



# 21 Day Challenge

**RECIPES**



## RECIPE

# Almond Joy SMOOTHIE



Serves 1

## INGREDIENTS

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

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving)**

Calories 246  
Protein 28g  
Carbs 9g  
Fats 7g

**P-FS**

## RECIPE

# Peanut Butter

# FUDGE

Serves 15

## INGREDIENTS

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

### **Chocolate marble topping**

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

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving-1)**

Calories 145  
Protein 4g  
Carbs 5g  
Fats 12g



## RECIPE

# Reese's Dream SMOOTHIE



Serves 1

## INGREDIENTS

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

## INSTRUCTIONS

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

### ***Nutrition Snapshot per serving***

Calories 240  
Protein 29g  
Carbs 13g  
Fat 9g

P-FS

## RECIPE

# Roasted Zucchini &

# ROASTED ZUCCHINI



Serves 4

## INGREDIENTS

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

### **Nutrition Snapshot (per serving)**

Calories 68  
Protein 3g  
Carbs 7g  
Fats 4g

## INSTRUCTIONS

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

V

## RECIPE

# Spinach

# BAKE

Serves 4

## INGREDIENTS

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

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving)**

Calories 220

Protein 14g

Carbs 4g

Fats 16g



**P-V-FS**

## RECIPE

# Pizza In A BOWL



Serves 4

## INGREDIENTS

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

## INSTRUCTIONS

1. Cook chicken and dice
2. Place diced chicken in a 9 x 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

### **Nutrition Snapshot (per serving)**

Calories 174  
Protein 30g  
Carbs 12g  
Fats 0g

**P-V**

## RECIPE

# Italian Turkey Meatballs AND NOODLES



*Makes 4 servings*

**8 Meatballs total. serving size is 2-2 oz. meatballs**

## INGREDIENTS

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

## INSTRUCTIONS

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

**Nutrition Snapshot**  
**(Makes 8 2oz meatballs.)**  
Per Serving = 2 meatballs

Calories 218  
Protein 34g  
Carbs 3g  
Fats 2g

P-V

## RECIPE

# Green Machine SMOOTHIE

Serves 1

## INGREDIENTS

- 1 scoop vanillaplant based protein
- 1 handful of kale and spinach
- 1/2 cucumber
- 1/2 green apple
- 1/2 banana
- 2 tbs. chia seeds
- Pinch of fresh mint
- Ice
- Water

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving)**

Calories 335  
Protein 23  
Carbs 46g  
Fats 7g



**F-FS-P-V**

## RECIPE

# Strawberry Protein

# PANCAKES



Serves 1

## INGREDIENTS

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

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving)**

Calories 264  
Protein 29g  
Carbs 26g  
Fats 6g

**P-CC-FS-F**

## RECIPE

# Grilled Chicken WITH AVOCADO



Serves 4

## INGREDIENTS

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

### Nutrition Snapshot (per serving)

Calories 232  
Protein 25g  
Carbs 9g  
Fat 12g

## INSTRUCTIONS

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

P-FS

## RECIPE

# Stir Fry Chicken & Vegetables OVER SPAGHETTI SQUASH

Serves 1

## INGREDIENTS

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

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving)**

Calories 215  
Protein 24g  
Carbs 14g  
Fat 6g



P-V-FS

## RECIPE

# Pasta Sauce /

# PIZZA SAUCE



Serves 6

## 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

## INSTRUCTIONS

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

### **Nutrition Snapshot (per serving)**

Calories 41  
Protein 1g  
Carbs 9g  
Fat 0g

## RECIPE

# Zucchini

## ICE CREAM

Serves 1

### INGREDIENTS

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

### INSTRUCTIONS

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

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

#### **Nutrition Snapshot (per serving)**

Calories 150  
Protein 22g  
Carbs 8g  
Fat 6g



P-V

## RECIPE

# 1 Minute MUG CAKE

Serves 1

## INGREDIENTS

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

## INSTRUCTIONS

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

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

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

### **Nutrition Snapshot (per serving)**

Calories 146  
Protein 24g  
Carbs 5g  
Fat 4g





## Fit Bodies 4 Life

*Lawyer Stuff*

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Fit Bodies 4 Life you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Kim Lipe or other staff or coaches of Fit Bodies 4 Life. There are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Kim or other staff or coaches of Fit Bodies 4 Life or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the nutritional guide and exercise program for personal use.

**IMPORTANT:** Again, more fun things from my lawyer: This program, the methods, and materials you receive are copyrighted and/or trademarked and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.