



# FIERCE IN 8

Get Fit & Fierce in as little as 8 weeks!



## FIT CHICKS WORKOUTS

Sweat up a storm with

**8** FIT CHICKS SIGNATURE DVD WORKOUTS

+ WORKOUT MAP INCLUDED!



## CHICK APPROVED NUTRITION

INCLUDING FIT CHICKS Sample Meal Plan + 10 Easy Recipes!



## FIT CHICKS GUIDE TO GLAM GREEN SMOOTHIES

+ 8 Green Power Recipes

# WELCOME TO FIERCE IN 8

Are you ready to get FIERCE in as little as 8 weeks?

So how does it work?

FIERCE in 8 is a simple, fierce and *FAST* 8 week program that will help you look and feel amazing – inside and out!

It is based on following our 3 step formula to fierceness:



## STEP 1

### FIT CHICKS SIGNATURE DVD WORKOUTS

All less than 30 min each, you will rotate through 8 of our fun, fierce FC signature high intensity that combine short bursts of cardio mixed with strength to avoid plateaus or boredom. **Beginner or advanced?** Each video includes our FIT CHICKS level system (level 1, 2, 3) to ensure they are CHALLENGING AND INCLUSIVE to ALL fitness levels. This also allows chicks to progress (aka get fierce!) in the program.

(\*3–5lb weights are required)



## STEP 2

### “CHICK APPROVED” NUTRITION



Improper nutrition can sabotage all of your working out efforts – no matter how awesome the sweat sessions. To make sure our chicks are getting the killer combo

of healthy eats and exercise, check out the FIERCE in 8 sample meal plan based on our “Complete in 3” approach, green smoothie guide and chick feed recipes to make sure you are set up to eat clean, lean and mean during your program!

## STEP 3

### CONSISTENCY IS KEY!

Follow your FIT CHICKS Workout Map included so you know EXACTLY what activity to do each day during the program. If you miss a day, get back at it. Remember chicks – it is the effort you put in each day that adds up!

### Let's get set up for success!

Before starting FIERCE in 8 we recommend that you:

- Choose your start date (we recommend the upcoming Monday).
- Read through all materials to understand what is ahead
- Set up your space for success. That could mean cleaning out your fridge, rearranging your furniture for at home workouts or even clearing your mind of negative thoughts.
- Focus on 1 week at a time. Don't overwhelm yourself – just prep nutrition and workout time for the week ahead according to your workout map.
- GET PUMPED! You are about to embark on a fierce fitness journey – inside & out!

*Looking forward to sweating  
up a storm with you!*

*Amanda : Laura  
XO*

A top-down view of a white bowl filled with a quinoa salad. The salad consists of cooked quinoa, diced red bell peppers, yellow bell peppers, and green onions. A large slice of lime is placed on top, along with a fresh cilantro leaf. The background is a plain, light-colored surface.

# Chick **Approved** Nutrition + 5 Ingredient Fix Recipes



# You are what you eat.

Forget obsessing over every morsel and let's start focusing on the **QUALITY** of the food we eat and learning to properly balance our meals to nourish our bodies. By following a “chick approved” eating lifestyle for the next 8 weeks, you will start to look and feel amazing – inside & out!

## CHICK APPROVED NUTRITION OVERVIEW

To help you get FIERCE and build healthy habits for the long haul, add the following each day for to the next 8 weeks:

- ✓ Focus your diet around “Real, Whole Foods made with Love”
- ✓ Make complete meals of protein, healthy fat and carb / fibre (Complete in 3 Rule!)
- ✓ Eat 3 meals day + 1 snack
- ✓ Allow 4-6 hours between meals
- ✓ Drink a min 3 L of water / day
- ✓ Watch your portion sizes – too big or too small can set your blood sugar wild! (See meal plan on the back cover)
- ✓ Do not eat when stressed or on the go! Try to be chill when you feed your body for best digestion

**FIERCE**  
**IN 8**

## WHAT ARE REAL, WHOLE FOODS MADE WITH LOVE?

We like to keep it simple. At FIT CHICKS, our food philosophy is to focus on eating REAL, WHOLE FOODS made with LOVE.

**“Real, whole foods” are foods that are unpackaged and unprocessed.** Foods that grow, run, swim or fly. Foods that your great-grandmother would recognize and that your body knows how to process! The more natural foods you add, the less cravings or room for the fake stuff.



### Here is a basic list:

- Vegetables and fruits
- Fish, meat and poultry
- Nuts and seeds
- Beans, legumes & Real whole grains (not the packaged “whole grain” products, but in their natural state)
- Oils — ex. Olive, avocado, coconut (think natural)
- Minimally processed dairy products
- Natural Protein powders (While this is a processed food, it can be a good supplement / protein source while combined with whole foods)

**“Made with love”** means the foods you eat should be made by you or by someone who shares your healthy food philosophy (ie other people or restaurants). Plus, all food tastes better when made with love.

**Remember, we are all unique and there is not a “one size fits all” way to eat.** Each of our bodies respond differently to different foods (ie even if someone tells you Greek yogurt is good for you, and you are crampy and break out, it may not be the best for YOUR body!) Listen to your body, take note of how you feel and adjust as needed.



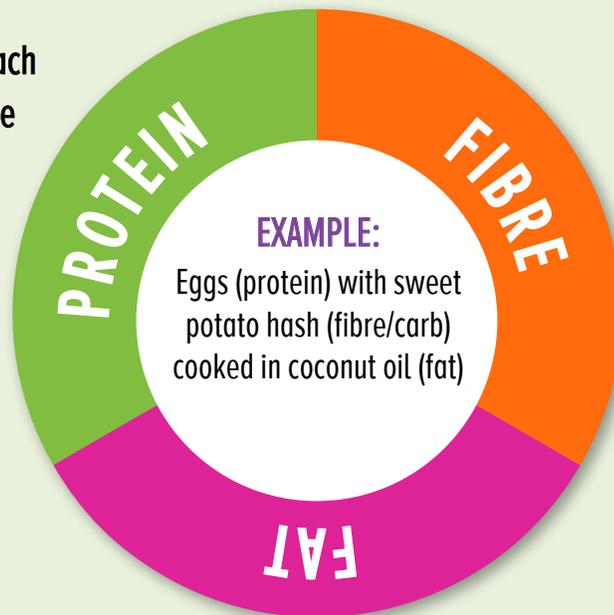
Build  
balance  
with the

Look for this symbol for a  
Complete in 3 recipe!

**3** COMPLETE IN **RULE**

The “Complete in 3” is our rule of thumb to creating “complete meals” without calorie counting or stressing out. Eating this way will help to keep sugar balanced to avoid dips in energy, weight gain & overeating.

To make it complete each meal should include the following 3 elements:



***Everyone can do it!** No matter if you are vegan, vegetarian, diabetic, low carb, gluten free...  
“Complete in 3” is the way EVERY chick is the way EVERY chick can eat for optimal health.*

## OVERNIGHT CHIA OAT BREAKFAST BOWL

### INGREDIENTS

- 1/3 cup large flake oats
- 1/3 cup unsweetened almond milk
- 1/3 cup 0% Greek yogurt
- 1/2 tbsp chia seeds



### DIRECTIONS

Add all ingredients to a jar or bowl and refrigerate overnight. Get creative! Add fruit, spices, nut butters and sweeteners to create YOUR perfect combo!



## OMELET MUFFINS... CHICK STYLE!

### INGREDIENTS

- 6 eggs + 3 whites
- 1/2 cup cooked spinach
- 1/2 cup mushrooms
- 1/4 cup green onions
- 1/4 cup goat cheese



### DIRECTIONS

- Preheat oven to 350 degrees. Grease 6 muffin cup.
- Mix all ingredients in a bowl and spoon into muffin cups.
- Bake for approx 18–20 min or until set & serve.

## CRAZY CURRIED TURKEY BURGERS

### INGREDIENTS

- 1lb ground turkey
- 1/2 cup both sliced green onion
- 1 tbsp each grated ginger and garlic
- 1 1/2 tbsp mild curry powder
- 1 tsp salt



### DIRECTIONS

- Mix all ingredients in a bowl and form 4 patties.
- Brush patties with olive oil and cook in a hot skillet to an the internal temp of 165 degrees (approx. 6 min per side).
- Serve on fresh baked buns or lettuce wraps and add condiments.



## SWEET & SASSY ARUGULA SALAD

### INGREDIENTS

- 6 cups arugula
- 1 1/2 cups cooked millet
- 1/4 cup of chopped shallots
- 1/4 cup of dried currants
- 1/2 cup dressing (incl. 5 tbsp lemon juice, 3 Tbsp olive oil, 1/2 tsp honey, salt and pepper)

### DIRECTIONS

Add all ingredients to bowl and toss. Let sit for approx. 20 min for all flavors to mix. Make it complete! Add chick peas or chicken for a protein punch.





## PERFECT POWER BOWLS

*Power bowls are easy, delicious and inexpensive to make... all things a FIT CHICK loves! Make a batch at the beginning of the week and portion out so you are all set for healthy, happy eating success.*

Here are the basic of the Perfect Power Bowl:

### INGREDIENTS

- 4–6 oz of protein (ex. Chicken, turkey, lean red meat, fish, beans)\*
- 1/2 cup of cooked complex carb (ex. brown rice, quinoa, millet)
- 2 cups of veggies
- 1 tbsp of healthy fat
- Spices to flavour



## ASIAN SENSATION POWER BOWL



### INGREDIENTS

- 6 oz salmon or lean red meat, cooked
- 1/2 cup brown rice, cooked
- 2 cups mix of snow peas, carrots, box choy, red onion, bamboo shoots
- 1 tbsp tamari sauce
- 1 tsp each grated ginger and garlic

### DIRECTIONS

- Blend tamari, ginger and garlic. Set aside.
- Sauté veggies to soften (approx. 3 min). Add cooked protein and brown rice. Pour tamari mixture and heat (approx. 1 min).
- Top with optional sesame seeds.



## SEXY MEXY POWER BOWL



### INGREDIENTS

- 6 oz chicken breast
- 1/2 cup quinoa, cooked
- 2 cups mix of red / yellow peppers, red onion + cilantro
- 1/4 sliced avocado
- 1/4 chili powder
- 1 tsp of lime juice

### DIRECTIONS

- Sauté peppers & onions to soften (approx. 3 min). Add cooked chicken, quinoa and chili powder. Stir until heated (approx. 1 min).
- Top with chopped cilantro, avocado and lime juice & ENJOY!



## STRAWBERRY VANILLA FROZEN FLUFF



### INGREDIENTS

- 1 cup frozen strawberries
- 1 scoop vanilla whey protein (or powder of choice. Look for no artificial sweeteners!)
- Splash of almond milk

### DIRECTIONS

Simply throw in the blender and blend until ice cream consistency. Don't like strawberry? Sub frozen blueberries, blackberries, mangos or cherries!



## BASIC BANANA RAMA COOKIES

### INGREDIENTS

- 1 large spotty banana  
(you may need 2 depending on size)
- 1 cup ground oats

*This is a base cookie recipe so now it's time to play! Add choco chips, dried fruit, nuts, spices to make your fave combo.*

### DIRECTIONS

- Preheat oven to 350 degrees.  
Line a baking sheet with parchment paper.
- Pour oat flour into a bowl and mash banana in until a smooth.
- Form into 6 balls. Place on sheet and press down with fork to flatten.
- Bake for 8–12 min or until set.  
Cool before eating.

## 2 INGREDIENT “ICE CREAM”

### INGREDIENTS

- 2 frozen bananas
- 2 tbsp of nut butter

### DIRECTIONS

Simply throw in the blender and blend until ice cream consistency. **Allergic to nuts?** Try sunflower seed butter or tahini.



## CHICK POWER PROTEIN BALLS



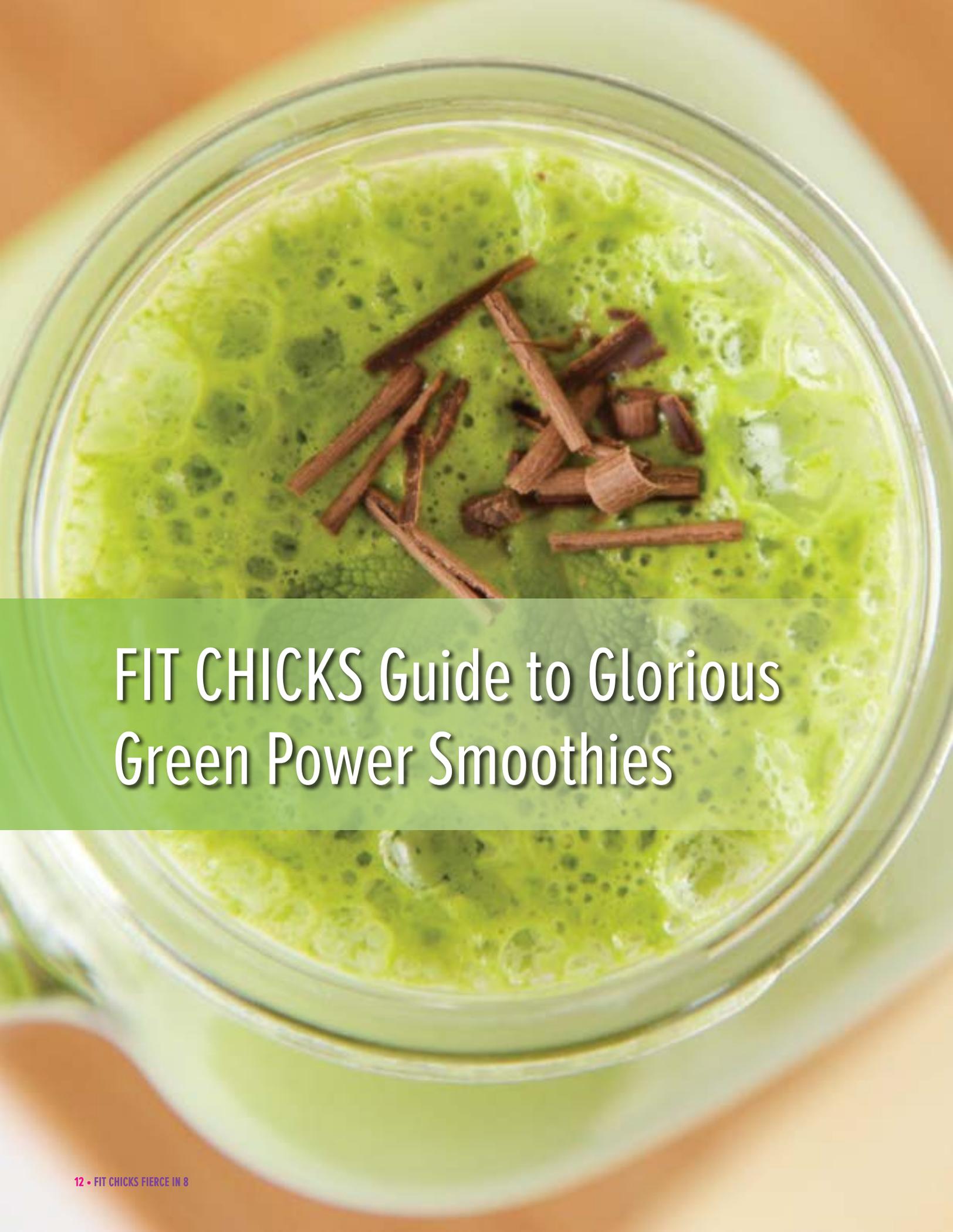
### INGREDIENTS

- 1/2 cup protein powder of choice
- 2 tbsp nut or seed butter
- 2/3 cup of ground oats
- 2 tbsp coconut flour
- 1/4 cup water

### DIRECTIONS

- Blend together all ingredients.  
(Start 1/4 cup of water. If needed add a little more until a rollable paste. If too wet, add more ground oats.\*)
- Roll into 6 balls and freeze for 30 min.

**NOTE:** For ground oats, buy large oats (not instant) and grind in coffee grinder. Once you get the basic ball down, mix in your fave additions like cocoa, flavoured extract, nuts & more!



# FIT CHICKS Guide to Glorious Green Power Smoothies

## Make Superfood Smoothies

To give your smoothies an extra nutrition punch, add in superfoods! While alone some of these may not taste appetizing the flavor is masked when blended in your tasty drink.

Here a few of our fave add ins:

- ✓ Chia Seeds
- ✓ Hemp Seeds
- ✓ Flax
- ✓ Maca Root Powder
- ✓ Cinnamon
- ✓ Turmeric
- ✓ Raw Cacao
- ✓ Spirulina
- ✓ Wheatgrass
- ✓ Vitamin C Powder
- ✓ Grass Fed Gelatin
- ✓ Protein Powder

For serving size, follow the recommended use on the product.

### Why we love Green Smoothies...

At FIT CHICKS, we have a health crush on green smoothies. They are a super simple way to “get a chicktastic” meal or snack in minutes: the ultimate fast food!

### What is a green smoothie?

A green smoothie is a power packed, delicious drink that consists of a mix of greens and other foods blended together to fuel your body with vitamins, minerals, antioxidants, amino acids, omega-3s, healthy fats, phytonutrients and proteins.

### Why do green smoothies rock for health?

As smoothies are blended it breaks down the cellulose in the greens to make the nutrients up to 90% more absorb-able than eating veggies. This means the blender does the chewing for you so your body can quickly absorb all of the nutrients. Plus, you still get the fierce fibre from veggies that juicing doesn't allow.

### The benefits of drinking green smoothies are endless including:

- Increase in awesome energy
- Promote weight loss, clearer skin, harder nails and more!
- Help reduce sugar cravings and hunger levels.
- Packed with antioxidants and phytonutrients to fight the nasty illnesses, aging and the damage from free radicals.
- Makes you happy. Food affects your moods and the health benefits will help you process stress, balance nerves and feel positive.
- They are delicious! Your taste buds will love you.

Remember chicks, the purpose of a green smoothie is to get more GREENS in your diet. This is not a sweet sugary milkshake. But not to worry... it will still be delicious!

**FIERCE**  
**IN 8**

# How to make glorious Green Smoothies

If you are a green smoothie newbie, try out one of our awesome recipes first included in this book.

When you are ready to venture out on your own and create delicious green power drinks, use this FIT CHICKS Guide to Glorious Green Smoothies to set up for healthy success!

STEP	CHOOSE YOUR	HOW MUCH	SUGGESTIONS	
1	Base/Liquid	1 – 1 1/2 cups	<ul style="list-style-type: none"> <li>• Water</li> <li>• Nut or seed milk</li> <li>• Coconut Water</li> </ul>	<ul style="list-style-type: none"> <li>• Herbal tea</li> <li>• Cold decaf coffee</li> </ul>
2	Greens	2 handfuls	<ul style="list-style-type: none"> <li>• Spinach</li> <li>• Kale</li> <li>• Collards</li> <li>• Swiss chard</li> <li>• Beet greens</li> </ul>	<ul style="list-style-type: none"> <li>• Dandelion greens</li> <li>• Cilantro</li> <li>• Mint</li> <li>• Basil</li> </ul>
3	Healthy Fat	1–2 tbsp	<ul style="list-style-type: none"> <li>• Flax oil</li> <li>• Nut butter</li> <li>• Seed butter</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Chia seed</li> <li>• Coconut oil</li> </ul>
4	Fruit	1 handful	<ul style="list-style-type: none"> <li>• Berries</li> <li>• Pears</li> <li>• Mangos</li> </ul>	<ul style="list-style-type: none"> <li>• Plums</li> <li>• Banana</li> <li>• Kiwi</li> </ul>
5	OPTIONAL EXTRAS	2 tsp	<b>SUPERFOODS</b> <ul style="list-style-type: none"> <li>• See “Make Superfood Smoothies”</li> </ul>	
		1–2 tsp	<b>ALL NATURAL SWEETENER</b> <ul style="list-style-type: none"> <li>• Stevia</li> <li>• Dates</li> <li>• Raw honey</li> <li>• Maple syrup</li> <li>• Banana</li> </ul>	
		1 scoop	<b>PROTEIN POWDER</b> <ul style="list-style-type: none"> <li>• All natural whey</li> <li>• Egg White</li> <li>• Hemp</li> <li>• Pea</li> <li>• Brown rice</li> </ul>	

*Follow the Complete in 3 Rule!*

*If replacing a meal, add protein to make it a complete balance of protein, fibre and fat. Try minimally processed protein powder. If having with a meal that includes protein (ie eggs in morning), keep it simple & skip the powder.*



# Chick Tips for even more glam Green Smoothies

1

Drink a protein packed green smoothie within 1 hour of waking.

This energy packed drink will get you super charged for the day ahead. Try this for 7 days and you will be saying sinaroh to your morning cup of joe.

## Use fabulous frozen fruit.

Frozen fruits will save you from adding ice, keep your smoothies cold and add a beautiful smooth texture. Focus on low to medium sugar fruits such berries (strawberries, blueberries, raspberries), pears and mangos. We also love using avocado (this is awesome for added creaminess & healthy fats. Just cut up and freeze!)

3

**Go organic!** As the greens in smoothies are so easily digestible, you want to go organic whenever possible. Buy organic greens when in season, blend with water and store in ice cube trays for quick use or freeze organic fruits.

2

## Rotate your greens.

Spinach is an awesome intro green due to its mild flavour, blendability (is that a word?) and nutritional powerhouse profile. But to make sure you are filling your body with a wide range of nutrients and avoid building up an intolerance, you have to switch it up. Kale, collards, beet greens, carrot greens, romaine lettuce... the choices are endless but switch every 2–3 days.

4

**Try to limit sweeteners.** The more you drink green smoothies, the less sweeteners you will need to add. Sugar, even in an all natural form, should be limited. Always make your smoothie first and test prior to adding fruit, honey or dates as you may not need it.

5



## DIRECTIONS FOR ALL GREEN SMOOTHIE RECIPES

*Put all ingredients in a high speed blender.*

*Add enough water so that all ingredients  
are covered. Blend well.*

*You may want to add a little more water  
if you like your smoothie thinner.*



## BACK TO BASICS: The FIT CHICKS Original Smoothie

### INGREDIENTS

- 1 1/2 cups of water
- 2 handfuls of spinach
- 2 tbsp of chia seed
- 1/2 frozen banana (get the overripe spotty ones and freeze!)
- 1 date

**TIP** — This is a great intro smoothie for anyone just starting out. You can use this as a base and build from there!

## KICKIN' KALE, BLUEBERRY & BANANA SMOOTHIE

### INGREDIENTS

- 1 1/2 cups water
- 5 leaves of kale
- 3 tbsp hulled hemp seed
- 1/2 cup of frozen blue berries
- 1/2 banana

**TIP** — Hemp seeds are a great healthy fat plus 3 tbsp contains approx. 11–15 grams of protein!





## RAZZLE DAZZLE RASPBERRY, LETTUCE & PEAR SMOOTHIE

### INGREDIENTS

- 2 cups water or nut milk
- 2 handfuls of lettuce of choice
- 2 tbsp of hulled hemp seed
- 1 pear
- 1 cup of frozen raspberry
- 1 tbsp of raw honey

**TIP** — Use iceberg, butter or romaine for a mild flavour.

## CHOCO CHERRY SMOOTHIE

### INGREDIENTS

- 2 cups of almond milk (homemade or unsweetened)
- 2 handfuls of spinach
- 1/2 avocado
- 2 cup frozen cherries
- 2 tbsp raw cacao powder
- 1 scoop of unflavoured protein powder

**TIP** — Don't like cherries? Sub in strawberries, blueberries or raspberries for a decadent drink.





## PUMPKIN PIE POWER SMOOTHIE

### INGREDIENTS

- 1/2 cup coconut milk & 1/2 cup water + 6 ice cubes
- 2 fistful of baby kale or spinach
- 3/4 cup pureed pumpkin
- 1 tbsp coconut oil
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice or allspice
- 1 scoop of natural protein powder

**TIP** — Don't have time to roast a pumpkin? You can use canned pumpkin (not pumpkin pie filling) instead. Also, cooked sweet potato, butternut or acorn squash is also delicious in this power smoothie.

## PEANUT BUTTER & JELLY SMOOTHIE

### INGREDIENTS

- 1 1/2 cups of almond milk
- 2 handfuls of baby romaine
- 1 tbsp of all natural peanut butter
- 2 cups of frozen grapes or strawberries
- 1/2 cup of oatmeal
- 2 dates
- 1 scoop of all natural protein powder

**TIP** — Oatmeal is a great way to add more fibre to this smoothie and will make a delicious consistency. When using grapes, make sure to taste first prior to adding dates as it will prob be sweet enough.





## PEPPY PEPPERMINT PATTIE SMOOTHIE

### INGREDIENTS

- 1 1/2 cups of water
- 1 1/2 cups of almond milk + 6 ice cubes
- 1 bunch of fresh mint
- 1 tbsp of almond butter
- 2 tbsp of raw cacao powder
- Stevia to taste
- 1 scoop of all natural protein powder

**TIP** — Want a mintier smoothie?  
Add peppermint essential oils.

## TAKE IT TROPICAL SMOOTHIE

### INGREDIENTS

- 1 cup Coconut milk and 1 cup of water
- 1 bunch of spinach or cilantro
- 1 tbsp of coconut oil
- 1/3 cup frozen mango
- 1/3 cup frozen pineapple
- 3 frozen strawberries
- 1 scoop of all natural protein powder

**TIP** — You will feel like you are somewhere hot & heavenly having this smoothie!  
Other delicious fruits include papaya, banana or melons.





# WORKOUT MAP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	"Fab & Focused" – Buff Babes	"I Heart Tabatas"	30 min walk, jog or cardio of choice	"2 + 2" – Dangerous Duo	"The Dirty 30" – Boxing Babes	"Fab & Focused" – Cardio, Core & More	Rest
WEEK 2	"Tabatas with a Twist"	"2 + 2" – Fierce Fighter Chick	30 min walk, jog or cardio of choice	"The Dirty 30" – Perfect Plyos	"Fab & Focused" – Buff Babes	"Tabatas with a Twist"	Rest
WEEK 3	"2 + 2" – Dangerous Duo	"The Dirty 30" – Boxing Babes	30 min walk, jog or cardio of choice	"I Heart Tabatas"	"Fab & Focused" – Cardio, Core & More	"2 + 2" – Dangerous Duo	30 min walk, jog or cardio of choice
WEEK 4	"The Dirty 30" – Perfect Plyos	"Tabatas with a Twist"	Rest	"2 + 2" – Fierce Fighter Chick	"Fab & Focused" – Cardio, Core & More	"The Dirty 30" – Boxing Babes	30 min walk, jog or cardio of choice
WEEK 5	"2 + 2" – Fierce Fighter Chick	"2 + 2" – Fierce Fighter Chick	Rest	"I Heart Tabatas"	"The Dirty 30" – Perfect Plyos	"2 + 2" – Dangerous Duo	30 min walk, jog or cardio of choice
WEEK 6	"Fab & Focused" – Cardio, Core & More	"Tabatas with a Twist" + 20 min walk, jog or cardio of choice	Rest	"The Dirty 30" – Boxing Babes + 20 Min walk, jog or cardio of choice	"2 + 2" – Dangerous Duo	30 min walk, jog or cardio of choice	"Fab & Focused" – Buff Babes
WEEK 7	"I Heart Tabatas" + 20 min cardio of choice	"The Dirty 30" – Boxing Babes	Rest	"Fab & Focused" – Buff Babes	"2 + 2" – Fierce Fighter Chick	"Tabatas with a Twist" + 20 min cardio of choice	30 min walk, jog or cardio of choice
WEEK 8	"The Dirty 30" – Boxing Babes	"The Dirty 30" – Boxing Babes	30 min walk, jog or cardio of choice	"Fab & Focused" – Cardio, Core & More + 20 min cardio of choice	"Tabatas with a Twist" + 20 min cardio of choice	"The Dirty 30" – Boxing Babes + 20 Min cardio of choice	Rest

● 2 + 2   ● Totally Tabatas   ● Fab & Focused   ● The Dirty Thirty

# CHICK APPROVED Nutrition:

## Sample Meal Plan



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST*</b>						
2 Omelet Muffins 1 cup of baby spinach	Overnight Chia Oats Bowl topped with strawberries	1/2 cup oatmeal 1 egg + 3 egg whites	2 Omelet Muffins 1 cup of baby spinach	1/2 cup oatmeal 1 egg + 3 egg whites	Overnight Chia Oats Bowl with blueberries	2 Omelet Muffins 1/2 cup of oatmeal
<b>LUNCH</b>						
4–6 oz shrimp or chicken or chickpeas 1/2 cup of brown rice, cooked Veggies or salad (As much as you want!) 2 tbsp of balsamic vinegar	Crazy Curried Turkey Burgers on a whole grain bun or lettuce wrap 1 cup of vegetable soup	5 oz Broiled Wild Salmon 2 cups of Sweet & Sassy Arugula Salad	Sexy Mexy Power Bowl	Make your own Lettuce wraps! 4 oz fresh tuna or sprouted lentils mixed with avocado, veggies of choice 6 oz of baked sweet potato	4–6 oz chicken or beans 2 cups of Sweet & Sassy Arugula Salad	4–6 oz shrimp or chicken or legumes 1/2 cup of brown rice, cooked Veggies or salad (As much as you want!) 2 tbsp of balsamic vinegar
<b>SNACK OPTIONS</b>						
15 almonds 1 apple	Carrots, celery, red and yellow peppers dipped in 1/2 cup hummus	Choco Cherry Smoothie Add protein: 3 tbsp of hemp seed or 1 scoop protein powder	2 Chick Power Protein Balls	Take it Tropical Smoothie Add protein: 3 tbsp of hemp seed or 1 scoop protein powder	Kickin Kale Smoothie Add protein: 3 tbsp of hemp seed or 1 scoop protein powder	1/2 cup greek yogurt mixed with berries
<b>DINNER</b>						
Asian Sensation Power Bowl	6 oz white fish 4 oz asparagus 4 oz spicy baked sweet potato Green salad (As much as you want!) Lemon juice	Create your own Perfect Power Bowl	4–6 oz shrimp or chicken or legumes 4 oz of broccoli 4 oz baked sweet potato Green salad (As much as you want!) 2 tbsp of balsamic vinegar	4–6 oz chicken or quinoa 1 oz goat cheese 2 cups of Roasted Veggie Mix (Brussel Sprouts, Beets, Parsnip, Red Onion)	Crazy Curried Turkey Burgers on a whole grain bun or lettuce wrap Green salad (As much as you want!) 2 tbsp of balsamic vinegar	Create your own Perfect Power Bowl