
COACH TRANSFORMER

5 DAYS OF HEALTHY MEALS WITHOUT BREAKING THE BANK

Eat Better. Feel Better. Spend Less.

Simple meals, a budget grocery list, healthy snack ideas, and practical nutrition tips built for hardworking people with busy schedules.

Master Trainer Tabius “The Transformer” McCoy

“I’m Just Loving On Y’all.”

FROM COACH

You Do Not Need A Perfect Diet. You Need A Consistent One.

I created this guide for people who want to eat better but do not have the time or money for complicated meal plans. You do not need a perfect diet. You need a consistent one.

I have spent more than twenty years working with people doing everything at once: long shifts, kids, bills, and a body that is starting to send them a message. Nobody in that life needs another rulebook. They need a short list of things that work, food they can actually afford, and somebody in their corner who is not going to judge them for the drive-thru run last Tuesday.

That is what this is. Start with one meal and one habit. Then keep going.

START HERE TODAY

- Drink a full glass of water right now — Start before you plan anything else.
- Put protein on your next plate — Eggs, chicken, tuna, yogurt. Whatever is closest.
- Pick one meal from this guide — One. Not seven. One meal you will actually make.
- Skip one sugary drink today — Trade it for water or a zero-calorie option.
- Walk for at least 20 minutes — Around the block counts. Movement is movement.

HOW TO USE THIS GUIDE

- **Read the seven rules once.** That is the whole philosophy. You will not need to read them again.
- **Take the grocery list to the store.** Everything in the meal plan comes off that one list.
- **Cook on Sunday.** One hour sets up two to three days of food. The prep timeline is on its own page.
- **Work the five-day plan.** Do not like a meal? Swap it for another one in the same section.
- **Run the seven-day challenge.** Six small choices a day, tracked on the grid at the back.
- **Keep the hub open on your phone.** The checkable list, the water tracker, and the meal builder live there.

This guide provides general educational information and is not a substitute for advice from a physician, registered dietitian, or other qualified healthcare professional.

THE FOUNDATION

Seven Rules That Do The Heavy Lifting

You do not need to memorize a nutrition textbook. You need these seven, applied most of the time.

#	The Rule	Why It Matters / What To Do
1	Drink Your Water	Aim for 64 to 100 ounces a day. Most people who think they are hungry at 9pm are actually thirsty at 9pm. Try: Fill a bottle in the morning. Refill it after lunch. Finish it before dinner.
2	Protein With Every Meal	Protein is what keeps you full, protects your muscle, and stops the 3pm vending machine trip. Try: Eggs, chicken, ground turkey, tuna, fish, Greek yogurt, cottage cheese, beans.
3	Half The Plate Is Vegetables	Vegetables give you volume and nutrients for almost nothing. You get to eat more, not less. Try: Frozen mixed vegetables, broccoli, green beans, spinach, cabbage, zucchini.
4	Choose Whole Grains Most Of The Time	Carbs are not the enemy. The right carbs give you steady energy instead of a crash. Try: Brown rice, oatmeal, sweet potato, whole-wheat bread, whole-wheat tortillas, quinoa.
5	Do Not Drink Your Calories	Soda, sweet tea, energy drinks, and sugary coffee add up fast and never fill you up. Try: Water, sparkling water, unsweetened tea, black coffee, zero-calorie options.
6	Prep Whenever You Can	One hour on Sunday beats seven nights of guessing. Prepared food is the food you actually eat. Try: Cook two proteins, two carbs, and two vegetables. Portion them. Done.
7	One Bad Meal Does Not Undo You	You do not need a perfect diet. You need a consistent one. Next meal, get right back on it. Try: Missed lunch? Eat a good dinner. Big weekend? Monday is right there.

IN THE STORE

The Budget Grocery List

Check items off as you go. Items marked (optional) are the first things to cut if the week is tight.

PROTEIN

- ☐ Chicken breast or thighs (family pack)
- ☐ Ground turkey (93% lean)
- ☐ Eggs (18 count)
- ☐ Canned or pouch tuna (4 to 6)
- ☐ Greek yogurt (large tub)
- ☐ Cottage cheese
- ☐ Canned black beans or pinto beans (2 to 3)
- ☐ Protein powder (optional)
- ☐ Frozen tilapia or salmon fillets (optional)

CARBOHYDRATES

- ☐ Brown rice (bag) or microwave rice cups
- ☐ Old-fashioned oats (canister)
- ☐ Sweet potatoes (4 to 6)
- ☐ Whole-wheat bread
- ☐ Whole-wheat tortillas
- ☐ Quinoa (optional)
- ☐ Whole-wheat pasta (optional)

VEGETABLES

- ☐ Frozen mixed vegetables (2 bags)
- ☐ Broccoli (fresh or frozen)
- ☐ Green beans
- ☐ Spinach (bag)
- ☐ Onions
- ☐ Bell peppers
- ☐ Cabbage (optional)

- ☐ Zucchini (optional)

FRUIT

- ☐ Bananas (bunch)
- ☐ Apples (bag)
- ☐ Frozen berries
- ☐ Oranges or clementines (optional)

HEALTHY FATS

- ☐ Olive oil
- ☐ Natural peanut butter
- ☐ Almonds or mixed nuts
- ☐ Avocado (2) (optional)

SEASONINGS & COOKING BASICS

- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika
- ☐ Black pepper
- ☐ Salt (use a light hand)
- ☐ All-purpose seasoning blend
- ☐ Hot sauce or mustard (optional)
- ☐ Cooking spray

OPTIONAL EXTRAS

- ☐ Shredded cheese (optional)
- ☐ Salsa (optional)
- ☐ Light popcorn (optional)
- ☐ Coffee or unsweetened tea (optional)
- ☐ Meal-prep containers (one-time buy) (optional)

ESTIMATED TOTAL: ABOUT \$60 TO \$75

Estimated total: approximately \$60 to \$75 depending on your location, store, brand choices, and current sales. Prices vary.

FIVE DAYS, DECIDED

Your Five-Day Meal Plan

Day	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Protein Oatmeal & Banana	Greek Yogurt Cup	Grilled Chicken, Brown Rice & Broccoli	Apple & Almonds	Turkey Burger, Sweet Potato & Green Beans
Day 2	Three Eggs & Whole-Wheat Toast	Banana & Peanut Butter	Turkey & Veggie Wrap	Two Hard-Boiled Eggs	Sheet-Pan Chicken & Vegetables
Day 3	Greek Yogurt Power Bowl	Apple & Almonds	Tuna & Microwave Rice Bowl	Light Popcorn	Turkey Taco Bowl
Day 4	Meal-Prep Breakfast Burrito	Greek Yogurt Cup	Big Chicken Salad Plate	Tuna Pouch & Whole-Grain Crackers	10-Minute Chicken Stir-Fry
Day 5	Cottage Cheese & Fruit	Banana & Peanut Butter	Black Bean & Rice Bowl	Apple & Almonds	Baked Fish, Rice & Mixed Vegetables

Every day: drink your water, get 20 minutes of movement, and keep a protein shake or Greek yogurt on hand for the evening if you are genuinely hungry.

THE MEAL LIBRARY

Food You Can Afford And Actually Make

Nutrition values are estimates and may change based on ingredients, brands, serving sizes, and preparation methods.

BREAKFAST

Meal	What's In It	Time	Cost	Protein
Protein Oatmeal & Banana	1/2 cup old-fashioned oats, 1 scoop protein powder or 2 eggs on the side, 1 banana, Cinnamon, Water or milk	6 min	~\$1.10	~30g
Three Eggs & Whole-Wheat Toast	3 eggs, 2 slices whole-wheat toast, Spinach (handful), Cooking spray, Black pepper	8 min	~\$1.05	~26g
Greek Yogurt Power Bowl	1 cup Greek yogurt, 1/2 cup frozen berries, 1 tablespoon peanut butter or almonds, Cinnamon	3 min	~\$1.35	~25g
Meal-Prep Breakfast Burrito	6 eggs, 6 whole-wheat tortillas, Bell pepper and onion, Black beans, Shredded cheese (optional)	25 min	~\$1.40	~24g
Cottage Cheese & Fruit	1 cup cottage cheese, 1 apple or 1/2 cup berries, Almonds (small handful), Black pepper or cinnamon	2 min	~\$1.20	~28g

LUNCH

Meal	What's In It	Time	Cost	Protein
Grilled Chicken, Brown Rice & Broccoli	6 oz chicken breast, 1 cup cooked brown rice, 1 cup broccoli, Olive oil, Garlic powder, paprika, pepper	25 min	~\$2.40	~45g
Turkey & Veggie Wrap	Whole-wheat tortilla, 4 to 5 oz turkey or leftover chicken, Spinach, peppers, onion, Mustard or hot sauce, Apple on the side	5 min	~\$1.90	~34g
Tuna & Microwave Rice Bowl	1 pouch tuna, 1 cup microwave brown rice, Frozen mixed vegetables, Olive oil or hot sauce, Black pepper	4 min	~\$1.75	~33g
Big Chicken Salad Plate	5 oz chopped chicken, Spinach and mixed vegetables, 1/2 avocado or a spoon of olive oil, Whole-wheat toast on the side	8 min	~\$2.60	~40g
Black Bean & Rice Bowl	1 can black beans (rinsed), 1 cup brown rice, Peppers and onions, Salsa, Cheese (optional)	12 min	~\$1.10	~20g

DINNER

Meal	What's In It	Time	Cost	Protein
Turkey Burger, Sweet Potato & Green Beans	6 oz ground turkey, 1 sweet potato, 1 cup green beans, Seasoning blend, Whole-wheat bun (optional)	30 min	~\$2.50	~42g
Sheet-Pan Chicken & Vegetables	1.5 lb chicken thighs or breast, Broccoli, peppers, onion, Sweet potato cubes, Olive oil and seasoning	35 min	~\$2.30	~44g
Baked Fish, Rice & Mixed Vegetables	2 tilapia or salmon fillets, 1 cup brown rice, Frozen mixed vegetables, Lemon or hot sauce, Olive oil	25 min	~\$2.90	~40g
Turkey Taco Bowl	1 lb ground turkey, Taco seasoning or your own blend, Black beans, Brown rice, Salsa, peppers, onion	20 min	~\$2.20	~43g
10-Minute Chicken Stir-Fry	Chicken strips, 1 bag frozen stir-fry vegetables, Brown rice, Garlic powder, pepper, low-sodium soy or hot sauce	15 min	~\$2.10	~41g

SNACKS

Meal	What's In It	Time	Cost	Protein
Apple & Almonds	1 apple, Small handful of almonds	1 min	~\$0.85	~6g
Greek Yogurt Cup	3/4 cup Greek yogurt, Cinnamon or a few berries	1 min	~\$0.90	~18g
Two Hard-Boiled Eggs	2 eggs, Salt and pepper or hot sauce	2 min	~\$0.50	~12g
Banana & Peanut Butter	1 banana, 1 tablespoon natural peanut butter	1 min	~\$0.55	~6g
Light Popcorn	1 bag light popcorn, Seasoning blend	3 min	~\$0.60	~4g
Tuna Pouch & Whole-Grain Crackers	1 tuna pouch, Whole-grain crackers, Hot sauce or mustard	2 min	~\$1.30	~24g

LATE-NIGHT CRAVINGS

Meal	What's In It	Time	Cost	Protein
Protein Pudding	1 scoop chocolate protein powder, Greek yogurt or a splash of milk, Cinnamon	3 min	~\$1.20	~30g
Frozen Banana Bites	1 banana, sliced and frozen, 1 teaspoon peanut butter	2 min	~\$0.50	~4g
Frozen Berry Yogurt Cup	Greek yogurt, Frozen berries	2 min	~\$1.10	~18g
Warm Cocoa Oats	1/3 cup oats, 1 teaspoon cocoa powder, Cinnamon, Splash of milk	3 min	~\$0.40	~6g
Cottage Cheese & Hot Sauce	3/4 cup cottage cheese, Hot sauce, Black pepper	1 min	~\$0.85	~22g
Sparkling Water & Lime	Sparkling water, Lime or lemon, Ice	1 min	~\$0.45	~0g

EMERGENCY MEALS

Meal	What's In It	Time	Cost	Protein
Protein Shake & Banana	1 scoop protein powder, Water or milk, 1 banana	2 min	~\$1.50	~27g
Rotisserie Chicken & Frozen Vegetables	Store rotisserie chicken, 1 bag steamable frozen vegetables	6 min	~\$2.50	~45g
Tuna Packet & Microwave Rice	1 tuna packet, 1 microwave rice cup, Hot sauce	3 min	~\$1.90	~32g
Turkey Sandwich & Apple	2 slices whole-wheat bread, 4 oz turkey, Mustard, Spinach, 1 apple	3 min	~\$2.00	~30g
Eggs & Toast	3 eggs, 2 slices whole-wheat toast	5 min	~\$1.00	~26g
Greek Yogurt & Berries	1 cup Greek yogurt, Frozen berries	2 min	~\$1.35	~24g
Oatmeal & Protein Powder	1/2 cup instant oats, 1 scoop protein powder, Water	3 min	~\$1.10	~28g
Cottage Cheese & Fruit	1 cup cottage cheese, Any fruit you have	1 min	~\$1.20	~27g

FAMILY MEALS

Meal	What's In It	Time	Cost	Protein
Family Chicken & Rice Bake	2 lb chicken, 2 cups brown rice, Frozen mixed vegetables, Seasoning, Cheese on top (optional)	40 min	~\$2.10	~40g
Build-Your-Own Taco Night	1.5 lb ground turkey, Whole-wheat tortillas, Black beans, Peppers, onions, lettuce, Salsa and cheese	25 min	~\$2.30	~38g
Turkey Spaghetti With Hidden Vegetables	1 lb ground turkey, Whole-wheat pasta, Jar sauce, Finely chopped peppers, onion, zucchini	30 min	~\$1.80	~36g
Breakfast-For-Dinner Skillet	8 eggs, Diced sweet potato, Peppers and onion, Whole-wheat toast, Turkey sausage (optional)	25 min	~\$1.60	~30g

ONE HOUR, THREE DAYS OF FOOD

The Sunday Meal-Prep Guide

Before you start:

- Pull out your containers and lids
- Preheat the oven to 425F
- Wash and cut the produce
- Mix your seasoning in one small bowl
- Start water for the rice or grains

Time	What You Are Doing
0 to 10 minutes	• Season all of the protein at once • Cut the vegetables • Start the rice and put the sweet potatoes in
10 to 30 minutes	• Bake or grill the protein • Let the carbs finish cooking • Clean as you go so the end is easy
30 to 45 minutes	• Roast or steam the vegetables • Portion the snacks into bags • Hard-boil a dozen eggs if you want them
45 to 60 minutes	• Portion every meal into containers • Label them with the day • Cool food and refrigerate it promptly • Wipe the kitchen down

Cool cooked food and get it into the refrigerator promptly instead of leaving it out on the counter, keep raw meat separate from ready-to-eat food, and follow the storage guidance on your food packaging.

SMALL TRADES

Healthy Swaps

You do not have to give things up. You have to trade up.

Instead Of	Try This	Why It May Help
Regular soda	Water or a zero-calorie drink	A daily soda habit is calories you never feel full from. Coach's tip: Start with one. Swap the afternoon soda first, keep the one you love most for now.
Fried chicken	Grilled or baked chicken	Same protein, far less of the fried coating and oil. Coach's tip: Season it hard. Nobody misses fried when the seasoning is right.
French fries	Roasted or air-fried sweet potato	You get the crunch plus fiber instead of a plain fried starch. Coach's tip: Cut them thin, high heat, do not crowd the pan.
Candy	Fruit, or fruit with a little peanut butter	Fruit brings fiber and water, so the sugar hits slower. Coach's tip: Frozen grapes and frozen banana slices handle a sweet tooth.
Ice cream	Greek yogurt or protein pudding	Cold and sweet, but with protein doing the work. Coach's tip: Freeze the yogurt for ten minutes and it changes the whole texture.
Sugary cereal	Oatmeal with protein	Steadier energy and it actually keeps you full until lunch. Coach's tip: Cinnamon does most of the sweetness work for free.
Chips	Light popcorn	More volume for the same calories, so your hands stay busy longer. Coach's tip: Pour it into a bowl. Nobody wins a fight with the bag.
Sweet coffee drinks	Coffee with less sugar, or plain	Some of those drinks carry a meal's worth of calories. Coach's tip: Cut the sugar in half for two weeks, then in half again. You will stop noticing.
Heavy creamy sauces	Mustard, hot sauce, salsa, lemon	Flavor without the extra hidden calories. Coach's tip: Build a seasoning shelf. That is what makes healthy food taste like food.

WHEN YOU ARE OUT

Restaurant Survival Guide

Menu items and nutrition information may change. Confirm current options with the restaurant when needed.

FAST FOOD

Better choices: Grilled chicken sandwich, no mayo; Plain burger, single patty; Grilled nuggets; Side salad instead of fries

Limit: Anything labeled crispy or breaded; Large combo upgrades; Milkshakes and sweet tea

Portion: Order the regular size, not the large. The combo upsell is where the calories hide.

Drink: Water or a zero-calorie drink. This one swap changes the whole meal.

Protein first: Pick the protein first, then decide what goes with it.

SANDWICH SHOPS

Better choices: Turkey, chicken, or roast beef on wheat; Load every vegetable they offer; Mustard or vinegar; Half sandwich with a broth soup

Limit: Mayo-based spreads; Double meat plus double cheese; Chips and a cookie on the side

Portion: A six-inch with a side of vegetables usually does the job better than a footlong.

Drink: Water or unsweetened tea.

Protein first: Ask for extra meat before you ask for extra cheese.

CHICKEN RESTAURANTS

Better choices: Grilled chicken sandwich or wrap; Grilled nuggets; Fruit cup or side salad; Grilled chicken over greens

Limit: Fried filets and breaded tenders; Waffle fries as the default side; Sweet tea and lemonade

Portion: The kids-size fry with a grilled entree is a smarter trade than skipping the side and feeling deprived.

Drink: Water, unsweetened tea, or diet.

Protein first: Grilled beats crispy every time. That is the whole decision.

MEXICAN RESTAURANTS

Better choices: Chicken or steak bowl instead of a burrito; Black beans and rice; Fajita vegetables; Salsa and pico

Limit: Queso, sour cream, and heavy cheese; Chips before the meal; Fried shells and chimichangas

Portion: The bowl gives you the same food without the large tortilla wrapped around it.

Drink: Water. The margarita is a dessert.

Protein first: Double the protein, skip the queso. That is a better bowl.

CASUAL DINING

Better choices: Grilled chicken, steak, or fish; Steamed or roasted vegetables; Baked potato or rice; Side salad to start

Limit: Appetizer platters; Cream sauces and heavy dressings; Bottomless bread and refills

Portion: Box half of it before you start. Restaurant portions are usually two meals.

Drink: Water with lemon while you decide.

Protein first: Order the protein and the vegetable first, then add the starch if you still want it.

GAS STATIONS & CONVENIENCE STORES

Better choices: Beef jerky or a protein bar; Greek yogurt or string cheese; Hard-boiled eggs; Bananas or apples; Tuna packet

Limit: Roller-grill items; Family-size chip bags; Energy drinks and 32 oz fountain sodas

Portion: Buy the single, not the two-for-one deal. The deal is not a deal if you eat both.

Drink: Bottled water. Every time.

Protein first: Find the protein in the cooler, not on the candy aisle.

BREAKFAST RESTAURANTS

Better choices: Eggs with whole-wheat toast; Omelet with vegetables; Oatmeal with fruit; Turkey bacon or a lean side

Limit: Biscuits and gravy; Stacked pancakes with syrup; Loaded hash browns

Portion: Two eggs and one toast is plenty. The third pancake is momentum, not hunger.

Drink: Coffee, water, or unsweetened tea. Skip the large juice.

Protein first: Start with the eggs, then decide how much of the rest you actually want.

SEVEN DAYS

The Coach Transformer Seven-Day Better Choices Challenge

Seven days. Six simple choices a day. No perfect diet required, just consistent ones.

Daily Habit	D1	D2	D3	D4	D5	D6	D7
Drink your water							
Protein with each main meal							
Eat at least one vegetable							
Skip one sugary drink							
Move for 20 minutes							
Plan or prep tomorrow's meals							

“You finished the challenge. Now keep the momentum going.”

KEEP IT GOING

What Actually Keeps People Consistent

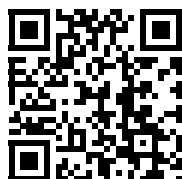
- Decide the night before. The decision is harder than the meal.
- Cook once, eat three times. Leftovers are a strategy, not a consolation prize.
- Keep an emergency meal in the house at all times so the drive-thru is never the only option.
- Season your food properly. Bland healthy food is why most people quit.
- Drink a glass of water before you decide you are hungry.
- Missed a meal or had a bad day? The next meal is right there. Do not spend a week paying for one plate.

“Progress beats perfection.”

“You do not need a perfect diet. You need a consistent one.”

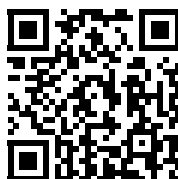
“One unhealthy meal will not ruin your progress. Giving up will.”

“If your body crashes, your whole house crashes.”



THE INTERACTIVE HUB

Scan for the live version of this guide: a checkable grocery list, the meal builder, a water tracker, and the seven-day challenge.



THE COACH TRANSFORMER APP

Training, nutrition, and accountability in one place. Scan to join the waiting list and be first in when the doors open.

THE FINE PRINT

This guide provides general educational information and is not a substitute for advice from a physician, registered dietitian, or other qualified healthcare professional.

Nutrition values are estimates and may change based on ingredients, brands, serving sizes, and preparation methods.

Hydration needs vary. Speak with a healthcare professional when you have questions about an appropriate daily water goal.

This guide does not diagnose, treat, or cure any condition and does not guarantee any particular result. Results vary from person to person.

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