

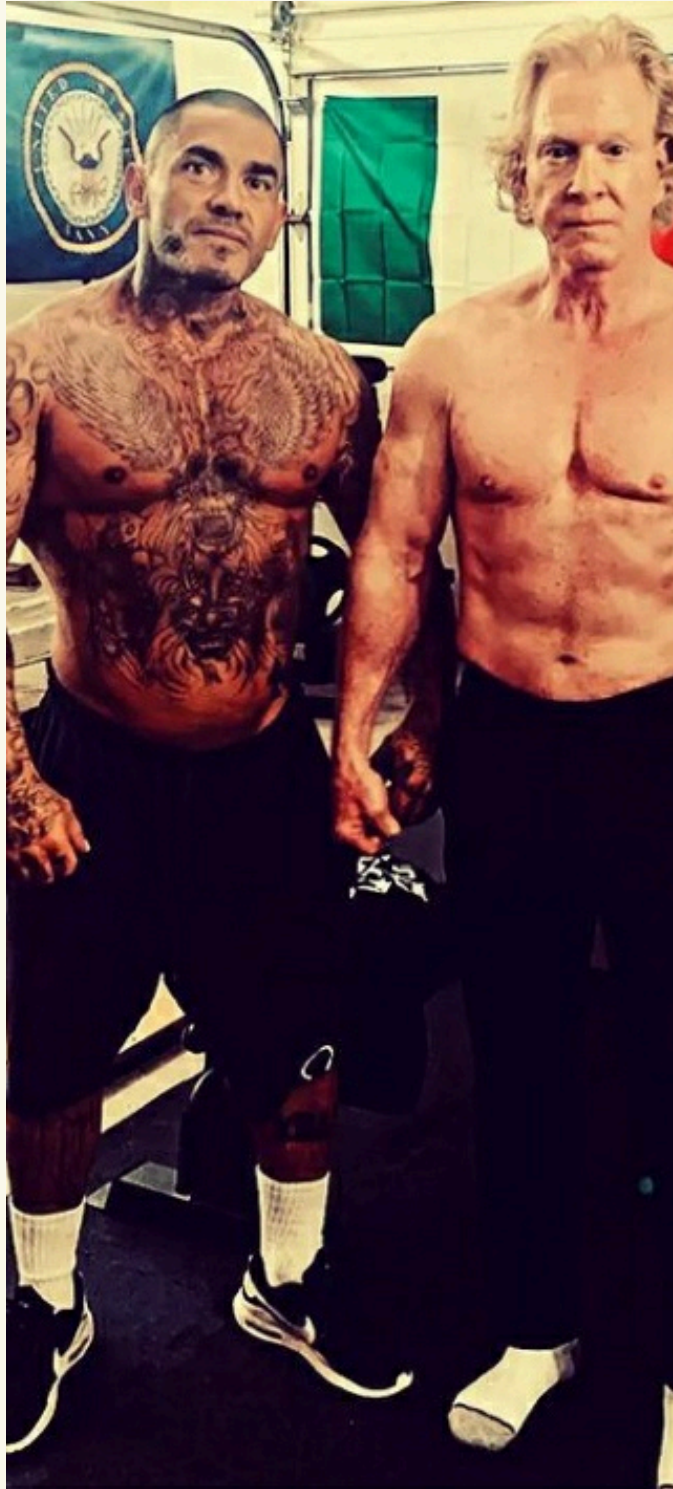
“Eat to Win” Street-Smart Nutrition for Real Life

By Julio Almanza – Sports Nutrition Coach & Founder
of Wrong to Strong 2025



WRONG TO STRONG FOOD 101

FROM FAST FOOD TO FITNESS: MY STORY



I didn't grow up counting macros — I grew up surviving.

After being deported back and forth between the U.S. and Mexico, I came back not knowing English or how to eat.

I lived off McDonald's, chips, soda... whatever was cheap and fast.

But when I hit rock bottom, I found purpose through fitness, education, and helping others.

Now I teach real nutrition to those who need it most

This isn't a diet. It's a lifestyle built on discipline, purpose, and survival skills.

WHAT YOU'LL LEARN IN WRONG TO STRONG FOOD 101



- Heading🔍 Food Fundamentals: Learn the truth about proteins, carbs, and fats — no fluff, no hype.
- 🛒 Smart Grocery Shopping: How to eat clean on \$30/week — even if you're broke.
- 🍽️ Meal Prep Mastery: Cook fast, eat smart, and avoid temptation.
- 💊 Supplement Reality Check: What works, what's a waste, and what you actually need.
- ⚡ Avoiding the American Diet Trap: The fast food game is rigged — I teach you how to beat it.

SUPPLEMENT TRUTH

Save Money. Fuel Smarter.

✓ What Works:

- Multivitamin
- Fish Oil (Omega-3s)
- Vitamin D
- Magnesium
- Whey & Casein Protein
- Creatine
- BCAAs
- L-Carnitine (ALCAR or L-Tartrate)



✗ Skip These:

- High-stim fat burners
- Junk pre-workouts with 400mg caffeine
- Anything promising “shredded in 10 days”
- Detox teas, gummies, or celebrity hype pills

"Supplements are assistants — not saviors. Discipline builds muscle. Not magic."

SIMPLE. CLEAN. EFFECTIVE. REAL FOOD, REAL FUEL — NO GIMMICKS.



Designed by Bethany Savage Team W2S – Sports
Nutrition Coach & Personal Trainer

🍳 Breakfast

- 2 slices Ezekiel Bread
- 2 tbsp Natural Peanut Butter
- 1 serving Jelly

🥤 Snack

- 1 No Cow Chocolate Protein Bar

🥗 Lunch

- 1 Can of Tuna
- 2 tbsp Mayo
- Salt & Pepper

🍕 Snack





- 1 Egg (any style)
- 1 Thomas Everything Thin Bagel
- 1 slice American Cheese

🍴 Dinner

- 5 oz Ground Turkey or Chicken
- ½ cup Brown Rice
- 1 cup Mixed Vegetables

REAL PEOPLE, REAL RESULTS

From the Yard to the Kitchen: Why This Works

-  Refugee kids who didn't know what "protein" meant now meal prep weekly.
-  Single moms in sober homes now cook clean meals for their families.
-  Inmates who survived off ramen & honey buns now teach others how to eat right.
-  Youth who never touched a stove now lead their own grocery hauls.

This isn't just nutrition — it's transformation.

It's about discipline, confidence, and breaking survival mode.

“When you teach someone how to eat, you teach them how to live different.”

MAKE IT EASY: TOOLS THAT HELP YOU WIN AT HOME

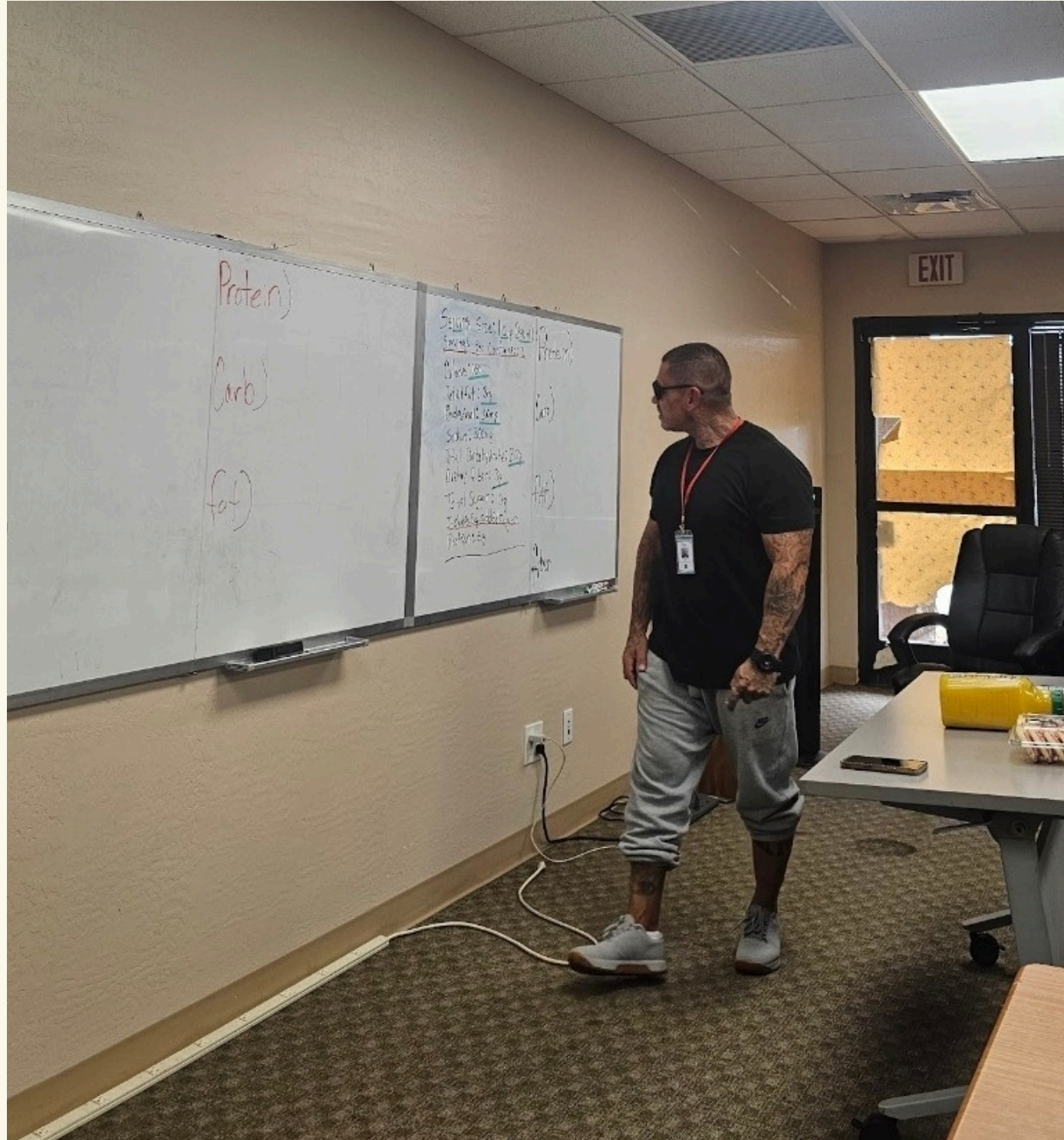


MOST PEOPLE DON'T STRUGGLE WITH WHAT TO EAT —
THEY STRUGGLE WITH HOW TO MAKE IT WORK.
THESE ARE THE TOOLS I TEACH IN EVERY WORKSHOP:

- Air Fryer – fast, crispy, low-oil meals
- Slow Cooker – cook once, eat for days
- Rice Cooker – cheap carbs, done right
- Blender – smoothies, shakes, sauces
- Ice Cream Maker – yes, even that (high-protein treat option)

“Discipline gets easier when you build systems. These tools save time and make clean eating automatic.”

THIS PROGRAM WORKS FOR



Delivered in English & Spanish. Hands-on or printable. Custom-fit to your people.

- ✓ **Recovery & Sober Living Homes**
- ✓ **Refugee Support Centers**
- ✓ **Youth Camps & Mentorship Programs**
- ✓ **Reentry & Inmate Transition Programs**
- ✓ **Churches, Shelters, and Outreach Orgs**

Whether they're fresh out of prison, fighting addiction, or new to this country...

This food workshop gives them the confidence and tools to take control.

WHY TRUST ME WITH YOUR PEOPLE?

Credentials & Street Cred:

- Certified Sports Nutrition Coach
- Certified Personal Trainer
- Peer Support Specialist
- 17 years served in federal and Mexican prisons
- Founder of Wrong to Strong
- TV Features: Locked Up Abroad, Reelz, 60 Days In
- Built fitness, coaching, and reentry programs across the U.S.



I've lived both sides — street life and structured life. I know what it means to eat out of vending machines in prison... and now I teach nutrition to people from the same backgrounds. I'm not here to preach — I'm here to teach.

READY TO BRING WRONG TO STRONG FOOD 101 TO YOUR PEOPLE?



This program is available:

- As a one-time workshop or multi-week series
- In person or virtual
- With optional PDFs, printables, or translated Spanish version
- For groups as small as 3 or as large as 100+

Let's talk about your needs and build it out together.

Contact Info:

📞 602-421-3630

✉ info@wrongtostrong.com

🌐 www.wrongtostrong.com

📍 Based in Phoenix, AZ | Available nationwide

BONUS: PRINTABLE GROCERY LIST

Grocery List: Eat Clean on a Budget



Budget \$30 List Example:

Eggs (18-pack)

Brown Rice

Chicken Thighs

Frozen Broccoli

Oats

Bananas

Natural Peanut Butter

Low-Carb Tortillas

Greek Yogurt (Plain)

Mixed Greens

“Shop the outside aisles. Skip the cartoon characters. Fuel your body like it matters
— because it does.”

Wrong to Strong® | Nutrition • Discipline • Purpose

“Walk the Yard With Me. Learn the Mindset. Live With Purpose.”

FROM PRISON YARDS TO PURPOSE

HELPING PEOPLE REBUILD DISCIPLINE, MINDSET & PURPOSE

JC Almanza



GANGSTERS
AMERICA'S MOST EVIL

**WRONG
TO
STRONG**

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