



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 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.

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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



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RECIPE

Pizza In A BOWL



Serves 4

INGREDIENTS

- 16 oz. chicken breasts, cooked and diced.
- 1 tbsp low sodium Flavorgod pizza seasoning
- 1 tsp 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 vanilla plant 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



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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
- 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 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.

Nutrition Snapshot (per serving)

Calories 146
Protein 24g
Carbs 5g
Fat 4g





Fit Bodies 4 Life

Lawyer Stuff

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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.

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