



# Inner Warrior Coaching™

## All Natural Balanced Meal Plan

Baseline: 1900 Calories/day

### General Information

This Inner Warrior Meal Plan is a Paleo-emphasized, all-natural meal plan designed to be a sustainable eating pattern. The plan cuts out several foods that people are most commonly sensitive to, while focusing on eating mostly what our pre-agriculture ancestors would have eaten: protein and natural fruits, vegetables, and fats. Different from strict Paleo, however, there are some healthy beans in this diet (for added protein and fiber) as well as Greek yogurt, for its pro-biotic digestive qualities. It is highly recommended that you eat only non GMO-foods, including only certified organic fruits, vegetables and fats; wild-caught, [low-mercury](#) fish; free-range, grass fed beef and cow products; and cage-free, vegetarian poultry. Eat fruits and vegetables that were grown organically with love and care, and meat that was raised humanely and freely.

### Caloric Information

The purpose of this plan is to give a baseline. It is meant for you to up the amounts you eat of these foods depending on how much physical exercise you are getting. It is important to consult with your physician or nutritionist to determine how many calories you should actually be getting per day based on your particular body type and fitness/activity regime.

### **Benefits**

- Foods switch daily – important for digestion and absorption, and to avoid developed sensitivity
- Balanced Protein-Carbs-Fat: 40-40-20 for optimal digestion, sugar regulation, and physical & mental performance
- Incorporates detoxifying foods
- Includes one cheat day: Saturday or Sunday—you choose (but don't go too crazy!)

### **Off Limits Foods (Except on cheat day)**

- Soy
- Nuts
- White Starches
- Bread/Gluten
- Corn
- Sugar
- Caffeine
- Alcohol

### **Minimal Foods**

- Dairy (natural, grass fed or Greek only)
- Dark Starches
- Healthy Legumes (organic beans only)
- Gluten-free whole grains

## GROCERY SHOPPING LIST

### Day Inner Warrior Balanced Meal Plan (1900 calories per day; 40-40-20)

Food	Family	Amount	Units	Calories	Protein	Carb	Fat
Adzuki bean	Legume	1.0	Cup	300	17	57	0
Apple	Apple / Rose	5.0	Med Units	405	1	105	2
Apple Sauce	Apple / Rose	0.5	Cup	53	0	14	0
Artichoke	Composite (Aster)	2.0	Med Units	130	7	31	1
Avocado	Laurel	4.0	Units	1296	16	59	122
Banana	Banana / Platain	2.0	Units	210	4	53	1
Beet	Goosefoot (Beet)	1.5	Cup	90	3	20	0
Blueberry	Grape	2.5	Cup	205	2	51	1
Broccoli	Mustard	2.0	Cup	48	5	6	0
Brussel Sprouts	Mustard	4.0	Cup	152	13	31	1
Carrot	Parsley	2.0	Cup	96	6	22	0
Celery	Parsley	4.0	Cup	72	3	17	1
Coconut Butter	Palm	3.0	TB	279	6	11	27
Cod, Wild Alaskan	Saltwater Fish	16.0	Ounces	373	80	0	3
Collards	Mustard	2.0	cup	70	6	14	1
Egg	Egg	3.0	Units	237	18	2	17
Egg White	Egg	9.0	Units	144	30	4	0
Eggplant	Nightshade	3.0	Cup	105	1	27	0
Flax Seed Oil	Composite (Aster)	2.5	TB	298	0	0	35
Hearts of Palm	Palm	2.0	Cup	82	7	13	2
Hummus	Legume	64.0	TB	2240	64	64	192
Kidney bean	Legume	2.0	Cup	432	29	79	2
Lettuce, romaine	Composite (Aster)	9.0	Cup	72	8	12	1
Lima Bean	Legume	2.0	Cup	414	23	78	1
Mushroom	Fungus	2.0	Cup	36	3	6	0
Olive Oil	Olive	6.0	TB	714	0	0	81
Olives, Black	Olive	15.0	Units	66	0	2	6
Onion	Lily	1.5	Cup	75	2	18	1
Pineapple	Pineapple	1.0	Cup	77	1	19	1
Potatoe, Sweet	Morning Glory	1.0	Cup	136	2	32	0
Rice milk (Unsweetened)	Cereal	3.0	Cup	210	0	33	8
Salmon, Wild Alaskan	Fresh Water Fish	10.0	Ounces	390	66	0	12
Scallop	Mussels	16.0	Ounces	400	75	10	4
Seaweed (agar, dried)	Mustard	1.0	Ounces	86	2	23	0
Protein	Shake	4.0	Cup	1140	208	12	12
Shrimp	Crustaceans	18.0	Ounces	540	103	5	9
Spinach, raw	Goosefoot (Beet)	6.0	Cup	84	11	14	1
Strawberry	Rose	6.0	Cup	270	5	62	2
Tilapia, Wild	Saltwater Fish	16.0	Ounces	184	40	0	3
Tomatoe	Nightshade	2.0	Cup	48	2	11	1
Yogurt Nonfat, Greek	Dairy	6.0	Cup	420	108	66	0
Zuchini	Gourd (Melon)	1.0	Cup	25	1	6	0

<b>Monday</b>		<b>Amount</b>	<b>Units</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Servings</b>					
<b>Breakfast</b>								<b>Meat</b>	3				
Rice milk (Unsweete	Cereal	1.0	Cup	70	0	11	3	<b>Veg</b>	8				
Blueberry	Grape	0.5	Cup	41	0	10	0	<b>Fat</b>	6				
Banana	Banana / Platain	0.3	Units	26	0	7	0	<b>Fruit</b>	4				
Flax Seed Oil	Composite (Aster)	1.0	TB	119	0	0	14	<b>Carb</b>	1				
Yogurt Nonfat, Gree	Dairy	0.3	Cup	21	5	3	0	<b>Bean</b>	2				
Protein	Shake	0.7	Cup	190	35	2	2						
<b>Snack</b>										<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Apple	Apple / Rose	1.0	Med Units	81	0	21	0	<b>Breakfast</b>	467	41	33	19	
Avocado	Laurel	0.3	Units	108	1	5	10			44%	36%	20%	
<b>Lunch</b>								<b>Snack</b>	189	2	26	11	
Tilapia, Wild	Saltwater Fish	8.0	Ounces	92	20	0	2			4%	68%	28%	
Beet	Goosefoot (Beet)	0.5	Cup	30	1	7	0	<b>Lunch</b>	487	35	50	18	
Lettuce, romaine	Composite (Aster)	3.0	Cup	24	3	4	0			34%	49%	17%	
Adzuki bean	Legume	0.7	Cup	200	11	38	0	<b>Snack</b>	164	6	10	12	
Olive Oil	Olive	1.0	TB	119	0	0	14			20%	35%	45%	
Olives, Black	Olive	5.0	Units	22	0	1	2	<b>Dinner</b>	373	30	29	16	
<b>Snack</b>										40%	39%	21%	
Carrot	Parsley	0.5	Cup	24	2	6	0	<b>Snack</b>	219	24	31	7	
Hummus	Legume	4.0	TB	140	4	4	12			39%	51%	11%	
<b>Dinner</b>									<b>1899</b>	<b>137</b>	<b>178</b>	<b>81</b>	
Tilapia, Wild	Saltwater Fish	8.0	Ounces	92	20	0	2			<b>35%</b>	<b>45%</b>	<b>21%</b>	
Lima Bean	Legume	0.7	Cup	138	8	26	0						
Broccoli	Mustard	1.0	Cup	24	3	3	0						
Olive Oil	Olive	1.0	TB	119	0	0	14						
<b>Snack</b>													
Yogurt Nonfat, Gree	Dairy	1.0	Cup	70	18	11	0						
Blueberry	Grape	0.5	Cup	41	0	10	0						
Brussel Sprouts	Mustard	1.0	Cup	38	3	8	0						
Hummus	Legume	2.0	TB	70	2	2	6						
<b>Daily Total</b>				<b>1899</b>	<b>137</b>	<b>178</b>	<b>81</b>						
					35%	45%	21%						

Tuesday		Amount	Units	Calories	Protein	Carbs	Fat	Servings					
<b>Breakfast</b>								<b>Meat</b>	5				
Egg White	Egg	3.0	Units	48	10	1	0	<b>Veg</b>	6				
Egg	Egg	2.0	Units	158	12	1	11	<b>Fat</b>	5				
Strawberry	Rose	1.1	Cup	47	1	11	0	<b>Fruit</b>	3				
Spinach, raw	Goosefoot (Beet)	2.0	Cup	28	4	5	0	<b>Carb</b>	1				
<b>Snack</b>								<b>Bean</b>	1				
Apple	Apple / Rose	1.0	Med Units	81	0	21	0						
Avocado	Laurel	0.3	Units	108	1	5	10			<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
<b>Lunch</b>								<b>Breakfast</b>	281	27	18	12	
Artichoke	Composite (Aster)	1.0	Med Units	65	3	15	0			47%	32%	21%	
Scallop	Mussels	8.0	Ounces	200	38	5	2	<b>Snack</b>	189	2	26	11	
Olive Oil	Olive	1.0	TB	119	0	0	14			4%	68%	28%	
Lettuce, romaine	Composite (Aster)	3.0	Cup	24	3	4	0	<b>Lunch</b>	552	53	50	17	
Kidney bean	Legume	0.7	Cup	144	10	26	1			44%	42%	14%	
<b>Snack</b>								<b>Snack</b>	164	6	10	12	
Carrot	Parsley	0.5	Cup	24	2	6	0			20%	35%	45%	
Hummus	Legume	4.0	TB	140	4	4	12	<b>Dinner</b>	480	48	27	20	
<b>Dinner</b>										50%	28%	22%	
Eggplant	Nightshade	1.0	Cup	35	1	9	0	<b>Snack</b>	244	23	21	8	
Scallop	Mussels	8.0	Ounces	200	38	5	2			45%	41%	15%	
Collards	Mustard	1.0	cup	35	3	7	0		<b>1910</b>	<b>158</b>	<b>152</b>	<b>79</b>	
Hummus	Legume	6.0	TB	210	6	6	18			<b>41%</b>	<b>39%</b>	<b>20%</b>	
<b>Snack</b>													
Protein	Shake	0.3	Cup	95	17	1	1						
Blueberry	Grape	0.5	Cup	41	0	10	0						
Hummus	Legume	2.0	TB	70	2	2	6						
Brussel Sprouts	Mustard	1.0	Cup	38	3	8	0						
	<b>Daily Total</b>			<b>1910</b>	<b>158</b>	<b>152</b>	<b>79</b>						
					41%	39%	20%						

Wednesday		Amount	Units	Calories	Protein	Carbs	Fat	Servings					
<b>Breakfast</b>								<b>Meat</b>	4				
Rice milk (Unsweete	Cereal	1.0	Cup	70	0	11	3	<b>Veg</b>	7				
Blueberry	Grape	0.5	Cup	41	0	10	0	<b>Fat</b>	6				
Banana	Banana / Platin	0.3	Units	26	0	7	0	<b>Fruit</b>	4				
Flax Seed Oil	Composite (Aster)	0.5	TB	60	0	0	7	<b>Carb</b>	1				
Protein	Shake	0.5	Cup	143	26	2	2	<b>Bean</b>	1				
<b>Snack</b>													
Apple	Apple / Rose	1.0	Med Units	81	0	21	0			<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Avocado	Laurel	0.3	Units	108	1	5	10	<b>Breakfast</b>		339	27	29	11
<b>Lunch</b>											40%	43%	17%
Cod, Wild Alaskan	Saltwater Fish	8.0	Ounces	186	40	0	2	<b>Snack</b>		189	2	26	11
Hearts of Palm	Palm	1.0	Cup	41	4	7	1				4%	68%	28%
Lima Bean	Legume	0.7	Cup	138	8	26	0	<b>Lunch</b>		495	53	38	15
Avocado	Laurel	0.3	Units	108	1	5	10				50%	36%	14%
Olives, Black	Olive	5.0	Units	22	0	1	2	<b>Snack</b>		232	7	14	17
<b>Snack</b>											19%	37%	44%
Celery	Parsley	2.0	Cup	36	2	9	0	<b>Dinner</b>		389	45	18	16
Hummus	Legume	5.6	TB	196	6	6	17				57%	23%	20%
<b>Dinner</b>								<b>Snack</b>		242	22	22	7
Tomatoe	Nightshade	1.0	Cup	24	1	5	0				43%	43%	14%
Onion	Lily	0.5	Cup	25	1	6	0			<b>1887</b>	<b>155</b>	<b>148</b>	<b>78</b>
Cod, Wild Alaskan	Saltwater Fish	8.0	Ounces	186	40	0	2				<b>41%</b>	<b>39%</b>	<b>20%</b>
Collards	Mustard	1.0	cup	35	3	7	0						
Olive Oil	Olive	1.0	TB	119	0	0	14						
<b>Snack</b>													
Protein	Shake	0.3	Cup	95	17	1	1						
Banana	Banana / Platin	0.5	Units	53	1	13	0						
Hummus	Legume	2.0	TB	70	2	2	6						
Carrot	Parsley	0.5	Cup	24	2	6	0						
			<b>Daily Total</b>	<b>1887</b>	<b>155</b>	<b>148</b>	<b>78</b>						
					41%	39%	20%						

Thursday		Amount	Units	Calories	Protein	Carbs	Fat	Servings					
<b>Breakfast</b>								<b>Meat</b>	5				
Egg White	Egg	3.0	Units	48	10	1	0	<b>Veg</b>	7				
Egg	Egg	1.0	Units	79	6	1	6	<b>Fat</b>	6				
Strawberry	Rose	1.5	Cup	68	1	16	1	<b>Fruit</b>	3				
Avocado	Laurel	0.2	Units	54	1	2	5	<b>Carb</b>	1				
<b>Snack</b>								<b>Bean</b>	2				
Apple	Apple / Rose	1.0	Med Units	81	0	21	0						
Avocado	Laurel	0.3	Units	108	1	5	10			<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
<b>Lunch</b>								<b>Breakfast</b>	249	18	20	11	
Artichoke	Composite (Aster)	0.3	Med Units	20	1	5	0			37%	40%	23%	
Olive Oil	Olive	1.5	TB	179	0	0	20	<b>Snack</b>	189	2	26	11	
Shrimp	Crustaceans	7.0	Ounces	210	40	2	3			4%	68%	28%	
Kidney bean	Legume	0.7	Cup	144	10	26	1	<b>Lunch</b>	606	54	43	25	
Beet	Goosefoot (Beet)	0.5	Cup	30	1	7	0			44%	35%	20%	
Lettuce, romaine	Composite (Aster)	3.0	Cup	24	3	4	0	<b>Snack</b>	176	6	13	12	
<b>Snack</b>										18%	42%	40%	
Celery	Parsley	2.0	Cup	36	2	9	0	<b>Dinner</b>	439	44	28	18	
Hummus	Legume	4.0	TB	140	4	4	12			49%	31%	20%	
<b>Dinner</b>								<b>Snack</b>	254	25	22	7	
Shrimp	Crustaceans	6.0	Ounces	180	34	2	3			46%	42%	12%	
Spinach, raw	Goosefoot (Beet)	2.0	Cup	28	4	5	0		<b>1913</b>	<b>148</b>	<b>153</b>	<b>84</b>	
Hearts of Palm	Palm	0.5	Cup	21	2	3	1			<b>38%</b>	<b>40%</b>	<b>22%</b>	
Strawberry	Rose	1.5	Cup	68	1	16	1						
Broccoli	Mustard	1.0	Cup	24	3	3	0						
Olive Oil	Olive	1.0	TB	119	0	0	14						
<b>Snack</b>													
Protein	Shake	0.3	Cup	95	17	1	1						
Lima Bean	Legume	0.3	Cup	69	4	13	0						
Avocado	Laurel	0.2	Units	54	1	2	5						
Mushroom	Fungus	2.0	Cup	36	3	6	0						
<b>Daily Total</b>				<b>1913</b>	<b>148</b>	<b>153</b>	<b>84</b>						
					38%	40%	22%						

<b>Friday</b>		<b>Amount</b>	<b>Units</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Servings</b>					
<b>Breakfast</b>								<b>Meat</b>	4				
Rice milk (Unsweete	Cereal	1.0	Cup	70	0	11	3	<b>Veg</b>	6				
Blueberry	Grape	0.5	Cup	41	0	10	0	<b>Fat</b>	6				
Banana	Banana / Platain	0.5	Units	53	1	13	0	<b>Fruit</b>	4				
Flax Seed Oil	Composite (Aster)	0.8	TB	89	0	0	11	<b>Carb</b>	1				
Protein	Shake	0.5	Cup	143	26	2	2	<b>Bean</b>	1				
<b>Snack</b>													
Apple	Apple / Rose	1.0	Med Units	81	0	21	0			<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Avocado	Laurel	0.3	Units	108	1	5	10	<b>Breakfast</b>	395	27	36	15	
<b>Lunch</b>										35%	46%	19%	
Adzuki bean	Legume	0.3	Cup	100	6	19	0	<b>Snack</b>	189	2	26	11	
Salmon, Wild ALaska	Fresh Water Fish	6.0	Ounces	234	40	0	7			4%	68%	28%	
Hearts of Palm	Palm	0.5	Cup	21	2	3	1	<b>Lunch</b>	517	49	30	23	
Avocado	Laurel	0.5	Units	162	2	7	15			48%	29%	23%	
<b>Snack</b>								<b>Snack</b>	164	6	10	12	
Hummus	Legume	4.0	TB	140	4	4	12			20%	35%	45%	
Carrot	Parsley	0.5	Cup	24	2	6	0	<b>Dinner</b>	360	29	20	19	
<b>Dinner</b>										43%	30%	27%	
Eggplant	Nightshade	1.0	Cup	35	1	9	0	<b>Snack</b>	267	26	25	8	
Salmon, Wild ALaska	Fresh Water Fish	4.0	Ounces	156	26	0	5			44%	43%	13%	
Onion	Lily	0.5	Cup	25	1	6	0		<b>1892</b>	<b>139</b>	<b>147</b>	<b>87</b>	
Olive Oil	Olive	1.0	TB	119	0	0	14			<b>37%</b>	<b>39%</b>	<b>23%</b>	
Zuchini	Gourd (Melon)	1.0	Cup	25	1	6	0						
<b>Snack</b>													
Banana	Banana / Platain	0.3	Units	26	0	7	0						
Protein	Shake	0.3	Cup	95	17	1	1						
Hummus	Legume	2.0	TB	70	2	2	6						
Brussel Sprouts	Mustard	2.0	Cup	76	7	16	1						
<b>Daily Total</b>				<b>1892</b>	<b>139</b>	<b>147</b>	<b>87</b>						
					37%	39%	23%						

**Saturday/Sunday**

		Amount	Units	Calories	Protein	Carbs	Fat	Servings					
<b>Breakfast</b>								<b>Meat</b>	4				
Egg	Egg	1.0	Units	79	6	1	6	<b>Veg</b>	9				
Egg White	Egg	3.0	Units	48	10	1	0	<b>Fat</b>	6				
Hummus	Legume	4.0	TB	140	4	4	12	<b>Fruit</b>	3				
Pineapple	Pineapple	1.0	Cup	77	1	19	1	<b>Carb</b>	1				
Potatoe, Sweet	Morning Glory	1.0	Cup	136	2	32	0	<b>Bean</b>	1				
<b>Snack</b>													
Apple	Apple / Rose	1.0	Med Units	81	0	21	0			<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Avocado	Laurel	0.3	Units	108	1	5	10	<b>Breakfast</b>	480	23	57	19	
<b>Lunch</b>										23%	58%	19%	
Kidney bean	Legume	0.3	Cup	72	5	13	0	<b>Snack</b>	189	2	26	11	
Protein	Shake	0.7	Cup	190	35	2	2			4%	68%	28%	
Flax Seed Oil	Composite (Aster)	0.8	TB	89	0	0	11	<b>Lunch</b>	456	41	37	15	
Olives, Black	Olive	5.0	Units	22	0	1	2			44%	40%	16%	
Beet	Goosefoot (Beet)	0.5	Cup	30	1	7	0	<b>Snack</b>	176	6	13	12	
Apple Sauce	Apple / Rose	0.5	Cup	53	0	14	0			18%	42%	40%	
<b>Snack</b>								<b>Dinner</b>	381	35	26	17	
Celery	Parsley	2.0	Cup	36	2	9	0			45%	34%	22%	
Hummus	Legume	4.0	TB	140	4	4	12	<b>Snack</b>	234	24	21	12	
<b>Dinner</b>										42%	37%	22%	
Olive Oil	Olive	1.0	TB	119	0	0	14		<b>1916</b>	<b>129</b>	<b>179</b>	<b>85</b>	
Shrimp	Crustaceans	5.0	Ounces	150	29	1	2			<b>33%</b>	<b>45%</b>	<b>22%</b>	
Eggplant	Nightshade	1.0	Cup	35	1	9	0						
Spinach, raw	Goosefoot (Beet)	2.0	Cup	28	4	5	0						
Onion	Lily	0.5	Cup	25	1	6	0						
Tomatoe	Nightshade	1.0	Cup	24	1	5	0						
<b>Snack</b>													
Yogurt Nonfat, Gree	Dairy	1.0	Cup	70	18	11	0						
Hummus	Legume	4.0	TB	140	4	4	12						
Carrot	Parsley	0.5	Cup	24	2	6	0						
<b>Daily Total</b>				<b>1916</b>	<b>129</b>	<b>179</b>	<b>85</b>						
					33%	45%	22%						