



21 DAY CHALLENGE



21 Day MEAL PLAN

Blueprint + Guide

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21 DAY NUTRITION RULES

- Follow the 21 Day meal plan blueprint, choose 1 item from each category suggested.
- Do not skip meals on this plan.
- Limit processed foods or pre-packaged food items.
- If you drink coffee or tea, NO ADDED cream or sweeteners allowed unless it is STEVIA. (Those fancy lattes are filled with calories.) You can use flavored coffee as long as it is low calorie.
- Protein powders can be mixed with water or unsweetened almond, coconut, or cashew milk.
- We will begin and end our day with a high-protein, high-fat smoothie. If you do not want a smoothie, choose any protein source and any fat source to replace it.
- Click this link www.fitbodies4lifenutrition.com to see what protein powders are recommended.
- No nibbles of anything outside of this plan. Those tiny bites add up. This is very calorie specific, and just an extra 100 calories per day will mess up your results.
- No ALCOHOL on this plan.
- Drink 80 ounces of water or ½ your body weight in ounces!
- Unsweetened iced or hot green tea can be consumed in unlimited amounts.
- Use Stevia as a sweetener if needed. Avoid Equal and Sweet'N Low.
- Vegetables (steamed or raw) can be eaten in greater portions than I have listed if you are still hungry. Eat more vegetables!
- Weigh and measure everything after it is cooked, except for oatmeal.
- No fruit juice, soda, or milk.
- Use real fruit/lemons in water if needed. No water flavorings allowed.
- No fried foods.
- No refined carbohydrates (white bread, white pasta, cereals, etc.).



MEAL PLAN BLUEPRINT

HOW TO BUILD YOUR MEALS

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	<ul style="list-style-type: none">• PROTEIN• FAT• VEGGIE CARB• COMPLEX CARB OR FRUIT CARB	<ul style="list-style-type: none">• PROTEIN• FAT• VEGGIE CARB	<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

OPTIONAL ▼

SNACK
<ul style="list-style-type: none">• PROTEIN• FAT• FRUIT CARB

HOW TO BUILD YOUR MEALS

Create your meals by selecting one item from each category:
protein, carbs, and fats.

Be sure to adhere to the serving sizes for each item; please weigh and measure on a digital scale for accuracy.

Additionally, if needed, you can include a snack either mid-morning or mid-afternoon.



MEAL PLAN BLUEPRINT



HOW TO PUT IT TOGETHER!

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 <p>OR</p> <ul style="list-style-type: none">• Protein• 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 <p>OR</p> <ul style="list-style-type: none">• Protein• 6oz. Yogurt• Fat• 1/8 cup Pecans

OPTIONAL ▼

SNACK

- **Protein**
- 2 hard-boiled eggs
- **Fat**
- 10 almonds
- **Fruit Carb**
- Apple

MEAL PLAN BLUEPRINT



NOW YOUR TURN

FILL IN YOUR 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 <p style="text-align: center;">OR</p> <ul style="list-style-type: none">• Protein• Fruit Carb• Fat	<ul style="list-style-type: none">• Protein• Fat• Veggie Carb• Complex Carb	<ul style="list-style-type: none">• Protein• Fat• Veggie Carb	<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 <p style="text-align: center;">OR</p> <ul style="list-style-type: none">• Protein• Fat

OPTIONAL ▼

SNACK
<ul style="list-style-type: none">• Protein• Fat• Fruit Carb





PROTEIN

Protein

<i>Protein Food Source</i>	<i>Serving Size</i>
Bacon or Turkey Bacon	4 slices
Eggs and/or Liquid Egg Whites	2 whole eggs + 2 egg white, or 2 whole eggs and ½ 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.
Ground Beef	4 oz.
Sirloin Steak/Ribeye Steak/Beef Brisket	4 oz.
Pork Loin	4 oz.
Bison Ground or Steak	4 oz.
Tuna, Cod/or other Fish	4 oz.
Salmon /Scallops ,Shrimp or any other Seafood	4 oz.
Yogurt	6 oz. (20-25 grams of protein)
Protein Powder	20 - 25 grams of protein
Chicken Sausage	6 links
Turkey Sausage	4 oz.

**NOTE: IF YOU DECIDE TO HAVE BACON OR SAUSAGE AND EGGS,
THEN USE ½ THE SERVING SIZE SUGGESTED FOR EACH!**



FRUIT CARBS

<i>Fruit Food Source</i>	<i>Serving Size</i>
Apples	1 whole, small
Grapefruit	1/2 large grapefruit
Banana	½ large banana
Blueberries/Strawberries/Blackberries or Raspberries	1 cup

VEGGIE CARBS

<i>Vegetables Food Source</i>	<i>Serving Size</i>
Mixed and/or Salad Greens	2 cups
Kale	1 cup
Spinach	1 cup
Romaine Lettuce (or any other large leafed lettuce)	1 cups
Celery	2 cup
Asparagus	8-12 spears, depending on size
Eggplant	3/4 cup
Broccoli	1 cup
Cauliflower	1 cup
Green Beans	1 cup
Carrots	1 cup
Onion	1 cup
Bell Peppers	1 cup
Cucumbers	1 cup
Tomatoes	1 cup
Mushroom	1 cup
Brussels Sprouts	1 cup
Spaghetti Squash/Pumpkin/Yellow Squash (canned or fresh)	1 cup

COMPLEX CARBS

<i>Complex Carbs Food Source</i>	<i>Serving Size</i>
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



HEALTHY FATS

<i>Fats Food Source</i>	<i>Serving Size</i>
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
Avocado	1/4 Hass avocado
Guacamole	1 tbsp
Chia Seeds and/or other Seeds	1 tbsp
Hummus (fat with protein)	1 tbsp
Ghee or Grass Fed Butter	1 tbsp
Heavy Cream	1 tbsp
Avocado Mayo - Primal Kitchen	1 tbsp



CONDIMENTS ALLOWED

- Mustard
- Spices and herbs that are low sodium or 1 ingredient (black pepper, oregano, rosemary)
- Flavorgod/ Mrs. Dash/ Kinders/Tabitha Brown Seasonings
- GHughes Sauces and Dressings
- Siete taco seasoning
- Stevia
- Raw Honey
- Apple Cider Vinegar
- Balsamic Vinegar
- Red Wine Vinegar
- Rice Vinegar
- Lemon Juice
- Salsa
- Bone Broth
- Primal Kitchen Sauces and Dressings
- Coconut Aminos Sauces
- Worcheshire Sauce
- Hot Sauce
- Avocado Mayo - Primal Kitchen



MEAL PLANNER/TRACKER

WEEK		
MONDAY	Breakfast	NOTES
	Lunch	
	Dinner	
	Evening Snack	
TUESDAY	Breakfast	
	Lunch	
	Dinner	
	Evening Snack	
WEDNESDAY	Breakfast	
	Lunch	
	Dinner	
	Evening Snack	
THURSDAY	Breakfast	
	Lunch	
	Dinner	
	Evening Snack	
FRIDAY	Breakfast	
	Lunch	
	Dinner	
	Evening Snack	
SATURDAY	Breakfast	
	Lunch	
	Dinner	
	Evening Snack	
SUNDAY	Breakfast	
	Lunch	
	Dinner	
	Evening Snack	



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When choosing ingredients. Formulations: we go through a long process and seek out the best researchers, scientists, and manufacturers to make sure our supplements are the highest quality

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MY STORY

I am excited to share this awesome 21 Day Challenge with you!

If you are like 90% of women, you have tried programs, been on diets and bought expensive equipment, and did not stick with the program and ended up back where you started: Out of shape. Well, don't be discouraged. I was just like that myself. I had never really been what I'd call fit. In my younger years I was skinny with no muscle tone. I did not work out or even eat healthy at all. My idea of eating healthy was ordering the chicken sandwich at McDonald's versus the Big Mac.

At age 45 I saw a picture of myself with family at Christmas. It hit me how out of shape and overweight I had become. I was discouraged and decided that even though I was 45 I was going to do something about it. I was not going to fall into the trap that this is just what happens to women when they reach 40 something, so I joined a gym and began a workout program with proper nutrition!



I turn 64 in May 2026 and am now in the best shape of my life. I feel better now about my body than I have in years! None of this would have happened if I didn't have the mindset to change.

I am a Mom of three grown children and I have two beautiful granddaughters and 3 handsome grandsons! I love how getting into shape and learning about proper nutrition has affected not only myself but my family as well. It truly is a lifestyle change that will create a healthy environment for you and your family! My daughter, daughter in law and two sons, plus my grandkids all workout and exercise and it is exciting to me to see their dedication as well!

I have a huge passion to help women become the success they desire to be. I truly believe this has made me a better person not only on the outside but on the inside as well. No matter how old you are, if you are starting like me, later in life, or if you are in your 20's, this program will help you jumpstart your results and decrease your body fat percentage. I will be there every step of the way to help you succeed!



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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.

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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.