



## Gutted Grubs Avocado Toast

Always consult your physician before beginning any diet program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate nutrition prescription. If you experience any discomfort with these meals, stop and consult your healthcare provider.



# Wayment! Hold up!

## Before starting Guide2Gutted Grubs, let me let ya know something!

- Don't let your initial meal prep grocery list scare you. Once you stock your seasonings and staple foods, the grocery list will be much cheaper.
- Buy all produce and staple items in bulk and per sale. Pre-chop and store them in freezer bags or containers for your next meal prep.
- Get fancy and switch up your meal prep by switching out seasonings or produce pairings.
- Invest in glassware! You can cook your meals in them, then put em in the fridge!
- Track progress and your consistency by marking your activity as complete on the app. Don't forget to snap ya pics too!
- Consistency produces results! It takes 3 weeks (21 days) of consistently eating well for others to see progress. It takes you 6-8 weeks to see it. Keep going!

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.



# Grocery List

MEALS

GROCERY LIST

## Breakfast

Avocado Toast (Optional: w/eggs, mushrooms and spinach)

## TOOLS NEEDED

- Spreading knife
- Veggie Cutting Knife
- [Glass Containers](#)

- Whole Grain Bread (I like Trader Joe's)
- 2 Large Avocados
- Head of Garlic
- 1 Red Onion
- 3 Limes or lime juice
- 1 Bunch of Cilantro
- Salt and Pepper
- 3 Jumbo Eggs (Optional)
- Bella Mushrooms (Optional)

# Avocado Toast

## Ingredients

2 Large Avocados, Whole Grain Bread, 2-3 Garlic Cloves, 1 1/2 tablespoons of cilantro, and 1/8 cup of red onion, juice of one lime  
Optional: 1-2 Jumbo Eggs, Spinach, Mushrooms

Place one or two slices of whole grain bread into a toaster. When finished, lightly butter and set aside. Finely chop garlic, cilantro, and red onion. In a glass container, combine avocados, peeled and halved, and chopped garlic, red onion, cilantro, pinch of salt, dash of pepper, and squeeze of 1 lime. Using a fork, mash until at a smooth or chunky consistency. Spread one tablespoon of avocado spread on the whole grain toast. Store remainder of spread in its glass container in the fridge. Apply spread to fresh toast until finished.

If adding egg, spinach, and mushroom, add olive oil to a frying skillet set on medium high heat. Saute spinach and mushrooms until spinach is wilted. Set on top of avocado spread on toast. In a small bowl, whisk 1-2 eggs a dash of salt and pepper. Add a dash of olive oil to skillet, allow it to heat up. Then pour eggs into skillet and scramble. Add on top of the sauteed spinach and mushrooms.

#GuttedGrubs





# Ok Pen!

YOU REALLY DID THAT THOUGH!  
Congratulations to you, for putting you first and seeing this challenge through. I knew you was a real one!!

Post your pics and tag #GuttedGang and #GuttedFitness so we can check you out!! And of course, repost you!

