

with
80
recipes

TIPS
TO LIVE BETTER
EAT WELL
&
ACHIEVE GOALS



FITCOOKING

COOKBOOK + LIFESTYLE HEALTH

FITCOOKING® FITBODIES 4 LIFE



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INTRODUCTION

Thank you for purchasing the Fit Bodies 4 Life's FitCooking Cookbook.

Fit Bodies 4 Life's mission is to help you be the best version of YOU by creating a healthy, fit and happy lifestyle. We know that no matter your age, size or fitness level, you can achieve a Fit Body 4 Life!

At Fit Bodies 4 Life, we believe it is important to be a healthy role model and it begins in the kitchen! Fit Bodies 4 Life's FitCooking Kitchen Bootcamp was created to help you provide a healthy lifestyle for the whole family.

But, don't worry - eating healthy doesn't have to be boring! Our recipes include pizza, burgers, fries and even ice cream. We have created recipes using the proper amounts of the three macronutrients: protein, carbs and fat to provide your body with the premium fuel to function effectively and efficiently.

This lifestyle change will not only make a difference in your physical appearance, but your overall health!

Congratulations on making the decision to being FIT 4 LIFE for you and your family!

Enjoy!

Kim

Fit Bodies 4 Life, Founder & CEO





THE IMPORTANCE OF NUTRITION

Everything found in this book is designed to optimally fuel your body with sound nutrition. The body is an extraordinary machine that needs premium fuel to function effectively and efficiently. When your body is functioning at its best, it will automatically burn more calories from its fat stores. By combining a healthy diet with a great strength-training program, (learn more at www.fitbodies4life.fit) you will have the body that you have always wanted!

PROTEIN, CARBS & FATS

Protein, carbohydrates, (carbs,) and fat are referred to as the macronutrients. To ensure you are burning off body fat and not muscle, you must have all three in your diet to keep your metabolism running effectively. So, why are these nutrients important and how do they affect the body?

PROTEIN = BUILD LEAN MUSCLE

Protein will help build lean muscle and increase your metabolic rate so you will burn more calories. Protein also helps control hunger and muscle recovery after a workout.

CARBS = ENERGY

Carbs create energy for the body; therefore, are crucial to have in your diet. Protein and fat are essential to reducing body fat; however, there are no essential carbs. That is because your body can convert protein and fat into carbs. If your goal is to lose weight, complex carbs are good to eat during the day while fibrous carbs are better for your “evening” carbs. This will help you have energy and give you time to burn off all the calories before bedtime.

“GOOD” FATS = BURN FAT

Our body needs the “good” fat to maximize your metabolism. Fat acts as a secondary source of energy during training. This energy becomes available soon after carbohydrates stored in the muscles are depleted. (Monounsaturated and polyunsaturated also known as EFA's)





FOOD TYPE KEY

KEY (Use in grocery list and recipes.)



Vegetables



Proteins



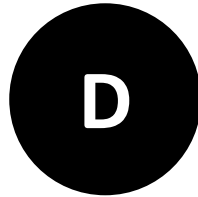
Fruits



Complex Carbs



Supplements



Dairy



Fats



Spices & Herbs



Syrups, Jellies & Sauces



Sweeteners

USE THESE GUIDELINES IF KEEPING TRACK OF SERVING SIZES PER MEAL:

- **COMPLEX CARBOHYDRATES or FRUIT:** 15 to 30 grams per meal
- **PROTEIN:**
 - Breakfast 18 to 28 grams per meal
 - Snacks 10-15
 - Lunch 20-28
 - Dinner 20-28
 - After Workouts 12-25 gram recovery protein shake
- **FAT:** 5 to 10 grams per meal



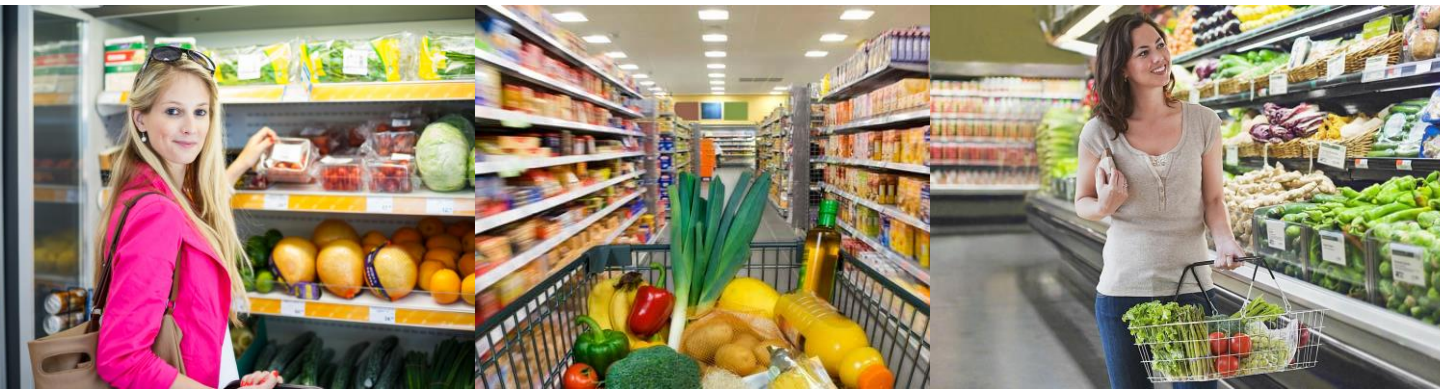


LET'S GO SHOPPING

It happens every week: You push your cart through the local supermarket on autopilot, reaching for the same items again and again. But are the foods you're buying as healthy as you think? Here is what you should be buying in every aisle.

Grocery shopping can be a minefield of poor choices, choices you think are healthy and are not. This kitchen bootcamp is your blueprint to achieve your goals. Use the weekly meal planner and the grocery list templates to map your week out and set yourself up for success. Every goal achieved has had a proper roadmap and plan in place, this is yours.

We have provided you with a grocery list. We suggest reviewing and securing items that keep like dry goods, frozen items and canned. A stocked pantry and freezer help ensure that you always have healthy options on hand.





GROCERY LIST FOR RECIPES



Complex Carbs



- ☐ Sweet Potato
- ☐ Oats (Old Fashioned or Quick Cooking)
- ☐ Oat Flour
- ☐ Coconut Flour
- ☐ Bare Naked Vanilla Almond Granola
- ☐ Rice Cakes
- ☐ Ezekiel Bread or Sprouted Grain Bread
- ☐ English Muffin Ezekiel or Whole Wheat
- ☐ Red Potatoes
- ☐ Low Carb Tortilla Wrap
- ☐ Whole Wheat Pasta
- ☐ Whole Wheat Bagel
- ☐ Rice (White or Brown)
- ☐ Quinoa
- ☐ Go Kashi Lean Cereal
- ☐ Skinny Pop Popcorn



Proteins



- ☐ Chicken
- ☐ Egg Whites
- ☐ Muscle Egg Liquid Flavored
- ☐ Whole Eggs (with yolk)
- ☐ Salmon
- ☐ Tilapia
- ☐ Pork Tenderloin
- ☐ Beef Tenderloin
- ☐ Ground Turkey 93 - 99% Fat Free
- ☐ Lean Ground Beef 93 - 99% Fat Free
- ☐ Tuna Low Sodium In Water
- ☐ Turkey Breast
- ☐ Flank Steak
- ☐ Shrimp
- ☐ Cod
- ☐ Package or Canned Pink Salmon In Water





GROCERY LIST FOR RECIPES

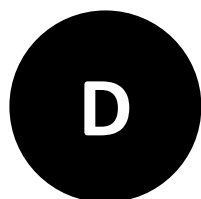


Fruits



- ☐ Blueberries (Frozen or Fresh)
- ☐ Strawberries (Frozen or Fresh)
- ☐ Bananas
- ☐ Apples
- ☐ Dried Cherries

- ☐ Frozen Unsweetened Fruit – Cherry – Mixed Berry
- ☐ Dried Cranberries, Low Sugar
- ☐ Pineapple (Fresh or No Sugar Added Canned)
- ☐ Unsweetened Apple Sauce



Dairy



- ☐ Fat Free Cream Cheese
- ☐ Fat Free Cheddar Cheese
- ☐ Unsweetened Almond Milk
- ☐ Tripe Zero Greek Yogurt Plain / Vanilla
- ☐ Plain Any Brand Greek Yogurt 0% Fat Free

- ☐ Fat Free Feta Cheese
- ☐ Low Fat Shredded Parmesan Cheese
- ☐ Fat Free Sour Cream
- ☐ Fat Free Cottage Cheese
- ☐ Fat Free Mozzarella Cheese



Fats



- ☐ Unsalted Almonds
- ☐ Unsalted Cashews
- ☐ Unsalted Walnuts
- ☐ Chopped Pecans – Unsalted
- ☐ Barleans Flaxseed Oil – Blueberry or Any Flavor
- ☐ Chia Seeds
- ☐ Natural Peanut Butter
- ☐ Coconut Oil

- ☐ Olive Oil
- ☐ Powdered Peanut Butter
- ☐ Hummus
- ☐ Almond Butter
- ☐ Avocado
- ☐ Almond Meal
- ☐ Fat Free Cooking Spray





GROCERY LIST FOR RECIPES



Syrups, Jellies & Sauces



- ☐ Walden Blueberry Farm Syrup
- ☐ Walden Farms Strawberry Syrup
- ☐ Walden Farms Orange Marmalade Jelly
- ☐ Walden Farms or Low Sugar/ No Sugar Pancake Syrup
- ☐ Balsamic Vinegar
- ☐ Coconut Aminos
- ☐ Hot Sauce
- ☐ Dressings – Bolthouse Ranch
- ☐ Low Sugar Ketchup
- ☐ Red Wine Vinegar
- ☐ Barlean's Blueberry Flaxseed Oil

- ☐ Apple Cider Vinegar
- ☐ Mustard
- ☐ Bone Suckin Mustard
- ☐ Bone Suckin BBQ
- ☐ Worcestershire Sauce
- ☐ Low Sodium chicken Broth
- ☐ Low Sodium Vegetable or Beef Broth
- ☐ Coconut Secret Coconut Aminos
- ☐ Teriyaki Sauce
- ☐ Lime Juice
- ☐ Canned 100% Pure Pumpkin
- ☐ Chocolate Chips - 60% Cacao
- ☐ Fresh Salsa
- ☐ Black Bean and Corn Salsa



Vegetables



- ☐ Butternut Squash
- ☐ Spaghetti Squash
- ☐ Brussels Sprouts
- ☐ Broccoli Slaw
- ☐ Cherry Tomatoes
- ☐ Cucumbers
- ☐ Green Beans
- ☐ Spinach
- ☐ Green Peppers, Red Peppers, Yellow Peppers
- ☐ Mushrooms (any kind)
- ☐ Roma Tomatoes
- ☐ Onions

- ☐ No Salt Diced Tomatoes - Canned
- ☐ Zucchini
- ☐ No Salt Tomato Sauce - Canned
- ☐ Broccoli
- ☐ Yellow Squash
- ☐ Green Onions
- ☐ Cauliflower
- ☐ Celery
- ☐ No Salt Kidney Beans
- ☐ No Salt Black Beans - Canned
- ☐ Carrots
- ☐ Large Portobello Mushrooms
- ☐ Romaine Lettuce
- ☐ Frozen Corn





GROCERY LIST FOR RECIPES



Supplements



- ☐ Red Velvet Protein Powder
- ☐ Banana Cream Protein Powder

- ☐ Protein Powder – Vanilla and/or Chocolate



Spices & Herbs



- ☐ Cinnamon
- ☐ Black Pepper
- ☐ Garlic Powder
- ☐ Red Pepper Flakes
- ☐ Oregano
- ☐ Basil
- ☐ Italian Seasoning
- ☐ Paprika
- ☐ Ranch Dressing Powder Mix
- ☐ Chili Powder
- ☐ Cilantro
- ☐ Onion Powder
- ☐ Taco Seasoning – No Salt

- ☐ Apple Pie Spice
- ☐ Pumpkin Pie Spice
- ☐ Flavor God Pizza Seasoning
- ☐ Chipotle Seasoning (or Southwest Chipotle Seasoning)
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Vanilla Extract
- ☐ Sugar Free Banana Cream Pudding Mix
- ☐ Unsweetened Shredded Coconut
- ☐ Unsweetened Cocoa



Sweeteners



- ☐ Splenda
- ☐ Stevia
- ☐ Truvia

- ☐ Honey
- ☐ Coconut Sugar





WHERE CAN I FIND IT?

Many recipes in this kitchen boot camp reference specific brands and types of ingredients that you may or may not be familiar with. To take the guess work out of looking for them we have listed the more unusual ingredients that may not be stocked at your local grocery and where you can buy them.

- **Muscle Egg Flavored Egg Whites:** BUY ONLINE at www.muscleegg.com
- **Flavor Gods Pizza Seasoning, Chipotle (no and low sodium seasonings).** BUY ONLINE AT www.flavorgod.com
- **Protein Powders - Trutein Red Velvet and Banana Cream -** BUY ONLINE at Amazon
- **Muscle Gain -** Our absolute favorite whey protein powder and the only one we use is from AdvoCare.® You can connect with us to purchase or you can use any protein powder that has at least 20-24 grams of protein per serving.
- **Coconut Aminos and Coconut Teriyaki Sauce -** BUY ONLINE at Amazon
- **Walden Farms -** BUY ONLINE from waldenfarms.com or BUY ONLINE at Amazon





MUST HAVE KITCHEN GADGETS

We believe in clean, healthy food that is delicious but is also easy to prepare. The below kitchen gadgets make healthy cooking easy and are well worth the investment. These will come in handy with the recipes here but you will find that you use them often as you move forward in your 80/20 healthy lifestyle.

○ Veggetti - Amazon.com



○ Crockpot



○ NuWave Oven nuwaveoven.com



○ Power Cooker XL. www.powerpressurecooker.com



○ Rice Cooker - Amazon.com







WEEKLY MEAL TEMPLATE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							





RECIPES





BREAKFAST





Sweet Potato Muffins

INGREDIENTS

- 6 oz. cooked sweet potatoes
- 1/3 cup oats or oat flour
- 4 egg whites
- 2 scoops vanilla protein powder
- 1 tbsp. unsweetened apple sauce
- 1 tsp. cinnamon
- 1 tsp. baking powder

Nutrition Snapshot

Per Serving
Calories 178
Protein 20g
Carbs 18g
Fat 2g
Sugar 2g



HOW TO

1. Preheat oven to 350° degrees.
2. Blend all ingredients together until smooth with a hand mixer.
3. Pour in a lined muffin pan or cupcake pan or spray with Pam.
4. Bake at 350° for 15 – 20 minutes.

Serves 1 serving is 2 muffins.

Topping (Optional)

1. 1 tsp. almond butter or
2. 1 tbsp. Vanilla protein powder and mix with 1 tsp. unsweetened almond milk.
3. Make thick like icing and spread on top.





Oatmeal Parfait with Fruit

INGREDIENTS

- 1/3 cup oatmeal (cooked)
- 3/4 cup berries (strawberries, blueberries)
- 1 scoop vanilla protein powder
- 1 tbsp. sliced unsalted almonds

Nutrition Snapshot

Per Serving
Calories 280
Carbs 29g
Protein 24g
Fat 9g
Sugar 6g



HOW TO

1. Cook oatmeal and put in bottom of parfait glass, add berries.
2. Mix protein powder with small amount of water until it reaches a pudding consistency.
3. Pour on top of berries and top with almonds.

Serves 1.





Blueberry Coconut Protein Pancakes

INGREDIENTS

- ¾ cup liquid egg whites
- ⅓ cup dry oats
- ½ scoop vanilla protein powder
- 1 tbsp. coconut flour
- ¼ cup blueberries
- 1 tbsp. Walden Farms blueberry syrup

Nutrition Snapshot

Per Serving
Calories 242
Carbs 33g
Protein 18g
Fat 5 g
Sugar 7g



HOW TO

1. Mix egg whites, oats, protein powder and flour together.
2. Pour mixture into pan and sprinkle blueberries on top evenly and cook until pancake is ready to flip.
3. Turnover and cook until done.
4. Top with syrup.

Serves 1. (3 - 4 pancakes)





Blueberry Muffins

INGREDIENTS

- ☐ 1 cup liquid egg whites
- ☐ ½ cup powdered peanut butter
- ☐ 1 cup oat flour or quinoa flour
- ☐ 2 servings of vanilla protein powder
- ☐ ¼ cup honey
- ☐ ½ cup unsweetened applesauce
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp pink sea salt
- ☐ ¼ tsp baking soda
- ☐ ¼ tsp baking powder

Nutrition Snapshot

Per Serving
(1 muffin)
Calories 106
Carbs 13g
Protein 11g
Fat 2g
Sugar 3g



HOW TO

1. Mix all ingredients except for blueberries
2. Pour mixture into pan and sprinkle blueberries, 2-3 on top.
3. Bake at 350° for 15-18 min.

Makes 12 muffins. Serving = 1 muffin.





Red Velvet Protein Pancakes

INGREDIENTS

- 1/3 cup liquid egg whites
- 1/3 cup dry oats
- 1 scoop red velvet protein powder
(can substitute chocolate protein powder with few drops of red food coloring)
- 1/4 cup strawberries
- 1 tbsp. Walden Farms strawberry syrup

Nutrition Snapshot

Per Serving
Calories 305
Carbs 44g
Protein 26g
Fat 5g
Sugar 13g



HOW TO

1. Mix egg whites, oats and protein powder together.
2. Spoon 3 – 4 small pancakes in pan and cook.
3. Top with strawberries and syrup.

Serves 1 (3- 4 pancakes.)





Protein Pancakes

INGREDIENTS

- 1/3 cup liquid egg whites
- 1/3 cup dry oats
- 1 scoop vanilla protein powder
- 1/4 cup blueberries
- 1 tbsp. Barlean's blueberry flaxseed oil

Nutrition Snapshot

Per Serving
Calories 349
Carbs 44g
Protein 26g
Fat 10g
Sugar 13g



HOW TO

1. Mix egg whites, oats and protein powder together.
2. Place on griddle and top with blueberries.
3. Flip and smash blueberries in finishing cooking, then top with Barlean's flavored flaxseed oil or Walden Farms syrup.

Serves 1 (3-4 small pancakes.)





Overnight Oats with Fruit

INGREDIENTS

- ½ cup unsweetened frozen fruit
- ½ cup unsweetened vanilla almond milk
- ½ cup Triple Zero vanilla greek yogurt
- ½ scoop vanilla protein powder
- ⅓ cup dry oats
- 1 tsp. chia seeds

Nutrition Snapshot

Per Serving
Calories 299
Carbs 36g
Protein 26g
Fat 7g
Sugar 16g



HOW TO

1. Mix all wet ingredients in a small bowl and stir to combine.
2. Add dry ingredients and stir.
3. Place in mason jar, cover and refrigerate overnight.
4. In the morning, enjoy either cold or warmed in microwave.

Serves 1.





Chocolate Chip Cookie Dough Overnight Oats

INGREDIENTS

- 1 tbsp. natural peanut butter
- ½ tbsp. coconut sugar
- ¼ cup dry oats
- ½ cup unsweetened vanilla almond milk
- 3 oz. Triple Zero vanilla greek yogurt
- ½ scoop vanilla protein powder
- 1 tbsp. chocolate chips

Nutrition Snapshot

Per Serving
Calories 374
Carbs 30g
Protein 27g
Fat 14g
Sugars 14g



HOW TO

1. Mix together peanut butter and coconut sugar, layer in bottom of mason jar, top with ½ of the chocolate chips.
2. Mix together oats, almond milk, yogurt, and protein powder and layer on top.
3. Sprinkle top with rest of chocolate chips.
4. Cover and refrigerate overnight and enjoy the next morning.

Serves 1.





Healthy French Toast

INGREDIENTS

- 2 slices Ezekiel bread or sprouted wheat bread
- ¼ cup liquid egg whites
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 scoop vanilla protein powder
- 1 tbsp. Walden Farms pancake syrup

Nutrition Snapshot

Per Serving
Calories 286
Carbs 33g
Protein 29g
Fat 5g
Sugar 1g



HOW TO

1. Whisk egg whites, ½ of the protein powder, cinnamon and vanilla.
2. Dip bread and cook in skillet sprayed with non-stick spray until golden brown on each side.

Topping - Mix together remaining ½ scoop vanilla protein powder and syrup until thick. Spread on top of French toast.

Serves 1 (2 slices)





Toasted English Muffin

(Egg McHealthMuffin)

INGREDIENTS

- 1 english muffin – Ezekiel or whole wheat
- 1 slice turkey bacon
- 2 egg whites
- ½ cup spinach, chopped
- black pepper
- 1 tsp. Walden Farms sugar free syrup

Nutrition Snapshot

Per Serving
Calories 285
Protein 22g
Carbs 29g
Fat 9g
Sugar 6g



HOW TO

1. Toast english muffin.
2. While toasting, microwave bacon according to package.
3. Spray nonstick skillet and fry egg with spinach.
4. Top muffin with egg and bacon.
5. Add black pepper to taste.
6. Add sugar free syrup if needed.

Serves 1.





Breakfast Fruit Wrap

INGREDIENTS

- 1 low carb tortilla wrap
- ½ cup Triple Zero vanilla greek yogurt
- 1 tbsp. Bare Naked vanilla almond granola
- ¼ cup blueberries
- ¼ cup strawberries

Nutrition Snapshot

Per Serving
Calories 233
Protein 17g
Carbs 40g
Fat 3g
Sugar 13g



HOW TO

1. Mix yogurt, berries, and granola in small bowl.
2. Spoon into wrap.

Serves 1.





Baked Egg Omelet Muffins

INGREDIENTS

- 1 whole egg
- 3 egg whites
- ½ cup spinach, chopped
- ¼ cup peppers, diced
- ¼ cup mushrooms, chopped
- ¼ cup fat free feta cheese
- black pepper to taste

Nutrition Snapshot

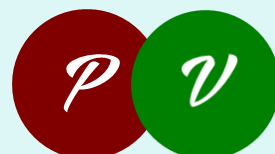
Per Serving
Calories 207
Protein 25g
Carbs 13g
Fat 6g
Sugar 7g



HOW TO

1. Beat whole egg and egg whites together and pour into muffin pan sprayed with nonstick cooking spray.
2. Fill each cup about ½ full then add veggies of choice.
3. Season with pepper and any other low sodium seasonings.
4. Sprinkle each muffin with feta cheese.
5. Bake at 350° until muffins are firm, approximately 15 – 20 minutes.

Serves 1 (2 large or 4 small egg muffins.)





Italian Frittata

INGREDIENTS

- 1 whole egg
- 3 egg whites
- 1 roma tomato
- 1 cup spinach, chopped
- ¼ cup onion, diced
- ¼ cup green peppers, diced
- 1 tsp. olive oil
- 1 tsp. oregano
- 1 tsp. black Pepper
- 1 tsp. basil
- 1 tbsp. shredded parmesan cheese, low fat

Nutrition Snapshot

Per Serving
Calories 278
Protein 22g
Carbs 18g
Fat 14g
Sugar 10g



HOW TO

1. In oven safe skillet, add olive oil.
2. Sauté onion, peppers and spinach.
3. Beat eggs with seasonings and pour on top of mixture.
4. Cook until eggs are almost firm.
5. Add slices of tomato in mixture and top with parmesan cheese.
6. Broil in oven at 350° until lightly browned.

Serves 1.





Breakfast Burrito

INGREDIENTS

- ½ cup ground turkey
- 1 tsp. low sodium chipotle seasoning
- ¼ cup of onions- diced
- ¼ cup of green peppers- diced
- ¼ cup of tomatoes- diced
- 1 tsp. extra virgin olive oil
- ½ cup of egg whites
- 2 whole wheat wraps.

Nutrition Snapshot

Per Serving (with wrap)

Calories 286

Carbs 30g

Protein 19g

Fat 10g

Sugar 3g



HOW TO

1. Place turkey, seasoning, olive oil, peppers and onions in skillet and cook until meat is browned and cooked through.
2. Add egg whites to mixture, stirring until egg whites are cooked.
3. Add black beans and tomatoes.
4. Serve in warm wrap.

Makes 2 Servings





Baked Oatmeal with Apples

INGREDIENTS

- ½ cup dry oats
- ¼ cup apple, diced
- 2 tbsp. unsweetened applesauce
- ½ scoop vanilla protein powder
- ¼ cup egg whites
- 1 tbsp. unsalted walnuts
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- 1 tsp. cinnamon

Nutrition Snapshot

Per Serving
Calories 382
Protein 24g
Carbs 42g
Fat 14g
Sugar 9g



HOW TO

1. Mix all ingredients.
2. Bake at 350° approximately 25 – 30 minutes or until oatmeal is firm to touch.

Serves 1.





ENTREES





BBQ Chicken

INGREDIENTS

- 2 lbs. chicken breast tenders
- 15 oz. no salt tomato sauce
- 4 tps. Worcestershire sauce
- 4 tps. organic brown sugar
- of Splenda brown sugar
- 1 tbsp. red wine vinegar
- 1 tsp. low sodium southwest chipotle seasoning
- 1 tsp. onion powder
- 1 tsp. garlic powder

Nutrition Snapshot

Per Serving
Calories 149
Protein 27g
Carbs 7g
Fat 2g
Sugar 5g



HOW TO

1. Place chicken in baking dish.
2. In small bowl mix all remaining ingredients together.
3. Pour sauce over chicken.
4. Bake at 350° for 1 ½ hours until chicken is cooked through and tender.

Serves 8.





BBQ Pizza

INGREDIENTS

- 1 low carb. tortilla wrap
- 2 tbsp. Bone Suckin BBQ Sauce
- 4 oz. boneless, skinless chicken breast cooked and shredded
- 1/8 cup of green peppers
- 1/8 cup of mushrooms
- 1 tbsp. fat free shredded cheese

Nutrition Snapshot

Per Serving
Calories 353
Protein 32g
Carbs 26g
Fat 3g
Sugar 10g



HOW TO

1. Pour BBQ over tortilla shell.
2. Add chicken, pepper, onion, and mushrooms.
3. Top with cheese
4. Bake at 350° for 20 min on a cookie sheet.

Serves 1.





Cauliflower Pizza

INGREDIENTS

- 1 head of cauliflower
- 1 whole egg
- 1 tsp. oregano
- 1 tsp. black pepper
- ¼ cup parmesan cheese
- ¼ cup salsa or homemade pizza sauce (on page 36)
- 3 oz. cooked chicken, diced
- ¼ cup veggies of choice, spinach, peppers, onions.

Nutrition Snapshot

Per Serving
Calories 233
Protein 32g
Carbs 23g
Fat 6g
Sugar 11g



HOW TO

1. Preheat oven to 400°.
 2. Pulse cauliflower in food processor to make cauliflower "rice."
 3. Fill a large pot with ½ inch water and bring to a boil. Add the rice and cook for 4 – 5 min.
 4. Drain into a fine mesh strainer and transfer to a thin dishtowel.
 5. Twist to squeeze out excess water and allow to cool.
 6. In a large bowl, mix "rice", egg, and spices together forming a dough.
 7. Press dough onto pan lined with parchment paper until it about 1/3" thick.
 8. Bake for 35 – 40 min. The crust should be firm & golden brown.
 9. Remove from oven and top with salsa, chicken, veggies and parmesan cheese.
 10. Bake for an additional 5 – 10 minutes.
- Makes 4 servings.





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 (½ cup)

Calories 41

Carbs 9g

Protein 1g

Fat 0g

Sugar 4g



HOW TO

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

Serves 6.





Easy Taco Salad in a Bowl / Mason Jar

INGREDIENTS

- 4 oz. ground turkey, 93-99% fat free
- 1 tsp. taco seasoning
- 1 tsp. low sodium southwest chipotle seasoning
- 1/8 tsp. chili powder
- 1 cup fresh spinach
- 1/4 cup onion, diced
- 1/4 cup green pepper
- 4 - 5 cherry tomatoes
- 1 tbsp. fresh black bean and corn salsa
- 1 tbsp. vanilla Triple Zero greek yogurt
- 1 tbsp. avocado, diced

Nutrition Snapshot

Per Serving
Calories 252
Protein 31g
Carbs 19g
Fat 6g
Sugar 5g



HOW TO

1. Brown ground turkey with seasonings.
2. In a bowl, add spinach and veggies.
3. Top with turkey, salsa, greek yogurt and avocado.

You can also layer this recipe in a large mason jar for a quick grab and go lunch.

Serves 1.





Avocado Chicken Salad Wrap or Stuffed Tomato

INGREDIENTS

- 4 oz. chicken
- ¼ cup celery, chopped
- ⅓ cup of avocado, mashed
- ¼ cup onion, diced
- 1 tsp. cilantro
- A squeeze of lime

Nutrition Snapshot

Per Serving
(without Wrap)
Calories 218
Protein 25g
Carbs 7g
Fat 10g
Sugar 1g



HOW TO

1. Cook chicken and shred.
2. Add celery, onions, cilantro and mashed avocado.
3. Serve on a low carb wrap, lettuce wrap or in a tomato.

Nutrition counts do not include wrap or bed of lettuce.

Makes 1 Serving.





Taco Soup

INGREDIENTS

- 1 lb. ground beef or turkey, 93% - 99% fat free
- 1 tbsp. low sodium chipotle seasoning
- 2 cans no salt diced tomatoes
- 1 can no salt black beans
- 1 can no salt tomato sauce
- ½ package frozen corn
- fat free sour cream (optional)
- fat free cheddar cheese

Nutrition Snapshot

Per Serving
Calories 233
Carbs 28g
Fat 3g
Protein 26g
Sugar 5g



HOW TO

1. Place ground beef and chipotle seasoning in pot until meat is browned.
2. Add tomatoes, beans, tomato sauce and corn into pot.
3. Simmer until heated.
4. Serve with fat free sour cream and fat free cheddar cheese.

Serves 8, serving size is 1 cup.





Burger Wrap

INGREDIENTS

- 4 oz. beef or bison, 93-96% fat free
- 1 slice tomato
- ¼ cup shredded lettuce
- 1 onion, sliced
- 1 low carb, whole wheat tortilla wrap
- 1 tsp. low sugar ketchup
- 1 tsp. bone suckin mustard

Nutrition Snapshot

Per Serving
Calories 264
Protein 29g
Carbs 20g
Fat 11g
Sugar 3g



HOW TO

1. Grill burger.
2. Place in tortilla wrap.
3. Add toppings.

Makes 1 Serving.

Great served with a side salad.





Turkey Burger

INGREDIENTS

- 4 oz. ground turkey, 93-99% fat free
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. Bone Suckin sweet hot mustard

Nutrition Snapshot

Per Serving
Calories 145
Protein 27g
Carbs 6g
Fat 2g
Sugar 2g



HOW TO

1. Mix all ingredients.
2. Form into patties and grill.
3. Top with shredded lettuce and diced tomatoes or top with a slice of avocado and tbsp. of salsa.

Serves 1.

Skip the bun or wrap and serve with the Spicy Sweet Potato Fries recipe instead. (see recipe in Sides).





Teriyaki Turkey Burger with Pineapple

INGREDIENTS

- 4 oz. ground turkey, 93-99% fat free
- 1 tsp. ginger
- 1 tbsp. Coconut Secret teriyaki sauce or Mrs. Dash teriyaki marinade
- 1 slice of fresh pineapple

Nutrition Snapshot

Per Serving
Calories 179
Protein 26g
Carbs 15g
Fat 6g
Sugar 4g



HOW TO

1. Mix together ground turkey, ginger and ½ tbsp. teriyaki sauce.
2. Grill burger in pan coated with nonstick spray, add the remaining ½ of teriyaki sauce on top.
3. Grill pineapple and serve on top burger.

Serves 1.

Serve on low calorie bun or skip the bun and serve on a bed of rice. Serve with side salad.





Italian Turkey Meatballs and Noodles

INGREDIENTS

- ☐ 1 lb. ground turkey, 93-99% fat free
- ☐ 1 small zucchini, grated
- ☐ 1 whole egg
- ☐ ¼ cup almond meal
- ☐ ¼ cup parmesan cheese
- ☐ 1 tsp. Italian seasoning
- ☐ 1 tsp. garlic powder
- ☐ 1 tsp. oregano
- ☐ 1 tsp. basil

Nutrition Snapshot

Per Serving
(2 Meatballs)
Calories 218
Protein 34g
Carbs 3g
Fat 2g
Sugar 1g



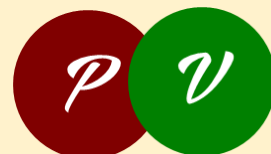
HOW TO

1. Mix all ingredients together in a large bowl.
2. Place mixture into a muffin pan or shape into meatballs and bake in the oven at 350° for 35- 40 min.

Serves 4 makes 8 meatballs total.

Serving size is 2 - 2oz meatballs.

Serve with pasta sauce and zucchini noodles or spaghetti squash.





Stuffed Sweet Potato

INGREDIENTS

- 4 oz. ground or grilled turkey or chicken, 93-99% fat free
- 1 tsp. low sodium southwest chipotle seasoning
- 6 oz. baked sweet potato
- ¼ cup onion, diced
- ¼ cup peppers, diced
- 1 tbsp. black bean and corn salsa
- ¼ cup diced avocado
- 1 tbsp. fat free sour cream

Nutrition Snapshot

Per Serving
Calories 329
Protein 31g
Carbs 35g
Fats 8g
Sugar 5g



HOW TO

1. Brown turkey in chipotle seasoning. Add water if needed.
2. Microwave or bake sweet potato.
3. Slice in half and use a fork to mash potato.
4. Top with meat mixture, veggies and salsa.
5. Top with diced avocado and sour cream.

Makes 1 Serving





Chicken Chili with Sweet Potatoes

INGREDIENTS

- ☐ 12 oz. cooked, diced chicken
- ☐ 1 can of no salt kidney beans
- ☐ 1 can of no salt black beans
- ☐ 12 oz. sweet potatoes, peeled and diced
- ☐ 32 oz. low sodium chicken broth
- ☐ ¼ cup onion, diced
- ☐ 1 tsp. olive oil
- ☐ 1 cup frozen corn
- ☐ 1 tbsp. chili powder
- ☐ 1 tbsp. low sodium southwest chipotle seasoning
- ☐ black pepper to taste

Nutrition Snapshot

Per Serving (1 cup)
Calories 256
Protein 17g
Carbs 34g
Fats 7g
Sugar 7g



HOW TO

1. In a large pan, add olive oil and onion, sauté until tender.
2. Add the remaining ingredients and simmer until sweet potatoes are tender. Approx. 30 minutes.

Makes 6 servings.





Healthy Pizza

INGREDIENTS

- 3 oz. ground turkey or beef, 93-99% fat free
- 1 low carb whole wheat pita
- ½ cup homemade pizza sauce or salsa
- ½ cup spinach, chopped
- ¼ cup onions, diced
- ¼ cup mushrooms, diced
- ¼ cup peppers, diced
- 1 tbsp. low fat mozzarella cheese

Nutrition Snapshot

Per Serving
Calories 287
Protein 34g
Carbs 29g
Fat 5g
Sugar 9g



HOW TO

1. Brown meat in skillet.
2. Add sauce to pita , top with meat and veggies.
3. Add cheese and bake at 350° on cooking sheet sprayed with nonstick spray until cheese is melted. About 15 – 18 minutes.

Makes 1 serving





Beef Portobello Pizza

INGREDIENTS

- 2 large Portobello mushrooms
- 3 oz. ground beef, 93-96% fat free
- 4 tbsps. salsa – fresh or low sodium
- ¼ cup onion, diced
- ¼ cup peppers, diced
- ¼ cup low fat mozzarella cheese

Nutrition Snapshot

Per Serving
Calories 264
Protein 29g
Carbs 13g
Fat 11g
Sugar 4g



HOW TO

1. Preheat oven to 400.
2. Brown meat in skillet.
3. Place mushrooms upside down on a baking sheet and top with salsa, beef, veggies.
4. Add cheese and bake 10 – 12 minutes.

Makes 2 servings





Bagel Pizza with Hummus

INGREDIENTS

- 1 low carb whole wheat bagel, cut in half
- 2 tbsp. hummus
- 1 fresh roma tomato sliced
- 1 tbsp. low fat feta cheese
- 3 oz. cooked ground turkey, 93-99% fat free

Nutrition Snapshot

Per Serving
Calories 228
Protein 20g
Carbs 18g
Fat 9g
Sugar 2g



HOW TO

1. Cut bagel in half and spread 1 tbsp. hummus on each half.
2. Add browned turkey breast, tomato slices and top with feta cheese.
3. Bake in oven at 450° until top is browned. Approximately 10 – 12 minutes.

Makes 2 servings.





Naked Burrito Bowls

INGREDIENTS

- 4 oz. shredded chicken or ground turkey 93-99% fat free
- 1 tsp. hot sauce
- 1 tbsp. low sodium southwest chipotle seasoning
- 1 cup red, green & yellow peppers, diced
- ½ cup zucchini, sliced
- ¼ cup rice
- 2 tbsps. fresh salsa
- 2 slices avocado
- 1 tsp. olive oil

Nutrition Snapshot

Per Serving
Calories 358
Protein 32g
Carbs 34g
Fat 11g
Sugar 6g



HOW TO

1. Dice and grill chicken with hot sauce and seasoning.
2. Prepare rice as directed on box.
3. Grill veggies on stove, with 1 tsp. olive oil.
4. Place prepared rice in bowl, add chicken and veggies.
5. Top with salsa and avocado slices.

Makes 1 serving





BLT Salad

INGREDIENTS

- 2 cups romaine lettuce, chopped
- 2 oz. ground beef, 93-96%
- 1 slice extra lean turkey bacon
- ¼ cup onions, diced
- 6 cherry tomatoes
- 1 tbsp. low fat feta cheese
- 2 tbsps. Bolthouse ranch dressing

Nutrition Snapshot

Per Serving
Calories 192
Protein 19g
Carbs 11g
Fat 9g
Sugar 7



HOW TO

1. Brown beef in skillet.
2. Cook bacon until crisp.
3. Chop bacon into bacon bits.
4. Place lettuce on plate, add tomatoes and onions.
5. Toss in ground beef and bacon bits.
6. Top with feta cheese.
7. Serve with ranch dressing.

Makes 1 serving





Zucchini Boats

INGREDIENTS

- 2 medium zucchini, cut lengthwise
- 1 lb. ground beef, 93-96% fat free
- 1 can no salt diced tomatoes
- 1 – 8 oz. can of tomato sauce
- 1 green pepper, diced
- 1 small onion, diced
- 1 cup spinach, chopped
- ½ cup low fat parmesan cheese

Nutrition Snapshot

Per Serving
Calories 275
Protein 33g
Carbs 24g
Fat 6g
Sugar 9g



HOW TO

1. Scoop out most of the zucchini halves and place on baking sheet.
2. Brown beef, add tomato sauce, onions, peppers and chopped spinach.
3. Fill zucchini halves and top with parmesan cheese and bake 15 minutes at 350°.

Serves 4.





Stuffed Pepper Casserole

INGREDIENTS

- 1 lb. ground chicken or turkey, 93-99% fat free
- ½ cup rice
- 2 cans no salt diced tomato
- 2 green peppers, diced
- 1 small onion, diced
- 1 tbsp. oregano
- 1 tbsp. garlic powder
- 1 tbsp. Italian seasoning

Nutrition Snapshot

Per Serving
Calories 271
Protein 31g
Carbs 32g
Fat 2g
Sugar 13g



HOW TO

1. Preheat oven to 350°.
2. Brown chicken or turkey in skillet and place in 9x13 baker that has been coated with nonstick spray.
3. Add tomatoes, rice, peppers, onions and seasonings.
4. Bake approximately 20 – 25 min.

Serves 4.

Serve with a side salad.





Mexican Quinoa Bake

INGREDIENTS

- 1 lb. ground turkey, 93-99% fat free
- ½ cup quinoa
- 1 red pepper, diced
- 1 cup frozen corn
- 1 can no salt black beans
- 1 – 8 oz. can no salt tomato sauce
- 1 tbsp. low sodium taco seasoning
- ¼ cup fat free cheddar cheese

Nutrition Snapshot

Per Serving
Calories 267
Protein 30g
Carbs 31g
Fat 3g
Sugar 4g



HOW TO

1. Preheat oven to 350°.
2. Brown turkey with taco seasoning in skillet.
3. Cook quinoa as directed on package.
4. Place meat, tomato sauce, beans, in 9 x 13 baker sprayed with nonstick spray and mix together.
5. Stir in quinoa, corn and red pepper.
6. Top with cheese and bake until cheese is melted for approximately 15 minutes.

Makes 6 servings.





Tuna Melt

INGREDIENTS

- 1 whole wheat English muffin
- 2 oz. of low sodium tuna
- ¼ cup onion, diced
- ¼ cup red pepper, diced
- 1 tsp. garlic powder
- 1 roma tomato, sliced.
- ¼ cup low fat mozzarella

Nutrition Snapshot

Per Serving
Calories 296
Protein 30g
Carbs 37g
Fat 5g
Sugar 13g



HOW TO

1. Mix tuna and veggies together.
2. Top each half of English muffin with mixture.
3. Add sliced tomatoes and top with cheese.
4. Toast in oven at 450° until cheese is melted and browned.

Makes 1 serving





Chili Roasted Salmon Filet

INGREDIENTS

- 4 oz. salmon filet
- 1 tsp olive oil
- 2 tps. chili powder
- 2 tps. low sodium southwest chipotle seasoning

Nutrition Snapshot

Per serving
Calories 197
Protein 24g
Carbs 2g
Fat 9g
Sugar 0g



HOW TO

1. In small bowl mix olive oil and seasonings.
2. Brush filet and bake in oven at 350° for 45 minutes.
3. Turn filet half way through and brush with olive oil mix and continue baking.

Makes 1 serving





Beef Roast with Apples

INGREDIENTS

- 24 oz. beef sirloin roast
- 1 tbsp. of garlic powder
- 1 small red onion, chopped
- 1 tbsp. of cinnamon
- 1 apple with skin sliced
- 1-2 cups of water

Nutrition Snapshot

Per serving
Calories 125
Protein 17g
Carbs 5g
Fat 5g
Sugar 3g



HOW TO

1. Add everything to crockpot.
2. Cook for 4-6 hours or until tender.

Makes 6 serving





Cashew Crusted Chicken

INGREDIENTS

- 16 oz. chicken breasts
- ½ cup unsalted raw cashews
- 1 whole egg
- 1 tbsp. coconut oil
- 1 tsp. garlic powder

Nutrition Snapshot

Per serving
Calories 223
Protein 30g
Carbs 4g
Fats 12g
Sugar 1g

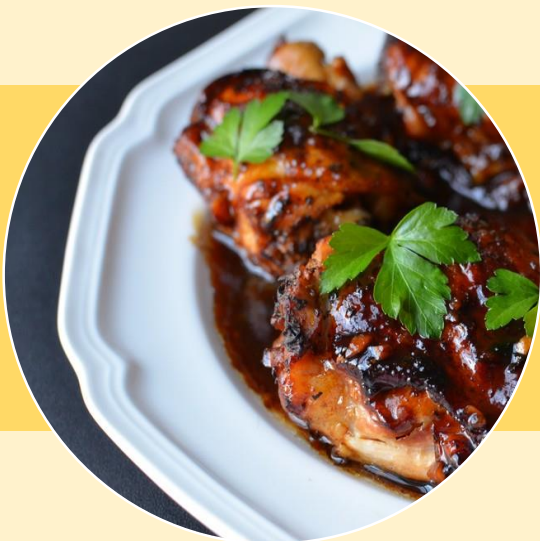


HOW TO

1. Grind up cashews in blender, pour in a small bowl.
2. Blend egg and seasonings in a small bowl.
3. Dip each chicken breast in egg mixture then dip in cashews to coat.
4. Put coconut oil in baking dish and melt.
5. Place chicken in baking dish and bake at 350° for 1 hour.

Makes 4 servings





Balsamic Chicken in Crockpot

INGREDIENTS

- 16 oz. chicken breasts
- 1 cup low sodium chicken broth
- 1 onion, sliced
- 1 tbsp. balsamic vinegar
- 1 tbsp. coconut amino
- 1 tsp. garlic powder
- 1 can no salt diced tomatoes

Nutrition Snapshot

Per serving
Calories 150
Protein 28g
Carbs 7g
Fat 1g
Sugar 4g



HOW TO

1. Place all ingredients in crock pot and cook until chicken is tender and will shred with a fork.
2. Cook on high for 4 – 6 hrs.

Makes 4 servings





Orange Chicken

INGREDIENTS

- 16 oz. chicken breasts
- 2 large red peppers, cut in large squares
- 1 tbsp. olive oil
- 1 onion, cut in large squares
- 1 tbsp. red pepper flakes
- 1 tbsp. garlic powder
- 3 tbsp. Walden Farms orange marmalade jelly

Nutrition Snapshot

Per serving
Calories 186
Protein 28g
Carbs 9g
Fat 5g
Sugar 5g



HOW TO

1. Dice chicken and sauté' in olive oil until fully cooked.
2. Add seasonings, red peppers, onions and sauté' until veggies are tender.
3. Stir in orange marmalade until chicken is coated.

Makes 4 servings





Honey Orange Pork Loin

INGREDIENTS

- 1 lb. lean pork tenderloin
- 1 ½ cups of low sodium chicken broth
- 1 tbsp. honey
- 4 tbsp. Walden Farms orange marmalade jelly

Nutrition Snapshot

Per Serving
Calories 122
Protein 23g
Carbs 6g
Fat 2g
Sugar 5g



HOW TO

1. Place pork loin in baking dish, pour 1 cup of low sodium chicken broth over pork loin and bake at 350° until pork is tender.
2. Remove from baking dish and slice, place back in baking dish.
3. In small bowl, mix ½ cup chicken broth, honey and jelly together and pour over pork loin, bake for an additional 15 minutes.

Makes 4 servings





Turkey Meatloaf

INGREDIENTS

- 1 lb. ground turkey, 93-99% fat free
- 1 medium zucchini, chopped
- 1 tbsp. olive oil
- 1 small onion, diced
- 1 tbsp. garlic powder
- 1 whole egg
- 1 tbsp. Italian seasoning
- 1 – 8 oz. can no salt tomato sauce
- ¾ cup low fat parmesan cheese

Nutrition Snapshot

Per serving
Calories 222
Protein 32g
Carbs 9g
Fat 7g
Sugar 3g



HOW TO

1. In skillet, sauté' zucchini, onions and garlic until tender.
2. In large bowl, mix turkey, vegetables, Italian seasoning, egg, cheese and ½ can of no salt tomato sauce.
3. Place in loaf pan sprayed with non-stick spray.
4. Top with other ½ of tomato sauce. Bake at 350° for 35 – 40 minutes.

Makes 4 servings





Roasted Tilapia

INGREDIENTS

- 5 oz. tilapia filets
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp olive oil

Nutrition Snapshot

Per serving
Calories 181
Protein 26g
Carbs 3g
Fat 8g
Sugar 0g



HOW TO

1. Place tilapia in baking dish sprayed with non-stick.
2. Drizzle with olive oil, add seasonings.
3. Bake at 350° until tender. 10 – 15 minutes.

Makes 1 serving





Hummus Chicken and Vegetable Casserole

INGREDIENTS

- 16 oz. chicken breasts
- ½ cup hummus
- 1 zucchini, chopped
- 1 medium onion, chopped
- 1 red pepper, chopped
- 1 tbsp. olive oil
- 1 tbsp. garlic powder
- black pepper to taste

Nutrition Snapshot

Per serving
Calories 225
Protein 29g
Carbs 7g
Fat 10g
Sugar 3g



HOW TO

1. Spray baking dish with nonstick spray.
2. Add vegetables, seasonings and toss with olive oil.
3. Add chicken on top, cover each breast with hummus.
4. Bake 45 – 60 minutes or until chicken is tender and vegetables are done.

Makes 4 serving





Balsamic Glazed Beef

INGREDIENTS

- 16 oz. beef tenderloin, cut into 4 steaks
- ½ cup balsamic Vinegar
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tsp Worcestershire sauce

Nutrition Snapshot

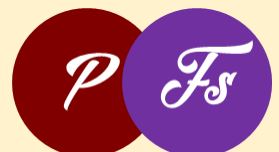
Per serving
Calories 185
Protein 24g
Carbs 7g
Fat 5g
Sugar 5g



HOW TO

1. In small bowl combine vinegar, seasonings and Worcestershire sauce.
2. Marinate each steak for 15 minutes.
3. Grill or bake in oven till done.

Makes 4 serving





Almond Coconut Crusted Cod

INGREDIENTS

- 16 oz. cod filets
- ¼ cup plain 0% fat free greek yogurt
- 1 tbsp. mustard
- 2 tbsp. unsalted almonds, chopped
- 2 tbsp. unsweetened coconut
- 1 tsp coconut oil

Nutrition Snapshot

Per serving
Calories 149
Protein 20g
Carbs 3g
Fat 6g
Sugar 1g



HOW TO

1. Mix yogurt and mustard together in small bowl.
2. In separate bowl, combine coconut and almonds.
3. Dip cod in yogurt mixture then in coconut and almond mixture.
4. Coat baking dish with coconut oil, add cod.
5. Bake at 350° until golden brown on each side. 12 – 15 minutes per side.

Makes 4 serving





Teriyaki Shrimp & Veggies Skewers

INGREDIENTS

- 16 oz. Shrimp
- 1 large green pepper
- 1 large red pepper
- 1 large onion
- 1 zucchini
- 2 tbsp. Coconut Secrets Amino teriyaki sauce

Nutrition Snapshot

Per serving
Calories 148
Protein 29g
Carbs 7g
Fat 0g
Sugar 5g



HOW TO

1. Marinate shrimp in teriyaki sauce.
2. Cut veggies to go in skewers.
3. Layer shrimp and veggies making 4 skewers.
4. Grill until meat and veggies are done.

Makes 4 serving





Coconut Lime chicken

INGREDIENTS

- 16 oz. chicken breast
- 2 tbsp. coconut flour
- 2 tbsp. unsweetened coconut
- 2 tsp coconut oil
- 2 tsp lime juice

Nutrition Snapshot

Per Serving
Calories 152
Protein 27g
Carbs 2g
Fat 5g
Sugar 0g



HOW TO

1. Cut chicken breast into chunks and place in bowl with coconut flour and shredded coconut toss.
2. Heat skillet with coconut oil and add chicken, brown for 4 minutes.
3. Drizzle lime juice over chicken and cook another 2 minutes.

Makes 4 serving





Beef & Broccoli Stir-fry

INGREDIENTS

- 1 lb. flank steak, cut into strips
- 1 tbsp. extra virgin olive oil
- 1 tsp low sodium Worcestershire sauce
- 1 tbsp. garlic powder
- 1 cup broccoli
- 1 cup red pepper, cut into strips
- ½ cup onions, diced
- ½ cup yellow squash, sliced
- ¼ cup low sodium vegetable broth or beef broth
- 1 tsp oregano

Nutrition Snapshot

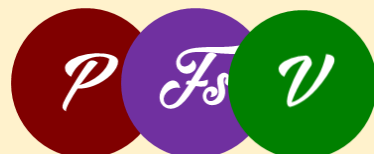
Per Serving
Calories 280
Carbs 8g
Fat 12g
Protein 33g
Sugar 4g



HOW TO

1. Brown steak strips in skillet with olive oil.
2. Add remaining ingredients and cook until vegetables are tender.

Makes 4 serving





Salmon Cakes

INGREDIENTS

- 2 cans of pink salmon in water
- 1 large egg
- 2 tbsp. plain 0% fat free greek yogurt
- 1 tsp mustard
- ½ cup oats
- ¼ cup green onions

Nutrition Snapshot

Per Serving
Calories 267
Protein 29g
Carbs 22g
Fat 6g
Sugar 4g



HOW TO

1. Mix egg with yogurt and mustard until smooth.
2. Add salmon, seasonings, green onions and oats.
3. Form into two 3-ounce patties.
4. Grill in pan coated with oil or cooking spray.
5. Cook until golden brown. 4 minutes on each side.

Makes 2 serving





Chicken Enchiladas

INGREDIENTS

- 4 boneless, skinless chicken breasts
- ½ cup black bean and corn salsa
- 1 tbsp. southwestern chipotle seasoning
- ½ cup fat free sour cream
- ¼ cup fat free cheddar cheese
- 4 low carb tortilla wraps

Nutrition Snapshot

Per Serving:
(approx. 1 cup of
mixture) (does not
include tortilla shell)

Calories 154

Carbs 5g

Fat 2g

Protein 29g

Sugar 3g

Sodium 245 mg



HOW TO

1. Place chicken, salsa, and chipotle seasoning in a 9X13 baking dish.
2. Bake at 350° until chicken is tender.
3. Shred chicken and add sour cream and cheese.
4. Return to oven and bake an additional 10 min.
5. Serve in tortilla wraps.

Makes 4 serving





Pizza in a Bowl

INGREDIENTS

- 16 oz. chicken breasts cooked and diced
- 1 tbsp. low sodium Flavor God 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
- ¼ cup low fat parmesan cheese

Nutrition Snapshot

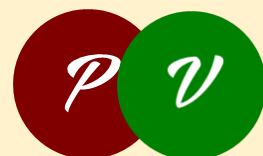
Per serving
Calories 174
Protein 30g
Carbs 12g
Fat 0g
Sugar 5g



HOW TO

1. Cook chicken and dice.
2. Place in 9 by 13 baker coated 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.

Makes 4 serving





Coconut Chicken & Brussels Sprouts

INGREDIENTS

- 16 oz. chicken breasts
- ¼ cup coconut amino
- 3 cups brussels sprouts, sliced
- 1 tbsp. coconut oil

Nutrition Snapshot

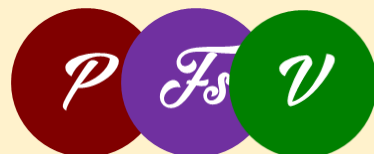
Per serving
Calories 168
Protein 28g
Carbs 9g
Fat 5g
Sugar 4g



HOW TO

1. Cook chicken and dice.
2. Set aside.
3. Sauté' brussels sprouts in coconut oil until browned.
4. Add coconut amino and cooked chicken and sauté' for 10 minutes.
5. Add water if needed.

Makes 4 serving





Grilled Chicken with Zucchini Noodles

INGREDIENTS

- 4 oz. grilled chicken breast
- 1 medium zucchini
- ½ cup broccoli slaw
- 6 cherry tomatoes
- ½ cup cucumber, diced
- 1 tbsp. balsamic vinegar
- 1 tsp red wine vinegar
- 1 tsp olive oil
- 1 tsp garlic powder

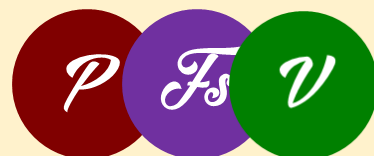
Nutrition Snapshot

Per serving
Calories 252
Protein 38g
Carbs 13g
Fat 4g
Sugar 8g

HOW TO

1. Using a Veggetti spiral noddle slicer spiralize zucchini.
2. Lay noodles on plate add slaw and top with grilled chicken, tomatoes and cucumber.
3. In shaker bottle mix olive oil and vinegars with garlic powder and pour on top.

Makes 4 serving





Apple Pork Loin

INGREDIENTS

- 1 lb. lean pork tenderloin
- ¼ cup apple cider vinegar
- ½ cup unsweetened applesauce or homemade applesauce
- ½ cup low sodium chicken broth
- 1 tbsp. cinnamon
- ½ tsp pumpkin pie spice
- ½ tsp apple pie spice
- 1 medium apple, sliced

Nutrition Snapshot

Per serving
Calories 173
Carbs 10g
Fat 4g
Protein 24g
Sugar 6g



HOW TO

1. Place pork loin in baking dish.
2. Add vinegar, applesauce and chicken broth.
3. Add the remaining ingredients and sliced apple on top.
4. Bake at 350° for 1 ½ - 2 hours until pork is tender.

Makes 4 serving





SIDES





Spicy Sweet Potato Fries

INGREDIENTS

- 4 medium sweet potatoes
- 1 tbsp. olive oil
- 1 tbsp. chili powder
- 1 tbsp. low sodium chipotle seasoning

Nutrition Snapshot

Per Serving
Calories 150
Protein 2g
Carbs 29g
Fat 5g
Sugar 6g



HOW TO

1. Cut peel and potatoes lengthwise into fries, approximately 8 fries per potato.
2. Throw potato fries and remaining ingredients into large zip-lock bag.
3. Shake to coat.
4. Place on cookie sheet and bake at 350° for 40-45 minutes or until tender.

Makes 4 servings.





Sautéed Green Beans

INGREDIENTS

- 3 cups green beans (fresh or frozen)
- 1 cup red peppers, sliced
- 1 cup onions, chopped
- 1 tbsp. olive oil
- garlic powder to taste
- black pepper to taste

Nutrition Snapshot

Per Serving
Calories 83
Protein 4g
Carbs 12g
Fat 5g
Sugar 3g



HOW TO

1. In skillet, sauté mushrooms, onions, oil and seasonings.
2. Add green beans to skillet.
3. Cook until veggies are tender and warm.

Serves 4.





Balsamic Roasted Brussels Sprouts & Sweet Potatoes

INGREDIENTS

- 1 cup brussels sprout, sliced
- 1 cup sweet potatoes, diced
- 2 tbsps. olive oil
- 2 tbsps. garlic powder
- 1 tbsp. balsamic vinegar

Nutrition Snapshot

Per Serving (1 cup)
Calories 124
Protein 2g
Carbs 15g
Fat 7g
Sugar 3g



HOW TO

1. Coat veggies with olive oil & balsamic vinegar and spread on cookie sheet.
2. Sprinkle with garlic powder.
3. Bake at 350° for 25-30 minutes, until veggies are tender.

Serves 4.





Pasta Salad

INGREDIENTS

- 14 oz. box off whole wheat pasta
- 1 cup of broccoli
- ½ cup of cherry tomatoes
- ½ cup green onions
- ½ cup red bell peppers
- ½ cup Italian dressing

Nutrition Snapshot

Per Serving
(½ cup)
Calories 173
Protein 6g
Carbs 40g
Fat 1g
Sugar 3g



HOW TO

1. Make pasta as instructed on box.
2. Cool and add all remaining ingredients
3. Chill and Serve.

Serves 8. One Serving = ½ cup





Quinoa and Black Beans

INGREDIENTS

- ¾ cup of cooked quinoa
- 1 ¼ cups of water
- 2 tsp. extra virgin olive oil
- ½ cup chopped red onion
- ¾ cups of frozen corn
- 1 can no salt black beans drained and rinsed
- 1 cup of cherry tomatoes, quartered
- 1 tsp. of cumin
- 1 tsp. of chili powder
- 4 tbsps. lime juice
- ¾ cup of reduced fat feta
- ¼ cup of fresh cilantro
- black pepper to taste

Nutrition Snapshot

Per Serving (1 cup)
Calories 161
Protein 9g
Carbs 22g
Fat 5g
Sugar 2g



HOW TO

1. Prepare quinoa as indicated on packaging.
2. Set aside and allow to cool.
3. Heat oil in skillet and sauté the onion over med heat.
4. Add corn to pan cook for 2 min then add black beans.
5. Transfer all to large bowl.
6. Add quinoa and all remaining ingredients, all but cheese and cilantro, stir gently to combine.
7. Toss feta and cilantro in last and season to taste with black pepper.

Serves 6.





Rice Pilaf with Veggies

INGREDIENTS

- 2 cups of cooked brown rice
- 2 cups of low sodium chicken broth
- 1 cup of diced carrots
- 1 cup of frozen peas
- ½ cup of chopped green onion

Nutrition Snapshot

Per Serving (1/2 cup)
Calories 97
Protein 3g
Carbs 21g
Fat 1g
Sugar 1g



HOW TO

1. Mix everything together in a saucepan
2. Bring to a boil and simmer until veggies are tender

Makes 8 servings.





Roasted Corn & Spinach

INGREDIENTS

- 1 cup frozen sweet corn
- 3 cups fresh spinach
- 1 tbsp. olive oil
- ¼ cup low fat feta cheese

Nutrition Snapshot

Per Serving
Calories 138
Protein 6g
Carbs 12g
Fat 8g
Sugar 3g



HOW TO

1. Sauté sweet corn in olive oil for 1 minute.
2. Add spinach and sauté together until spinach is done.
3. Top with feta cheese and serve.

Serves 2.





Roasted Ranch Potatoes

INGREDIENTS

- 2 cups red potatoes, diced
- 2 tbsps. ranch dressing powder mix
- 1 tbsp. olive oil

Nutrition Snapshot

Per Serving (½ cup)
Calories 154
Protein 3g
Carbs 22g
Fat 6g
Sugar 2g



HOW TO

1. Place diced potatoes in zip-lock bag, add olive oil and dressing mix.
2. Shake well.
3. Place potatoes on baking sheet.
4. Bake at 350°, approximately 35–40 minutes until tender.

Serves 4.





Zucchini Noodles

INGREDIENTS

- 2 medium raw zucchini
- 1 tbsp. garlic seasoning

Nutrition Snapshot

Per Serving
Calories 84
Protein 2g
Carbs 4g
Fats 0g
Sugar 3g



HOW TO

1. Using Veggetti Spiral vegetable slicer, slice zucchini into noodles.
2. Place in pan coated with nonstick spray and add seasoning.
3. Sauté until tender.

Serves 2.





Grilled Vegetables

INGREDIENTS

- 1 zucchini, sliced in thick rounds
- 1 red pepper seeded, sliced
- 1 green pepper seeded, sliced
- 1 yellow squash, sliced in thick rounds
- 1 red onion, sliced lengthwise
- 1 tbsp. olive oil
- garlic powder to taste
- black pepper to taste

Nutrition Snapshot

Per Serving
Calories 66
Protein 2g
Carbs 8g
Fat 4g
Sugar 4g



HOW TO

1. Grill all veggies in pan on stovetop with olive oil and seasonings.

Serves 2.





Honey Glazed Butternut Squash

INGREDIENTS

- 2 cups butternut squash, cubed
- 1 tbsp. honey
- 1 tbsp. red wine vinegar
- 2 tsp. chili powder
- ½ tbsp. olive oil

Nutrition Snapshot

Per Serving
Calories 127
Protein 1g
Carbs 25g
Fat 5g
Sugar 12g



HOW TO

1. Spray a 9 x 13 baker with nonstick spray.
2. Add squash to baker.
3. In a small bowl, mix honey vinegar, olive oil and chili powder.
4. Pour over squash mix until coated.
5. Bake at 350° about 15 minutes or until squash is tender.

Makes 2 servings.





SNACKS





Peanut Butter Protein Balls

INGREDIENTS

- ½ cup natural peanut butter
- ¼ cup honey
- ½ cup vanilla protein powder
- ½ cup dry oats
- ½ cup Kashi Go Lean cereal

Nutrition Snapshot

Per Serving
Calorie 101
Carbs 10g
Protein 5g
Fat 5g
Sugar 5g



HOW TO

1. Combine all ingredients in a mixing bowl and mix well.
2. Roll into ten balls and place on a plate lined with wax paper.
3. Refrigerate until ready to eat.

Makes 10. Serving size is one ball.





Chocolate Chip Almond Energy Balls

INGREDIENTS

- 1/2 cup dry oats
- 2 scoops protein powder
- 1/2 cup almond butter
- 1/4 cup honey
- 1 tsp. vanilla extract
- 1 tbsp. chia seeds
- 1/4 cup unsweetened coconut flakes
- 2 tbsp. chocolate chips 60% cacao

Nutrition Snapshot

Per Serving
Calories 114
Protein 5g
Carbs 10g
Fat 7g
Sugar 6g



HOW TO

1. Combine all ingredients and mix well.
2. Roll into 15 balls and place on a plate lined with wax paper and refrigerate until ready to eat.

Makes 15 Balls. Serving size is one ball.





Chocolate Coconut Protein Pudding

INGREDIENTS

- 1 scoop chocolate protein powder
- 1 tbsp. unsweetened cocoa powder
- 1/2 cup unsweetened almond or coconut milk
- 1 tbsp. unsweetened shredded coconut
- 1 tbsp. chocolate chips 60% cacao
- 1 tbsp. unsalted almonds or pecans, chopped
- 1 tsp. Splenda or stevia
- water

Nutrition Snapshot

Per Serving
Calories 282
Carbs 17g
Protein 22g
Fat 16g
Sugar 7g



HOW TO

1. Mix all ingredients except the nuts and coconut.
2. Add water slowly to desired pudding like consistency.
3. Top with nuts and coconut.

Eat immediately or put in freezer for 20 minutes for a frozen treat.

Serves 1.





Protein Frozen Yogurt

INGREDIENTS

- ½ cup Triple Zero vanilla greek yogurt
- 1 scoop protein powder
- ¼ cup unsweetened almond milk
- ¼ cup frozen fruit, cherries, blueberries or strawberries

Nutrition Snapshot

Per Serving
Calories 267
Carbs 24g
Protein 33g
Fat 6g
Sugar 16g



HOW TO

1. Mix in a bowl and cover.
2. Freeze 20 - 30 minutes, serve immediately.

Eat immediately or put in freezer for 20 minutes for a frozen treat.

Serves 1.





Zucchini Ice Cream

INGREDIENTS

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

Nutrition Snapshot

Per Serving
(without toppings)
Calories 150
Protein 22g
Carbs 8g
Fat 4g



HOW TO

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

Serves 1.

Topping idea: strawberries, banana, and Walden Farms chocolate syrup for a banana split.

Topping idea: ½ cup Peanut Butter Quest bar chopped for a blizzard.





Chocolate Peanut Butter Brownies

INGREDIENTS

- ¾ cup Triple Zero greek yogurt
- ¾ cup oats
- 2 scoops chocolate protein powder
- 1 tbsp. unsweetened cocoa
- 1 tbsp. Truvia sweetener
- ¾ cup unsweetened applesauce
- 1 whole egg
- 2 tbsp. natural peanut butter
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 2 tbsp. water
- 1 tbsp. walnuts, unsalted

Nutrition Snapshot

Per Serving
Calories 119
Protein 9g
Carbs 11g
Fat 5g
Sugar 3g



HOW TO

1. Preheat oven to 350° degrees.
2. Mix all ingredients together except walnuts.
3. Spread in 8 x 8 baker sprayed with nonstick spray.
4. Top with walnuts and bake at 350° for 12 – 15 minutes until done.

Makes 9 servings.





Peanut Butter Banana Cream Pudding

INGREDIENTS

- 1 scoop banana cream protein powder
- 2 tbsp. powdered peanut butter
- $\frac{1}{4}$ cup unsweetened almond milk
- Water

Nutrition Snapshot

Per Serving
Calories 180
Carbs 10g
Protein 31g
Fat 4g
Sugar 1g



HOW TO

1. Mix ingredients together and then add water until pudding like consistency.
2. Place in freezer 15 - 30 minutes and enjoy.

Makes 1 serving.





Red Velvet Protein Cupcakes

INGREDIENTS

CAKE

- 2 scoops red velvet protein powder
- ½ cup coconut flour
- 3 egg whites
- ½ cup unsweetened almond mil
- 1 tsp. baking powder
- ¼ cup Stevia or Truvia
- ½ cup Triple Zero vanilla greek yogurt
- 1 tsp. vanilla extract

Icing

- 2 scoops vanilla protein powder
- ⅓ cup Triple Zero vanilla greek yogurt
- ⅓ cup fat free cream cheese

Nutrition Snapshot

Per Serving
Calories 125
Protein 14g
Carbs 10g
Fat 3g
Sugar 3g



HOW TO

CAKE

1. Preheat oven to 350°.
2. Mix all CAKE ingredients together and pour in cupcake tin.
3. Bake at 350° for 20 minutes. Makes 8 large cupcakes.

ICING

1. Mix icing ingredients together and top/ice the cupcakes.
2. Top with sliced strawberries. (optional)

Serves 8. A serving = 1 cupcake.





Peanut Butter Protein Cookies

INGREDIENTS

- 1 cup natural peanut butter
- 1 cup oat flour
- 4 scoops vanilla protein powder
- 1 cup unsweetened applesauce
- 1 tbsp. Splenda
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 1/8 tsp. salt

Nutrition Snapshot

Per Serving
Calories 172
Protein 10g
Carbs 10g
Fat 10g
Sugar 2g



HOW TO

1. Preheat oven to 350°.
2. Mix together all ingredients.
3. Shape into a ball and place on cookie sheet.
4. Press with fork.
5. Bake 10 – 12 minutes at 350°.

Makes 32 Cookies. Serving Size 2 cookies.





Cupcake in a Mug

INGREDIENTS

- 1 scoop protein powder
- 1 egg white
- 2 tbsp. unsweetened almond milk
- 1 tsp. unsweetened cocoa
- ½ tsp. baking powder

Nutrition Snapshot

Per Serving
(Excludes Toppings)
Calories 146
Protein 24g
Carbs 5g
Fat 4g
Sugar 0



HOW TO

1. Spray a mug with cooking spray.
2. Mix all ingredients together until cakelike batter.
3. Cover with paper towel and microwave 1½ min – 2 min.

Makes 1 Serving.

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.





Rice Cake Ice Cream Sandwich

INGREDIENTS

- 2 caramel rice cakes
- 1 scoop protein powder – any flavor
- 2 tbsp. water or unsweetened almond milk

Nutrition Snapshot

Per Serving
Calories 220
Protein 22g
Carbs 27g
Fats 3g
Sugar 7g



HOW TO

1. Mix protein powder and water together to make a thick spread.
2. Spread on rice cake and top with other rice cake.
3. Place in zip lock bag and freeze about 45 minutes.

Makes 1 Serving.

.





Carmel Apple Crisp

INGREDIENTS

- 2 medium apples
- 4 tbsp. Torani sugar free caramel syrup
- 2 tbsp. Walden Farms caramel dip
- ½ cup almond meal
- ½ cup of Kashi Go Lean cereal
- 2 tbsp. of “I can’t believe it’s not butter”

Nutrition Snapshot

Per Serving
Calories 69
Protein 2g
Carbs 7g
Fats 5g
Sugar 3g
Sodium 28mg



HOW TO

1. Slice apples and place in an 8X8 pan
2. Stir caramel and syrup
3. Microwave for 5 minutes until apples are tender
4. Mix cereal with almond meal and sprinkle on top of apples
5. Drizzle with melted butter substitute
6. Bake at 350° for 10-15 minutes

Makes 9 servings.

.





Cherry Pecan Protein Bars

INGREDIENTS

- 1 ½ cups dry oats
- 3 scoops vanilla protein powder
- 1 cup pumpkin
- ¼ cup dried cherries
- 2 tbsp. honey
- ⅛ tsp. baking soda
- 1 tsp. cinnamon
- ½ cup egg whites
- 1 tsp. vanilla extract
- ½ cup unsalted chopped pecans

Nutrition Snapshot

Per Serving
Calories 163
Protein 11g
Carbs 21g
Fats 5g
Sugar 9g



HOW TO

1. Mix all ingredients together except pecans.
2. Spread in 8 x 8 pan.
3. Top with chopped pecans.
4. Bake at 350° for about 20 minutes. Cool and cut into 9 bars.

Makes 9 servings. Serving = 1 bar.

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No Bake Protein Bars

INGREDIENTS

- 2 cups dry oats
- 4 scoops protein powder
- 1 cup natural peanut butter
- ½ cup unsweetened applesauce
- ½ cup water

Nutrition Snapshot

Per Serving (1 bar)
Calories 234
Protein 13g
Carbs 15g
Fats 13g
Sugar 2g



HOW TO

1. Mix together and press into 9x13 baker sprayed with nonstick spray.
2. Place in freezer about 20 minutes.
3. Cut into 12 squares. Keep refrigerated.

Makes 12 bars. Serving size is 1 Bar

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Protein Popcorn

INGREDIENTS

- 1 small bag Skinny Pop popcorn (100 Calorie)
- 1 scoop vanilla protein powder

Nutrition Snapshot

Calories 220
Protein 22g
Carbs 14g
Fats 9g
Sugar 1g



HOW TO

1. Mix together in zip-lock bag
2. Shake to coat. Enjoy!

Makes 1 Serving.

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