

A muscular man with long dreadlocks and sunglasses stands on a sandy beach. He is shirtless, showing his well-defined abdominal muscles. The background features a blue sky with scattered white clouds and the ocean with gentle waves breaking on the shore.

# **VITALITY**

## **A DAY IN A LIFE**



**TORRE WASHINGTON**



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# YOUR BEGINNING

**There you are! Did you just subscribe to my newsletter, or did a friend pass this mini e-book to you? Either way, I'm happy that you have this in your hands.**

Changing something in our life may be overwhelming at first, so let me take the complexity out of things and help you get started. If you've been looking to delve into the vegan lifestyle, and or building a great physique, the chances are that you've bumped into many methods and opinions on how to get it done. While many approaches can work, my style is somewhat different than the norm.

## MY HISTORY

I was raised vegetarian as a child and chose to go vegan in 1998. I wanted to live an authentic life to my Rastafarian roots which call for eating nutrition which grows from the earth (ITAL) . In 2008, I started to pursue my dream of building an aesthetically-sculpted physique to compete on the grand stages of bodybuilding. Indeed, I built my physique entirely on plants.

## THE PRESENT

Seven first-place bodybuilding competition wins later, I continue to sculpt and improve my physique with patience. I like keeping things simple and prefer controlled progress over quick-fix promises with repeated relapses and never ending yo-yo diets.



# YOU CAN DO THIS


In this “Day In A Life” mini e-book, you will:

- Join me for a workout session.
- Make those quads burn while focusing on form. (Watch the demo videos for each exercise, and don't forget to warm up and stretch Pre and Post the workout session.)
- Enjoy four of my typical meals from my **NOURISH** nutrition guide. (Feel free to double the portions based on your satiety.)
- Increase your water intake to help you develop the good habit of proper hydration.
  - Average sedentary female: 2.2 liters per day.
  - Average sedentary male: 3.3 liters per day.

**HIT THE WEIGHTS HARD LIKE YOU MEAN IT**  
**DON'T LIFT FOR EGO - LIFT WITH PERFECT FORM**  
**LEARN TO EAT INTUITIVELY**  
**BUILD A HEALTHY RELATIONSHIP WITH FOOD**  
**BE PERSISTENT AND CONSISTENT**  
**HYDRATE, HYDRATE, AND HYDRATE & REPEAT**

My wish is for you to dabble into this lifestyle, and above all, to have FUN! Going vegan and or building a great physique is a learning process, so be patient.

## EBOOK FEATURES

- The **Home** icon  on the lower left-hand corner will take you back to the **TABLE OF CONTENTS** page.
- All video demos in this ebook require internet connection.
- The video demos are designed to assist your training for proper execution - **take advantage of them!**





# LEG DAY WORKOUT

10 MINUTE WARM-UP  
ON THE  
**STAIR MASTER**

STRETCH AFTER  
YOUR WARM-UP AND  
POST WORKOUT

**REST** 60 SECONDS  
BETWEEN SETS



# QUAD BURNER

EXERCISE	SETS	REPS	DEMO
WALKING LUNGES 30 STEPS PER LEG	3	60	
LEG EXTENSIONS 5 SECOND HOLD ON EACH REP	4	15	
LEG PRESS USE 45 DEGREE INCLINE LEG PRESS MACHINE	5	20	
SQUATS 20 JUMP SQUATS BETWEEN EACH SET WITH A 2 SECOND PAUSE AT THE LANDING	4	12	
LEG EXTENSIONS LIGHT WEIGHT	3	20	





Oats & Raisins





- 1/2 cup old fashioned oats
- 1 tablespoon raisins
- 1 tablespoon slivered almonds
- 1/4 cup unsweetened almond milk
- 1/2 teaspoon agave

 **1 SERVING**

# Oats & Raisins

1. Bring 3/4 cup of water to a boil and add the oats, cook uncovered over a medium-low flame for about 5 minutes.
2. Serve and garnish with almond milk, raisins, almonds & agave.

## Tips:

- You can use any multi-grain hot cereals for this meal





Spicy Tempeh Spinach Wrap





- 12 oz tempeh
- 3 large whole wheat wraps/tortillas
- 3 tablespoons mashed avocados
- 3 cups baby spinach
- 18 grape tomatoes
- 1 teaspoon olive oil
- 1/2 teaspoon garlic powder
- garlic chili sauce (optional)
- low sodium soy sauce
- 1 lime
- pepper
- sea salt

 **3 SERVINGS**

# Spicy Tempeh Spinach Wrap

1. Cut the tempeh and grill them in a skillet with spritzes of olive oil and soy sauce until golden.
2. Mash the avocado with a bit of lime juice, garlic powder, salt, and pepper.
3. Serve with fresh baby spinach, 1 tablespoon mashed avocado, cut grape tomatoes, a lime wedge, and chili garlic hot sauce.

## Tips:

- The whole wheat wrap should be under 130 calories





Spicy Red Lentil Soup





- 1 cup red split lentils, dry
- 1/4 cup brown rice
- 1 cup corn
- 5 teaspoons avocado cubes
- 1 medium vine ripe tomato
- 2 vegan chic'n bullion cubes
- 1 teaspoon smoked paprika
- sea salt
- cayenne
- 3/4 cups fresh cilantro
- 6 slices Ezekiel bread

**3 SERVINGS**

# Spicy Red Lentil Soup

1. Bring 5 cups of water to a boil in a medium soup pot, and immediately add the lentils, rice, chic'n bullion, smoked paprika, cayenne, and sea salt to taste.
2. Dice the tomato and add it to the soup. Cook over a medium-low flame for 30 minutes, semi-covered.
3. Taste for any seasonings adjustments and serve with fresh chopped cilantro, avocado cubes, and 2 slices of toast.

## Tips:

- You can use any brown rice for this soup





ITAL Plate





6 medium sweet potatoes  
4 cups string beans  
1 large white or yellow onion  
1 avocado  
2 teaspoons olive oil  
1 lime  
1/2 teaspoon salt  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons yellow curry  
1 teaspoon smoked paprika powder  
1/2 teaspoon cinnamon powder  
cayenne to taste

 **3 SERVINGS**

# ITAL Plate

1. Heat the oven to 425 degrees Fahrenheit.
2. Wash the sweet potatoes and cube them unpeeled. Place them into a mixing bowl.
3. Sprinkle 1 teaspoon olive oil, and all the other spices (including sea salt) on the potatoes. Mix well to cover the potatoes well.
4. Cover a cookie sheet with foil or baking paper, spread the potatoes evenly, and bake uncovered for 45 minutes.
5. Mash the avocado with a little bit of sea salt and a squeeze of lime juice, set aside.
6. Slice the onions and stir-fry them in a large skillet until golden.
7. Trim the green beans, core and slice the bell peppers, add them to the skillet with 1/4 cup of hot water. Cover and steam cook for 4 minutes. Sprinkle some salt, and squeeze some lime on the veggies to sauté for 1 more minute uncovered.

## Tips:

- If using frozen string beans, reduce the cooking time of the beans to 3 minutes





# WHAT'S NEXT?

Once you're done with this day and hungry for more (pun intended), and your muscle soreness is starting to subside, you can move on to digging into my [Training and Nutrition guides](#) to help you achieve YOUR desired goal(s).

**HERE IS TO YOUR COMMITMENT  
AND PLANNED SUCCESS!**

**Much love!**

*Torre Washington*

P.S. I receive many questions about desired physical results. Some want to gain muscle mass, some want to stay lean and get more shredded, and some just want to get rid of the very common "skinny fat" condition. With my approach to intuitive nutrition and form based training, I want to empower you to become a master at understanding your body to get the results you want. Anything can be achieved with that understanding!







# START YOUR TRANSFORMATION

## READY FOR MORE?

With both my Bodybuilding and Nutrition guides, you'll have a powerhouse of information to get you started in your Vegan Bodybuilding journey. In **PRIMER**, you get 8 weeks of my training to build your foundation, and **NOURISH** will teach you how to fuel your training with my approach to vegan nutrition.

USE COUPON CODE **VITALITY**  
FOR **10% OFF** ANY ORDER  
DURING CHECKOUT AT  
[WWW.TORREWASHINGTON.COM](http://WWW.TORREWASHINGTON.COM)

**GET STARTED!**



**PRIMER**  
BODYBUILDING GUIDE

*Prime your body for ultimate gains!*

- ✓ FIRE-UP YOUR METABOLISM
- ✓ RESHAPE YOUR PHYSIQUE
- ✓ 8 WEEK TRAINING PLAN
- ✓ VIDEOS FOR EVERY EXERCISE
- ✓ BUILT FOR MEN & WOMEN



**NOURISH**  
THE ATHLETE'S GUIDE  
TO VEGAN NUTRITION

*Fuel your athletic performance!*

- ✓ INTRODUCTION TO VEGANISM
- ✓ 45+ DELICIOUS & SIMPLE MEALS
- ✓ RECHARGE YOUR METABOLISM
- ✓ PRE & POST WORKOUT MEALS
- ✓ GAIN LEAN MUSCLE MASS
- ✓ BUILT FOR MEN & WOMEN





THANK YOU FOR YOUR SUPPORT!

# VITALITY

## A DAY IN A LIFE

**VEGAN BODYBUILDING AESTHETICS**

**Join** the community of **#VBBA** athletes for support and motivation!

**CONNECT WITH ME!**



**DID YOU FIND THIS GUIDE BENEFICIAL? I WANT TO HEAR YOUR FEEDBACK!**  
**I WILL BE FOREVER GRATEFUL IF YOU WOULD PLEASE COMPLETE THIS [QUICK SURVEY](#).**

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