



PROGRAM SUCCESS GUIDE





I can't wait to watch you transform!

I was sitting in my office one day, working on my computer, and my husband walked by and saw me smiling.

He stopped and said...

“What are you smiling about? You hate admin work.”

And he's right... I do.

But I told him,

“I'm putting together transformation photos of our members.”

And in that moment—it hit me.

It's not the “business owner” stuff that lights me up...

It's the transformations.

But even more than that—it's the transformations from the right people.

And that's exactly what this 21-day challenge is about.

This is our chance to see if we're the right fit for each other.

You might not like me... I might not like you... lol

But that's okay—because this gives us the opportunity to figure that out, without you having to commit to something long-term or put money down like a lot of other “free” programs out there.

But here's what I do know...

I am on a mission to create 365 transformations by the end of 2026—and I truly hope you are one of them.

Whether you're here for 21 days... or this turns into 21 years...

I am ALL IN on helping you transform your body, your health, and your confidence.

I'm so grateful you're here. And I'm excited to do this with you.

Alright... let's get started

— Kim



Getting Started Checklist

WELCOME to the 21-Day Challenge! I am SO excited you are here. This is your time to reset, refocus, and start creating real results. Let's make sure you are set up for success

BEFORE YOU GET STARTED:

Read through this Success Manual
This will answer most of your questions and set the foundation.

Grab a digital food scale
(This is going to be a game changer for accuracy!)

Take your "before" pictures + measurements
I know... it's not always fun—but this is where the magic starts. You'll be so glad you did.

Plan your grocery trip
Success comes from being prepared.

When are you going?
Write it down and commit: _____ (day & time)

If you need anything at all... I'm here for you.

This is not something you're doing alone—we're doing this together
Now let's get this party started... I can't wait to watch you transform.
– Kim



Accountability

Accountability is the number 1 reason people succeed! This challenge is all about keeping you accountable!

Here's what I need from you each day:

Take a picture of at least ONE meal
You are welcome to share all your meals—but only one is required.

Take a picture of your food log/journal
Do this at the end of the day once you're done eating.

Post in the Facebook group
Upload your meal picture + your food journal so we can support you, guide you, and keep you on track.

Watch the live trainings with me inside the Facebook group
This is where you're going to learn why we're doing what we're doing—and gain the knowledge you need to create real, lasting results.

Do this DAILY for all 21 days

This is part of staying in the program.
Not to be strict—but because this is what gets you RESULTS.
Remember...
Consistency over perfection.

Show up. Stay coachable. Do the work.
I've got you every step of the way
– Kim



Our Focus for 21 Days!

We will be dedicating much of our time to creating a meal plan, as this is where the magic happens. If you learn this you are guaranteed success.

You WILL be successful, there's no doubt about it. The only way you won't is if you don't TRY!!

So go ALL IN on this process for 21 days and forget everything you think you know about nutrition!

Let's jump in!

How to Make a Meal Plan:

Step 1. Choose your favorite food from the list of **Protein, Carbs and Fats**. This is just an example....your full list is in the meal plan blueprint!



Protein	
Protein Food Source	Serving Size
Bacon or Turkey Bacon	4 slices
Eggs and/or Liquid Egg Whites	2 whole eggs + 2 egg white, or 2 whole eggs and 1/2 cup liquid egg whites
Turkey (97-99%) - ground or whole breast	4 oz.
Chicken Breast (skinless) or Chicken Thighs	4 oz.
Ground Chicken	4 oz.

FRUIT CARBS	
Fruit Food Source	Serving Size
Apples	1 whole, small
Grapefruit	1/2 large grapefruit
Banana	1 whole, small
Blueberries/Strawberries/Blackberries or Raspberries	1 cup

VEGGIE CARBS	
Vegetables Food Source	Serving Size
Mixed and/or Salad Greens	2 cups
Kale	1 cup
Spinach	1 cup
Romaine Lettuce (or any other large leafed lettuce)	1 cups

HEALTHY FATS	
Fats Food Source	Serving Size
Coconut Oil (unrefined, virgin preferred)	1-2 tsp
Extra Virgin Olive Oil, Macadamia Nut Oil, Flaxseed Oil, Avocado Oil	2 tsp
Nut Butter: Peanut, Almond, Cashew, Sunflower	1 tbsp
Nuts: Almonds, Walnuts, Cashews, Pecans, Pistachios, Brazil Nuts	1/8 cup

COMPLEX CARBS	
Complex Carbs Food Source	Serving Size
Sweet Potatoes	4 oz.
White /Brown /Jasmine Rice/ or Quinoa	1/3 cup cooked
Oatmeal	1/3 cup dry
Beans and Lentils	1/2 cup



Step 2. Determine **how much** to eat!



How to Make a Meal Plan:



Step 3 . Put it all together! Follow the blueprint in the 21 day meal plan guide.

EXAMPLE MEAL PLAN

BREAKFAST	LUNCH	DINNER	BEFORE BED
<ul style="list-style-type: none"> • SMOOTHIE • 1 Serving Protein Powder • ½ Frozen Banana • 1 Tbsp. Peanut Butter • 8 oz. water or unsweetened almond milk • add ice and blend OR • Protien • 3 Chicken Sausage • 1 Whole Egg and 1 Egg white • Fruit Carb • Apple • Fat • 1 tbsp. Almond Butter 	<ul style="list-style-type: none"> • Protein • 4 oz grilled chicken • Fat • 1 tsp olive oil • Veggie Carb • 1 cup broccoli • Complex Carb • 1/3 cup cooked rice 	<ul style="list-style-type: none"> • Protein • 4 oz salmon • Fat • 1 tsp olive oil • Veggie Carb • 1 cup asparagus 	<ul style="list-style-type: none"> • SMOOTHIE • 1 Serving Protein Powder • 1 Tbsp. Heavy Cream • 8 oz. water or unsweetened almond milk • add ice and blend OR • Protein • 6oz. Yogurt • Fat • 1/8 cup Pecans

Wrapping it Up!

I know this can all seem overwhelming to begin with but if there's one thing I have learned after helping hundreds of women lose weight is to keep it simple!

If you can make a meal plan and be accountable to your coach, there's no reason you won't be successful.

Don't overthink it.

Calories don't matter on this program. Meal timing doesn't matter on this program.

Weigh your food, eat your food in the amounts given, and have a transformation.

There are 5 things that will help you with your transformation!

1. Follow the plan as it is laid out
2. Drink ½ your body weight in ounces of water a day
3. Check in the facebook group for accountability
4. Move your body daily - get in a workout or walking
5. DON'T GIVE UP- Keep on keeping on!

#ALLIN

You do these and you're well on your way to a massive change.



FAQS

Here is a list of answersto themostcommonquestions.

1. What do I mix my protein powder with? Ice and water, but you can use unsweetened almond, coconut, or cashew milk. Please be careful adding extra fruit, nut butter etc. Unless suggested in the meal plan.

2. What protein powder should I use? I recommend and use our FB4L line, it is clean from artificial ingredients, gluten free. We offer plant based and also a whey isolate.
www.fitbodies4lifenutrition.com

3. Can I swap out things I don't like? Yes, swap out anything you want as long as you follow the serving size and stick to the same category. Example. Chicken you pick something from the PROTEIN category.

4. I am still hungry what should I do? First, up your veggies. RAW veggies are unlimited and encouraged. EAT AWAY! IF that does not completely work, add additional healthy fat. 5 - 8 almonds is a good start or a hard boiled egg. DO NOT add more carbohydrates as they will only make you hungrier.

5. I workout really hard and I feel like I am not getting enough calories, what do I do? Pre and post workout have a scoop of protein powder. Eat another serving of healthy fat .



6. Do I have to eat the fat on the plan? Yes, please do not eliminate the fat listed or you will not be getting enough calories for the day you will trigger cravings and hunger.

7. Can I have caffeine on this plan? Yes, coffee and tea unsweetened or sweetened with stevia. Also, energy drinks and pre-workouts are suggested. Supplements suggested - www.fitbodies4lifenuitration.com

8. Do you suggest additional supplements? In general, supplements should be thought of as fill in the gaps. Nutrition first then supplement. That being said, there are some supplements I believe in and recommend. See the following links for more information: Energy, Protein, Greens, and Vitamins.

Protein: <https://fitbodies4lifenuitration.com/collections/muscle-building-and-toning>

Greens: <https://fitbodies4lifenuitration.com/products/super-greens>

Vitamins: <https://fitbodies4lifenuitration.com/collections/wellness>

9. What do I do after the 21 day challenge over? Let's book a call and have a conversation about how to keep your results and continue on this journey! Here is my calendar link - <https://calendly.com/fitbodies4life/15min>

Check out additional programs at www.fitbodies4life.fit





Fit Bodies 4 Life

Lawyer Stuff

Here's all the fun legal stuff my lawyers 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 this 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.