

TRANSFORMATION SECRETS



YOUR GUIDE TO THE ULTIMATE YOU

SUPERCARGE
YOURSELF IN
3 EASY STEPS!



40 YARD CASH DASH CHALLENGE!



DEVELOP LAZER FOCUS



CREATE YOUR BEST BODY



GAIN PEAK PERFORMANCE

MIKE WHITELEY, PRO TRAINER 7TH EDITION

THINK RIGHT



EAT RIGHT



TRAIN RIGHT



MEAL JOURNAL

Name: _____

Disclaimer: The food plan provided is for general informational purposes only and may not be suitable for everyone. It is important to check with your healthcare professional before starting any new meal or supplement plan. The food plan is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Individuals should proceed with caution and be aware of any potential allergic reactions to foods or supplements.

Some individuals may have lethal allergies to common foods such as peanuts, strawberries, or bananas etc. With that in mind it's always best to start any food or supplement program with caution.

By using the information provided in the book you acknowledge and agree and understand that it's for your information and you may use the information as recommended by your healthcare provider or medical doctor.



F9 NUTRITION

A proper nutrition plan is always needed to develop a strong mind and body. Most of our health-related problems come from poor nutrition habits. Since this is a major challenge for most people, at Pro Trainer Live, we've developed the F9 Nutrition Meal plan. This plan is designed to help build a firm nutritional foundation for anyone who wants to truly make great eating habits a permanent part of their healthy lifestyle. This plan allows the body to function optimally with the correct food and supplement choices, thus creating a positive and profound impact on how one feels on a daily basis. Great energy and a significant increase in overall quality of life is a direct result of adhering to the F9 Nutrition Meal Plan.

The F9 meal plan can be broken down into 9 distinct categories, which are as follows: Proteins, Fats, Carbohydrates, Super Foods, Probiotics, Antioxidants, Fibre, Water and Herbs.

At Pro Trainer Live, we can say with great certainty that making the correct choices within each of these 9 categories will quantifiably improve the quality of one's health in a significant way. This nutrition program truly helps to facilitate the body's ability to be in perfect balance, and to achieve great overall health in mind and body.



THE REASON FOR THE MEAL JOURNAL

This meal journal was created to help individuals learn proper eating habits, in addition to bringing awareness to the negative impact poor food choices can have. The journal teaches that eating non-processed, non-GMO, and chemical-free as well as eating the correct functional foods for our body types and performance goals. Follow the meal plan and food suggestions and experience the improvement in your life.



MEAL OPTIONS

Calorie intake is individualized based on a unique nutrition plan. It is determined by one's lean muscle mass, natural muscle metabolism, and activity level.

We recommend 5 meals per day at 300 calories per meal for all of our clients. The calorie count can also be adjusted based on individual needs.

Protein intake should be a minimum of 50% of your lean body weight, which is your total weight minus body fat weight.

Fat intake should be 1tbs (15ml) of oil for every 50lbs of lean body weight. This can be Flax oil or Hemp seed oil. This will remain relatively the same throughout the application of your meal plan.

Carbohydrate intake should be 2 to 3 portions per day, if your goal is to reduce your body weight.

FYI: Carbohydrate intake is mostly determined by how one feels. If you feel tired or experiencing "brain fog", then you should increase your intake slightly until you feel better and energized.

WATER RECOMMENDATION

We recommend 8 cups of water each day or 1L per 75lbs of lean body weight. This will help you achieve optimal health.

The best form of water to consume is the Kangen Filtered water. It is electrolytically-reduced (negatively charged), hydrogen-rich water which works to restore your body to a more alkaline state, which is for good health as well as optimal hydration. Drinking this water will assist in gastrointestinal movement, and cellular health.



Other water recommendations are:

- Natural spring water
- Reverse osmosis



PORTIONS

Each meal should include the recommended protein and fat intake, which are a part of your individualized meal plan.

Breakdown of 5 Meals per day:

Breakfast, Mid-Morning, Lunch, Mid-Afternoon, and Dinner.

It's very important to note that you should end all of your suggested meals 4 hours before bed (you may have a small protein meal right before bed), and then you should resume eating breakfast the next morning. This creates the very best results for achieving great personal health.

Each meal should be approximately 200 - 300 calories if your goal is to lose weight.

Use more non-pepper based natural and organic spices such as Rosemary, Cilantro, Thyme, and Basil.

Eat organic food, since it's easily recognized by your body. This will greatly aid you in the achievement of being healthy and strong.

PROTEIN

Protein intake should be a minimum of 50% of your lean body weight, which is your total weight minus body fat weight.

Protein	
Bake, boil and/or steam your animal-based proteins	▪ Chicken (Except AB & B Blood Types) ▪ Turkey ▪ Eggs (organic) ▪ Fish (wild) best options: Salmon, Snapper, Cod, or Tuna
Animal protein should be non - medicated and vegetable (non- GMO) fed.	

FAT

Fat intake should be 1tbs (15ml) of oil for every 50lbs of lean body weight. This can be Flax oil or Hemp seed oil. This will remain relatively the same throughout the application of your meal plan.

Fats (Do not heat oils)	
▪ Cold pressed Flax ▪ Macadamia oil ▪ Extra virgin Coconut oil ▪ Extra Virgin Olive oil	▪ Walnut Oil ▪ Almond Oil ▪ Hemp Oil



CARBOHYDRATES

As mentioned, your carb portions will vary depending on what it is. An example of a portion you should have at one meal time would be an apple, a small handful of berries or a nectarine. When it comes to complex carbs, you would have a small serving spoon (half cup) of cooked brown rice, quinoa or a portion of sweet potato.

Complex Carbohydrates	Simple Carbohydrates	Nut / Seeds
▪ Green Bananas ▪ Millet ▪ Plantains ▪ Sweet potatoes ▪ Yellow yams	▪ Apples ▪ Blueberries ▪ Boysenberry ▪ Cherries ▪ Elderberry ▪ Grapefruits ▪ Kumquats ▪ Mangoes ▪ Nectarines ▪ Pomegranates ▪ Raspberries ▪ Strawberries ▪ Pineapple	▪ Almonds (without skin) ▪ Macadamia ▪ Pecans ▪ Walnuts ▪ Hemp Seeds

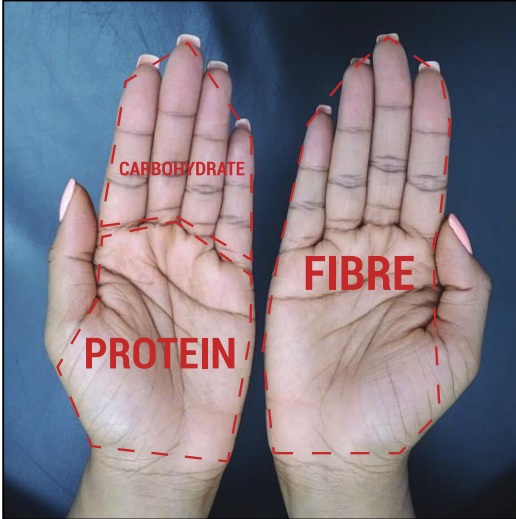
FIBER & MINERALS

Fiber		
▪ Arugula ▪ Asparagus ▪ Bok Choy ▪ Broccoli ▪ Cabbage ▪ Celery	▪ Green onions ▪ Kelp ▪ Onions ▪ Parsley	▪ Lettuce (Romaine) ▪ Spinach ▪ Swiss chard ▪ Water cress

Remember to follow these points for meal planning each day:

- A. 3 - 5 protein portions
- B. 2 - 4 carbohydrate portions
- C. 2 - 3 fiber options
- D. 8 - 10 glasses of water
- E. 2 - 3 portions of fat

Use your hand to measure each portion



The Protein portion should be the size of your palm.

The Carbohydrate portion should be the size of your fingers.

The Fibre/Salad portion should be the size of your hand.

* Review YouTube videos below to learn how to portion your meals.

Add the eating periods within the first hour of waking up, eat your first meal then eat small meals every 3 to 4 hours.

TOOTHPASTE



Dr. Bronner's All - One Toothpaste



Now Xyli White Toothpaste

MOUTHWASH



Essential Oxygen
Organic Brushing Rinse



Carina Organics
Shampoo & Body Wash

SHAMPOO / BODY WASH

SOAP



Dr. Bronner's Organic
Pure Castile Liquid Soap

CONDITIONER



Desert Essence
Fragrance Free Conditioner

DEODORANT



Schmidt's Charcoal + Magnesium
Natural Deodorant

HAND & BODY
LOTION



Green Cricket Fragrance
Free Hand & Body Lotion

LAUNDRY
DETERGENT



ECOS Hypoallergenic
Laundry Detergent

RECOMMENDED FOOT WEAR FOR TRAINING

- Asics



- New Balance



- Saucony



* The correct shoes help protect your back and other joints from injuries. So buy quality brands as listed above. Also replace your shoes after 5 months of continuous use.



ORGANIC PRODUCE VERSUS CONVENTIONAL PRODUCE

Organic food is free of toxic heavy metals, synthetic fertilizers (hormone disruptors), and pesticide residue. Organic farming is healthier for the environment, animals and especially the body you are building.

Even though organic food is considered about 20% higher in cost than conventional food, it is well worth the investment in your health, because of its higher content in nutrition due to the natural soil preservation processes that keep the soil healthier and more nutrient dense.

Also, organic produce contains more antioxidants and types of flavonoids which have antioxidant properties that our bodies need for optimal functioning.

Organic food has:

- No synthetic materials
- No genetically modified seed
- Higher in nutrients
- Safer for the body
- Better for the environment and animals

Conventional food has:

- Contains heavy metals such as cadmium
- Contains synthetic fertilizer, pesticides, herbicides, and hormone-alternating chemicals
- Comes from Genetically Modified Seeds
- Is not safe for the environment, animals, or human consumption



MEAT

Meat, fish, and poultry are staples in our diets today, and where they come from is crucial to our health. Animals living on pasture can move freely and engage in natural behaviours, which allows for the best health of the animals. Most meat we consumed is from cows, but in some cases, we eat goat and wild game meat. Ideally, for the best health of these types of animals, they should be grass-fed to maximize their health and in turn, when you consume them it will maximize your health.

WILD-CAUGHT FISH

Wild-caught fish, for example, is higher in vitamins and minerals such as potassium, zinc, and calcium due to the fish eating natural superfoods such as kelp, algae, seaweed and other smaller fish within their natural environment.

Farmed fish pose a serious risk to your health as they don't have almost any of the health benefits of wild fish and create unhealthy inflammation in the body, exactly the opposite of what wild fish provides.

Wild Fish

- High in omega 3
- Nutrient dense
- Free of antibiotics

Farmed Fish

- No omega 3
- Low nutrient density
- Has antibiotics to help them grow faster
- High in hormone disruptors



POULTRY

Poultry (chicken) is one of the most mass-marketed animal products and is horrible for your health if you select commercial-raised chicken.

Pasture-raised chicken (chicken that can move around freely outdoors) is perfect for your health as it eats natural things in the environment and feeds non-GMO grains. This gives your higher nutritional content as pasture-raised poultry is higher in iron, Omega 3, and antioxidants. Chickens that eat healthy feed and get exercise creates a healthier bird and then lead to you eating something much healthier.

Conventional chickens are not good for your health, they are caged and injected with growth hormones, along with antibiotics that lead to them becoming fully grown in a matter of weeks. The problem is that the growth hormone and GMO soy feed cause hormone issues and inflammation in your body leading to various health complications.

Additionally, pasture-raised chicken produces eggs which are far superior in nutritional content such as higher amounts of omega-3 fat, vitamin D, vitamin E and beta-carotene versus conventional eggs.

To improve your health and performance always chose natural and organic food to build your body!



BEST WATER CHOICES

Water is vital to our health and overall well-being, however, much of our water system is contaminated through water pollution, municipal sewage, urban runoff, industrial pollution/waste, agricultural pollution, and inadequate water infrastructure. Two of the most common contaminants found in our pipes include Chlorine to treat dangerous bacteria and pathogens but also harms our health, as well as pharmaceuticals consumed by human beings and then partly flushed out of their system via urination. The human body is made up primarily of water, therefore, clean water assists the functions our bodies need to perform every day. Ideally, whole-house filtration is best. Eliminate the use of regular tap water, instead use filtered water both for drinking and showers. You can purchase reverse osmosis for underneath your sink, and shower filters for your showers from the following reputable brands:

- Kangen Water filter
- RKIN U1 Water System
- Berkey Water System

ELIMINATE HEAVY TOXINS

Eliminate the use of heavy toxins or “forever toxins” within your cookware. Never use Teflon as it has a non-stick coating of PTFE (polytetrafluoroethylene) which is a highly toxic plastic polymer avoiding it altogether is the safest bet. Look out for words such as “non-stick”, “Teflon”, or plastic to avoid PFAS and BPA. Always opt for ceramic, glass, or stainless-steel cookware. For example, when purchasing an air fryer or a pressure cooker look for one that is PFOA-free and PTFE-free, such as a stainless-steel air fryer or pressure cooker.



Also, do not drink hot beverages from plastic containers or pour the hot liquid through or on plastic that you will drink (e.g. Kettles with plastic spouts).

The following are also dangerous cookware and should be avoided:

- Aluminum cookware
- Copper cookware
- “Green” Cookware

Instead, opt for:

- Ceramic
- Glass
- Stainless Steel
- Cast Iron

FOOD PREP

DO NOT HEAT PLANT OILS (Don't eat Fried Food)! To make your meals healthy and to improve overall health, bake, boil, barbeque, and air fry (air fryers need to be Teflon Free – Stainless steel or ceramic) your meals. Also, don't use microwaves for cooking, or warming up anything that will be consumed.

Microwave radiation can heat body tissue the same way it heats food. Exposure to high levels of radiation can cause skin burns or cataracts. Additionally, the lens of the eye is sensitive to intense heat, and exposure to high levels of microwaves can cause cataracts. Note that microwaves can also cause food poisoning. Avoid the use of microwaves at all costs.



FASTING AND LONGEVITY

Fasting is the abstinence of eating for an extended period. The practice of fasting has been used for centuries and is one of the oldest therapies in medicine providing many health-healing benefits.

Fasting is crucial for longevity and overall health as it supports maintaining healthy blood sugar levels, helps prevent disease, and lowers inflammation, reducing the risk of conditions such as heart disease, multiple sclerosis, cancer, rheumatoid arthritis and almost all other health conditions.

Fasting also supports brain function, protects brain processing and increases the production of nerve cells, leading to more mental clarity and focus.

Additionally, fasting delays the ageing of your body's cells and supports growth and metabolism as it promotes autophagy (your body metabolizing mutant cells and cellular waste), and human growth hormone release which plays a vital role in the growth, repair of muscles, ligaments, tendons as well as assisting your body in burning fat aiding in weight loss.

One of the best ways to take advantage of fasting is through - Intermittent Fasting to help the body lose weight more efficiently, as it optimizes hormone levels, improve healthy cholesterol levels (HDL), improve body composition, and reduce the risk of heart diseases. All of which is needed for sustainable weight loss.

Some forms of intermittent fasting include 16/8 where you eat for an 8-hour window and restrict eating for 16 hours in a 24-hour period. Another fasting method can be the 24-hour fast once a week where you only drink water and tea, you can add soluble Inulin fibre to your tea or water to help minimize hunger (a fasting hack).



Also, remember for a 24-hour fast to be effective it needs to be done on a day when you're resting, which means very little physical activity.

CLOTHING

Many of the high fashion clothing we love is unfortunately laced with chemicals such as:

- Flame retardants which can cause ADHD, thyroid, and cancer
- Phthalates found in jeans, raincoats, underwear, and t-shirts can cause breast cancer, reproductive harm, and ADHD
- Perfluorochemicals found in uniforms, outdoor apparel, and printed items can cause liver damage, cancer, thyroid disease, decrease fertility, and immune system problems.
- Formaldehyde found in cotton, and natural fabrics can cause cancer, and skin, eye, mouth, and throat irritation.
- AZO dyes are found in colourful fabrics, leather, and sports t-shirts which can cause bladder and liver cancer.

These are just some of the hazardous chemicals found in our everyday clothing, many of which can be "forever chemicals" that cannot be flushed out from the body and don't break down in the environment. It is best to buy organic cotton and other natural fabrics when choosing clothing for yourself and your family.



BODY CARE

Body care is one of the key self-care products we neglect as what we put on our body goes into our body. That is why it's so important to choose products which are free of chemicals such as talc, lead, formaldehyde, and phthalates to name a few. Do not be fooled by the high-end brands as they contain high levels of chemicals for example in make-up, perfume, body lotion, shampoo, hair products, sunscreen, and nail polish etc. Do the necessary research to make sure the products you use on your body are clean of chemicals as they can cause hormonal imbalances, cancer, allergic reactions, anemia, weaken the immune system, kidney, and neurological issues, to name a few and this is especially important for children as they are in the developmental stages.

THERAPY FOR HEALTH AND RECOVERY

Therapy is an extremely important part of improving and maintaining health. Therapists such as:

- Osteopaths
- Chiropractors
- Physiotherapists
- Massage therapists
- Acupuncturists

These therapists help keep your body functioning at its best, aligned and pain-free, helping your body recover faster and reducing your risk for injury.



DEEP BREATHING

Breathe work is also critical to improve your health through stress reduction. Deep abdominal breathing (diaphragmatic breathing) will stimulate the body's relaxation response, this reduces blood pressure, and cortisol. This form of breathing stimulates the vagus nerve which helps soothe parts of the brain's "fight-or-flight" responses to stress.

The reduction of stress through diaphragmatic breathing releases feel-good hormones, like dopamine and serotonin, activating the brain's hypothalamus. This in turn also promotes better sleep, boosts mood, releases toxins, and opens lung tissue.

RECOVERY AND REST

To recover faster:

- A. Have a protein portion within 60 minutes after training (preferably a protein shake)
- B. Soak in hot water with 1 cup of sea salt once a week followed immediately with a cold shower for one minute.
- C. Get a minimum of 2- 4 massages per month.

OVERTRAINING

To monitor if you are overtraining, take your heart rate first thing every morning and compare week to week. If your early morning resting heart rate is consistently higher than the previous week, you are going into overtraining. Your early morning resting heart rate should be the same or lower than the previous week. If you find yourself in an overtrained state, take one easy week of training or complete rest for a few days. Keep resting until your early morning resting heart rate goes lower than the last lowest recorded heart rate.



HABIT CHANGES

Write down what your vision of yourself will be.

1. What habits do you have that have made your lifestyle unhealthy?

2. What do you see yourself doing as a resolution that will lead to the best version of yourself?

3. What is the failure story you have told yourself that has hindered you in the past which has prevented you from adopting better habits?



HEALTH FOOD AND NATURAL FOOD GROCERY STORES

1. *Mama Earth Organics*

Delivers organic fruits and vegetables to your front door.

mamaearth.ca

416.850.8662

heather@mamaearth.ca



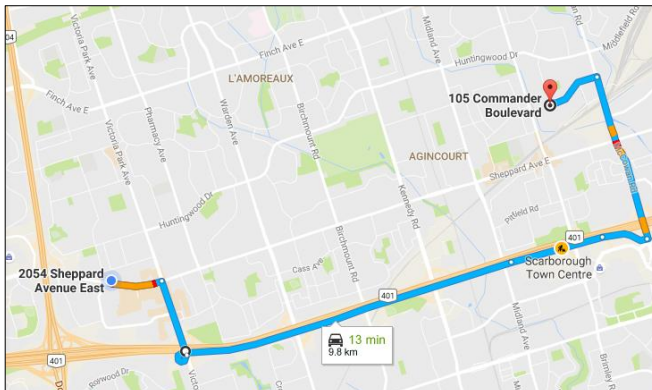
2. *Grain Process Enterprises*

Provides low prices on organic grains.

105 Commander Blvd, Scarborough, ON M1S 3M7

Open Monday to Friday: 8:00 am - 5:30 pm

416.291.3226





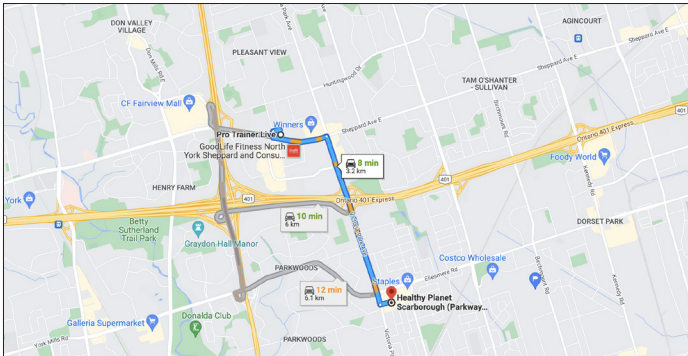
3. Healthy Planet



Healthy planet provides you with an extensive selection of quality Vitamins and Supplements.

1-85 Ellesmere Rd. Scarborough ON M1R 4B8 Canada

416.510.8576



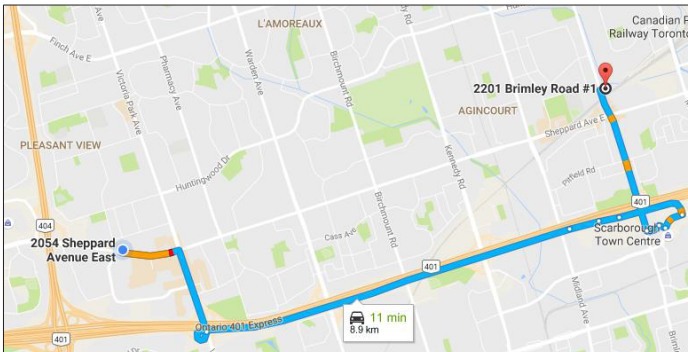
4. JW Foods

Offers natural and organic meat chicken and fish. They also have a cooked meal service that delivers meals to your front door.



2201 Brimley Rd. Unit #1, Toronto, ON M1S 4N7

416.298.1350





5. **truLOCAL**

Delivers natural and organic meat and fish to your front door.

trulocal.ca

226.929.1280

greg@trulocal.ca



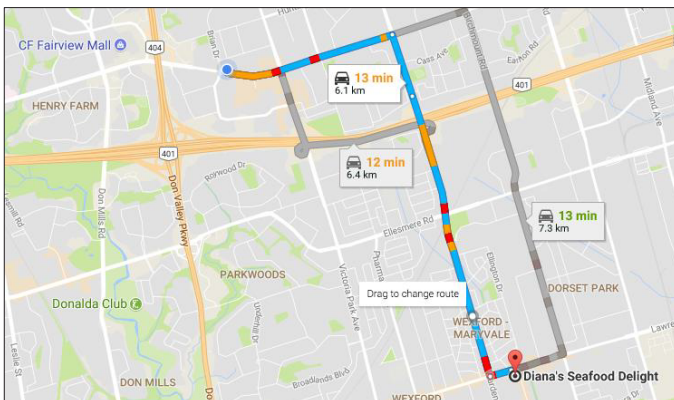
6. **Diana's Seafood Delight**



Natural fish market that has wild caught fish options.

2101 Lawrence Ave E, Scarborough, ON M1R 3C3

416.288.9286



Breakfast Recipes:

1. Chicken and Vegetable Omelette:
 - 2oz of chicken
 - 2 pasture-raised eggs
 - 1 cup of spinach
 - $\frac{1}{2}$ cup of chopped onions
 - $\frac{1}{4}$ cup of green onions

Steam chopped onions, green onions, and spinach, once finished add 1 tsp of coconut oil to them.

Add the cooked chicken chunks and mix well.

Whisk eggs in a separate bowl and pour them over the chicken and leafy greens.

Cook until the omelette is set, then fold it over and serve.



2. Smoked Salmon and Millet bread:

Homemade millet bread <https://www.powerhungry.com/2021/04/29/millet-sandwich-bread/>

1 slice of millet bread toasted

3-4 pieces of smoked Norwegian salmon

7 halves of walnuts

Toast a slice of millet bread.

Spread a few pieces of smoked salmon slices and top with some walnuts, an optional sprinkling of dill.



3. Scrambled Eggs with Asparagus and Walnuts:

6-10 stalks of asparagus

3 pasture-raised eggs

7 walnut halves

Steam chopped asparagus until tender.

Whisk eggs in a bowl and pour them into the pan.

Add crushed walnuts and cook until the eggs are scrambled.



4. Tuna Salad Wrap:

BPA-free wild canned tuna

1 celery stalk

Pickled onions (cut onions and place in a jar with apple cider vinegar with peppercorn)

5-7 lettuce leaves

A small bunch of parsley or cilantro

Mix canned tuna, chopped celery, and onions in a bowl.

Place the tuna salad mixture on a romaine lettuce leaf and wrap it like a burrito.



5. Tuna Poke Lettuce Wrap:
4oz Ahi Tuna steak or Yellowfin Tuna
1 tsp of extra virgin olive oil
1 tsp of hemp
5-7 Romaine leaves
Lime wedges

Ahi tuna or Yellowfin tuna, diced cucumber with one tsp of extra virgin olive oil, and one tsp of hemp seed with lime wedges.



6. Sweet Potato Hash with Eggs:

- 2 pasture-raised eggs
- 1 diced sweet potato
- 2 cups Swiss chard
- 2 tbsp of green onion

Peel and dice sweet potatoes, and Swiss chard.

Roast sweet potato until browned and crispy.

Serve the sweet potato hash with poached eggs on top, tossed with kale and diced green onions.



7. Turkey and Swiss Chard Breakfast Casserole:

- 2oz ground turkey
- 2 pasture-raised eggs
- 2 cups of Swiss chard
- $\frac{1}{2}$ cup onions

Brown ground turkey in a pan with onions.

Add chopped Swiss chard leaves and cook until wilted.

Transfer the mixture to a baking dish and crack eggs on top.

Bake in the oven until the eggs are cooked to your liking.



8. Egg and Veggie Muffins:
3 pasture-raised eggs
½ cup of spinach
½ cup of red onions
½ cup of arugula
½ cup of yellow yam

Preheat the oven to 350°F (175°C).

Steam yellow yam and set aside.

In a bowl, beat organic eggs and mix in chopped vegetables, with steamed yam.

Use unbleached parchment paper inside the muffin cups tray and pour the egg mixture evenly into each cup.

Bake for 15-20 minutes or until the muffins are set.

Serve warm or cold with a side of arugula salad.



9. Tuna Stuffed Eggs:

- ½ Can of BPA-free wild tuna
- 2 pasture-raised eggs
- ½ cup of celery
- ½ cup of red onion
- 2 tsp extra virgin olive oil
- Herbs: dill, and parsley
- Lemon or lime

In a bowl, mix canned tuna with chopped celery, green onions, and a drizzle of olive oil.

Cut a boiled egg in half take out the yoke and mix with the tuna.

Fill each half egg with tuna mixture.

Top with herbs, diced red onion, and celery and add salt and pepper with a squeeze of lemon juice.



10. Scrambled Eggs with Spinach and Turkey:

2oz of ground turkey

2 pasture-raised eggs

1 cup of spinach

Herbs to taste: parsley, thyme, or mint

Heat pan and add chopped onions and turkey.

Once the turkey is cooked, add fresh spinach leaves.

In a separate bowl, whisk organic eggs and pour them over the spinach and turkey mixture.

Cook until the eggs are scrambled to your liking.

Serve hot.



11. Smoked Salmon Omelette:

- 2 pasture-raised eggs
- 2 slices of Norwegian smoked salmon
- 5 stalks of asparagus
- 1 cup of watercress
- Herbs to taste (dill, or mint)
- Lemon or lime

Whisk eggs with a bit of water.

Heat a pan and sauté asparagus and then take the asparagus out and pour in the beaten eggs.

Once the omelette starts to set, place smoked salmon slices on it.

Add herbs, salt and pepper and cook until fully set.



12. Blueberry Salmon Breakfast Salad:

4oz of salmon

¼ plantain

¼ cup of blueberries

½ cup of broccoli

1 tsp of extra virgin olive oil

Grill or bake a salmon fillet until cooked, and skin is crispy.

In a bowl, toss arugula, and the oven-baked plantain with ¼ cup of blueberries.

Top with salmon.

Drizzle with lemon juice and extra virgin olive oil.



13. Wild blueberry Salmon Breakfast Salad:

4oz of salmon

1/3 cup of wild blueberries

½ cup baby romaine

½ cup of watercress

2 tsp olive oil

1 tbsp thyme

Grill or bake the salmon until cooked, and the skin is crispy.

Add the salad, then the salmon and wild blueberries on top. Drizzle with 2 tsp of extra virgin olive oil and lemon juice and a sprinkle of thyme for extra flavour



14. Cherry Salmon Breakfast Salad:

4oz of salmon

½ cup of red onion

1 cup of arugula

¾ cup of cherries

1 tsp of extra virgin olive oil

Grill or bake a salmon fillet until cooked, and skin is crispy.

In a bowl, toss arugula, and oven-baked onion with ¾ cup of warmed cherries which have been semi-cooked with salmon.

Top the salad with salmon.

Drizzle with lemon juice and extra virgin olive oil.



15. Turkey and Sweet Potato Hash with Cabbage:

4oz of ground turkey

1 tsp of turmeric and ½ tsp of black pepper

½ cup of diced sweet potato

½ cup of cabbage

Herbs: 1 tbsp thyme, 1 tbsp parsley

In a skillet, sauté diced onions with turmeric, black pepper, and turkey until cooked.

Add cubed sweet potatoes and cook till it's soft and slightly crispy, add chopped cabbage cooking till it's soft.

Season with your choice of herbs.



16. Blueberry and Almond Smoothie:

- ½ cup of almond milk
- 1 scoop protein powder
- ½ cup frozen blueberries
- 10 almonds

Blend organic almond milk, one scoop of protein powder, frozen blueberries, and almonds together until smooth.

Optional: Add 1 tsp of flax seeds, or hemp seeds for extra nutrition, or lemon zest for extra flavour.



17. Fruity Breakfast Bowl:

¼ cup strawberries

¼ cup of blueberries

2 cups of spinach

10 walnuts or 10 pecans

In a bowl, combine blueberries, strawberries, and spinach.

Sprinkle with ground flax seeds and 10 crushed walnuts and mix well.

Enjoy this refreshing and nutritious bowl.



Lunch Recipes:

1. Spinach and smoked salmon salad:
 - 3-5 pieces of Norwegian smoked salmon
 - 2 cups of spinach
 - 4-5 shallots (red or white)
 - 1 cup cucumber
 - 2 tsp of walnut oil
 - Few dill sprigs
 - Sea salt

Tossed spinach with turnips, cucumber, and shallots. Add dill, walnut oil, and lemon for flavour.



2. Chicken and Asparagus Salad:

4oz chicken breast

7-10 stalks of asparagus

2 cups of arugula

2 tsp of extra virgin olive oil

lemon

Grilled or roasted chicken breast sliced into strips.

Toss with blanched asparagus and arugula.

Drizzle with a dressing made from olive oil, and lemon juice—optional 1 tsp of hemp seeds.



3. Sweet Potato and Chicken Stir-Fry:

Serves two

2 boneless, skinless chicken breasts, sliced into thin strips
2 medium sweet potatoes, peeled and cut into matchstick-sized strips
1 small head of cabbage, thinly sliced
A few florets of broccoli
1 large onion, thinly sliced
2 tablespoons coconut oil
Salt and pepper, and herbs to taste

In a large skillet or wok over medium-high heat. Add chicken slices and cook until browned and cooked through about 5-6 minutes. Remove the chicken from the skillet and set aside.

In the same skillet, sauté the onions until they start to soften, about 3-4 minutes.

Add the sweet potatoes to the skillet and cook until they begin to soften, about 5 minutes, stirring occasionally.

Stir in the cabbage and cook for another 3-4 minutes until the cabbage is wilted.

Return the cooked chicken to the skillet and pour in the sauce mixture. Stir to coat all the ingredients well. Cook for an additional 2 minutes, until everything is heated through—season with salt and pepper to taste.

Serve the stir-fry hot.



4. Salmon and millet Sushi Rolls:

3-5 pieces of Norwegian smoked salmon

½ cup of millet

2-4 seaweed sheets

10 walnut halves

Dill and parsley sprigs

½ cup of red cabbage

Spread cooked millet on a sheet of seaweed.

Place slices of smoked salmon and 10 mashed walnuts along the center.

Add cilantro, dill, parsley, cucumber slices, red cabbage, and lemon juice.

Roll tightly and cut into bite-sized pieces.



5. Cod and Mango Ceviche:

4oz Cod

Lemon or Lime

½ cup of mango

¼ cup of red onion

Cilantro

2 tsp of hemp oil

Dice fresh cod and marinate it in lime juice for 15 minutes.

Add diced mango, chopped onions, and cilantro.

Season with salt, pepper, lime, and hemp oil.



6. Turkey and Cabbage Lettuce Wraps:

- 4oz of ground turkey
- ½ cup of red cabbage
- 10-15 Romaine lettuce leaves
- 2 tsp of coconut oil
- 5-7 Pecans
- Lime for zest

Sauté ground turkey with diced onions, and shredded cabbage, add coconut oil once finished cooking.

Spoon the mixture onto large lettuce leaves, sprinkle with crushed pecans and a squeeze of lime then wrap them up.



7. Tuna Nicoise Salad:
3oz Ahi Tuna steak
1 egg
1 celery stalk
½ Yellow yam
2 cups of lettuce or spring mixed greens
2 tsp of extra virgin olive oil

Arrange seared tuna steaks, boiled eggs, and sliced boiled yellow yam on a bed of lettuce.

Optional: Drizzle with a dressing made from 2 tsp of olive oil, and lemon juice.



8. Spinach, egg, and Walnut Salad:

2 cups of spinach

3 pasture-raised eggs

7 walnut halves

½ cup of strawberry

2 tsp walnut or extra-virgin olive oil

Toss fresh spinach leaves with toasted walnuts, sliced strawberries, and boiled eggs (the perfect boiling time is 10 minutes).

Drizzle with a dressing made from walnut oil, and lemon juice. Optional onion.



9. Chicken, Broccoli, and millet Stir-Fry:

4oz of chicken breast

½ cup of millet

1 cup of steamed broccoli

½ cup of onion

Optional mint or parsley for taste

Slice chicken breast into thin strips with onion.

Add broccoli florets, onions, and mint.

Season with some salt and hemp seeds and serve over cooked millet.



10. Salmon millet Bowl:

4oz salmon
½ cup of Brussel sprouts
¼ cup mango
¼ cup cherries
¼ cup millet
Herbs to taste
Lime or lemon

Cook millet and set aside.

Grill or bake salmon, ½ cup of Brussel sprouts, ¼ cup of mango, and ¼ cup of cherries.

In a bowl, combine cooked millet, salmon, grilled diced mangoes, cherries, and fresh cilantro.

Squeeze some lime juice.



11. Turkey and Sweet Potato Salad:

- 4oz of Turkey
- ½ cup of sweet potato
- ¼ cup of red onion
- ½ cup of spinach
- ½ cup of arugula
- ¼ cup of parsley

Roast diced sweet potatoes in the oven until tender and slightly crispy, and roast sliced red onions until caramelized.

Cook ground turkey until browned.

Toss arugula, spinach, and parsley together.

Add the cooked sweet potatoes, caramelized onions, 4-6 walnut halves, and ground turkey together.

Drizzle with a dressing made of 1 tsp of olive oil, and lemon juice.



12. Tuna Salad Wraps:

BPA-free wild tuna

½ cup onion

½ cup celery

½ cup parsley

5-10 Romaine leaves to hold the ingredients

Drain canned tuna and mix it with diced onions, celery, and parsley.

Add a dollop of walnut paste you have grounded into the tuna mix.

Place the tuna salad on a romaine.



13. Turkey Lettuce Wraps:

4oz of turkey

Swiss chard

½ cup onion

1 cup Swiss chard

Optional herbs: thyme, tarragon, basil, cumin

Cook ground turkey until it's browned with onion.

Season with your choice of spices, such as cumin, and herbs.

Wash and dry large Swiss chard leaves.

Spread the ground turkey mix into a lettuce roll up tightly and serve.



Dinner Recipes:

1. Turkey Meatballs:
 - 3oz of ground turkey
 - 1 pasture-raised egg
 - ½ cup of onion
 - 3 tbsp ground almond (almond meal)
 - 1 cup of spinach
 - 1 cup romaine lettuce
 - Mint, parsley, thyme for taste
 - Lemon or lime

Mix ground turkey with one egg, chopped onions, thyme, and ground almond.

Shape into meatballs and bake in the oven.

Serve with spinach, romaine lettuce, or herbs, onions, and lime.



2. Roasted Chicken with wilted warm salad:

4oz chicken breast

1 cup of Swiss chard or curly lettuce

½ cup red cabbage

1 tsp of extra virgin olive oil

1 tsp of hemp seeds

Herbs to taste

Season a whole chicken with a mixture of olive oil, lemon zest, and chopped parsley.

Roast in the oven until the chicken is cooked through. Then add red cabbage and let it wilt.

Serve red cabbage with curly lettuce, and roasted chicken with a mix of extra virgin olive oil, and hemp seeds.



3. Grilled Chicken Salad:

4oz of chicken breast

1.5 cups of romaine lettuce

½ cup red and green cabbage

¼ cup green onion

2 tsp of hemp oil or extra virgin olive oil

2 tsp of apple cider vinegar (optional)

Herbs: thyme, basil, parsley

Marinate chicken breasts with 1tsp of olive oil, lemon juice, and your favourite herbs.

Grill the chicken until cooked and then slice it.

Toss chopped romaine lettuce, red and green cabbage, and diced green onions.

Top with grilled chicken with a mixture of 1 tsp of hemp oil and apple cider vinegar (optional).



4. Hemp-crusted chicken with asparagus:

4oz chicken breast

1 pasture-raised egg

3 tsp of hemp seeds

1 tsp coconut oil

10 stalks of asparagus

Herbs to taste: rosemary, basil, oregano, thyme, marjoram

Coat chicken breasts with crushed hemp seeds by dipping the chicken breast in a beaten egg.

Sheet-pan until golden brown and cooked through with 1tsp extra virgin coconut oil, with oven-grilled asparagus. Season with salt, pepper, and herbs: rosemary, basil, oregano, thyme and marjoram, or Italian seasoning.



5. Baked Snapper with Lime or lemon and Herbs:

Whole snapper

1 cup of parsley

Lemon or lime

Place snapper fillets on a baking sheet.

Drizzle with olive oil, sprinkle with chopped parsley, and squeeze fresh lime or lemon juice over the fish.

Bake in the oven until the fish is cooked through.



6. Cod with Plantain and Pineapple Salsa:

4oz of Cod

Salsa made with $\frac{1}{2}$ cup pineapple, $\frac{1}{4}$ cup green onion, $\frac{1}{2}$ cup parsley or cilantro, and
1 tsp coconut

Lemon or lime for taste.

Grill seasoned cod fillets.

Serve with a salsa made from diced plantains, diced pineapple, chopped cilantro, green onions and coconut oil.



7. Grilled Salmon and Asparagus:

4oz of salmon

10 stalks of asparagus

2 tsp of coconut oil

Herbs: parsley, mint, or cilantro

Marinate salmon fillets in a mixture of lemon juice, and olive oil for 30 minutes.

Grill the salmon until cooked and set aside.

Coat asparagus spears in a mixture of coconut oil, salt, and pepper.

Grill the asparagus until tender.

Serve the grilled salmon and asparagus together.



8. Cod and asparagus:
4oz cod
¼ cup onions
10 stalks of asparagus
1 tsp of extra virgin olive oil
Herbs: parsley, thyme, and basil

Heat pan and sauté sliced onions.

Add cod fillets with herbs: parsley, thyme, and basil.

In a separate pan sauté asparagus.

Serve Cod with a side of asparagus, and 1 tsp of extra virgin olive oil.



9. Salmon with spinach, broccoli, and sweet potato mash:

4oz salmon fillet

10 asparagus stalks or ½ cup of steamed broccoli

1 tsp extra virgin olive oil

Herbs: dill, mint, parsley to taste

Lemon or lime

Place salmon fillets and asparagus spears on parchment paper and grill in the oven.

Drizzle with olive oil, and season with salt, pepper, and herbs (dill, mint).

Fold the parchment into packets and bake in the oven until the salmon is cooked to your liking.



10. Tuna Steaks with Mango Salsa and lime:

4oz Tuna steak

Mango salsa: ½ cup of diced mango, ½ cup of diced red onion, parsley, and lime
½ cup of diced celery

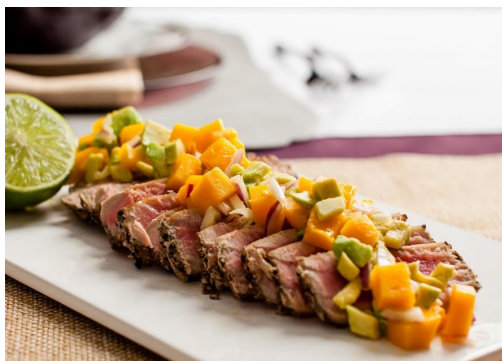
2 tsp of extra virgin olive oil

Herbs to taste

Season tuna steaks with salt, pepper, herbs, onion, celery, and a tsp of extra virgin olive oil.

Grill or sear the tuna until the desired doneness.

Serve with a salsa made from diced mango, diced onions, lime juice, and chopped parsley.





MY PROGRESS

Date _____

MY GOALS

	Current	Goal
Body Weight	_____	_____
Body Fat %	_____	_____
Waist Circumference	_____	_____
Hip Circumference	_____	_____
Arm Circumference	_____	_____
Leg Circumference	_____	_____

PERFORMANCE GOALS

1. _____
2. _____
3. _____
4. _____

WHAT THE MIND CAN PERCEIVE, IT CAN ACHIEVE

MEAL JOURNAL SAMPLE

Below is a Meal Journal filled out for your sample. Make sure you fill out your Meal Journal to keep your eating habits.

PROTRAINER LIVE

MEAL JOURNAL

Date: <u>September 8, 2017</u>		AM Resting Heart Rate: <u>75 bpm</u>	
Time	Food Item	Time	Water
Your wake time? <u>6:30 am</u> Did you take lemon and oil? YES NO		5am	
7:30	Whey protein shake with water	6am	
		7am	<u>250ml</u>
		8am	<u>250ml</u>
10:30	Mixed berries	9am	
		10am	<u>250ml</u>
		11am	
1:30	Tuna with salad with Olive oil	12pm	<u>250ml</u>
		1pm	
		2pm	<u>250ml</u>
4:30	Whey protein shake with water	3pm	<u>250ml</u>
		4pm	
		5pm	<u>250ml</u>
7:30	Salmon, quarter cup sweet potato, and greens	6pm	<u>250ml</u>
		7pm	
		8pm	<u>250ml</u>
		9pm	
		10pm	<u>250ml</u>
		11pm	
What time did you exercise? <u>5:30 pm</u> For how long? <u>1 hr</u>			
What time did you go to sleep? <u>11:30 pm</u>			
Reflection:			
How many cups of water did I drink? ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			
Did I eat any fried foods? YES ☒ NO			
Did I eat any simple sugars? ie chocolate, sweets YES ☒ NO			
# of Carb portions today: ☒ ☒ ☐ ☐ ☐ ☐			
# of Protein portions today: ☒ ☒ ☒ ☒ ☒ ☒			
# of Fat portions today: ☒ ☒ ☐ ☐ ☐ ☐			
Did you have your Greens supplement? ☒ YES ☐ NO			
Did you have your Omega 3 supplement? ☒ YES ☐ NO			



MEAL JOURNAL

Date: _____		AM Resting Heart Rate: _____	
Time	Food Item	Time	Water
Your wake time?	Did you take lemon and oil? YES NO	5am	
		6am	
		7am	
		8am	
		9am	
		10am	
		11am	
		12pm	
		1pm	
		2pm	
		3pm	
		4pm	
		5pm	
		6pm	
		7pm	
		8pm	
		9pm	
		10pm	
		11pm	
What time did you exercise?		For how long?	
What time did you go to sleep?			
Reflection:			
How many cups of water did I drink?		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
Did I eat any fried foods?		YES NO	
Did I eat any simple sugars? ie chocolate, sweets		YES NO	
# of Carb portions today:	☐ ☐ ☐ ☐ ☐ ☐		
# of Protein portions today:	<input type="triangle-up"/> <input type="triangle-up"/> <input type="triangle-up"/> <input type="triangle-up"/> <input type="triangle-up"/> <input type="triangle-up"/>		
# of Fat portions today:	<input type="pentagon"/> <input type="pentagon"/> <input type="pentagon"/> <input type="pentagon"/> <input type="pentagon"/> <input type="pentagon"/>		
Did you have your Greens supplement?		YES NO	
Did you have your Omega 3 supplement?		YES NO	

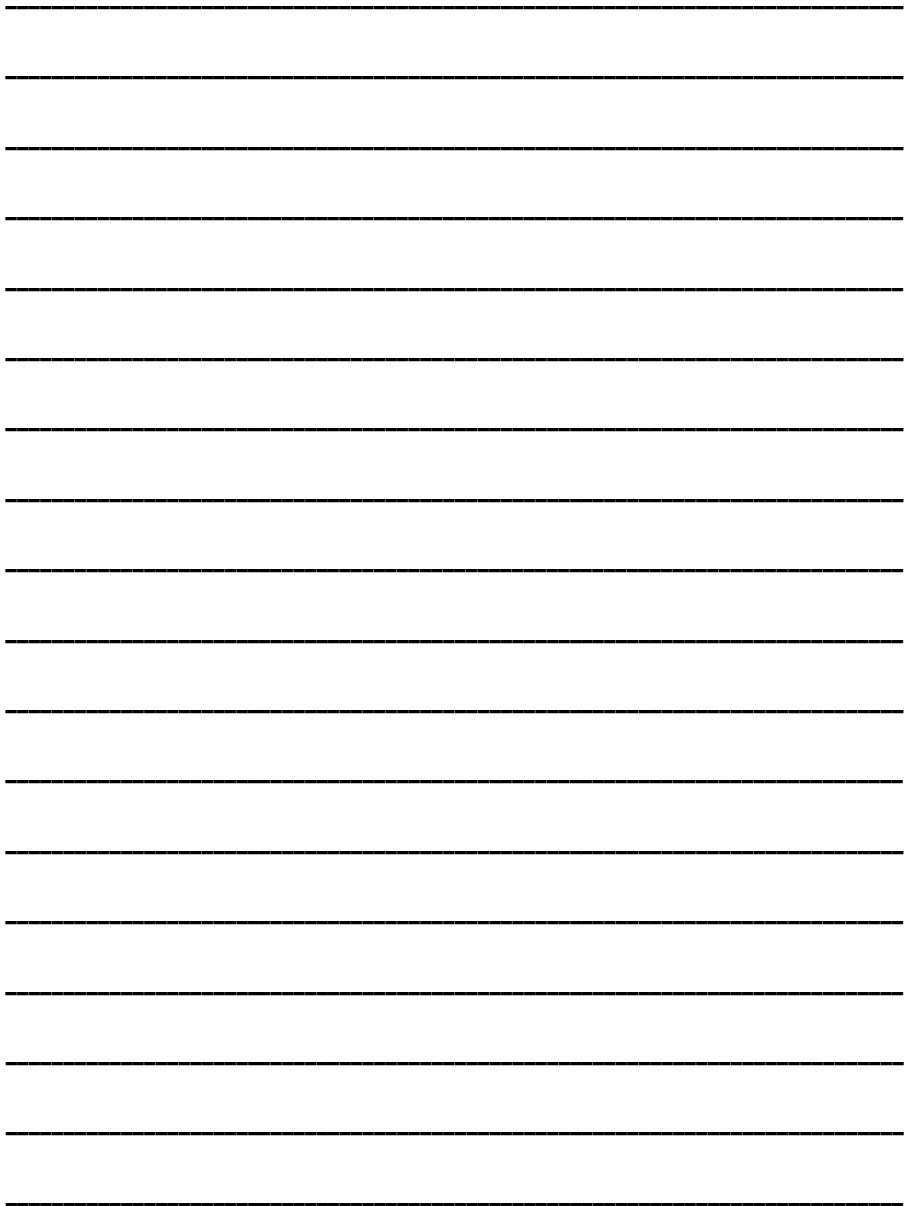


Exercises, Max Weight & Sets

Month: _____

[illegible]

[illegible]



#YOUR FITNESS COMPANY

Mike Whiteley

A black and white photograph of a muscular man from the back, holding a barbell with both hands. He is wearing dark athletic pants and sneakers. The background is a blurred gym setting with various equipment. A dark red horizontal band is overlaid across the middle of the image, containing the text 'EVERYDAY IS A TRAINING DAY' in white, stylized, blocky capital letters.

EVERYDAY IS A
TRAINING DAY

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