

VEGAN / VEGETARIAN

MA 30DAY

WINTER PROGRAM

HEALTHIER, LEANER, & STRONGER BODY



MASSYARIAS



@Massy.Arias



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Introduction



Welcome to the MA30Day program, or may I say, welcome to your new lifestyle! You have signed up for this program and might be nervous about a lot of things but let me just say, you have nothing to be nervous about. You are now an #MAWARRIOR. Every single one of you is part of our family, which means we support each other no matter what. Join the Private Facebook Support Group at

[HTTPS://WWW.FACEBOOK.COM/GROUPS/MA30DAY/](https://www.facebook.com/groups/MA30DAY/)

Join me on Snap Chat @MassyFit to help you along your journey. No matter your age, your goals, your ethnicity, or your location, I want you to know that I will do my best to keep you motivated on a regular basis. We are a MOVEMENT. We are going to change each other's lives and the lives of those around us.

I know that many of you signed up for aesthetic reasons, but what you will gain from this program is more than just your ideal body. Our goal is to help you change your lifestyle not only improve your exterior, but also your physical and mental health. We want you to become a better version of yourself by helping you form healthy habits that you can maintain for the rest of your life.

We live in an instant gratification society that keeps on changing due to all the "magical" trends and "shortcuts" potentially available. The reason I created the #MA30DAY is to put a stop to all the fads. I want to provide people with what I believe is the best way to stay healthy and look your best all year round.

The best way to communicate directly with me is through Instagram and social media. Please check Instagram @massy.arias @mawarriors on a daily basis. Ask your questions, engage with me, and other warriors.



How To Succeed



- **MAKE SURE YOU READ ALL DOCUMENTS THOROUGHLY.**

- Tune into the forum, Instagram, and private snap chat account because we will be posting on a daily basis. Being active with other warriors and seeing our daily posts will keep you motivated and on track.
- Build your #MA30DAY program as a routine. This means you need to schedule specific times for your daily workouts, active recovery days, your grocery shopping, and meal prep days for the next 30 days. This will keep you prepared at all times!
- Rely on your peers. Tell your family, friends, and coworkers about this new journey you will be embarking on. Letting them know will allow them to help you stay on track, be sensitive to your feelings, and not derail you from your personal goals. **Engage on social media and with other MA Warriors as they will help you along the journey.**

What To Expect

Whether you haven't worked out in years and feel unhealthy, or you've already adopted healthy habits and want to continue improving, this program is about **striving for progress and not perfection**. I'm not telling you it's going to be easy. You will be making adjustments that will require sacrifice. But trust me, it is going to be WORTH it..

Depending on your eating habits, the first ten days of this program may be the most challenging. Some of you might experience what we call "sugar withdrawal symptoms." Some of these symptoms may include headaches, irritability, and cravings for more sugar, flu-like symptoms, and changes to your sleeping cycle. The great news is that it usually takes 22 days for your body to start balancing out (craving less "bad food" and craving lots of healthy foods).

With the MA30DAY Program you will learn how to meal prep, how to organize yourself, how to build a routine, and how to cook yummy foods. Depending on your fitness level, some of you may be very sore and fatigued during the first weeks. I guarantee that with proper stretching and foam rolling you will reduce soreness, increase flexibility, and feel more energized during the weeks to come.

Taking A Progress Photo



Throughout your program, it is important to keep track of your progress. Please read and follow the instructions below to ensure you're tracking your progress correctly. You want to make sure to take great progress photos! The top 10 will be posted on Instagram and votes will be cast to determine the grand prize winners!

Photos that are too dark, low quality, Photoshopped, altered or manipulated won't qualify to be entered into the top 10.

Photos will be the primary source of tracking progress since the scale may not accurately show your progress. Since the program is designed to help you gain lean muscle the number on the scale may not change, but your body fat percentage will go down.

The best way to measure your progress:

- Take your measurements at the same time, on the same day
- Wear your pants at your hips, not your waist so we can see your stomach. Don't forget to smile!
- Use the same scale, measuring tape and body fat calculating machine
- Keep track of your weight, body fat percentage and measurements weekly
- Weigh yourself in the morning before you have breakfast

Use the hashtags #MA30DAY #MAWARRIOR TO POST YOUR PROGRESS PICTURES AND ANY POSTS RELATED TO THE PROGRAM TO QUALIFY TO WIN THE WEEKLY AND GRAND PRIZES.

How to take your progress photos:

The Dos

- Take your before photo before the program starts
- Use a self timer or have a friend take your photos
- Take full length body shots from the front, sides and back
- Keep the camera away from your face if you're taking the photos of yourself in the mirror
- Stand in front of a blank wall
- Take your photos in a well lit area or use the flash
- Wear your pants at your hips, not your waist so we can see your stomach o Smile!

The Don'ts

- Send collages, individual images only please
- Send nude photos
- **Photoshop, alter, or manipulate your images**
- Take photos in dark lighting
- Add text, quotes, emojis, or graphics to photos

Keep in mind we will need your consent to post your before and after photos online as they are the only way for you to qualify to win the grand prizes.



Prepping Your Meals




1. Preparation is the key to success. Organize yourself by choosing a specific day of the week to grocery shop and meal prep. Follow the recipes I have sent you as best as you can even if you're not the best of cooks. In time you will master the art of cooking clean by learning how to use spices to give food flavor, and by establishing a routine. You might even create your own recipes by using different spices I haven't given you in the program.
2. You do not have to be so fancy and detailed when cooking your meals. If you prefer to cook your foods a lot more simple, you can definitely do so. For example if you are comfortable just eating plain grilled chicken, with rice, and steamed broccoli, instead of the turkey patties, fiesta quinoa, and roasted veggies, then you can definitely do so.
3. Your meals should be spaced out every 3 hours and your last meal should be ingested 1 hour before heading to bed.
4. If you lack time, try buying your proteins in bulk this way you can season them and save in the freezer for later use. I tend to buy exactly what I need for the week, season everything the day of my meal prep, but only cook for 2-3 days at a time saving the rest in freezer to defrost when needing to cook again.
5. Nutrition is one of the most important factors to achieving your goals. Failure to follow the plan, will not give you the results I know you can achieve with this program. Try not to do your own thing and if you do not like an item provided in the meal plan, just replace with those allowed.





Exercise Program FAQ



Get familiar with these icons

 Represents there is a modification or regression for beginners at the bottom of the prescribed circuits for a particular day of the week.


 Represents you can add resistance using dumbbells, barbells, kettle bells, or any other equipment to replace any backpack, gallon, or DIY equipment shown in the videos. If you are at the gym or currently have equipment at home when you see this logo it means ADD it.

 Represents this is an advanced move you can modify by with the exercise written on the Exercise FAQ

MA30DAY Exercise Program

Each workout is designed in a circuit training style. You have three exercises which you have to follow back to back with no rest in between. Only when you complete all three exercises will you rest between sets. If you are a beginner you can definitely rest between them if they are too hard at first.

The circuits are designed to be repeated 3-4 times before continuing to the next circuit. If you are more advanced and comfortable in the gym, you can always finish one circuit, follow the given rest time, move to the following circuit, and so forth if you desire to. As long as you finish all the sets and all the circuits, it doesn't matter if you follow each circuit for all given sets before moving on.

The given rest times between sets are given for more of a body weight style of training, if you are actually lifting super heavy on the exercises that have the  symbol, then you can rest more between those sets to allow your muscles to recover before lifting again.

Do not skip yoga, foam rolling, and stretching as these are the tools that will help you recover, move better, and stay injury free especially if you're a beginner.

**CHALLENGE YOURSELF AND GET OUTSIDE
OF YOUR COMFORT ZONE EVERY TIME.**

Supplements



During this program, you'll be creating a natural caloric deficit by eating a balanced diet, in combination with exercise. Although supplements aren't required for fat loss, there are certain benefits that I'd like to explain to you guys. If you decide to purchase at of these products to aid in your transformation, it's completely up to you.

There are certain key supplements to help with muscle repair for hypertrophy (muscle growth), protein synthesis, and aid in providing the body with certain components it may not produce on its own. In simpler words, some of the supplements I'll mention will help you put muscle on faster, ensure your body gets enough vitamins, and minerals and or, help you metabolism fat faster.

Multi-Vitamin: a multivitamin is a great supplement to add to your regimen, not only during this program, but in your daily lives. It will provide your body with all the vitamins and minerals you need in order to keep you at optimal health. It will also help you stay energized during the day as your organs are running on proper levels of vitamins. Foods lose nutrients as they are cooked and stored in the fridge and a multi-vitamin will help you tremendously. I personally use the supplements front the brand Tru Supplements.

Power green multi-vitamin TRU Supplements: contains all the serving of fruits and veggies you need a day (including all the respective RDA of vitamins and minerals other multivitamins contain. In addition you'll be adding on powerful antioxidants,

Protein powder: You may not need a protein supplement if you are getting sufficient protein from the foods in your diet. High quality protein will help you repair muscle after a workout faster as it increases protein synthesis and is loaded with BCAAS. They are a great options on days where you are busy, unprepared, or simply as a snack in between meals.

Supplements Continued



For example, I always carry a scoop of protein powder with me in case I run out of my prepped meals or snack. If I've had a super busy day and in time, I just mix in with cold water and I have a clean and effective option until I get home.

If I don't have time to digest a full meal before starting a workout (about 1.5-2hrs depending on size of meal), a protein shake with either cold water or unsweetened almond milk and a serving of fruit is one of my go to options. Easy to digest, provides me with carbs for energy, and protein loaded with BCAAs to sustain muscle and prevent catabolism.

If you are working out super late at night, most people will go to bed soon after and eating a full meal right before going to bed might mean not going to bed since you are too full. A protein shake is another great option to give your body with what it needs to repair the muscle that you have broken during exercise, fill your tummy, and not compromise your sleepy time.

Protein shakes are also great to substitute a meal to create a higher deficit and therefore increase weight loss. For example, a lot of my clients do not wake up with an appetite and skip breakfast which is one of the worst things you can do to your metabolism. Starting your day with a smoothie packed with protein is easy to prepare within minutes, delicious, and packed with nutrients.

I use and recommend Tru supplements plant based protein. Containing 20g of protein per serving, only 100 calories, 1g good fats, and 2g carbs coming from dietary fiber (values of fat and carbs might change per flavor by 1-2grams). It is safe for expecting and nursing mothers, NCAA safe for professional athletes, contains no lactose, no heavy metals, and no artificial flavors or colorants.

Supplements Continued



Get 10% off!

USE COUPON CODE: MA30DAY

Foods Allowed

If you do not like a particular food, swap with these options. But follow the portions and serving size.

Fruits

- Strawberries
- Blueberries
- Raspberries
- Pineapple
- Grapes
- Kiwi
- Orange
- Plum
- Melon
- Watermelon
- Apples (Green or Fuji)
- Grapefruit

Vegetables

- Broccoli
- Zucchini
- Brussel Sprouts
- Cauliflower
- Asparagus
- Mushrooms
- Green Beans
- Sweet Peas
- Leafy Greens
- Butternut Squash
- Eggplant
- Bok Choy

Condiments

Use by the Portion Size

- All Kinds of Mustards
- Hot Sauce

Healthy Carbs

- Sweet Potato
- Cous Cous
- Quinoa
- Sprouted Bread
- Oatmeal
- Brown / Wild / Black Rice
- Brown Rice Rice Cakes
- Sprouted Multi-Grain Bread
- Multi-Grain Pasta

Proteins

- Tofu
- Seitan
- Tempeh
- Low sodium meat substitute
- Lentils
- Beans
- Plant-Based Protein
- Eggs

Dairy & Healthy Fats (Follow Portion Size)

- 0% Fat Free Greek Yogurt
- Almond / Peanut / Cashew Butter
- Avocado
- Hummus
- Unsweetened Almond / Coconut Milk

LETS GET STARTED!

First week is about establishing a routine. For the first time in your life you will find yourself eating similar foods on a regular basis and you might find it challenging to adjust, its normal. This is the only week you will have to stick to 7 days of eating the same flavors with very little options. This is a very important week and maybe the hardest but you will find yourself with a lot of energy, feeling better, and believe it or not, seeing changes.

All the foods given to you are chosen for a specific reason. Fiber, antioxidants, vitamins, and minerals are just as essential as proteins, fats, and carbs. Remember you are in control, this is only 30 days and you will get through it.

You can always play around by switching the meals around. For example, if you are eating fish with a salad at night and chicken with sweet potato for lunch, you can switch the proteins to make them taste differently.

[Watch The Week 1 Introductory Video Now!](#)



Week 1 Grocery List



Read Meal Plan before going to the grocery store as you will have choices to make.
This will avoid over buying items.

Vegetables

Spinach	Asparagus	Green & Red Bell Peppers
Onions	Carrots (Baby & Shredded)	Cilantro
Cucumbers	Radicchio	Mushrooms
Broccoli	Cherry Tomatoes	Brussels Sprouts
Kale	Chick Peas	

Fruits / Healthy Fats

Strawberries	Bananas	Lemons
Limes		

Healthy Carbohydrates

Quinoa	Hummus
Medium Sprouted or Whole Grain Tortillas I prefer Ezekiel Brand	
Rice Cakes	

Seasonings / Condiments

Black Pepper	Turmeric Powder	No Salt All Purpose Seasoning
Minced Fresh Garlic	Parsley	Dill
Ground Cumin	Nutritional Yeast	Cinnamon
Paprika	Red Pepper Chilli Flakes	Powder Garlic
Sea Salt	Nutritional Yeast	

Supplements

Plant based Supplements at
www.gettrusupps.com

Vegan Protein

Extra Firm Tofu

Black Beans

Unsweetened Almond Milk

Week 1 • Daily Food Diary



For Those Who Follow **AM Schedule**

Breakfast

Pre Workout

Breakfast Tortilla

- 1 Medium Sprouted or Whole Grain Tortilla
- 3 Oz Tofu Scrambled
- Season With No Salt Seasoning, Black Pepper & Turmeric
- Fresh Spinach & Tomatoes
- 1 Tbs Mustard
- (Allow 1.5 to 2 hours to digest)

Post Workout

Protein Shake

(Www.Gettrusupps.Com)

- 1 Scoop Plant-Based Protein
- 1/2 Banana (Or One Cup Of Sliced Strawberries)
- 2 Tbs Almond Butter
- If Working Out Really Early In The Morning This Can Be Your Pre Workout

AM Snack

- 2 Tbs Of Hummus (Homemade Or Store Bought)
- 1 Cup Baby Carrots
- 1 Cup Cherry Tomatoes

Lunch

Quinoa Salad & Black Bean Sauté

- ¾ Cup Of Sodium Free Black Beans
- 1 Cup Quinoa Salad
- 5 Spears Of Asparagus
- May Add Extra Kale, Spinach, Cherry Tomatoes

PM Snack

Green Machine Shake

(Www.Gettrusupps.Com)

- 1 Scoop Plant-Based Protein

Dinner

Power Salad

- See Power Salad Recipe
- Add 3 Oz Seitan

Tip

You May Add More Spinach, More Cucumber, And Mixed Greens To Make A Bigger Salad.

Week 1 • Daily Food Diary



For Those Who Follow **PM Schedule**

Breakfast

Breakfast Tortilla

- 1 Medium Sprouted or Whole Grain Tortilla
- 3 Oz Tofu Scrambled
- Season With No Salt Seasoning, Black Pepper & Turmeric
- Fresh Spinach & Tomatoes
- 1 Tbs Mustard

AM Snack

Green Machine Shake

(www.gettrusupps.com)

- 1 Scoop Tru Supplements Plant-Based Protein

Lunch

Quinoa Salad & Black Bean Sauté

- $\frac{3}{4}$ Cup Of Sodium Free Black Beans
- 1 Cup Quinoa Salad
- 5 Spears Of Asparagus
- May Add Extra Kale, Spinach, Cherry Tomatoes

PM Snack

- 2 Tbs Of Hummus (Homemade Or Store Bought)
- 1 Cup Baby Carrots
- 1 Cup Cherry Tomatoes

Post Workout

Protein Shake

(www.gettrusupps.com)

- 1 Scoop Tru Supplements Plant-Based Protein
- $\frac{1}{2}$ Banana (Or One Cup Of Sliced Strawberries)
- 2 Tbs Almond Butter

Dinner

Power Salad

- See Power Salad Recipe
- Add 3 Oz Seitan

PM Snack Tip

If You Are Feeling Hungry Between Lunch And Your Workout. Add Two Rice Cakes With 2 Tbs Peanut Or Almond Butter As A Pre Workout.

Tip

You May Add More Spinach, More Cucumber, And Mixed Greens To Make A Bigger Salad.



Quinoa Salad

- 1 cup uncooked Quinoa
- (1 cup yields 3 to 4 cups of cooked quinoa)
- 1/2 cup of chopped cilantro
- 1 whole lime
- 1 tbsp olive oil
- 1/2 cup red bell pepper
- 1/2 cup green or red onion

Preparation

1. Measure 1 cup quinoa and cook according to directions on label.
2. On a large skillet add tbsp. olive oil over medium heat.
3. Chop red bell peppers, onions and sauté for 1-2 minutes
4. Add quinoa, chopped cilantro, and juice of the lime. Mix all together.
5. Warm for 2 minutes. May add a dash of salt and black pepper to taste.

Power Salad

- Kale
- Spinach
- Cucumbers
- Tomatoes
- Shredded Carrots
- Bell Peppers
- Radicchio
- Mushrooms
- Broccoli
- Shaved Brussel Sprouts

Preparation

1. Add as many leafy greens as you want
2. Lightly steam your broccoli or mushrooms if desired
3. Add all vegetables together and choose your dressing
4. Season with balsamic vinegar or one of the dressing options below

Green Machine

- 1 scoop plant-based protein
- 3 cups spinach
- 1 tbs cinnamon
- 1 to 2 packets of stevia (optional depending on flavor of protein you choose)
- Ice
- Unsweetened Almond Milk or Water if made with Tru Protein

Preparation

1. Add spinach, protein, almond milk (or water if with Tru) to blender!
2. Blitz on a high speed until everything is blended.
3. After blended to desired consistency sweeten with stevia if needed for extra sweetness.



Tofu Scrambler

- 1 Pack Extra Firm Organic Tofu
- 1/2 Teaspoon Turmeric
- 1/2 Teaspoon Paprika
- 1-2Tbs Nutritional Yeast
- Pinch Sea Salt
- Black Pepper To Taste
- Olive Oil Spray
- Chopped Onion To Taste.
- 2 Cloves Of Minced Garlic
- 1 Tablespoon Very Finely Chopped Parsley

Preparation

1. Drain tofu, rinse, and press between paper towels to rid excess moisture.
2. Using oil spray sparingly coat pan.
3. Sauté onions and garlic with a sprinkle of salt until transparent. Place into another container.
4. Break up drained tofu with your hands and throw into warm pan.
5. Chop up bigger chunks of tofu with spatula to create a scramble. Cook off some of the moisture.
6. Add the turmeric, paprika, salt, pepper, and red pepper flakes.
7. Let tofu cook for 2-5 minutes at medium heat.
8. Mix in nutritional yeast. Once the tofu is firm, turn off heat and mix in as much spinach and parsley as you desire.

Black Bean Sauté

- 5.25 Cups Of Cooked Black Beans (Canned Or Bagged Ok)
- Olive Oil Cooking Spray
- 2 Teaspoons Of Minced Garlic
- 3/4 Cup Of Chopped Onion
- Salt And Pepper
- 1Tsp Cumin

Preparation

1. Pre heat pan on medium heat then spray some of the olive oil non stick spray.
2. Once hot, add onion and garlic, and sauté for 2 minutes or until translucent.
3. Turn the heat down to low and mix in the pre-cooked black beans.
4. Stir in the curry powder and cumin to taste.

Homemade Hummus (Optional)

- 1/4 Cup Tahini
- The Juice Of 1 Whole Lemon.
- 1 Teaspoon Olive Oil
- 1/4 Teaspoon No Salt All Purpose Seasoning
- 1/4 Teaspoon Paprika Or Red Pepper Chili Flakes
- 1/8 Teaspoon Pepper
- 1 (15Ounce) Can Chickpeas, Drained And Rinsed
- 2 Tablespoons Fresh Parsley, Chopped

Preparation

1. Mix everything in a food processor and KABOOM. This is a very healthy snack and an easy way to eat your vegetables.
2. Total cook time: 10 min.

Brussels Sprout Recipe *(for Power Salad)*

- (If shopping at Trader Joes you can purchase Brussels sprouts already made. This is the same recipe without the spices)
- 1 lb Brussels sprouts (about one bag)
- 1tbs olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder or fresh minced garlic

Preparation

1. Preheat oven to 325 degrees.
2. Wash Brussels sprouts.
3. Trim the bottoms and slice them in half.
4. Add in all ingredients and toss thoroughly.
5. Pour onto a baking sheet.
6. Roast in preheated oven for 30 mins, shaking pan and Brussels every 7-8 mins for even browning.

Dressing Options

- Lime
- Apple Cider Vinegar
- Sriracha
- Balsamic Vinegar
- Hummus
- Low Sodium Soy Sauce

Combinations

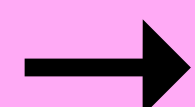
1. 2 - 3 tbs Balsamic Vinegar + 1 tbs Dijon Mustard
2. Juice of 1 Lime + 3 tbs of chopped Cilantro + 1 tsp of Olive Oil blended together
3. 1 tbs of hummus + a teaspoon of sriracha + a teaspoon of low sodium soy sauce mixed together

Chest, Triceps, & Cardio Circuit

45 Sec rest between sets

1st Circuit

Inchworms
15 reps



Chair dips
15 reps

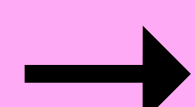


jumping jacks
Perform for 30 Sec

Perform 3 Times Before Continuing to Next Circuit

2nd Circuit

Wide Pushups
15 reps



t-push ups
with rotation
15 reps

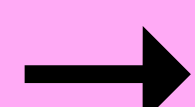


standing
heel touches
Perform for 30 Sec

Perform 3 Times Before Continuing to Next Circuit

3rd circuit

tricep push ups
15 reps



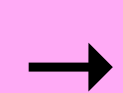
lateral kick
with punch
15 reps



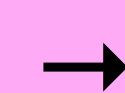
crab walk
Perform for 30 Sec

At Home BONUS CARDIO Repeat 5 times • plyo circuit

Jump Rope
20 Sec



Quick Feet
20 Sec



Jog In Place
20 Sec

At Gym Bonus Cardio 20 Mins • Moderate to High Intensity







Treadmill / Elliptical / Stair Master / Spinning Bike

[View Day 1 Circuit](#)



Legs with Plyo Circuit

45 Sec rest between sets

1st Circuit	4 sec count squats 15 reps 	→	Chair squat jumps 15 reps 	→	Fake Jump Rope Perform for 30 Sec 
Perform 3 Times Before Continuing to Next Circuit					
2nd Circuit	reverse lunges 15 reps 	→	football squats 15 reps 	→	30 Sec quick feet Perform for 30 Sec
Perform 3 Times Before Continuing to Next Circuit					
3rd circuit	lateral lunge 15 reps 	→	side skiers 15 reps	→	lateral plyo side step Perform for 30 Sec

At Home BONUS CARDIO
Repeat 5 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

View Day 2 Circuit



Core & Cardio

45 Sec rest between sets

1st Circuit	pistol crunches 15 reps	→	pilates crunch (alternating legs) 15 reps	→	Quick Feet Perform for 30 Sec
Perform 3 Times Before Continuing to Next Circuit					
2nd Circuit	Mountain Climbers 15 reps	→	elbow plank pike 15 reps	→	Jump Rope Perform for 30 Sec
Perform 3 Times Before Continuing to Next Circuit					
3rd circuit	bird dog alternating 15 reps	→	elbow plank jacks 15 reps	→	quick feet Perform for 30 Sec

At Home BONUS CARDIO
Repeat 5 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[View Day 3 Circuit](#)



Yoga & Foam Roll

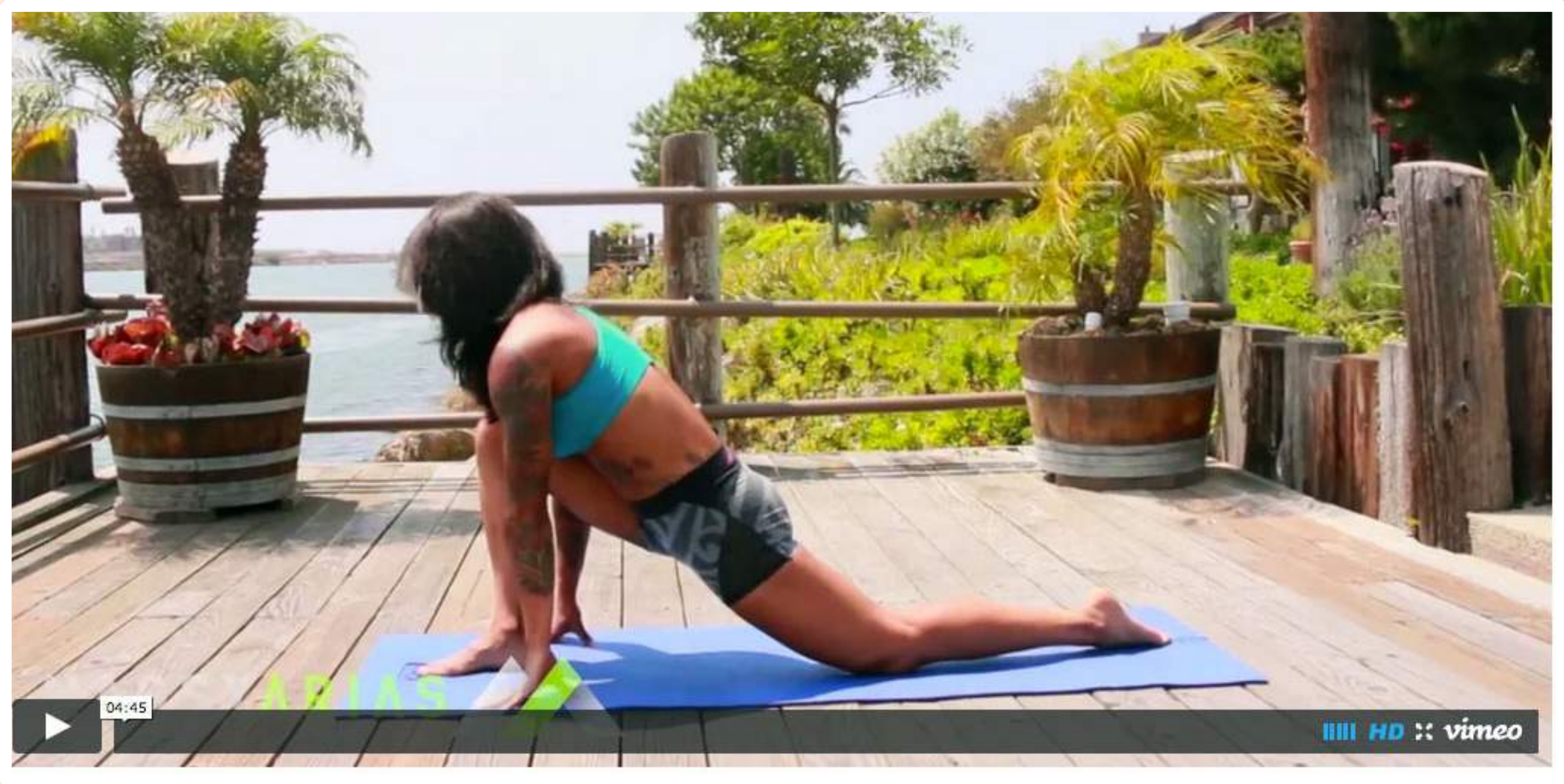
hold each pose for 10 full breaths
repeat flow 6 times

Yoga flow Vinyasa

Post Yoga

foam roll
20 minutes

[VIEW DAY 4 CIRCUIT](#)





Shoulders, Back, & Biceps

45 Sec rest between sets

1st Circuit	Inchworms with Alternating rotation 15 reps	→	Bent Over Row 15 reps 	→	bicep curls Perform for 30 Sec
Perform 3 Times Before Continuing to Next Circuit					
2nd Circuit	Shoulder Plank get ups 15 reps 	→	One arm row 15 reps 	→	Crab walks Perform for 30 Sec
Perform 3 Times Before Continuing to Next Circuit					
3rd circuit	Supermans 15 reps	→	front to side shoulder raises 15 reps	→	concentration curls Perform for 30 Sec

At Home BONUS CARDIO Repeat 5 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio 20 Mins • Moderate to High Intensity






Treadmill / Elliptical / Stair Master / Spinning Bike

[VIEW DAY 5 CIRCUIT](#)



Legs With Plyo Circuit

45 Sec rest between sets

1st Circuit	4 Sec count squats 15 reps 	→	Chair squat jumps 15 reps 	→	Jump Rope Perform for 30 Sec
	Perform 3 Times Before Continuing to Next Circuit				
2nd Circuit	reverse lunges 15 reps 	→	football squats 15 reps 	→	30 Sec quick feet Perform for 30 Sec
	Perform 3 Times Before Continuing to Next Circuit				
3rd circuit	lateral lunge 15 reps 	→	side skiers 15 reps	→	lateral plyo side step Perform for 30 Sec

At Home BONUS CARDIO Repeat 5 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
May do outdoor or indoor stairs				

At Gym Bonus Cardio 20 Mins • Moderate to High Intensity

Elliptical / Stair Master / Spinning Bike

[VIEW DAY 6 CIRCUIT](#)

Foam Rolling

Foam rolling is as important as your workout and your nutrition for optimal recovery. It will help you increase recovery time, decrease soreness, improve range of motion, and help you stay injury free. If a foam roller isn't available, make stretching part of your recovery post workout.

lower body
(30 mins)

Key areas to focus are your calves, glutes, hamstrings, and IT band

Upper body
(30 mins)

Never roll your lower back directly on the spine
you should be foam rolling your quadratus lumborum
It is acceptable to roll your upper back directly on your scapular region

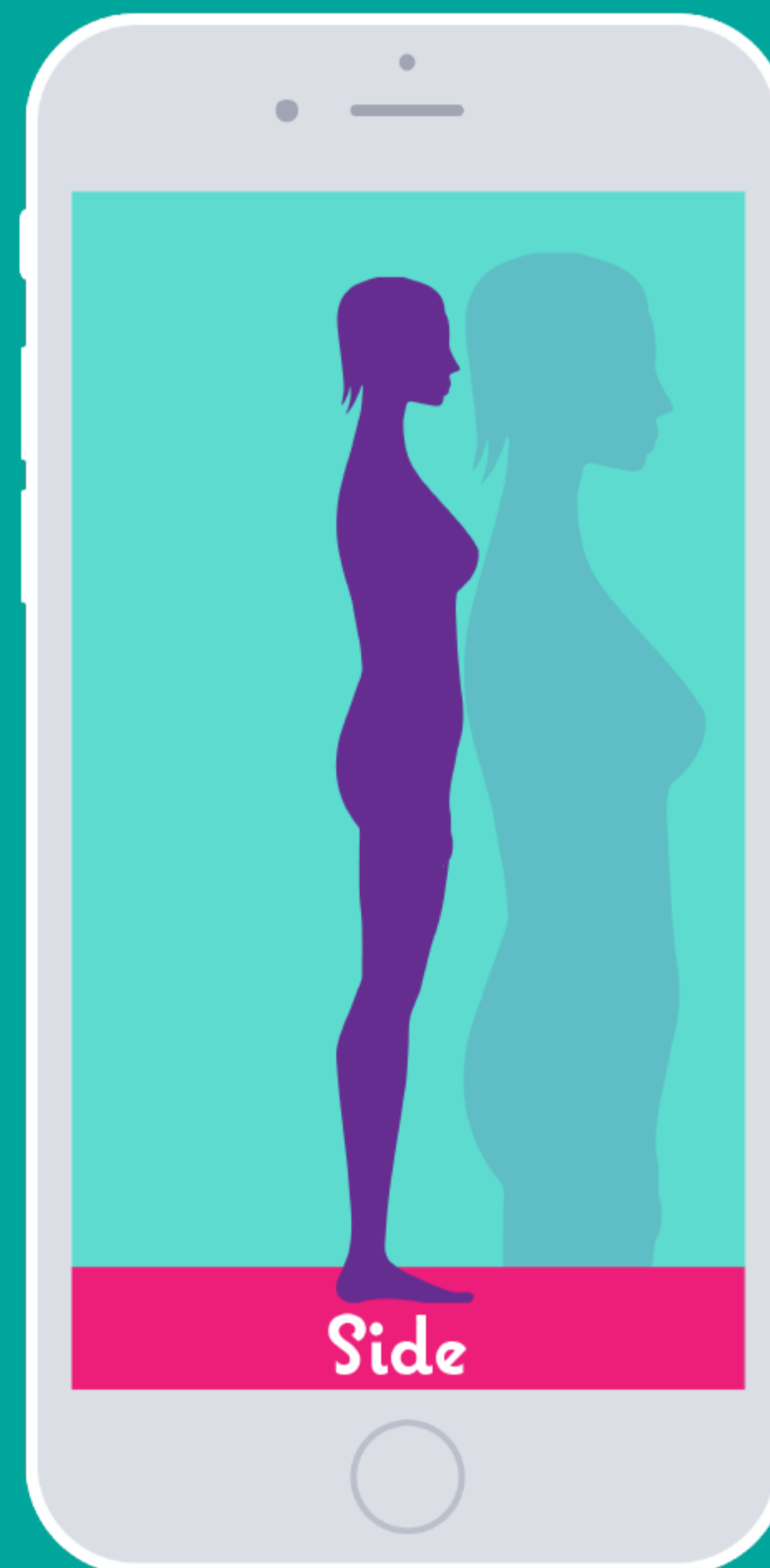
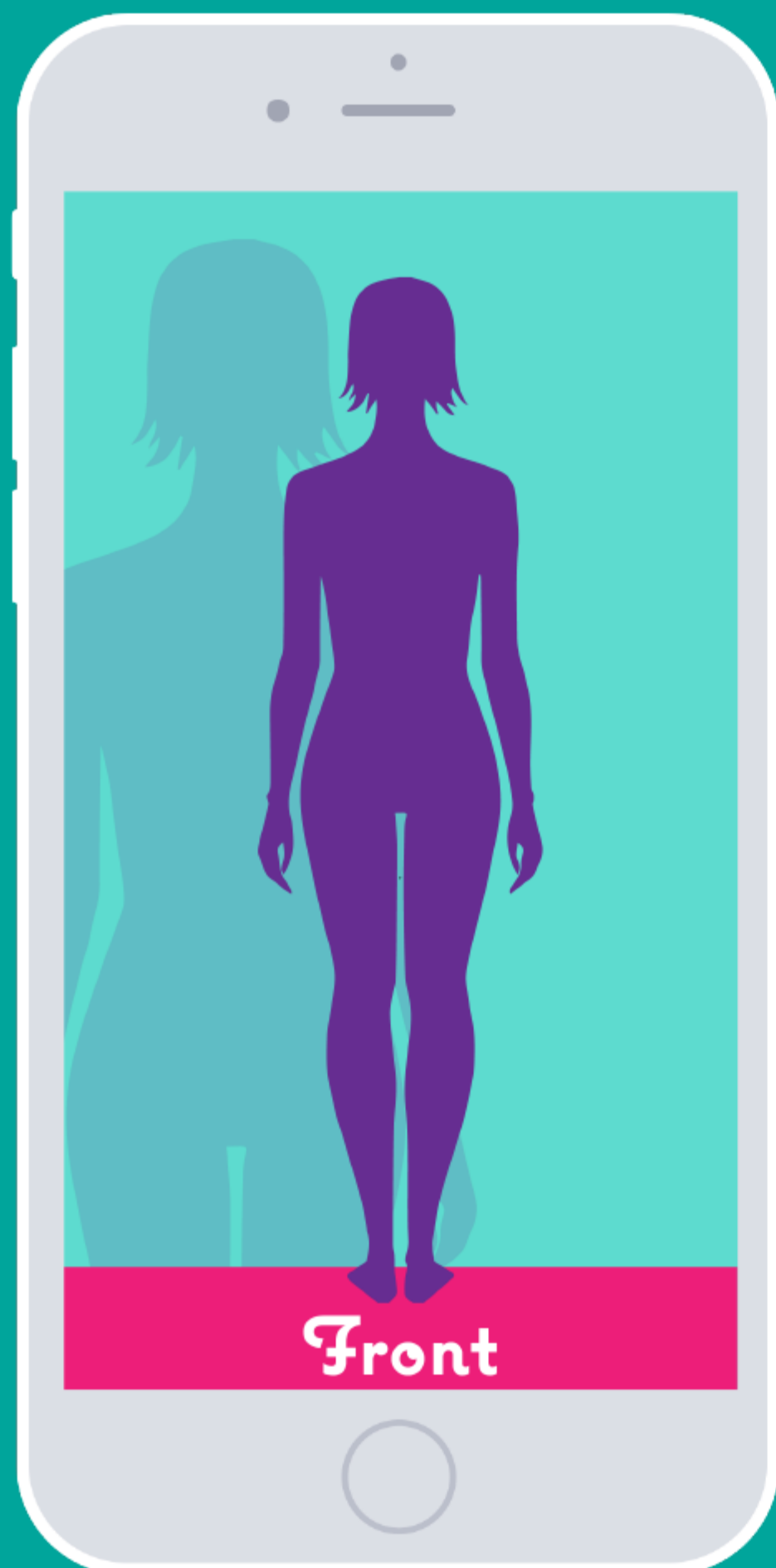
[VIEW DAY 7 CIRCUIT](#)



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Track them weekly on social media to engage with me
and the warrior community by using the hashtags #MAWarrior #MA30DAY



How to Win

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1st

\$500

+Free Upcoming
Program

2nd

\$250

+jamba gift card
+tru bundle

3rd

\$100

+jamba gift card
+monster

Sponsored prizes by



HERE WE GO!

Welcome to week two! Now that you are beginning to learn how your body works, we are going to take it up a notch. Some of you have asked for more challenging circuits, so you got it!

In regard to your menu, we've added additional flavors and recipes. We will still be on a restrictive, and strict program, but will add some new flavors. As I mentioned in week one: All the foods given to you are chosen for a specific reason. Fiber, antioxidants, vitamins, and minerals are just as essential as proteins, fats, and carbs.

You guys are now 25% into this challenge. We are just getting the ball rolling. The results that you get, will be a direct connection to how hard you pushed yourself during the workouts, how many overtime segments you put in, and how strict you were with your eating habits. We are still drinking 1 gallon of water a day.

Let's do this together! Check out the #MA30day hashtags for support when you need it!



Week 2 Grocery List



Vegetables

Zucchini	Kale	Spinach
Radicchio	Tomatoes	Cucumber
Fresh Cilantro	Green & Red Bell Peppers	Onion

Vegan Protein

Unsweetened Almond Milk

Extra Firm Tofu

Chickpeas

Supplements

Plant based Supplements at
www.gettrusupps.com

Fruits / Healthy Fats

Blueberries

Avocado

Green Apples

Lemons/
Limes

Healthy Carbohydrates

Quinoa

Oatmeal
(STEEL CUT OR OLD FASHIONED)

Almond / Peanut Butter

Chia Seeds

Rice Cakes

Seasonings / Condiments

Cinnamon

Stevia

No Salt All
Purpose
Seasoning

Minced Fresh
Garlic

Smoked Paprika

Garlic Powder

Curry Powder

Ginger

Parsley

Garlic Cloves

Sriracha

Sea Salt/Black
Pepper

Vegetable Stock

Braggs Aminos

Low Sodium Soy
Sauce

All Dry Spices Are Acceptable for Flavoring Meals

Week 2 • Daily Food Diary



For Those Who Follow **AM Schedule**

Breakfast

Blueberry Oatmeal

- 3/4 Cup Oatmeal
- 1.5 Cups Unsweetened Almond Milk
- 1/2 Cup Blueberries
- 1 Tbs Chia Seeds **Or** 1 Tbs Almond Butter/Peanut Butter
- Add Cinnamon
- Sweeten With Stevia

Post Workout

Protein Shake

([Www.Gettrusupps.Com](http://www.Gettrusupps.Com))

- 1 Scoop Plant Based Protein
- Add Ice
- Add Cinnamon

AM Snack

- 1 Green Apple
- 2 Tbs Almond Butter / Peanut Butter

Lunch

Quinoa Chickpea Salad

- 3/4 Cup Chickpeas
- 1 Cup Quinoa Salad
- 2 Cups Kale
- 3 Cups Spinach
- 1/4 Avocado
- Add Tomatoes
- Add Cucumbers

PM Snack

Green Machine Shake

([Www.Gettrusupps.Com](http://www.Gettrusupps.Com))

- Follow Recipe

Dinner

Braised Kale & Zucchini With Tofu Steaks

- 1 Large Roasted Zucchini
- 2 Cups Braised Kale
- 3 Oz Baked Tofu

Week 2 • Daily Food Diary



For Those Who Follow **PM Schedule**

Breakfast

Blueberry Oatmeal

- 3/4 Cup Oatmeal
- 1.5 Cups Unsweetened Almond Milk
- 1/2 Cup Blueberries
- 1 Tbs Chia Seeds **Or** 1 Tbs Almond Butter/Peanut Butter
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AM Snack

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(Www.Gettrusupps.Com)

- Follow Recipe

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- Add Tomatoes
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PM Snack

- 1 Green Apple
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Post Workout

Protein Shake

(Www.Gettrusupps.Com)

- 1 Scoop Plant Based Protein
- Add Ice
- Add Cinnamon

Dinner

Braised Kale & Zucchini With Tofu Steaks

- 1 Large Roasted Zucchini
- 2 Cups Braised Kale
- 3 Oz Baked Tofu

PM Snack Tip

If You Are Feeling Hungry Between Lunch And Your Workout. Add Two Rice Cakes With 2 Tbs Peanut Or Almond Butter As A Pre Workout.

How to Cook Oatmeal

Preparation

1. In a small pot add 3/4 cup of old fashioned oats to 1 1/2 cup of unsweetened almond milk
2. Add 1 cup of steel cut/old fashioned oatmeal
3. Add 1 teaspoon cinnamon powder
4. Cook in very slow heat until oatmeal is cooked with your desired consistency
5. May add more water or unsweetened almond milk to get desired consistency.
6. Sweeten with stevia.

Quinoa Chickpea Salad

- 1 Cup Uncooked Quinoa
- (• 1 Cup Yields 3 To 4 Cups Of Cooked Quinoa)
- 1/2 Cup Of Chopped Cilantro
- 1 Whole Lime
- 1 Tbsp Olive Oil
- 1/2 Cup Red Bell Pepper
- 1/2 Cup Green Or Red Onion
- 3/4 Cup Of Chickpeas Per Serving.

Preparation

1. Measure 1 cup quinoa and cook according to directions on label.
2. On a large skillet add tbsp olive oil over medium heat.
3. Cook red bell peppers, onions and cook for 1 minute
4. Add quinoa, chopped cilantro, kidney beans, and juice of the lime. Mix all together.
5. Cook for 2 minutes. May add a dash of salt and black pepper to taste.

Roasted Zucchini

- 3 Large Zucchini
- Olive Oil Spray
- 1 Teaspoon Smoked Paprika
- 1 Teaspoon Garlic Powder Or Fresh Minced Garlic
- 1/2 Teaspoon Sea Salt.

Preparation

1. Preheat oven to 325 degrees.
2. Wash Zucchini.
3. Trim the bottoms and slice them in half.
4. Spray zucchinis slightly with olive oil spray.
5. Place in baking sheet face up and season with dry ingredients.
6. Roast in pre heated oven for 7 -8 mins or until desired consistency is reached



How to Make Your Shake

- 1 Scoop Of Tru Plant Based Protein (You Can Use Any Brand You Prefer Gettrusupps.Com)
- 1 Cup Of Unsweetened Almond Milk
- 1 Tsp Of Cinnamon
- 1/2 Cup Ice
- Add A Little More Water To Get Your Desired Consistency.

Preparation

1. If the recipe calls for fruit, you can add in frozen fruit to chill the protein shake.
2. You can make your shake at night, freeze it, then take it with you. If you workout right after breakfast at the gym, your shake will be delicious and chilled. If you workout in the afternoon, your shake is blended and chilled while you can store it at your workplace fridge.

Tofu Steaks

- Extra Firm Tofu
- 1 Cup Balsamic Or Apple Cider Vinegar
- 1/2 Cup Low Sodium Soy Sauce Or Braggs Aminos Soy Sauce Substitute
- 2 Garlic Cloves
- 3Tbs Sriracha (To Taste)
- Salt And Black Pepper (To Taste)

Preparation

1. Drain tofu, rinse, and press between paper towels to rid excess moisture. Slice into thick 3oz steaks
2. Mix all ingredients (except the tofu) into a large container. Marinate tofu in this mixture for AT LEAST 1 hr (the longer the better).
3. Once tofu is done marinating sauté tofu steaks with 0 calorie cooking spray for 5-6 minutes on each side.
- 3a. OR place the tofu steaks on parchment paper in a baking sheet and bake in oven at 350°-400°.
4. Bake for 30 - 40 minutes or until tender

Braised Kale / Spinach

- 1-1.5 Lbs Of Kale
- 2 Tbs Balsamic Vinegar
- 1 Onion
- 1-2 Cloves Of Garlic
- Salt And Pepper To Taste
- 1/2 Cup Vegetable Stock

Preparation

1. Heat a large pot at medium heat and spray with olive oil spray
2. Chop and mince the onion and garlic.
3. Sauté the onion and garlic until translucent. Add salt.
4. Meanwhile wash and trim the kale.
5. Add the kale to the pot and toss the kale in the mixture until it is well integrated.
6. Slowly pour in balsamic vinegar and vegetable stock.
7. Let the balsamic vinegar and vegetable stock slightly reduce. Add pepper to taste.
8. Kale should remain a bright green color



Green Machine

- 1 Scoop Plant-Based Protein
- 3 Cups Spinach
- 1 Tbs Cinnamon
- 1 To 2 Packets Of Stevia (Optional Depending On Flavor Of Protein You Choose)
- Ice
- Unsweetened Almond Milk Or Water If Made With Tru Protein

Preparation

1. Add spinach, protein, almond milk (or water if with Tru) to blender!
2. Blitz on a high speed until everything is blended.
3. After blended to desired consistency sweeten with stevia if needed for extra sweetness.

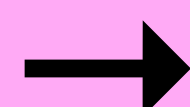
Chest, Triceps, & Cardio Circuit

45 Sec rest between sets

1st Circuit

Inchworms with
tricep push up
15 reps

*



Wall Tricep
presses
15 reps



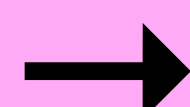
toe to box
Perform for 45 Sec

Perform 3 - 4 Times Before Continuing to Next Circuit

2nd Circuit

Negative wide push
ups
15 reps

*



Tricep kick back
15 reps



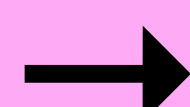
jumping jacks
Perform for 45 Sec

Perform 3 - 4 Times Before Continuing to Next Circuit

3rd circuit

Chair dips
(elevated)
15 reps

*



Crab Walks
15 reps



Pass the line twist
punch
Perform for 45 Sec

[View Day 1 Circuit](#)





Legs with Plyo Circuit

45 Sec rest between sets

1st Circuit	4 Sec count squats 15 reps *	→	30 Sec wall sit 	→	Jump Rope Perform for 45 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	Reverse lunges with opposite leg kickback 15 reps per leg 	→	football squat with reaches 15 reps 	→	quick feet Perform for 45 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	Back to back lateral lunges 15 reps per leg 	→	side skiers 15 reps per leg	→	lateral plyo side step Perform for 20 Sec each leg

View Day 2 Circuit





Core & Cardio

45 Sec rest between sets

1st Circuit	reverse crunch with Pistol Crunch 15 reps	→	Alternating toe touchers 15 reps	→	Quick Feet Perform for 45 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	Oblique crunches 15 reps	→	Elbow side plank with reaches 15 reps	→	Jump Rope Perform for 45 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	around the world elbow plank 15 reps	→	Static elbow plank 15 reps	→	quick feet Perform for 45 Sec

At Home Bonus Cardio
Repeat 5 times • plyo circuit

Jump Rope 30 Sec	→	Quick Feet 30 Sec	→	Jog In Place 60 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[View Day 3 Circuit](#)



Yoga & Foam Roll

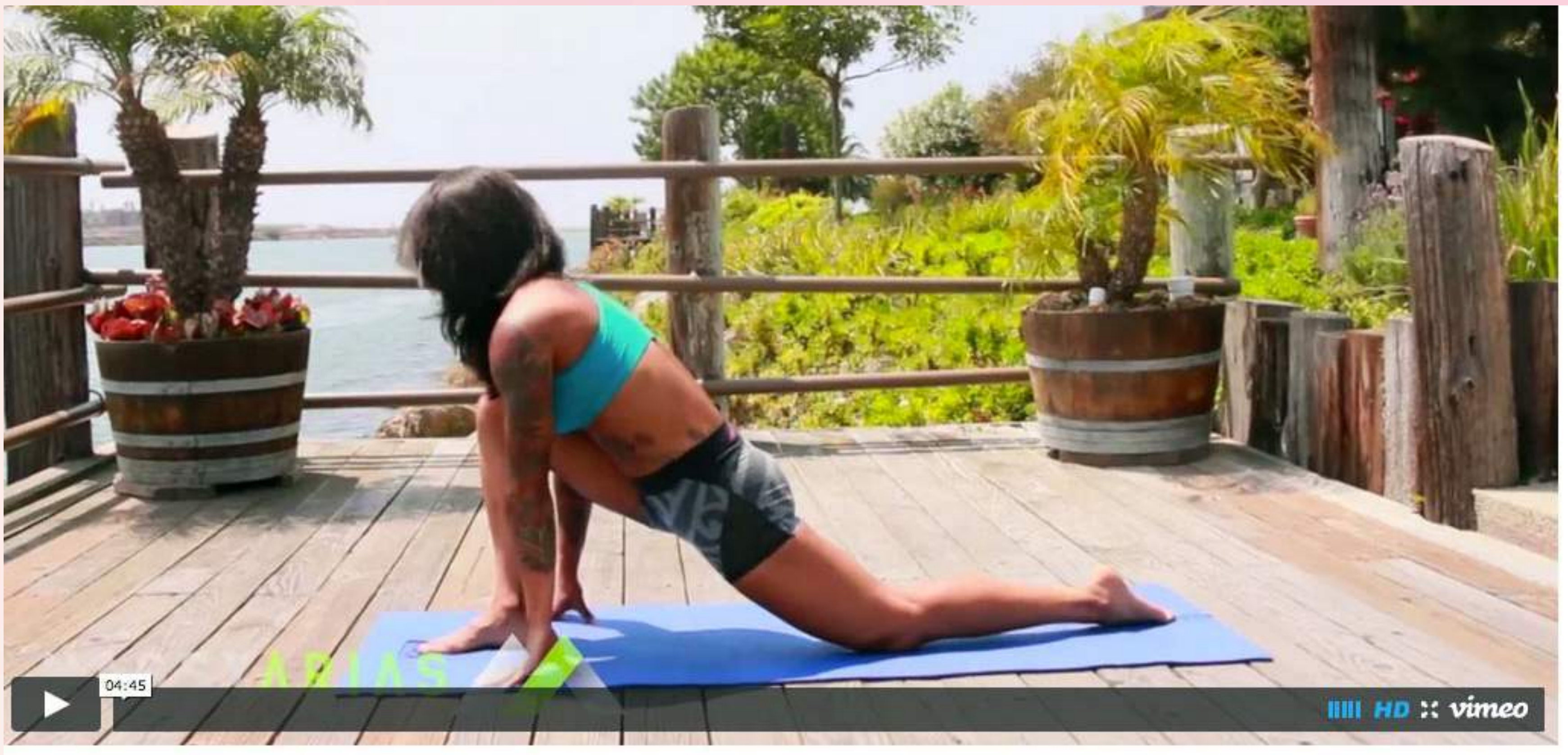
hold each pose for 10 full breaths
repeat flow 6 times

Yoga flow Vinyasa

Post Yoga

foam roll
20 minutes

[View Day 4 Circuit](#)





Shoulders, Back, & Biceps

45 Sec rest between sets

1st Circuit	Shoulder push ups 15 reps	→	shoulder plank get ups 15 reps per arm *	→	Surfer get ups Perform for 45 Sec *
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	wall stand bicep curl 15 reps 	→	Shoulder presses 15 reps 	→	Crab walks Perform for 45 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	Double arm row 15 reps 	→	Front raises 15 reps 	→	lateral bicep curls Perform for 45 Sec

At Home Bonus Cardio
Repeat 10 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[VIEW DAY 5 CIRCUIT](#)



Legs With Plyo Circuit

45 Sec rest between sets

1st Circuit	Glute bridge 15 reps 	→	Glute Bridge Negative Walkouts 15 reps	→	Sumo Jumping Jacks Perform for 45 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	Gallon Swing 15 reps 	→	Single Leg Bridge 15 reps 	→	Chair Jumps Perform for 45 Sec 
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	Ninja Stand ups 15 reps 	→	Wall Sits 30 Sec 	→	Jump Rope Perform for 45 Sec 

BONUS CARDIO - Overtime

20 Min Stairs at any pace you choose

[VIEW DAY 6 CIRCUIT](#)



Foam Rolling

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lower body
(30 mins)

Key areas to focus are your calves, glutes, hamstrings, and IT band

Upper body
(30 mins)

Never roll your lower back directly on the spine
you should be foam rolling your quadratus lumborum
It is acceptable to roll your upper back directly on your scapular region

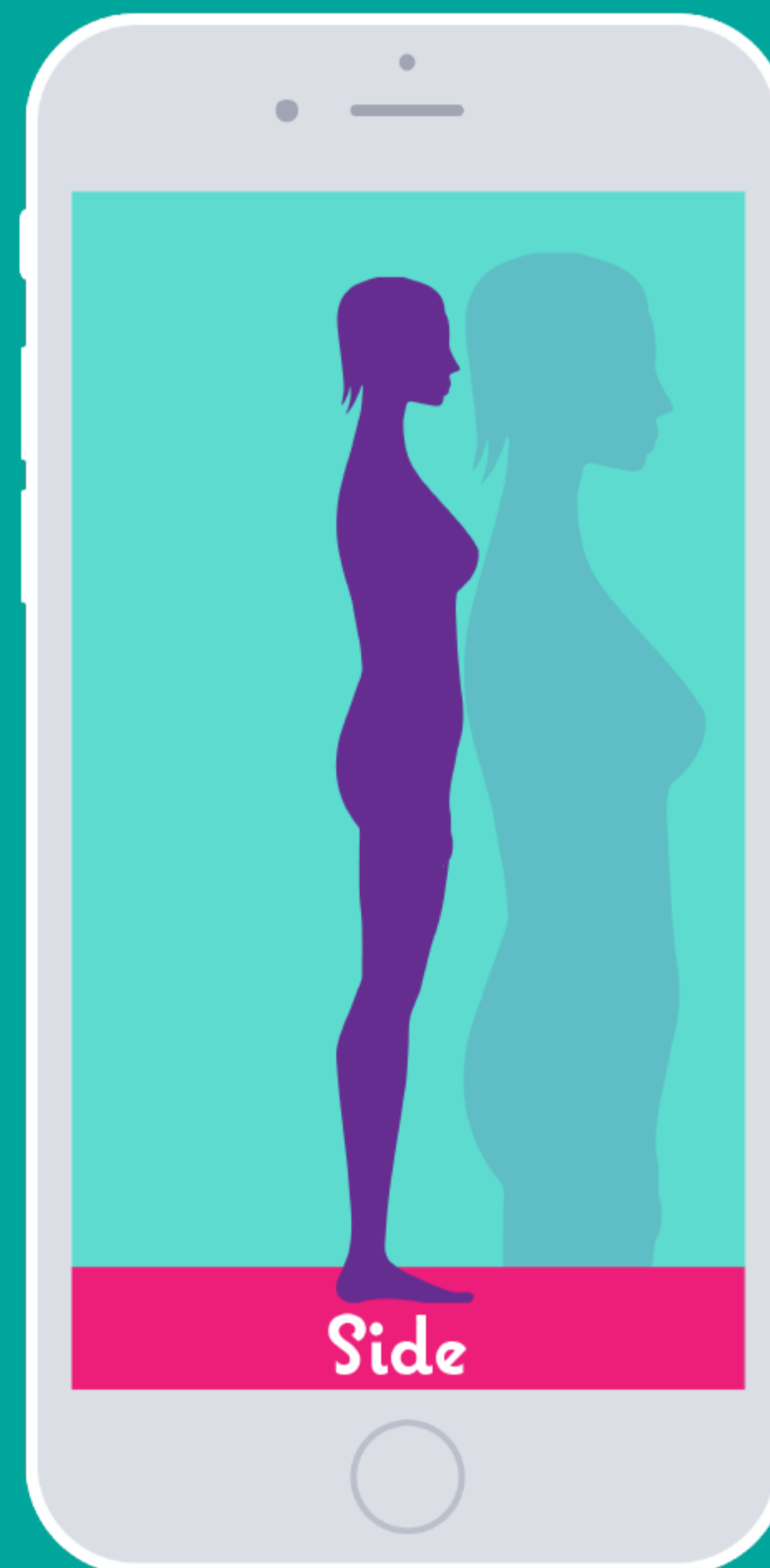
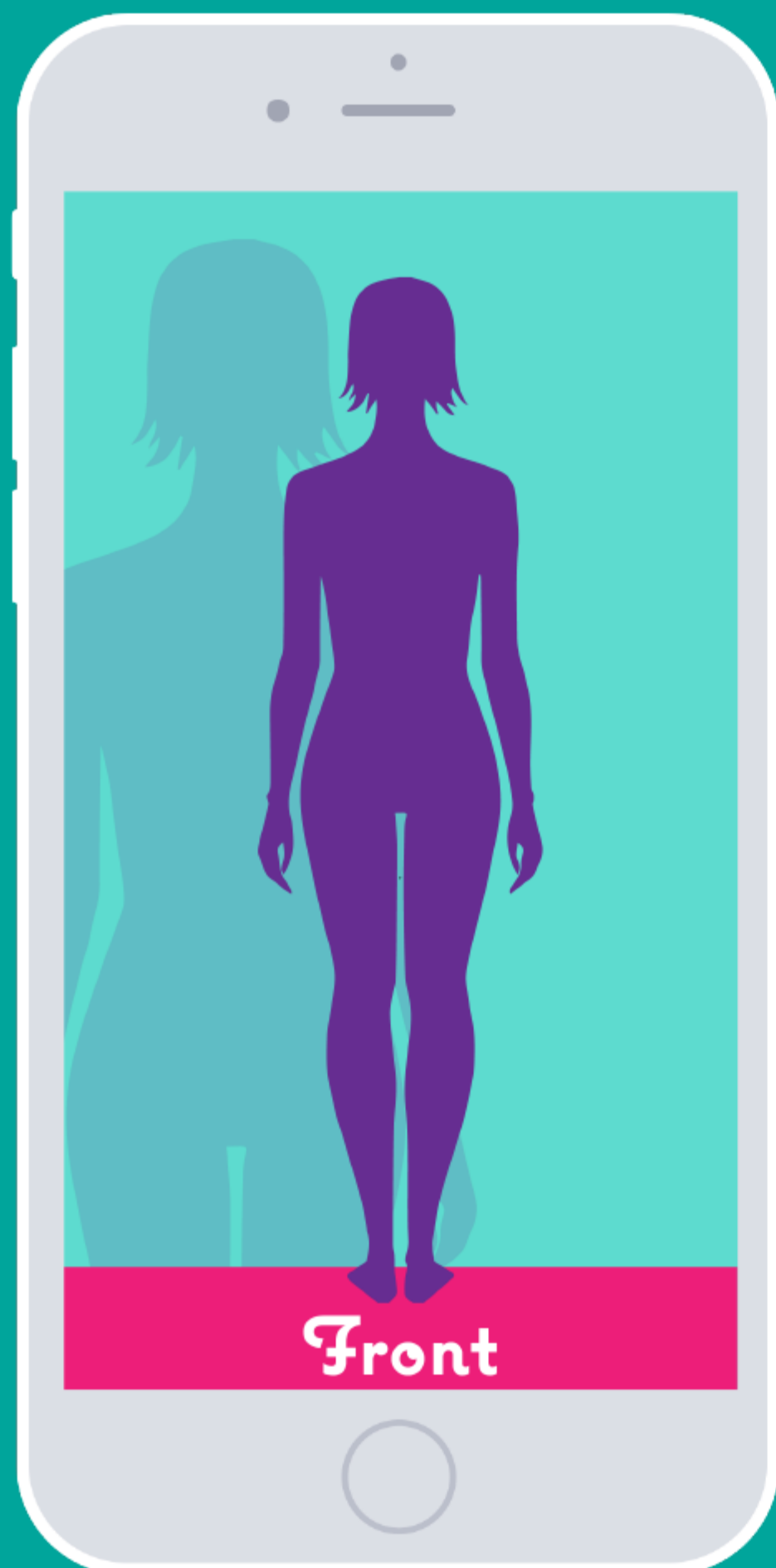
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Sponsored prizes by



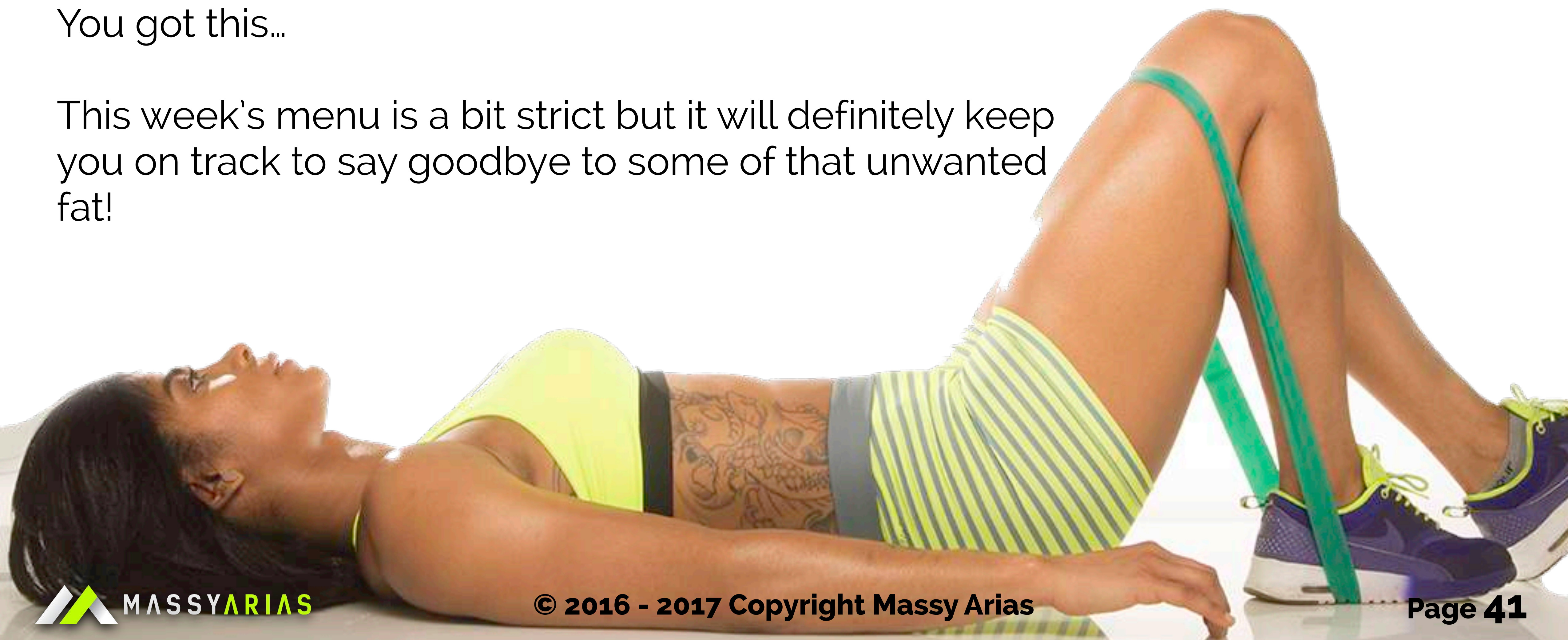
ALMOST THERE

So we are now on week three, and right about now (if you're being consistent & following instructions exactly) , not only should your results begin to become noticeable, but you should be feeling like a new person and ready to take on the next challenge. If you haven't been as consistent as you'd like, you can still be successful. Being consistent, not only with the 60 minute workouts, but the other 23 hours of the day is what will get you the results you're after. This isn't easy, but if you can sacrifice and dig deep for the next few weeks you'll never have a greater feeling. We only have two weeks left, we are going to crank it up a notch and bring it!

The success of your transformation has a lot to do with how well you follow the nutrition program, because the nutrition program is the most important. If you are cheating on your plan, the workouts will only be burning what you cheated with. You're taking one step forward, and two steps backwards. You cannot cheat on your nutrition and expect to see the results you are looking for.

Stay strong and do not forget to follow me on the private snapchat to see all the updates and tips I give on a daily basis. It's in the COVER of this weeks guide. You got this...

This week's menu is a bit strict but it will definitely keep you on track to say goodbye to some of that unwanted fat!



Week 3 Grocery List

Vegetables

Brussels Sprouts	Garbonzo Beans (Chick Peas)	Fresh Parsley
Kale	Spinach	Cucumber
Tomatoes	Shredded Carrots	Green & Red Bell Peppers
Radicchio	Mushrooms	Broccoli
Fresh Cilantro	Onion	Avocado
Ginger	Cherry Tomatoes	Garlic

Vegan Protein

Seitan	Extra Firm Tofu
Unsweetened Almond or Coconut Milk	

Supplements

Plant Based Protein & Supplements
At Www.Gettrusupps.Com

Fruits / Healthy Fats

Limes/ Lemons	Low Sugar Strawberry Preserves	Raspberries
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Healthy Carbohydrates

Quinoa	Almond / Cashew / Peanut Butter
Sweet Potato	Rice Cakes
Sprouted / Whole Grain / Gluten Free Tortilla	

Seasonings / Condiments

Turmeric	Ground Cumin	Nutritional Yeast
Sea Salt	Black Pepper	Olive Oil Spray
Smoked Paprika	Garlic Powder	Minced Garlic
Black Pepper	Red Pepper Chili Flakes	Cinnamon
Ginger	Stevia	Baking Powder
No Salt All Purpose Seasoning	Braggs Soy Sauce Substitute or Low Sodium Soy Sauce	
All Dry Spices Are Acceptable for Flavoring Meals		

Week 3 • Daily Food Diary



For Those Who Follow **AM Schedule**

Breakfast Pre Workout

Breakfast Avocado Tofu Toast

- 2 Slices Of Sprouted Or Multi Grain Bread
- 1/4 Cup Avocado Mash (See Recipe)
- 3 Oz Tofu Scramble

Post Workout

Green Machine Shake

(WWW.GETTRUSUPPS.COM)

- 1 Scoop Plant Based Protein
- See Recipe

AM Snack

- 2 Rice Cakes
- 2 Tbs Almond / Peanut / Cashew Butter
- 1 Tbs Low Sugar Strawberry Preserves **Or** 1 Cup Fresh Raspberries

Lunch

Seitan Bowl

- 1 Medium Baked Sweet Potato
- 2 Cups Roasted Brussels Sprouts
- 4 Oz Seitan
- 2 Cups Spinach

PM Snack

- 1 Tbs Hummus (Homemade Of Store Bought) (Original Roasted Pepper, Or Eggplant Flavor) Or See Recipe
- 1/2 Cup Celery
- 1/2 Cup Cherry Tomatoes
- 1/2 Cup Baby Carrots

Dinner

Power Salad

- See Recipe
- ¾ Cup Of Cooked Chickpeas

Dinner Tip

Add Balsamic Vinegar To Your Cherry Tomatoes, Spinach, And Cucumber Slices.

Tip

You May Add More Spinach, More Cucumber, And Mixed Greens To Make A Bigger Salad.

Week 3 • Daily Food Diary



For Those Who Follow **PM Schedule**

Breakfast

Breakfast Avocado Tofu Toast

- 2 Slices Of Sprouted Or Multi Grain Bread
- 1/4 Cup Avocado Mash (See Recipe)
- 3 Oz Tofu Scramble

AM Snack

- 2 Rice Cakes
- 2 Tbs Almond / Peanut / Cashew Butter
- 1 Tbs Low Sugar Strawberry Preserves **Or** 1 Cup Fresh Raspberries

Lunch

Seitan Bowl

- 1 Medium Baked Sweet Potato
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PM Snack

- 1 Tbs Hummus (Homemade Of Store Bought) (Original Roasted Pepper, Or Eggplant Flavor) Or See Recipe
- 1/2 Cup Celery
- 1/2 Cup Cherry Tomatoes
- 1/2 Cup Baby Carrots

Post Workout

Green Machine Shake

(WWW.GETTRUSUPPS.COM)

- 1 Scoop Plant Based Protein
- See Recipe

Dinner

Power Salad

- See Recipe
- 3/4 Cup Of Cooked Chickpeas

Dinner Tip

Add Balsamic Vinegar To Your Cherry Tomatoes, Spinach, And Cucumber Slices.

Tip

You May Add More Spinach, More Cucumber, And Mixed Greens To Make A Bigger Salad.

Avocado Spread Over Toast

- 2 Slices Of Toasted Ezekiel Bread
- 1/2 Cup Mashed Avocado (Avocados, Onions, Salt, Pepper, Tomatoes)

Preparation

1. Scoop avocado meat into a bowl and mash until smooth or slightly chunky.
 2. Dice 1/4 of a small onion and 2 cherry tomatoes
 3. Add diced onions and tomatoes, salt, and pepper (to taste) to the avocado mash.
 4. Spread 1/4 cup of this green deliciousness over toasted 2 Ezekiel slices.
- *Recipe makes 4 servings of spread

Green Machine

- 1 Scoop Plant-Based Protein
- 3 Cups Spinach
- 1 Tbs Cinnamon
- 1 To 2 Packets Of Stevia (Optional Depending On Flavor Of Protein You Choose)
- Ice
- Unsweetened Almond Milk Or Water If Made With Tru Protein

Preparation

1. Add spinach, protein, almond milk (or water if with Tru) to blender!
2. Blitz on a high speed until everything is blended.
3. After blended to desired consistency sweeten with stevia if needed for extra sweetness.

Homemade Hummus

- 1/4 Cup Tahini
- The Juice Of 1 Whole Lemon.
- 1 Teaspoon Olive Oil
- 1/4 Teaspoon No Salt All Purpose Seasoning
- 1/4 Teaspoon Paprika Or Red Pepper Chili Flakes
- 1/8 Teaspoon Pepper
- 1 (15Ounce) Can Chickpeas, Drained And Rinsed
- 2 Tablespoons Fresh Parsley, Chopped

Preparation

1. Mix everything in a food processor and KABOOM that easy. This is a very healthy snack and an easy way to eat your vegetables.
2. Total cook time: 10 mins



Power Salad

- Kale
- Spinach
- Cucumbers
- Tomatoes
- Shredded Carrots
- Bell Peppers
- Radicchio
- Mushrooms
- Broccoli
- Shaved Brussel Sprouts

Preparation

1. Add as many leafy greens as you want
2. Lightly steam your broccoli or mushrooms if desired
3. Add all vegetables together and choose your dressing
4. Season with balsamic vinegar and 1 tbs of hummus or any of the dressings from week 1.

Brussel Sprout Recipe (for Power Salad)

(If Shopping At Trader Joes You Can Purchase Brussels Sprouts Already Made. This Is The Same Recipe Without The Spices)

- 1 Lb Brussels Sprouts (About One Bag)
- 1Tbs Olive Oil
- 1 Teaspoon Smoked Paprika
- 1 Teaspoon Garlic Powder Or Fresh Minced Garlic
- 1/4 Cup Low Sodium Soy Sauce Or 1/2 Teaspoon Sea Salt.

Preparation

1. Preheat oven to 325 degrees.
2. Wash Brussels sprouts.
3. Trim the bottoms and slice them in half.
4. Add in all ingredients and toss thoroughly.
5. Pour onto a baking sheet.
6. Roast in preheated oven for 30 mins, shaking pan and Brussels every 7-8 mins for even browning.

How to Cook Sweet Potato

Preparation

1. Pre heat oven to 400 degrees
2. Wash and cut ends of sweet potatoes
3. Place on top of baking sheet skin on for 35-40 mins
4. Let cool and peel skin off with fingers
5. May cook 3-4 sweet potatoes at a time and save in fridge for up to 4 days

Tofu Scrambler

- 1 Pack Extra Firm Organic Tofu
- 1/2 Teaspoon Turmeric
- 1/2 Teaspoon Ground Cumin
- 1/2 Teaspoon Paprika
- 1Tbs Nutritional Yeast
- 2Tbs Water
- Pinch Sea Salt
- Black Pepper To Taste
- Olive Oil Spray
- Chopped Onion To Taste.
- 2 Cloves Of Minced Garlic
- 1 Tablespoon Very Finely Chopped Parsley

Preparation

1. Make sure you drain your tofu first. Put it on some paper towels and wait about 30 mins.
2. In a bowl mix together all dry ingredients.
3. Pre heat pan on medium heat then spray some of the olive oil non stick spray. Once hot, add onion and garlic, and sauté for a minute.
4. Break up the tofu with your hands and throw it on the pan and stir. Lower heat to low then add dry mix over the tofu and mix well. Cook for 2 minutes or until tofu is hot then add the parsley and cook for another minute.

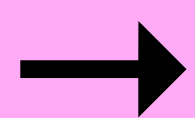


Chest, Triceps, & Cardio Circuit

45 Sec rest between sets

1st Circuit

Inchworms
20 reps



Chair dips
20 reps



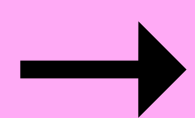
jumping jacks
Perform for 60 Sec



Perform 3 - 4 Times Before Continuing to Next Circuit

2nd Circuit

Wide Pushups
20 reps



t-push ups
with rotation
20 reps



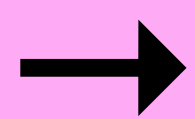
standing
heel touches
Perform for 60 Sec



Perform 3 - 4 Times Before Continuing to Next Circuit

3rd circuit

tricep push ups
20 reps



lateral kick
with punch
20 reps



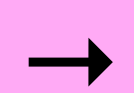
crab walk
Perform for 60 Sec



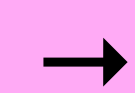
Disclaimer: You can start doing strict push ups and as you fatigue drop to knees into a modify push up to finish all reps.

At Home BONUS CARDIO Repeat 5 times • plyo circuit

Jump Rope
20 Sec



Quick Feet
20 Sec



Jog In Place
20 Sec

May do outdoor or indoor stairs

At Gym Bonus Cardio 20 Mins • Moderate to High Intensity







Elliptical / Stair Master / Spinning Bike

[View Day 1 Circuit](#)



Legs with Plyo Circuit

30 Sec rest between sets

1st Circuit	4 Sec Count Squats 20 reps 	→	Chair squat jumps 20 reps 	→	Jump Rope Perform for 60 Sec 
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	reverse lunges 20 reps 	→	football squats 20 reps 	→	quick feet Perform for 60 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	lateral lunge 20 reps 	→	side skiers 15 reps per leg	→	lateral plyo side step Perform for 30 Sec on each leg

View Day 2 Circuit





Core & Cardio

30 Sec rest between sets

1st Circuit	pistol crunches 20 reps	→	pilates crunch (alternating legs) 20 reps	→	Quick Feet Perform for 60 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	Mountain Climbers 20 reps	→	elbow plank pike 20 reps	→	Jump Rope Perform for 60 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	bird dog alternating 20 reps	→	elbow plank jacks 20 reps	→	quick feet Perform for 60 Sec

At Home Bonus Cardio
Repeat 8 times • plyo circuit

Jump Rope 45 Sec	→	Quick Feet 30 Sec	→	Jog In Place 60 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[View Day 3 Circuit](#)



Yoga & Foam Roll

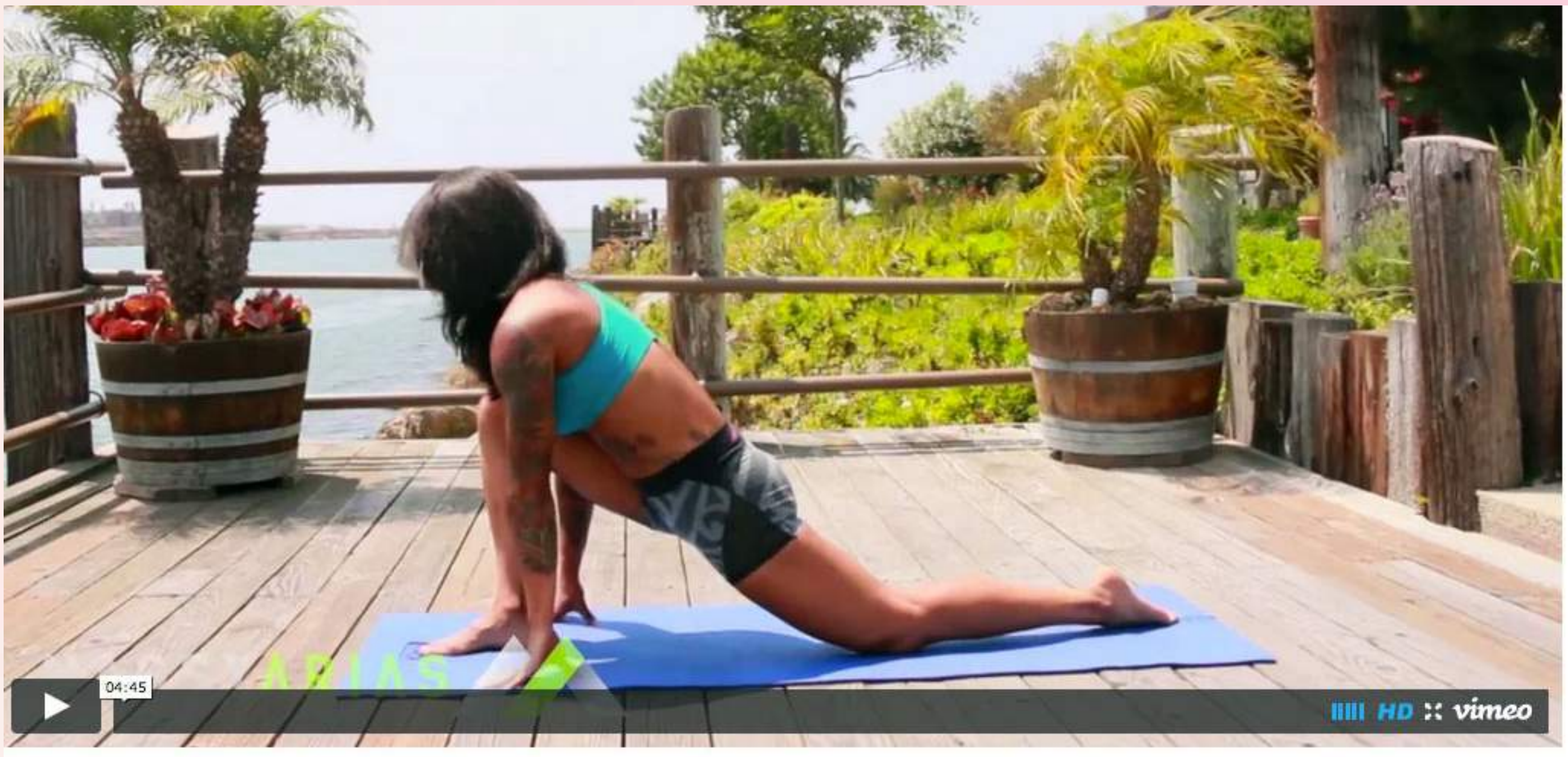
hold each pose for 10 full breaths
repeat flow 6 times

Yoga flow Vinyasa

Post Yoga

foam roll
20 minutes

[View Day 4 Circuit](#)





Shoulders, Back, & Biceps

30 Sec rest between sets

1st Circuit	Shoulder push ups 20 reps	→	shoulder plank get ups 20 reps per arm	→	Surfer get ups Perform for 60 Sec
	*		*		*
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	wall stand bicep curl 20 reps	→	Shoulder presses 20 reps	→	Crab walks Perform for 60 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	Double arm row 20 reps	→	Front raises 20 reps	→	lateral bicep curls Perform for 60 Sec

At Home Bonus Cardio
Repeat 10 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity








Treadmill / Elliptical / Stair Master / Spinning Bike

[VIEW DAY 5 CIRCUIT](#)



Legs With Plyo Circuit

30 Sec rest between sets

1st Circuit	Glute bridge 15 reps 	→	Glute Bridge Negative Walkouts 15 reps	→	Sumo Jumping Jacks Perform for 60 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit					
2nd Circuit	Gallon Swing 15 reps 	→	Single Leg Bridge 15 reps 	→	Chair Jumps Perform for 60 Sec 
Perform 3 - 4 Times Before Continuing to Next Circuit					
3rd circuit	Ninja Stand ups 15 reps 	→	Wall Sits 30 Sec 	→	Jump Rope Perform for 60 Sec 

Cool Down • Post Workout

Foam Roll Lower Body

[VIEW DAY 6 CIRCUIT](#)





Foam Rolling

Foam rolling is as important as your workout and your nutrition for optimal recovery. It will help you increase recovery time, decrease soreness, improve range of motion, and help you stay injury free. If a foam roller isn't available, make stretching part of your recovery post workout.

lower body
(30 mins)

Key areas to focus are your calves, glutes, hamstrings, and IT band

Upper body
(30 mins)

Never roll your lower back directly on the spine
you should be foam rolling your quadratus lumborum
It is acceptable to roll your upper back directly on your scapular region

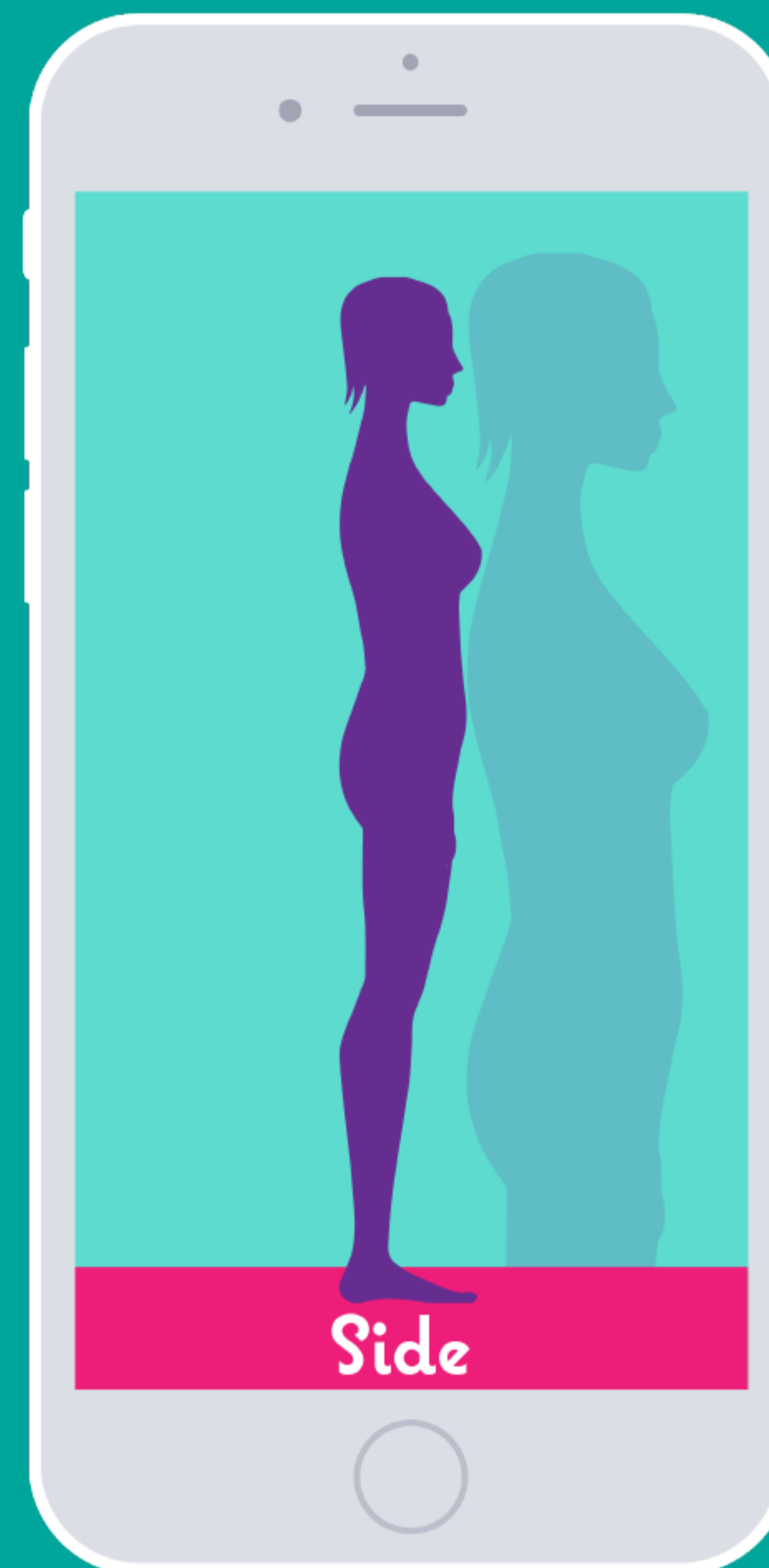
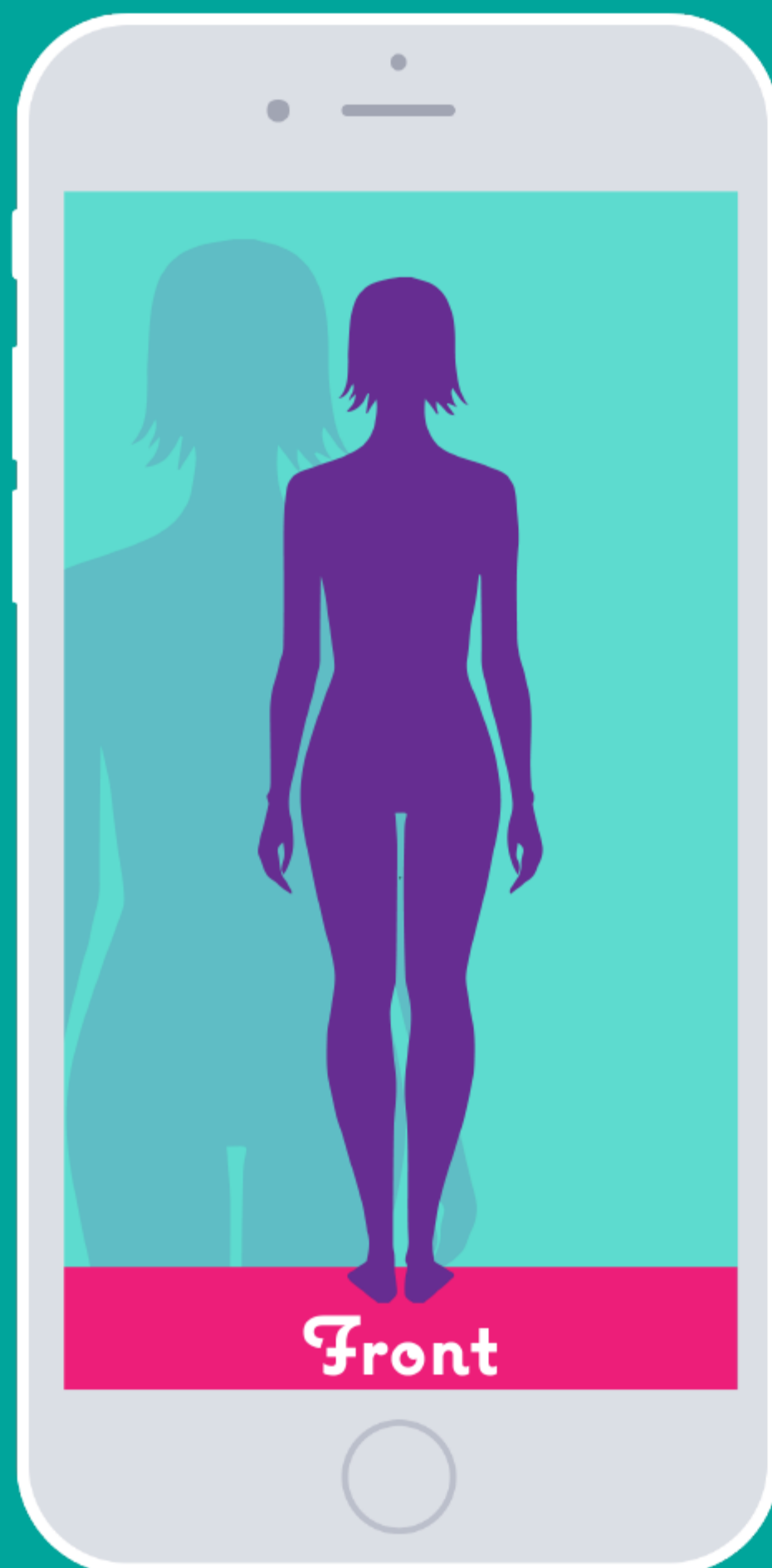
[VIEW DAY 7 CIRCUIT](#)



Just a Reminder

I love seeing your progress and experiences about the program .

Track them weekly on social media to engage with me
and the warrior community by using the hashtags #MAWarrior #MA30DAY



How to Win

All contestants must submit their Day 1 and Day 30 transformation pictures to progress@massyarias.com to be eligible for the grand prizes

1st

\$500

+Free Upcoming
Program

2nd

\$250

+jamba gift card
+tru bundle

3rd

\$100

+jamba gift card
+monster

Sponsored prizes by





YOU'VE MADE IT!

You made it! This is the last leg of your #Ma30Day journey. We only have 7 days push! If you haven't been sticking to the program take advantage of this week and get it together, you got this.

If you've been sticking to the program, by now you should be feeling like a **COMPLETE DIFFERENT PERSON!** Your energy levels should be up high, you find yourself with more endurance during the workouts even though they are still challenging, your progress should be visible (in the scale but better than the scale, you should be seeing a tighter and more defined physique).

If you haven't been as strict as you'd like, let's use this last week to dial in and finish strong. Remember we made a commitment and this is only going to get better because you have the tools to get you started and we will continue having more challenges of you'd like to keep moving forward.

Some tips to remember:

1. Prepare your meals to avoid any bad snacking and cheating.
2. Stay hydrated and carry your water jug with you.
3. Lastly and most importantly, remind yourself why you got started 23 days ago.

This is not only a physical challenge, but a mental one. Let's go!



Week 4 Grocery List



You may follow any of the meals in substitution from previous weeks, so if doing so please gather ingredients from previous plan!

Vegetables

Kale	Spinach	Scallions
Tomato	Cucumber	Brussel Sprouts
Carrots	Fresh Cilantro	Fresh Parsley
Bell Peppers	Mushrooms	Broccoli
Tomatoes	Tomatoes	Brussel Sprouts

Fruits

Strawberry	Medjool Dates	Lemons
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Carbs / Healthy Fats

Almond / Cashew / Peanut Butter	
Brown Basmati Rice	Rice Cakes

Seasonings / Condiments

Black Pepper	Turmeric	Smoked Paprika
Garlic Powder	Minced Garlic	Cumin
Nutritional yeast	Sea Salt	Stevia
Cinnamon	Vegetable Stock	
No Salt All Purpose Seasoning		
All Dry Spices Are Acceptable for Flavoring Meals		

Vegan Protein

Green Lentils	Extra Firm Tofu
Unsweetened Almond Milk	

Supplements

Plant based Supplements at www.gettrusupps.com

Protein

Week 4 • Daily Food Diary



For Those Who Follow **AM Schedule**

Breakfast

Overnight Oats

- 1/2 Cup Oatmeal (Measured Dry)
- 2 Small Medjool Dates
- 1-2 Tsp Cinnamon
- 3/4 Cup Unsweetened Almond Milk (Measure Per Desired Consistency)
- 1 Tbs All Natural No Additive Peanut Butter Or Almond Butter

Post Workout

Green Machine Shake

(WWW.GETTRUSUPPS.COM)

- See Recipe (Use 1 Scoops of Protein)

AM Snack

- 1/2 Cup Strawberries
- 2 Rice Cakes
- 2 Tbs Almond / Cashew / Peanut Butter
- Slice Strawberries And Put On Top Of Rice Cakes

Lunch

Curried Lentils

- 1 Cup Curried Lentils
- 1 Cup Of Roasted Broccoli
- 1 Cup Brussel Sprouts
- 1/2 Cup Of Cooked Rice
- Fresh Kale, Arugula, Spinach, Cherry Tomatoes To Taste

PM Snack

- 1 Cup Baby Carrots
- 1 Sliced Red Bell Pepper
- 2 Tbs Hummus Mixed With 1 Tsp Of Sriracha

Dinner

Tofu Steaks Over Power Salad

- 3Oz Tofu Steak
- 2 Cups Kale
- 3 Cups Spinach
- Radicchio
- Add Tomatoes & Cucumbers

Week 4 • Daily Food Diary



For Those Who Follow **PM Schedule**

Breakfast

Overnight Oats

- 1/2 Cup Oatmeal (Measured Dry)
- 2 Small Medjool Dates
- 1-2 Tsp Cinnamon
- 3/4 Cup Unsweetened Almond Milk (Measure Per Desired Consistency)
- 1Tbs All Natural No Additive Peanut Butter Or Almond Butter

AM Snack

- 1 Cup Baby Carrots
- 1 Sliced Red Bell Pepper
- 2 Tbs Hummus Mixed With 1 Tsp Of Sriracha

Lunch

Curried Lentils, Brown Rice, Broccoli

- 1/4 Cup Dry Curried Lentils
- 1 Cup Of Roasted Broccoli
- 3/4 Cup Of Cooked Rice.

PM Snack

- 1/2 Cup Strawberries
- 2 Rice Cakes
- 2 Tbs Almond / Cashew / Peanut Butter
- *Slice Strawberries And Put On Top Of Rice Cakes*

Post Workout

Green Machine Shake

(WWW.GETTRUSUPPS.COM)

- See Recipe (Use 1 Scoops of Protein)

Dinner

Tofu Steaks Over Power Salad

- 3Oz Tofu Steaks
- 2 Cups Kale
- 3 Cups Spinach
- Radicchio
- Add Tomatoes & Cucumbers

Overnight Oats Recipe

- 1/2 Cup Oatmeal (Measured Dry)
- 2 Med-Large Or 3 Small Medjool Dates
- 1-2 Tsp Cinnamon
- 3/4 Cup Almond Milk (Measure Per Desired Consistency)
- 1Tbs All Natural No Additive Peanut Butter Or Almond Butter

Preparation

1. Blend last 4 ingredients together to make a creamy liquid. You may add more almond milk for desired consistency
2. Pour cream over oats that you already measured into a Tupperware container.
2. Let it stand overnight in the refrigerator
3. Enjoy the next morning heated or cold

Green Machine Shake

- 1.5 Scoop Of Tru Plant Based Protein Gettrusupps.Com (You Can Use Any Brand You Prefer)
- 3 Cups Spinach
- 1 Tbs Cinnamon
- 1 Packets Of Stevia
- Ice
- Unsweetened Almond Milk Or Water If Made With Tru Protein

Preparation

1. Add spinach, protein, almond milk (or water if with Tru) to blender!
2. Blitz on a high speed until everything is blended.
3. After blended to desired consistency sweeten with stevia if needed for extra sweetness.

Curried Lentils

- 1 Cup Of Dry Lentils Yields 2 To 2 1/2 Cups Of Cooked Lentils
- 2 Garlic Cloves, Minced
- 1 Tablespoon Olive Oil
- 1/2 Yellow Onion, Chopped
- 1/2 Red Pepper Chopped
- 3 Tbs Cilantro
- 1 Teaspoon Salt
- 1 Tbs Curry Powder
- 2 Tbs Parsley
- 1 Tbsp Dijon Mustard
- Salt And Pepper

Preparation

- *When making lentils cook according to instructions on package. May use a mixture of low sodium vegetable stock and water to cook lentils. To prep for the week you will need about 3 cups of dry lentils*
1. Make 6-7 servings (# of days your prepping for) of lentils per packaging (1/4 dry lentils= 1 serving)
 2. Pre heat another pan on medium heat then spray some of the olive oil non stick spray. Once hot, add onion, red peppers, and garlic, and sauté for 2 minutes or until translucent.
 3. Blend or Process the above ingredients (except the lentils) to create a paste.
 4. Stir the processed paste into the cooked lentils and let the flavors develop for a 1-2 minutes.

Tofu Steaks

- Extra Firm Tofu
- 1 Cup Balsamic Or Apple Cider Vinegar
- 1/2 Cup Low Sodium Soy Sauce Or Braggs Aminos Soy Sauce Substitute
- 2 Garlic Cloves
- 3Tbs Sriracha (To Taste)
- Salt And Black Pepper (To Taste)

Preparation

1. Drain tofu, rinse, and press between paper towels to rid excess moisture. Slice into thick 3oz steaks
2. Mix all ingredients (except the tofu) into a large container. Marinate tofu in this mixture for AT LEAST 1 hr (the longer the better).
3. Once tofu is done marinating sauté tofu steaks with 0 calorie cooking spray for 5-6 minutes on each side.
- 3a. OR place the tofu steaks on parchment paper in a baking sheet and bake in oven at 350°-400°.
4. Bake for 30 - 40 minutes or until tender

Roasted Broccoli

- About 6-7 Heaping Cups Of Broccoli
- 1 Medium Sliced Onion
- 1-2 Cloves Of Minces/Crushed Garlic
- 1 Cup Balsamic Or Apple Vinegar
- 1/4 Cup Low Sodium Soy Sauce
- 1/4- 1/2 Cup Of Nutrition Yeast (Per Taste)
- 1Tsp Sea Salt
- Pepper (Per Taste)

Preparation (pre heat over to 350-400°).

1. Place foil over large cookie sheet. Spread out 1 layer of cut and cleaned broccoli.
2. Over the Broccoli, spread on the raw onions and garlic.
3. Pour on wet ingredients, and sprinkle on dry ingredients.
4. Toss the broccoli to assure that it's all coated. Place the pan in pre-heated oven
5. Roast broccoli until some of the florets are browned, 25-35minutes.

Brown Rice

- 1 Cup Uncooked Brown Rice
- (Can Be Basmati 1 Cup Yields 3 To 4 Cups Of Cooked Rice)
- 1 Bunch Minced Scallions
- 1 Minced Red Pepper
- 2-3 Cloves Of Garlic
- Low Sodium Vegetable Stock
- Black Pepper (Per Taste)

Preparation

1. For every cup of brown rice you'll add 2 parts of low sodium vegetable stock, or water.
2. In a food processor add all the other ingredients with a bit of vegetables stock or water to make into a paste.
3. After brown rice is cooked, add mixture to rice and enjoy.
4. Make sure you don't add too much liquid to the paste. May add 1 tsp of olive oil to fluff rice.

Power Salad 1 salad

- 1 Cup halved Cherry Tomatoes
- 2 Cups Spinach
- 1/2 Of A Cucumber
- 1/4 Cup of Corn
- 1/4 Slice of Avocado
- A sprinkle of Nutritional Yeast
- Salt and Pepper









Preparation

1. Mix all the ingredients together, including the prepared Brussels sprouts.
2. Toss the salad in one of the above dressing options.
3. Sprinkle on nutritional yeast, salt, and pepper to taste.



Chest, Triceps, & Cardio Circuit

30 Sec rest between sets

1st Circuit	modified tricep extensions 15 reps 	→	wide-grip push ups 15 reps 	→	close grip push-ups 15 reps 	→	suicides 30 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit							
2nd Circuit	chest press skull crusher into a glute bridge 15 reps 	→	high plank shuffles 15 reps	→	bench dips (5x5x5) 	→	heel toe touches 30 Sec
Perform 3 - 4 Times Before Continuing to Next Circuit							
3rd circuit	tricep kickbacks 15 reps 	→	inch worm into bird dogs 15 reps 	→	wall tricep extensions 15 reps 	→	heel toe touches 30 sec

At Home Bonus Cardio Repeat 10 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio 20 Mins • Moderate to High Intensity







Treadmill / Elliptical / Stair Master / Spinning Bike

[View Day 1 Circuit](#)



Legs with Plyo Circuit

30 Sec rest between sets

1st Circuit	Pendulum Squat 15 reps 	→	Alternating Side Lunges 15 reps	→	Oblique Sumo Plyo Jumps 15 reps 	→	Jump Rope 60 Sec (optional)
	Perform 3 - 4 Times Before Continuing to Next Circuit						
2nd Circuit	Reverse Lunge with Sumo Squat 15 reps 	→	Weighted glute Bridge with Calf Raises 15 reps	→	Bench Leg Lifts 15 reps 	→	Bench Burpees 30 Sec
	Perform 3 - 4 Times Before Continuing to Next Circuit						
3rd circuit	Front to back lunges 15 reps 	→	Bulgarian split squat 15 reps 	→	Jump chair squat with back peddle 15 reps	→	Jump Rope 60 Sec (optional)

At Home Bonus Cardio Repeat 10 times • plyo circuit

Jump Rope 20 Sec	→	Quick Feet 20 Sec	→	Jog In Place 20 Sec
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At Gym Bonus Cardio 20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

View Day 2 Circuit



Core

30 Sec rest between sets

1st Circuit	pike plank with T rotation 15 reps	→	weighted toe touch 15 reps	→	Superman + Jack 15 reps	→	Weighted Jumping Jack 15 reps
Perform 3 - 4 Times Before Continuing to Next Circuit							
2nd Circuit	London Bridges 20 reps	→	Around the bottle plank 45 Sec	→	pass the bottle plank 45 Sec	→	dead bug (Back is flat on mat / No arch) 15 reps
Perform 3 - 4 Times Before Continuing to Next Circuit							
3rd circuit	bicycle crunches 15 reps	→	Canoes 15 reps	→	rollouts 30 Sec	→	Weighted Jumping Jack 15 reps

At Home Bonus Cardio
Repeat 10 times • plyo circuit

Jump Rope 60 Sec	→	Quick Feet 30 Sec	→	Jog In Place 60 Sec
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At Gym Bonus Cardio
20 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[View Day 3 Circuit](#)



Yoga & Foam Roll

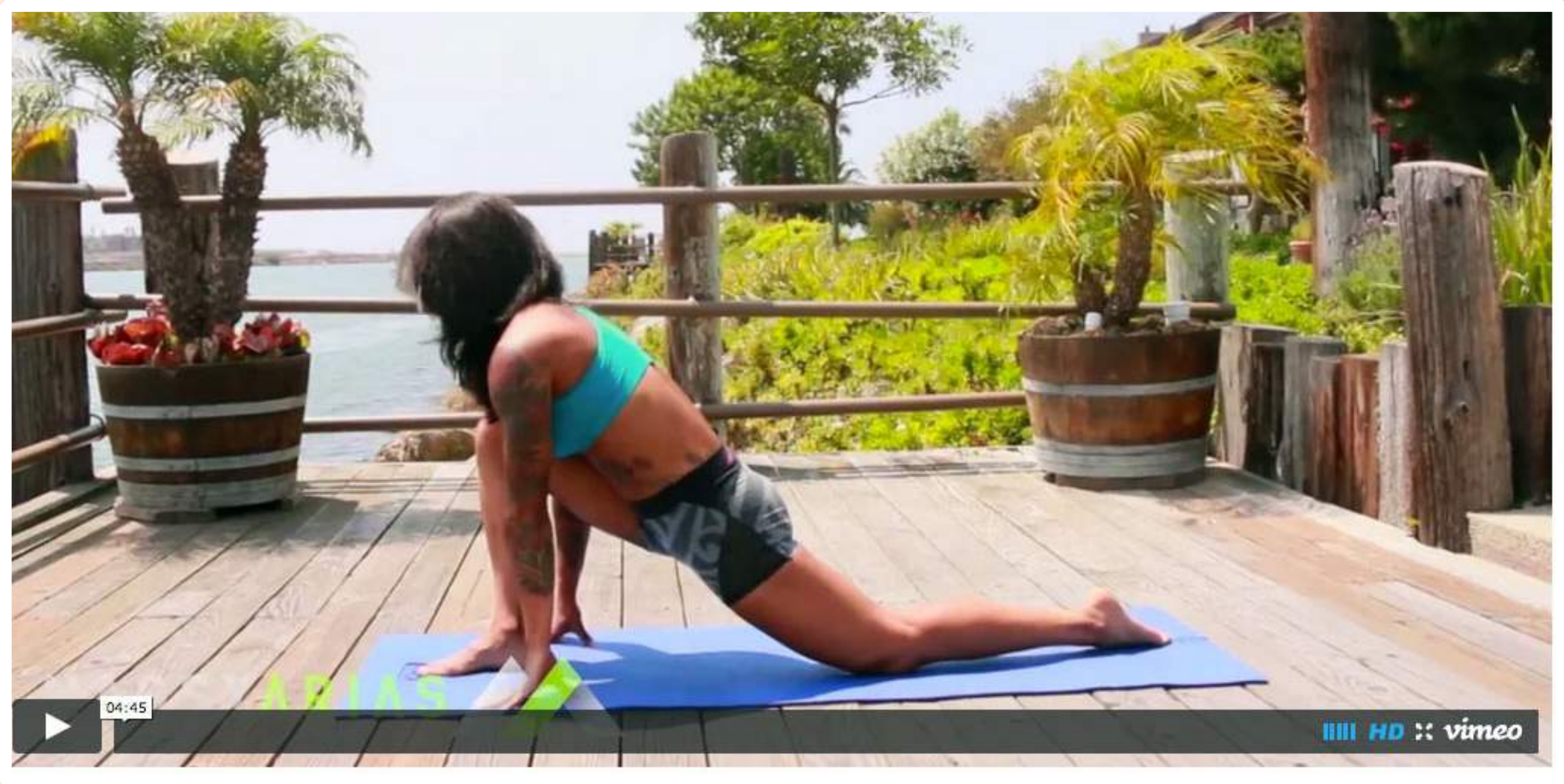
hold each pose for 10 full breaths
repeat flow 6 times

Yoga flow Vinyasa

Post Yoga

foam roll
20 minutes

[VIEW DAY 4 CIRCUIT](#)





Back, Biceps, & Shoulders

30 Sec rest between sets

1st Circuit	alternating grip row 15 reps 	→	chair get up with "clean" and press 15 reps 	→	alternating bicep curl 15 reps 	→	weighted jumping jacks 30 Sec *
	Perform 3 - 4 Times Before Continuing to Next Circuit						
2nd Circuit	alternating renegade row 15 reps 	→	plank get ups 15 reps *	→	transverse bicep curls 15 reps 	→	weighted jumping jacks 30 Sec *
	Perform 3 - 4 Times Before Continuing to Next Circuit						
3rd circuit	front to side shoulder raises 15 reps 	→	the 3 way bicep curl (5x5x5) 	→	Front Raises 15 reps 	→	Weighted t rotation push up 15 reps *

At Home Bonus Cardio Repeat 10 times • plyo circuit

Jump Rope 60 Sec	→	Quick Feet 30 Sec	→	Jog In Place 60 Sec
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At Gym Bonus Cardio 30 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[VIEW DAY 5 CIRCUIT](#)



Legs With Plyo Circuit

30 Sec rest between sets

1st Circuit	one leg squat 15 reps per leg *	→	Wall Sit 30 Sec 	→	stiff leg deadlift chair squat 15 reps 	→	Weighted Glute Bridge 30 Sec
	Perform 3 - 4 Times Before Continuing to Next Circuit						
2nd Circuit	weighted step up 15 reps 	→	weighted ninja get ups 15 reps *	→	sumo squats 15 reps 	→	side skiers 15 reps
	Perform 3 - 4 Times Before Continuing to Next Circuit						
3rd circuit	curtsy lunge 15 reps per leg 	→	side step up 15 reps 	→	wall sit (Round 2) 30 Sec 	→	body weight pulsing squat 15 reps

At Home Bonus Cardio Repeat 10 times • plyo circuit

Jump Rope 60 Sec	→	Quick Feet 30 Sec	→	Jog In Place 60 Sec
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At Gym Bonus Cardio 30 Mins • Moderate to High Intensity

Treadmill / Elliptical / Stair Master / Spinning Bike

[VIEW DAY 6 CIRCUIT](#)

Foam Rolling

Foam rolling is as important as your workout and your nutrition for optimal recovery. It will help you increase recovery time, decrease soreness, improve range of motion, and help you stay injury free. If a foam roller isn't available, make stretching part of your recovery post workout.

lower body
(30 mins)

Key areas to focus are your calves, glutes, hamstrings, and IT band

Upper body
(30 mins)

Never roll your lower back directly on the spine
you should be foam rolling your quadratus lumborum
It is acceptable to roll your upper back directly on your scapular region

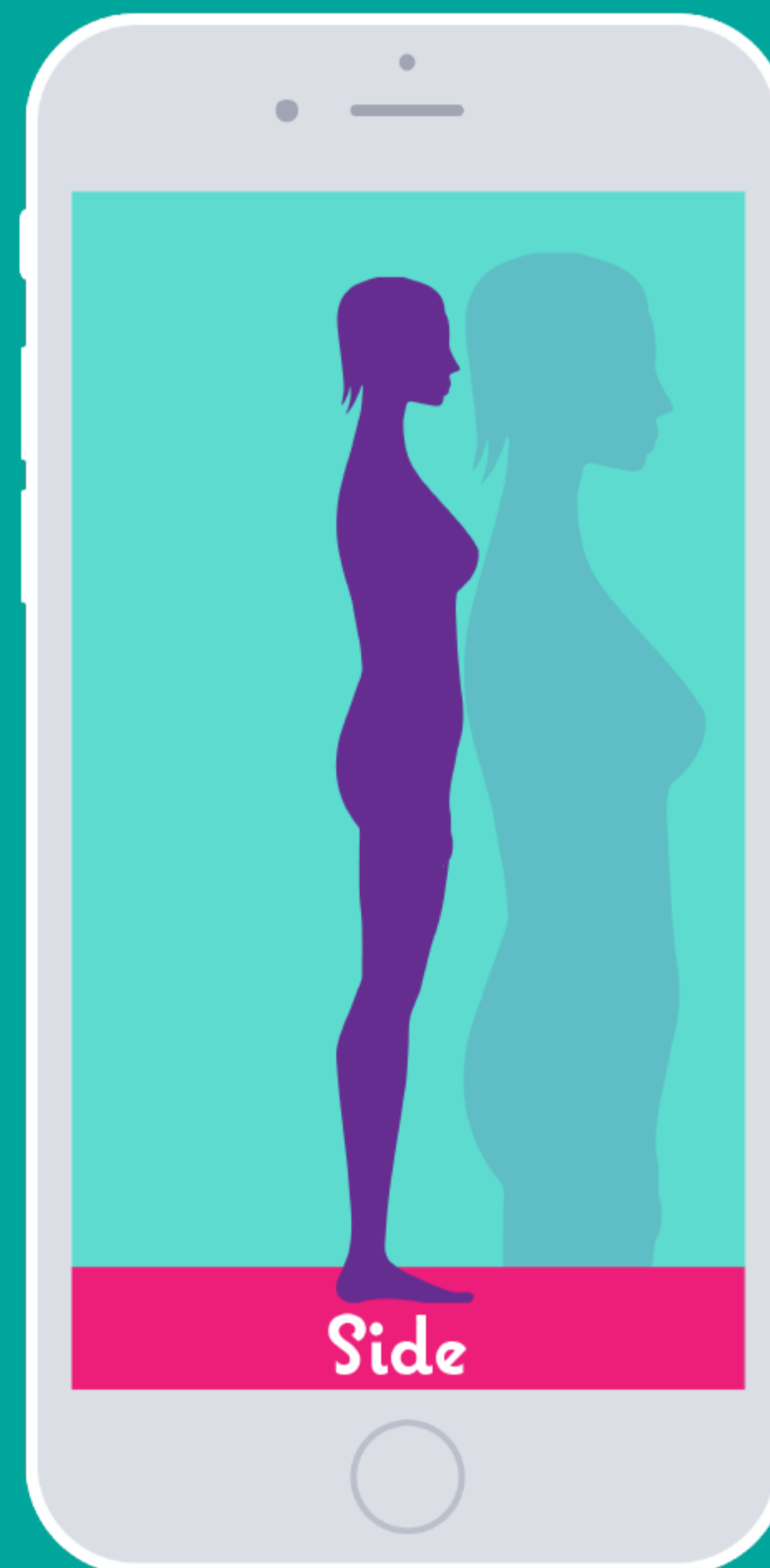
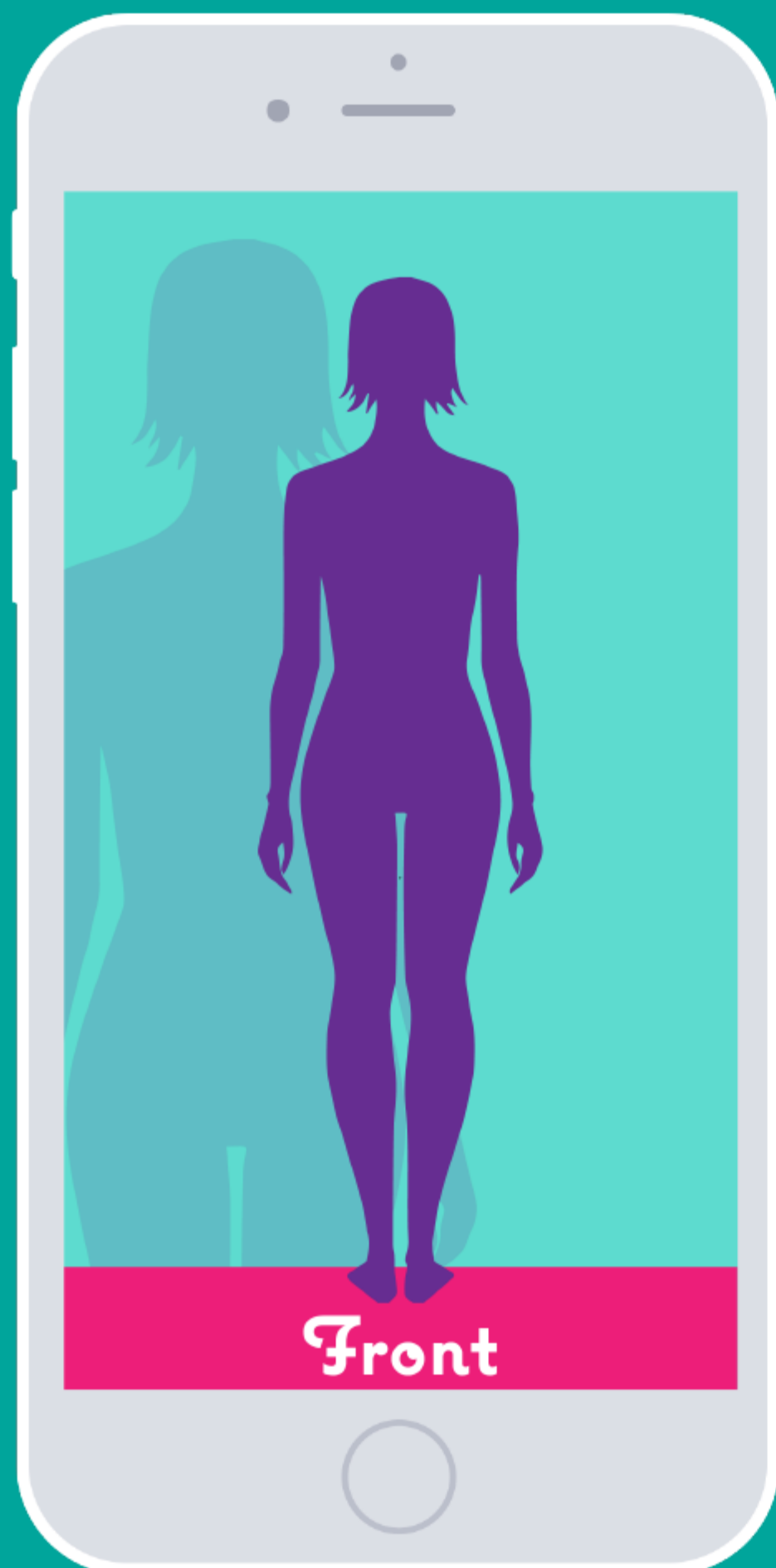
[VIEW DAY 7 CIRCUIT](#)



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1st

\$500

+Free Upcoming
Program

2nd

\$250

+jamba gift card
+tru bundle

3rd

\$100

+jamba gift card
+monster

Sponsored prizes by



This Is Not The End



Although this program is designed for 30 days, it can be extended and repeated. I change up my workouts or the intensity of my workouts every two weeks which means one week of this program can be extended to two weeks or even longer following these steps:

- Increase the sets of a particular circuit: if you were given 3 sets one week, as your body adapts and gets stronger, you can add one more set and make it harder.
- Increase the amount of resistance used: your body will get stronger so if you started doing 15 repetitions of bicep curls with 10lbs, you can increase that resistance.
- Increase the duration of your "cardio moves" in every circuit: if I have written to do 30 seconds of jumping jacks, you can increase the duration as you will build more endurance.
- Decrease the amount of time rested between sets or circuits: if you were resting 1 minute between circuits, or x amount of time between sets, try to shorten that time.

Your goal is to be a better version of yourself and no matter what your starting point is, you can always make your workouts tougher each week. By focusing on better performance each week, your results will be better and better every day.

TRACKING PROGRESS AFTER THIS PROGRAM

If you focus on your performance and not so much on how you want your body to look in a few more months, you will stay on track. Your goal for the next 30, and 60 days, is to perform better with each workout and with your nutrition every week. If you are moving better, running faster, lifting heavier, getting more flexible, finishing your workouts quicker, and always stepping out of your comfort zone, then your body will evolve. If every week you eat better and stick to this program a lot better, then your results will be permanent.

You will not be perfect and this means you will probably make mistakes along the way. Those mistakes will teach you how to grow and how to do whatever it was you failed at much better.

Use the hashtags #ma30day #ma60day #magoday to qualify for weekly prizes. I want to show off your hard work and i want to reward your lifestyle change with all of our sponsors.

You got this!

- **When should I drink a protein shake and how many should I drink per day?**
 - It all depends on your lifestyle. For example I recommend having a protein shake right after your workout to help you avoid missing the metabolic window that helps repair the muscle fibers you have broken during exercise and therefore create hypertrophy. If your lifestyle means you will wake up super early before heading to work (4:00am-5:00am) and you do not have enough time to digest a full meal before starting your workout, then you can have the protein shake as a pre workout, and have your breakfast immediately after the workout.
- **How much water should I drink per day?**
 - Your body confuses hunger for thirst, if you do not drink enough water you might be actually thirsty and not hungry. Making sure you drink enough water also guarantees you aren't dehydrated as you will be losing a lot of water through perspiration. Being dehydrated can lead to low energy levels and headaches. I recommend a minimum of 2 liters a day, not including the water you use for your protein shakes. I personally drink 3 liters of water daily.
- **Do I still drink a protein shake on days we only stretch and foam roll?**
 - Not necessarily. If you are following the plant based program then you need the shakes in order to reach your recommended amount of protein. The high quality plant based protein powder from Tru Supplements (or the brand that you ended up purchasing), is a clean way to up your protein intake while staying away from processed plant based meats. If you do not want to have the shake on that date if you are doing the carnivore plan, then make sure you add a source of protein to your snack to get enough protein in. I personally enjoy the shakes as part of my daily nutrition as it is one of my go to snacks.
- **I do not like chicken, can I substitute with fish?**
 - On your program there is a "Foods allowed" list and you can swap out any item you do not like for the ones on that list. Be aware of the mercury levels of fish so if you choose to swap out for more fish, stick to small fish lower in mercury like: salmon, pollock, herring, shrimp, sole, trout, flounder, and haddock. If you have the budget to buy wild caught, I suggest you do. If you are on a budget you can always buy it frozen as well instead of fresh.
- **How much weight should I use during workouts?**
 - Weight will be relevant to your own strength so telling you a specific number cannot be done. Whether you are trying to put on muscle, or trying to come down in weight, gaining muscle is key for a toned looking Physique. This means you need to put stress on the muscle you are trying to grow with a resistance that will create muscle fatigue. What I mean by this is that if I give you a specific amount of reps, you need to grab a resistance that helps you complete all these repetitions while the last couple of reps are extremely hard to complete. If you read 12 or 15 reps, you should not feel like you could have done more with the amount of weight you picked. A good rule to follow is to do a warm up set then if you do your first set and feel like you could have gone heavier, then work on going heavier on your next set and writing it down to keep track of your workouts.
- **What is the latest time you can eat?**
 - Allow yourself an hour before you go to sleep. We split meals consistently throughout the day to keep our metabolism running. We eat most of our starch heavy meals during the day and early afternoon, while cutting down on the starches and fruits at night as we get less active during this time. If you find yourself up very late at night, choose a source of lean protein and load your plate with vegetables as your go to late meal.

- **What do I do if I miss a workout?**

- If you miss a workout just go back to the regular schedule. Please do not try to squeeze two workouts on the same day as you will only be overtraining, and this could lead to injury. If you are going to miss a workout just follow the meal guide and get back to work. You can make it up at another day and use the missed workout as a rest day.

- **How much cardio should I be doing?**

- Stick to the cardio schedule of the program. Doing too much and over exerting your body not only will be detrimental, but it might also be compromising the muscle you are trying to build to get that toned physique, bigger glutes, etc. The three HIIT workouts provided for the program should not be done more than three times a week. Try to choose HIIT on days you aren't doing legs.

- **How much food should I buy for the week?**

- First off you must look at your meal plan before you look into the grocery list. When it comes to carbs like rice, sweet potatoes, quinoa, and other items we have on the list, the great thing is that those items will last you a long time without spoiling in your cabinet. For your proteins 16 ounces equals 1lb so if your plan calls for 4oz of protein for that particular meal, and you are eating 7 days a week, then that equals 2 ½ lbs (when you cook your protein it will lose water). Always read the plan first and multiply the serving by 7. Always read the nutritional labels of the foods you are purchasing as it will tell you the servings per package determining how much to buy.

- **Can I substitute meals? Do I have to eat the same foods everyday?**

- For the first 30 days of your program I suggest you eat the same foods as the program prescribes it because it helps you create a routine and establishes a relationship between the foods you're eating, and how they are reacting to your body. Once you get accustomed to building that routine, you can repeat the program and play around with the foods. You might be eating foods you've never eaten before, but I reassure you that all these foods will help your transformation while keeping you extremely healthy in the process. If your eating habits do not include a source of protein on at least the three major meals we have a day, start getting used to it because protein is the building block of muscle. If you want to put on muscle and decrease body fat, which in fact many of you call "toning", then a high protein diet like on this program is best.

- **Can I split up my workouts if i don't have enough time?**

- Yes you can. You can split up your cardio and your strength training. So for example you can do your strength training in the morning then do the cardio in the afternoon or vice versa. Try to follow the program as best as you can and do your post workout cardio after your strength training but if you have to, yes you can split them.

- **I am currently breastfeeding, what can I do?**

- Always monitor your milk supply. To make sure your milk production doesn't start running low, add more carbs to your meals. For example, one extra slice of sprouted bread for breakfast, 2-3oz extra of sweet potato at lunch, adding a serving of healthy carbs to dinner from the foods allowed list, In a nut shell, add an extra 500 calories to the plan.

- **Do I have to post to qualify to win?**

- Yes, you need to post your before and after photos using the hashtags provided as I will be personally checking them for weekly prizes. To be eligible for the grand prizes you have to send your progress pictures, giving us consent to post as I will be choosing the winners and announcing your hard work. Please send before and afters to progress@massyarias.com.

- **I just want to lose fat around my stomach, what is the best way to do this?**

- Targeting weight loss in one specific area is not how the body works. Your body loses fat / weight all around. Depending on your genetics, the body will lose fat around some areas faster than others. To ensure you speed up this process around your waistline, avoid consuming alcohol at all times during this program. Also avoid consuming sugars at night, even if its fruit.

- **I've heard you need a fat burner to really lose fat, is this true?**

- No, you do not NEED a fat burner to lose fat during this program. You will see amazing results without it. If you are going to use a fat burner I would recommend the Tru Metabolism from Tru Supplements since it is a NCAA safe product and it's ingredients are safe. This fat burner supplement will definitely help you maximize your results. Despite this, never think that fat burners are the answer to decreasing your overall fat percentage.

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- **Can I drink coffee?**

- Yes, you can drink coffee as long as you make it simple. Try using unsweetened almond milk and avoid creamers. you can always sweeten with stevia or add a little bit of protein powder to make it creamy.

Exercise Modifications



Modifications & Regressions *

- When doing any of the cardio moves, if one is uncomfortable to perform, you can double up on any that is comfortable. Remember that stretching and foam rolling is extremely important for recovery. Failure of doing both, will result in muscle tightness that eventually might pull on your tendons and joints. Treat these as any workout.
- **Strict push ups:** modify on your knees or use a higher surfaced like a bench to perform them until you gain enough strength to do them strict.
- **Fake jump rope:** use a real jump rope if available
- Chair squat jumps: may do strict squat jumps without the bench or use a box jump to make routine more intense.
- **Inchworm with push up modification:** the more you bend you knees the easier the inch worm. If strict push ups are still a challenge as you are in the plank position, you can drop to your knees to perform the push up.
- **Chair dips elevated modification:** the closer your legs are to your body, the less weight you are pushing making it easier for you. Don't use an elevated surface.
- **Surfer get ups modification:** you can modify this exercise by doing bench plank outs. Start with your legs as close as you can to a bench while jumping back into a plank position then bringing your legs back to the bench. Think of it as a modified burpee.
- **Weighted t-rotation push ups:** do not use the weights until your core is strong enough to perform.
- **One leg squat:** you can progress this exercise by performing pistol squats, and regress it by using a bench to sit down on it until you gain strength and flexibility.
- **Ninja stand ups regression:** regress with reverse lunges.
- **Inch worms regression:** bend your knees as much as you can to make this exercise easier. The straighter your legs, the more weight you'll be pushing.
- **Chair dips regression:** bring your legs close to your body. The straighter your legs are, the more weight you'll be pushing.
- **Weighted jumping jacks regression:** do not use resistance until your core is strong enough to perform.
- **Weighted ninja get ups regression:** do not use resistance if this is too hard for you until you gain the strength to perform.

←.....→

Progressions 💪

- **Wall tricep presses progression:** can be done on a lower surface like a bench.
- **Elbow plank pike progression:** you can use a swiss ball to perform swiss ball pikes.
- **Bird dog progression:** you can perform your bird dogs in a push up position if your core is strong enough.
- **Football squats progression:** you may use mini resistance bands 2 inches above your knees for better glute activation and recruitment.
- **Wall stand bicep curl progression:** if at the gym, this simulates a preacher curl machine.
- **Stiff leg deadlift chair squat progression:** you can progress this exercise by not using a chair and just doing the squat strictly.
- **mountain climbers progression:** use a bosu ball to place your hands at each of its ends and make your mountain climbers harder.

Clean Cheats



For this program we are including a few options of healthy cheats you can enjoy once a week. These cheats can be included right after a workout, especially on leg days. Your cheat meal has to be within 500-700 calories and I advice you to always follow this cheat meal with lots of hydration. Try to have your cheat meal right after one of our workouts. Immediately after the cheat meal, continue your regular meal schedule. You can always drop the carbs of your following meal or the fruit if you have a sweet treat like the Froyo with Fruit or the Acai Bowl.



Healthy grilled Portobello or Black Bean burger:

Ask for a whole wheat, gluten free, or whole grain bun, ask for your sauces on the side so that you can control how much goes into them. I advice you to skip the fries if you are doing fat loss, but you can always do a small serving of sweet potato fries.

Special Sushi / Sashimi Roll:

Pick one or two rolls that are hearty and packed with fresh veggies or fish. This is a rainbow roll and instead of the California filling, I asked to be switched to spicy tuna rolled in brown rice and on top there is clean sashimi and avocado. When choosing a roll stay away from fried rolls and ask for your sauces to be on the side so you can control how much goes into it.



Small Froyo with Fruit



Açaí Bowl with Fruit

(Limit to 3 Pieces of Fruit as Toppers)



Properly Warm Up



How to Properly Warm Up Your Lower Body

Repeat 2 Times - 30 Seconds Each Move

- | | |
|----------|--|
| 1 | Butt Kickers |
| 2 | Frankensteins |
| 3 | Hamstring Scoops |
| 4 | Quad Pulls |
| 5 | Knee Pulls |
| 6 | Spiderman Stretch with Rotation |
| 7 | Glute Bridges (Double Leg) |
| 8 | Glute Bridges (Single Leg) |



Properly Warm Up

How to Properly Warm Up Your Upper Body

Repeat 2 Times - 30 Seconds Each Move

1 Towel Flossing

2 Arm Circles

3 Wrist Rotations

4 Squat into Rotation

