



CARB CYCLE

Meal Plan

+ RECIPES



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What is Carb Cycling?

Carb cycling is a simple nutrition strategy where you rotate between certain days of eating lower carbs and higher carbs.

Carb cycling is commonly used to lose fat, maintain muscle, overcome a weight loss plateau and maintain your metabolism.

When you are carb cycling you are keeping your body guessing by manipulating the way your body metabolizes food and absorbs nutrients.

What are the Benefits of Carb Cycling and How Does it Work?

Carb cycling can help you burn fat and build muscle through the impact that the cycle has on your insulin.

Carb cycling may help control leptin and ghrelin levels. These are appetite and fat homeostatic hormones — in other words, they are sensitive to body composition and food intake; their job is to try to make sure we eat enough and have enough body fat.

Carb cycling can maximize glycogen stores and improve workouts during a low-calorie period.

During the lower carb days our glycogen levels will be low so your body will burn extra fat as fuel. Then cycling in 1 day of healthy low glycemic carb sources will help refuel the glycogen stores in your muscle, give you tons of energy and help prime your body for even more fat burning.

On lower carb days we will use higher fat options and on higher carb days we will have lower the fat options.

How Long Should You Carb Cycle?

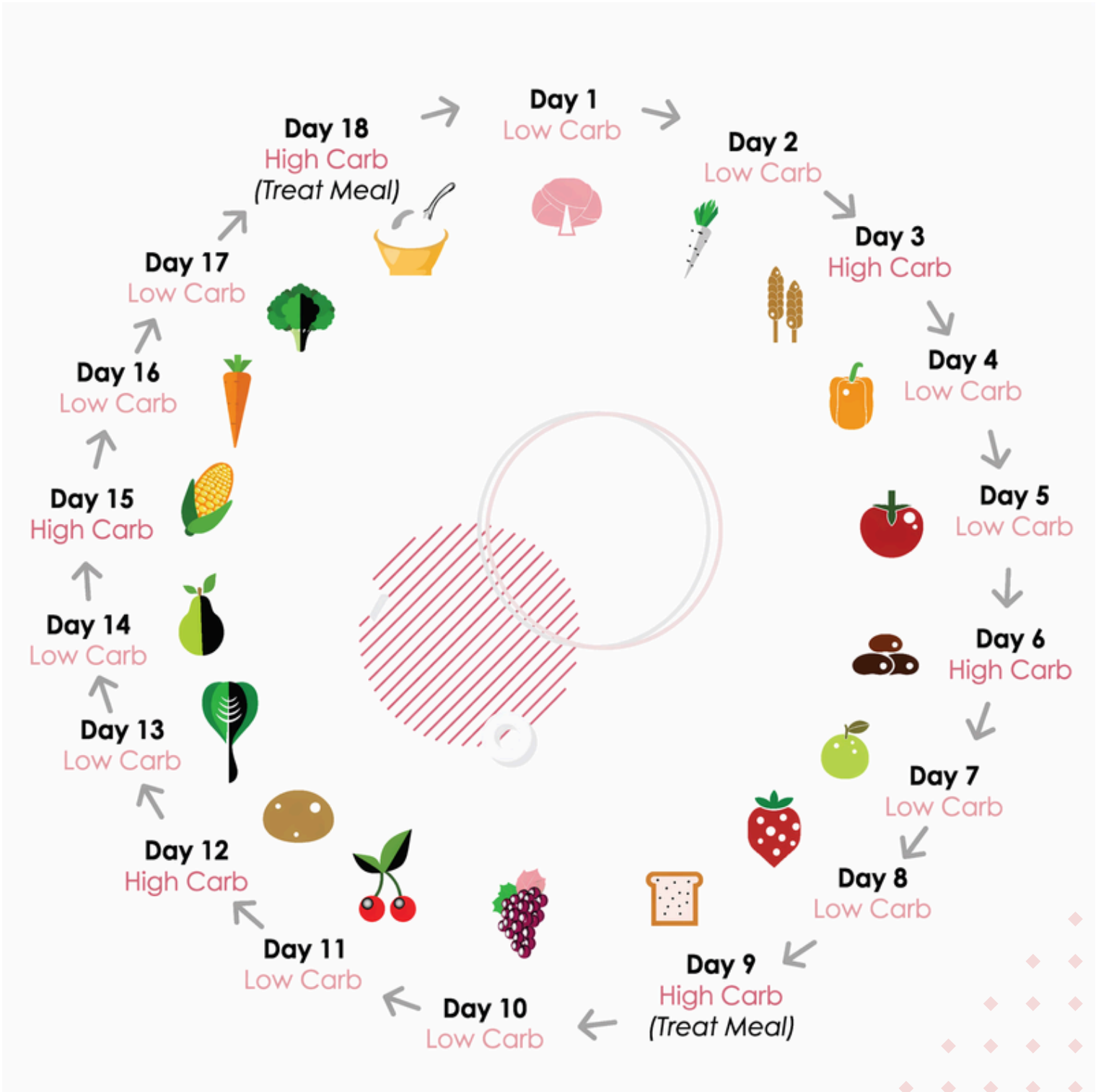
Carb Cycling should be used in short term periods. 2 – 3 weeks at a time.

Restricting the body too long from carbohydrates is not a healthy option, plus it is not sustainable. With our FB4L nutrition plans, the overall goal should be consuming quality whole foods, that you can live on long term. Eliminating carbs long term is just not a lifestyle that is sustainable.

Important Tips

1. Follow the carb cycle schedule as outlined. We will be doing a 2- 1 cycle. 2 low carb days followed by 1 higher carb day.
2. Build your meal plan by using the blueprints below. Be sure to follow the guide for Low carb days and High carb days.
3. You can make food swaps by using the codes and following your grocery serving guide.
4. Use the meal planner and shopping list to plan out your week.
5. You may use a treat meal 1 time a week on a high carb day. Enjoy something you love without going TOO overboard. Example, if you want pizza, eat a few slices, but avoid eating the entire pizza by yourself just because it's your Treat Day.
6. With a lower carbohydrate intake, fiber intake will also be lower. Make sure to consume high-fiber foods and supplements and drink plenty of water to prevent constipation.

Carb Cycle Schedule





MEAL PLAN BLUEPRINT

LOW CARB DAY

HOW TO BUILD YOUR MEALS

BREAKFAST	LUNCH	DINNER	BEFORE BED
<ul style="list-style-type: none">• SMOOTHIE OR <ul style="list-style-type: none">• PROTEIN• FAT• FRUIT CARB• COMPLEX CARB	<ul style="list-style-type: none">• PROTEIN• FAT• VEGGIE CARB	<ul style="list-style-type: none">• PROTEIN• FAT• VEGGIE CARB	<ul style="list-style-type: none">• SMOOTHIE OR <ul style="list-style-type: none">• PROTEIN• FAT

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

LOW CARB



HOW TO PUT IT TOGETHER!

EXAMPLE MEAL PLAN

BREAKFAST	LUNCH	DINNER	BEFORE BED
<ul style="list-style-type: none">• SMOOTHIE <p>OR</p> <ul style="list-style-type: none">• Protein• 1 Serving Protein <ul style="list-style-type: none">• Complex Carb• 1/3 cup oatmeal <ul style="list-style-type: none">• Fruit Carb• 1/2 cup Berries <ul style="list-style-type: none">• Fat• 1 tbsp. sliced almonds	<ul style="list-style-type: none">• Protein• 4 oz grilled chicken <ul style="list-style-type: none">• Fat• 1 tsp olive oil <ul style="list-style-type: none">• Veggie Carb• 1 cup broccoli	<ul style="list-style-type: none">• Protein• 4 oz salmon <ul style="list-style-type: none">• Fat• 1 tsp olive oil <ul style="list-style-type: none">• Veggie Carb• 1 cup asparagus	<ul style="list-style-type: none">• SMOOTHIE <p>OR</p> <ul style="list-style-type: none">• Protein• 6oz. Yogurt <ul style="list-style-type: none">• Fat• 1/8 cup Pecans

OPTIONAL ▼

SNACK

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

MEAL PLAN BLUEPRINT LOW CARB



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>OR</p> <ul style="list-style-type: none"> • Protein • Fruit Carb • Complex Carb • Fat 	<ul style="list-style-type: none"> • Protein • Fat • Veggie 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>OR</p> <ul style="list-style-type: none"> • Protein • Fat

OPTIONAL ▼

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



MEAL PLAN BLUEPRINT HIGH CARB DAY

HOW TO BUILD YOUR MEALS

BREAKFAST	LUNCH	DINNER	BEFORE BED
<ul style="list-style-type: none">• SMOOTHIE OR <ul style="list-style-type: none">• PROTEIN• FAT• FRUIT CARB• COMPLEX CARB	<ul style="list-style-type: none">• PROTEIN• FAT• VEGGIE CARB• COMPLEX CARB	<ul style="list-style-type: none">• PROTEIN• FAT• COMPLEX CARB• VEGGIE CARB	<ul style="list-style-type: none">• SMOOTHIE OR <ul style="list-style-type: none">• PROTEIN• FAT

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 HIGH CARB



HOW TO PUT IT TOGETHER!

EXAMPLE MEAL PLAN

BREAKFAST	LUNCH	DINNER	BEFORE BED
<ul style="list-style-type: none"> • SMOOTHIE OR • Protein • 1 Serving Protein • Complex Carb • 1/3 cup oatmeal • Fruit Carb • 1/2 cup Berries • Fat • 1 tbsp. sliced almonds 	<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 • Complex Carb • 4 oz. Sweet Potatoes • Veggie Carb • 1 cup asparagus 	<ul style="list-style-type: none"> • SMOOTHIE OR • Protein • 6oz. Yogurt • Fat • 1/8 cup Pecans

OPTIONAL ▼

SNACK

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

MEAL PLAN BLUEPRINT HIGH CARB



NOW YOUR TURN

FILL IN YOUR MEAL PLAN

BREAKFAST	LUNCH	DINNER	BEFORE BED
<ul style="list-style-type: none"> • SMOOTHIE <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Protein • Complex Carb • 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 • Complex Carb 	<ul style="list-style-type: none"> • SMOOTHIE <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	

Banana Peanut Butter Bowl

Recipe Phase #4



Ingredients

- ◆ ½ med banana
- ◆ 1 tbsp peanut butter
- ◆ 1 scoop vanilla protein powder
- ◆ ½ tsp cinnamon
- ◆ 1 tsp chopped pecans

How to:

1. In a small bowl mash banana, add peanut butter and protein powder. Mix well.
2. Add cinnamon and stir.
3. Top with pecans.
4. Refrigerate 20 - 30 minutes.
5. Enjoy!

Serves 1

Nutrition Snapshot (per serving)

- ◆ Calories 332
- ◆ Protein 24g
- ◆ Carbs 24g
- ◆ Fat 15g



BBQ Meatloaf

Recipe Phase #4



How to:

1. Preheat oven to 425
2. Put all ingredients except bbq sauce in a large bowl and mix well.
3. Put in large baking dish sprayed with non-stick cooking spray. Press down firmly.
4. Top with bbq sauce and bake for 35 – 45 minutes until cooked thoroughly.
5. Cut into 8 servings.

Serves 8

Ingredients

- ◆ 2.5 lbs. extra lean ground turkey
- ◆ ½ cup zucchini, finely chopped
- ◆ 1 cup spinach, finely chopped
- ◆ 1 tbsp garlic seasoning or minced garlic
- ◆ 2 tbsp low sodium tomato paste
- ◆ 2 tbsp mustard
- ◆ 2 eggs
- ◆ ½ cup low sugar bbq sauce (G-Hughes or bone suckin sauce)
- ◆ 1 cup whole wheat bread-crumbs, may use sprouted grain bread or even rolled oats if desired.

Nutrition Snapshot (per serving)

- ◆ Calories 312
- ◆ Protein 30g
- ◆ Carbs 17g
- ◆ Fat 13g



PBJ Overnight Oats

Recipe Phase #4



Ingredients

- ◆ 1/3 cup oats
- ◆ 1/3 cup Greek yogurt
- ◆ 1 tbsp peanut butter
- ◆ 1 cup unsweetened almond milk
- ◆ 1 tsp chia seeds
- ◆ 1 tsp flax seeds
- ◆ ½ tsp stevia (optional)
- ◆ ½ cup sliced strawberries

How to:

Mix everything together in a mason jar, seal and refrigerate overnight. Top with additional strawberries if desired.

Serves 1

Nutrition Snapshot (per serving)

- ◆ Calories 300
- ◆ Protein 28g
- ◆ Carbs 21g
- ◆ Fat 14g



Spinach and Cheese Stuffed Chicken Breast

Recipe Phase #4



How to:

1. Preheat oven to 400.
2. Prepare chicken breast by slicing length wise to prepare an opening for stuffing.
3. Heat up spinach and squeeze out all excess liquid.
4. In a small bowl combine spinach, chopped pepper, onion, cheese, red pepper flakes, sun- dried tomatoes and yogurt. Mix all ingredients until combined.
5. Stuff each chicken breast with 2 tbsp of mixture. Use a toothpick if necessary, to hold together. Season with Italian seasoning, salt and pepper. Place on lightly oiled baking sheet.
6. Bake for 35 – 40 minutes or until chicken is thoroughly cooked.

Ingredients

- ◆ 4 (5oz) chicken breasts
- ◆ 1 bag frozen spinach
- ◆ ½ cup onion, chopped
- ◆ 1 red bell pepper, chopped
- ◆ ½ cup low fat shredded cheese or Parmesan cheese
- ◆ 1 tsp red pepper flakes
- ◆ 3 tbsp sun -dried tomatoes
- ◆ ½ cup nonfat Greek yogurt
- ◆ 1 tbsp Italian seasoning
- ◆ 1 tsp black pepper
- ◆ 1 tsp pink sea salt

Nutrition Snapshot (per serving)

- ◆ Calories 244
- ◆ Protein 32g
- ◆ Carbs 8g
- ◆ Fat 7g

Serves 4



Italian Frittata

Recipe Phase #4



How to:

1. In oven-safe skillet, add olive oil.
2. Saute onion, peppers and spinach.
3. Beat eggs with seasonings and pour on top of mixture.
4. Cook until eggs are almost firm.
5. Add slices of tomato in mixture and top with parmesan cheese.
6. Broil in oven at 350 until lightly browned.

Serves 1

Ingredients

- ◆ 1 whole egg
- ◆ 3 egg whites
- ◆ 1 roma tomato
- ◆ 1 cup spinach, chopped
- ◆ 1/4 cup onion, diced
- ◆ 1/4 cup green peppers, diced
- ◆ 1 tsp olive oil
- ◆ 1 tsp oregano
- ◆ 1 tsp black pepper
- ◆ 1 tsp basil
- ◆ 1 tbsp shredded Parmesan cheese, low fat

Nutrition Snapshot (per serving)

- ◆ Calories 278
- ◆ Protein 22g
- ◆ Carbs 18g
- ◆ Fat 14g



Almond Joy Smoothie

Recipe Phase #4



Ingredients

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

How to:

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

Serves 1

Nutrition Snapshot (per serving)

- ◆ Calories 246
- ◆ Protein 28g
- ◆ Carbs 9g
- ◆ Fat 7g



Banana Cream Smoothie

Recipe Phase #4



Ingredients

- ◆ 1 serving protein powder
- ◆ 1/2 banana - fresh or frozen
- ◆ 1 tbsp sugar-free banana cream pudding mix
- ◆ 1 cup unsweetened vanilla almond milk

Directions:

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

Serves 1

Nutrition Snapshot (per serving)

- ◆ Calories 228
- ◆ Protein 21g
- ◆ Carbs 27g
- ◆ Fat 4g



Roasted Tilapia

Recipe Phase #4



Ingredients

- ◆ 5 oz. tilapia filet
- ◆ 1 tsp garlic powder
- ◆ 1 tsp paprika
- ◆ 1 tsp olive oil

How to:

1. Place tilapia in baking dish sprayed with non-stick cooking spray.
2. Drizzle with olive oil, add seasonings.
3. Bake at 350 until tender (10-15 minutes).

Nutrition Snapshot (per serving)

- ◆ Calories 181
- ◆ Protein 26g
- ◆ Carbs 3g
- ◆ Fat 8g

Serves 1



Grilled Vegetables

Recipe Phase #4



Ingredients

- ◆ 1 zucchini, sliced in thick rounds
- ◆ 1 red pepper seeded, sliced
- ◆ 1 green pepper seeded, sliced
- ◆ 1 yellow squash, sliced in thick rounds
- ◆ 1 red onion, sliced lengthwise
- ◆ 1 tbsp olive oil
- ◆ garlic powder to taste
- ◆ black pepper to taste

How to:

1. Grill all veggies in a pan on stove top with olive oil and seasonings

Serves 2

Nutrition Snapshot (per serving)

- ◆ Calories 66
- ◆ Protein 2g
- ◆ Carbs 8g
- ◆ Fat 4g



Sauteed Green Beans

Recipe Phase #4



Ingredients

- ◆ 3 cups green beans (fresh or frozen)
- ◆ 1 cup red peppers, sliced
- ◆ 1 cup onions, chopped
- ◆ 1 tbsp olive oil
- ◆ garlic powder to taste
- ◆ black pepper to taste
- ◆ 1 cup baby bella mushrooms, sliced

How to:

1. In skillet, saute mushrooms, onions, oil and seasonings.
2. Add green beans to skillet.
3. Cook until veggies are tender and warm.

Serves 4

Nutrition Snapshot (per serving)

- ◆ Calories 83
- ◆ Carbs 4g
- ◆ Fat 12g
- ◆ Protein 5g



Quinoa Chocolate Chip Protein Bars

Recipe Phase #4



How to:

1. Mix cooked quinoa, dry oats, chia seeds, cinnamon and protein powder in a bowl and set aside.
2. Melt in saucepan, almond butter, applesauce, vanilla extract, and honey until smooth.
3. Stir in dry mixture and then fold in chocolate chips (optional).
4. Bake in 8x8 baker coated with non-stick cooking spray. Bake 15 minutes at 350 degrees. Cut in 9 squares. Makes 9 squares.

Serving size 1 bar

Ingredients

- ◆ 1 cup cooked quinoa
- ◆ 1/4 cup dry oats
- ◆ 2 tbsp chia seeds
- ◆ 1 tbsp cinnamon
- ◆ 2 servings of protein powder
- ◆ 1/3 cup almond butter
- ◆ 1/3 cup unsweetened applesauce
- ◆ 1/2 tsp vanilla extract
- ◆ 1 tbsp honey
- ◆ 2 tbsp dark cacao chocolate chips (optional)

Nutrition Snapshot (per serving)

- ◆ Calories 166
- ◆ Protein 9g
- ◆ Carbs 15g
- ◆ Fat 9g



Cashew Chicken Teriyaki Bake

Recipe Phase #4



How to:

1. Preheat oven to 375 and spray a casserole dish with non-stick cooking spray.
2. Place uncooked quinoa on the bottom of casserole dish and then layer veggies and diced chicken on top.
3. Add sauce and seasonings on top, bake for 40 min, until chicken is tender.
4. Removed add cashews on top and bake additional 10 min.

Serves 4

Ingredients

- ◆ 1 cup quinoa
- ◆ 1/2 cup diced onion
- ◆ 1 medium red pepper diced
- ◆ 1 cup chopped broccoli
- ◆ 4-4 oz chicken breast diced in bite size pieces
- ◆ 1 cup chicken broth
- ◆ 1/2 cup low sodium teriyaki sauce (Mrs. Dash or Coconut Amino)
- ◆ 1 tbsp garlic powder
- ◆ 1/2 tablespoon ginger
- ◆ 1 cup cashews, unsalted

Nutrition Snapshot (per serving)

- ◆ Calories 360
- ◆ Protein 30g
- ◆ Carbs 32g
- ◆ Fat 10g



Protein Banana Ice Cream

Recipe Phase #4



How to:

1. Place frozen bananas and almond butter in a food processor or blender.
2. Begin to blend, while the processor is going slowly add in the milk till the consistency is that of your favorite ice cream.
3. Scoop into a dish and add your favorite toppings if desired.

Serve immediately.

Serves 1

Ingredients

- ◆ 1 medium frozen banana
- ◆ 3-4 tbsl vanilla unsweetened almond milk
- ◆ 1 tbsp almond butter (no added sugar)
- ◆ 1 scoop protein powder

Nutrition Snapshot (per serving)

- ◆ Calories 294
- ◆ Protein 17g
- ◆ Carbs 34g
- ◆ Fat 12g



Zucchini Ice Cream

Recipe Phase #4



Ingredients

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

Nutrition Snapshot (per serving)

- ◆ Calories 150
- ◆ Protein 22g
- ◆ Carbs 8g
- ◆ Fat 4g

How to:

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.

Serves 1



1 Minute Mug Cake

Recipe Phase #4



How to:

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 s

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.

Serves 1

Ingredients

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

Nutrition Snapshot

(per serving: Excludes toppings)

- ◆ Calories 146
- ◆ Protein 24g
- ◆ Carbs 5g
- ◆ Fat 4g





WORLD CLASS SUPPLEMENTS

DESIGNED FOR WOMEN

FEEL BETTER. LOOK BETTER. PERFORM BETTER.



Fit Bodies 4 Life Nutrition is dedicated to bringing the latest research based supplements to customers world wide.

Our goal is to seek and find the most cutting edge ingredients for our customers needs at the proper dosages, backed by science.

With so much confusion in the supplement and vitamin industry, it's hard to find a company that you can trust.

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

SHOP SUPPLEMENTS HERE:

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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!



KIM LIPE

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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.

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.

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