

Fit Booty Challenge

	Option #1	Option #2	Option #3	Option #4
Meal #1	- Grain Free Pancakes 1 cup berries P-V-FS-F	- Baked Egg Omelet Muffins 1/2 banana P-V-FS-F	4 egg whites 4 oz. sweet potatoes 1 cup berries 1 oz. almonds P-CC-FS-F	Berry Protein Overnight Oats or Oatmeal Protein Bar P-CC-FS-F
Meal #1 Note: You may choose to continue with a smoothie				
Meal #2	1 apple 1 tbsp nut butter FS-F	Homemade Protein Bar or (RX Bar) FS-F	Zucchini Bread FS-P-CC	Peanut Butter Protein Balls P-FS-CC
Meal #3	Salsa Chicken Bowl P-V-FS	Turkey Salad BLT P-V-FS	Quinoa Berry Chicken Salad Bowl P-FS-V	4 oz grilled chicken 4 oz sweet potatoes 1 cup Saute Green Beans P-V-FS-CC
Meal #4	Almond Joy Protein Balls P-FS	Reese's Dream Smoothie P-FS	2 hard boiled eggs 1 cup carrots P-V-FS	1 tbsp nut butter 1 cup celery P-V-FS
Meal #5	4 oz turkey tenderloin 1 cup Spaghetti Squash with Veggies P-V-FS	Orange Shrimp Stir Fry P-V-FS	- Meatza - Side salad - 2 cups mixed greens with veggies of choice and 2 tbs Skinny Girl salad dressing or 1 tsp olive oil mixed with 2 tbsp balsamic vinegar or apple cider vinegar P-FS-V	4 oz lean steak 1 cup Roasted Zucchini and Squash P-V-FS
Meal #6	If you are hungry repeat a snack from Meal #4 or Zucchini Ice Cream			

P=Protein

V=Vegetables

FS=Fats

F=Fruits

CC=Complex Carbohydrates

[Click here to view serving sizes and food swaps:](#)

Baked Egg Omelet Muffins



Ingredients

- 1 whole egg
- 3 egg whites
- 1/2 cup spinach, chopped
- 1/4 cup peppers, diced
- 1/4 cup mushrooms, chopped
- 1/4 cup fat free feta cheese
- black pepper to taste

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 1/2 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.

Nutrition Snapshot

(per serving = 1 cup)

- Calories 207
- Protein 25g
- Carbs 13g
- Fat 6g

Serves 4



Berry Protein Overnight Oats



Serves 1

Ingredients

- 1/3 cup oats
- 1/2 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- 1 cup mixed fresh berries
- 1 tbsp chia seeds

Nutrition Snapshot (per serving)

- Calories 324
- Protein 25g
- Carbs 36g
- Fat 9g

How to:

1. Combine all ingredients and mix well.
2. Pour into an air tight container, cover, and refrigerate overnight (Mason Jar)
3. Serve cold.



Grain Free Coconut Banana Pancakes



How to:

1. Combine all the dry ingredients in a bowl, then combine all the wet ingredients.
2. Next, transfer the wet ingredients into the dry ingredients and stir properly until no clumps form.
3. Set the mixture aside for about five minutes to thicken.
4. Coat a pancake grill or skillet with non-stick cooking spray, then set on low- medium heat.
5. Add in one pancake at a time and cook for about four minutes on each side and then repeat for the rest of your pancakes.
6. Top your pancakes with a tsp nut butter or a sugar free syrup maple syrup.

Ingredients

- 1 scoop Fit Bodies 4 Life vanilla protein powder
- 2 tablespoons of coconut flour
- 1 small banana, mashed
- 1/2 teaspoon of baking powder
- 2 egg whites
- 1/4 cup of unsweetened almond milk

Nutrition Snapshot *(per serving)*

- Calories -
- Protein 28g
- Carbs 26g
- Fat 5g

Serves 1



Oatmeal Protein Breakfast Bar

Recipe



Ingredients

- ♦ 2 cups dry oats
- ♦ 1 cup unsweetened applesauce
- ♦ 1 cup unsweetened coconut
- ♦ 1 cup Fit Bodies 4 Life protein powder
- ♦ 4 egg whites
- ♦ 2 tbsp cinnamon
- ♦ 2 tbsp raw honey
- ♦ 1 tsp vanilla extract

How to:

1. Mix oats and applesauce together in bowl and add additional ingredients.
2. Spray 8 X 8 baker with non-stick cooking spray.
3. Pour mixture in baking dish. Bake at 350° for 20 minutes.

Makes 9 bars. Serving size is 1 bar.

Nutrition Snapshot (per serving = 1 bar)

- ♦ Calories 212
- ♦ Protein 12g
- ♦ Carbs 22g
- ♦ Fat 8g

Serves 9



Quinoa Berry Chicken Bowl



How to.

1. Grill chicken on stove or outside grill until no longer pink in center
2. Cook quinoa as directed on package
3. Place greens in bowl, add cooked quinoa, grilled chicken, berries.
4. Top with dressing and chia seeds.

Serves 1

Ingredients

- 2 cups of mixed greens
- ¼ cup cooked quinoa
- 4 oz grilled chicken
- 1 cup strawberry/blueberries
- 1 tsp chia seeds
- 1 tbsp skinny girl dressing

Nutrition Snapshot (per serving)

- Calories 337
- Protein 30g
- Carbs 44g
- Fat 7g



Turkey Salad BLT



Ingredients

- ♦ 3 oz. Deli Turkey (low sodium)
- ♦ 1 Slice Turkey Bacon – Fried and chopped
- ♦ 2 Tomato Slices
- ♦ 2 Cups Mixed Green Salad
- ♦ Dressing
- ♦ 1 tbsp. Balsamic Vinegar
- ♦ 1 Tsp EVOO

How to:

1. Mix together and top with dressing.

Nutrition Snapshot (per serving)

- ♦ Calories 200
- ♦ Protein 22g
- ♦ Carbs 10g
- ♦ Fat 7g

Serves 1



Protein Bar



Ingredients

- ♦ 1½ cup peanut butter
- ♦ ¾ cup Fit Bodies 4 Life plant protein
- ♦ ¼ cup honey
- ♦ 4 oz. melted chocolate chips
- ♦ 2 tsp coconut oil

How to:

1. Mix all ingredients together except chocolate chips and coconut oil.
2. Spread in 8 by 8 baker.
3. In small saucepan melt chocolate chips with 2 tsp coconut oil.
4. Pour on top and chill in refrigerator until firm.
5. Cut into 9 squares.

Nutrition Snapshot (per serving)

- ♦ Calories 242
- ♦ Protein 11g
- ♦ Carbs 18g
- ♦ Fat 15g

Serves 9



Homemade Protein Bars



How to:

1. Preheat oven at 350 and prepare a baking dish with no stick spray.
2. Mix all dry ingredients in a bowl and set aside.
3. In separate mixing bowl, place all liquid ingredients and whisk together. Add in the dry ingredients and mix.
4. Pour into baking dish and bake for 15 minute or until done.

Cut into 8 large bars. Serving size is 1 bar.

Serves 1

Ingredients

- 2 servings of Fit Bodies 4 Life vanilla protein powder
- 8 tbsp powdered peanut butter
- 1 tsp pumpkin pie spice
- 1/2 tsp baking powder
- 1/8 tsp salt
- 2 tbsp coconut oil melted
- 1/4 unsweetened almond milk
- 1 tsp almond extract
- 1 egg
- 2 egg whites
- 4 packages of Stevia or to taste

Nutrition Snapshot *(per serving)*

- Calories 80
- Protein 10g
- Carbs 4g
- Fat 5g



Zucchini Bread



How to:

1. Preheat the oven to 350 degrees F, then spray a bread pan with cooking spray. Next, combine the oat flour, protein powder, almond flour, salt, baking powder, and cinnamon in a mixing bowl and set aside.
2. Next, break the eggs into a mixing bowl and beat until the egg yolks break apart. Add in coconut sugar, honey, Greek yogurt and vanilla extract into the mixing bowl and whisk until smooth.
3. Pour the flour mixture into the wet mixture and mix. Next, add in the shredded zucchini.
4. Pour the batter into the prepared pan and spread evenly. Next, cover the pan with aluminum foil and transfer into the oven.
5. Bake for thirty-five minutes while uncovered. Next, remove the foil and bake for an additional ten minutes or until a tooth pick comes out clean.

Ingredients

- 2 large eggs
- 1 1/4 cups oat flour
- 1/2 cup of almond flour
- 2 scoops of Fit Bodies 4 Life Vanilla protein powder
- 6 teaspoons of coconut sugar
- 2 tablespoons of pure honey
- 1/2 cup of nonfat plain Greek yogurt
- 2 teaspoon of baking powder
- 1/2 teaspoon of salt
- 1 teaspoon of cinnamon
- 1 teaspoon of vanilla extract
- 140g of shredded zucchini

Nutrition Snapshot

(per serving = 1 slices)

- Calories 150
- Protein 10g
- Carbs 20g
- Fat 4g

Serves 12



Peanut Butter Protein Balls

Recipe



Ingredients

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

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 2.

Nutrition Snapshot (per serving)

- ♦ Calorie 202
- ♦ Carbs 20g
- ♦ Protein 10g
- ♦ Fat 10g



Almond Joy Protein Balls



Ingredients

- ♦ 1 cup chia seeds or hemp seeds
- ♦ 1/2 cup unsalted walnuts
- ♦ 1 serving plant based chocolate protein powder
- ♦ 1 tbsp cacao powder
- ♦ 2 tsp coconut oil
- ♦ 1 tsp vanilla
- ♦ 1/4 cup unsweetened coconut for topping - Optional

How to:

1. Pulse the chia seeds, walnuts, protein powder, cacao powder, coconut oil and vanilla in blender until blended.
2. Scoop mixture into a medium bowl and add 1/4 cup peanut butter.
3. Mix together with hands until it will form into a ball.
4. Roll into unsweetened coconut (optional)

Makes 16 balls.

Serves 8

Nutrition Snapshot (per serving = 2)

- ♦ Calories 206
- ♦ Protein 10g
- ♦ Carbs 1g
- ♦ Fat 16g



Salsa Chicken Bowl



Nutrition Snapshot *(per serving)*

- Calories 242
- Protein 28g
- Carbs 10g
- Fat 10g

How to:

1. Place chicken and salsa in crockpot. Cook until tender and chicken will shred with a fork.
2. Saute peppers and onion in a pan until tender.
3. Layer chicken, vegetables, lettuce in a bowl.
4. Top each serving with 1 oz. guacamole and 1 oz. fat free sour cream or Greek yogurt.

Ingredients

- 16 oz. chicken
- 1 1/2 cup black bean salsa
- 1 cup red and green pepper, sliced
- 1 cup onion, diced
- 4 cups shredded lettuce
- 4 oz. guacamole
- 4 oz. fat free sour cream or Greek Yogurt



Meatza

Recipe



Nutrition Snapshot (per serving)

- Calories 293
- Protein 38g
- Carbs 5g
- Fat 12g

Serves 4

Ingredients

- 1 lb. lean ground turkey/chicken
- 1 cup low fat shredded Parmesan cheese
- 2 egg whites
- 1 tbsp garlic powder
- 1 tsp oregano
- 1 tsp black pepper
- 1/2 cup low sugar/carb pizza sauce
- 2 cups diced veggies of choice -peppers, onions
- 1 cup spinach
- 1/4 cup low fat mozzarella cheese

How to:

1. Mix parmesan, egg whites, spices and meat together.
2. Spread as thin as you can on a cookie sheet with parchment paper.
3. Bake for 20 minutes at 400 degrees or until crust browned.
4. Top with pizza sauce, veggies of choice and low fat cheese, return to oven and bake an additional 10 minutes.



Spaghetti Squash and Veggies



How to.

1. Prepare spaghetti squash and scoop out
2. Add to skillet and Sautee with chicken broth and all remaining ingredient.
3. Simmer until veggies are tender

Ingredients

- 1 medium spaghetti squash
- 1 cup low sodium chicken broth
- 1 cup carrots chopped
- 1 cup green onions chopped
- 1 cup green pepper chopped
- 1 tsp black pepper
- 1 tbsp garlic powder

Nutrition Snapshot

Serving size: 1 cup

- Calories 58
- Protein 2g
- Carbs 13g
- Fat 1g

Serves 6

Roasted Zucchini & Squash



Ingredients

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

Serves 4

Nutrition Snapshot *(per serving)*

- Calories 68
- Protein 3g
- Carbs 7g
- Fat 4g

How to:

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



Reese's Dream Smoothie



How to:

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

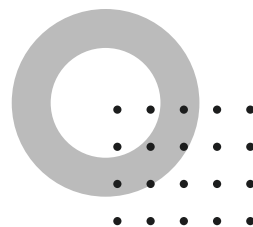
Serves 1

Ingredients

- ◆ 1 serving of Fit Bodies 4 Life 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



Orange Shrimp Stir Fry

Recipe



Nutrition Snapshot (per serving)

- Calories 243
- Protein 29g
- Carbs 19g
- Fat 5g

How to:

1. Juice both oranges into a bowl
2. Whisk in the honey, aminos, and vinegar.
3. Season both sides of shrimp with salt and pepper.
4. In a large skillet, heat oil over medium high heat. Add the shrimp, spread it out in one layer, and cook until the underside is bright pink, about 1 minute. Flip and cook 1 minute more, then transfer the shrimp to a plate.
5. Repeat with remaining shrimp. Set aside.
6. In skillet, add garlic, ginger, onion, bell peppers and carrots. Stir and cook for 5 minutes. Add cooking spray or 1 tsp olive oil if needed to pan. Add the red pepper flakes and the orange liquid and cook for 3 minutes. Add shrimp to the mixture and stir to heat.
7. Divide the shrimp among 4 bowls.

Serves 4

Ingredients

- 18 oz jumbo shrimp, peeled and deveined
- 1/4 teaspoon sea salt
- freshly ground black pepper to taste
- 1 tablespoon olive oil
- 6 cloves garlic, minced
- 1 tablespoon ginger
- 1 small white onion, sliced
- 1 small green bell pepper, sliced
- 1 small red bell peppers, sliced
- 1 medium carrot, sliced
- 1/4 teaspoon red pepper flakes
- 2 large oranges
- 1 tablespoon honey
- 2 tablespoons coconut aminos
- 1 tablespoon red wine vinegar

