

3-day KICKSTART BOOK

fitlosofhy

finally
**THE GET SLIM
QUICK-FIX!**

**4 tweaks
FOR
WEIGHT
LOSS**



H.A.L.T.
**4 tricks to
kick emotional
eating!**

**3-day meal plan
with 20+ recipes**

WORK IT OUT:
**3 workouts to
live life fit**

the ultimate
**health + fitness
gear guide**
+ discounts

12 goal-getting tips
from our chief fitlosofhy



by **ANGELA MADER**

3-day KICKSTART

[for the healthy goal-getter]

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@fitlosophy

disclaimer: information contained herein is provided for educational purposes only and not intended to substitute for consultation with a health-care provider. before starting any exercise or diet program, consult a physician!

3-day KICKSTART eBOOK [for the healthy goal-getter]

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make today
THE DAY
you
 kickstart
 YOUR GOALS!

hey, you healthy goal-getter, you! obviously you're reading this because you've committed to make some healthy strides toward being a better, healthier you. i'm here to give you a healthy kick in the pants, a nudge in the right direction! most of the time we have good intentions, but without direction or detailed steps, we can easily get frustrated because we don't see the results. so often times we give up! i want to do everything i can to arm you with the information you need to kickstart you toward reaching your goals. read through this quick ebook to get just enough info, but not so much you get overwhelmed. here's what to expect:

- **the get slim quick-fix**

this 3-day program is meant to kickstart you toward success. so what can you expect over the next 3 days? read this section to get my 2 cents on a quick-fix to all your weight-loss woes.

- **the 4 tweaks**

a more in-depth look at our 4 tweaks to lose 5+lbs in 6 weeks from fitbook lite. don't have fitbook lite? proceed to page 24 of the ebook to get one for free. yeah, pretty awesome, right?

- **my 12 goal-getting tips**

these are my fitbooker-tested, goal-approved tips. make a mental note of which of the tips are hardest for you to follow. why? read the tips, then print 'em, post 'em, and follow 'em.

- **HALT: tricks to kick emotional eating**

losing weight isn't all about eating, but often it's more of a mental challenge than a physical one. learn how to identify emotional roadblocks that are standing between you and your goals. then get the tips and tricks to overcome unnecessary emotional munching!

- **the MEALS**

follow this 3-day KICKSTART meal plan to get you dialed in on healthy eating. it includes a meal-by-meal plan, recipes + "rules" for success. as always, i share the 'why' behind the plan so you can learn and apply it to your life going forward!

- **the MOVEs**

just moving for 30 minutes per day is a step in the right direction! want to kick it up a notch? try these anytime, anywhere workouts, plus a guide for creating a workout plan based on your individual goals.

- **stuff we love**

confused on what vitamins, workout equipment, or protein powder to buy? we've compiled a budget-friendly guide to get you geared up, including discounts just for you!

- **the guides**

a few printer-friendly guides with all the charts you'll need to set and reach realistic goals.

ten bucks says you flipped to this section first, in hopes that i would, once and for all, solve your weight-loss woes by telling you my super secret tips for slimming down in a jiffy. shame on you. you should know me better than that! truth is, there IS no quick-fix and there ARE no short cuts. once you stop looking for it and believing those late-night infomercials and programs that make empty promises, you'll be one step closer to reaching your goals. every time we buy into something that is "too good to be true," it sets us back because we put our hopes in something that gives us permission to believe that something other than hard work and discipline will result in the outcome we desire. and it won't. ever.

but the good news is this: it's not as complicated as you think! the entire reason behind my creating fitbook back in 2008 was to share with others what worked for me to kick my seven-year struggle with disordered eating, a teeter-totting battle with the scale, and an obsession with exercise. fitbook doesn't solve your problems, but what i, and hundreds of other fitbookers have found, is that it does simplify and give you structure for reaching your goals; it makes you think ahead and plan for success; it gives you a sense of control and organization over your daily choices; and it was designed to give you a sense of hope and direction for creating your best self.

for many people being their best means losing weight. i never designed fitbook to be about weight-loss; it's about goal-setting. but the truth is that 2/3 of adults are overweight and this isn't about what you look like, this is about being healthy! that is where fitbook lite comes in: the latest addition to the fitbook family is designed to help fitbookers make healthy habit changes by learning 4 tweaks to lose 5 (or more) lbs in just 6 weeks. because i'm adamant about promoting healthy, sustainable weight loss, it's worth reiterating the WHY behind 5lbs:

**“A TINY CHANGE
TODAY
BRINGS A *dramatically*
DIFFERENT
TOMORROW”**
RICHARD BACH

what if i have more than 5lbs to lose?

5lbs of weight loss is enough to motivate you, even if you have more to lose. you will learn the healthy habits you need in place to continue on your weight loss journey. plus, losing weight slowly ensures you won't gain it back quickly!

what if i really don't have much weight to lose, but i want to create healthy habits?

1-2lbs per week is healthy, sustainable weight loss even for someone who is looking to lose those last few pounds. refer to our healthyBOD weight guide in the guides section of the ebook. losing weight is not recommended for someone who's already in the "lean" category. we're fans of being fit + healthy, not skinny!

how much weight should i expect to lose?

remember, results may vary depending on your body type, how much weight you have to lose, and how closely you follow the tweaks. our goal for you: to achieve sustainable results + create healthy habits for life.

what if i don't lose 5lbs?

the scale isn't always the most accurate measure of your health. sometimes the # on the scale may not be budging, but your body fat + inches might be melting away. that's why we encourage taking all 3 measurements! refer to the guides section of the ebook for more info on what "healthy" looks like for you.

if you don't have fitbook lite, no worries – you don't need it to get a ton out of this ebook. (but you may or may not be able to get one for free by flipping to page 24)! if you do have fitbook lite (yay, you!), this 3-day KICKSTART ebook gives you a step-by-step plan to getting the most out of it. before i give you the 3-day plan, let's quickly revisit the 4 tweaks. these are key to your success, not just for 3 days, or 6 weeks, but for creating a lifetime of healthy habits.



4 (small) tweaks **5+** to lose lbs **6** in weeks

move 30 break a sweat for at least a half-hour per day!
here are tips to make the most of your 30:

LESS IS MORE ::

think you have to workout for hours in order to reach your goal? think again. [research] a study on food journalers found that those who exercised for 30min per day lost 8lbs while those who exercised for 60min per day lost only 5lbs.

HIIT IT ::

up the intensity to maximize your time with high intensity interval training. [research] when doing cardio, 20min of sprints results in shedding 3x as much fat as working out for 40min at moderate intensity. tip: shoot for short, high-intensity workouts to burn more fat + boost your metabolism!

CONSISTENCY COUNTS ::

when's the best time to sweat? [research] there's a 75% greater chance you will stick to your workout plan if you're an early bird! morning gym-goers tend to be more consistent, but stick to what works best for YOU.

STRENGTH IN NUMBERS ::

get a buddy on board to workout with during the week. [research] having a friend to hold you accountable results in shedding approximately 9% body weight. book workout dates ahead of time and schedule them in your calendar!

#move30

sip 8



let's be clear – your bod needs water to function.
here are tips to sip (at least) eight:

HAVE IT HANDY ::

buy a snazzy new water bottle to keep with you with you at all times. if you have a 16oz water bottle, you'll need to drink at least 4 of those per day. sip tip: drink 1 by breakfast, 1 by lunch, 1 during your workout, and then finish your last one with dinner!

DRINK BEFORE YOU DINE ::

your body can't tell the difference between thirst and hunger, so drink up before you mow down! [research] in one study, those who sipped 2 cups of h2o before each meal lost an average of 4.5lbs compared to those who didn't. gulp!

ADD SOME FLAVOR ::

sweeten your sips by infusing water with combos like cucumber + lime, lemon + mint, or strawberry + basil! learn to say no or limit calorie-laden liquids like alcohol, juice, and fancy coffee drinks. [research] skip soda altogether (especially diet) - just 1 per week may increase your risk of diabetes by 70% and can actually cause weight gain!

EAT YOUR AGUA ::

good news – foods with high water content count toward your daily quota! [research] about 20% of daily water intake comes from water-dense foods like cucumbers, celery, tomatoes, broccoli, spinach, watermelon, berries, + grapefruit, which are all 90%+ h2o. up intake of these to flush toxins, battle bloat + stay hydrated!

#sip8

“WE ARE
 WHAT WE
 REPEATEDLY DO
 EXCELLENCE,
 THEN, IS NOT AN ACT,
 BUT A
 HABIT”
 ARISTOTLE

4^(small) tweaks to lose 5+ lbs in 6 weeks

eat 5  **nourish your bod with 5+ fruits + veggies per day!**
here are tips to fit in your five servings:

PORTION DISTORTION ::

swap out big dinner plates for smaller (8-10") plates - it tricks your mind to feel full faster. [research] people consume approximately 43% fewer calories when served smaller portions, but surprisingly report feeling equally as satisfied!

VEG OUT ::

fill up on fiber-packed veggies first to eat less! [research] eating a side salad before a meal reduces overall calorie intake by 12%. switch that to a vegetable soup to cut intake by 20%. tip: avoid high-calorie dressings or sodium-packed soups!

SWEET SWAP ::

don't avoid fruit because of the sugars - in fact, you'll miss out on essential nutrients + anti-oxidants. [research] fruit eaters tend to weigh less, even more so than veggie eaters. researchers believe it's because fruits tend to replace higher calorie treats, whereas veggies tend to be add-ons. the "swap-out principle" just means you're much more likely to choose berries (rather than broccoli) over a cookie. curb sugar cravings with nature's sweet treats, however, as with all things, enjoy in moderation!

FOOD FIGHT ::

nosh on nature's foods to tip the scale in your favor - and fight disease while you're at it. [research] eating 5 servings of fruits + veggies not only cuts risk of heart disease and cancer by 29%, but up that to 7+ servings to cut your risk by more than 36%.

#eat5

stop by 9  **food is fuel - you don't need any more before bed!**
here are tips to stop noshing by 9:

CLOSE THE KITCHEN ::

eating at night can lead to weight gain because nighttime calories are stored as fat. [research] night owls consume approximately 248 more calories than early birds, with most of those consumed past 9pm. close the cupboards as you prep for bed!

TECH TIME OUT ::

don't be a couch potato. [research] eating while watching TV results in consuming an additional 288 calories. try to put all technology to rest at least 30min before bed - the light stimulates brain activity and can interfere with sleep! set an alarm for 9pm each night as a reminder to turn off technology, brush your teeth + start to unwind from the day.

RESTFUL RITUAL ::

bored? stressed? sad? emotional eating is often triggered at night and can become a habit. create a new nightly routine: sip hot tea + curl up on the couch with a book or take up a new hobby to shift your focus + curb late-night munchies. [research] drink green tea after dinner - it tricks your brain into thinking you ate more, so you feel full!

SLEEP TIGHT ::

sleep is essential - you need zzz's for rest + recovery. hit the hay + aim for 7-8 hours. [research] you're 30% less likely to gain weight when you sleep for 8 hours. sleeping boosts metabolism + aids in weight loss!

#stopby9

“MOTIVATION
IS WHAT GETS
YOU STARTED
HABIT
IS WHAT
KEEPS YOU
GOING”
JIM ROHN

“an idea is just a dream
until you write it down...
then it's a goal”
- anonymous



you've got your 4 tweaks, now follow my top 12 goal-getting tips for success. make a mental note of which of these comes easiest for you. which of these is a struggle? journal your thoughts on each to dig deeper, gain understanding, and make lasting behavior changes.

- 1 **identify your why.** spend some time reflecting on yourself and determine your why.
- 2 **share your goal.** whether you post on social media or just tell a friend, accountability leads to success!
- 3 **plan meals ahead.** make a list to save time + money at the grocery store. remember to look at those nutrition labels!
- 4 **prep food.** make it part of your sunday routine to slice, dice, bake + broil so you have healthy meals on-hand for the week ahead.
- 5 **schedule workouts ahead.** make workouts an appointment in your calendar + book time with workout buddies in advance.
- 6 **pre-plan workouts.** jot it down to stay focused in the gym - or have your trainer log it so you can flip back to “killer” workouts!
- 7 **log every morsel.** be mindful of serving sizes + nutrients - it's not just what you're eating, but how much!
- 8 **journal weekly.** frustrated? happy? stressed? get it all out so you can start the week fresh.
- 9 **acknowledge little wins.** don't let #'s be your only measure of progress. each good choice is something to celebrate!
- 10 **measure monthly.** monitor progress + adjust goals as needed. already achieved it? challenge yourself. frustrated? scale it back.
- 11 **post progress.** not just for you - but sharing your success with others might just inspire someone else!
- 12 **reward big successes.** most people forget this part - yet it's the most important! take the time to celebrate your awesomeness.

journal it

which 3 of these come easy for you? list the # and jot down how you've already implemented this healthy habit into your life.

- _____

- _____

- _____

fabulous all week, only to sabotage your success? chances are you just need to identify those nasty little triggers that trip you up! first, be mindful of your emotions. often times mindless eating is driven by your emotions where food is used as an attempt to “cure” feelings of stress or depression. eating releases feel-good hormones, so it’s important to get a grasp on them. trust me when i say i understand: 7 years of disordered eating unfortunately makes me an expert in this. the good news for you: i get it. and you are not alone!

use the **H.A.L.T.** technique to reflect before you chow down.

ask yourself these questions:

are you...?

HUNGRY: first, sip a big glass of water and while you’re doing that, rate your hunger on a scale of 1 to 10. if it’s from 7-10, eat a small snack to calm your hunger pains. if your hunger rating is anything less than 7, wait 20 minutes and reassess the situation. try to eat every 2-3 hours to avoid getting too hungry, which often leads to overeating. but remember: snacks should be small, healthy portions to tide you over til your next meal.

ANGRY: not to be confused with “hangry”, which by definition is anger brought about by one’s being hungry. anger is usually shown in the form of stress or anxiety about circumstances that may be beyond your control. eating as a way to gain control is a recipe for disaster. stop what you’re doing and go for a 15-minute walk. have more time? hit the gym. exercise is a scientifically-proven stress reliever that releases endorphins, or “happy hormones”, that boost your mood and energy level.

LONELY: it’s not uncommon to eat when you’re depressed. and when you’re depressed, you may isolate yourself from others. rather than reach for comfort foods, try one of these techniques. first, grab a notebook and set a timer for 5 minutes and just write. journal what you’re feeling or jot down three things you’re grateful for. then, reach out. you may not be in the mood to socialize, but instead of thinking about how you feel, think of one person you love who might need a pick-me-up. call or email them and make plans to get together, or at the very least, send them an uplifting text message.

TIRED: not getting enough sleep? your body may start to crave quick carbs, or high-sugar foods, to get a quick fix of serotonin or dopamine, which is naturally released when you sleep. not only will sleep deprivation cause your metabolism to slow down, but you may eat unnecessarily to trigger an endorphin rush, and unfortunately sleep deprivation causes your body to store those extra calories as fat! take a quick 20-minute power nap to boost your energy level, but set a timer on your phone because sleeping much longer could leave you groggy. then, try to get to bed a half-hour earlier each night until you’re getting at least 7 hours.

after identifying your emotions, it’s important to be aware of triggers. so, what exactly are “trigger” foods? they are seemingly harmless foods that trigger your brain to say “hmm...i like this, let’s eat more...and more!” next thing you know, you’re elbow-deep in a peanut butter jar, mad at yourself, and spiraling downward to self-hatred. BEWARE: trigger foods are often disguised as healthy foods - no matter how healthy a food is, if it triggers you to eat insane amounts, you need to proceed with caution.



quick tips

HUNGRY?

- ☒ sip some water
- ☒ rate your hunger
- ☒ wait it out
- ☒ snack small + often

ANGRY?

- ☒ get some fresh air
- ☒ work it out

LONELY?

- ☒ journal your feelings
- ☒ jot 3 things you're grateful for
- ☒ call/email text someone

TIRED?

- ☒ take a power nap
- ☒ go to bed a bit earlier

follow this guide to trick those triggers + sabotage success no more!

identify your top 2 or 3 trigger foods from the list below - what trips you up?

check out the tips + tricks to keep those nasty triggers from trippin' you up!

set a goal to tackle 1 trigger food each week - baby steps, people.

TRIGGER	TIP	TRICK
nut butter	no eating out of the jar!	buy single-serving packs – more expensive, but worth it
cereal	keep 1/2c measuring cup in the cereal box	mix your fave cereal with 1/2c puffed brown rice cereal
ice cream	don't keep it in the freezer - just don't buy it!	choose froyo instead + make it a fun occasional outing
cheese	opt for sharp, aged cheeses to use less + get more flavor	buy pre-portioned string cheese or babybel...not chunks
chips	no eating from the bag - count out 20 in a bowl	opt for blue corn or baked chips with guacamole or salsa
chocolate	keep out-of-sight...on the bottom shelf, in the back	100cal trader joe's dark choco- late bar or choc protein pudding
popcorn	smuggle your own into the movie theater!	100cal single serving size, NOT the butter-laden bags o' fat
trail mix	keep pre-bagged portions in office, car + gym bag	make it: kashi cereal, walnuts, almonds & dried cranberries
cookies	opt for oatmeal if given the option to get fiber	don't buy 'em or bake 'em if you can't have just 1
cake/cupcakes	at a party? ask for a small slice + nix the frosting to cut cals	say "no, thank you" + don't buy or bake them!
french fries	uh, don't order them...opt for baked potato or side of fruit	craving them? make baked sweet potato fries at home
alcohol/soda	drink a glass of water in between each beverage	opt for heart-healthy wine or fruit-infused sparkling water

which of these tips or tricks works best for you? share on social media to give your friends a healthy tip to trick their triggers + tag me (@fitlosophy)!

disclaimer: this is not a d-i-e-t...that's a 4-letter word. this is a PLAN. (okay, that's a 4-letter word too, but you get the point.) plans are good! remember: a d*** that promises a quick-fix is setting you up for failure! our goal is to give you a guide to making healthy, lasting changes and to give you a glimpse of how good you can feel in just 3 days. my promise is this: i will never give short-term tips that aren't conducive to a healthy, long-term lifestyle.

this plan is meant to KICKSTART your bod + brain with a healthy eating plan to slim down, beat bloat + feel your best. here's what to expect:

✓ **squeaky clean + convenient**

no processed, chemical-laden foods – just whole, good-for-you, clean eats. with minimal ingredients, this plan is designed for those on-the-go who don't have hours to spend time in the kitchen. you'll prep all your food once and eat for 3 days.

✓ **nutritionally balanced**

giving you 3 recipes for each meal so you can easily choose which you like best. the plan is designed to give you the nutrients you need each day. not a fan of one of the veggies? don't skip it - sub in one you love! not in the mood for a scramble? try one of the other recipes.

✓ **food as fuel**

it's important to eat certain foods at specific times to optimize energy, boost metabolism, and maximize how your body burns fat. we'll guide you on what to eat at the right time of day based on when you're working out.

✓ **fills you up**

this plan focuses on muscle-building protein, healthy fats, and filling up on fruits and veggies so you're never hungry and always fueled for your workouts with perfect portions. bonus: we'll coach you to stay hydrated too!

✓ **beat bloat**

by cutting gluten, dairy, sugar, and alcohol and upping intake of filling foods, you'll feel instantly slimmer and less puffy in just 3 short days. plus, you'll increase your water intake which helps fight water retention + helps flush out toxins.

✓ **easily customizable**

created to fit any lifestyle, vegetarians can simply remove the meat from the recipes + sub-in ½c black beans or lentils in place of proteins! paleo? choose nut butters and grains that are paleo-safe and skip the serving of aged cheese.

it's important for you to understand not just what to do, but why. keep reading to get my top 3 rules for success, the meal plan + recipes!

I don't diet!

**I JUST EAT
ACCORDING
TO MY GOALS**

this is not an elimination diet: those that have forbidden foods. this is meant to simply rid your system of processed foods so you can regain energy + become more aware of how your body responds as you add them back in. “elimination diets” aren’t healthy for extended periods of time, but they are valuable in identifying food sensitivities and seeing how different foods affect your body. [p.s. this is why we journal food!] so follow this guide to see what to eat more (or less) of for the next 3 days.



+ fruits + veggies:

to fill up on healthy complex carbs that keep you full. fruits will fuel your workouts for quick energy + then be a sweet treat each day so you don’t feel deprived!

+ power protein:

with 5 servings each day, you’ll get enough muscle-building protein to boost your metabolism, fuel muscle growth + fight fat. each day includes a post-workout protein shake. not a fan of protein powder? we give you alternatives. but if your goal is to build lean muscle, consider adding all-natural protein powders into your plan. [see our list of faves in the ‘stuff we love’ section]

+ filling fats:

healthy fats like nuts, avocado, oils + nut butter are necessary to fill up + slim down. avoid reduced-fat, sugar-added nut butters – go real! note: fat doesn’t cause weight gain – sugar does! low-fat is so 1990s. so don’t fear the fat, but because they are calorie-dense, measure and weigh fats. that 1 heaping spoon of nut butter can easily be 2 servings. enjoy healthy fats in moderation! [see the food portion guide to learn proper serving sizes]

+ healthy hydration:

water is built into your 3-day plan to keep you sipping all day long. only catch: no drinking calories, so black coffee or green tea is fine, but nix alcohol or any sugary beverages. bonus: glowing complexion. see the sip 8 section for tips on how to fit in your h2o!

- goodbye-gluten:

gluten, a wheat protein found in grains, is also hidden in lots of processed foods so read the labels! grains are good, in moderation, so we’ll eat gluten-free, whole grains early for energy at breakfast for the next 3 days. remember, gluten-free doesn’t mean calorie-free, so gluten-free cookies are no bueno.

- dairy down:

this plan cuts out processed dairy products which can cause inflammation, and introduces you to aged, non-processed cheeses. your body processes aged cheeses differently than highly processed, non-aged cheeses. bonus: it contains little to no lactose so even if you’re lactose intolerant, you can stomach aged cheese. plus it contains tons of nutrients like calcium (obviously), protein, zinc, vitamins A + B12, enzymes, and probiotics. opt for sharp flavors that have been aged for at least 3 months. try aged gouda, sharp cheddar, parmigiano, goat, and blue cheese.

- sayonara sweets:

lean times call for shaking the sugar. warning: avoid “sugar free”, that’s label-speak for “chemicals” – and no fake sweeteners either so toss the little blue, yellow + pink packets. opt for natural stevia in moderation. we’ll curb cravings naturally with low-glycemic fruits like grapefruit, apples, apricots, oranges, cherries + berries, which don’t spike your blood sugar. bananas are higher on the glycemic index, however they’re perfect pre-workout to give your bod energy! we’ll guide you on what to eat + when.

- adios alcohol:

even the heart-healthy or low-cal kind, these are empty-calorie carbs. lose the booze to get lean!

which 3?

NOTE: you can do this 3-day plan on ANY 3 days, but for convenience, i'm giving you step-by-step how to plan for the week ahead so you can shop + prep everything on sunday, so you're good to go monday, tuesday + wednesday.

only 3?

want to see more results? follow this plan for 7 days + then reflect on how you feel. this is a healthy eating plan that you could easily follow for as long as you want – but it's important to start out small. remember not to deprive yourself of treats + (small) cheats in moderation.

the rules: just 3.

1 be prepared.

so if you're starting on monday, you'll go to the grocery store and prep your food on sunday. this ensures that you have all your food ready to go for the next 3 days! tip: prep the chili in the crockpot and put it in the fridge so you can just turn it on the next morning and it's ready for dinner when you get home that night! then, pack your lunch each evening so you can just grab and go in the morning.

2 weigh ounces to lose lbs.

when prepping, get out your little food scale to weigh portions. this ensures that you're eating the right portion size and also helps you recognize portion sizes when eating out at restaurants. doing this over time helps you learn to "eyeball" what a serving looks like. [see the food portion guide on pg 25]


3 write it down.

yeah, that's write. right? you may have a meal-by-meal plan on the next page, but you need to put pen to paper and jot down your meals, log your nutrients, and track those sips every day. this makes you more mindful as you munch! research shows...nevermind, you know this works. so do it!





as with any nutrition plan, it's important to always listen to your body. you'll notice that the plan below doesn't include calories, intentionally. use this next 3 days to listen to your body, be mindful while eating, and adjust serving sizes up or down accordingly. this plan is designed to be a healthy eating guide, but it's very important to stay in tune to what works and what doesn't work for you!

now, go to the next page to get the plan, man.





	sip up!	day 1	day 2	day 3
rise + shine		water + coffee or tea	water + coffee or tea	water + coffee or tea

[early birds workout here]

breakfast		tex mex scramble	pumpkin nut butter protein pancakes	green eggs florentine
		[water check: you should be 4 cups down!]		
lunch		farmer's market salad	chili [leftovers] w/ avocado + 1oz aged parmesan	chili [leftovers] w/ avocado + 1oz aged parmesan
snack		[afternoon snack or pre-workout fuel]		

[night owls workout here]

dinner [by 8pm]		sweet potato bison chili	quick balsamic chicken + roasted veggies	chinese chopped salad
		[water check: you should have finished your 8 - if not, sip up!]		
treat [stop by 9!]		3 dark chocolate dipped apricots	baked cinnamon apple chips	2 dark chocolate cherry clusters
sleepy time		chamomile tea w/lemon		

when do you like to workout?

a.m. - early bird

- eat pre-workout fuel with your coffee + water, ideally 30min before your workout.
- your post-workout protein will be breakfast - aim to eat within 30min of workout!
- have a protein shake (or snack) in the afternoon to tide you over til' dinner.

p.m - night owl

- hungry mid-morning? have a protein shake (or snack) to tide you over til' lunch.
- eat pre-workout fuel mid-afternoon, ideally 30min before your workout.
- your post-workout protein will be dinner - aim to eat within 30min of workout!

PRE-WORKOUT

small apple OR ½ banana + 1tbsp nut butter

banana protein soft-serve*

pumpkin + spice protein muffin*

protein shake*

* = recipe

SNACKS

1oz nuts

cucumbers + 2tbsp hummus

raw veggies + 1oz aged cheese

protein shake*

* = recipe

BREAKFAST

tex mex scramble

- 1 omega-3 enriched egg + 2 egg whites
- ½ red bell pepper
- ¼ avocado
- 2 tbsp chopped onions
- ¼ c black beans
- salsa
- 1 corn tortilla

1. chop the onion and bell pepper into small pieces
2. spray your skillet with non-stick spray & bring to a medium heat
3. add onions and pepper and cook for about 2 minutes
4. add black beans & egg whites & cook until eggs are white + fluffy
5. top with avocado and your favorite salsa for a spicy, flavorful, protein packed breakfast!

recipe serves 1

pumpkin nut-butter protein pancakes

- 3 egg whites
- 1 whole egg
- ⅓ c gluten-free rolled oats
- ⅓ c canned pumpkin puree
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1 tbsp psyllium husks (to thicken!)
- 1 tbsp nut butter

1. mix all ingredients except the nut butter in a bowl until smooth
2. spray skillet with non-stick olive oil spray and bring to medium-high heat
3. pour pancake mixture onto the pan, and wait for bubbles to come through and the edges to brown
4. flip and cook the other side until golden brown
5. top pancake with your fave nut butter and enjoy!

recipe serves 1

green eggs florentine

- 2 omega-3 enriched eggs
- 2 tbsp oil-packed sun dried tomatoes chopped
- 3 asparagus spears chopped
- 1 c baby spinach
- pinch of fresh basil
- ¼ c brown rice

1. in a bowl, beat the eggs with salt and pepper – set aside
2. spray your skillet with non-stick spray and bring to a medium heat
3. place the asparagus on the skillet and cover and steam about 1-2 minutes
4. remove the asparagus, then place eggs in the pan stirring often to cook the eggs evenly (about 3 minutes)
5. place the sundried tomatoes, asparagus, and feta on the eggs and fold one side over
6. cook for about another minute and serve warm!

recipe serves 1

each breakfast is designed to properly fuel your body with protein, healthy fats, and energizing whole grains to start your day. don't like all the breakfast recipes? have your favorite all 3 days! no time to cook? make a quick protein shake for a healthy breakfast on-the-go. 7 protein shake recipes are included for you in the next few pages!

LUNCH & DINNER

sweet potato bison chili

- ½ onion chopped
- 2 bell peppers chopped (red + green)
- 1 jalapeño
- 1 medium sweet potato diced
- 16 oz ground bison lightly browned
can use ground beef or turkey in place of bison - or no meat for vegetarian!
- 1 16 oz can black beans
- 1 16 oz can pinto beans
- 1 28 oz can diced tomatoes
- 1 tbsp chili powder
- 1 tbsp each salt + pepper (to taste)
- 2 tbsp valentina or other hot sauce

1. place all ingredients in the crockpot + using the empty 28oz diced tomatoes can, add in a can full of water for extra liquid.
2. if making the night before, place in the fridge.
3. the next morning, cover and cook on low all day - grub at night!

recipe serves 1

farmers' market salad

- 1 c baby spinach shredded
- 1 c baby arugula
- 2 small baby beets diced
- 1 tbsp pine nuts
- 1 oz aged goat cheese
- 3 oz protein (chicken, tuna, ground turkey)
- pinch of sliced fresh basil
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar

combine all ingredients in a large salad bowl... drizzle with EVOO, balsamic vinegar, top with fresh cracked pepper to taste, and top with fresh chopped basil. enjoy this farmer's fresh salad!

recipe serves 1

chinese chicken salad

(use leftovers from night before)

- 1 c baby spinach shredded
- 1 c shredded broccoli or cabbage slaw
- ¼ c diced cucumber
- ¼ c mandarin oranges
- 1 tbsp slivered almonds
- 3 oz cooked chicken breast [leftovers]
- 1 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- pinch of ginger

whisk together the soy sauce, sesame oil + ginger to make a quick dressing. then toss all ingredients in a large salad bowl to mix!

recipe serves 1

quick balsamic chicken + roasted veggies

- 6 oz boneless, skinless chicken breast, sliced
- ¼ c balsamic vinegar
- 2 cups raw veggies of your choice: brussel sprout halves, broccoli, cauliflower, diced sweet potato, little red potatoes, cubed butternut squash, asparagus spears, chopped onion
- 1 tbsp extra virgin olive oil
- italian herbs, sea salt + cracked pepper, to taste

1. pre-heat oven to 400 degrees + line baking sheet with foil
2. dip chicken in balsamic vinegar + place on one half of the pan, then season
3. toss veggies of your choice in a bowl with olive oil and seasoning + spread on the other half of the pan
4. bake for 20min
5. remove pan + place chicken breasts in tupperware or foil to keep warm + use a spatula to turn veggies and place back in the oven
6. increase oven heat to a broil + roast veggies for another 5-8min, until crispy brown
7. serve half of the chicken with the roasted veggies + store the other half for lunch tomorrow!

recipe serves 1

these meals are packed with veggies, protein + healthy fats so you'll never be hungry! not a fan of chili? make a stew instead or any healthy slow-cooker recipe that makes eating leftovers for lunch a cinch!

TREATS

baked cinnamon apple chips

- 1 medium granny smith
(honey crisp or pink lady work too!)
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tbsps stevia

tip: make these when prepping food + store in an airtight container to keep crisp.

1. pre-heat oven to 200 degrees
2. slice apple into super-thin slices (or use a mandolin) - thinner the better!
3. place in a single layer on a baking sheet lined with parchment paper
4. sprinkle with cinnamon, nutmeg + stevia
5. bake for 1 hour, flip apples over + bake another 1.5-2 hours
6. turn the oven off + keep pan in the oven for another hour as it cools to make 'em crunchy!

recipe serves 1

dark-chocolate dipped apricots

- ¼ c 65% dark chocolate chips
(or chopped chocolate bar)
- 12 dried apricots
- 2 tbsps finely chopped walnuts

1. line a large tupperware with wax or parchment paper in the bottom
2. place chocolate in a small glass bowl + microwave for 1min; stir + heat in 10 second increments until melted, stirring frequently
3. dip each apricot half-way into the melted chocolate, then dip in walnut pcs.
4. set in tupperware in a single layer + sprinkle with remaining walnuts
5. cover + place in refrigerator for a half-hour so the chocolate hardens

recipe serves 4 (serving = 3 apricots)

sleepy-time cherry chocolate nut clusters

- ¼ c 65% dark chocolate chips (or chopped chocolate bar)
- ½ c dried unsweetened cherries
- ¼ c finely chopped pistachios

1. line a large tupperware with wax or parchment paper in the bottom
2. place chocolate in a small glass bowl + microwave for 1min; stir + heat in 10 second increments until melted, stirring frequently
3. add the cherries + pistachios to the melted chocolate and stir well
4. using your hands, roll mixture into golfball-sized clusters + place in tupperware
5. cover + place in refrigerator for a half-hour so the chocolate hardens

recipe serves 4 (serving = 3 clusters)

no-bake coco-cacao truffles

- 2c unsweetened shredded coconut
- ½ c almond flour
- ½ c cocoa powder
- 2 tbsps cacao nibs
- 1 tsp cinnamon
- ½ tsp salt
- 1 tbsps vanilla
- ½ c pumpkin puree
- ⅓ c raw honey
- 4 tbsps melted coconut oil

1. combine dry ingredients (first 6 ingredients) in a bowl + stir well
 2. add remaining ingredients + mix until smooth
 3. sprinkle a light layer of coconut on a cookie sheet or plate to place the cookies on
 4. using a small cookie scoop, spoon rounded balls onto the plate or cookie sheet
 5. sprinkle with a little bit of extra coconut just to make them pretty!
 6. place in the freezer for at least an hour + serve!
- **can also put in the fridge and serve cold, but they're yummy frozen!

recipe serves 12 (serving = 2 truffles)

satisfy your sweet cravings in moderation with fruit + heart-healthy dark chocolate! remember: eat just a few + put them away, out of sight, out of mind!

PRE-WORKOUT FUEL

protein + spice pumpkin bars

- 2 eggs
- ½ c baking stevia
- 1 c pumpkin puree
- 1.5 c vanilla protein powder
- ½ t baking soda
- ½ t cinnamon
- ½ t cloves
- ¼ t salt

1. whisk together the eggs, splenda, and pumpkin
2. stir in the dry ingredients pour into a prepared 8"x8" baking pan
3. bake at 350 degrees for 20-25 minutes
4. optional: cut and store in snack-sized baggies and pop t in the freezer so they're ready to grab and go!

banana protein soft-serve

- 1 c frozen banana chunks (equivalent to 1 medium)
- 2 tbsp unsweetened chocolate almond milk
- 1 tbsp nut butter
- 1 tsp cacao nibs
- 2 tbsp chocolate protein powder

place all ingredients into a food processor and mix until smooth, scraping - sides intermittently to blend all ingredients. scoop into bowl + enjoy...or put in the freezer for 15min if you like it more like ice cream consistency. yum! not a chocolate lover? use vanilla almond milk + protein powder for a nut butter flavor!

recipe serves 1

PROTEIN SHAKE

pumpkin protein shake

- 1 c vanilla almond milk
- ¼ c canned pumpkin
- 1 scoop vanilla protein powder
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon

mocha java booster

- ½ c brewed coffee
- ½ c unsweetened chocolate almond milk
- 1 scoop chocolate protein powder
- 1 tsp cocoa powder

green machine

- 1 c unsweetened vanilla almond milk
- 1 scoop vanilla protein powder
- 1 tbsp ground flax seeds
- 1 tsp super greens

chocolate nut butter cup

- 1 c unsweetened chocolate almond milk
- 1 scoop chocolate protein powder
- 1 tbsp nut butter

cocoa coconut

- ½ c coconut water
- ½ c coconut milk
- 1 tsp coconut extract
- 1 tsp cocoa powder
- 1 scoop chocolate protein powder

cherry chocolate sipper

- ½ c pure dark cherry juice
- ½ c unsweetened chocolate almond milk
- 1 pinch of cinnamon
- 1 scoop chocolate protein powder

apple pie protein crunch

- 1 c vanilla almond milk
- ¼ c unsweetened applesauce
- 1 tsp cinnamon
- pinch of nutmeg
- 1 scoop vanilla protein powder



let's clarify something: working out doesn't need to be complicated. at the very least, all you need to focus on is moving for at least 30 minutes per day. but you're a goal-getter. you want more. well, here you go, you goal-getter, you.

3 levels: which one are you?

each workout includes options to modify to make them a bit easier or harder, depending on your current fitness level. so decide now: which are you?

• [fitness newbie]:

previously idle, but motivated to move, you'll want to ease into it to avoid injury. but be prepared to challenge yourself too! look for [brackets] in the workouts below to modify them so they're not too tough. as you continue to workout, you'll progress to the next level!

• intermediately awesome:

you work out. not to excess, but you know a thing or two and just need a healthy kick in the pants. the workouts below were designed with YOU in mind, so follow them as written. too tough? follow the [brackets] to modify or the *stars* to progress!

• *fit fiend*:

commonly known to your friends as a "gym rat," you are the person people ask what to do in the gym. if this is you, we still have a challenge in store for you. look for the *stars* in the workouts below to advance the exercises – push yourself!

1 3 days: easy as 1-2-3

this workout plan is designed to be mix + match, so it's flexible enough to fit into your busy lifestyle. plan your week out ahead of time and build your workouts into your schedule! regardless of what workout you do which day, it's as simple as 1-2-3:

2 STRENGTH

choose 1 of 3 workouts below. be sure to fit in at least two strength workouts over the next 3 days. extra time? fit in a third! either way, you've got 3 to choose from to target upper body, lower body + core!

CARDIO

fit in 2 cardio sessions over the next 3 days to get your heart-rate up! see below for ideas for creative cardio.

3 CLASS

step outside your comfort zone + try something new over the next 3 days. grab and pal and make a date to try a new class!

the following chart gives you a blueprint for how you might plan the next 3 days.

	day 1	day 2	day 3
do this today	STRENGTH [workout A]	CARDIO [30 min]	CLASS [plan ahead!]
extra time? add this	CARDIO [20 min]	STRENGTH [workout B]	STRENGTH [workout C]

STRENGTH WORKOUTS

here are 3 gym-free, living-room friendly workouts for the homebodies. for the gym-lovers? you can rock this in the gym as well, having a few more options for equipment. either way, these 3 workouts will tone your muscles, strengthen your core + challenge you.

you have 3 workout options to do over the next 3 days, choose to do as an entire workout or add one round to your cardio or class workout days. each workout is designed with an emphasis on lower body, upper body, and core strength, so you can do these workouts on back-to-back days and work your total bod. they only take 20-30min max!

remember: max intensity = max results! just starting out? follow the notes in [brackets] for modifications! wanna step it up? follow the *stars*!

A LOWER BODY BURNER [home or gym workout]

- **WORKS:** lower body + abs
- **EQUIPMENT NEEDED:** none! this workout can be done inside or outside – add resistance with dumbbells + bosu for instability to make it more challenging.
- **MODIFY:** [to make it easier] *to make it tougher*
- **INSTRUCTIONS:** do each of the exercises in the order listed, then breathe... and repeat. goal: 3 times through! [newbies do this 1-2 times] + *advanced go for 4

#	exercise	[fitness newbie]	*fit fiend*
15	jump squats	omit jump...just squat	burpee, baby
20 per side	single leg glute bridges	keep both feet on the ground	foot on bosu
25	wide squats	small range of motion	add weight
30	bird dog on knees <i>crunch to bring knee to opposite elbow, 15 per side</i>	hold plank on knees: 60sec	perform in high plank
30	super-slow narrow squat pulses	small range of motion	lift heels the entire set
25	plank to pikes	hold plank on knees: 60sec	lift 1 leg to bring knee to opposite elbow as you go into plank then switch half-way through
20 per side	single-leg backward lunge	do stationary lunge + pulse down	add high-knee hop
15 per side	curtsy lunges	stay stationary, pressing hip out + keeping both feet on the ground	add dumbbell + tap the ground when lunging, then add overhead press as you return to standing

B UPPER BODY CIRCUIT [home or gym workout]

- **WORKS:** upper body + cardio bursts
- **EQUIPMENT NEEDED:** dumbbells, exercise ball + kettlebell (optional). at home with no dumbbells? use your laundry detergent bottles, milk jugs, or big cans of pumpkin (hey, they're almost 2lbs!)... anything with a little weight to it.
- **MODIFY:** [to make it easier] *to make it tougher*
- **INSTRUCTIONS:** do each of the exercises in the order listed in each circuit, then breathe...and repeat! complete all your sets for circuit one before moving onto the next circuit. goal: do each circuit 2 times through!
[newbies do each circuit 1 time] + *advanced go for 3*!

	time/ reps	exercise	[fitness newbie]	*fit fiend*
circuit one	15sec	bent-over dumbbell rows <i>do 15 per side</i>	perform with opposite hand/knee on bench for stability	perform with 1 hand on bench in high plank
	60sec	burpees	no jump + step in, no hop	add push-up
	15sec	overhead tricep extension <i>laying on bench or a ball</i>	perform seated or standing	up the weight + alternate arms
circuit two	15sec	dumbbell chest flies	bend elbows slightly	perform on exercise ball
	60sec	kettlebell swings <i>shoulder height only</i>	remove swing, do squat	swing overhead
	15sec	back extensions <i>lying on a mat with hands by ears, engage abs to help you lift</i>	keep hands by hips + small range of motion	reach arms overhead
circuit three	15sec	reverse fly	perform on bench	lift 1 leg + hover foot + switch legs half way
	60sec	mountain climbers	perform with forearms on bench	perform on bosu
	15sec	dumbbell bicep curls	alternate arms	perform in half-squat on bosu

C CORE STRENGTH CARDIO
[home or gym workout]

- **WORKS:** core (abs!) + cardio bursts
- **EQUIPMENT NEEDED:** none! *add medicine ball and bosu to advance*
- **MODIFY:** [to make it easier] *to make it tougher*
- **INSTRUCTIONS:** do each of the exercises in the order listed, then breath... and repeat! keep resting to a minimum and go from one exercise to the next - rest only as needed! goal: 3 times through! [newbies do this 1-2 times] + *advanced go for 4*

#	exercise	[fitness newbie]	*fit fiend*
10 per side	side plank dips <i>perform on elbows + stack feet</i>	hold side plank or drop to the ground for support	lift top leg
10 per side	single-leg lunge jumps	omit jump + pulse 10 per side + switch	add twist with med ball
20	plank slides <i>on elbows, slowly slide forward and back</i>	perform on knees	lift 1 leg for 10 reps, then switch
20	med ball balanced rotations	keep feet on ground + no med ball	lift feet off ground
20	back extensions <i>lying on a mat with hands by ears, engage abs to help you lift</i>	keep hands by hips + small range of motion	reach arms overhead
20	180 twist jumps	do stationary squats	add medicine ball
20 per side	med ball rotating wood choppers	no medicine ball	add deep lunge when rotated
20	double-leg lifts <i>lying on your tummy</i>	alternate legs	lift upper body
20 per side	med ball oblique bicycles <i>flex up with ball over bent leg + extend ball back overhead as you scissor legs, repeat on each side</i>	bicycle crunches with no ball	hover legs + don't touch the ground
50 per side	running mountain climbers	do 25 per side + elevate hands on bench if the floor hurts your low back	perform with hands on bosu
10	slow hip rolls - to cool down!		

make a conscious choice to move more! walk to lunch or coffee, park further away, take the stairs instead of the escalator: little choices lead to big results when repeated day-in and day-out. so for the next 3 days, make it a challenge to reach 10,000 steps per day using a simple pedometer or a fitness tracker. [see the 'stuff we love' section for recommendations] then on the days you aren't doing your class, let's add in 2 days of cardio to get your heart pumpin' for 20-30 minutes.

get your SWEAT on with this quick interval cardio workout.
newbie? no worries! [follow the modifications below]

1. pick your cardio:

- ☐ **walk/jog/run:** at home or the gym? hit the treadmill. or lace up your sneakers + hit the pavement!
- ☐ **cardio machine:** stepmill, elliptical, stair-stepper, stationary bike, rowing machine, – any one will do!
- ☐ **low-impact:** bike, swim laps, or take a hike.

2. sweat it out:

repeat intervals for 20-30 min, depending on how you feel!

time [min]	intensity [RPE]
5 min	warm-up [5]
2 min	pick it up a bit [6]
1 min	all out - go! [8]
2 min	recover [7]
1 min	go again! [9]
2 min	catch your breath [6]
1 min	go go go! [8]
2 min	recover [7]
1 min	give it your all! [9]
2 min	catch your breath [6]
1 min	last all out! [8]
2 min	cool down - great job! [4]
25 min	TOTAL

3. push yourself: need to start easier? that's okay! alternate between walking at a brisk pace and using the treadmill's incline to up the intensity. remember to push yourself but don't overdo it!

TIP: listen to your body! wear a heart-rate monitor and during moderate intensity aim to keep your heart rate at 70- 80% of your max and for the high intensity interval push that heart rate to 80%! (max heart rate = 220 – age) or follow the rating of perceived exertion (RPE) scale, aim for 7-9 during intervals and 5-7 during recovery. remember: always listen to your body!



being comfy is a good thing, if we're talking about pajamas.

but when it comes to working out, sometimes you need to step (or leap) outside your comfort zone to really find out what you love doing. there are so many classes out there that you've never even tried, so over the next 3 days, try ONE class that is something you've always wanted to try. we've created this to guide you in the right direction.

here are some ideas to get your creative juices flowing:

☐ **dancing...**

try taking a zumba class, which is available at gyms and community centers worldwide. or if you really want to get your groove on, sign up for a series of classes at a local dance studio. whether it's ballroom or country line-dancing, this is a great social way to workout while you hone your dance skills!

☐ **variety...**

classes like orangetheory fitness, f45, and crossfit combine cardio and strength training for an intense workout in under an hour. another option is bootcamps either outside or at your gym!

☐ **mind body...**

don't mistake yoga and pilates for just stretching. if you find the right class, they can be a great workout. yoga flow, pilates fusion, and even barre classes are more mellow, but still give you a good workout while you stretch and strengthen.

☐ **running...**

think running is a solo gig? think again. find local run clubs or treadmill-based classes at your gym for motivation to log some miles.

☐ **hitting things...**

take your stress out in a martial arts-style class like kickboxing or take it to the next level and sign up for classes at a martial arts studio.

☐ **staying at home...**

stream your favorite workout class like p90x, spin workout, yoga... whichever one you love!

TIP:

book classes ahead of time + plan on meeting a friend there for added accountability.

FITNESS EQUIPMENT

\$ BUDGET-FRIENDLY

\$\$ WORTH THE SPLURGE

CARDIO

jump rope



kettlebell



STRENGTH

fit kit with resistance band



adjustable weight dumbbells

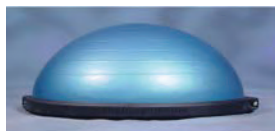


CORE

stability ball



bosu ball



YOGA + PILATES

resistance bands



yoga mat



MUSCLE RECOVERY

tennis balls



triggerpoint grid foam roller



FUEL YOUR BOD

\$ BUDGET-FRIENDLY

\$\$ WORTH THE SPLURGE

FOOD STORAGE

fitportions plate
[with meal-planning guide]



6 pack bag
[meal management bags]



PROTEIN POWDER

optimum nutrition
gold standard whey

[choose "natural" for the cleanest]



jamie eason's lean body
for her

[all-natural whey protein isolate]



PROTEIN POWDER

javapro whey
protein complex
[coffee-infused protein]



sun warrior protein
[raw vegan brown rice protein]



CLEAN PROTEIN BARS

larabar ALT protein bars
[10g of natural protein]



RISE protein bars
[4 ingredients, 15g protein]



code: **FITBOOK20**
[save 20%]

NATURAL ENERGY

eboost energy powders
[all-natural, no sugar + 1.0calories]



code: **FITBOOK30**
[save 30%]

eboost energy shots
[with vit b12 + green tea extract]



code: **FITBOOK30**
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Created, designed, and published by C.R. Gibson, LLC
Manufactured in China

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