



FRANK MEDRANO

30 DAY STARTER

VEGAN MEAL PLAN

www.frankmedrano.com

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BY: FRANK MEDRANO

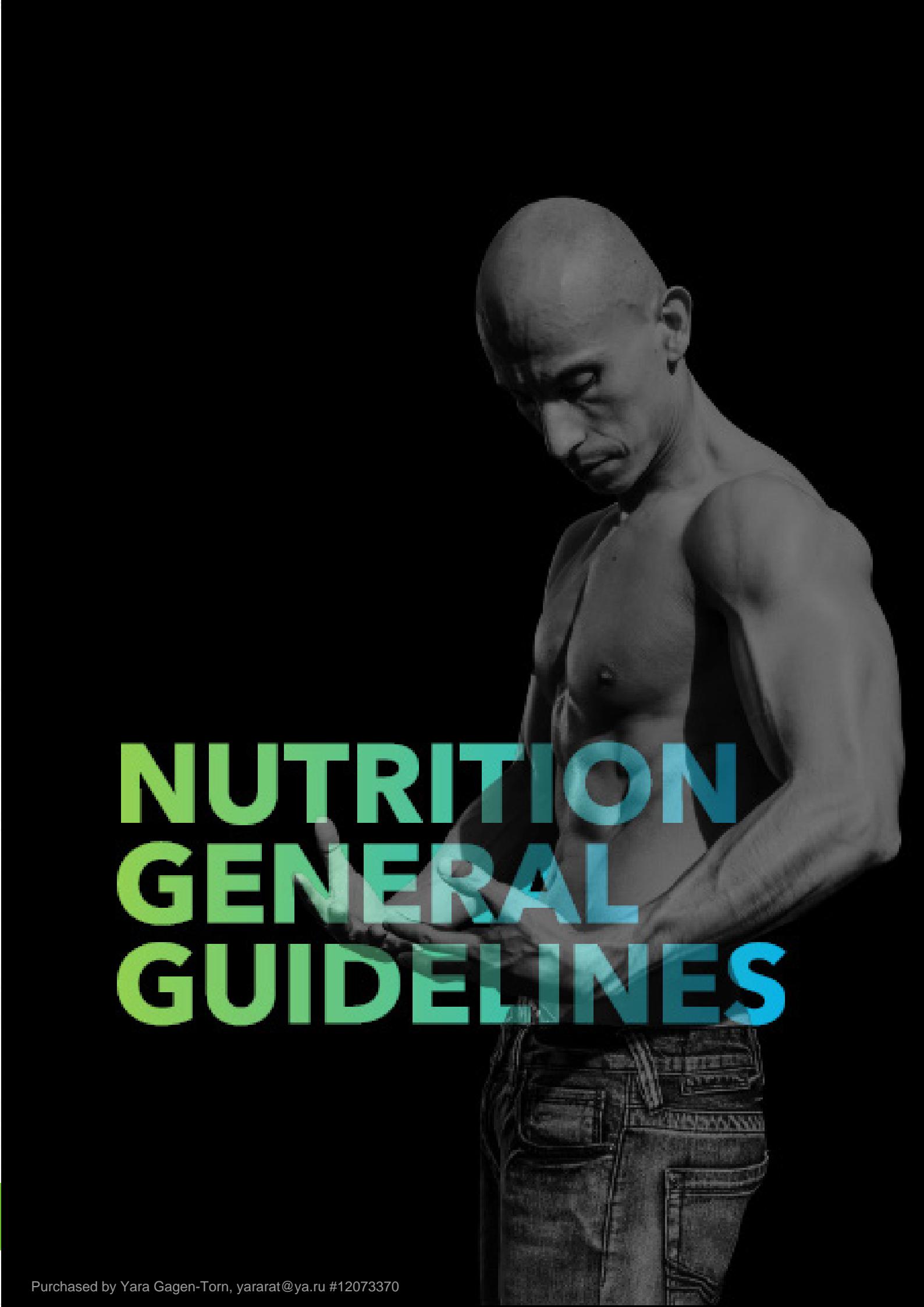
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NUTRITION GENERAL GUIDELINES



IMPORTANT MISCONCEPTIONS ABOUT A VEGAN DIET

Vegans don't need supplements - Non-vegans take supplements to make sure they get an adequate amount of nutrients, so I'm not sure why people wouldn't think a vegan should do the same. I suggest getting your blood work done after about six months on any diet, to see if you're low on anything. If you are, simply add more foods that supply that vitamin or nutrient, or supplement it. I do have my own Supplement Line (Function Supplements) over at functionsupplements.com.

Vegans are weak and skinny - We now have many vegan bodybuilders and advocates that prove this misconception is false.

It's hard to be a vegan - Being vegan can be simple or you can make it hard and complex. I choose the simple route and will share my plan with you on the following pages.

It's expensive to be a vegan - Any diet can be expensive when you eat out a lot and consume gourmet meals. I like to keep it simple and efficient, just like my workouts.

The biggest misconception about a vegan diet is that you won't get enough protein.

In the next couple of pages, I will show you how you can get more than enough to get shredded. Finally, you will learn how to build muscle and burn fat on a vegan diet.



CALORIE INTAKE

Your essential nutrients are proteins, carbohydrates, fats, minerals, vitamins and water. You need all of these for a healthy balanced diet. As you read above, the number of calories for each person could vary based on age, height, weight, gender and activity level. Right now let's use your number from above to set up your starting numbers. If the calculations are not clear to you just send me an email and let me know you need help. Once you find your numbers and set your meal plan, you won't have to count calories everyday.

**Total Calories you need for maintenance:
Use your number from above. Mine is 2706**

As you can see, because you are a man and weigh more than your girlfriend or significant other, you wouldn't consume the same amount of protein as her (she should follow FM Shred for her). You have to consume the right amounts for YOUR body and usually add more clean calories if you're sharing meals with others.



PROTEIN INTAKE (25%)

You may have heard various opinions about protein intake. For everyone, **ESPECIALLY** athletes, protein intake does matter; the quality matters, and we all need a good amount of it if we want to gain and maintain muscle. Like calories, protein requirements are going to vary from man to man.

While packing on lean muscle and minimal fat, your body will do just fine with one gram of plant-based protein per pound of body weight, or at times slightly less, and this is what I recommend as a starting point. Some excellent sources of **plant-based protein** are as follows:

Beans, lentils, nuts and nut butters, seeds, broccoli, hummus, tofu, tempeh, peas, quinoa, hemp, spinach, and more!

One gram of protein provides four calories of energy

Daily intake: Your body weight in ounces from above: Mine: 160 grams of protein daily to gain muscle

How many calories does that provide? $160 \times 4 = 640$ calories from protein.



FAT INTAKE (20%)

Dietary fat is responsible for the construction of every cell in our body and the regulation of most bodily functions. The health of our cells and entire body depend on lipid molecules that are built by fat.

You need healthy fat in your diet to promote healthy skin and nails, lower cholesterol, and reduce the risk of heart disease.

Fat provides nine calories of energy per gram

2706 total calories x 20% (2706 times 0.20) = 541.2 calories divided by 9 = 60 grams of fat per day

10% (2706 times 0.10) = 270.6 calories divided by 30 grams of fat minimum



CARBOHYDRATE INTAKE (55%)

As for carbs, they are not as evil as the low-carb gurus tell you. Of course, you will need an intelligent carb cycling plan if you want to be lean, but you don't need to fear carbs like death itself. Carbohydrates are the most potent sources of energy for all human beings, and they are essential to quality athletic performance. Whether I am looking to build up or cut down, I **ALWAYS** eat plenty of carbs.

The cool thing about a plant-based diet is that plenty of great carb sources are also packed with protein, fiber, and iron - so we can get the most bang for our buck when we eat fruits and vegetables that are essential for athletic recovery and basic health, so an optimal diet should be rich in them.

Notes:

These are general vegan nutritional guidelines. For those who want to track their caloric and macro intake more closely, we recommend using [MyFitnessPal](#) app to input your foods and track progress.



THE WRONG WAY TO CARB

HIGHLY PROCESSED FOODS

You can eat A TON of them and be STARVING in an hour. They do not satiate you at all, and are not absorbed well by your body. Stay away from highly processed food as much as possible.

GOOD

Yams, Potatoes, Sweet Potatoes, Fresh Corn, Brown Rice, Whole Grain Pasta, Oats, Rye, Quinoa, Muesli, and 100% Whole-Grain Bread/Wraps

BAD

Fries, Chips, Tortilla Chips, Crackers, White Rice, White Pasta, Refined Cereals, Sugary Cereal Bars

A carbohydrate provides four calories of energy per gram

**2706 total calories x 55% (2560 times 0.55) = 1488 calories
divided by 4 = 372 grams of carbs per day**



LEAN MUSCLE SUSTAINING FOODS

- Quinoa
- Lentils
- Black Beans
- Garbanzo Beans
- Brown Rice
- Edamame
- Firm Tofu
- Tempeh
- Nuts
- Seeds



NATURAL SUPPLEMENT RECOMMENDATIONS

I suggest getting your blood work done to see what nutrients you're low in, then finding a plant-based supplement to complement your meal plan. Once you know what you might be lacking, you can start eating more whole foods that provide that nutrient, vitamin or mineral.

You can find my all-natural vegan supplements here. They will help you get SHREDDED:

www.functionsupplements.com

A black and white photograph of a shirtless man with a muscular physique. He is standing with his arms raised above his head, hands resting on his shoulders. His eyes are closed, and he has a neutral expression. The background is dark, making the contours of his muscles stand out.

MEAL PLANS

VEGAN



DAY 1

Breakfast: Tofu scramble with whole grain toast and avocado

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 2

Breakfast: Banana protein pancakes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice, black beans, steamed spinach & 1/2 avocado

Snack: 1 handful of walnuts and raisins

Dinner: Roasted cauliflower, chickpeas and quinoa bowl

Late Snack: Veggies and hummus



DAY 3

Breakfast: Multigrain protein waffles

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 4

Breakfast: Breakfast burrito with black beans, avocado, tomatoes, and spicy potato cubes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Bean burger with a fresh tossed salad

Snack: 2 slices whole grain bread with cucumber slices and hummus dressing

Dinner: Baked potato with steamed broccoli, asparagus, and mushrooms

Late snack: Orange and cashews



DAY 5

Breakfast: Oatmeal with blueberries, almond slivers, and almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice with steamed broccoli, mushrooms, and carrots bowl

Snack: Pear and raw almonds

Dinner: Romaine lettuce salad with chickpeas, mushrooms, and tomatoes (homemade dressing: olive oil, lemon juice and garlic)

Late snack: Steamed edamame beans



DAY 6

Breakfast: Tofu scramble with hash-browns and sliced tomato and cucumber

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: A bowl of black beans, corn, diced tomatoes, chopped red onion, with a bit of sea salt and a squeeze of lemon juice

Snack: Sliced apples with peanut butter

Dinner: Lentils and carrot soup

Late Snack: Banana



DAY 7

Breakfast: Granola with banana slices, and a handful of berries with almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Quinoa bowl with steamed broccoli, carrots, and avocado slices

Snack: 2 slices whole grain bread with peanut butter and natural fruit spread

Dinner: Baked sweet potato with steamed peas and carrots

Late snack: A pear and walnuts



DAY 8

Breakfast: Tofu scramble with whole grain toast and avocado

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 9

Breakfast: Banana protein pancakes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice, black beans, steamed spinach & 1/2 avocado

Snack: 1 handful of walnuts and raisins

Dinner: Roasted cauliflower, chickpeas and quinoa bowl

Late Snack: Veggies and hummus



DAY 10

Breakfast: Multigrain protein waffles

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 11

Breakfast: Breakfast burrito with black beans, avocado, tomatoes, and spicy potato cubes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Bean burger with a fresh tossed salad

Snack: 2 slices whole grain bread with cucumber slices and hummus dressing

Dinner: Baked potato with steamed broccoli, asparagus, and mushrooms

Late snack: Orange and cashews



DAY 12

Breakfast: Oatmeal with blueberries, almond slivers, and almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice with steamed broccoli, mushrooms, and carrots bowl

Snack: Pear and raw almonds

Dinner: Romaine lettuce salad with chickpeas, mushrooms, and tomatoes (homemade dressing: olive oil, lemon juice and garlic)

Late snack: Steamed edamame beans



DAY 13

Breakfast: Tofu scramble with hash-browns and sliced tomato and cucumber

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: A bowl of black beans, corn, diced tomatoes, chopped red onion, with a bit of sea salt and a squeeze of lemon juice

Snack: Sliced apples with peanut butter

Dinner: Lentils and carrot soup

Late Snack: Banana



DAY 14

Breakfast: Granola with banana slices, and a handful of berries with almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Quinoa bowl with steamed broccoli, carrots, and avocado slices

Snack: 2 slices whole grain bread with peanut butter and natural fruit spread

Dinner: Baked sweet potato with steamed peas and carrots

Late snack: A pear and walnuts



DAY 15

Breakfast: Tofu scramble with whole grain toast and avocado

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 16

Breakfast: Banana protein pancakes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice, black beans, steamed spinach & 1/2 avocado

Snack: 1 handful of walnuts and raisins

Dinner: Roasted cauliflower, chickpeas and quinoa bowl

Late Snack: Veggies and hummus



DAY 17

Breakfast: Multigrain protein waffles

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 18

Breakfast: Breakfast burrito with black beans, avocado, tomatoes, and spicy potato cubes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Bean burger with a fresh tossed salad

Snack: 2 slices whole grain bread with cucumber slices and hummus dressing

Dinner: Baked potato with steamed broccoli, asparagus, and mushrooms

Late snack: Orange and cashews



DAY 19

Breakfast: Oatmeal with blueberries, almond slivers, and almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice with steamed broccoli, mushrooms, and carrots bowl

Snack: Pear and raw almonds

Dinner: Romaine lettuce salad with chickpeas, mushrooms, and tomatoes (homemade dressing: olive oil, lemon juice and garlic)

Late snack: Steamed edamame beans



DAY 20

Breakfast: Tofu scramble with hash-browns and sliced tomato and cucumber

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: A bowl of black beans, corn, diced tomatoes, chopped red onion, with a bit of sea salt and a squeeze of lemon juice

Snack: Sliced apples with peanut butter

Dinner: Lentils and carrot soup

Late Snack: Banana



DAY 21

Breakfast: Granola with banana slices, and a handful of berries with almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Quinoa bowl with steamed broccoli, carrots, and avocado slices

Snack: 2 slices whole grain bread with peanut butter and natural fruit spread

Dinner: Baked sweet potato with steamed peas and carrots

Late snack: A pear and walnuts



DAY 22

Breakfast: Tofu scramble with whole grain toast and avocado

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 23

Breakfast: Banana protein pancakes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice, black beans, steamed spinach & 1/2 avocado

Snack: 1 handful of walnuts and raisins

Dinner: Roasted cauliflower, chickpeas and quinoa bowl

Late Snack: Veggies and hummus



DAY 24

Breakfast: Multigrain protein waffles

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 25

Breakfast: Breakfast burrito with black beans, avocado, tomatoes, and spicy potato cubes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Bean burger with a fresh tossed salad

Snack: 2 slices whole grain bread with cucumber slices and hummus dressing

Dinner: Baked potato with steamed broccoli, asparagus, and mushrooms

Late snack: Orange and cashews



DAY 26

Breakfast: Oatmeal with blueberries, almond slivers, and almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice with steamed broccoli, mushrooms, and carrots bowl

Snack: Pear and raw almonds

Dinner: Romaine lettuce salad with chickpeas, mushrooms, and tomatoes (homemade dressing: olive oil, lemon juice and garlic)

Late snack: Steamed edamame beans



DAY 27

Breakfast: Tofu scramble with hash-browns and sliced tomato and cucumber

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: A bowl of black beans, corn, diced tomatoes, chopped red onion, with a bit of sea salt and a squeeze of lemon juice

Snack: Sliced apples with peanut butter

Dinner: Lentils and carrot soup

Late Snack: Banana



DAY 28

Breakfast: Granola with banana slices, and a handful of berries with almond milk

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Quinoa bowl with steamed broccoli, carrots, and avocado slices

Snack: 2 slices whole grain bread with peanut butter and natural fruit spread

Dinner: Baked sweet potato with steamed peas and carrots

Late snack: A pear and walnuts



DAY 29

Breakfast: Tofu scramble with whole grain toast and avocado

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Whole grain pasta salad with peas, carrots, and seasoned grilled tofu cubes (homemade dressing: olive oil, lemon juice and garlic)

Snack: Banana and peanuts

Dinner: Quinoa, black beans, corn, and tomato bowl

Late Snack: Fresh cucumber slices with a bit of sea salt and a squeeze of lemon juice



DAY 30

Breakfast: Banana protein pancakes

Post Workout Smoothie: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

Lunch: Brown rice, black beans, steamed spinach & 1/2 avocado

Snack: 1 handful of walnuts and raisins

Dinner: Roasted cauliflower, chickpeas and quinoa bowl

Late Snack: Veggies and hummus

Ideal Sleep: 10 p.m. to 6 a.m. (8 hours)



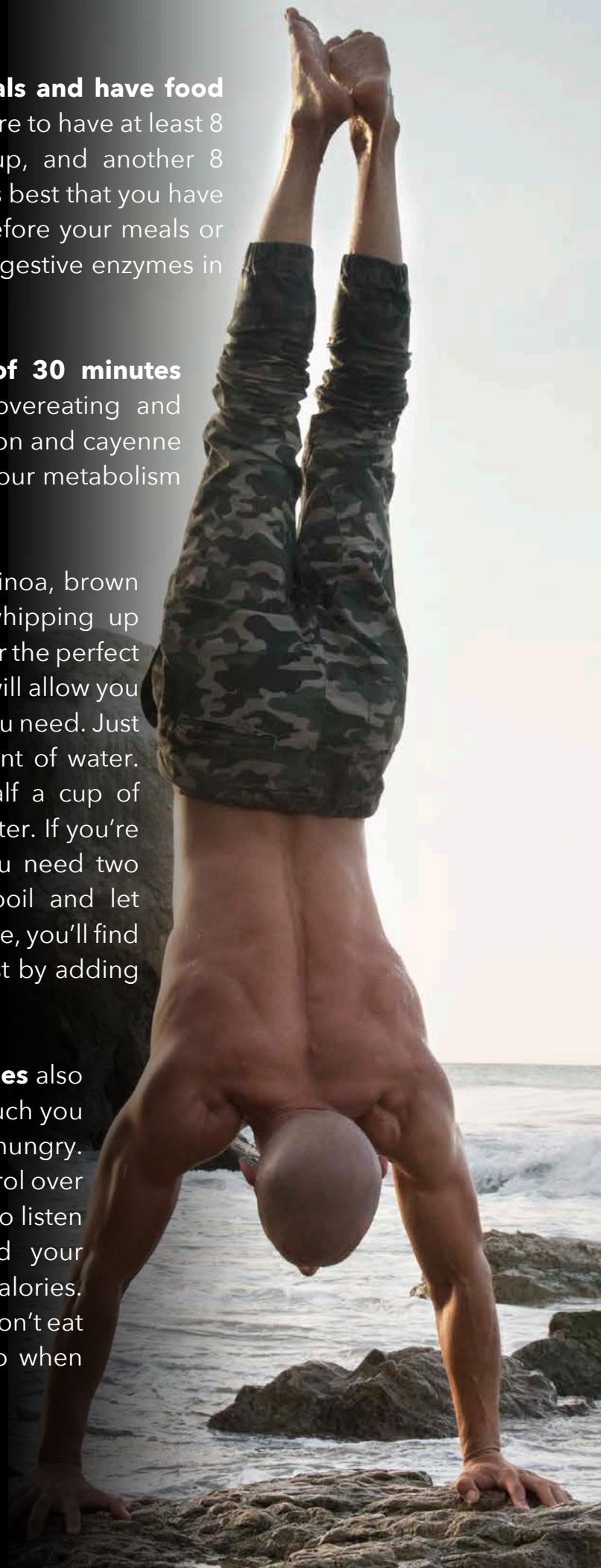
NUTRITION/ COOKING TIPS

It's always great to plan your meals and have food ready before you get hungry. Be sure to have at least 8 ounces of water when you wake up, and another 8 ounces an hour before each meal. It's best that you have your water 30 minutes to an hour before your meals or snacks so that you don't dilute the digestive enzymes in your stomach.

Having your water a minimum of 30 minutes before your meal also prevents overeating and dehydration. Infusing water with lemon and cayenne cleanses your body and speeds up your metabolism at the same time.

Prepping and pre cooking your quinoa, brown rice, lentils and beans will make whipping up unique dishes easy. I use a 2:1 ratio for the perfect texture every time. Two parts water will allow you room to have as much or as little as you need. Just remember to add double the amount of water. For instance, if you only have a half a cup of quinoa you only need one cup of water. If you're cooking one cup of lentils, then you need two cups of water. I always bring to boil and let simmer for 20 to 30 minutes. Over time, you'll find what level of tenderness you like best by adding or decreasing the amount of water.

Pre-chopping your fruits and veggies also gives you time to think about how much you want to consume before you get hungry. With this meal plan you have full control over the calories you consume each day, so listen to your body. If you just crushed your workout, then feel free to have more calories. If you're taking the day off, then you won't eat the same amount of calories you do when you're crushing your workouts.





MEAL TIMING

WHEN ARE THE BEST TIMES TO EAT?

To stay in your fat burning zone, it's good to eat something every two to four hours. If you wait more than four hours, you will be changing your metabolism and your body will start storing fat to make sure it's prepared for another long spell without nutrients.

When you eat something every two to four hours, you keep your body in balance and functioning efficiently (calories in, calories out), so there is no need to store fat.

OPTIMAL DIGESTION

Your digestion is at its highest when the sun is at its highest, between 12 p.m. and 3 p.m. This is ideally when you should eat your biggest meal or any cheat meal you have in mind because your body will process it faster than it can at night.

Breakfast

Breakfast should be right before your workout to give your body essential nutrients for a great workout! I like to have a protein shake pre-workout, and during my workout I drink my plant-based BCCA's. You can find them at www.functionsupplements.com. What you eat for breakfast will set the tone for the rest of the day, so choose wisely.

Post Workout Smoothie:

Try to have this smoothie within 30 minutes of your workout, when your absorption rate is highest. If you can't get to your smoothie that fast, at least have a quart of water with lemon so your body can start repairing



the muscles you just broke down during your workout. With the right nutrients and rest, you will see strength gains daily.

Lunch

Have the most fun and creativity with this meal. You can metabolize the best between 12 p.m. and 3 p.m., if you have a healthy system. If you're having problems with digestion, then opt for lightly steamed veggies over fresh, and be sure to take your probiotic.

Dinner

Try to have dinner at least two hours before you go to bed, to give your system time to digest. You want your body to repair while you're sleeping, instead of spending time digesting first.

Late Snack

If you're a night owl or love dessert, this meal is extremely important. Try to have it at least 30 minutes before you plan to go to bed. A little warm water or herbal tea is also nice to aid in digestion of all food so your body can repair while you're sleeping.



RECIPES

GROCERY LIST

- 100% whole multigrain flour
- almond
- almond milk
- almond slivers
- asparagus
- avocado
- baby spinach
- baking soda
- banana
- basil leaves
- berries
- black bean
- blueberries
- broccoli
- brown rice
- carrots
- cauliflower
- cayenne pepper
- chickpea broth
- chickpeas
- chili powder
- chipotle chili powder
- chipotle pepper
- cilantro
- cinnamon
- coconut aminos
- coconut milk
- coconut oil
- corn
- cucumber
- cumin powder
- curry powder
- extra firm tofu
- fresh basil
- fresh mint
- fresh parsley
- garbanzo bean broth
- garbanzo beans
- garlic
- garlic powder
- ginger
- gluten-free baking powder
- granola
- green onions
- green peas
- green peppers
- ground cinnamon
- ground cumin
- ground flaxseeds
- ground paprika
- Himalayan salt
- jalapeños
- kale
- lemon
- lemon juice
- lime juice
- limes
- liquid aminos
- maple syrup
- minced garlic
- mint
- mushrooms
- mustard
- natural fruit spread
- non-GMO organic tofu
- nutritional yeast
- oat flour
- oats
- oats (gluten-free)
- olive oil
- oregano
- organic greens
- organic mustard
- parsley

- peanut butter
- peas
- plant-based protein powder
- Portobello mushrooms
- potatoes
- quinoa
- quinoa
- red bell pepper
- red lentils
- red onion
- red pepper
- rice
- romaine lettuce leaves
- salsa
- salt
- sea salt
- sesame seeds
- shiitake mushrooms
- smoked paprika
- spaghetti whole wheat pasta
- spinach
- sweet onion
- sweet potato
- sweet onion
- sweet potato
- Tahini
- tomato
- turmeric
- unsalted roasted almonds
- vanilla extract
- vegetable broth
- white onion
- white vinegar
- whole grain bread
- Whole grain large tortilla
- whole wheat pasta





TOFU SCRAMBLE WITH WHOLE GRAIN TOAST AND AVOCADO

INGREDIENTS

Scramble:

8 ounces extra firm tofu
1 tsp coconut oil
1/2 red pepper, thinly sliced
2 cups kale, loosely chopped

Sauce:

1/2 tsp sea salt
1/2 tsp garlic powder
1/2 tsp cumin powder
1/4 tsp chili powder
1/4 tsp turmeric
1/4 tsp cayenne

Garnish:

Salsa
Cilantro
Toast and Avocado

INSTRUCTIONS

1. Pat tofu dry and roll in a clean, non-bleached paper towel with something heavy on top such as a cast iron for 15 minutes.
2. For sauce, add dry spices to a small bowl and add enough water to make a pourable sauce.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add 1-2 teaspoons coconut oil, asparagus and red pepper. Season with a pinch of sea salt and black pepper and cover to steam for 2 minutes.
4. In the meantime, unwrap tofu and use a fork to crumble into bite size pieces.
5. Use a spatula to move the veggies to one side of the pan and add tofu.
6. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir and cook for another 5-7 minutes, until tofu is slightly browned.
7. Serve immediately with toast and avocado. I like to add more flavor with salsa and fresh cilantro.

WHOLE GRAIN PASTA SALAD WITH PEAS, CARROTS, AND SEASONED GRILLED TOFU CUBES

INGREDIENTS

2 cups whole wheat pasta of your choice
8 ounces extra firm tofu
1 cup frozen or fresh green peas
1 cup shredded carrots
2 Tbsp liquid aminos
1 Tbsp olive oil
1 tsp lemon juice
1 tsp minced garlic
 $\frac{1}{4}$ tsp sea salt
 $\frac{1}{4}$ tsp cayenne

INSTRUCTIONS

1. In a large pot of water, add sea salt and bring to a boil. Add pasta and cook it until it is done, about 15 minutes. Drain the pasta. Rinse with cold water and drain thoroughly.
2. In a medium bowl, combine the tofu with the 1 tablespoon liquid aminos and 1/2 teaspoon of the minced garlic. Let sit for about 5 minutes.
3. In a large glass or stainless-steel bowl, combine the remaining minced garlic, 1 Tbsp liquid aminos, $\frac{1}{2}$ Tbsp olive oil, lemon juice, sea salt, and cayenne.
4. In a large nonstick frying pan, heat the remaining $\frac{1}{2}$ Tbsp olive oil over moderate heat. Add the tofu and cook, stirring frequently, until browned, about 8 minutes. Add the pasta and the rest of ingredients and mix before transferring back to large bowl to serve.



QUINOA, BLACK BEANS, CORN, AND TOMATO BOWL

INGREDIENTS

1 tsp coconut oil
1 tomato, chopped
1-1/2 tsp minced garlic
3/4 cup uncooked quinoa
1 tsp cumin
1-1/2 cups vegetable broth
1/4 tsp cayenne pepper
1 tsp lime juice
1 cup frozen corn
2 cans of black beans,
(15 ounces each), drained
and rinsed
1/2 cup fresh cilantro, chopped
1 ripe avocado, sliced (optional)
Salt and pepper to taste

INSTRUCTIONS

1. Rinse the quinoa in a strainer.
2. Heat the oil in a saucepan over medium heat. Stir in garlic, and cook for a couple of minutes.
3. Add the quinoa and vegetable broth to the pan.
4. Add the cumin, cayenne pepper, salt, and pepper.
5. Bring mixture to a boil and then cover, reduce heat, and simmer for 20 minutes.
6. Stir lime juice, tomatoes and frozen corn into the pan and simmer for 5 minutes or until corn is heated.
7. Mix in the black beans and cilantro.
8. Garnish with sliced avocado if desired. Serve hot or cold.





BANANA PROTEIN PANCAKES

INGREDIENTS

2 cups oat flour (120 grams)
2 tsp gluten-free baking powder
 $\frac{1}{2}$ tsp sea salt
1 tsp ground cinnamon
1 cup almond milk (250 milliliters)
2 Tbsp maple syrup
2 tsp vanilla extract (optional)
1 Tbsp coconut oil
2 bananas

INSTRUCTIONS

1. In one bowl, mix dry ingredients: Oat flour, baking powder, sea salt and cinnamon.
2. In a different bowl, mix the wet ingredients: Almond milk, maple syrup, vanilla extract and coconut oil.
3. Add sliced bananas into the wet mixture.
4. Place the wet ingredients into a blender and blend until smooth. You may smash the bananas into the liquid ingredients. If you choose to mash the bananas, you won't need to blend.
5. Combine dry and wet ingredients with a blender or with a wooden spoon.
6. Place $\frac{1}{4}$ cup of batter into lightly greased, hot pan and cook for about two minutes on each side.
7. Serve with sliced banana and maple syrup.



BROWN RICE, BLACK BEANS, STEAMED SPINACH AND 1/2 AVOCADO

INGREDIENTS

$\frac{1}{4}$ cup water
1 large sweet onion, chopped
3 garlic cloves, minced
 $1\frac{1}{4}$ cups uncooked brown rice
2 cups vegetable broth
Pinch of sea salt
8 ounces fresh baby spinach
 $1\frac{1}{2}$ cups cooked black beans
1 Tbsp fresh basil, minced
 $\frac{1}{2}$ avocado

INSTRUCTIONS

1. Heat water in a large saucepan over medium heat.
2. Add the onion and cook until soft, about 7 minutes. Add the garlic and cook about 3 minutes or until tender.
3. Stir in the rice and cook, stirring, for 1 to 2 minutes.
4. Stir in the vegetable broth and bring to a boil.
5. Reduce the heat, season with salt and pepper to taste, cover and simmer for 35 minutes, stirring occasionally.
6. Uncover and add spinach, stirring until the spinach wilts.
7. Stir in the beans and basil. Cook for 5 minutes longer, or until the broth is absorbed and the rice is tender.
8. Taste and adjust the seasonings if needed. Serve hot.



ROASTED CAULIFLOWER, CHICKPEAS AND QUINOA BOWL

ROASTED CAULIFLOWER, CHICKPEAS AND QUINOA BOWL

INGREDIENTS

Cauliflower and Chickpeas

- 1 medium head cauliflower, chopped into florets
- 1 can chickpeas, 14-ounce, drained and rinsed
- 3 to 4 Tbsp olive oil, divided
- 2 teaspoons garlic powder, divided
- 2 teaspoons ground cumin, divided
- 1.5 cups uncooked quinoa
- ½ cup unsalted roasted almonds
- Salt and Pepper

Dressing

- 2 jalapeños, seeded and finely chopped
- Zest of 2 limes
- Juice of 2 limes
- 1 tablespoon white vinegar
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 2 green onions, finely chopped
- ½ cup loosely packed fresh parsley, chopped
- ½ cup loosely packed fresh mint, chopped
- 1.5 teaspoons sea salt, to taste

INSTRUCTIONS

1. *Roasting Cauliflower and Chickpeas*
Preheat the oven to 400 degrees F.
2. Chop the head of cauliflower into florets and spread the florets out on a baking sheet.
3. Drizzle about 2 tablespoons of olive oil over the cauliflower, sprinkle with 1 teaspoon of garlic powder, 1 teaspoon of ground cumin, salt and pepper. Use your hands to massage the oil/spices into the florets so that everything is coated.

4. Lay the chickpeas out on a separate baking sheet. Drizzle with 1 to 2 tablespoons of olive oil, 1 teaspoon of garlic powder, 1 teaspoon of ground cumin, salt and pepper. Again, use your hands to coat everything in oil/spices.

5. Place both baking sheets in the oven to roast for about 20 minutes, or until both the cauliflower and chickpeas are tender, crispy, and golden-brown. Stir half-way through the bake time.

Quinoa

1. While the cauliflower and chickpeas are roasting, cook the quinoa.
2. Rinse and strain the quinoa well. Add it to a medium-sized pot with 3 cups of water and bring it to a boil.
3. Reduce the heat to low, cover the pot and simmer for 15 to 20 minutes, or until all the water has been absorbed.
4. Fluff the quinoa with a fork and set aside until ready to use.

Jalapeño- Lime Dressing

1. In a bowl, whisk together all of the ingredients for the dressing and set aside.

Salad

1. Add the cooked quinoa, roasted cauliflower, and chickpeas to a large serving bowl.
2. Pour all of the dressing over ingredients and toss together.
3. Serve warm or cold with roasted almonds!



VEGGIES AND HUMMUS

INGREDIENTS (HUMMUS)

3 cups cooked chickpeas (or two 15 ounce cans, 1 drained)
1 cup water or chickpea cooking broth (or the liquid from 1 can of chickpeas)
2 to 4 cloves of garlic, peeled
2 Tbsp Tahini (or 4 tablespoons sesame seeds)
2 Tbsp fresh lemon juice
1 tsp cumin
 $\frac{1}{4}$ tsp smoked paprika
 $\frac{1}{2}$ tsp chipotle chili powder or cayenne pepper
pinch of sea salt

INSTRUCTIONS

1. Place all ingredients except sea salt in the blender in the order listed, using the smaller amounts.
2. Start the machine on low and increase speed to high. Use the Vitamix plunger to break up air pockets and push chickpeas.
3. Serve with your favorite vegetables to scoop (zucchini, carrots, cucumber, broccoli, celery, radish, etc.)

MULTIGRAIN PROTEIN WAFFLES

INGREDIENTS

2 Tbsp of ground flaxseed
½ teaspoon of baking soda
1 cup of almond or coconut milk
(for flaxseed mixture)
½ cup of 100% whole multigrain flour
1 scoop of plant-based flavored protein
1 tsp coconut oil

INSTRUCTIONS

1. In a bowl, combine ground flaxseed, baking soda, and ½ of the cup almond milk. Stir together and let sit for a few minutes. The mixture will create a gel-like texture.
2. Add the multigrain flour, the protein powder, coconut oil and the other ½ cup of the almond milk into the mixture with the flaxseed.
3. Mix the ingredients together with a fork until they turned into dough.
4. Preheat the waffle maker and spray with non-stick spray.
5. Load the waffle mixture onto the waffle maker, spread over two to four waffle plates, and close the waffle maker.
6. Let the mixture heat for around 6-10 minutes (the time varies per waffle maker). Generally a waffle is done once the waffle maker stops having steam come from it.
7. Remove the waffle and enjoy with toppings of your liking: Maple syrup, berries, 1 Tbsp almonds, bananas, cinnamon, or coconut yogurt.





BREAKFAST BURRITO WITH BLACK BEANS, AVOCADO, TOMATOES, AND SPICY POTATO CUBES

INGREDIENTS

Whole grain large tortilla
½ cup black beans
¼ to ½ an avocado
½ cup diced tomatoes
½ cup diced potatoes
1 Tbsp ground cumin
¼ cup diced sweet onion
1/8 cup fresh parsley
1-2 Tbsp lemon juice
1 Tbsp coconut oil
Chipotle pepper to taste

INSTRUCTIONS

1. Place coconut oil, lemon juice, diced up potatoes and diced onion into a skillet. Add in 1 Tbsp ground cumin. Grill the potatoes until soft.
2. Once the potatoes are soft, add in diced up sweet onion, black beans, and ¼ cup tomatoes. Add in chipotle pepper and cook the ingredients until warmed and the flavors mix.
3. Turn the heat off and mix in the remaining tomatoes.
4. Place the large tortilla on a plate and place sliced up pieces of avocado on the tortilla.
5. Take scoops of the black bean and potato mixture and fill the tortilla. Sprinkle the fresh parsley over the black bean mixture.

Wrap up the tortilla into a burrito and enjoy!



BEAN BURGER WITH A FRESH TOSSED SALAD

BEAN BURGER WITH A FRESH TOSSED SALAD

INGREDIENTS

Bean Burger

1 cup cooked black beans, drained and rinsed
½ teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon ground paprika
½ teaspoon salt
2 teaspoons finely chopped cilantro
Pinch of turmeric (optional)
¼ cup green peppers, finely chopped
½ cup oats (gluten-free also an option)
½ cup red onion, finely chopped
1 small carrot, grated
¼ cup diced shiitake mushrooms
1 tbs ground flaxseeds

Salad

3 cups organic greens
¼ cup fresh diced tomatoes
1/8 cup shredded carrots

Dressing

1 Tbsp olive oil
1 tsp organic mustard
1 tsp maple syrup
1 Tbsp lemon

INSTRUCTIONS

Bean Burger

1. In a small cup mix the Tbsp ground flax with 2 Tbsp water and let it soak until it becomes a gel.
2. In a large mixing bowl, mash ¾ cup of the black beans. Add remaining ¼ cup of beans.
3. In a small bowl, mix together the garlic powder, chili powder, cumin, paprika, salt, cilantro, and turmeric (if using).
4. Pour the spices over the bean mixture.
5. Dice up and shred the carrots, mushrooms, red onion, cilantro, and green pepper. Make sure that they are small so they can mix into the bean burger patties.
6. Add the vegetables, the flax gel, and the oats into the bean mixture. Mix the ingredients together with your hands.
7. Form into 2-4 large patties.
8. Grill the patties in a pan sprayed with nonstick spray.
9. Once browned and starting to crisp on the bottom side, flip and do the same on the other. Serve on your favorite bun with toppings or over rice.
10. Serve on your favorite bun with toppings or over rice.

Salad

1. Wash and mix salad ingredients in a large bowl.
2. Mix ingredients together in a small bowl and toss greens in dressing.
3. Place burger patty or patties on top of salad and enjoy together.



WHOLE GRAIN OPEN FACED CUCUMBER HUMMUS SANDWICH

INGREDIENTS

2 slices of whole grain bread
½ cucumber

Hummus:

3 cups cooked chickpeas (or two 15-ounce cans, 1 drained)
1 cup water or chickpea cooking broth (or the liquid from 1 can of chickpeas)
2 to 4 cloves garlic, peeled
2 Tbsp Tahini (or 4 tablespoons sesame seeds)
2 Tbsp fresh lemon juice
1 tsp cumin
¼ tsp smoked paprika
½ tsp chipotle chili powder or cayenne pepper
pinch of sea salt

INSTRUCTIONS

1. Place all ingredients except sea salt in the blender in the order listed, using the smaller amounts.
2. Start the machine on low and increase speed to high. Use the Vitamix plunger to break up air pockets and push chickpeas.
3. Spread the hummus on two slices of whole wheat bread (toasted or untoasted).
4. Place cucumber slices on the bread.
5. Enjoy either as a sandwich or open-faced sandwich.



BAKED POTATO WITH STEAMED BROCCOLI, ASPARAGUS, AND MUSHROOMS

INGREDIENTS

1 large potato
1 cup broccoli
1 cup asparagus
½ cup mushrooms
2 Tbsp salsa

INSTRUCTIONS

Potato

1. Preheat the oven to 300 degrees Fahrenheit.
2. Wash the potato and poke holes into the potato with a fork a few times.
3. Bake the potato for about an hour or until soft enough to be cut open with a fork. You may test this by trying to poke into the potato with a fork.
4. Put the potato on a plate and cut down the center. Put the salsa inside the potato.

Vegetables

1. In a vegetable steamer pot, bring water to a boil, ensuring the water level doesn't reach the vegetables.
2. Place vegetables into the pot and steam until broccoli is bright green and other vegetables are cooked.
3. Ensure that the vegetables are cooked, but not overly cooked or soft.
4. Remove and place on a plate with the potato.

OATMEAL WITH BLUEBERRIES, ALMOND SLIVERS, AND ALMOND MILK

INGREDIENTS

1/4 cup oats
1/2 cup blueberries
1/8 cup almond slivers
1/2 cup almond milk
Dash of salt

INSTRUCTIONS

1. Bring almond milk and salt to a boil in medium saucepan over medium heat, stirring frequently.
2. Add oats; cook over medium-low heat, stirring frequently, for 3 to 5 minutes.
3. Let oatmeal stand for 1 minute and mix in maple syrup and cinnamon
4. Place the oatmeal into a bowl and add the blueberries and almonds on top.



BANANA AND BERRY GREEN SMOOTHIE

INGREDIENTS

8 ounces water
1 cup greens (spinach, kale, etc.)
1 banana
1 cup berries
1 scoop plant-based protein powder

INSTRUCTIONS

Blend all the ingredients in a high-powered blender, pour into a glass and enjoy!



BROWN RICE WITH STEAMED BROCCOLI, MUSHROOMS, AND CARROTS BOWL

INGREDIENTS

- 1 Cup uncooked brown rice (Or use the water-to-rice ratios on your package of rice to determine how much rice you want to make)
- 2 Cups water (Again, use the ratios on your package of rice if you need to change the amount you cook)
- 1 cup of Mushrooms
- 1 cup sliced carrots
- 1 cup of broccoli

INSTRUCTIONS

1. Pour the rice and water into the rice cooker
2. Insert the steam basket into the rice cooker
3. Place all the vegetables into the steam basket
4. Turn the rice cooker on to "Cook"
5. Check your vegetables after about 10-15 minutes if you prefer them crunchy. When the vegetables are done, carefully remove the steam basket from the rice cooker, and let the rice finish. Alternatively, you could let the rice cook for a few minutes before you insert the steam basket full of vegetables in Step 2; that way everything is done cooking at once.
6. Serve with your choice of seasonings. Salt, pepper, garlic powder, and soy sauce all go well with this meal.



CHICKPEA, MUSHROOM, & TOMATO LETTUCE WRAPS

CHICKPEA, MUSHROOM, AND TOMATO LETTUCE WRAPS

INGREDIENTS

1 cup garbanzo beans (organic BPA free, can or freshly cooked)
1/4 cup garbanzo bean broth
1 cup Portobello mushrooms or mushroom of choice,
finely chopped
1/4 cup cilantro
1 tsp cumin
1/2 cup tomato diced
2 Tbsp red onion
6-10 romaine lettuce leaves

Dressing

1 Tbsp olive oil
2 Tbsp lemon juice
1/8 tsp garlic powder
Himalayan salt and fresh pepper to taste

INSTRUCTIONS

1. Prepare the lettuce leaves by pulling them off the romaine heart, keeping the leaf in one piece. These leaves will serve as a type of wrap for the ingredients. Wash these and let them dry on a towel while the other ingredients are prepared.
2. In a small bowl mix the olive oil, lemon, garlic, salt, and pepper. Place this aside as it will be used to dress the garbanzo beans at the end.
3. In a pan add in 1/4 cup garbanzo bean juice or broth on medium heat.
4. Add in fresh chopped red onion and finely diced mushroom.
5. Then add in cooked garbanzo beans, tomatoes, and spices. Simmer on low or medium heat for the flavors to combine and fresh ingredients to soften. You may use more broth to keep ingredients from sticking or use a light spray of coconut oil.
6. When garbanzo bean and mushroom mixture is complete, let cool and mix in the olive oil dressing.
7. Place a portion of the mixture into each lettuce leaf and garnish with cilantro.

TOFU SCRAMBLE WITH HASH-BROWNS AND SLICED TOMATO AND CUCUMBER

INGREDIENTS

Scramble:

8 ounces extra firm tofu
1 tsp coconut oil
½ red pepper, thinly sliced

Sauce:

½ tsp sea salt
½ tsp garlic powder
½ tsp cumin powder
¼ tsp chili powder
¼ tsp turmeric
¼ tsp cayenne

Hash Browns:

1 large potato, julienned or shredded into small strips
Cumin
1 tsp coconut oil
1 Tbsp nutritional yeast
Dash of salt and freshly ground pepper to taste
1/8cup red onion finely chopped

Garnish:

Fresh tomato slices
Fresh cucumber slices

INSTRUCTIONS

1. Pat tofu dry and roll in a clean, non-bleached paper towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
2. For sauce, add dry spices to a small bowl and add enough water to make a pourable sauce.
3. In a large warmed skillet over medium heat, place 1 tsp coconut oil, shredded potato, spices, and onion. Cook until softened and browned.
4. Season with the salt, pepper, and nutritional yeast and cover to steam until cooked.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-size pieces.
6. In a separate warmed pan, place a teaspoon of coconut oil and the tofu and the red pepper for the scramble. Sauté for 2 minutes, then add sauce, pouring it over the tofu. Stir and cook for another 5-7 minutes, until tofu is slightly browned.
7. Once both items are cooked and serve immediately.
8. Garnish the plate with fresh tomato and cucumber and enjoy!



WHOLE GRAIN PEANUT BUTTER & FRUIT SPREAD

INGREDIENTS

2 slices whole grain bread
1 Tbsp of peanut butter
1 Tbsp of natural fruit spread
1 tsp maple syrup (optional)
1/8 tsp cinnamon

INSTRUCTIONS

1. Spread one slice of bread with peanut butter
2. Spread the other slice of bread with the natural fruit spread
3. Enjoy!



GRANOLA WITH BANANA SLICES, AND A HANDFUL OF BERRIES WITH ALMOND MILK

INGREDIENTS

½ cup granola
1 sliced up banana
Handful of berries
1 cup of almond milk

INSTRUCTIONS

Place ingredients into a bowl enjoy!



LENTILS AND CARROT SOUP

INGREDIENTS

½ cup red lentils	fresh grated ginger
1 cup grated carrots	cup red onion
½ cup diced tomatoes	1 tsp lime juice
1 red bell pepper	cup basil leaves
1 clove of garlic	1 tsp maple syrup (optional)
1 tsp curry powder	tsp cinnamon

INSTRUCTIONS

1. Rinse lentils and place in pot of 2 cups boiling water.
2. Add carrots, tomatoes, bell pepper, ginger, onion, garlic and curry into the pot of lentils.
3. Cook for about 20 minutes, or until the lentils are soft.
4. Squeeze the lime juice into the soup and garnish with fresh basil leaves.



BAKED SWEET POTATO WITH STEAMED PEAS AND CARROTS

INGREDIENTS

1 large sweet potato
1 cup frozen peas
1 cup sliced carrots
2 Tbsp salsa

INSTRUCTIONS

1. Preheat the oven to 300 degrees Fahrenheit.
2. Wash the potato and poke holes into the potato with a fork a few times.
3. Bake the potato for about an hour, or until soft enough to be cut open with a fork. You may test this by trying to poke into the potato with a fork.
4. Put the potato on a plate and cut down the center. Put the salsa inside the potato.



BROWN RICE WITH STEAMED BROCCOLI, MUSHROOMS, AND CARROTS BOWL

INGREDIENTS

- 1 Cup uncooked brown rice (Or use the water-to-rice ratios on your package of rice to determine how much rice you want to make)
- 2 Cups water (Again, use the ratios on your package of rice if you need to change the amount you cook)
- 1 cup of Mushrooms
- 1 cup sliced carrots
- 1 cup of broccoli

INSTRUCTIONS

Pour the rice and water into the rice cooker

Insert the steam basket into the rice cooker

Place all the vegetables into the steam basket

Turn the rice cooker on to "Cook"

Check your vegetables after about 10-15 minutes if you prefer them crunchy. When the vegetables are

done, carefully remove the steam basket from the rice cooker, and let the rice finish. Alternatively, you could let the rice cook for a few minutes before you insert the steam basket full of vegetables in Step 2; that way everything is done cooking at once.

Serve with your choice of seasonings. Salt, pepper, garlic powder, and soy sauce all go well with this meal.



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