

ROYALFIT

Meal and Grocery Plan



with Ashley Shannon

Introduction

I am Ashley Shannon!

A black personal trainer in
Metro Detroit, Redford
Michigan.

I offer private personal &
group training, AB and Glutes
Live Classes and home
workout programs.

My training style is High
Intensity (HIIT) and sculpting
and toning. My goal is for
clients to feel results. "Train
hard, feel like Royalty." You
will feel results within a week
and see them for a lifetime.

I constantly coach the
importance of lifestyle
change, and the importance
of incorporating fitness and
movement in your daily
routine. I discuss the value of
self-worth, and why fitness is
important for results on the
inside, but on the outside of
the body as well.



Healthy Foods Grocery List

FRUITS & VEGATABLES

- Lacinato Kale
- Spinach
- Cauliflower
- Avocados
- Organic Lemons
- Sweet Potatoes
- Bananas
- Apples
- Strawberries
- Medjool Dates
- Blueberries

CANNED FOODS

- Wild Caught Tuna
- Canned Low-Sodium Pinto Beans
- Canned Organic Black Beans
- Canned Low-sodium Tomato Sauce
- Canned Coconut Milk

PAMTRY ITEMS

- Organic Virgin Oil
- Sea Salt \Misc. Low-sodium seasonings
- Local Honey
- Dijon Mustard
- Hemp Seeds (Smoothie)
- Almond Butter

DAIRY & EGGS

- Organic Free-range Eggs
- Kefir
- Unsweetened Almond Milk
- Aged Cheddar
- Yogurt
- Low-fat Cottage Cheese
- Sheep's Ricotta

PROTEIN

- Tofu
- Beef (Lean or Grass-fed)
- Turkey Breast
- Boneless Skinless Chicken Breast

FROZEN

- Frozen Organic Blueberries
- Frozen Edamame
- Frozen Broccoli
- Frozen Salmon
- Frozen Veggies

GRAINS

- Quinoa
- Farro
- Oats Groats



Royal Fit Meal Plan

If you are a vegan, please replace all dairy/meat-based options with non- dairy and non-meat based food substitutions.

THE FIRST THING

Waking up the first thing that should always hit our stomach is water or non caffeine hot tea.

BREAKFAST

Protein Smoothie (include all desired fruits and green vegetables) one entire scoop of protein powder (any desired flavor or brand with 26 ounces of protein no more than 60 ounces) two scrambled eggs and 2 slices of 35 calorie wheat toast

LUNCH

Sweet Potatoes, Any green vegetable desired, Any protein meat choice (Lamb, chicken, fish) NO Fried meats

SNACK

1-2 servings of skinny pop Popcorn, Hummus & Pita Bread, Dark Chocolate Bar, Dried Fruit, Protein Bar (ALL choices must be Low sugar\Low Carb) i.e. Atkins brand

DINNER

1-2 servings of Stir-fry Vegan or non-Vegan, You may include peppers, onions, mushrooms, low salt or no salt, Olive oil zero calorie and sodium cooking spray and or butter. You may include only one serving of brown rice only.

DESSERT

1 serving of keto ice cream, Smoothie no protein (water based)

This is all based on a balanced diet with the expectation to start eating between 8am-11am and stop eating at 8pm. Please intake 6-8 bottles of 16-ounce water bottles and or glasses daily.

