

7 Day Jumpstart

Kim's top tips to help you
get results quick and jumpstart
your journey to
a healthy lifestyle!

7 - Day Jump Start Meal Plan
with Over 10 Healthy
+ Delicious Recipes





7 DAY JUMPSTART

Welcome to the 7 – Day Jump Start!

The 7 – Day Jump Start is just that...a jump – start. It is not a 7 – Day quick fix so you can go back to your old habits. But rather a program designed to give you a solid nutritional base that will hopefully translate into a long-term healthy eating plan.

The 7 – Day Jump Start meals are perfectly proportioned, nutritionally balanced, natural, gluten free, easy to prepare and inexpensive.

By following my 7 – Day Jump Start program you will lose weight, have more energy, feel better and be well on your way to a healthy lifestyle.

GOALS FOR THE 7-DAY JUMPSTART

1. Jump Start Your Weight Loss.
2. Break Through a Plateau.
3. Learn Healthy “Clean Eating” Habits.
4. Increase Your Energy.
5. Eliminate Bloating & Water Retention.
6. Get Processed Foods Out of Your System.
7. Eliminate Gluten, Refined Sugars, Empty Calories & Trans Fats.
8. Have a Well-Balanced Meal Plan to Follow Daily.

This program is a foundation for a healthy LIFESTYLE! You can follow it for the rest of your life.



MY STORY

I am excited to share this awesome information with you through this guide

If you are like 90% of women, you have tried programs, been on diets and bought expensive equipment, and did not stick with the program and ended up back where you started: Out of shape. Well, don't be discouraged. I was just like that myself. I had never really been what I'd call fit. In my younger years I was skinny with no muscle tone. I did not work out or even eat healthy at all. My idea of eating healthy was ordering the chicken sandwich at McDonald's versus the Big Mac.

At age 45 I saw a picture of myself with family at Christmas. It hit me how out of shape and overweight I had become. I was discouraged and decided that even though I was 45 I was going to do something about it. I was not going to fall into the trap that this is just what happens to women when they reach 40 something, so I joined a gym and began a workout program with proper nutrition!

I turned 56 in May 2018 and am now in the best shape of my life. I feel better now about my body than I have in years! I found this picture of the summer before I started working out, in my swimsuit at age 44, and you can see the difference in me now at age 54. I've competed in Figure and Bikini competitions and was featured in March 2011 Oxygen women's fitness magazine. None of this would have happened if I didn't have the mindset to change.

I am a Mom of three grown children and I have two beautiful granddaughters! I love how getting into shape and learning about proper nutrition has affected not only myself but my family as well. It truly is a lifestyle change that will create a healthy environment for you and your family! My daughter and two sons all workout and exercise and it is exciting to me to see their transformations as well!

I have a huge passion to help women become the success they desire to be. I truly believe this has made me a better person not only on the outside but on the inside as well. No matter how old you are, if you are starting like me, later in life, or if you are in your 20's, this program will help you build lean muscle tone, reshape your body, and decrease your body fat percentage. I will be there every step of the way to help you succeed!



- ✓ NASM Certified Personal Trainer
- ✓ ISSA Certified Personal Trainer
- ✓ ISSA Certified Fitness Nutrition
- ✓ ENW Certified Nutrition Specialist
- ✓ PIYO Certified Instructor



7 DAY JUMPSTART

RULES

- ◆ Follow the 7 – Day meal plan and use the grocery serving guide for any food swaps needed.
- ◆ Do not skip meals on this plan. Remember it is important to eat every 3- 4 hours.
- ◆ No processed foods or pre-packaged food items.
- ◆ If you drink coffee or tea NO ADDED cream or sweeteners allowed unless it is STEVIA.
- ◆ Protein powders are optional on this program. If you choose not to use them, choose another selection for the protein list on the grocery serving guide. Protein powders are to be mixed preferably with water, but you can use unsweetened almond, coconut, or cashew milk.
- ◆ No nibbles of anything outside of this plan. Those tiny bites add up. This is very calorie specific and just an extra 100 calories per day will mess up your results.
- ◆ No ALCOHOL on this plan.
- ◆ Drink 80 ounces to a gallon of water a day (1 gallon = 128oz.)
- ◆ Unsweetened iced or hot green tea can be consumed in unlimited amounts.
- ◆ Use Stevia as a sweetener if needed. Avoid Equal and Sweet' N Low.
- ◆ Vegetables (steamed or raw) can be eaten in greater portions than I have listed if you are still hungry. Eat more vegetables!
- ◆ Weigh and measure everything after it is cooked, except for oatmeal.
- ◆ No fruit juice, soda, or milk.
- ◆ Use real fruit in water if needed. No water flavorings allowed.
- ◆ No fried foods, high – fat meats and cheeses.
- ◆ No refined carbohydrates (white bread, white pasta, cereals, etc.)

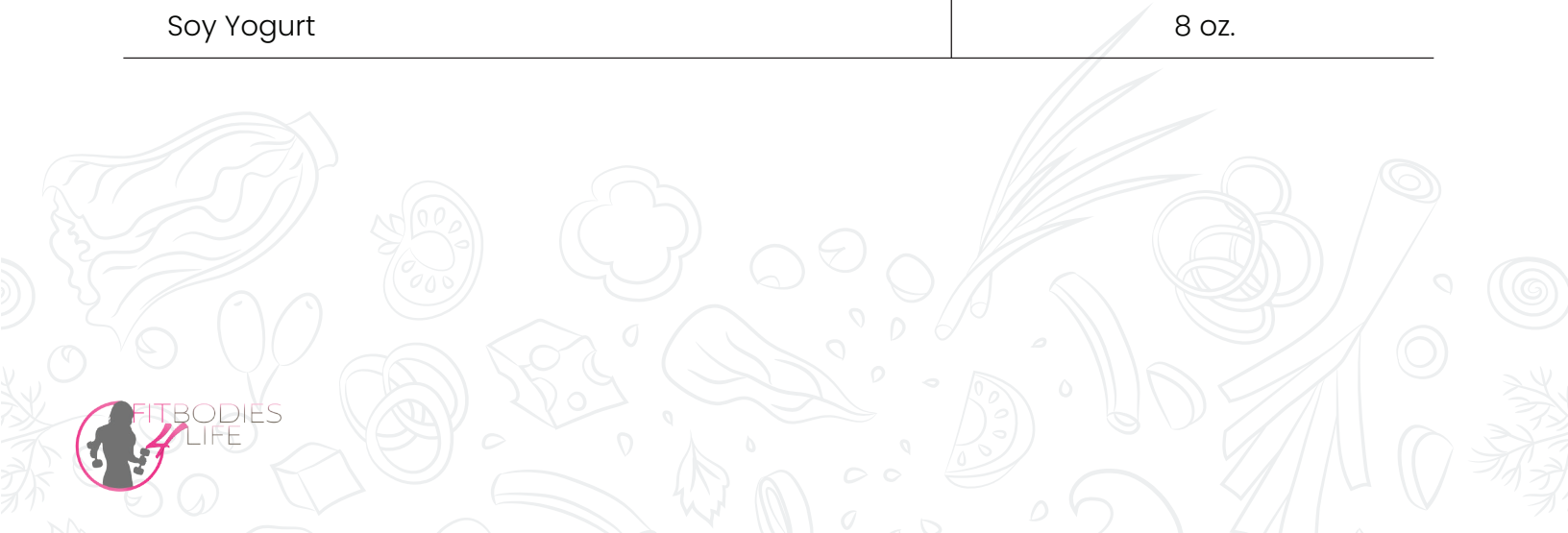
Click this link www.fitbodies4lifenu-trition.com to see what protein powders are recommended.



Grocery Guide

Protein

PROTEIN FOOD SOURCE	SERVING SIZE
Muscle Egg Liquid Egg Whites	1 cup
Eggs and/ or Liquid Egg Whites	2 eggs, 4 egg whites, or 1/2 cup liquid egg whites
Lean Turkey (97-99%)-ground or whole breast	4 oz.
Chicken Breast (skinless)	4 oz.
Lean Ground Chicken (90%)	4 oz.
Lean Ground Beef (90%)	4 oz.
Flank Steak (lean)	4 oz.
Pork Loin	4 oz.
Lean Bison	4 oz.
Canned Tuna (in water, low sodium)	4 oz.
Salmon and/or other Fish	4 oz.
Scallops, Shrimp, or other Seafood	4 oz.
Tofu	4 oz.
Tempeh	3 oz.
Soy Yogurt	8 oz.





Grocery Guide

Complex Carbs

COMPLEX CARBS FOOD SOURCE	SERVING SIZE
Sweet Potatoes	4 oz.
Red Potatoes	4 oz.
White Rice/Brown Rice/Jasmine/Quinoa	1/3 cup
Oatmeal	1/3 cup, dry
Beans and Lentils	1/2 cup





Grocery Guide

Vegetables

VEGETABLES FOOD SOURCE	SERVING SIZE
Mixed and/ or Salad Greens	2 cups
Kale	1 cup
Spinach	1 cup
Romaine Lettuce(or any other large leafed lettuce)	1 cup
Celery	2 cups
Asparagus	8-12 spears, depending on size
Eggplant	3/4 cups
Broccoli	1 cup
Cauliflower	1 cup
Green Beans	1 cup
Carrots	1 cup
Onion	1 cup
Bell Peppers	1 cup
Cucumber	1 cup
Tomatoes	1 cup
Mushroom	1 cup
Brussels Sprouts	1 cup
Spaghetti Squash/Pumpkin/ Yellow Squash (canned or fresh)	1 cup



Grocery Guide

Fruits



FRUITS FOOD SOURCE	SERVING SIZE
Apples	1 whole, small
Grapefruit	1/2 large grapfruit
Banana	1 whole, small
Berries	1 cup

Healthy Fats



FATS FOOD SOURCE	SERVING SIZE
Coconut Oil (unrefind, virgin preferred)	1 -2 tsp
Extra Virgin Olive Oil, Macadamia Nut oil, Flaxseed Oil, Avocado Oil.	2 tsp
Nut/Seed Butter: Peanut, Almond, Cashew, Sunflower (fat with protein)	1/8 cup
Nuts: Almonds, Walnuts, Cashew, Tiger Nuts, Pistachios Brazil Nuts	1/4 Hass avocado
Avocado	1 tbsp
Guacamole	1 tbsp
Chia Seeds and/ or other Seeds	1 tbsp
Hummus (fat with protein)	1 tbsp



CONDIMENTS ALLOWED

- ♦ Mustard
- ♦ Spices and herbs that are low sodium or 1 ingredient (black pepper, oregano, rosemary)
- ♦ Flavorgod Spices
- ♦ Mrs. Dash Spices
- ♦ Stevia
- ♦ Raw Honey
- ♦ Splenda
- ♦ Apple Cider Vinegar
- ♦ Balsamic Vinegar
- ♦ Red Wine Vinegar
- ♦ Rice Vinegar
- ♦ Lemon Juice
- ♦ Salsa
- ♦ Bone Broth
- ♦ Bone Suckin' BBQ Sauces and Mustard
- ♦ Coconut Amino Sauces
- ♦ Worcestershire Sauce
- ♦ Hot Sauce



7 Day JumpStart Meal Plan

(Choose 1 From Any Of The 4 Options Per Meal)

	Option #1	Option #2	Option #3	Option #4
BREAKFAST Meal #1	Spinach Bake P-FS-V	Green Smoothie P-FS-V-F	4 egg whites 1/3 cup oatmeal 1 cup berries 1 oz. almonds P-CC-FS-F	- Protein pancakes 1 cup berries P-CC-FS-F
SNACK Meal #2	1 apple 1 tbsp almond butter P-FS-F	Peanut Butter Fudge P-FS	Reeses Dream Smoothie P-FS	1 cup berries 2 hard boiled eggs P-FS-F
LUNCH Meal #3	4 oz. turkey 2 cups mixed greens with raw veggies 2 tbsp balsamic vinegar +1 tsp olive oil P-FS-V	Pizza in a bowl P-FS-V	4 oz. chicken 1 cup green beans 2 cups mixed greens with raw veggies 2 tbsp balsamic vinegar +1 tsp olive oil P-FS-V	Stir Fry Chicken and Vegetables over Spaghetti Squash P-FS-V
SNACK Meal #4	2 hardboiled eggs 1 cup carrots P-FS-V	2 tbsp hummus 1 cup raw veggies P-FS-V	Almond Joy Smoothie P-FS	4oz. deli meat 1 cup raw veggies 1 oz. almonds P-FS-V
DINNER Meal #5	4 oz. salmon 1 cup steam or roasted broccoli P-FS-V	Italian Turkey Meatballs with Noodles P-FS-V	- Chicken Avocado Melt 1 cup Roasted Zucchini & Squash P-FS-V	4 oz grilled white fish 5 – 6 grilled asparagus spears 2 cups mixed greens with raw veggies 2 tbsp balsamic vinegar +1 tsp olive oil P-FS-V
AFTER DINNER SNACK (Optional) Meal #6	1 scoop protein shake P	Zucchini Ice Cream P-V	Mug Cake P	4 egg whites P

P=Protein

V=Vegetables

FS=Fats

F=Fruits

CC=Complex Carbohydrates



Meal Planner

WEEK:		
MONDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	
TUESDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	
WEDNESDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	
THURSDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	

Shopping list

Meal Planner

	WEEK:	
FRIDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	
SATURDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	
SUNDAY	Breakfast	
	Am Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	

Note:



The Next Steps After You Complete Your 7 Day Jump Start

- ◆ Continue to eat at the intervals outlined in this program. Have 3 regular meals with snacks in between.
- ◆ Each meal should contain fats, carbs and protein.
- ◆ Portion sizes are so important, continue to follow the serving size guideline.
- ◆ Continue to drink water! Your body is 70% water and you need more water if you want to burn body fat. Add lemon, cucumber, strawberries to flavor your water if needed. Just swapping out 1-12oz soda for water each day will save you 15lbs over the course of a year! Shoot for 80 ounces up to 1 gallon per day.
- ◆ **TIP** Drink a glass of water 10 – 20 minutes before every meal. This will help you to burn fat, increase your metabolism and will naturally help you eat less. Hunger is usually just dehydration in disguise.

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or
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- ◆ Follow-Along Workout Videos

PLUS

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<https://fitbodies4life.fit/membership/>



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OUR NEW APP!**





FAQs

Here is a list of answers to the most common question I have received to date.

1. **What do I mix my protein powder with?** Ice and water, but you can use unsweetened almond, coconut, or cashew milk. Please be careful adding extra fruit, nut butter etc. Unless suggested in the meal plan.
2. **What protein powder should I use?** I recommend and use our FB4L line, it is clean from artificial ingredients, gluten free. We offer plant based and also a whey isolate. www.fitbodies4lifenu-trition.com
3. **Can I swap out things I don't like?** Yes, swap out anything you want as long as you follow the serving size and stick to the same category. Example. Chicken you pick something from the PROTEIN category.
4. **Can I swap out recipes?** Yes, as long as you watch the codes on each recipe that it fits your meal plan.
5. **I am still hungry what should I do?** First, up your veggies. RAW veggies are unlimited and encouraged. EAT AWAY! IF that does not completely work, add additional healthy fat. 5 – 8 almonds is a good start. DO NOT add more carbohydrates as they will only make you hungrier.
6. **I workout really hard and I feel like I am not getting enough calories, what do I do?** Pre and post workout have a scoop of protein powder mixed with ½ banana or apple. Eat more veggies through the day and up your protein at each meal by 1 – 2 ounces.





7. **Do I have to eat the fat on the plan?** Yes, please do not eliminate the fat listed or you will not be getting enough calories for the day you will trigger cravings and hunger.

8. **Can I have caffeine on this plan?** Yes, coffee and tea unsweetened or sweetened with stevia. Also, energy drinks and pre-workouts are suggested. Supplements suggested - www.fitbodies4lifefit.com

9. **Do you suggest additional supplements?** In general, supplements should be thought of as insurance. That being said, there are some supplements I believe in and recommend. See the following links for more information: Energy, Protein, Greens, and Vitamins.

Energy: <https://fitbodies4lifefit.com/collections/increase-energy>

Protein: <https://fitbodies4lifefit.com/collections/muscle-building-and-toning>

Greens: <https://fitbodies4lifefit.com/products/super-greens>

Vitamins: <https://fitbodies4lifefit.com/collections/wellness>

10. **What do I do after the 7 – Day jump start is over?** Hopefully, you like the way you feel and decide to make it part of your lifestyle! You can continue with our FB4L programs that will give you a new meal plan, healthy recipes, workouts every month. Recipes your family will love, plus support and accountability with our amazing Fit Tribe community.

Check out additional programs at. www.fitbodies4lifefit.com





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Fit Bodies 4 Life Nutrion is dedicated to bringing the latest research based supplements to customers world wide.

Our goal is to seek and find the most cutting edge ingredients for our customers needs at the proper dosages, backed by science.

With so much confusion in the supplement and vitamin industry, it's hard to find a company that you can trust.

When choosing ingredients. Formulations: we go through a long process and seek out the best researchers, scientists, and manufacturers to make sure our supplements are the highest quality.

SHOP SUPPLEMENTS HERE:

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7

Day Jumpstart

Recipes





Almond Joy Smoothie



How to:

1. Combine all ingredients in blender with ice.
2. Blend until smooth.

Serves 1.

Ingredients

- ◆ 1 serving chocolate protein powder
- ◆ 1 tbsp almond butter
- ◆ 1/2 tsp almond extract
- ◆ 1 cup water

Nutrition Snapshot:

Per Serving

- ◆ Calories 246
- ◆ Protein 28g
- ◆ Carbs 9g
- ◆ Fats 7g



Peanut Butter Fudge



How to:

1. In a small saucepan, over medium heat melt together the peanut butter, 1/4 cup coconut oil, 1.5 tbsp sugar free maple syrup and sea salt
2. Line a 8 by 8 dish with parchment paper.
3. Pour mixture into dish.
4. In a small saucepan, melt the chocolate chips and 1 tsp coconut oil until smooth. Drizzle the melted chocolate over the fudge and take a toothpick and swirl chocolate through the fudge.
5. Freeze 1 hour and cut into 15 squares.

Serves 15

Ingredients

- ◆ 1 cup peanut butter
- ◆ 1/4 cup coconut oil
- ◆ 1.5 tbsp sugar free maple syrup
- ◆ 1/8 tsp sea salt

Chocolate marble topping

- ◆ 1/4 cup dark chocolate chips
- ◆ 1 tsp coconut oil

Nutrition Snapshot:

Per Serving = 1

- ◆ Calories 145
- ◆ Protein 4g
- ◆ Carbs 5g
- ◆ Fats 12g





Reese's Dream Smoothie



How to:

1. Combine all ingredients in a blender with ice.
2. Blend until smooth

Ingredients

- ◆ 1 serving of chocolate protein powder
- ◆ 1 cup unsweetened chocolate almond milk
- ◆ 2 tbsp powdered peanut butter
- ◆ 1 tbsp unsweetened dark cocoa powder

Nutrition Snapshot

Per Serving

- ◆ Calories 240
- ◆ Protein 29g
- ◆ Carbs 13g
- ◆ Fat 9g

Serves 1.





Roasted Zucchini & Squash



How to:

1. Slice zucchini and squash
2. Place in large zip lock bag with oil and spice to coat.
3. Lay out on cookie sheet and bake at 350 for 20-25 minutes until veggies are tender.

Ingredients

- ◆ 2 medium zucchini, sliced
- ◆ 2 medium yellow squash, sliced
- ◆ 1 tbsp olive oil
- ◆ 1 tbsp garlic powder
- ◆ black pepper to taste

Nutrition Snapshot

Per serving

- ◆ Calories 68
- ◆ Protein 3g
- ◆ Carbs 7g
- ◆ Fats 4g

Serves 4.





Spinach Bake



How to

1. Preheat oven to 350
2. In a skillet heat butter or oil. Add onions and saute.
3. Add garlic and broccoli and cook until tender.
4. Add spinach stir until wilted. Pour eggs on top of veggies. Season with salt and pepper.
5. Move skillet to oven and bake for 20-25 minutes until firm.

Serves 4.

Ingredients

- ◆ 3 tbsp of ghee or coconut oil
- ◆ 1 cup broccoli, finely chopped
- ◆ 4 cups spinach
- ◆ 8 eggs, beaten
- ◆ 1 small onion, thinly sliced
- ◆ 4 cloves garlic, minced
- ◆ 1/2 tsp sea salt
- ◆ 1/4 tsp pepper

Nutrition Snapshot

Per Serving

- ◆ Calories 220
- ◆ Protein 14g
- ◆ Carbs 4g
- ◆ Fats 16g





Pizza In A Bowl



How to

1. Cook chicken and dice
- 2 Place diced chicken in a 9 x 13 baker croated with nonstick cooking spray.
3. Add remaining ingredients and top with parmesan cheese.
4. Bake at 350 for 15 minutes.
5. Scoop into bowl and enjoy!

Serves 4.

Ingredients

- ◆ 16 oz. chicken breasts, cooked and diced.
- ◆ 1 tbsp low sodium Flavorgod pizza seasoning
- ◆ 1 tsp garlic powder
- ◆ 1 tsp oregano
- ◆ 1 can no salt diced tomatoes
- ◆ 1 can no salt tomato sauce
- ◆ 1 green pepper, diced
- ◆ 1 onion, diced
- ◆ 1 cup spinach, chopped
- ◆ 1/4 cup low-fat parmesan cheese

Nutrition Snapshot

Per Serving

- ◆ Calories 174
- ◆ Protein 30g
- ◆ Carbs 12g
- ◆ Fats 0g





Italian Turkey Meatballs and Noodles



How to

1. Mix all ingredients together in a larger bowl.
2. Place mixture into muffin pan or shape into meatballs.
3. Bake in the oven at 350 for 35-40 minutes.
4. Serve with pasta sauce and zucchini noodles or spaghetti squash.

Makes 4 servings, 8 Meatballs total.
serving size is 2-2 oz. meatballs.

Ingredients

- ◆ 1 lb. ground turkey, 93-99% fat free
- ◆ 1 small zucchini, grated
- ◆ 1 whole egg
- ◆ 1/4 cup almond meal
- ◆ 1/4 cup parmesan cheese
- ◆ 1 tsp italian seasoning
- ◆ 1 tsp garlic powder
- ◆ 1 tsp oregano
- ◆ 1 tsp basil

Nutrition Snapshot

Makes 8 2oz meatballs.

Per Serving = 2 meatballs

- ◆ Calories 218
- ◆ Protein 34g
- ◆ Carbs 3g
- ◆ Fats 2g





Green Machine Smoothie



How to

1. Add all ingredients to a blender.
2. Blend until desired consistency.
3. Enjoy!

Serves 1.

Ingredients

- ◆ 1 scoop vanilla plant based protein
- ◆ 1 handful of kale and spinach
- ◆ 1/2 cucumber
- ◆ 1/2 green apple
- ◆ 1/2 banana
- ◆ 2 tbs. chia seeds
- ◆ pinch of fresh mint
- ◆ ice
- ◆ water

Nutrition Snapshot

Per Serving

- ◆ Calories 335
- ◆ Protein 23g
- ◆ Carbs 46g
- ◆ Fats 7g
- ◆ Sugar 22g





Strawberry Protein Pancakes



How to:

1. Mix together oats, protein powder and egg whites.
2. Grill on griddle sprayed with cooking spray.
3. Top with strawberries, walnuts and syrup.

Serves 1.

Ingredients

- ◆ 1/3 cup dry oats
- ◆ 3/4 cup liquid egg whites
- ◆ 1/2 scoop serving vanilla protein powder
- ◆ 1 cup strawberries
- ◆ 1 oz. chopped walnuts
- ◆ 2 tbsp walden Farms strawberry syrup

Nutrition Snapshot

Per Serving

- ◆ Calories 264
- ◆ Protein 29g
- ◆ Carbs 26g
- ◆ Fats 6g





Grilled Chicken with Avocado



How to

1. In a large glass bowl add chicken, oil, garlic, italian seasoning, add black pepper and pinch of sea salt Mix until chicken is coated
2. Heat a grill pan or an outside grill to medium heat.
3. Grill chicken about 4-5 minutes per side or until no longer pink in center.
4. Top chicken with 1 oz. of fat free mozzarella cheese, 1 slice avocado, and tomato. Cook additional 2 minutes until is melted.
5. In a small glass bowl whisk together honey balsamic vinegar.
6. Drizzle over chicken and enjoy

Serves 4.

Ingredients

- ◆ 4-4 oz boneless skinless chicken breast
- ◆ 1 tbsp olive oil
- ◆ 1 tsp garlic powder or 1 fresh garlic cloves, minced.
- ◆ 4 slices of avocado
- ◆ 4 large slices of fresh tomato
- ◆ 2 tbsp balsamic vinegar
- ◆ 1 tbsp raw honey
- ◆ 4 oz fat free shredded cheese (optional)

Nutrition Snapshot

Per Serving

- ◆ Calories 232
- ◆ Protein 25g
- ◆ Carbs 9g
- ◆ Fat 12g





Stir Fry Chicken & Vegetables Over Spaghetti Squash



How to

1. Grill chicken and slice.
2. Saute chicken and stir fry veggies in teriyaki sauce.
3. Serve over 1 cup cooked spaghetti squash.
4. Enjoy.

Ingredients

- ◆ 4 oz. grilled chicken
- ◆ 2 cups stir fry veggies
- ◆ 2 tbsp low sodium teriyaki sauce (Mrs. Dash or Coconut Aminos)
- ◆ 1 cup cooked spaghetti squash

Nutrition Snapshot

Per Serving

- ◆ Calories 215
- ◆ Protein 24g
- ◆ Carbs 14g
- ◆ Fat 6g

Serves 1.





Pasta Sauce/ Pizza Sauce



Ingredients

- ◆ 1 can no salt diced tomato
- ◆ 1 can no salt tomato sauce
- ◆ 1 small onion
- ◆ 1 tbsp. basil
- ◆ 1 tbsp. onion powder
- ◆ 1 tbsp. oregano
- ◆ ½ tbsp. black pepper
- ◆ 1 tbsp. Italian seasoning

Nutrition Snapshot (per serving)

- ◆ Calories 41
- ◆ Protein 1g
- ◆ Carbs 9g
- ◆ Fat 0g

How to:

1. Place all ingredients in pan and simmer for 20-30 min.

Serves 6





Zucchini Ice Cream



Ingredients

- ♦ 2 cups frozen zucchini, peeled and diced
- ♦ 1 scoop protein powder - any flavor
- ♦ water or unsweetened almond milk

How to:

1. Add frozen zucchini to blender with 1 scoop protein powder.
2. Slowly add milk or water and blend until desired consistency.

Topping ideas: strawberries, banana, and Walden Farms chocolate syrup for a banana split, or 1/2 cup peanut butter quest bar chopped for a blizzard.

Nutrition Snapshot (per serving)

- ♦ Calories 150
- ♦ Protein 22g
- ♦ Carbs 8g
- ♦ Fat 4g

Serves 1



1 Minute Mug Cake



Ingredients

- ♦ 1 scoop protein powder
- ♦ 1 egg white
- ♦ 2 tbsp unsweetened almond milk
- ♦ 1 tsp unsweetened cocoa
- ♦ 1/2 tsp baking powder

Nutrition Snapshot

(per serving: Excludes toppings)

- ♦ Calories 146
- ♦ Protein 24g
- ♦ Carbs 5g
- ♦ Fat 4g

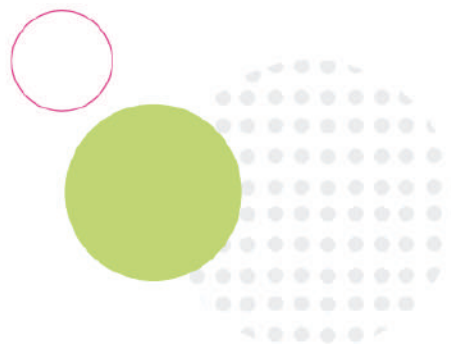
How to:

1. Spray a mug with cooking spray.
2. Mix all ingredients together until cake-like batter.
3. Cover with a paper towel and microwave 45 - 60 seconds.

Optional - Add 1 tsp. almond butter to the center. This would increase the calories.

Optional - Add Walden Farms chocolate or caramel syrup to the center before microwaving.

Serves 1



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