



**FIERCE HEALTH+FITNESS**

**FIT AND  
TONED IN  
8 WEEKS**

THE ULTIMATE GUIDE

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BY FIERCE HEALTH + FITNESS

# DISCLAIMER

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Before beginning any exercise or nutrition program, it is important to consult with your healthcare provider. The information provided by the personal trainer is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

The personal coach is not a licensed healthcare provider and does not have the authority to diagnose or treat any medical conditions. The client assumes full responsibility for any risks, injuries, or damages, known or unknown, which may occur as a result of participating in the exercise or nutrition program.

The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.



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# WELCOME TO THE PROGRAM

Within these pages, you'll find a carefully curated workout plan designed to maximize your time and efforts. Each exercise is tailored to help you build strength and sculpt your muscles, creating a powerful foundation for your fitness goals.

But that's not all – we know that true transformation comes from a holistic approach. That's why this ebook goes beyond the workouts. You'll also receive expert advice on nutrition, goal setting and mindset. Empowering you to make healthier choices and stay motivated throughout the entire 8 weeks.

No more excuses. No more procrastination. It's time to take control of your fitness journey and unlock your full potential.

Your transformative journey awaits – let's do this!

**Kristy Meza**  
Head Coach



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FierceHealthFit



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# YOUR 8-WEEK ROAD MAP

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When it comes to feeling your best, optimising your health and building a strong body, there are a few keys areas that we need to cover:



## GOALS

The power of setting goals and understanding your why you're doing what you're doing can be highly motivating and helpful. Think of setting goals like the foundation of a house; the most important first step.

## MINDSET

Mindset is the second most critical piece towards feeling your best and having the health you most desire. We're going to establish some tools you can use to help with you with your mindset directly.

## NUTRITION

Nutrition is one of the most important things to manage in any program. What you eat and how much you eat can be a direct reflection on how you look and feel. We'll educate you with the right tools to get the most out of this area!

## TRAINING

Lastly, within the pages of this ebook, we will unveil the precise steps you need to take with your training to unlock the full potential of your strength, achieve a sculpted physique, and experience a remarkable boost in overall health by the end of the 8 weeks!



*SET YOUR*  
**GOALS**

# GOAL SETTING 101

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Just as a solid foundation supports a sturdy house, setting meaningful fitness and health goals empowers us to lay the groundwork for lifelong well-being. Let's go through the following questions!

## 01 Define Your Goals!

Take a moment to reflect on what you want to achieve in the next 8 weeks. Are you looking to build strength, tone your muscles or lose body fat? Whatever your aspirations may be, write them down here. Be specific, measurable, and realistic in your goal-setting to set yourself up for success.

## 02 Establish Your "Why"

Understanding the reasons behind your goals is crucial for maintaining motivation and commitment. Consider the deeper purpose driving your desire for change. Is it to boost your confidence, feel more energized, or set a positive example for your loved ones?

## 03 Break It Down

Divide your 8-week journey into smaller milestones. By setting achievable targets along the way, you'll experience a sense of progress and accomplishment. For example, aim to increase the weight lifted or the number of reps completed each week.

# PRE-8-WEEK FITNESS ASSESSMENT SHEET

It's not only important to know where you're going in your journey, but also how far you've come. We have created a fitness assessment test for you to undertake throughout the program. The assessment is a comprehensive evaluation of your fitness level and includes physical measurements and strength assessment.

## START

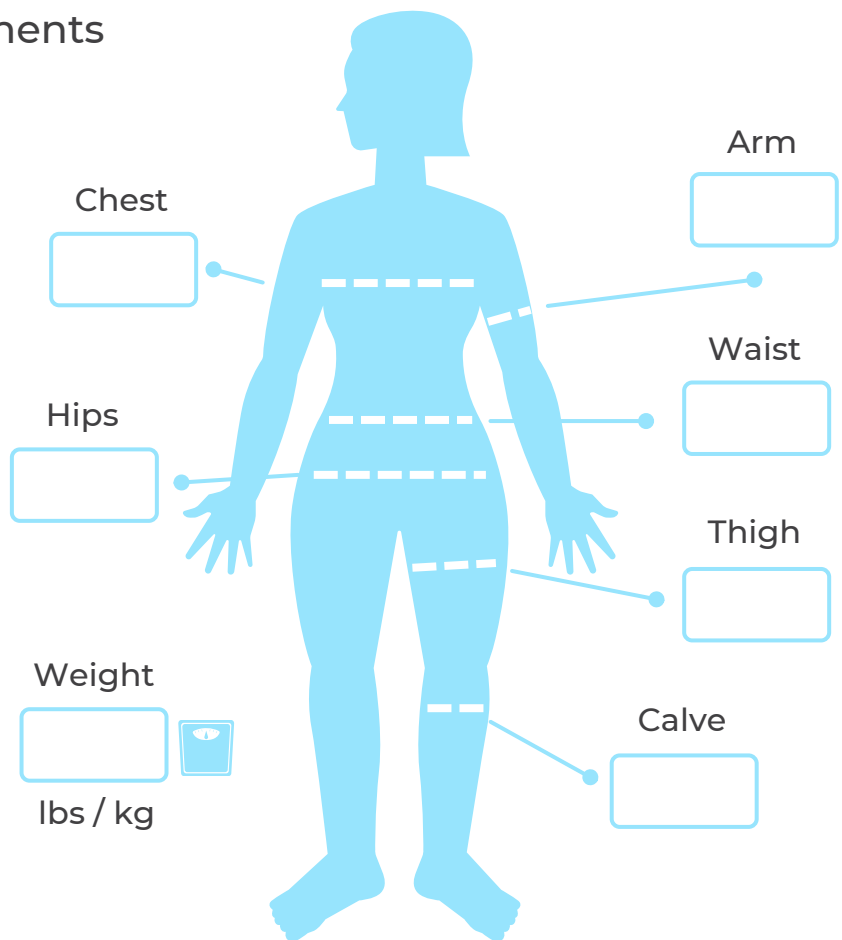
Week 1 Date:

### Physical Measurements

Front Photo

Side Photo

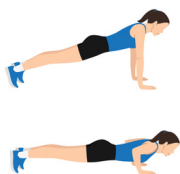
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Notes/extras:



## Strength Assessment



**Push-Ups**

**Total**

Perform as many full-body push-ups as you can with proper form. If you can't do full push-ups, opt for modified or knee push-ups.



**Squats**

**Total**

Perform bodyweight squats for one minute, aiming to maintain proper form and technique. If that is too easy for you, feel free to add a barbell or dumbbell.



**Plank Hold**

**Total**

Hold a plank position for as long as possible, maintaining a straight line from head to heels. If you can't do a full plank, opt for a kneeling plank.

Notes/extras:

# POST-8-WEEK FITNESS ASSESSMENT SHEET

It's not only important to know where you're going in your journey, but also how far you've come. We have created a fitness assessment test for you to undertake throughout the program. The assessment is a comprehensive evaluation of your fitness level and includes physical measurements and strength assessment.

## FINISH

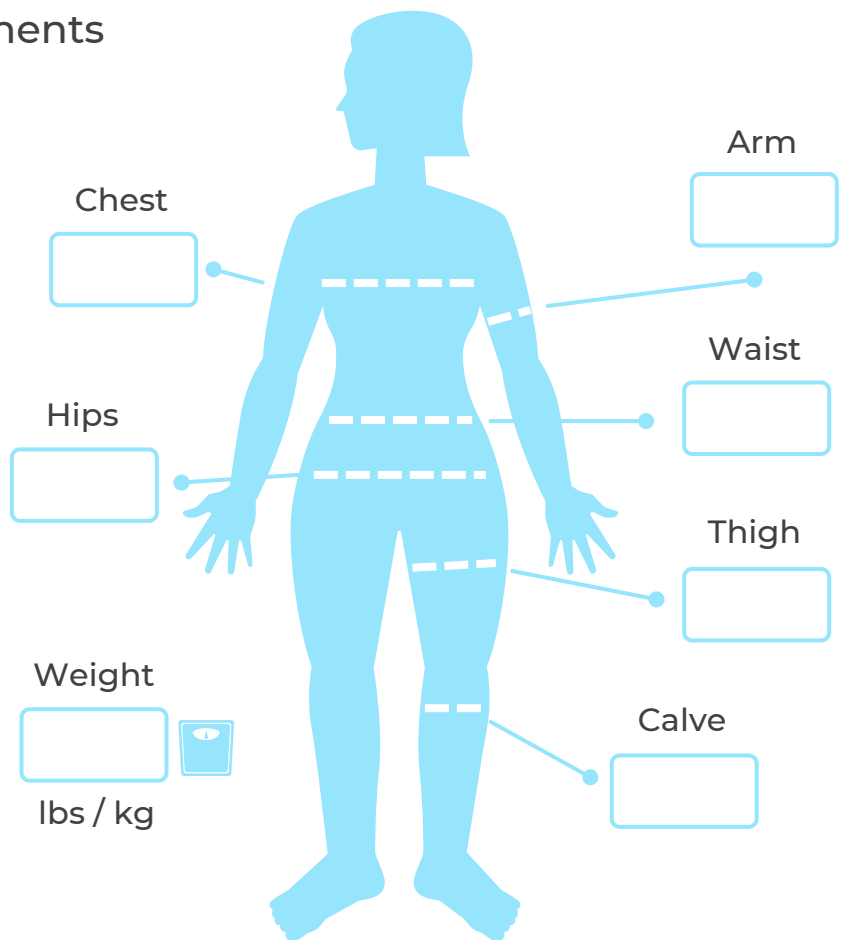
Week 8 Date:

### Physical Measurements

Front Photo

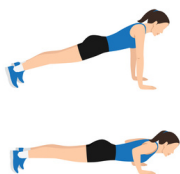
Side Photo

Back Photo



Notes/extras:

## Strength Assessment



**Push-Ups**

**Total**

Perform as many full-body push-ups as you can with proper form. If you can't do full push-ups, opt for modified or knee push-ups.



**Squats**

**Total**

Perform bodyweight squats for one minute, aiming to maintain proper form and technique. If that is too easy for you, feel free to add a barbell or dumbbell.



**Plank Hold**

**Total**

Hold a plank position for as long as possible, maintaining a straight line from head to heels. If you can't do a full plank, opt for a kneeling plank.

Notes/extras:

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*UNLOCK YOUR*  
**MINDSET**

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# MASTERING YOUR MINDSET

Your mindset plays a crucial role in achieving your fitness goals and maintaining long-term success. By cultivating a positive and resilient mindset, you will overcome challenges, stay motivated, and make lasting lifestyle changes. Let's explore some powerful tools and techniques to strengthen your mindset throughout the 8 weeks:

## Visualisation

Take a few moments each day to visualize yourself successfully completing the workouts, pushing through obstacles, and achieving your goals. See yourself feeling strong, confident, and proud of your progress. Visualization reinforces your belief in your capabilities and primes your mind for success.

## Embracing the Setbacks

It's natural to encounter obstacles along the way. Instead of viewing setbacks as failures, see them as valuable learning opportunities. Ask yourself, "What can I learn from this experience?" and use the insights gained to adjust your approach and grow stronger.


## Gratitude Practice

Develop a gratitude practice by reflecting on things you are thankful for each day. Gratitude shifts your focus to the positive aspects of your life, fostering a more optimistic mindset. Write down three things you are grateful for every morning or evening, and let this practice instill a sense of positivity and joy.

## Mindful Breathing

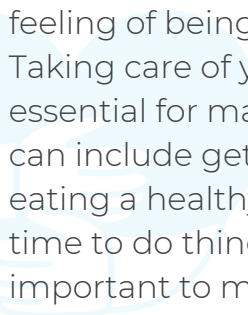
Incorporate moments of mindful breathing into your day, especially during challenging times. Deep, intentional breaths can calm the mind, reduce stress, and improve focus. Practice mindful breathing before or after workouts and whenever you need to center yourself.

## Get Supportive People



Share your fitness journey with friends, family, or like-minded individuals who can offer encouragement and motivation. Having a supportive network will keep you accountable and uplift your spirits during challenging moments.

## Practice Self-Care

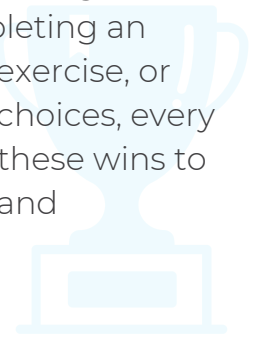


To manage your time more efficiently, try making a to-do list and prioritizing your tasks. This can help you stay organized and reduce the feeling of being overwhelmed. Taking care of yourself is also essential for managing stress. This can include getting enough sleep, eating a healthy diet, and taking time to do things you enjoy. It is important to make self-care a priority in your life, and you will feel more balanced and in control.

Remember, your mindset is the foundation of your success. Embrace these tools and techniques to cultivate a positive, resilient, and determined mindset throughout the 8 weeks. As you build your strength and tone your body, you'll also be empowering your mind for a lifetime of wellness and achievement.

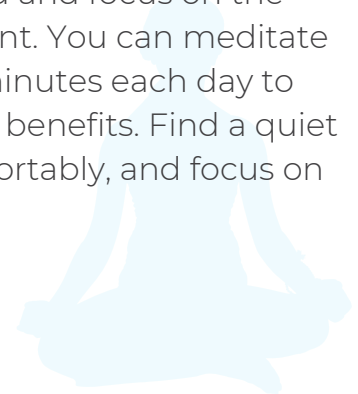
## Celebrate the Small Wins

Acknowledge and celebrate even the smallest achievements along the way. Whether it's completing an extra rep, trying a new exercise, or making healthier food choices, every step counts. Celebrate these wins to boost your confidence and enthusiasm.



## Meditation

Meditation is a powerful tool for managing stress. It can help you clear your mind and focus on the present moment. You can meditate for just a few minutes each day to experience the benefits. Find a quiet space, sit comfortably, and focus on your breath.



# MOTIVATIONAL HANDBOOK

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Throughout this journey, remember to celebrate every milestone, no matter how small. Below we've created a motivational handbook for you to use on your journey where you can add and reflect on your milestones each week.

## Week 1 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." – Christian D. Larson*

## Week 2 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"The only limit to our realization of tomorrow will be our doubts of today."  
– Franklin D. Roosevelt*

## Week 3 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Success is not final, failure is not fatal: It is the courage to continue that counts."  
– Winston Churchill*

## Week 4 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Every morning we are born again. What we do today matters most."  
– Buddha*

Week 5 Milestones

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

*"Your dreams are achievable. You just need the courage to pursue them and the commitment to never give up."*

Week 6 Milestones

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

*"Don't wait for the perfect moment. Take the moment and make it perfect."  
– Zoey Sayward*

Week 7 Milestones

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

*"Success is the sum of small efforts, repeated day in and day out."  
– Robert Collier*

Week 8 Milestones

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

*"What I think is what I shall become."  
– Aaron Bilecki*







*DISCOVER*  
**NUTRITION**

# GETTING ON TOP OF ENERGY BALANCE

Achieving a strong and toned physique requires a balanced approach to exercise, nutrition, and energy management. Energy balance plays a crucial role in this process, as it determines whether our bodies gain, maintain, or lose weight. Striking the right energy balance is essential for building strength and toning up, as it directly influences muscle development and fat loss.

## What is Energy Balance?

Energy balance refers to the equilibrium between the number of calories consumed through food and beverages (energy intake) and the number of calories expended through physical activity and metabolic processes (energy expenditure). The body's energy balance is dynamic and can shift based on factors such as age, gender, body composition, activity level, and overall health.

## Positive Energy Balance and Weight Gain:

When energy intake exceeds energy expenditure, a positive energy balance occurs. In this state, the body stores excess calories as fat, leading to weight gain. While this may be beneficial for individuals looking to increase muscle mass (in the form of lean body mass), excessive positive energy balance without proper exercise can result in excessive fat accumulation.

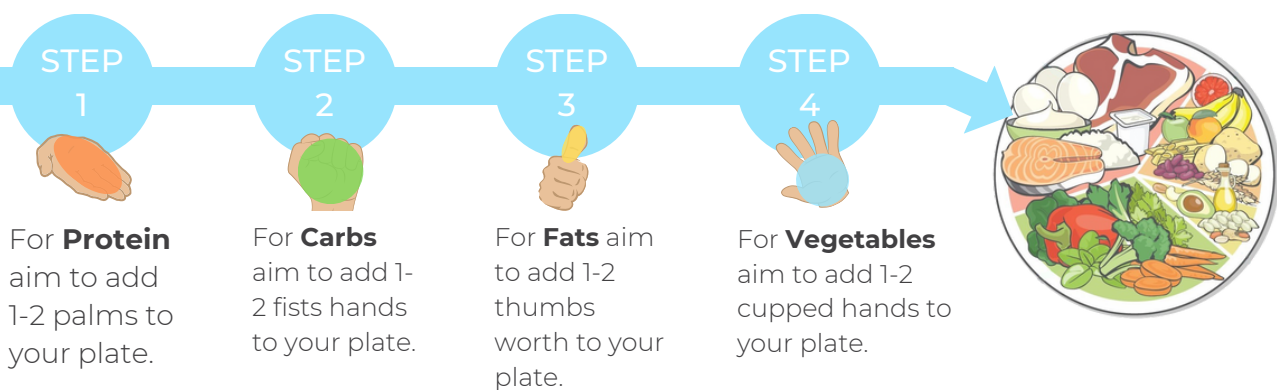
## Negative Energy Balance and Weight Loss:

Conversely, when energy expenditure surpasses energy intake, a negative energy balance occurs. This leads the body to tap into its energy reserves, primarily stored as fat, to meet its energy needs. As a result, weight loss occurs. While this can aid in shedding unwanted body fat, it should be managed wisely to preserve muscle mass and overall health.



# OPTION #1: USING PORTION SIZING



In this section, we'll cover a simple method for nutrition by using portion control as a guide. Being able to lose body fat or build muscle and strength relies on effective portion control. While using measuring tools like scales and cups can be helpful, using your hands as a guide offers a practical and convenient way to estimate portion sizes. For moderately active individuals, consuming 1-2 portions from each food group per meal is generally sufficient for weight maintenance and overall health improvement. However, it's important to note that there is considerable room for variation based on individual needs and preferences. Here's a step-by-step process you can follow in order to achieve the body goals you're after:



## IF YOU NEED MORE FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Not feeling satisfied at meals
- Eating fewer meals through the day
- Not getting muscle-gain results



## THEN START BY ADDING...

- 1 cupped handful of carbs and/or 
  - 1 thumb of fat 
- ...to 2-3 meals each day.

## IF YOU NEED LESS FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Feeling too full at meals
- Eating more meals through the day
- Not losing the weight you'd like

## THEN START BY REMOVING...

- 1 cupped handful of carbs and/or 
  - 1 thumb of fat 
- ...to 2-3 meals each day.

# OPTION #2: TRACKING CALORIES & MACROS

In this section, we'll cover a more advanced protocol with nutrition by calculating and tracking your calories and macros. The precise amount of calories (energy) required to achieve your goals of fat loss, muscle building, or weight maintenance varies from person to person. In the following sections, we will set up a specific quantity that suits your needs.

## Find Your BMR (Basal Metabolic Rate)

This refers to the minimum amount of energy or calories that the body requires to function properly while at rest.

Male equation:

$$(10 \times \text{___ kg}) + (6.25 \times \text{___ cm}) - (5 \times \text{age}) - 161 = \text{_____ calories}$$

For example, a female who weighs 60kg, is 170cm in height and is 25 years old would have a BMR of 1376 calories.

## Find Your TDEE (Total Daily Energy Expenditure)

This refers to the total number of calories that an individual burns in a day, including the calories burned during daily activities and exercise. TDEE takes into account an individual's Basal Metabolic Rate (BMR), as well as the calories burned through physical activity and the thermic effect of food (the energy required to digest and process food).

1.2	Sedentary (Little-no exercise)
1.35	Lightly Active (1-3 days of exercise/ week)
1.55	Moderately Active (3-5 days of exercise per week)
1.75	Very Active (6-7 days of exercise per week)
2	Extremely Active (7 days of very hard exercise)

$$\text{BMR } \text{___} \times \text{Activity Level } \text{___} = \text{_____ calories}$$

For example, a female who has a BMR of 1376 calories and activity level of 1.55 would have a TDEE of 2132 calories.

## Time to Set Your Goal

Once you have calculated your TDEE, you can set your calorie goal by either subtracting, adding or maintaining calories from your TDEE. For example, a female who has a TDEE of 2132 calories and wants to aim to lose 500 grams of fat per week would need to set their calories at starting point of 1632 calories.

# CALCULATING YOUR MACRO NEEDS

After you've calculated your calorie needs, you can then go through the process to work out how many grams of each macronutrient you need to help you reach your goal.



## Protein

Each gram of protein provides 4 calories. Protein requirements differ based on factors like age, sex, weight, and activity level. Athletes, bodybuilders, and those aiming for weight loss or muscle gain may need higher protein intake, generally around 1.5-2 grams per kilogram of body weight.



## Fat

Each gram of fat provides 9 calories. Recommended fat intake varies based on factors like age, sex, weight, and activity level. The Institute of Medicine advises that adults should aim to consume 20% to 35% of their daily calories from fats.



## Carbohydrates

Like protein, each gram of Carbohydrate provides 4 calories. The number of carbohydrates needed should make up 45-65% of your diet, otherwise can be made up with the remaining amount of calories after protein and fat have been considered.

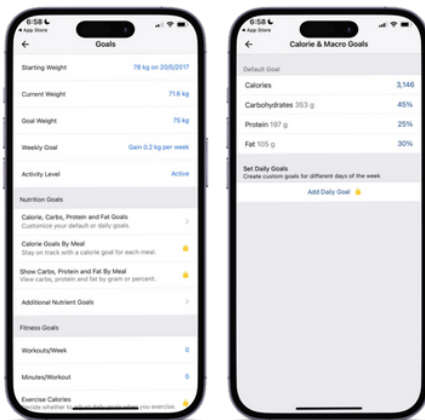
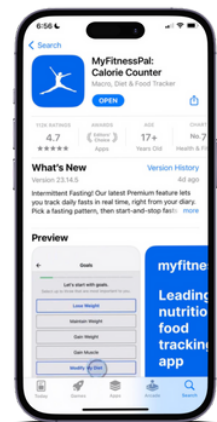
For example: A female weighing 60kg, aiming for fat loss while consistently training and eating 1632 calories, the recommended daily protein intake would be 120g, providing 480 calories. 30% (54g) of fat, which contributes 490 calories. The remaining calories would be allocated for carbohydrates, with 662 calories (165g) being recommended.

# USING MY FITNESS PAL TO TRACK CALORIES

MyFitnessPal is a versatile and intuitive fitness app designed to support your health and wellness journey by providing a comprehensive and convenient way to track your daily caloric and macro intake. By inputting your meals and snacks, the app calculates and monitors your calorie consumption, making it easier to stay mindful of your dietary choices and progress towards your fitness goals. Here's a quick run through on how to get started on the app:

## 01 Downloading the app

- Go to your app store (Google Play Store for Android or App Store for iOS).
- Search for "MyFitnessPal" in the search bar.
- Click on the app icon and select "Install" or "Get" to download the app.

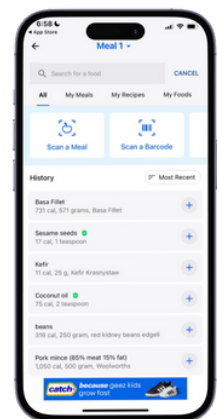


## 02 Setting up your calorie & macro goals

Based on the information you provided and your selected goal, MyFitnessPal will suggest daily calorie and macro (carbohydrates, protein, and fat) goals. Review these suggested goals and adjust them if needed. You can customize the calorie and macro goals to suit your specific preferences and dietary needs.

## 03 Start entering your food

Now that you've worked out how to set up your calorie and macros goals it's time to start eating your way to a better you! You'll have your diary which you can enter food in manually or otherwise, you can use the convenient barcode scanner to make things easier.



# 1500 CALORIE MEAL PLAN EXAMPLE

MEAL	CALS	PRO	FAT	CARB
Breakfast Total	350	17g	17g	34g
Scrambled Eggs (2 large eggs)	140	12g	9g	1g
Whole Wheat Toast (1 slice)	70	3g	1g	14g
Avocado (1/4 med avocado)	80	1g	7g	4g
Fresh Berries (1/2 cup)	60	1g	0g	15g
Lunch Total	450	39g	19g	40g
Grilled Chicken Breast (4 oz)	150	32g	3g	0g
Quinoa (1/2 cup, cooked)	111	4g	2g	20g
Mixed Vegetables	100	3g	0g	20g
Olive Oil (1 tbsp, for dressing)	120	0g	14g	0g
Afternoon Snack Total	200	22g	9g	10g
Greek Yogurt (6 oz, non-fat)	100	18g	0g	6g
Almonds (20 almonds)	100	4g	9g	4g
Dinner Total	500	38g	25g	32g
Baked Salmon (4 oz)	240	32g	11g	0g
Sweet Potato (1 medium, baked)	100	2g	0g	24g
Steamed Asparagus (1 cup)	40	4g	0g	8g
Olive Oil (1 tbsp, for seasoning)	120	0g	14g	0g
Evening Snack Total	100	4g	8g	28g
Apple (1 medium)	95	0g	0g	25g
Peanut Butter (1 tbsp - dipping)	100	4g	8g	3g
<b>TOTAL</b>	<b>1500</b>	<b>84g</b>	<b>55g</b>	<b>180g</b>

This meal plan serves as a mere example and should not be followed without proper consideration of individual dietary needs and preferences. Every person has unique nutritional requirements based on factors such as age, weight, activity level, and health conditions. While this sample plan incorporates a variety of nutrient-dense foods, it may not be suitable for everyone.

# 2000 CALORIE MEAL PLAN EXAMPLE

MEAL	CALS	PRO	FAT	CARB
Breakfast Total	450	30g	4g	75g
Pancakes (2 med-sized)	200	6g	4g	36g
Greek Yogurt (1 cup, non-fat)	130	23g	0g	9g
Fresh Berries (1/2 cup)	30	1g	0g	8g
Maple Syrup (2 tbsp, for topping)	90	0g	0g	22g
Lunch Total	551	48g	22g	46g
Grilled Chicken Salad	300	40g	12g	10g
Quinoa (1/2 cup, cooked)	111	4g	2g	20g
Avocado (1/4 medium avocado)	80	1g	7g	4g
Whole Grain Bread (1 slice)	60	3g	1g	12g
Afternoon Snack Total	250	27g	4g	20g
Cottage Cheese (1 cup, low-fat)	210	27g	4g	10g
Pineapple Chunks (1/2 cup)	40	0g	0g	10g
Dinner Total	635	55g	31g	35g
Baked Salmon (6 oz)	360	48g	17g	0g
Roasted Sweet Potatoes (1 med)	100	2g	0g	24g
Steamed Broccoli (1 cup)	55	5g	0g	11g
Olive Oil (1 tbsp, for seasoning)	120	0g	14g	0g
Evening Snack Total	150	12g	0g	25g
Low-Fat Greek Yogurt (1/2 cup)	65	11g	0g	4g
Mixed Berries (1/2 cup)	40	1g	0g	9g
Honey (1 tsp, for drizzling)	45	0g	0g	12g
<b>TOTAL</b>	<b>2036</b>	<b>172g</b>	<b>61g</b>	<b>201g</b>

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# 2500 CALORIE MEAL PLAN EXAMPLE

MEAL	CALS	PRO	FAT	CARB
Breakfast Total	350	14g	15g	41g
Whole Grain Oatmeal (1 cup, cook)	150	6g	3g	27g
Almond Butter (1 tbsp, for topping)	95	2g	9g	3g
Chia Seeds (1 tbsp, for topping)	60	2g	3g	5g
Skim Milk (1 cup)	45	4g	0g	6g
Mid-Morning Snack Total	250	27g	4g	20g
Low-Fat Cottage Cheese (1 cup)	210	27g	4g	10g
Fresh Pineapple Chunks (1/2 cup)	40	0g	0g	10g
Lunch Total	642	49g	27g	55g
Grilled Chicken Salad	300	40g	12g	10g
Quinoa (1 cup, cooked)	222	8g	4g	39g
Avocado (1/2 medium avocado)	120	1g	11g	6g
Afternoon Snack Total	350	12g	18g	37g
Greek Yogurt (1 cup, full-fat)	300	11g	18g	25g
Mixed Berries (1 cup)	50	1g	0g	12g
Dinner Total	755	73g	24g	59g
Grilled Steak (8 oz)	500	64g	24g	0g
Roasted Sweet Potatoes (2 med)	200	4g	0g	48g
Steamed Broccoli (1 cup)	55	5g	0g	11g
Evening Snack Total	190	3g	13g	19g
Dark Chocolate (1 oz)	150	1g	9g	17g
Almonds (10 almonds)	40	2g	4g	2g
<b>TOTAL</b>	<b>2537</b>	<b>178g</b>	<b>101g</b>	<b>231g</b>

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*HEALTHY*  
**RECIPES**

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# ZUCCHINI AND PESTO ITALIAN OMELETTE

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS



## Ingredients

- Salt and Pepper, to taste
- 2 tablespoons Nutritional yeast seasoning
- 2 cups chopped Zucchini
- 1 slice Bread
- 1 medium Egg
- 1 tsp Oil
- 1 cup Cherry tomatoes
- 1 tsp Italian seasoning, dried
- 2 tsp Pesto
- 3/4 cup Egg whites
- 1 cup Arugula

## Instructions

1. In a bowl, whisk egg whites, whole egg, and nutritional yeast. Season with salt and pepper.
2. Heat oil in a nonstick pan. Cook the egg mixture on low heat, 3 minutes per side, to make the omelette.
3. Transfer the omelette to a plate. In the same pan, cook zucchini with salt, pepper, and Italian seasoning until tender.
4. Add cherry tomatoes, arugula, and pesto to the pan. Stir for a minute, then remove from heat.
5. Place some veggies on the omelette and fold it in half to make a half-moon shape.
6. Serve the remaining veggies as a side dish.
7. Enjoy with toast on the side.

	Calorie	Protein	Carb	Fat
Per Serving	464	45g	35g	17g

# SCRAMBLED SWEET POTATO PANCAKES

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS



## Ingredients

- 1 tsp Pumpkin spice
- 2 tsp Vanilla extract
- 2 tsp Cinnamon
- 2 tsp Baking powder
- 2 scoops Raw organic vanilla plant protein powder
- 1/2 cup, mashed Baked sweet potato
- 1 tbsp Peanut butter
- 1/2 cup Silk almond milk
- 1 tbsp Chia seeds
- 2 sprays (about 1/3 second each spray) Vegetable cooking spray oil

## Instructions

1. Blend all the ingredients (except peanut butter) to form a smooth pancake batter.
2. Heat a skillet and spray vegetable oil. Pour the pancake mix onto the skillet and cook.
3. Use a spatula to crumble the pancake into small pieces. Cook and stir for 2-3 minutes over medium heat until fully cooked and slightly crispy.
4. Transfer the scrambled pancake to a bowl.
5. Top with peanut butter and garnish with extra pumpkin spice.

	Calorie	Protein	Carb	Fat
Per Serving	545	52g	46g	19g

# VEGAN GARLIC, ZUCCHINI AND SPINACH STEW

1 SERVING | PREP TIME: 15 MINS | COOK TIME: 30 MINS



## Ingredients

- 2 medium Zucchini, raw
- 1 1/2 cloves Garlic
- 2 tsp Italian seasoning, dried
- 1/4 cup Vegan mozzarella cheese, shredded
- 2 sprays (about 1/3 second each spray) Vegetable cooking spray oil
- 1 cup Spinach
- 1/2 cup pieces or slices Mushrooms
- 1/3 cup Tomatoes, diced (canned)
- 2 tablespoons Nutritional yeast seasoning
- 1 1/2 cups Beef-free crumble
- 1/2 small Onion

## Instructions

1. Preheat the oven to 365°F (185°C). Cut the zucchini lengthwise.
2. In a large skillet over medium heat, sauté onions and garlic until soft. Add Beyond Meat and cook briefly. Then, add tomatoes, mushrooms, spinach, and Italian seasoning. Cook until vegetables are tender. Season with salt and pepper.
3. In a baking dish, layer zucchini and Beyond Meat mixture. Sprinkle yeast seasoning and vegan mozzarella cheese on top.
4. Bake for 15 minutes or until zucchini is tender and cheese is melted.
5. Serve hot and enjoy

	Calorie	Protein	Carb	Fat
Per Serving	548	55g	44g	18g

# EGG, RADISH AND AVOCADO SALAD BAGEL

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 0 MINS



## Ingredients

- 2 large Eggs, whole, hard-boiled
- 3 Egg whites, boiled
- 1 oz (28 g) Alfalfa seeds, sprouted, raw
- 1 tablespoon Light or Lite mayonnaise
- 1 100% whole wheat whole-grain pre-sliced breakfast bagel
- 1/4 cup slices Cucumber, with peel, raw
- 1/4 cup slices Radishes, raw
- 1/4 Avocado, fruit without skin and seeds, raw (California)

## Instructions

1. In a bowl, mix the chopped boiled eggs with mayonnaise, salt, and pepper.
2. Place the egg mixture on the sliced bagel.
3. Top the egg mixture with sliced cucumber, sliced radishes, mashed avocado, and sprouts.
4. Assemble the sandwich by placing the other half of the bagel on top.
5. Enjoy your delicious Avocado and Egg Bagel Sandwich!

	Calorie	Protein	Carb	Fat
Per Serving	519	34g	44g	23g

# EGG AND DIJON MUSTARD OPEN SANDWICH

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 0 MINS



## Ingredients

- 1 tsp Dijon Mustard
- 1 large Egg, whole, hard-boiled
- 1 thin slice Whole-wheat bread
- Salt and Pepper, to taste
- Lettuce romaine, raw (as desired for serving)
- 1/4 medium Tomato, red, raw (2-3/5" diameter)
- 1 1/2 tsp Light mayonnaise

## Instructions

1. In a bowl, mix the roughly chopped egg with mayonnaise, Dijon mustard, salt, and pepper.
2. Place the lettuce on the slice of whole-wheat bread.
3. Top the lettuce with thinly sliced tomatoes.
4. Spread the egg mixture over the tomatoes.
5. Place another slice of bread on top to form the sandwich.
6. Enjoy your delicious Egg Salad Sandwich!

Per Serving

Calorie

203

Protein

10g

Carb

21g

Fat

8g

# TURKEY ROLL UPS WITH CREAM CHEESE

1 SERVING | PREP TIME: 10 MINS | COOK TIME: 0 MINS



## Ingredients

- 1 1/3 slices Turkey breast, sliced (prepackaged or deli meat)
- 2/3 slices (1 oz) Low-fat Swiss cheese
- 1/3 medium Tomatoes, red, raw (2-3/5" diameter)
- Lettuce romaine, raw (as desired for serving)
- 2/3 medium Tortillas, white flour (approx 6" diameter)
- 1/3 tbsp Cranberry sauce
- 0.67 oz (19 g) Low-fat Cream cheese

## Instructions

1. In a small bowl, mix cream cheese with cranberry sauce until combined.
2. Lay the tortillas flat on a cutting board and spread a layer of the cream cheese mixture all the way to the edges. Layer lettuce leaves down the centre of the wraps.
3. Layer two slices of turkey and Swiss cheese on top of the lettuce. Top with thinly sliced tomatoes.
4. Starting at one end of the tortilla, roll tightly towards the filling. Continue rolling until the filling is tightly wrapped and the cream cheese holds the wrap closed.
5. Slice the wrap into 8 1-inch rounds all the way across.

Per Serving

Calorie

211

Protein

15g

Carb

18g

Fat

7g



# RECOVERY AND INJURY PREVENTION

In your pursuit of building strength and toning up, recovery and injury prevention are essential aspects to ensure progress and long-term well-being. Let's discuss the importance of sleep and rest, injury prevention strategies, managing stress, and the role of nutrition.



## SLEEP & REST

Adequate sleep and rest are crucial for effective recovery and muscle repair. During sleep, the body undergoes essential processes to heal and regenerate, allowing muscles to recover from the stress of intense workouts. Aim for 7-9 hours of quality sleep each night and incorporate rest days into your weekly routine. Rest days give your muscles time to recuperate and reduce the risk of overuse injuries.

## STRESS

Managing stress is crucial for overall health and recovery. High-stress levels can hinder progress and lead to an increased risk of injuries. Incorporate stress-reducing techniques into your routine, such as yoga, meditation, or spending time in nature.

## NUTRITION

Proper nutrition is a key component of recovery and injury prevention. Ensure you consume a balanced diet rich in protein, complex carbohydrates, healthy fats, and essential nutrients. Protein is vital for muscle repair and growth, while carbohydrates replenish glycogen stores for energy. Staying well-hydrated is equally important, as it supports nutrient transport to muscles and aids in recovery.

## INJURY PREVENTION

Injury prevention post-training is essential for optimizing recovery and reducing the risk of injuries. After workouts, focus on proper cool-down exercises, such as stretching and foam rolling, to promote muscle flexibility and reduce muscle soreness.

# RECOMMENDED SUPPLEMENTS

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Supplements can be valuable additions to your diet, aiding in supporting your strength and fitness goals. However, it's crucial to remember that supplements should never replace a balanced diet, but rather complement it. This page will explore some recommended supplements that may benefit your fitness journey, promoting muscle recovery, strength gains, and overall performance.



[GET THIS ONE](#)

## Protein Powder

Protein powder is a popular and convenient supplement to increase your protein intake. Protein powders provide essential amino acids to support muscle repair and growth, making them particularly useful for individuals engaging in strength training and toning exercises.



[GET THIS ONE](#)

## Creatine

Creatine is a naturally occurring compound found in small amounts in certain foods and produced by the body. Supplementing with creatine has been shown to enhance performance during high-intensity, short-duration exercises like weight lifting and sprinting.



[GET THIS ONE](#)

## Omega-3 Fatty Acids

Omega-3 fatty acids, found primarily in fish oil supplements, are essential for heart health and inflammation reduction. They also support joint health and recovery, making them beneficial for individuals engaging in intense workouts.



GET THIS ONE

## Multivitamin

A high-quality multivitamin can help fill potential nutrient gaps in your diet, providing a range of vitamins and minerals essential for overall health and well-being. While a well-balanced diet should ideally cover all nutritional needs, a multivitamin can act as a safety net.



GET THIS ONE

## Branched-Chain Amino Acids (BCAAs)

BCAAs are a group of three essential amino acids: leucine, isoleucine, and valine. They play a crucial role in muscle protein synthesis and energy production during exercise. Supplementing with BCAAs before or during workouts may help reduce muscle breakdown and improve exercise performance.



# FREQUENTLY ASKED QUESTIONS

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Who is the 8-week program suitable for?



This program is suitable for individuals of various fitness levels, from beginners to intermediate and advanced athletes. The program can be tailored to individual needs, making it accessible for those looking to start or progress their fitness journey.



How often should I work out during the 8-week program?



The frequency of workouts in the program will be 5 days a week. The specific number of weekly workouts will depend on individual fitness goals, preferences, and available time. Beginners may start with 3 days a week and gradually increase to 5 days as they build stamina and strength.



Will the program help me lose weight?



Certainly! Combining strength training and a balanced diet can create a calorie deficit, leading to fat loss. Additionally, as you build lean muscle mass through strength training, your body's metabolism may increase, contributing to long-term weight management.

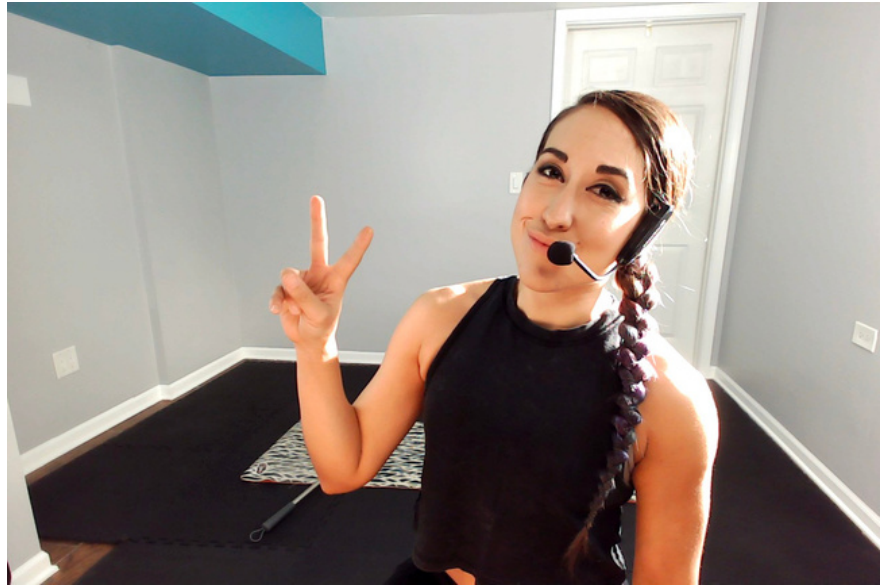


Can I modify the program if I have specific health concerns or limitations?



Absolutely! The program is completely modifiable so that anyone can participate. If you have specific health conditions or injuries, it is recommended to consult with a healthcare professional or fitness specialist before starting the program. They can help you modify certain exercises or suggest alternative movements to accommodate your needs safely and effectively.

# THANK YOU



We are grateful for the opportunity to be your guide on this journey. Your curiosity and willingness to learn have inspired us to create a comprehensive resource that aims to empower you in your pursuit of better health.

Remember, knowledge is the key to transformation. By arming yourself with the understanding of proteins and their significance, you have taken a significant step towards achieving your health and wellness goals.

As you continue on your wellness journey, remember that small changes can lead to significant results. Embrace the power of protein and apply the knowledge you've gained to make positive choices for yourself and those around you.

We wish you all the best on your path to a healthier and happier life.

**Kristy Meza**  
Head Coach

**BOOK A CALL**

*Chat Further With Me!*

630-272-7735