



THE 14-DAY KICK-START PLAN



It's time to get fit for summer with our 14-Day Summer Kick-Start Plan. Packed with workouts and great recipes, you'll be well on your way to training your mind and body, dropping a few pounds, and achieving your fitness goals.



WELCOME TO YOUR

THE
14-DAY
KICK-START
PLAN



Whether you are just starting out, getting back into the swing of things, or looking to get ready for summer, we want to help you succeed. That's why we've created the 14-Day Summer Kick-Start Plan. Designed with you in mind, our team of certified trainers and nutrition experts have created a two-week exercise and nutrition plan that drives results.

Ready to meet the new you?

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FITNESS

Let's get started! The goal of your fitness training is to get you moving for the first 14 days. The following routine (Page 6) involves six circuit-style workouts that you will perform Monday thru Saturday, with Sunday being your rest day. After you have completed week one, repeat the same workouts for week two.

What to Expect

Days 1 & 8: Total Body I

This bodyweight strength workout will hit all your major muscle groups from head to toe. It will begin to tone your entire body, help fix muscle weaknesses, and improve your functional strength.

Days 2 & 9: Cardio

This bodyweight cardio session will help torch calories, improve your endurance, and even help loosen up the sore muscles from yesterday's total body workout.

Days 3 & 10: Legs

This legs-only circuit will help sculpt and strengthen your entire lower body. It won't be easy, but it will be worth it!

Days 4 & 11: Upper Body

Time to give your legs a break and focus on your upper body muscles, including your chest, back, shoulders, biceps, and triceps. This workout involves dumbbells, but if you don't have them, no worries! Just repeat the Total Body Workout from Day 1.

Days 5 & 12: Core

This workout focuses solely on the muscles of your core and abdominals, as well as lower back. It will not only help aesthetically, but also functionally, strengthening these muscles to help prevent and relieve common issues like lower back pain.

Days 6 & 13: Total Body II

This is the most challenging of the six workouts, adding in some moves that combine upper and lower body exercises. Not ready for this intensity yet? No problem. Do Total Body Workout I again to continue to build your base of strength.

Days 7 & 14: Rest

Do not discount the importance of the rest day. This is when your body rebuilds itself and gets stronger. And, if you've been consistent with the other workouts, you'll most likely be thankful for the day off!

Tip:

If you are just starting out, have limited time, or are sore from a previous day's session, it is perfectly fine to modify the workouts! You can do one, two, or all three circuits per workout, with each circuit lasting roughly 10 minutes in length. Remember, the key is to start slowly and do what YOU can do. Small steps!

THE BOWFLEX 14 - DAY CIRCUIT

Perform each exercise for 45 seconds with 15 seconds rest in between.
Do each circuit 3 times, with 30-60 seconds rest in between each circuit.

Each workout should take less than 30 minutes.

*Optional equipment required: dumbbells

Day 1 - Total body I	Day 2 - Cardio	Day 3 - Legs
<ol style="list-style-type: none"> 1. Jumping jacks 2. Push-ups 3. Squats 4. Plank 5. Skaters 6. Forward lunges 7. Bicycle crunches 8. Running in place 	<ol style="list-style-type: none"> 1. Running in place 2. Jumping jacks 3. Skaters 4. Alternating punches 5. Alternating front kicks 6. Mountain climbers 7. Alternating side kicks 8. Burpees 	<ol style="list-style-type: none"> 1. Squats 2. Alternating front lunges 3. Alternating back lunges 4. Alternating side lunges 5. Pop squats 6. Skaters 7. Calf raises 8. Running in place
Day 4 - Upper body*	Day 5 - Core	Day 6 - Total body II
<ol style="list-style-type: none"> 1. Chest press 2. Bent over rows 3. Overhead shoulder press 4. Biceps curls 5. Triceps kickbacks 6. Shoulder front raise 7. Shoulder side raise 8. Push-ups 	<ol style="list-style-type: none"> 1. Regular crunches 2. Side crunch - (right) 3. Side crunch - (left) 4. Bent knee pulls 5. Cross crunch 6. Double crunch 7. Plank 8. Bicycle crunch 	<ol style="list-style-type: none"> 1. Push-ups 2. Squat with shoulder side raise 3. Alternating front lunges with biceps curls 4. Bent over rows to triceps kickbacks 5. Alternating backwards lunges with shoulder front raise 6. Burpees 7. Jog in place 8. Alternating punches
Day 7 - Rest		

Tip: As you complete a workout, check a box to track days completed and days remaining.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>
Week 2	Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>	Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>

A woman with blonde hair in a ponytail, wearing a grey cardigan, is smiling and looking down at a man in a light blue shirt. They are in a kitchen setting. The man is holding a large knife and appears to be cutting vegetables on a wooden cutting board. The cutting board is filled with fresh produce, including sliced cucumbers, a whole tomato, a sliced avocado, and several whole carrots. In the background, there are more vegetables like green onions and a loaf of bread. A red banner is overlaid on the top of the image, and another red banner with white text is overlaid on the middle. The bottom of the image shows a dotted pattern.

NUTRITION GUIDE

Our 14-day nutritional guide is a great introduction to healthier eating habits. While this plan is meant to simplify your diet, it will take preparation and commitment on your part to get optimal results. Let's dive in!

What to Expect

- This 14-day plan isn't a miracle weight loss diet but if followed you will see results.
- You will be hungry between meals. This is a GOOD thing. Somehow, we've been lead to believe that allowing our body to experience the sensation of hunger is going to lead to overeating. This isn't necessarily true, but if you know this is the case for you, add in the optional snack either mid-morning or mid-afternoon. Allowing your digestive system to have 4-5 hours of "rest" between meals is good for the gut. You should never feel like you're starving yourself though; if you experience headaches, extremely low energy or light-headedness, definitely have something to eat.
- You will have fewer cravings, more energy, better focus, and improved sleep. EVERYTHING is affected by what we put in our bodies. Whether it's improving your mood, motivational level, or physical energy, we are what we eat and these 14 days will prove it!
- You will lose weight, inches, and body fat!

How to Prep for Success

Follow the guidance below to get the most out of the next 14 days. Your nutrition plan is just like anything else: a big project at work, school, home, or planning a vacation. Without a plan, you can't track your progress and you'll never reach your goals. Set yourself up for success by reading through this guide and completing all the steps recommended.

Define Your Goals

There's no way to measure progress (and celebrate it!) if we don't define what we're working toward. Write down one to three goals below, whether it's to eat more fruits and vegetables, follow along with a meal plan or get started on a weight loss goal.

	Weight	Body Fat	Waist Circumference	Other
Day 1				
Day 14				
Change				

Our Simple 14-day Meal Plan

Good news! There's no special food container to purchase, powdery substance to choke down, or expensive pill to pop. You don't have to track calories or calculate fat grams or eat five to six times per day at evenly timed intervals. You don't have to rotate between high carb and low carb days. Here's what you DO need to do:

- Meal prep and grocery shop*
- Follow the portion guide.
- Select one breakfast, lunch, dinner, and optional snack – the fewer options you have the better. Write it down using the Meal Planning Worksheet. A 3-3-1 rotation is highly recommended. This means you eat the same breakfast and lunch for three days in a row, a different dinner every night and then change it up for the next three days. You don't have to follow this routine perfectly, but repetition helps with cooking and meal prep, and will help you stick with the plan. For most people, it's not actually lack of time, but lack of planning that makes it easy for crazy schedules and eating out to get in the way of nutritious eating.

Meal Plan Overview

- 1400-1600 calories for females
- 1800-2000 calories for males
- This meal plan provides a little wiggle room of 100-200 calories for coffee with cream or milk and/or the optional snack.
- Each meal is a balance of optimal carbs (yes, you can still lose fat and eat carbs!) with fiber, healthy fats, and lean protein. This combination of nutrients and the high levels of vitamins, minerals, and antioxidants will truly nourish your body.
- Select one option from each of the meals for each day. You can eat the same thing every day if desired and feel free to swap out lunch for dinner, or vice versa.
- Each meal has multiple gluten and dairy free options. Select a meal that best fits your needs and preferences.
- Limit alcohol to 1-2 drinks per week; eliminate entirely for maximum results. Even one drink might not put you over your calorie needs but it still impacts metabolism by making our bodies better at storing fat, increasing hormones that make us feel hungry, and potentially effecting sleep patterns.

Start and finish your day with hot honey and lemon water and anytime you're having cravings:

- 1 tsp lemon juice
- ½ tsp apple cider vinegar
- 1 tsp honey
- 8oz water

You can also have any type of tea and 1-2 cups of coffee, which are natural appetite suppressants.

*Note the grocery list provided is a place to start and needs to be tailored to the meals you select for your plan and what you already have on hand.

Breakfast Options

(Eat breakfast within 1-2 hours of waking up)

	Female ~ 400 Calories	Male ~ 500 Calories
<p style="text-align: center;">Option #1: Vegetable omelet with avocado & salsa</p>	<ol style="list-style-type: none"> 1. 2 eggs + ¼ cup egg whites with sautéed vegetables (peppers, mushrooms, onions, spinach) 2. Top with ⅓ small avocado and salsa 3. ½ cup of berries or melon 	<ol style="list-style-type: none"> 1. 2 eggs + ½ cup egg whites with sautéed vegetables (peppers, mushrooms, onions, spinach) 2. Top with ½ avocado, ¼ cup shredded cheese, and salsa 3. 1 cup berries or melon
<p style="text-align: center;">Option #2: Fruit 'n veggie power smoothie</p>	Blend ½ frozen banana, 1 cup berries, 2 handfuls of spinach, and 1 serving protein powder with 1-2 cups water or almond milk	Blend 1 frozen banana, 1 cup berries, 2 handfuls of spinach, and 2 servings protein powder with 1-2 cups water or almond milk.
<p style="text-align: center;">Option #3: Overnight oats w/berries & nut butter <small>*See recipe section</small></p>	One serving	One serving + extra tablespoon of nut butter
<p style="text-align: center;">Grab 'n Go Option: Freezer breakfast burrito <small>*See recipe section</small></p>	1 burrito + ½ cup of fruit or ½ piece of fruit	1 burrito + 1 cup of fruit or medium piece of fruit

Lunch Options

	Female ~ 500 Calories	Male ~ 600 Calories
<p>Option #1: Shrimp stir fry over brown rice</p>	<ul style="list-style-type: none"> • 2 cups of cooked vegetables • 8 shrimp • 2 tbsp sliced almonds or cashews • 2 tbsp teriyaki sauce over ½ cup rice 	<ul style="list-style-type: none"> • 2 ½ cups cooked vegetables • 6 shrimp • 2 tbsp almonds or cashews • 2 tbsp teriyaki sauce over ¾ cup rice
<p>Option #2: Fiesta bowl *See recipe</p>	<ul style="list-style-type: none"> • ½ cup brown rice • ¼ cup black or pinto beans • 1 cup shredded romaine lettuce • ½ cup diced chicken (3-4oz) • Salsa • 2 tbsp shredded cheese or ⅓ of an avocado, sliced 	<ul style="list-style-type: none"> • 1 cup brown rice • ½ cup black or pinto beans • 1-2 cups lettuce • 1 cup diced chicken (6-9oz) • Salsa • ¼ cup shredded cheese or ½ of an avocado, sliced
<p>Option #3: Loaded turkey wrap + 1 fruit</p>	<ul style="list-style-type: none"> • 3-4oz turkey lunch meat • Flat bread wrap or high-fiber tortilla • 1 slice of cheese • lettuce • tomato • pickle 	<ul style="list-style-type: none"> • 5-6oz turkey lunch meat • Flat bread wrap or high-fiber tortilla • 2 slices of cheese • lettuce • tomato • pickle
<p>Grab 'n Go: 1 can light lentil soup + 1 string cheese + 1 fruit</p>		<ul style="list-style-type: none"> • Add an extra serving of fruit

Dinner Options

	Female ~ 500 Calories	Male ~ 600 Calories
Option #1: Baked or grilled salmon, brown rice or quinoa + broccoli	<ul style="list-style-type: none"> • 4oz salmon • ½ cup rice or quinoa • 2 cups broccoli 	<ul style="list-style-type: none"> • 6oz salmon • 1 cup rice or quinoa • 2 cups broccoli
Option #2: Grilled chicken, baked sweet potato + salad	<ul style="list-style-type: none"> • 4oz chicken • ½ sweet potato • 2 cups salad 	<ul style="list-style-type: none"> • 6oz chicken • 1 sweet potato • 2 cups salad
Option #3: Ground turkey tacos on tortillas topped with salsa and cheese + salad + black beans	<ul style="list-style-type: none"> • 2 tacos (¼ cup meat in 1 tortilla) • ¼ cup beans • 2 cups salad 	<ul style="list-style-type: none"> • 3 tacos • ½ cup beans • 2 cups salad
No cook option: Mediterranean tuna salad <small>*See recipe</small>		<ul style="list-style-type: none"> • Double the amount of tuna

Snack Options

	Female ~ 500 Calories	Male ~ 600 Calories
Option #1: Nuts & apple	<ul style="list-style-type: none"> • 2 tbsp nuts • 1 apple 	<ul style="list-style-type: none"> • ¼ cup nuts • 1 apple
Option #2: RXBAR®	<ul style="list-style-type: none"> • 1 bar 	<ul style="list-style-type: none"> • 1 bar

If you find yourself still hungry, try these:

1. First, check in with yourself to make sure you're truly hungry. Drink 8oz of cold water and wait 20 minutes. If you're still hungry, go to step two.
2. Add in non-starchy vegetables. The more vegetables the better! All vegetables, raw or cooked, can be added except corn, potatoes, and winter squash.
3. Add 2 cups of a vegetable-based soup (store bought or homemade) to your lunch or dinner, or have an after dinner smoothie.
4. Drink hot lemon and honey water between or after meals.

Build Your Own Breakfast

Use this guide and select one choice from each of the four categories to make up a balanced meal.

	Female	Male
Lean protein	<ul style="list-style-type: none"> • 1 egg • 4oz chicken, fish, pork loin, 93% lean ground turkey or beef 	<ul style="list-style-type: none"> • 2 eggs • 6oz chicken, fish, pork loin, 93% lean ground turkey or beef
Energizing carbs	<ul style="list-style-type: none"> • 1 slice of sprouted whole grain bread • ½ medium sweet potato • ½ cup of fruit or 1 small piece of fruit • 1 high-fiber/low-carb tortilla 	<ul style="list-style-type: none"> • 2 slices sprouted whole grain bread • 1 medium sweet potato • 1 cup of fruit or 1 medium piece of fruit • 1 high-fiber/low-carb tortilla
Good for you fats	<ul style="list-style-type: none"> • ⅓ medium avocado • 2 tsp olive oil • 1 tbsp nut butter • ⅛ cup nuts (~15 almonds) • 2 tbsp shredded cheese, 1 thin slice, or 1 string cheese • 2 tbsp ground flaxseed or chia seed 	<ul style="list-style-type: none"> • ½ medium avocado • 1 tbsp olive oil • 2 tbsp nut butter • ¼ cups nuts • ¼ cup shredded cheese, 2 thin slices, or 2 string cheese • 3 tbsp ground flaxseed or chia seed
Vegetables (The more the better!)	<ul style="list-style-type: none"> • 1 cup cooked or raw non-starchy vegetables • 2 cups salad greens or spinach 	<ul style="list-style-type: none"> • 1 cup cooked or raw non-starchy vegetables • 2 cups salad greens or spinach

FAQs

1. *I don't like avocado. What can I replace it with?*

Avocado is a healthy fat so you can leave it out or swap it with 1 tbsp olive oil or 2 tbsp nuts. If you prefer, you can also add 2oz of the lean protein option or have 1 additional whole egg.

2. *I'm not getting results. What am I doing wrong?*

A few things could be going on:

1) You're getting too many calories or allowing extra calories to sneak in. Make sure to measure everything that's easy to measure, especially higher calorie foods like nuts, nut butter, and cheese.

2) You need more time. You can't expect to undo years of unhealthy habits in two short weeks. Be patient with yourself! Pay close attention to other things besides the scale such as energy levels, sleep, your mood, and how your clothes fit. You are laying the foundation for a lifetime of solid healthy habits. That, in and of itself, is a tremendous accomplishment! The visible results will come.

3. *How should I time my meals around my exercise/workouts?*

To avoid over-eating or adding unnecessary snacks, try to time one of your regular main meals within

60-90 minutes of finishing a workout. Your workouts are about 30 minutes, so don't worry about getting in an immediate post-workout snack. You'll be fine!

- If you work out first thing in the morning: eat half of your fruit pre-workout to provide a few fast-acting carbs (also known as quick energy).
- If you workout in the late afternoon and it's been three to four hours since lunch, save your fruit from lunch to have 30-60 minutes pre-workout.
- Remember, many of the pre- and post-workout nutrition recommendations are for elite athletes, growing teenage athletes, or people working out intensely for more than 60 minutes. You don't need to take a pre-workout supplement, post-workout protein shake, or sports drink to make it through a 30-minute workout. Not that it's not going to feel tough and you're not working hard, but good nutrition and plain 'ole water (and determination) will meet your needs.

4. *What about sweeteners or sugar?*

You'll probably notice this meal plan has minimal added sugar and salt. By incorporating more whole foods, you automatically reduce sugar, salt, and preservatives. Try to avoid adding any extra sugar or sweeteners to your food and drinks and only add salt when cooking. Your taste buds will adapt and learn to appreciate the natural flavor of foods within four to six days of eating like

What's next?

This is just the beginning! This meal plan is flexible enough to provide the foundation for your long-term nutrition plan. Keep doing what you've done the past 14 days. You have the option to add in one small treat per day of 100-150 calories (i.e. one small cookie, $\frac{1}{2}$ cup ice cream, one adult beverage) or have one splurge meal per week.

Notice it is one splurge meal and NOT an entire cheat day, which has the potential to completely undo all the work you've done the rest of the week. Keep portions in check, but have one of your favorite foods such as a sweet treat, pizza, a hamburger, or eggs and bacon. Here are more specific examples so you know exactly what small splurges look like:

- 12oz beer or 5oz wine
- $\frac{1}{2}$ cup ice cream
- 1 low-fat dessert bar
- Hamburger with half bun or bunless and choose a side salad instead of fries
- 2 eggs, 2 pieces of bacon, and one small carb (slice of toast, biscuit, or one small pancake)

BREAKFAST RECIPES

Freezer breakfast burritos

Makes 8 Burritos

Nutrition Info (Per Burrito): 330 calories, 28g carbs, 5g fiber, 20g protein, 18g fat

Ingredients

- 2 tbsp olive oil
- ½ onion, finely chopped
- 1 medium red bell pepper, chopped
- 1 cup fresh spinach
- 5 small mushrooms, sliced
- 4-6 slices Canadian bacon
- 10 large eggs
- ⅓ cup milk of your choice
- 1 cup shredded cheddar cheese
- 8 low-carb/high-fiber tortillas (120 calories or less per tortilla)

Directions

1. Heat oil in a large skillet over medium heat. Add onion, pepper, and mushrooms. Saute for 5 minutes or until tender.
2. Add spinach and cook for 1 minute. Remove cooked vegetables from pan and set aside.
3. Whisk the eggs and milk together until well combined. Heat remaining oil in pan and add the eggs. Stir occasionally.
4. Add cooked scrambled eggs to vegetables and stir to combine.
5. Place each of the tortillas on a piece of plastic wrap.
6. Add a scoop of egg/vegetable mixture to tortilla and top with cheese.
7. Roll tortillas up, wrap in plastic, and place in a freezer Ziploc bag.
8. To reheat, place one burrito on a plate and cook for 90 seconds to 3 minutes, or until heated thoroughly.

Tip:

Pull out burrito the night before you want to eat and let thaw in refrigerator to decrease cook time for the next morning.

BREAKFAST RECIPES



Easy overnight oats

Makes 2 Servings

Nutrition Info: 350 calories, 40g carbs, 10g fiber, 17g protein, 13g fat

Ingredients

- $\frac{1}{2}$ cup plain non-fat Greek yogurt
- $\frac{2}{3}$ cup milk of your choice
- $\frac{1}{2}$ cup plain oats (old-fashioned or quick cooking)
- 2 tbsp ground flaxseed
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp vanilla
- 2 tbsp of nut butter
- Pinch of salt
- Fruit of your choice: 1 diced peach, 1 cup berries, 1 chopped apple

Directions

1. Whisk together yogurt, milk, honey, and vanilla. Add in remaining ingredients and stir until well combined.
2. Divide into two containers (mason jars work well!) and cover with lids.
3. Place in fridge overnight and add additional toppings in the morning.

Tips:

- Make three or four days worth and store in the fridge as a “grab’n go” breakfast option.
- This recipe is for a cinnamon vanilla overnight oatmeal but you can also add different fruits, flavors, and toppings like shredded coconut, chocolate nips, strawberries, chia seeds, and almond butter — just to name a few. The sky is the limit with this easy recipe. This will change the nutrition by a little but if you stick to the recommended serving sizes, you will stay within healthy-eating limits!

LUNCH RECIPES



All-in-one dish bowl combos

- Use a base of cooked brown rice, quinoa, bulgur, or couscous (non-rice options are best if you don't plan to re-heat). For more variety combine different types of cooked grains; combining $\frac{1}{2}$ rice with $\frac{1}{2}$ quinoa provides nice variety in texture, taste, and nutrients.
- Top with grilled chicken and/or edamame (soybeans).
- Mix in 1 cup cooked or raw veggies.
- Sprinkle with chopped pistachios or slivered almonds.
- Drizzle lightly with lemon juice, olive oil, or vinegar of your preference.

Favorite Combos

Fiesta bowl

Bulgur, black beans, cilantro, diced red pepper, pickled jalapeños, avocado, cheddar cheese, and salsa

Stir-fry bowl

Brown rice, diced chicken or steak, shredded carrots and purple cabbage, almonds, and soy sauce

Mediterranean bowl

Bulgur, diced chicken, roasted red peppers, diced tomatoes, feta cheese, sliced Kalamata olives, chopped parsley, lemon juice, and olive oil

Tip:

Like the previous recipe, this is a super easy one to add, mix and match, or omit ingredients - like tomatoes, add them! Don't like jalapeños? Don't put them in there! Think the sky is the limit with this easy recipe. This will change the nutrition by a little but if you stick to the recommended serving sizes, you will stay within healthy-eating limits!

DINNER RECIPES



Lemon-Dill Salmon

Ingredients

- 2 pieces of parchment paper or tinfoil, 12 inches long
- 2 salmon fillet (4 to 6oz each)
- 3 carrots, cut into thin strips
- 3 celery stalks, chopped
- 2 tsp olive oil
- 4 tbsp lemon juice
- 2 sprigs of fresh dill or ½ tsp dill

Directions

1. Preheat oven to 450.
2. Place salmon in the center of the parchment paper. Arrange carrot and celery around salmon.
3. Melt and pour butter over fish and vegetables. Sprinkle with lemon juice and top with dill.
4. Seal parchment butcher-wrap style. Place on baking sheet or glass bakeware. If cooking on the grill, place directly on the grill.
5. Cook for 18 minutes or until parchment or foil is steaming, but not dry, and fish flakes easily.

Tips

- Add other vegetables such as onions, mushrooms, and peppers. Serve over brown rice or quinoa.
- You can use this recipe as a guide and try other types of seafood like tilapia, cod, or shrimp.
- Chicken or pork loin, cut into thin strips also work well for packet meals.
- Let guests or family members compile individualized packets by setting up the ingredients buffet-style and have them make their own.



The No-Cook Mediterranean Tuna Salad

Serves 1

Ingredients

- 1.5oz can tuna, in water
- ½ cup garbanzo or chickpeas
- 5-6 fresh raw green beans
- 1 carrot, diced
- 2 cups mixed salad greens
- 6 cherry tomatoes
- 2 radishes, thinly sliced
- 2 artichoke hearts (optional), cut into chunks
- 2 tbsp feta cheese, crumbled
- Balsamic vinaigrette

Directions

1. Combine all ingredients in a large bowl and drizzle with a light salad dressing, vinaigrette, or lemon juice and olive oil.

Tips/Options

- To reduce calories, leave out the feta and/or artichoke hearts.
- Serve with a side of whole grain pita bread or sprinkle a few tablespoons of cold, cooked quinoa to make a heartier meal.
- Swap tuna for canned salmon.



Asian Chicken Edamame Slaw

1 serving = 1 ½ cups

Nutrition Info (without toppings): 190 calories; 5g fat; 14g carbs; 7g fiber; 14g protein

Ingredients

- 1 small head of green cabbage, chopped
- ½ small head of purple cabbage, chopped
- 1 cup shredded carrots
- 1 red bell pepper, diced
- 2-3 chicken breasts, diced
- 2 cup shelled cooked edamame

For Dressing

- ⅓ cup PB2 or peanut powder
- ⅓ cup water
- 1 tsp minced garlic
- 1 tsp minced ginger
- ½ tsp smoked paprika
- ½ tsp salt
- 2 tbsp rice vinegar
- 1 tbsp olive oil

Directions

1. Chop or prep all vegetables and put in a large bowl.
2. Combine ingredients for sauce and stir until smooth.
3. Pour over vegetables and mix to combine.

Tip:

Most grocery stores carry bags of chopped cabbage and shredded carrots. Buy two bags of chopped cabbage or coleslaw mix and one bag of shredded carrots if you want to save time on chopping.

Optional Toppings:

Chopped cilantro, chopped green onions, crushed peanuts, or slivered almonds. Add an egg for extra protein (I highly recommend these for added flavor and texture).

PORTION CONTROL GUIDE

Female	Male
Protein	
<ul style="list-style-type: none"> 1 egg 3oz chicken, fish or lean meat or tofu ½ cup beans or lentils* ½ cup Greek yogurt* 1.5oz cheese* 	<ul style="list-style-type: none"> 2 eggs 5oz chicken, fish, lean meat or tofu ¾ cup beans or lentils* 1 cup Greek yogurt* 1.5oz cheese*
Healthy Fat	
<ul style="list-style-type: none"> 1 tbsp peanut butter or nut butter* 1 tsp olive, flax, or walnut oil ⅛ cup of 2 tbsp of nuts (approx. 15 almonds) ¼ medium avocado 	<ul style="list-style-type: none"> 2 tbsp peanut or nut butter* 2 tsp olive, flax, or walnut oil ¼ cup of nuts ⅓ medium avocado
Smart Carb	
<ul style="list-style-type: none"> ½ cup of cooked (¼ cup raw) grains ½ medium sweet or regular potato 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap 	<ul style="list-style-type: none"> 1 cup of cooked grains (½ cup raw): oats, brown rice, quinoa, pasta 1 medium sweet or regular potato 1 slices of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap

Both Female and Male

Fruit	
<ul style="list-style-type: none"> 1 medium apple, orange or pear 1 small banana (length of your hand) 	<ul style="list-style-type: none"> 1 cup berries or chopped fruit ¼ cup fried fruit (fresh or frozen)
Vegetables	
(You can have unlimited vegetables except for peas and corn; stick with ½ cup serving)	
<ul style="list-style-type: none"> 2 cups of spinach or lettuce = 2 cupped hands 6oz low sodium vegetable juice 	<ul style="list-style-type: none"> ½ cup cooked vegetables 1 cup raw vegetables
Optional Treats	
<ul style="list-style-type: none"> ½ cup lowfat ice cream 1 small bag of baked potato chips 1oz dark chocolate 	<ul style="list-style-type: none"> 4-5oz of wine or 12oz light beer 3 cups air-popped or light popcorn

Keeping track of how much you're eating is essential. Each of the items listed below are for one serving.



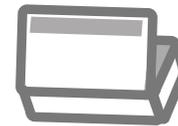
1 cup = baseball



½ cup = lightbulb



1oz or 2 tbsp = golf ball



1/4 cup nuts = Altoids tin



3oz chicken or meat = deck of cards



1 medium potato = computer mouse



1 medium piece of fruit = tennis ball



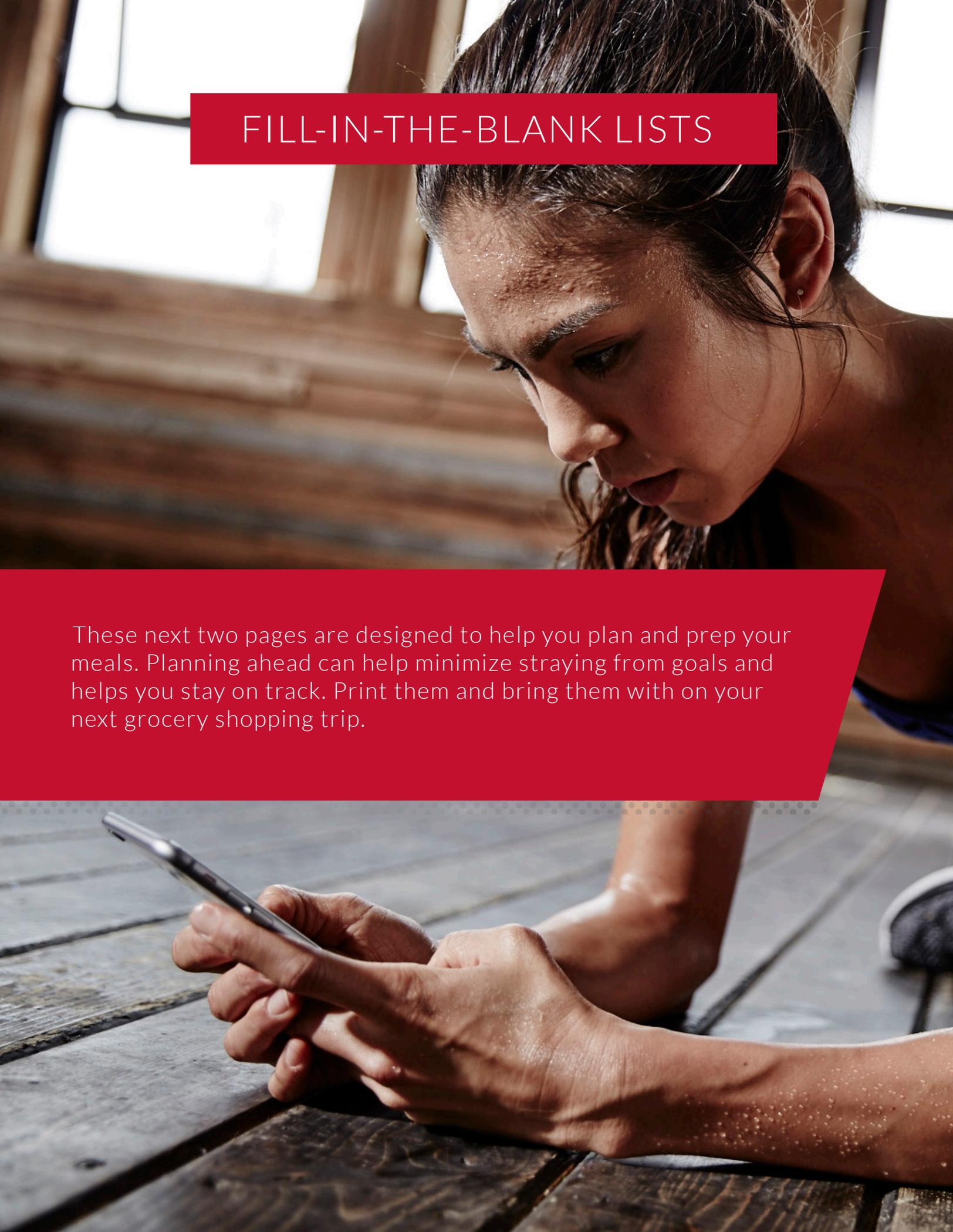
1 ½ oz cheese = 3 dice

*Some foods are a combination of protein and carbs or protein and fat.

GROCERY LIST

Fruit	Vegetables	Frozen	Dairy & Eggs	Meat/Protein	Bread
Apples	Broccoli	Mixed fruit	Eggs	Chicken breast	Ezekiel 4:9 or other
Bananas	Carrots	Vegetables	100% egg whites	Fish	sprouted grain
Melons	Brussel sprouts	Prepped fish	Milk of your choice	Shrimp	bread (usually in
Berries	Celery		Shredded cheese	Ground chicken	the freezer section)
Mango	Sweet potatoes		String cheese	or turkey	High-fiber/low-
Peaches	Onions		Non-fat Greek yogurt	Turkey lunch meat	carb tortillas
Grapes	Salad greens				Flatout wraps
Cherries	Peppers				
	Lemons				
	Avocado				
Canned	Dry Goods	Grains	Condiments/Spices	Other	
Tuna or salmon	Nuts (single	Plain oats	Soy sauce	RXBARS®	
Black or	serving bags)	Brown rice	Cinnamon	Peanut butter or other nut butter	
pinto beans		Quinoa	Cumin	Protein powder (whey protein isolate as	
		Couscous	Salsa	the first ingredient)	
			Olive oil	Tea	
			Vinegars: balsamic or		
			apple cider		

*Keep this posted on your refrigerator to plan out each week. As you run low on a food, write it down to save time planning and shopping later on.

A close-up photograph of a woman with dark, wet hair pulled back, looking down at a smartphone she is holding in her hands. She is sitting on a wooden deck or table. The background shows a wooden structure and a window with a grid pattern. The lighting is warm and natural, suggesting an outdoor setting. A red banner is overlaid at the top of the image, and another red banner is overlaid at the bottom, containing text.

FILL-IN-THE-BLANK LISTS

These next two pages are designed to help you plan and prep your meals. Planning ahead can help minimize straying from goals and helps you stay on track. Print them and bring them with on your next grocery shopping trip.

WEEKLY MEAL PLAN

FILL-IN-THE-BLANK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snack							

GROCERY LIST

FILL-IN-THE-BLANK

Fruit	Vegetables	Frozen	Dairy & Eggs	Meat/Protein	Bread
Canned	Dry Goods	Grains	Condiments/Spices	Other	