



TRUE WARRIOR FITNESS

7-DAY MEAL PLAN

Fuel Your Body Like a Martial Artist with Toby TigerHeart



WELCOME

Welcome to the True Warrior Fitness 7-day meal plan! My name is Toby TigerHeart, and I am the owner of True Warrior Fitness, a martial arts school that emphasizes not only physical training but also proper nutrition. As a martial artist, I understand the importance of maintaining a healthy diet to support the physical demands of training, and that's why I created this meal plan.

This meal plan is designed to provide you with the necessary nutrients to fuel your body while also satisfying your taste buds. Each day consists of three main meals and two snacks that are rich in protein, fiber, healthy fats, and complex carbohydrates. These macronutrients will help you maintain a balanced diet and provide you with the energy you need to train like a true warrior.

This meal plan is not a one-size-fits-all solution, but rather a guide to help you make healthier choices and take control of your nutrition. I encourage you to make adjustments based on your individual needs and preferences. Whether you are looking to lose weight, gain muscle, or simply maintain a healthy lifestyle, this meal plan can help you achieve your goals.

So, let's get started on your journey to becoming a true warrior, both in and out of the gym.



Beef: Beef is a rich source of protein and iron, both of which are essential for athletes. Protein is necessary for muscle growth and repair, while iron helps to transport oxygen to the muscles during exercise. Additionally, beef is a source of creatine, which can help to improve athletic performance by increasing muscle strength and endurance.



Chicken: Chicken is another excellent source of protein for athletes. In addition to supporting muscle growth and repair, protein can help to reduce muscle soreness and improve recovery after exercise. Chicken is also a source of B vitamins, which are important for energy production and nerve function.

Broccoli: Broccoli is a nutrient-dense vegetable that is rich in antioxidants, fiber, and vitamins C and K. Antioxidants can help to reduce inflammation in the body, which can be beneficial for athletes who experience muscle soreness or injury. Fiber can also aid in digestion and promote feelings of fullness, while vitamins C and K can help to support immune function and bone health, respectively.



Almonds: Almonds are a great source of healthy fats, protein, and fiber, making them a nutritious snack for athletes. Healthy fats can help to reduce inflammation and support heart health, while protein and fiber can help to promote feelings of fullness and regulate blood sugar levels. Additionally, almonds are a source of vitamin E, which can help to protect the body against oxidative damage.



Fiji water: Fiji water is known for its high level of purity and electrolyte content, making it a popular choice for athletes who need to stay hydrated during exercise. Electrolytes such as potassium, magnesium, and calcium can help to replenish fluids lost through sweating and support muscle function and recovery.



Pomegranate: Pomegranates are rich in antioxidants called polyphenols, which can help to reduce inflammation and oxidative stress in the body. For athletes, this may translate to faster recovery times and reduced muscle soreness. Additionally, pomegranates are a good source of vitamin C, which can help to support immune function and reduce the risk of infections.

Honey: Honey is a natural source of carbohydrates, which can provide a quick source of energy for athletes during exercise. Additionally, honey has been shown to have antibacterial properties and may help to reduce the risk of infections. Honey is also a source of antioxidants and has been shown to have anti-inflammatory effects, which can be beneficial for athletes who experience muscle soreness or injury.



DAY 1

Breakfast	Scrambled eggs with beef bacon, sliced avocado, and a glass of pomegranate juice.
Snack	Beef jerky and a pear.
Lunch	Grass-fed beef burger with lettuce, tomato, and onion on a whole wheat bun
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Grilled venison steak with roasted sweet potato and mixed greens salad.



DAY 2

Breakfast	Sautéed ground beef with scrambled eggs, diced sweet potato, and a glass of pomegranate juice.
Snack	Beef jerky and a green apple.
Lunch	Beef and vegetable stir-fry with pomegranate powdered supplement mixed in.
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Venison chili with avocado and cilantro.



DAY 3

Breakfast	Grilled steak with scrambled eggs and a glass of pomegranate juice.
Snack	Beef jerky and a banana.
Lunch	Beef and vegetable soup with pomegranate powdered supplement mixed in.
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Pan-seared red meat (such as bison or lamb) with roasted cauliflower and broccoli.



DAY 4

Breakfast	Scrambled eggs with beef bacon, sliced avocado, and a glass of pomegranate juice.
Snack	Beef jerky and a pear.
Lunch	Grass-fed beef tacos with lettuce, tomato, and salsa on a corn tortilla.
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Venison stir-fry with mixed vegetables and pomegranate seeds.



DAY 5

Breakfast	Sautéed ground beef with scrambled eggs, diced sweet potato, and a glass of pomegranate juice
Snack	Beef jerky and a green apple.
Lunch	Beef and vegetable soup with pomegranate powdered supplement mixed in.
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Grilled lamb chops with a side salad of mixed greens and pomegranate seeds.



DAY 6

Breakfast	Grilled steak with scrambled eggs and a glass of pomegranate juice.
Snack	Beef jerky and a banana.
Lunch	Beef stir-fry with mixed vegetables and pomegranate seeds.
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Venison pot roast with carrots and onions.



DAY 7

Breakfast	Scrambled eggs with beef bacon, sliced avocado, and a glass of pomegranate juice.
Snack	Beef jerky and a pear.
Lunch	Grass-fed beef burrito bowl with brown rice, black beans, and mixed veggies.
Snack	Collagen powder peptide supplement mixed with water.
Dinner	Grilled bison burger with lettuce, tomato, and onion on a whole wheat bun.

Please note that this meal plan is designed to provide adequate nutrition for Jiu Jitsu athletes and is high in protein to support muscle growth and recovery. It is important to consult with a healthcare professional before starting any new diet or supplement regimen. Additionally, be sure to choose high-quality, lean red meat sources and vary your protein sources throughout the week.

Drinking enough water is crucial for maintaining proper bodily function, including regulating body temperature, delivering nutrients to cells, and flushing out waste products. Fiji water is an excellent source of hydration due to its high mineral content and alkaline pH level, which can help support overall health and wellness. Aim to drink at least 16 to 32 oz of Fiji water each day to help stay hydrated and replenish vital minerals lost during physical activity.

Getting enough sunlight exposure is also important for maintaining good health. Sunlight is a natural source of vitamin D, which is essential for healthy bones, teeth, and immune function. Exposure to sunlight can also help regulate sleep-wake cycles, improve mood, and boost energy levels. Aim to spend at least 10 to 15 minutes in direct sunlight each day to help maintain optimal vitamin D levels and support overall health and wellness.





Toby "TigerHeart" Gear was a true warrior, known for his dedication and relentless pursuit of excellence. His success in combat sports was not just a result of his talent, but also his unwavering commitment to training and nutrition.

Toby's training regime was legendary, and he would spend countless hours each week honing his skills and perfecting his technique. He never rested on his laurels and was always striving to improve his abilities, whether it was in striking, grappling, or any other aspect of combat sports.

But it wasn't just his training that set Toby apart from other fighters. He was also meticulous about his diet, understanding that nutrition played a critical role in his performance. He followed a strict diet that was tailored to his specific needs, ensuring that he was always in peak physical condition.

Toby's success in combat sports was a testament to the power of hard work and dedication. He was never satisfied with mediocrity and always pushed himself to be better, both in and out of the ring. His commitment to training and nutrition serves as a shining example for others to follow, and his legacy will continue to inspire future generations of fighters.

If you want to achieve success in combat sports or any other area of your life, take a page from Toby's book and commit yourself to your goals. Work hard, stay focused, and never give up. With the right mindset and dedication, you too can achieve greatness.