

LIFETIME



Bring On Summer

YOUR THREE-WEEK GUIDE TO A LEAN AND TONED BODY.





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WELCOME TO BRING ON SUMMER

DIVE INTO SUMMER HEALTHY, STRONG AND CONFIDENT

It's time to turn up the heat on your summer goals. This complimentary three-week program is filled with nutritious meal plans, simple recipes, effective workouts and other healthy-habit tips to jump-start your progress just in time for the season.

The program was created by Coach Anika, a registered dietitian and personal trainer. Over the past decade, she's coached tens of thousands of clients, and for those with a weight-loss goal, she's found the key elements necessary to help them see success. That's what you'll find in this program.

Each exercise and nutrition plan is broken up week by week for you to easily be able to follow on your own. However, if you feel as though you could use some additional guidance and support or are wanting an extra boost to your results, this program can also be paired with work with a trainer, either at a Life Time club or virtually in the Life Time app. (Visit my.lifetime.life/summertraining)

By the end, participants can expect to lose anywhere from 5 to 7 inches, and may see a 3- to 7-pound weight loss. While your body will start to appear leaner and more toned, most importantly, you'll notice how much better and healthy you feel.

You'll no longer need to wonder if your exercise or nutrition choices will net you the results you're looking for. It's all laid out here for you. Bring it on.



HELPFUL ITEMS TO HAVE ON HAND

These are not required for the program, but may be useful in aiding you as you go through it.

VEGAN PROTEIN PLUS ALL IN ONE SHAKE

Because you'll be consistently working out during the program, you want to be sure you're consuming enough protein to hold onto your lean tissue.

In the meal plans, you'll notice that protein shakes are frequently slotted for breakfast. For days when you want to just "shake 'n' go," this formula is useful because in addition to protein, it also provides fiber, vitamins, minerals, probiotics and digestive enzymes, making it a suitable meal replacement when combined with water or unsweetened nut milk.

It's created with rice and pea proteins, so is usable by everyone, even those with dairy sensitivities.

Purchase at shop.lifetime.life/nutritional-supplements/SummerPrep.

LIFE GREENS™

Healthy nutrition plans include consuming nine to 11 servings of vegetables per day. However, most of us struggle to get close to that. While a greens powder isn't a substitute, it can help fill in gaps on days when we're short.

Our Life Greens includes nutrients from more than 40 fruits and vegetables, plus prebiotic fibers, digestive enzymes and probiotics to support digestive and immune health. If you choose the double chocolate or café mocha flavors, it can also be a great tool for curbing sweet cravings when they arise. Purchase at shop.lifetime.life/nutritional-supplements/SummerPrep.

TAPE MEASURE

In this guide, you'll find directions for how to use measurements to track your progress as you go through the program. Many times, inches are lost before you see the scale change, which is one of the reasons why we encourage this method over monitoring weight.



DAILY NONNEGOTIABLES

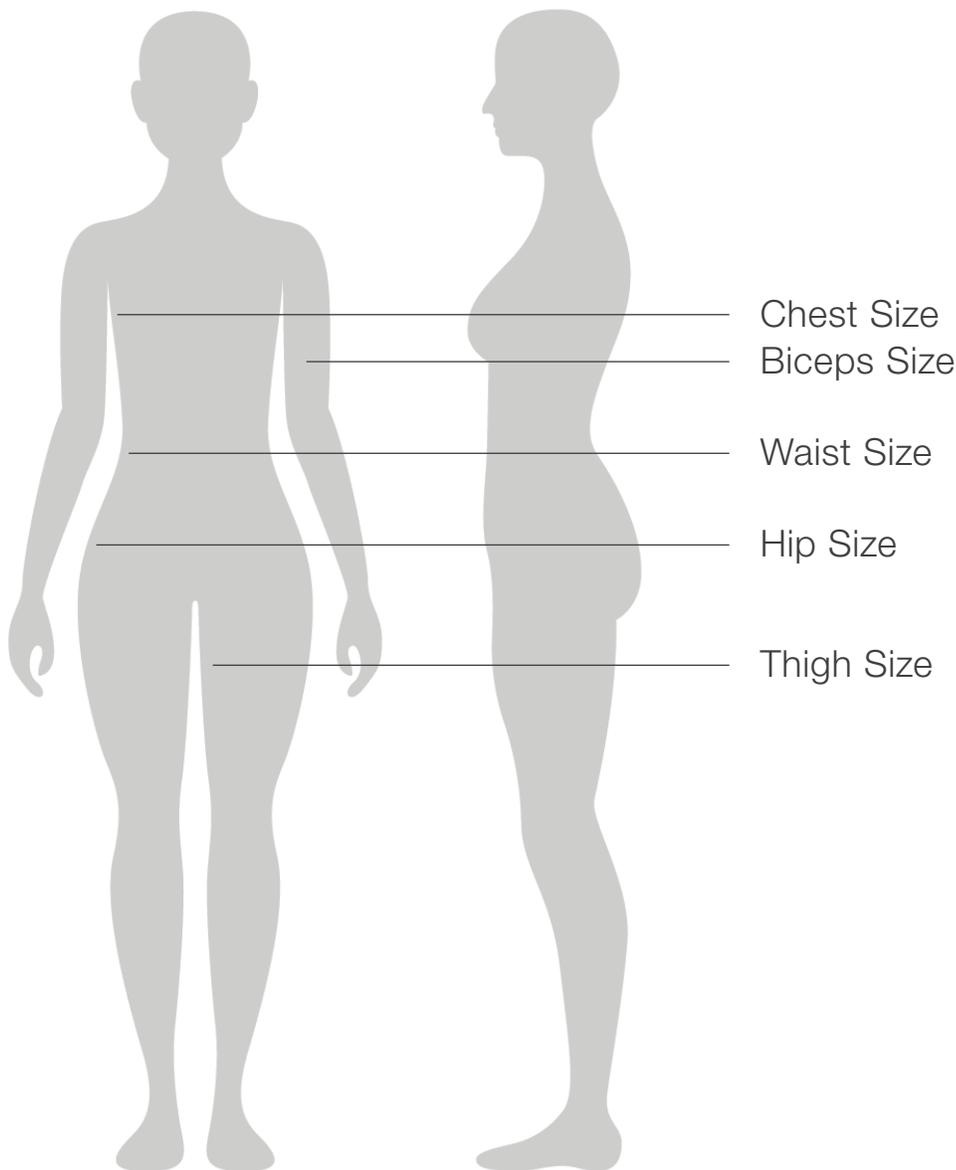
- Drink at least 64 ounces of water. The optimal amount is half of your goal body weight in ounces.
- Include at least one palm-size serving of protein (or one serving of protein powder) three times throughout the day.
- Complete the weekly workouts.
- Aim to get in 10,000 steps.
- Ensure that you get at least eight hours of sleep.
- Avoid alcohol, gluten, dairy and soy.
- Limit your intake of added sugars.
- Focus on consuming lots of non-starchy vegetables, protein and healthy fats. If you're active, include whole-food carbohydrates, such as sweet potatoes, beans and quinoa, around workout times and in the evenings.



HOW TO TAKE YOUR MEASUREMENTS

Although the scale is one tool to track progress, it can sometimes miss key indicators that show us that habit changes are having a positive impact.

If you'd like to monitor your body transformation progress, we encourage you to do so by focusing on total inches lost and body composition changes. You can gauge this by taking weekly measurements of three parts of your body — your chest, waist and hips — at the beginning, middle and end of the three weeks. If you'd like, you can also track the measurements of your biceps and thighs.

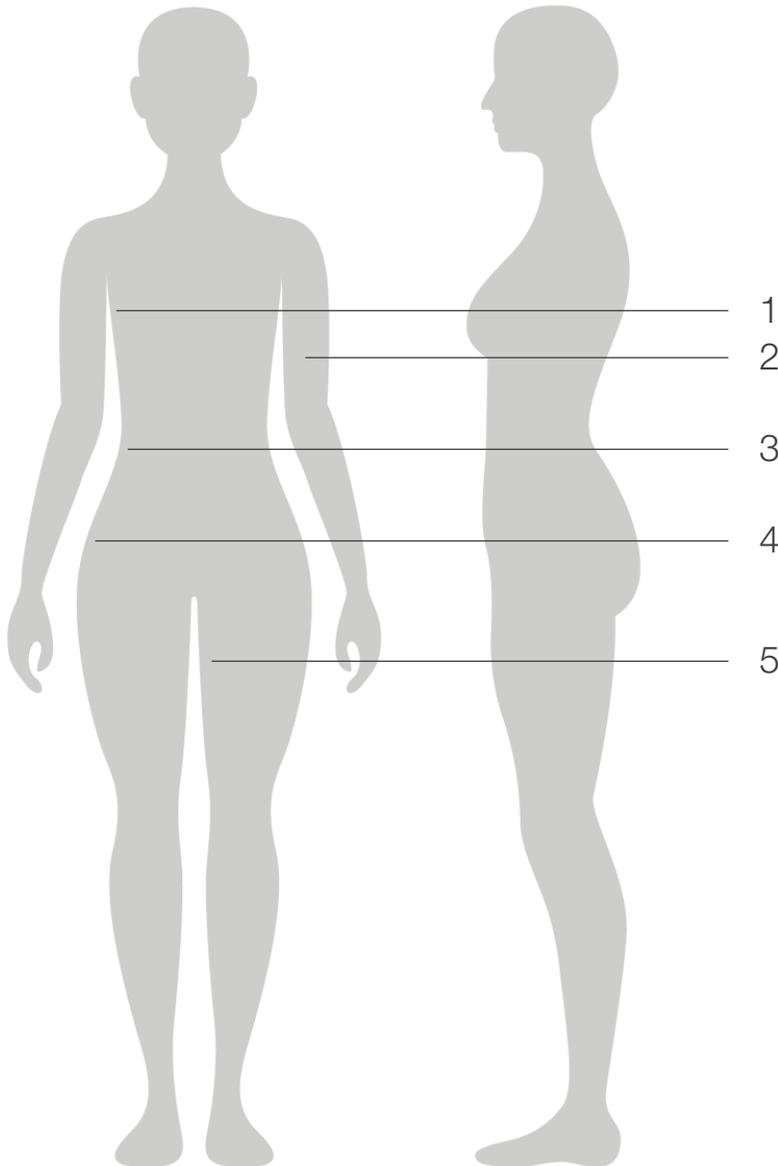




HOW TO TAKE YOUR MEASUREMENTS

Wrap the measuring tape snugly around the body part you are measuring. Write down the number where the ends meet.

- Chest: Mid chest plate
- Waist: Halfway between top of hip and bottom rib
- Hips: Mid tush
- Thighs: Mid thigh
- Biceps: Mid upper arm (unflexed)



WEEK 1

1) Chest:

2) Biceps:

3) Waist:

4) Hips:

5) Thighs:

WEEK 2

1) Chest:

2) Biceps:

3) Waist:

4) Hips:

5) Thighs:

WEEK 3

1) Chest:

2) Biceps:

3) Waist:

4) Hips:

5) Thighs:



DAILY HABIT TRACKER

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| Goal ounces of water | | | | | | | | | | | | | | | | | | | | | |
| Protein at every meal | | | | | | | | | | | | | | | | | | | | | |
| Workout No. 1 | | | | | | | | | | | | | | | | | | | | | |
| Workout No. 2 | | | | | | | | | | | | | | | | | | | | | |
| Workout No. 3 | | | | | | | | | | | | | | | | | | | | | |
| 10,000 steps | | | | | | | | | | | | | | | | | | | | | |
| 8+ hours of sleep | | | | | | | | | | | | | | | | | | | | | |
| No alcohol | | | | | | | | | | | | | | | | | | | | | |
| No dairy | | | | | | | | | | | | | | | | | | | | | |
| No gluten | | | | | | | | | | | | | | | | | | | | | |
| No soy | | | | | | | | | | | | | | | | | | | | | |
| Limited added sugar | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |

Put a check mark in the box each day you achieve the habit. Fill in the blank spots with any additional habits you'd like to maintain throughout the three-week program.



Bring On
Summer

W O R K O U T S



THE KEY TO THE WORKOUTS

Each week comes with its own workout plan that you will complete a total of three times during the given week. There is also a provided bonus workout, if there are days when you feel like you could use some additional movement.

The workouts are composed of three circuits, meaning you'll go through three exercises in a row before you take a rest break. They will gradually become more difficult as you progress through the program. Focus on perfecting your form so you feel confident in properly executing each movement.

TERMS TO KNOW

SETS The number of times you will repeat a series of exercises before moving on to the next exercise.

REPS The number of times you will repeat a single exercise consecutively within a set.

CIRCUIT A series of sets you complete one after the other without a rest in between.

WHEN TO PROGRESS

If you can exceed the number of reps for all prescribed sets, increase the weight the following week. For upper-body exercises, increase your load by 2.5 to 5 pounds. For lower-body exercises, increase your load by 5 to 10 pounds.

If you feel ready to progress even further or to add additional workouts to supplement your program ones, consider consulting with a trainer.

WHEN TO REGRESS

If you're experiencing extended soreness or poor sleep, or can't finish the number of reps for all prescribed sets, it may be a sign to pull back. Decrease the amount of sets you complete on each lifting day, or reach out to a trainer to help personalize your program.



WEEK 1

| | | | | | |
|----------|--------------------------|--|---|-------------------|----------------------------|
| | | | | | |
| | A1. Lunge | | 3 | 15 (each side) | Day 1: Day 2: Day 3: |
| | A2. Dumbbell Front Raise | | | 15 | Day 1: Day 2: Day 3: |
| | A3. Glute Kickback | | | 15 (each side) | Day 1: Day 2: Day 3: |
| | B1. Glute Bridge | | 3 | 15 | Day 1: Day 2: Day 3: |
| | B2. Triceps Kickbacks | | | 15 | Day 1: Day 2: Day 3: |
| | B3. Plank | | | 30 sec | Day 1: Day 2: Day 3: |
| C | C1. Pushups | | 3 | 15 | Day 1: Day 2: Day 3: |
| | C2. Dumbbell Bench Row | | | 15 (each side) | Day 1: Day 2: Day 3: |
| | C3. Side Plank | | | 15 (each side) | Day 1: Day 2: Day 3: |



WEEK 2

| | | | | |
|--------------------------------|---|---|-------------------|----------------------------|
| | | | | |
| A1. Reverse Lunge |  | 3 | 15 (each side) | Day 1: Day 2: Day 3: |
| A2. Lateral Raise |  | | 15 | Day 1: Day 2: Day 3: |
| A3. Hip Opener with Rotation |  | | 15 (each side) | Day 1: Day 2: Day 3: |
| B1. Squat |  | 3 | 15 | Day 1: Day 2: Day 3: |
| B2. Overhead Triceps Extension |  | | 15 | Day 1: Day 2: Day 3: |
| B3. Reverse Crunch |  | | 30 sec | Day 1: Day 2: Day 3: |
| C1. Dumbbell Chest Press |  | 3 | 15 | Day 1: Day 2: Day 3: |
| C2. Dumbbell Row |  | | 15 | Day 1: Day 2: Day 3: |
| C3. Inchworm with Up Dog |  | | 15 | Day 1: Day 2: Day 3: |



WEEK 3

| | | | | | |
|----------|------------------------------|---|---|-------------------|----------------------------|
| | | | | | |
| | A1. Walking Lunge |  | 3 | 12 | Day 1: Day 2: Day 3: |
| | A2. Overhead Press |  | | 12 | Day 1: Day 2: Day 3: |
| | A3. Hip Opener with Rotation |  | | 12 (each side) | Day 1: Day 2: Day 3: |
| B | B1. Deadlift |  | 3 | 12 | Day 1: Day 2: Day 3: |
| | B2. Triceps Dips |  | | 12 | Day 1: Day 2: Day 3: |
| | B3. V Sit-Up |  | | 30 sec | Day 1: Day 2: Day 3: |
| C | C1. Diamond Pushups |  | 3 | 12 | Day 1: Day 2: Day 3: |
| | C2. Dumbbell Fly |  | | 12 | Day 1: Day 2: Day 3: |
| | C3. Plate Woodchopper |  | | 12 (each side) | Day 1: Day 2: Day 3: |



BONUS WORKOUT

| | | | | | |
|----------|----------------------------------|---|---|-------------------|----------------------------|
| | | | | | |
| | A1. Overhead Lunge |  | 3 | 12 (each side) | Day 1: Day 2: Day 3: |
| | A2. Dumbbell Single Leg Deadlift |  | | 12 (each side) | Day 1: Day 2: Day 3: |
| | A3. EZ Bar Curl |  | | 12 | Day 1: Day 2: Day 3: |
| | B1. Lateral Lunge |  | 3 | 12 (each side) | Day 1: Day 2: Day 3: |
| | B2. Overhead Triceps Extension |  | | 12 | Day 1: Day 2: Day 3: |
| | B3. V Sit-Up |  | | 30 sec | Day 1: Day 2: Day 3: |
| C | C1. Sumo Squat |  | 3 | 12 | Day 1: Day 2: Day 3: |
| | C2. Triceps Dip |  | | 12 | Day 1: Day 2: Day 3: |
| | C3. Upright Row |  | | 12 | Day 1: Day 2: Day 3: |



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M E A L P L A N S



THE KEY TO THE MEALS

Setting aside time to bulk cook meals in advance ensures that you'll have healthy, delicious, ready-to-eat meals during the week. For this program, we suggest designating time two days per week (such as Sundays and Wednesdays, for example) to cook most of your meals for the next few days. Store them in containers, and you're ready to grab or heat when mealtime rolls around.

Batch prepping or cooking individual ingredients can also be a helpful tactic for snacks or to get a head start on meals if you don't have time to make the full recipe. These are the ones we find most helpful to prep in advance:

- Rice and quinoa
- Hard-boiled eggs
- Bacon
- Roasted veggies
- Spicy snack dip
- Shredded slow cooker chicken



WEEK ONE MEAL PLAN

| | Breakfast | Lunch | Dinner | Snack (optional) |
|-----------|---------------|---|---|--------------------------------------|
| Sunday | Anytime Eggs | Bacon-Wrapped Chicken Strips with Broccoli Slaw | Creamy Tomato + Turkey Soup + Side Salad | Almond Butter Banana Blender Muffins |
| Monday | Protein Shake | One-Skillet Mexican Turkey with Cauli-Rice | 2-Step Tuna | Veggie Roll-Ups |
| Tuesday | Protein Shake | Creamy Tomato + Turkey Soup + Side Salad | Greek Chicken with Quinoa Tabbouleh | Almond Butter Banana Blender Muffins |
| Wednesday | Protein Shake | 2-Step Tuna | One-Skillet Mexican Turkey with Cauli-Rice | Macadamia Nuts |
| Thursday | Protein Shake | Creamy Tomato + Turkey Soup + Side Salad | Greek Chicken with Quinoa Tabbouleh | Veggie Roll-Ups |
| Friday | Protein Shake | One-Skillet Mexican Turkey with Cauli-Rice | Bacon-Wrapped Chicken Strips with Broccoli Slaw | Almond Butter Banana Blender Muffins |
| Saturday | Protein Shake | Greek Chicken with Quinoa Tabbouleh | Sirloin with Steakhouse Mushrooms + Salad | Macadamia Nuts |



WEEK ONE GROCERY LIST

| Produce | Meat | Dairy |
|--|--|---|
| <input type="checkbox"/> Broccoli Slaw – 12-oz. bag <input type="checkbox"/> Grapes – 1 cup <input type="checkbox"/> Onion – 1 <input type="checkbox"/> Garlic – 7 cloves <input type="checkbox"/> Salad Mix <input type="checkbox"/> Bananas – 2 <input type="checkbox"/> Red Onion <input type="checkbox"/> Bell Pepper – 1½ <input type="checkbox"/> Jalapeño – 1 <input type="checkbox"/> Cilantro <input type="checkbox"/> Romaine – 3 cups + 6 leaves for roll-ups <input type="checkbox"/> Guacamole – ¼ cup <input type="checkbox"/> Veggies for roll-ups (carrots, bell peppers, celery, snap peas) – 2 cups <input type="checkbox"/> Mushrooms – 1¼ cups <input type="checkbox"/> Berries – 1 cup <input type="checkbox"/> Lemon Juice – ½ cup + 1 tbs. <input type="checkbox"/> Cucumbers – 2 <input type="checkbox"/> Tomatoes – 3 large + ½ cup cherry <input type="checkbox"/> Green onions/scallions – 5 <input type="checkbox"/> Parsley – 1¼ cup <input type="checkbox"/> Mint – ¼ cup (optional) <input type="checkbox"/> Celery – 1 stalk <input type="checkbox"/> Butter Lettuce – 5-oz. | <input type="checkbox"/> Nitrate-Free Bacon – 5 strips <input type="checkbox"/> Chicken Breasts – 7 <input type="checkbox"/> Ground Turkey – 1½ pound <input type="checkbox"/> Nitrate-Free Deli Meat – 6 oz. <input type="checkbox"/> BPA-free Tuna – 2 cans, 5-oz. each <input type="checkbox"/> Grass-Fed Sirloin Steaks – 2 | <input type="checkbox"/> Eggs – 5 |
| | | Spices |
| | Dry | <input type="checkbox"/> Cayenne Pepper – dash <input type="checkbox"/> Cumin – ½ tsp. <input type="checkbox"/> Basil – 1 tsp. <input type="checkbox"/> Parsley – 2 tsp. <input type="checkbox"/> Paprika <input type="checkbox"/> Garlic Powder – 2½ tsp. <input type="checkbox"/> Red Pepper Flakes – ⅓ tsp. <input type="checkbox"/> Italian Seasoning – 3 tbs. <input type="checkbox"/> Salt <input type="checkbox"/> Chili Powder – ½ tsp. <input type="checkbox"/> Rosemary – 1 tsp. <input type="checkbox"/> Thyme – 1 tsp. <input type="checkbox"/> Oregano – 1 tsp. <input type="checkbox"/> Celery Salt – ¼ tsp. <input type="checkbox"/> Black Pepper <input type="checkbox"/> Steak Seasoning – 1 tbs. |
| | Canned + Jarred | Condiments + Oils |
| | <input type="checkbox"/> Diced Tomatoes – 15-oz. <input type="checkbox"/> Tomato Sauce – 8-oz. <input type="checkbox"/> Coconut Milk – 1 can <input type="checkbox"/> Chicken Broth – 1½ cups <input type="checkbox"/> Almond Butter – 1 cup | <input type="checkbox"/> Honey – 2 tbs. <input type="checkbox"/> Dijon Mustard – ⅓ cup + 3 tbs. <input type="checkbox"/> Avocado-Based Mayonnaise – ⅓ cup + 1 tbs. <input type="checkbox"/> Apple Cider Vinegar – 2 tbs. + ¾ tsp. <input type="checkbox"/> Coconut Oil – 4 tsp. <input type="checkbox"/> Ghee – 2 tbs. <input type="checkbox"/> Olive Oil – 1 cup <input type="checkbox"/> Coconut Aminos – 2 tsp. <input type="checkbox"/> Red Wine Vinegar – 1 tbs. |
| Frozen | | |
| <input type="checkbox"/> Riced Cauliflower – 12-oz. | | |



WEEK TWO MEAL PLAN

| | Breakfast | Lunch | Dinner | Snack (optional) |
|-----------|---------------|---|---|---|
| Sunday | Anytime Eggs | Leftover Greek Chicken with Quinoa Tabbouleh | Leftover One-Skillet Mexican Turkey with Cauli-Rice | Leftover Almond Butter Banana Blender Muffins |
| Monday | Protein Shake | Mediterranean Salmon Salad | Leftover Sirloin with Steakhouse Mushrooms + Salad | Red Bell Pepper with Hummus |
| Tuesday | Protein Shake | Leftover Creamy Tomato + Turkey Soup + Side Salad | Pizza Topping Lasagna | Celery + Almond Butter |
| Wednesday | Protein Shake | Hot Dogs with Sauerkraut and Red Potatoes | Mediterranean Salmon Salad | Leftover Almond Butter Banana Blender Muffins |
| Thursday | Protein Shake | Pizza Topping Lasagna | Leftover Creamy Tomato + Turkey Soup + Side Salad | 2 Hard Boiled Eggs + Small Apple |
| Friday | Protein Shake | Rotisserie Chicken Burrito Bowl | Hot Dogs with Sauerkraut and Red Potatoes | Leftover Almond Butter Banana Blender Muffins |
| Saturday | Protein Shake | Leftover Creamy Tomato + Turkey Soup + Side Salad | Pizza Topping Lasagna | Carrots with Hummus |



WEEK TWO GROCERY LIST

| Produce | Meat | Dairy |
|---|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Apple – 1 <input type="checkbox"/> Spaghetti Squash – 1 large or 2 small <input type="checkbox"/> Salad Greens – 1–5-oz. package <input type="checkbox"/> Sliced Mushrooms – 8-oz. + ¼ cup <input type="checkbox"/> Green Bell Pepper – 2 <input type="checkbox"/> Red Bell Pepper – 2 <input type="checkbox"/> Romaine – 4 cups <input type="checkbox"/> Salsa – ½ cup <input type="checkbox"/> Guacamole – 4 tbs. <input type="checkbox"/> Carrots – ½ cup <input type="checkbox"/> Celery – 4 stalks <input type="checkbox"/> Onion – 2 tbs. <input type="checkbox"/> Berries – 1 cup <input type="checkbox"/> Lemon Juice – ½ tbs. <input type="checkbox"/> Cucumber – 1 <input type="checkbox"/> Lemon – 1 <input type="checkbox"/> Sauerkraut – 1 cup <input type="checkbox"/> Red Potatoes (small) – 6 | <ul style="list-style-type: none"> <input type="checkbox"/> Wild-Caught Salmon Fillets – 2 <input type="checkbox"/> Grass-Fed Preservative-Free Hot Dogs – 6 <input type="checkbox"/> Ground Italian or Spicy Sausage – 1½ lbs. <input type="checkbox"/> Rotisserie Chicken – 8-oz. | <ul style="list-style-type: none"> <input type="checkbox"/> Eggs – 8 |
| | <p>Dry</p> | <p>Spices</p> |
| | <ul style="list-style-type: none"> <input type="checkbox"/> Brown Rice or Quinoa - ½ cup | <ul style="list-style-type: none"> <input type="checkbox"/> Oregano – 1 tsp. <input type="checkbox"/> Himalayan Salt – 2½ tbs. <input type="checkbox"/> Italian Seasoning – 2 tsp. <input type="checkbox"/> Garlic Powder – ⅛ tsp. <input type="checkbox"/> Salt <input type="checkbox"/> Pepper |
| | <p>Canned + Jarred</p> | <p>Condiments + Oils</p> |
| <p>Frozen</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Marinara – 2 cups <input type="checkbox"/> Black Beans – ½ cup <input type="checkbox"/> Almond Butter – 2 tbs. <input type="checkbox"/> Capers – 2 tsp. <input type="checkbox"/> Kalamata Olives – ½ cup <input type="checkbox"/> Artichoke Quarters – ½ cup <input type="checkbox"/> Roasted Red Peppers – ½ cup | <ul style="list-style-type: none"> <input type="checkbox"/> Olive Oil – 4 tbs. + 1 tsp. <input type="checkbox"/> Coconut Oil – 2 tsp. <input type="checkbox"/> Rice Wine Vinegar – ½ tbs. <input type="checkbox"/> Ghee – 3 tbs. <input type="checkbox"/> Dijon Mustard <input type="checkbox"/> Hummus – 6 tbs. |
| | | |



WEEK THREE MEAL PLAN

| | Breakfast | Lunch | Dinner | Snack (optional) |
|-----------|---------------|--|---|---|
| Sunday | Protein Shake | Leftover Hot Dogs with Sauerkraut and Red Potatoes | Oven-Crusted Whitefish | Chocolate Protein Truffles |
| Monday | Protein Shake | Chicken Fried Rice | Leftover Pizza Topping Lasagna | Leftover Almond Butter Banana Blender Muffins |
| Tuesday | Protein Shake | Shredded Slow Cooker Chicken + Steamed Broccoli | Avo-Tacos | Celery + Almond Butter |
| Wednesday | Protein Shake | Leftover Pizza Topping Lasagna | Oven-Crusted Whitefish | Chocolate Protein Truffles |
| Thursday | Protein Shake | Avo-Tacos | Chicken Fried Rice | Leftover Almond Butter Banana Blender Muffins |
| Friday | Protein Shake | Leftover Pizza Topping Lasagna | Shredded Slow Cooker Chicken + Steamed Broccoli | Carrots with Hummus |
| Saturday | Protein Shake | Chicken Fried Rice | Avo-Tacos | Chocolate Protein Truffles |



WEEK THREE GROCERY LIST

| Produce | Meat | Dairy |
|--|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Avocado – 2 <input type="checkbox"/> Garlic Cloves – 3 <input type="checkbox"/> Limes – 2 <input type="checkbox"/> Red Bell Pepper – ¼ cup <input type="checkbox"/> Hummus – 2 tbs. <input type="checkbox"/> Celery – 8 stalks <input type="checkbox"/> Jalapeño – 2 <input type="checkbox"/> Lemon – 1 <input type="checkbox"/> Broccoli – 2 cups <input type="checkbox"/> Onion – 1 <input type="checkbox"/> Salsa – 36-oz. jar <input type="checkbox"/> Carrots, shredded – 2 cups <input type="checkbox"/> Carrots, sliced – ½ cup <input type="checkbox"/> Green Onion – 1 bunch <input type="checkbox"/> Steamed Mixed Veggies – 2 cups <input type="checkbox"/> Ginger – 1 inch. <input type="checkbox"/> Bell Peppers – 2 | <ul style="list-style-type: none"> <input type="checkbox"/> Cod or Halibut – 1 lb. <input type="checkbox"/> Boneless, Skinless Chicken Breast – 3½ lbs. <input type="checkbox"/> Cooked, Shredded Chicken – 1 lb. | <ul style="list-style-type: none"> <input type="checkbox"/> Eggs – 2 |
| | <h3>Dry</h3> | <h3>Spices</h3> |
| | <ul style="list-style-type: none"> <input type="checkbox"/> Unsweetened Coconut Shreds – 2 tbs. <input type="checkbox"/> Brown Rice/Quinoa – ½ cup dry <input type="checkbox"/> Coconut Flour – 2 tbs. <input type="checkbox"/> Life Time Chocolate Vegan All in One Protein – 4 scoops <input type="checkbox"/> Double Chocolate Life Time Life Greens | <ul style="list-style-type: none"> <input type="checkbox"/> Celtic or Himalayan Sea Salt – 2½ tsp. <input type="checkbox"/> Black Pepper <input type="checkbox"/> Garlic Powder – ½ tsp. <input type="checkbox"/> Chili Powder – 2 tsp. <input type="checkbox"/> Cumin – 2 tsp. <input type="checkbox"/> Parsley – 1 tsp. |
| <h3>Frozen</h3> | <h3>Canned + Jarred</h3> | <h3>Condiments + Oils</h3> |
| <ul style="list-style-type: none"> <input type="checkbox"/> Riced Cauliflower – 4 cups | <ul style="list-style-type: none"> <input type="checkbox"/> Almond Butter – 5 tbs. <input type="checkbox"/> Black Beans – 1 (BPA-free can) <input type="checkbox"/> Corn – ¼ cup <input type="checkbox"/> Coconut Milk – ¼ cup | <ul style="list-style-type: none"> <input type="checkbox"/> Red Wine Vinegar – 2 tbs. (optional) <input type="checkbox"/> Vanilla Extract – 1 tsp. <input type="checkbox"/> Dijon Mustard – 1 tbs. <input type="checkbox"/> Sesame Oil – ½ cup <input type="checkbox"/> Coconut Aminos – ½ cup <input type="checkbox"/> Ghee – 1 tbs. |



STUCK IN A PINCH?

If you find yourself out and about or needing to veer from the weekly recipes, here are some go-to options you can turn to:

- Burrito bowl with double protein, veggies, salsa, guacamole and your choice of either beans or rice
- Lettuce wrap sandwich with double protein, tomatoes, onions and avocado or mustard
- Grocery store salad bar with a bed of lettuce and fresh veggies, chicken, hard-boiled egg, sunflower seeds, and oil and vinegar
- Bunless burger topped with lettuce and tomato, adding avocado or bacon if desired, and a side of salad or steamed veggies
- Store-bought rotisserie chicken paired with steam-in-the-bag veggies topped with ghee or olive oil and Himalayan salt. You could also add a sweet potato: poke holes in it with a fork, wrap in wet paper towels, and microwave for five to eight minutes until it pierces easily. Top with coconut oil and cinnamon.



Bring On
Summer

R E C I P E S



SHAKES + SMOOTHIES

PB + J SHAKE

- 2 scoops Vegan All in One Protein
- 1 tbs. almond or sunflower butter
- 1 scoop Mixed Berry Life Greens
- 8–12 oz. unsweetened almond or coconut milk
- 3–6 ice cubes

*Calories 425 | Protein 35 | Carbs 28 | Fat 17
Fiber 11 | Sugar 6*

BLACK FOREST CAKE

- 2 scoops Chocolate Vegan All in One Protein (add 1 tbs. pure cocoa if you have vanilla)
- 1 scoop Mixed Berry Life Greens
- ½ cup frozen dark cherries
- 1 tbs. almond butter or cashew butter
- 1 cup unsweetened almond or coconut milk
- 3–6 ice cubes

*Calories 445 | Protein 33 | Carbs 39 | Fat 20
Fiber 12 | Sugar 15*

BERRY COLADA

- 2 scoops Vanilla Vegan All in One Protein
- ⅓ banana
- ⅓ cup frozen pineapple chunks
- 2–3 tbs. lime juice
- 2 tbs. unsweetened shredded coconut (optional)
- 1 scoop Mixed Berry Life Greens
- 8–12 oz. unsweetened coconut milk
- 3–6 ice cubes

*Calories 444 | Protein 31 | Carbs 45 | Fat 18
Fiber 12 | Sugar 11*

COLD BREW TO-GO

- 2 scoops Vegan All in One Protein
- ¼ cup unsweetened almond or coconut milk
- ½ cup cold brewed coffee
- 1 scoop Café Mocha Life Greens
- 1 tsp. almond extract (optional)
- Stevia drops to taste

*Calories 249 | Protein 31 | Carbs 21 | Fat 6
Fiber 9 | Sugar 3*

BERRY SUNRISE

- 2 scoops Vanilla Vegan All in One Protein
- ¾ cup organic frozen strawberries
- 2–3 tbs. lemon juice
- 1 scoop Mixed Berry Life Greens
- 1 cup unsweetened coconut milk
- 3–6 ice cubes

*Calories 342 | Protein 31 | Carbs 34 | Fat 11
Fiber 11 | Sugar 9*

THE PSL

- 2 scoops Vanilla Vegan All in One Protein
- ⅓ cup unsweetened pumpkin purée
- ⅓ banana
- 1 tsp. pumpkin pie spice + ½ tsp. vanilla extract
- 1 tbs. sunflower seed butter
- 1 cup unsweetened almond milk
- 1 scoop Café Mocha Life Greens
- 3–6 ice cubes
- 5–10 drops stevia to taste

*Calories 445 | Protein 33 | Carbs 39 | Fat 20
Fiber 12 | Sugar 15*



SHAKES + SMOOTHIES

HORCHATA LATTE

- 2 scoops of Vegan All in One Protein
- 1 scoop of Café Mocha Life Greens
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 1 tsp. almond extract (optional)
- 1 tbs. chia seeds
- 8–12 ounces unsweetened rice or almond milk
- 3–6 ice cubes

*Calories 333 | Protein 33 | Carbs 28 | Fat 10
Fiber 14 | Sugar 4*

CHOCOLATE-COVERED BANANA SHAKE

- 2 scoops Chocolate Vegan All in One Protein (add 1 tbs. pure cocoa if you have vanilla protein)
- 1 scoop Double Chocolate Life Greens
- 8–12 oz. unsweetened almond or coconut milk
- ½ frozen banana
- 3–6 ice cubes

*Calories 373 | Protein 32 | Carbs 39 | Fat 8
Fiber 11 | Sugar 5*

CHOCOLATE + PB SHAKE

- 2 scoops Chocolate Vegan All in One Protein
- 1 tbs. almond butter or sunflower seed butter
- 1 scoop Double Chocolate Life Greens
- 8–12 oz. unsweetened almond or coconut milk
- 3–6 ice cubes

*Calories 425 | Protein 35 | Carbs 28 | Fat 17
Fiber 11 | Sugar 6*

BLUEBERRY SUPERFOOD SHAKE

- 2 scoops Vanilla Vegan All in One Protein
- 1 scoop Double Chocolate Life Greens
- ½ cup blueberries
- ¼ avocado
- 1 cup unsweetened almond or coconut milk
- Handful of raw spinach
- 3–6 ice cubes

*Calories 342 | Protein 31 | Carbs 34 | Fat 11
Fiber 11 | Sugar 9*



SIDES + SNACKS

VEGGIE ROLL-UPS

1 serving | Calories 180 | Protein 10 | Carbs 3 | Fat 6 | Fiber 1 | Sugar 1

- 3–4 slices (3-oz.) of organic, nitrate-free lunch meat
 - 4 veggie sticks (celery, carrot sticks, bell pepper strips, snap peas)
 - 2 tbs. guacamole
1. Smear guacamole on one side of the deli meat; wrap around veggies sticks.

QUICK + EASY TRAIL MIX

4 servings | Calories 338 | Protein 8 | Carbs 12 | Fat 29 | Fiber 9 | Sugar 2

- ½ cup whole almonds
 - ½ cup whole walnuts
 - ½ cup coconut flakes
 - ½ cup cacao nibs
 - 2 tsp. ground cinnamon
1. Separate 2 tbs. each of almonds, walnuts, coconut flakes and cacao nibs into four plastic snack baggies.
 2. Sprinkle ½ tsp. of cinnamon into each bag and shake.

TACO PUMPKIN SEEDS

4 servings | Calories 211 | Protein 6 | Carbs 4 | Fat 19 | Fiber 2 | Sugar 0

- 1 cup raw pumpkin seeds
 - 2 tbs. olive oil
 - ½ tsp. salt
 - ½ tsp. chili powder
 - ¼ tsp. cumin
1. Spread in single layer on parchment-lined baking sheet.
 2. Roast in oven at 350 degrees F for 12–15 minutes, or until lightly bronzed.

CHOCOLATE PROTEIN TRUFFLES

10 servings | Calories 80 | Protein 6 | Carbs 2 | Fat 8

- ¼ cup coconut oil melted
 - 3 tbs. natural nut butter, such as almond, peanut, or cashew
 - ¼ cup unsweetened almond milk
 - ½ tsp. sea salt
 - 1 tsp. vanilla extract
 - 4 scoops Chocolate Life Time Vegan Protein Powder
 - 2 scoops Double Chocolate Life Time Greens (optional)
 - 2 tbs. unsweetened shredded coconut (optional)
1. In a medium-sized bowl, combine the melted coconut oil, nut butter, almond milk, sea salt, and vanilla extract. Stir in the protein powder and greens powder (if using) until combined.
 2. Roll the mixture into even-sized balls. If desired, roll the balls in shredded coconut.
 3. Refrigerate until set, approximately 30 minutes.



SIDES + SNACKS

OVEN-ROASTED CRUNCHY CHICKPEAS

3 servings | Calories 185 | Protein 7 | Carbs 26 | Fat 6 | Fiber x | Sugar x

- 1 15-oz. can garbanzo beans (BPA-free lining)
 - 1 tbs. olive oil
 - Sea salt to taste
 - ½ tsp. garlic powder
 - ½ tsp. chili powder
1. Drain and rinse chickpeas and pat dry. Toss with oil, sea salt and spices.
 2. Place chickpeas on a cooking sheet and bake at 400 degrees F for about 30 minutes, until crispy. While baking, shake baking sheet to avoid burning.

ALMOND BUTTER BANANA BLENDER MUFFINS

8 servings | Calories 245 | Protein 9 | Carbs 16 | Fat 17 | Fiber x | Sugar x

- 1 cup nut butter
 - 2 eggs
 - 2 ripe bananas
 - 1 tbs. honey or Stevia (optional)
 - ½ tsp. baking soda
 - Optional: dark chocolate chips
1. Preheat oven to 400 degrees F and spray/grease muffin pan. Cupcake liners work as well!
 2. Place all ingredients except chocolate chips in blender. Pour mixture into muffin pan and sprinkle with a few chocolate chips.
 3. Bake for about 9–11 minutes, until edges are brown. Let cool for 10 minutes. Store in an airtight container for up to one week.

SECRET INGREDIENT BROWNIES

9 servings | Calories 205 | Protein 9 | Carbs 24 | Fat 8 | Fiber 4 | Sugar 12

- 15-oz. can black beans
 - ½ cup unsweetened applesauce
 - ¼ cup coconut oil
 - 6 pitted Medjool dates
 - 1 cup Chocolate Vegan All in One Protein
 - 2 tbs. ground flaxseeds
 - 1 tsp. vanilla extract
 - ¼ tsp. salt
 - ½ tsp. baking soda
1. Preheat oven to 375 degrees F.
 2. Add 6 tablespoons of water to flaxseed and let sit for five minutes.
 3. Combine all ingredients in the base of a blender and blend until smooth.
 4. Pour into 8x8-inch baking dish and bake for 50–60 minutes or until cooked through.



SIDES + SNACKS

SPICY SNACK DIP

14 servings | Calories 218 | Protein 7 | Carbs 11 | Fat 16 | Fiber 4 | Sugar 6

- 1 jar sunflower seed butter
 - ½ cup coconut aminos
 - ½ cup coconut vinegar
 - ½ cup sriracha sauce
 - 30–50 drops liquid stevia, to taste depending on your preferred mix of spicy/sweet
 - 2 tsp. ground ginger
1. Mix together and use as an easy dip for chopped veggies or chicken.

ROASTED VEGETABLES WITH BACON

6 servings | Calories 140 | Protein 10 | Carbs 7 | Fat 9 | Fiber 3 | Sugar 2

- 1 lb. organic, nitrate-free bacon
 - 6 cups raw chopped vegetables, such as broccoli florets, cauliflower florets, or halved Brussels sprouts
 - ½ tbs. Celtic or Himalayan salt
1. Heat the oven to 450 degrees F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges.)
 2. Cut each slice of bacon into small one inch strips and lay on top of the vegetables.
 3. Roast for about 30 minutes, or until done, flipping once halfway through.

OVEN-ROASTED BACON

6 servings | Calories 100 | Protein 9 | Carbs 0 | Fat 9 | Fiber 0 | Sugar 0

- 1 pack of organic, nitrate-free bacon
1. Line rimmed baking sheet with bacon slices in a single layer.
 2. Place into a cold oven. Set oven to 400 degrees F and a timer to 17 minutes. Allow timer to begin during preheating process.
 3. Check at 17 minute mark, and continue to cook in 2- to 3-minute increments until bacon is at preferred doneness.
 4. Carefully remove bacon and drain on paper towel-lined baking sheets. Reserve bacon drippings for roasted vegetables.



SIDES + SNACKS

NO-PREP ALTERNATIVES

- 2 oz. nitrate-free beef jerky (gluten- and dairy-free) and ½ cup cucumber slices
Calories 168 | Protein 20 | Carbs 20 | Fat 1 | Sugar 19
- 2 hard-boiled eggs and a small apple
Calories 197 | Protein 12 | Carbs 21 | Fat 8 | Fiber 4 | Sugar 15
- Whole red pepper, sliced, or ½ cup carrots with 3 tbs. hummus
Calories 142 | Protein 4 | Carbs 13 | Fat 8 | Fiber 6 | Sugar 7
- ¼ cup olives (about 10)
Calories 38 | Protein 0 | Carbs 3 | Fat 4 | Fiber 1 | Sugar 0
- 10 celery strips with 2 tbs. almond butter
Calories 230 | Protein 8 | Carbs 11 | Fat 18 | Fiber 7 | Sugar 1



FAST FOOD, UPGRADED

ANYTIME EGGS

1 serving | Calories 417 | Protein 21 | Carbs 25 | Fat 27 | Fiber 9 | Sugar 5

- 2 tsp. ghee or coconut oil
 - 2 tbs. chopped onion
 - ¼ cup chopped mushrooms
 - ⅛ tsp. garlic powder
 - ½ bell pepper, chopped
 - 3 eggs, whisked
 - 1 cup fresh berries
1. Melt ghee or oil until hot.
 2. Sauté onions and mushrooms until onions are translucent.
 3. Add garlic and red pepper, sauté another 2 minutes.
 4. Add eggs and cook through. Serve with berries and enjoy!.

2-STEP TUNA

2 servings | Calories 611 | Protein 41 | Carbs 6 | Fat 44 | Fiber 1.5 | Sugar 2.5

- Two chilled 5-oz. cans of tuna, drained, BPA-free lining
 - ⅓ cup avocado-oil based mayonnaise
 - 1 celery stalk, minced
 - 2 scallions, chopped
 - ¼ cup parsley, minced
 - 1 tbs. lemon juice
 - 2 tbs. Dijon mustard
 - ¼ tsp. celery salt
 - ¼ tsp. garlic powder
 - Paprika to taste
 - 1 5-oz. container butter lettuce
1. Mix first 10 ingredients.
 2. Serve over butter lettuce.

ROTISSERIE CHICKEN BURRITO BOWL

1 serving | Calories 408 | Protein 28 | Carbs 30 | Fat 19 | Fiber 8 | Sugar 4

- 4-oz. rotisserie chicken
 - ¼ cup cooked brown rice or quinoa
 - ¼ cup black beans
 - 2 cups chopped romaine lettuce
 - ¼ cup salsa
 - 2 tbs. guacamole
1. Top lettuce with rice, beans, chicken, salsa and guacamole.



HOT DOGS WITH SAUERKRAUT AND RED POTATOES

3 servings | Calories 332 | Protein 15 | Carbs 15 | Fat 23 | Fiber 5 | Sugar 5

- 6 preservative-free, grass-fed hot dogs
 - 1 cup raw sauerkraut
 - 6 small red potatoes, cut in half
 - 1 tbs. ghee, melted
 - 1 tbs. chopped dill to garnish
 - Salt, pepper and Dijon mustard to taste
1. Boil hot dogs according to package directions.
 2. Toss potatoes with ghee and place in microwave-safe dish. Microwave 5 minutes, stir, then microwave another 5 minutes, or until potatoes are done and pierce easily with a fork. Sprinkle with salt, pepper and dill to taste.
 3. Serve hot dogs alongside potatoes and sauerkraut.

AVO-TACOS

4 servings | Calories 451 | Protein 45 | Carbs 31 | Fat 17 | Fiber 12 | Sugar 2

- 1 pound cooked chicken breast, shredded
 - ½ cup cooked brown rice or quinoa
 - 1 can black beans (BPA-free lining)
 - ¼ cup chopped red pepper
 - ¼ cup corn
 - ⅛ tsp. garlic powder
 - 2 tsp. cumin
 - 2 tsp. chili powder
 - ¼ tsp. Himalayan salt
 - 2 avocados, halved and pitted
 - ¼ cup salsa
1. Preheat oven to 400 degrees F.
 2. Combine all ingredients except avocado and salsa.
 3. Scoop ¼ of the chicken mixture onto each avocado half, and place in 8-inch square baking dish. Bake in oven for 7–10 minutes until avocado has softened.
 4. Remove to plate and add salsa to garnish.



MEDITERRANEAN SALMON SALAD

2 servings | Calories 400 | Protein 26 | Carbs 14 | Fat 28 | Fiber 4 | Sugar 2

For the salmon:

- 2 wild-caught salmon fillets
- 1 tsp. olive oil
- ½ tsp. Celtic or Himalayan salt
- 2 tsp. capers
- 4 lemon slices

For the salad:

- ½ cup canned artichoke quarters, drained
- ½ cup pitted Kalamata olives
- ½ cup roasted red peppers, sliced
- ½ cucumber, chopped
- 1 5-oz. container organic herbed salad mix
- 2 tbs. olive oil
- ½ tbs. lemon juice
- ½ tbs. red wine vinegar
- Pinch of Italian seasoning

1. Preheat oven to 400 degrees F.
2. Put salmon fillets on parchment-lined baking sheet. Drizzle with 1 tsp. olive oil and sprinkle with salt. Top with capers and lemon slices to hold capers in place.
3. Bake for 12–15 minutes, or until it flakes easily with a fork.
4. While salmon is baking, mix 2 tbs. olive oil, lemon juice, red wine vinegar and Italian seasoning, then toss with artichoke, olives, red peppers, cucumbers and salad mix.
5. Serve salmon over salad and enjoy.

QUICK SHRIMP SCAMPI

4 servings | Calories 281 | Protein 26 | Carbs 7 | Fat 13 | Fiber 2 | Sugar 2

- 2 tbs. ghee
- 1 tbs. coconut oil
- 1 tbs. olive oil
- 4 cloves garlic, minced
- ⅛ tsp. red pepper flakes (optional)
- 1 pound shrimp, peeled, deveined, tails removed
- 1 cup white wine
- 2 tbs. lemon juice
- ½ cup fresh parsley, minced
- 3 cups steamed broccoli florets

1. Melt ghee over medium heat with coconut oil, and add garlic and red pepper flakes. Stir for 1 minute.
2. Add shrimp. Cook 3–6 minutes or until shrimp is cooked through. (Shrimp will turn from translucent to pink/white and will change shape into a C-shape when done; bright white may mean they are overcooked.)
3. Remove shrimp from skillet and set aside. Add wine and lemon juice, scraping any bits off the bottom, and bring to simmer for 1–2 minutes, stirring in olive oil.
4. Toss the sauce with the shrimp and steamed broccoli florets and enjoy.



SIRLOIN WITH STEAKHOUSE MUSHROOMS + SALAD

2 servings | Calories 509 | Protein 27 | Carbs 9 | Fat 43 | Fiber 3 | Sugar 5

For the steak:

- 2 grass-fed sirloin steaks
- 1 tbs. gluten-free steak seasoning

For the mushrooms:

- 2 tbs. ghee
- 8-oz. package sliced mushrooms
- 2 cloves minced garlic
- 2 tsp. coconut aminos

For the salads:

- 3 cups chopped romaine
- ½ cup cherry tomatoes
- 2 tbs. chopped red onion
- 2 tbs. olive oil
- 1 tbs. red wine vinegar
- Pinch of Italian herbs

1. Remove steak from fridge, rub with steak seasoning and allow 30 minutes to bring to room temperature.
2. During the 30 minutes, melt the ghee in a skillet and cook mushrooms for five minutes until liquid is released. Add garlic, cook 1 minute, then add coconut aminos and cook until liquid evaporates, about 3–5 minutes. Set aside and keep warm.
3. Grill or broil steaks 4–7 minutes per side, or until desired doneness.
4. Toss the salad ingredients together. Serve alongside steak and top the steak with the mushrooms.

BACON-WRAPPED CHICKEN STRIPS WITH HONEY MUSTARD + BROCCOLI SLAW

2 servings | Calories 611 | Protein 41 | Carbs 6 | Fat 44 | Fiber 1.5 | Sugar 2.5

For the chicken:

- 3 chicken breasts
- 5 strips of nitrate-free bacon, sliced lengthwise

For the honey mustard:

- 1 tbs. honey
- 1 tbs. Dijon mustard
- 1 tbs. avocado oil-based mayonnaise
- ¾ tsp. apple cider vinegar
- Dash of cayenne

For the broccoli slaw:

- 12-oz. bag of broccoli slaw
- 1 cup grapes, halved
- ⅓ cup avocado oil-based mayonnaise
- 2 tbs. apple cider vinegar
- Salt and pepper to taste

1. Preheat oven to 400 degrees F.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17–22 minutes, or until chicken is cooked through.
4. While chicken is baking, whisk together the honey mustard ingredients. Set aside.
5. While chicken is baking, whisk together the mayonnaise, apple cider vinegar, salt and pepper for the slaw, then toss with the broccoli slaw and grapes.
6. When chicken and bacon are done, serve alongside slaw and honey mustard dip.



EASY ENTRÉES

OVEN-CRUSTED WHITEFISH

2 servings | Calories 227 | Protein 29 | Carbs 4 | Fat 15 | Fiber 3 | Sugar 3

- 1 pound wild-caught cod or halibut
 - 2 tbs. olive oil
 - 1 tbs. Dijon mustard
 - 2 tbs. coconut flour
 - 1 tsp. Celtic or Himalayan sea salt
 - ½ tsp. black pepper
 - 1 tsp. dried parsley
 - ½ lemon, cut into wedges
 - 2 cups steamed veggies of choice
 - 1 tbs. ghee, melted
1. Preheat oven to 400 degrees F.
 2. Place cod fillets on parchment-lined baking sheet.
 3. Drizzle with lemon juice, olive oil and mustard and rub into fish.
 4. Mix together coconut flour, salt, pepper and parsley. Sprinkle across top of fish and press down.
 5. Bake for 12–15 minutes or until fish flakes easily with a fork. Serve with steamed veggies and ghee.

CREAMY TOMATO + TURKEY SOUP

7 servings | Calories 426 | Protein 34 | Carbs 24 | Fat 22 | Fiber 3 | Sugar 4

- 1½ pounds ground turkey
 - 1 cup cooked quinoa
 - 1 tsp. basil
 - 1 tsp. parsley
 - 1 tsp. garlic powder
 - ⅓ tsp. red pepper flakes
 - 1 15-oz. can diced tomatoes
 - 1 8-oz. can tomato sauce
 - 1 yellow onion, chopped
 - 1½ tbs. Italian seasoning
 - 3 cloves of garlic, minced
 - 1 can full-fat coconut milk
 - ½ cups organic chicken broth
1. Mix turkey, quinoa, basil, parsley, garlic powder and red pepper flakes and form one-inch meatballs. Brown on all sides in a skillet.
 2. Purée tomatoes, onion, coconut milk, Italian seasoning and garlic in a blender, then pour in slow cooker along with chicken broth.
 3. Add meatballs and cook on high for 4–6 hours or until turkey is done.



EASY ENTRÉES

GREEK CHICKEN WITH QUINOA TABBOULEH

4 servings | Calories 380 | Protein 44 | Carbs 20 | Fat 11 | Fiber 4 | Sugar 5

For the chicken:

- 4 chicken breasts, pounded to make uniform thickness
- ½ cup olive oil
- 1 tsp. each garlic powder, dried rosemary, thyme and oregano
- ¼ cup lemon juice

For the tabbouleh:

- 2 cups quinoa, cooked
- 2 cucumbers, chopped
- 3 tomatoes, seeded and chopped
- 3 green onions, minced
- 1 cup fresh parsley, minced
- ¼ cup fresh mint, minced (optional)
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tsp. salt
- ½ tsp. garlic powder

The day before:

1. Combine ingredients for chicken and marinate overnight in an airtight container in the refrigerator.
2. For tabbouleh: Combine the olive oil, lemon juice, salt and garlic powder and mix well. Toss with the rest of the tabbouleh ingredients. This may also be done a day ahead to help enhance the flavors.

The day of:

1. When ready, set oven to 400 degrees F and bake chicken for 40 minutes or until cooked through.
2. Once chicken is cooked, serve alongside the pre-made tabbouleh.

ONE-SKILLET MEXICAN TURKEY WITH CAULI-RICE

4 servings | Calories 266 | Protein 33 | Carbs 7 | Fat 12 | Fiber 3 | Sugar 3

- 2 tsp. coconut oil
- 1 lb. ground turkey
- ½ red onion, chopped
- 2 cloves garlic, minced
- 1 tsp. salt, divided
- 12-oz. package frozen riced cauliflower
- 1 bell pepper, chopped
- 1 jalapeño, seeded and chopped
- ½ tsp. chili powder
- ½ tsp. cumin
- Fresh cilantro (optional garnish)

1. Heat coconut oil in skillet and add ground turkey. After about five minutes, add onion, garlic and ½ tsp. salt and stir frequently until turkey is cooked through. Remove mixture from skillet and set aside.
2. Add riced cauliflower, bell pepper, jalapeño, chili powder, cumin and remaining ½ tsp. salt and cook 9–12 minutes, or until veggies are tender.
3. Return turkey mixture to pan to mix.
4. Serve with fresh cilantro garnish on top.



EASY ENTRÉES

6-INGREDIENT PULLED CHICKEN

8 servings | Calories 248 | Protein 48 | Carbs 0 | Fat 4 | Fiber 0 | Sugar 0

- 6 large organic chicken breasts (about 3–4 lbs.)
 - 1 pack organic, nitrate-free bacon, chopped
 - 2 tbs. dried thyme
 - 1½ tbs. rosemary
 - 1½ tbs. dried oregano
 - 1 tbs. Celtic or Himalayan sea salt
1. Add all ingredients to slow cooker.
 2. Cook on high for 4–5 hours or until chicken shreds easily with a fork.

CHICKEN + APPLE BREAKFAST SAUSAGE

4 servings | Calories 266 | Protein 33 | Carbs 7 | Fat 12 | Fiber 3 | Sugar 3

- 1½ tbs. coconut oil
 - 1 lb. ground pastured chicken
 - 1 tbs. parsley
 - 1 tsp. ground sage
 - ½ tsp. black pepper
 - ½ tsp. Celtic sea salt
 - ½ tsp. onion powder
 - ½ tsp. garlic powder
 - ½ of a peeled and finely diced apple
1. Combine all ingredients and form into patties.
 2. Melt coconut oil over medium-high heat and cook patties until internal temperature reaches 165 degrees F.



CHICKEN FRIED RICE

6 servings | Calories 316 | Protein 41 | Carbs 17 | Fat 11 | Fiber 5 | Sugar 8

For the chicken:

- 2 lb. boneless, skinless chicken breast, thinly sliced
- 1 inch fresh ginger, finely chopped
- 3 cloves garlic, finely chopped
- ¼ cup coconut aminos
- 2 limes, juiced
- 2 tbs. sesame oil
- 2 tbs. rice wine vinegar (optional)
- 1 jalapeño, diced (optional)

For the vegetable fried “rice:”

- 4 cups riced cauliflower (use pre-riced from produce section to save time)
- 2 large eggs
- 2 bell peppers, diced (red and yellow)
- 2 cups shredded carrots
- 4 stalks celery, diced
- ¼ cup coconut aminos
- 1–2 tbs. sesame oil
- 1 bunch green onions, diced (for garnish)
- Jalapeño slices (optional for garnish)

1. Combine sliced chicken with marinade ingredients in a large bowl and let marinate for 15 minutes while you prep the rest of the vegetables for the fried “rice.” In a large skillet or wok over high heat, cook the marinated chicken, stirring frequently until no pink can be seen (about 6–8 minutes), then remove and set aside in a clean bowl.
2. In the same skillet or wok over high heat, cook riced cauliflower, stirring frequently for 4–5 minutes, then add two large eggs and scramble to combine with cauliflower as it cooks. Add the rest of the vegetable fried “rice” ingredients and continue stirring frequently for 5–6 minutes, then add the cooked chicken to combine and heat through (approximately 3–4 minutes). Garnish with green onion, and optional jalapeño or sriracha sauce.



EASY ENTRÉES

PIZZA TOPPING LASAGNA

6 servings | Calories 311 | Protein 20 | Carbs 7 | Fat 22 | Fiber 2 | Sugar 4

- 1 large spaghetti squash, or two small
 - 2 tbs. olive oil
 - 2 tsp. Celtic or Himalayan salt
 - 1½ lbs. ground Italian sausage or spicy sausage
 - 1 8-oz. package of sliced mushrooms
 - 1 green pepper, chopped
 - 1 red pepper, chopped
 - 2 tsp. Italian seasoning
 - 1 tsp. dried oregano
 - 2 cups organic marinara sauce
 - 3 eggs, whisked
1. Poke holes in the spaghetti squash and microwave for 5 minutes. Remove from microwave and carefully cut in half lengthwise. Remove seeds and rub olive oil and salt into the flesh.
 2. Place flesh side down in microwave-safe dish with ½ inch to 1 inch of water. Microwave in 3-minute increments until fork-tender, but not overcooked.
 3. When done, remove from water and pat dry. Allow 10 minutes to cool, and run a fork along the fleshy side to remove the strands from the skin and place in a 9x13 casserole dish.
 4. While squash is cooking, cook sausage, mushrooms and peppers in a skillet until cooked through.
 5. Add marinara sauce, Italian seasoning and oregano and mix well. Stir into baking dish with spaghetti squash and eggs.
 6. Bake uncovered at 375 degrees F for 75 minutes, or until eggs are cooked through and a knife inserted in the center comes out clean.

ROASTED CHICKEN THIGHS WITH BUTTERNUT SQUASH

6 servings | Calories 319 | Protein 37 | Carbs 6 | Fat 15 | Fiber 1 | Sugar 1

- 3 lb. organic chicken thighs
 - 1½ tbs. garlic powder
 - 2 tsp. salt
 - 2 tsp. pepper
 - 3 cups cubed butternut squash
 - 2 tbs. olive oil
1. Preheat oven to 375 degrees F.
 2. On one half of a parchment-lined baking sheet, sprinkle chicken thighs with spices.
 3. Toss squash and olive oil together and spread in single layer on other half of baking sheet.
 4. Roast for 40 minutes or until chicken is cooked through.



EASY ENTRÉES

MAKE-AHEAD BEAN SALAD

10 servings | Calories 229 | Protein 8 | Carbs 25 | Fat 10 | Fiber 8 | Sugar 4

- 1 15-oz. can black beans
 - 1 15-oz. can chickpeas/garbanzo beans
 - 1 15-oz. can cannellini beans
 - 1 15-oz. can whole kernel corn
 - 2 cups chopped bell peppers
 - ½ red onion, chopped
 - 2 garlic cloves, minced
 - ¼ cup lime juice
 - ⅓ cup olive oil
 - 5–10 drops clear liquid stevia
 - 1 tsp. salt
 - Pinch of cayenne pepper
 - ½ cup fresh cilantro, chopped
 - 1 avocado, cubed for garnish
1. Drain and rinse beans and corn, then toss in a large bowl with bell peppers and onion.
 2. Whisk together garlic, lime juice, olive oil, stevia, salt and cayenne pepper. Drizzle over bean and veggie mixture.
 3. Stir in cilantro and top with avocado just before serving.

SHREDDED SLOW COOKER CHICKEN

6 servings | Calories 276 | Protein 22 | Carbs 18 | Fat 14 | Fiber 1 | Sugar 1

- 6 chicken breasts or thighs
 - 1 24–36-oz. jar of no-added-sugar salsa
 - 1 medium onion, sliced
 - 1 tsp. salt
 - 1 tsp. pepper
 - Jalapeño slices (optional)
1. Add all ingredients to slow cooker and cook on high for 3 hours, then low/warm overnight (do not lift lid once you cover the cooker).
 2. Shred with tongs and serve over steamed veggies of choice.

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