



Home Fitness & Nutrition Playbook

Home training, plant-forward nutrition,
meal ideas and grocery planning

Resources Center • Leadership & Personal Development

THE EXCELLENCE DISTRICT

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THE EXCELLENCE DISTRICT - HOME FITNESS & NUTRITION PLAYBOOK

Home training, plant-forward nutrition, meal ideas and grocery planning

Home Training with Push-Up Board, Twister Arm Trainer & Yoga Mat

Your Equipment

Push-Up Board System - Color-coded multi-function board with push-up handles, resistance bands, and an adjustable bar. Targets chest, shoulders, back, arms, and core. The colored slots change hand position to emphasize different muscle groups.

Adjustable Twister Arm Trainer - Adjustable 5-spring squeeze trainer for chest, arms, shoulders, and back. Resistance adjusts to scale difficulty. Great for upper-body strength and toning.

Yoga Mat - Cushioned surface for floor work, core training, mobility, stretching, and recovery. Used in nearly every session for comfort and stability.

How to Use This Plan

Weekly Structure

6 training days + 1 full rest day. Three strength-focused days alternate with two lighter conditioning/mobility days, plus one active recovery day.

Each workout takes roughly 35-50 minutes including warm-up and cool-down.

Rest 45-60 seconds between sets; 90 seconds between exercises if you need it.

Progression

Weeks 1-2: Build form. Use lower band/spring resistance and the easier rep range.

Weeks 3-4: Add 1 set or move to the higher rep range on key lifts.

Weeks 5+: Increase resistance (more bands / more springs) or slow your tempo (3 seconds down) to keep progressing.

Form & Safety

Always warm up before and stretch after - both are built into each day.

Keep your core braced and spine neutral on all pressing and squeezing movements.

Stop if you feel sharp joint pain. Mild muscle fatigue is normal; pain is not.

Weekly Overview

Day	Focus	Primary Equipment
Day 1	Full Body Strength A	Push-up board + bands + mat
Day 2	Upper Body & Arms	Twister arm trainer + bands + mat
Day 3	Core & Mobility	Mat + light bands
Day 4	Full Body Strength B	Push-up board + bands + mat
Day 5	Upper Body Pump & Conditioning	Twister + push-up board + mat
Day 6	Active Recovery & Flexibility	Mat (yoga / stretching)
Day 7	Full Rest	-

Standard Warm-Up (5 minutes, every training day)

Arm circles, shoulder rolls, bodyweight squats, torso twists, and 10 slow push-ups from the knees on the mat. Light band pull-aparts to activate the upper back.

Standard Cool-Down (5 minutes, every training day)

On the mat: chest stretch, overhead triceps stretch, child's pose, seated forward fold, and a supine spinal twist. Breathe slowly and hold each stretch 20-30 seconds.

Day 1 - Full Body Strength A

Focus: Chest, back, legs, and core using the push-up board and resistance bands.

Exercise	Sets	Reps / Time	Equipment / Notes
Push-Up Board Press (Chest position)	4	8-12	Use the chest-marked slots on the board
Banded Rows	3	12-15	Anchor bands, squeeze shoulder blades
Bodyweight Squats	3	15-20	On or beside mat, controlled tempo
Banded Chest Press	3	12-15	Bands behind back, press forward
Reverse Lunges	3	10 / leg	Bodyweight, balance on mat
Plank Hold	3	30-45 sec	On mat, brace core, flat back

Finisher: 2 rounds - 20 mountain climbers + 10 push-ups (any board position) on the mat.

Day 2 - Upper Body & Arms

Focus: Chest, arms, and shoulders using the Twister Arm Trainer and bands.

Exercise	Sets	Reps / Time	Equipment / Notes
Twister Front Squeeze (chest)	4	12-15	Hold at chest, squeeze and control release
Twister Overhead Press-Squeeze	3	10-12	Arms overhead, engages shoulders
Banded Biceps Curls	3	12-15	Stand on band, curl both arms
Twister Reverse Hold (back/rear delts)	3	12-15	Squeeze behind body
Banded Triceps Pushdowns	3	12-15	Anchor high, extend elbows
Twister Single-Arm Squeeze	2	10 / arm	Isolate each side

Finisher: Twister Trainer - as many controlled squeezes as possible in 60 seconds on the lowest resistance.

Day 3 - Core & Mobility

Focus: Abs, lower back, and full-body mobility - all on the yoga mat.

Exercise	Sets	Reps / Time	Equipment / Notes
Dead Bug	3	10 / side	Lie on mat, opposite arm/leg
Bicycle Crunches	3	20 total	Controlled, elbow to opposite knee
Glute Bridge	3	15	Squeeze glutes at top
Bird Dog	3	10 / side	On all fours, extend & hold
Side Plank	3	20-30 sec / side	Stack hips, straight line
Superman Hold	3	20-30 sec	Lift chest and legs off mat

Mobility Flow (2 rounds)

Cat-cow, world's greatest stretch, hip flexor stretch, thoracic rotations, and downward dog to cobra. Move slowly and breathe.

Day 4 - Full Body Strength B

Focus: Shoulders, back, legs, and core - a different angle from Day 1 using the board's other positions.

Exercise	Sets	Reps / Time	Equipment / Notes
Push-Up Board Press (Shoulder position)	4	8-12	Use shoulder-marked slots, hands closer
Banded Lat Pulldown	3	12-15	Anchor high, pull to chest
Banded Squat to Press	3	12	Stand on band, squat then press up
Push-Up Board Press (Tricep / close)	3	8-12	Close-grip slots, elbows tucked
Banded Romanian Deadlift	3	12-15	Hinge at hips, flat back
Hollow Body Hold	3	20-30 sec	On mat, low back pressed down

Finisher: 3 rounds - 10 push-ups + 15 banded rows, minimal rest.

Day 5 - Upper Body Pump & Conditioning

Focus: Higher-rep upper body burnout combining the Twister, board, and bands, plus light conditioning.

Exercise	Sets	Reps / Time	Equipment / Notes
Twister Front Squeeze (chest)	3	15-20	Higher reps, moderate resistance
Push-Up Board Press (Wide position)	3	10-15	Wide slots for outer chest
Banded Shoulder Lateral Raise	3	15	Light band, raise to shoulder height
Twister Overhead Squeeze	3	12-15	Shoulders and triceps
Banded Face Pulls	3	15	Anchor high, pull to face, rear delts
Push-Up Board to Plank Tap	2	10 / side	Plank on board, tap opposite shoulder

Conditioning Circuit (3 rounds, 30 sec each, on mat)

Jumping jacks → high knees → mountain climbers → bodyweight squats. Rest 60 seconds between rounds.

Day 6 - Active Recovery & Flexibility

Focus: Gentle yoga and full-body stretching on the mat. Low intensity - promotes recovery and flexibility.

Yoga / Stretch Flow (hold each 30-45 seconds)

Child's pose - decompress the spine and shoulders.

Cat-cow - 8 slow cycles to mobilize the back.

Downward dog - stretch hamstrings, calves, and shoulders.

Low lunge (each side) - open the hip flexors.

Pigeon pose (each side) - deep glute and hip stretch.

Seated forward fold - hamstrings and lower back.

Supine spinal twist (each side) - release the spine.

Cobra / upward dog - open the chest and abs.

Corpse pose (savasana) - 3-5 minutes of relaxed breathing.

Optional: Add a 20-30 minute easy walk for light cardio.

Day 7 - Full Rest

No structured training. Let your muscles recover and rebuild. Stay hydrated, prioritize sleep, and eat enough protein. Light walking or gentle stretching is fine if you feel like moving, but the goal is genuine rest so you come back stronger next week.

Tips for Best Results

Nutrition

Eat enough protein (roughly 0.7-1 g per pound of bodyweight) to support muscle repair.

Stay hydrated - aim for water throughout the day, especially around workouts.

Don't train fasted if it leaves you weak; a small carb + protein snack beforehand helps.

Recovery

Sleep 7-9 hours. Most muscle growth happens during rest, not during the workout.

If a muscle group is very sore, it's fine to swap a strength day for an extra mobility day.

Tracking Progress

Log your sets, reps, and resistance level each session so you can see progression.

Take progress photos or measurements every 3-4 weeks rather than relying on the scale alone.

Increase difficulty only once your form is solid across all sets.

Stay consistent. Small efforts repeated weekly build real strength.

Plant-Forward Pescatarian Nutrition Playbook

Purpose: support strength, recovery, energy, and gradual movement toward a fully plant-based pattern while keeping the plan practical, high-protein, and completely tofu-free.

Operating Rules

- No tofu. This nutrition section avoids tofu completely. Protein comes from legumes, lentils, beans, chickpeas, quinoa, nuts, seeds, mushrooms, pea protein, optional eggs/dairy as a bridge, and optional seafood while you are still pescatarian.
- Build every meal around protein first, then plants, then smart carbs, then healthy fats. Training requires fuel; under-eating will stall strength, recovery, and body composition.
- Use mushrooms and walnuts as the main meat-texture substitutes. Mushrooms bring chew and umami; walnuts bring richness and a ground-meat texture when chopped.
- Keep seafood as a bridge, not the center of the identity. Use salmon, sardines, shrimp, trout, or cod when needed, then gradually replace more meals with legumes and mushroom-walnut blends.
- Do not chase perfection. Move the percentage: 60% plant-based, then 75%, then 90%, then fully plant-based when your meals, protein, digestion, and recovery are consistent.

Daily Nutrition Targets

Use these as practical targets, not rigid law. Adjust based on hunger, energy, digestion, training performance, body composition, and medical guidance when needed.

Target Area	Practical Target	How to Hit It Without Tofu
Protein	Aim for 30-45 g protein per main meal, plus 10-30 g from snacks as needed.	Lentils, chickpeas, black beans, pea protein, quinoa, hemp hearts, pumpkin seeds, Greek yogurt or eggs if you still use them, and seafood as a transition tool.
Carbs	Place most carbs around training: pre-workout and post-workout.	Oats, rice, potatoes, sweet potatoes, quinoa, fruit, whole-grain wraps, lentil pasta, and beans.
Fats	Use enough fat for hormones, satiety, and flavor, but do not let fats crowd out protein.	Walnuts, avocado, olive oil, tahini, chia, flax, hemp hearts, pumpkin seeds, and nut butters.

Target Area	Practical Target	How to Hit It Without Tofu
Fiber	Increase fiber gradually so digestion can adapt.	Beans, lentils, chickpeas, berries, greens, oats, chia, vegetables, and whole grains.
Hydration	Drink water consistently and add electrolytes when sweating heavily.	Water, mineral water, coconut water occasionally, and meals with potassium-rich foods like potatoes, bananas, beans, and greens.
Micronutrients	Track B12, vitamin D, iron, calcium, zinc, iodine, selenium, and omega-3s as you move more plant-based.	Fortified foods, nutritional yeast, sea vegetables in moderation, Brazil nuts in small amounts, leafy greens, legumes, seeds, and clinician-approved supplements when needed.

Simple Plate Formula

Plate Zone	What Goes There	Examples
Protein Base	One strong protein source or two medium protein sources.	Lentils + quinoa; chickpeas + hemp hearts; black beans + pea protein smoothie; salmon + beans during transition.
Vegetable Volume	At least two vegetables, with one leafy or cruciferous option when possible.	Spinach, kale, arugula, broccoli, peppers, onions, mushrooms, cabbage, asparagus, zucchini.
Performance Carb	One carb source, larger on training days and smaller on rest days.	Rice, oats, potatoes, sweet potatoes, quinoa, whole-grain wrap, lentil pasta, fruit.
Flavor + Fats	One fat or sauce to make the meal satisfying.	Avocado, tahini lemon sauce, salsa, olive oil, walnut crumble, pesto, hummus, cashew sauce.
Mineral Boost	A small add-on that improves nutrient density.	Pumpkin seeds, hemp hearts, chia, flax, seaweed flakes, nutritional yeast, sesame seeds.

Pre-Workout and Post-Workout Fuel

Timing	Goal	No-Tofu Options
60-90 min before training	Easy energy without feeling heavy.	Banana + peanut butter; oats + berries; toast + avocado; smoothie with pea protein, banana, spinach, and almond milk.
After training	Protein + carbs to support repair and replenish energy.	Lentil pasta bowl; quinoa bean bowl; pea protein shake + fruit; chickpea curry + rice; salmon or sardine bowl during transition.
Late evening if hungry	Light recovery without overeating.	Chia pudding; Greek yogurt if still using dairy; hummus + vegetables; roasted chickpeas; small smoothie.

7-Day Plant-Forward Meal Idea Map

This map keeps the week pescatarian-friendly while pushing the center of gravity toward plants. Replace seafood meals with the plant swap when you are ready.

Day	Breakfast	Lunch	Dinner	Snack / Add-On
Day 1	Protein oats with chia, hemp, walnuts, berries, and pea protein.	Walnut-mushroom taco bowl with black beans, rice, salsa, and avocado.	Lentil mushroom bolognese over lentil pasta or whole-grain pasta.	Roasted chickpeas or apple with peanut butter.
Day 2	Smoothie: pea protein, banana, spinach, berries, flax, and almond milk.	Chickpea "tuna" wrap with nori, celery, pickles, lettuce, and tahini lemon sauce.	Coconut chickpea curry with brown rice and broccoli.	Trail mix with walnuts, pumpkin seeds, and dried fruit.
Day 3	Savory mushroom quinoa hash with greens and avocado. Optional egg if still using eggs.	Black bean sweet potato chili with side salad.	Portobello steak bowl with quinoa, peppers, onions, and tahini sauce.	Chia pudding with berries.

Day	Breakfast	Lunch	Dinner	Snack / Add-On
Day 4	Overnight oats with chia, flax, pea protein, blueberries, and cinnamon.	Lentil power salad with quinoa, cucumber, tomatoes, olives, and chickpeas.	Seafood bridge: salmon, sardines, shrimp, or trout with rice and greens. Plant swap: lentils + mushrooms.	Hummus with carrots, peppers, and whole-grain pita.
Day 5	Banana walnut protein oats.	Mushroom-walnut lettuce wraps with black beans and salsa.	Black bean and sweet potato burrito bowl.	Pea protein shake or roasted edamame if soy is acceptable.
Day 6	Smoothie bowl with pea protein, berries, spinach, chia, and granola.	Chickpea curry leftovers over quinoa.	Walnut-mushroom tacos with cabbage slaw and avocado.	Seaweed snacks + avocado toast.
Day 7	Plant-forward brunch bowl: potatoes, mushrooms, peppers, greens, avocado.	Big recovery salad with beans, quinoa, pumpkin seeds, and lemon tahini.	Flexible meal: choose your favorite recipe from the week and prep extra.	Fruit, nuts, or chia pudding.

Tofu-Free Protein Substitution Matrix

Craving / Meal Type	Use This Instead of Meat	How to Build Flavor	Best Meals
Ground meat texture	Finely chopped mushrooms + walnuts + lentils.	Smoked paprika, cumin, garlic, onion, tamari or coconut aminos, chili powder.	Tacos, chili, bolognese, nacho bowls, stuffed peppers.
Seafood-style salad	Mashed chickpeas + nori flakes + celery + pickles.	Lemon, dill, mustard, black pepper, tahini or avocado.	Wraps, sandwiches, salad bowls, stuffed avocado.
Steak-like chew	Portobello mushroom caps or king oyster mushrooms.	Balsamic, garlic, smoked paprika, steak seasoning, olive oil.	Fajitas, rice bowls, sandwich stacks, grill plates.
High-protein pasta	Lentil pasta, chickpea pasta, or bean-based pasta.	Marinara, mushrooms, garlic, basil, nutritional yeast.	Bolognese, pasta bake, pesto pasta, pasta salad.
Burger base	Black beans + oats + mushrooms + walnuts.	Cumin, smoked paprika, onion, garlic, mustard, pepper.	Burgers, sliders, patty bowls, wraps.
Creamy sauce	Cashews, tahini, avocado, white beans, or blended cauliflower.	Lemon, garlic, nutritional yeast, herbs, pepper.	Pasta, bowls, wraps, roasted vegetables.

Meal Prep System

The goal is to make the right meals easy. Prep components, not just complete meals. That gives you variety without starting from zero every day.

Prep Block	What to Prepare	How Much	Use It For
Protein batch	Cook lentils, black beans, chickpeas, or a mushroom-walnut crumble.	2-4 cups cooked or 4 servings.	Bowls, wraps, tacos, chili, pasta, salads.
Carb batch	Cook rice, quinoa, potatoes, oats, or sweet potatoes.	3-5 servings.	Training meals and recovery meals.
Vegetable batch	Roast peppers, onions, mushrooms, broccoli, zucchini, or sweet potato.	1-2 sheet pans.	Bowls, wraps, curries, stir-fry, salads.

Prep Block	What to Prepare	How Much	Use It For
Sauce batch	Make lemon tahini, salsa verde, avocado lime sauce, or cashew cream.	1 jar.	Flavor, satiety, and consistency.
Snack batch	Roasted chickpeas, chia pudding, trail mix, or washed fruit.	3-5 portions.	Between meals, pre-workout, or late evening hunger.

Tofu-Free Meal Idea Recipes

Every recipe below is tofu-free. Seafood appears only as an optional pescatarian bridge; each seafood meal includes a plant-forward swap.

1. Walnut-Mushroom Taco Meat

Yield	Time	Protein Target	Best Use
4 servings	20-25 min	Add beans or lentils for 20-30 g per serving	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 2 cups finely chopped mushrooms - 1 cup walnuts, pulsed or finely chopped - 1 cup cooked lentils or black beans - 1 tbsp olive oil - 1 tsp cumin - 1 tsp smoked paprika - 1 tsp chili powder - 1/2 tsp garlic powder - Salt, pepper, and lime	1. Saute mushrooms in olive oil until moisture cooks down. 2. Add walnuts, lentils or beans, and spices. 3. Cook until browned and crumbly. 4. Finish with lime and serve in tacos, bowls, or lettuce wraps.	This is the main ground-meat replacement. For a leaner version, use more lentils and fewer walnuts.

2. Chickpea Sea-Style Salad Wrap

Yield	Time	Protein Target	Best Use
3-4 servings	10-15 min	Add hemp hearts or pea protein side if needed	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 2 cans chickpeas, drained and mashed - 1 celery stalk, diced - 2 tbsp pickles or relish - 1-2 tsp nori flakes or crushed seaweed - 1 tbsp mustard - 2-3 tbsp tahini or avocado mayo - Lemon juice, black pepper, dill - Whole-grain wraps or lettuce cups	1. Mash chickpeas until partly creamy and partly chunky. 2. Mix in celery, pickles, nori, mustard, tahini, lemon, and seasonings. 3. Load into wrap with greens, cucumber, and tomato. 4. Serve with fruit or roasted chickpeas for a fuller meal.	Gives a tuna-salad feel without fish or tofu. Keep nori light if you are watching iodine intake.

3. Black Bean Sweet Potato Chili

Yield	Time	Protein Target	Best Use
5-6 servings	35-45 min	20-30 g with extra beans or quinoa	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 2 cans black beans - 1 large sweet potato, diced - 1 can crushed tomatoes - 1 onion, diced - 1 bell pepper, diced - 2 cups vegetable broth - 1 tbsp chili powder - 1 tsp cumin - 1 tsp smoked paprika - Optional: quinoa mixed in	1. Saute onion and pepper until soft. 2. Add spices and stir for 30 seconds. 3. Add sweet potato, beans, tomatoes, and broth. 4. Simmer until sweet potato is tender. 5. Serve with avocado, cilantro, and lime.	Batch-cooks well. Add walnut-mushroom crumble for a thicker, meatier chili.

4. Lentil Mushroom Bolognese

Yield	Time	Protein Target	Best Use
4 servings	30-40 min	25-40 g with lentil pasta	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 2 cups cooked lentils - 2 cups chopped mushrooms - 1 jar marinara or crushed tomatoes - 1 small onion, diced - 3 garlic cloves, minced - Italian seasoning - Lentil pasta or whole-grain pasta - Nutritional yeast or basil to finish	1. Saute onion, garlic, and mushrooms until browned. 2. Add lentils, marinara, and Italian seasoning. 3. Simmer until thick. 4. Serve over lentil pasta for a higher-protein meal. 5. Top with nutritional yeast or herbs.	Use lentil pasta when you need more protein. Use whole-grain pasta when you need more easy training fuel.

5. Portobello Steak Bowl

Yield	Time	Protein Target	Best Use
2 servings	20-30 min	Add beans/quinoa to reach target	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 2 large portobello caps, sliced - 1 cup cooked quinoa or rice - 1 cup black beans or lentils - Peppers and onions - 1 tbsp olive oil - Balsamic vinegar - Garlic, smoked paprika, black pepper - Tahini lemon sauce	1. Season mushrooms with oil, balsamic, garlic, paprika, and pepper. 2. Sear or roast mushrooms until browned. 3. Cook peppers and onions. 4. Build bowl with grain, beans, mushrooms, vegetables, and sauce.	Portobello gives chew and savory depth. Beans or lentils make it a true strength meal.

6. Coconut Chickpea Curry

Yield	Time	Protein Target	Best Use
4 servings	25-35 min	20-30 g with quinoa or extra chickpeas	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 2 cans chickpeas - 1 can light coconut milk - 1 can diced tomatoes - 1 onion, diced - 2 garlic cloves, minced - 1 tbsp curry powder - Spinach or kale - Rice or quinoa - Lime and cilantro	1. Saute onion and garlic. 2. Add curry powder and stir until fragrant. 3. Add chickpeas, tomatoes, and coconut milk. 4. Simmer until thick, then stir in greens. 5. Serve over rice or quinoa with lime.	Use quinoa instead of rice when you need more protein. Add mushrooms if you want more body.

7. Pescatarian Bridge Bowl

Yield	Time	Protein Target	Best Use
2 servings	20-25 min	35-45 g depending seafood portion	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- Salmon, sardines, shrimp, trout, or cod - 1 cup cooked rice or quinoa - Greens or broccoli - Cucumber, avocado, or cabbage - Lemon, herbs, garlic, pepper - Optional tahini or yogurt sauce	1. Cook seafood simply with lemon, garlic, and herbs. 2. Build bowl with grain, vegetables, and sauce. 3. Add avocado or seeds for healthy fats. 4. Use this when recovery needs are high or plant meals are not yet planned.	Plant swap: replace seafood with lentils plus mushrooms or chickpeas plus hemp hearts. Avoid high-mercury seafood choices.

8. High-Protein Overnight Oats

Yield	Time	Protein Target	Best Use
1 serving	5 min prep + overnight	25-40 g depending protein powder	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 1/2 cup oats - 1 scoop pea protein - 1 tbsp chia seeds - 1 tbsp ground flax - 1 tbsp hemp hearts - 1 cup almond milk or oat milk - Berries - Cinnamon and walnuts	1. Mix oats, pea protein, chia, flax, hemp, and milk. 2. Refrigerate overnight. 3. Top with berries, cinnamon, and walnuts. 4. Add more milk in the morning if too thick.	Easy pre-workout or breakfast. Use unsweetened milk and add fruit for sweetness.

9. Mushroom Black Bean Burger Patties

Yield	Time	Protein Target	Best Use
4 patties	25-35 min	15-25 g per patty depending size	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 1 can black beans, mashed - 1 cup chopped mushrooms - 1/2 cup oats - 1/4 cup chopped walnuts - 1 tbsp ground flax + 3 tbsp water - Garlic, cumin, smoked paprika - Salt and pepper - Whole-grain buns or salad bowl base	1. Mix flax and water, then rest 5 minutes. 2. Saute mushrooms until dry. 3. Combine beans, mushrooms, oats, walnuts, flax mixture, and spices. 4. Form patties and pan-sear or bake until firm. 5. Serve as burger, wrap, or bowl.	If patties are too soft, add more oats. If too dry, add salsa or a little olive oil.

10. Recovery Smoothie Bowl

Yield	Time	Protein Target	Best Use
1 serving	5-10 min	25-40 g depending protein powder	Training meal or recovery meal

Ingredients	Steps	No-Tofu / Transition Notes
- 1 scoop pea protein - 1 banana - 1 cup frozen berries - 1 handful spinach - 1 tbsp peanut butter or almond butter - 1 tbsp chia or flax - Almond milk as needed - Granola or walnuts on top	1. Blend protein, banana, berries, spinach, nut butter, chia or flax, and milk. 2. Pour into bowl. 3. Top with walnuts, granola, or hemp hearts. 4. Use after training when appetite is low.	This is fast fuel. For fat loss phases, use less nut butter and granola. For muscle gain, add oats.

Grocery List

Category	Primary Items
Proteins	Lentils, black beans, chickpeas, kidney beans, pea protein, lentil pasta, chickpea pasta, hemp hearts, pumpkin seeds, optional eggs/dairy, optional seafood bridge.
Meat Substitutes	Portobello mushrooms, cremini mushrooms, king oyster mushrooms, walnuts, lentils, black beans, oats, chickpeas.
Carbs	Oats, brown rice, jasmine rice, quinoa, potatoes, sweet potatoes, whole-grain wraps, whole-grain bread, fruit.
Vegetables	Spinach, kale, broccoli, cabbage, peppers, onions, zucchini, carrots, cucumber, tomatoes, salad greens.
Fats + Flavor	Avocado, olive oil, tahini, walnuts, chia, flax, nut butter, salsa, mustard, vinegar, herbs, nutritional yeast.
Recovery Support	Electrolytes as needed, mineral water, berries, bananas, tart cherry juice occasionally, herbal tea.

Nutrient Watch List for Moving Fully Plant-Based

This is not fear-based. It is simply the maintenance checklist that keeps a plant-based transition strong, stable, and sustainable.

Nutrient	Why It Matters	Tofu-Free Food Strategy
Vitamin B12	Important for nerves, red blood cells, and energy metabolism.	Fortified nutritional yeast, fortified plant milks, fortified cereals, or a clinician-approved supplement.
Vitamin D	Supports bones, muscles, immune function, and recovery.	Sunlight where appropriate, fortified foods, mushrooms exposed to UV light, and testing/supplement guidance if low.
Iron	Supports oxygen transport and training energy.	Lentils, beans, chickpeas, spinach, pumpkin seeds, quinoa, and vitamin C foods like citrus or peppers with meals.
Zinc	Supports immune function, recovery, and tissue repair.	Pumpkin seeds, beans, lentils, oats, nuts, whole grains; soak beans/grains/seeds when practical.
Omega-3	Supports heart, brain, and inflammation balance.	Chia, flax, walnuts, hemp, algae-based DHA/EPA if fully plant-based; seafood bridge while pescatarian.
Calcium + Iodine	Supports bones, muscle contraction, thyroid function, and metabolism.	Fortified plant milks, greens, sesame/tahini, seaweed in moderation, iodized salt if appropriate.

Quick Rules for Body Composition

- For fat loss: keep protein high, keep vegetables high, measure calorie-dense fats like walnuts, oils, nut butters, and tahini.
- For muscle gain: add one extra carb serving around training and one extra protein snack daily before adding random calories.
- For energy: do not cut carbs too hard. The workouts in this playbook use pushing, squatting, band work, circuits, and core work; carbs help performance.
- For digestion: increase beans and lentils gradually. Rinse canned beans, cook legumes well, and use spices like ginger, cumin, fennel, or asafoetida if tolerated.
- For consistency: repeat meals you like. A simple bowl with a protein base, carb, vegetables, sauce, and seeds can carry the whole week.

Reference Notes

The practical guidance above follows general nutrition principles from public nutrition and dietetics sources. Use a qualified clinician or registered dietitian for individualized medical nutrition therapy.

Source Area	Practical Takeaway Used in This Playbook
Academy of Nutrition and Dietetics	Appropriately planned vegetarian and vegan patterns can be nutritionally adequate for adults, and planning matters.
NIH Office of Dietary Supplements - Vitamin B12	Plant foods do not naturally contain B12 unless fortified; B12 needs special attention when animal foods are reduced.
NIH Office of Dietary Supplements - Vitamin D	Vitamin D intake/status can be a watch point for people following vegetarian or vegan patterns.
NIH Office of Dietary Supplements - Iron	Plant iron is non-heme and is less bioavailable, so iron strategy matters when animal foods are reduced.
NIH Office of Dietary Supplements - Zinc	Soaking beans, grains, and seeds can improve zinc bioavailability by reducing phytate binding.
USDA / HHS Dietary Guidelines	Healthy eating patterns should meet nutrient needs and support health; individual food choices can be adjusted within a pattern.

Final rule: keep the meals simple, protein-forward, colorful, and repeatable. The best plan is the one you can actually run every week without burning out.