloves
 1 tsp. Dijon mustard
 2 tsp. dried oregano
 3 tbsp. apple cider vinegar
 Juice of ½ lemon
 ½ cup olive oil
 ½ tsp. Himalayan salt
 ½ tsp. black pepper

Directions: Combine all ingredients and whisk until emulsified.

SMOOTHIES



Mango-Mint Green Smoothie

Recipe: Whole Foods Market

Serves: 1

Ingredients:

- 1 scoop protein powder
- 2 cups baby spinach (~2 oz.)
- 1½ cup ice cubes
- 1 cup unsweetened almond milk
- ½ cup lightly packed fresh mint leaves
- ¼ cup lime juice
- 1 large mango, roughly chopped

Mixed Berry Smoothie

Recipe: Gal On A Mission

Serves: 1

- ½ cup unsweetened almond milk
- ½ cup frozen raspberries
- ½ cup fresh mixed berries
- 1 scoop protein powder
- ½ banana, peeled

TFW Green Smoothie

Serves: 1

- 1 scoop protein powder
- 1 lemon, juiced
- 1 whole avocado, peeled & pitted
- 2 celery stalks
- 2 cups spinach
- ½ bunch parsley
- ½ bunch cilantro
- 1 cucumber
- Ice/water as needed for consistency

Ruby Smoothie

Serves: 1

- 10 oz. unsweetened almond milk
- ½ cup frozen raspberries, no added sugar
- 2 tbsp. ground flaxseed
- 1 tbsp. almond butter
- 1 tbsp. chia seeds
- 3 whole strawberries
- 1 scoop protein powder

Carrot-Ginger-Turmeric Smoothie

Recipe: Minimalist Baker

Serves: 1

- 1 scoop protein powder
- ½ large ripe frozen banana (previously peeled, sliced and frozen)
- ½ cup fresh or frozen pineapple
- ½ tbsp. fresh ginger
- ¼ tsp. ground turmeric
- ¼ cup carrot juice, no sugar added
- ½ tbsp. lemon juice
- ½ cup unsweetened almond milk

SNACK OPTIONS

1 tbsp. plain hummus + 1 cup raw veggies
 ½ cup fresh berries
 2 tbsp. raw, unsalted nuts
 ½ banana + 1 tsp. nut butter
 1 apple + 1 tsp. nut butter
 1 cup plain apple sauce, no added sugar
 ½ cup prunes (dried plums)
 ½ grapefruit + 1 tsp. shredded, unsweetened coconut flakes
 ¼ avocado, diced + ½ cup cherry tomatoes, diced + 1 squeeze lemon juice
 ½ baked sweet potato
 1 cup edamame
 Homemade energy balls/bars (see recipes below)

FREEBIES

THE FOLLOWING INGREDIENTS MAY BE ADDED TO ANY RECIPE TO YOUR LIKING:

BASIL
 CAYENNE PEPPER
 CHIVES
 CILANTRO
 CORIANDER
 CUMIN
 DILL
 GINGER
 MINT
 OREGANO
 PAPRIKA
 PARSLEY
 PEPPER
 ROSEMARY
 SAGE
 TURMERIC
 THYME

REFLECTION

CONGRATULATIONS WARRIORS!

You've completed the Training for Warriors 28 Day Shred!

We hope the last 28 days have been filled with a great deal of persistence, support from your fellow warriors, and learning!

We ask that you use this page to reflect on your experience and how you can maintain what you've achieved!

WHAT DO YOU FEEL YOU ULTIMATELY ACHIEVED THROUGH THIS PROGRAM?

DO YOU FEEL YOU STUCK TO THE GUIDELINES OF THE SHRED? IF YES, WHAT MOTIVATED YOU? IF NO, WHAT HELD YOU BACK?

WHAT ACTIONS WILL YOU CONTINUE TO TAKE IN ORDER TO MAINTAIN YOUR NEW HABITS?

FINALLY, ITS TIME TO SET NEW GOALS! PUSH FORWARD AND STRIVE FOR MORE. LIST YOUR NEW GOALS BELOW.
