

# Fit Girl

**THE TOTAL-BODY  
TURNAROUND PROGRAM**

**MELISSA ALCANTARA**

**FOREWORD BY KIM KARDASHIAN WEST**

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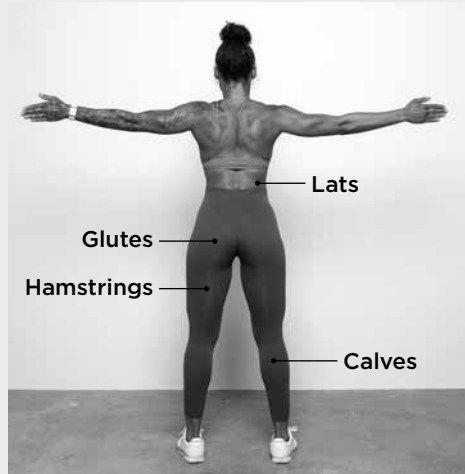
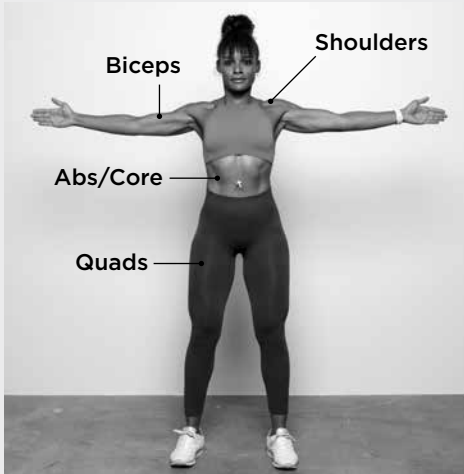
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## Body by Mel



For example, the label on a container of hummus might look like this:

<b>Nutrition facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serv size 2 Tbsp (28g/1 oz)		<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb</b> 4g	<b>1%</b>
Servings 7		Sat. Fat 1g	<b>5%</b>	Dietary Fiber 2g	<b>8%</b>
<b>Calories</b> 70		Trans Fat 0g		Sugars 0g	
<b>Fat cal.</b> 50		Cholest. 0mg	<b>0%</b>	<b>Protein</b> 2g	
*Percent Daily Values (DV) are		<b>Sodium</b> 130mg	<b>5%</b>		
Based on 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4 %			

## The Turnaround Shopping List

After you go through your two weeks of tracking what you eat without making changes, then it's time to figure your macros and start cooking closer to a nutrition-based approach—aka it's time to go to the supermarket and make some of my recipes!

The list below is meant to help you figure out what to buy and cook, even if you don't follow my recipes exactly. Yup, if you don't like venison, for example, just replace it with tempeh or chicken or whatever you like from the list. You can find 90% or more of these items at your local Trader Joe's, Whole Foods, Kroger, etc. I know this because this is the same list I use all the time—the foods I've made my recipes from for years.

### Proteins

Beef (96/4 fat ratio)

Venison

Bison

Chicken

(antibiotic free/organic)

Salmon

Tuna

Cod

Eggs

Turkey

Plain Greek yogurt

Shrimp

Red snapper

Tofu

### Carbs

Brown rice

White rice

Sweet potatoes

Red potatoes

Multigrain bread

Couscous

Quinoa

Beans

Steel-cut oats

### Seasonings

Fresh garlic

Onions

Paprika

Oregano

Crushed red pepper

Black pepper

Sea salt

**Nuts**

Cashews  
Almonds  
Pistachios  
Granola  
Chia seeds

**Fruits**

Avocado  
Bananas  
Apples  
Blackberries  
Blueberries  
Raspberries  
Strawberries  
Coconut

**Oils**

Coconut oil  
Olive oil  
Sunflower oil

**Condiments**

Hot sauce  
Mustard  
Tabasco sauce

**Dressings**

Olive oil  
Apple cider vinegar  
Balsamic vinegar

**Veggies**

Broccoli rabe  
Broccolini  
Cauliflower  
Brussels sprouts  
Kale  
Edamame  
Baby spinach  
Zucchini  
Green beans  
Black beans  
Carrots  
Peas  
Peppers (any)  
Broccoli  
Asparagus  
Eggplant

**Drinks**

Water  
Coffee  
Herbal tea  
Unsweetened almond milk

**Supplements (Optional)**

Fish oil  
Probiotic  
Digestive enzymes  
Vitamin A  
Vitamin C  
Vitamin D

**A Couple Categories That Deserve Special Attention**

Some additional thoughts on a couple sneaky-ass “food” categories that can mess with your metabolism. These are 1) beverages and 2) sugary or synthetic crapstuff. You gotta really watch out for the crapstuff because it will do nada, nothing, zip for you and your goals.

## ***Beverages***

Listen up: You're about to become real tight with a little hottie known as H<sub>2</sub>O. I want you to gaze into that clear, cleansing, calorie-free source of hydration like you are in love with it and everything it's going to do for you. Water helps flush waste, hydrate skin, lubricate joints, regulate mood, increase metabolism—it's so good for you that I want you to aim to drink a gallon of it every single day. Yes, I said a gallon—128 ounces of water every damn day. No complaints. Get yourself a reusable bottle and fill that thing up every chance you get. Once you start drinking it consistently throughout the day, you'll notice that you actually feel thirstier, and this will make it easier to keep grabbing for that bottle. Yes, this means you'll be going to the bathroom a lot!

Besides water, you can drink coffee and tea as long as they're not supersize, more-sugar-than-caffeine-uccinos. If you're drinking caffeinated varieties, lean toward moderation because you will absolutely need quality sleep to help you recover, and caffeine and sleep do not mix. Try to keep your caffeine intake to one or two cups per day, no more than that—well, maybe three cups on those days that you feel like you won't survive without a little jolt of coffee juice in the afternoon. If you want to chill with some tea at night, go with a nice, calming option—you know, one of those that have goofy-looking bears in pajamas on it—so you don't stare at the fucking ceiling all night. (If you're like me, it's not caffeine, but your crazy head that keeps you up at night. But that's for another chapter!)

## ***Sugar, Sweeteners, and Synthetic Foods***

See also dried fruits, sauces, fat-free, sugar-free, zero-calorie trail mix, protein cookies, and so on.

The short answer is NO to all that. The food-marketing industry likes to call these products different names, but they are all the same: food-like items that contain no nutritional value and do not contribute anything to your health and well-being. Fruit is okay as long as you eat the ones that have a decent amount of fiber. Fake sweeteners and chemical additives play tricks on your taste buds and on appetite hormones, and they just confuse the shit out of your body. Stay away from them as much as possible.

# Recipes

Well, hello there, hungry people! This section contains the recipes that aim to deliver taste, texture, and experience, and BONUS—they just happen to align with The Turnaround you’re making. I could absolutely have you make and eat food that will deliver “faster” results, but at the expense of your health and sustainability—yeah, no, sorry. We’re here to end the yo-yo lifestyle and create physical and mental habits that work long term.

I’ve organized the recipes in a super easy way by category (smoothies, salads, dinner, etc.) so you can try anything you want any day of the week and find the recipes you want to make and remake and remake again. You’ll find some crowd favorites such as huevos rancheros and bibimbap, and a bunch of vegetarian options as well. Vegetarian recipes are marked (V). The reason behind this is that you don’t need to live and die on a diet—quite the opposite, actually. I want you to open your mind to the endless possibilities of what nutrition can do for you.

Finally, I have a separate section called Nutrient-Rich Sides. I left this section separate from the lunch and dinner recipes because I want you to be able to choose the micronutrient source (veggies mostly), carbs, and proteins for your meals. In the food intro section, you learned how to compute your macros (protein, carbs, fat), but your body can’t possibly work at its best if you don’t consume the trace amounts of fiber (hugely important), vitamins, and minerals it needs; yes, you need micros for your body to break down the macros.

Also, I want you to learn to cook your veggies and other staples and develop a taste for them. You’ll also be able to create your own meals by rearranging the different food groups as you see fit. You’ll thank me forever, I promise!

Here are the many amazing options you have to choose from! Seriously, there is no way you won’t find some forever favorites here.



## **Lunch/Dinner**

Lamb Chops and Roasted Red Potatoes  
Ground Turkey Kofta  
Flank Steak with Sautéed Zucchini  
Roasted Chicken with Peperonata  
Salmon with Broccolini  
Brown Rice Poke Bowl  
Vietnamese-Style Ground Chicken Lettuce Wraps  
Whole Tandoori Roasted Chicken  
Beef and Broccoli  
Bibimbap  
Green Curry Thai Coconut (V)  
Mediterranean-Style Bean Salad (V)  
Green Tea Soba Noodles (V)  
Our Favorite Grain Bowl (V)  
Cauliflower Steak with Gremolata (V)  
Lentil and Kale Soup (V)

## **Nutrient-Rich Sides**

### **Veggie Sides**

Baby Spinach  
Broccoli  
Kale  
Cauliflower  
Brussels Sprouts  
Asparagus

### **Carb Sides**

White Rice  
Brown Rice  
Sweet Potatoes (Japanese)  
Eggplant

**Protein Sides**

Chicken, Beef, Fish, Tempeh, or Tofu

Salmon

Fried Eggs

**Smoothies**

Strawberry Banana

Green

Almond Butter and Berry

Matcha Oat

**Salads**

Kale Salad

Caesar (Grilled Chicken Optional)

Classic Niçoise

Cobb

**Breakfast**

Mushroom Frittata

Shakshuka

Huevos Rancheros

Paleo Pancakes with Blueberry Syrup

Overnight Oats and Chia Bowl

**Snacks**

Kale Chips

Egg-Salad-Stuffed Celery

Hummus

Guacamole with Sweet Potato Chips

## **Desserts**

Dark Chocolate Nutty Bark

Blueberry Banana Pops

Flourless Chocolate Cake

Oatmeal Almond Cookies

Banana Chocolate Bread

Gluten-Free Sweet Potato Pie

### Lamb Chops and Roasted Red Potatoes

*This is a simple recipe that will impress at any dinner party. Be sure to choose a recipe from the veggies section to get your micros intake and add some green jazz to your life.*

*The rub is excellent for all types of meat. If not using it for lamb, I suggest trying it on chicken. Venison is also tasty with this rub!*

*Serve the lamb chops with the delicious mint chimichurri (aka gremolata).*

#### SERVES 4

2 pounds rack of lamb (8 ribs)

12 baby red potatoes, sliced in half

1 to 2 teaspoons sunflower or coconut oil

Sea salt and cracked black pepper to taste

#### ***For the rub***

½ cup cilantro leaves with tender stems

½ cup flat-leaf parsley leaves

½ cup mint leaves

½ tablespoon ground cumin

½ tablespoon paprika

2 teaspoons allspice

1 teaspoon crushed red pepper

2 tablespoons olive oil

1 tablespoon sea salt

#### ***For the gremolata***

1 bunch mint, chopped

1 bunch parsley, chopped

2 tablespoons chives, finely chopped

2 cloves fresh garlic, minced

1 teaspoon crushed red pepper

1 tablespoon red wine vinegar

6 tablespoons olive oil

Chop all ingredients for the rub and mix with the two tablespoons of olive oil. Generously rub the rack of lamb all over and allow to marinate for about 4 hours before cooking. Remove it from refrigerator about 1 hour before you're ready to cook it to allow it to return to room temperature. (This makes for more even cooking.)

Preheat the oven to 450°F.

In a large bowl, mix the potatoes with sunflower or coconut oil, salt, and pepper. Arrange the potatoes, cut sides up, on a large baking sheet lined with foil. Set aside.

Top a separate baking sheet with a wire baking rack, and place the lamb on top of the rack. Transfer to the middle of your preheated oven, and while you have your oven open (efficiency, baby!), grab the reserved tray of potatoes and put it on the lower rack. Allow both to roast for 20 minutes.

Reduce heat to 350°F and roast lamb until done. Using a meat thermometer, check the temperature every 10 minutes, since cooking times vary depending on the oven. The USDA recommends that lamb be cooked to an internal temperature of 145°F, but I recommend removing it from the oven at 140°F—the temperature will continue to rise after it is removed. Allow the rack to rest for 20 minutes before carving.

At about 30 minutes of cooking time, the potatoes should be done. Check doneness by using a cake tester or fork to pierce the surface of the potatoes. If there is little to no resistance, remove the potatoes from the oven.

### **For the gremolata**

Add the herbs, garlic, and red pepper to a food processor and blend for 45 seconds, or until it has a nice powder-like consistency.

Spoon the mixture into a glass jar with a lid and add the wine vinegar and olive oil. Cap tightly and shake vigorously. You may store the gremolata at room temperature for up to one week, longer if refrigerated.

## Ground Turkey Kofta

*This is a very versatile recipe that can be used with any of your favorite ground meats, not just turkey. Add a carb and a veggie from those respective categories and now you have a recipe that turns into 12 thousand! LOL!*

### **SERVES 4**

2 pounds ground turkey  
2 shallots, finely chopped  
2 cloves fresh garlic, finely chopped  
1 tablespoon fresh mint, chopped  
½ cup fresh parsley, chopped  
½ teaspoon cumin  
¾ teaspoon hot paprika  
1 teaspoon cracked black pepper  
1 tablespoon sea salt  
2 teaspoons sunflower or coconut oil  
Skewers

### ***For the yogurt sauce***

1 cup Greek yogurt  
1 teaspoon sea salt  
1 tablespoon fresh mint, chopped  
1 tablespoon fresh parsley, chopped  
1 tablespoon lemon juice

Start by making the yogurt sauce. Put all ingredients except the lemon juice in a bowl and mix with a spoon for 1 minute.

Add the lemon juice slowly while stirring the sauce. Refrigerate until ready to use.

For the kofta, combine the ground turkey in a bowl with shallots, garlic, herbs, spices, and salt and pepper. Mix until combined. Divide the seasoned meat into 2-inch logs and refrigerate for 1 hour, so they hold their shape when cooking. When the logs are firm, carefully insert skewers. Place a cast-iron pan on medium-high heat and heat the oil until it is lightly smoking. Cook the logs until they are browned, about 4 minutes on each side. Serve with yogurt sauce. Enjoy!

## Flank Steak with Sautéed Zucchini

*Flank steak is especially great because it is one of the leanest cuts of beef and can be very flavorful if cooked with care. You can cook flank and other steaks to your preferred doneness—here's a quick temperature guide for cooking all beefsteaks:*

*Rare: 125°F–130°F*

*Medium Rare: 130°F–135°F*

*Medium: 140°F–145°F*

*Well Done: 160°F and higher*

### **SERVES 4**

5 zucchinis, quartered lengthwise	1 teaspoon dried oregano
4 teaspoons sunflower or coconut oil	1 teaspoon olive oil
Sea salt and cracked black pepper to taste	4 tablespoons balsamic vinegar
Ground garlic powder to taste	1 pound flank steak

Put the zucchini in a bowl with the oil, salt, pepper, garlic powder, and oregano. Allow the zucchini to marinate for at least 15 minutes.

Meanwhile, heat a large cast-iron skillet slicked with oil over medium-high heat. When the pan is lightly smoking, add the zucchini. Cook for about 5 minutes, then flip it over and brush with balsamic vinegar. Cook for 3 minutes more, then flip it over once more and cook for an additional 2 minutes. Remove from the heat, slide the zucchini onto a plate, and wipe out the pan for your steaks.

Salt is important not only for flavor but also for moisture. Seasoning your steak with salt before cooking will draw out excess moisture and ensure a rich, brown crust. Your steak should always be room temperature before you begin cooking, and pat it dry. Heat the oil until it is lightly smoking. Sear the steak evenly on both sides. Your preferred doneness determines the cooking time, from 3 to 9 minutes per side.

Allow the steak to rest for 10 minutes before slicing it for serving. Resting helps retain the steak's juices.

## Roasted Chicken with Peperonata

*You can use any of your favorite cuts of chicken for this. I like this recipe for its ability to turn cooking one dinner into doing meal prep for a few days.*

### **SERVES 5**

1/2 cup sunflower or coconut oil	1 cup canned tomatoes or 6 very ripe tomatoes
8 cloves garlic, crushed	2 sprigs basil
3 small onions, sliced	2 sprigs oregano
Sea salt and cracked black pepper to taste	1 tablespoon red wine vinegar
2 red bell peppers, seeded and sliced	5 chicken breasts
2 orange bell peppers, seeded and sliced	1/2 lemon
2 yellow bell peppers, seeded and sliced	

In a large pot, gently heat the oil. Add garlic and cook over a low flame for about 4 minutes. Stir in the onions and let them sweat for 5 minutes, until they are opaque. Season with salt. Add the sliced bell peppers and stir occasionally until cooked through. This will take about 15 minutes. Add the tomatoes, crush them up, and cook for 30 minutes. Add the basil and oregano and cook for another 15 minutes. Add the red wine vinegar and remove the peperonata from the heat.

Season chicken breasts with salt and pepper. Place them on a sheet pan lined with a rack and place it in the oven for 20 minutes. Cook until the chicken has reached 145°F; check with a meat thermometer. Remove the sheet pan from the oven and let the chicken rest for at least 10 minutes before serving.

Squeeze the lemon over the chicken and serve it with the peperonata.



## Salmon with Broccolini

*This is a good weeknight or weekend option, since it's simple but kinda makes you look fancy when you cook it. I like to enjoy this dish with some white rice to make sure I'm hitting all macros and micros numbers.*

### **SERVES 3**

1 pound salmon fillet, with skin	1 tablespoon pine nuts
1 teaspoon + 1 tablespoon sunflower or coconut oil	2 bunches broccolini
Sea salt and cracked black pepper to taste	2 cloves fresh garlic, minced
	½ teaspoon anchovy paste
	½ lemon

### **For the salmon**

Select broil on your oven. Rub the salmon lightly on all sides with 1 teaspoon oil and season with salt and pepper. Place salmon with skin side up on the highest rack of your oven. Broil for 10 minutes. Switch to the “bake” setting on your oven. Remove the salmon from the oven, and turn it over. Bake on a middle rack of the oven for 10 minutes.

### **For the pine nuts**

Spread the pine nuts on a baking tray and put it in the preheated oven. Shake the tray every five minutes to ensure even toasting. When the pine nuts are toasted to your liking, remove from the oven and season with a little salt.

### **For the broccolini**

Cut the broccolini into individual stalks, removing any woody ends. Heat 1 tablespoon oil in a skillet. Place the broccolini in the pan and cook for 4 minutes, then flip it over. Add garlic and anchovy paste and stir the broccolini to fully incorporate the seasonings. Cook for another 4 minutes and remove from heat. Squeeze the lemon over it and sprinkle with toasted pine nuts.

## Brown Rice Poke Bowl

*This recipe is very simple, quick, and refreshing. One pro tip: Replace ½ cup of water with rice wine vinegar for cooking the rice. This will add a nice flavor and great texture to the rice.*

### **SERVES 2**

8 ounces sushi-grade tuna,  
cut into small, bite-size cubes  
Sea salt to taste  
2 tablespoons rice vinegar  
1 teaspoon sesame oil  
1 cup cooked brown rice

3 scallions, thinly sliced  
2 radishes, thinly sliced  
1 English cucumber, thinly sliced  
¼ avocado, thinly sliced  
1 teaspoon sesame seeds

In a large bowl, season the tuna with salt, rice vinegar, and oil. Remove from bowl and set aside, reserving the liquid.

Divide the rice into two bowls and top with tuna. Add vegetables and avocado, and pour any remaining liquid over the top. Sprinkle everything with sesame seeds. Enjoy!

# Vietnamese-Style Ground Chicken Lettuce Wraps

*A little bit of sauce goes a long way! You can stretch about two tablespoons of sauce for your whole meal.*

## **SERVES 2**

1 tablespoon sunflower or coconut oil  
10 ounces ground chicken  
3 cloves fresh garlic, minced  
1 stalk lemongrass, tough outer layers removed, lower 6 inches of tender bulb, finely chopped  
4 scallions, thinly sliced  
1 tablespoon fresh ginger, grated  
Sea salt and cracked black pepper to taste  
2 teaspoons fish sauce  
2 heads Boston lettuce, separated into single leaves

½ bunch fresh mint, leaves picked  
½ bunch fresh cilantro, leaves picked  
½ bunch fresh Thai basil, leaves picked

## ***For the sauce***

3 limes, juiced  
4 tablespoons fish sauce  
1 tablespoon rice vinegar  
4 tablespoons honey  
¼ cup water  
Pinch of crushed red pepper

Add the oil to a large skillet. Add the ground chicken, garlic, lemongrass, scallions, ginger, salt, and pepper to the pan and stir to mix the ingredients thoroughly. Continue to stir and break apart the ground chicken, cooking for about 10 minutes or until the meat is no longer pink. Add the splash of fish sauce and stir for another minute. Remove the contents from the skillet.

For the sauce, in a medium-size bowl, whisk together the lime juice, fish sauce, rice vinegar, and honey. Whisk in the water and crushed red pepper.

Assemble the lettuce wraps with the herbs of your choice. Lightly dip each wrap in the sauce. Enjoy!

## Whole Tandoori Roasted Chicken

*Roasting a whole chicken is awesome because it 1) saves you money, and 2) gives you the most juicy and delicious chicken ever! Don't think you have to go for the breasts just because they have fewer calories—my favorite parts of the chicken are actually the legs and wings. Enjoy whichever parts are your preference!*

### SERVES 6

#### ***For the marinade***

4 tablespoons fresh ginger, grated  
1 whole head fresh garlic, peeled and minced  
1 tablespoon ground cumin  
1 tablespoon ground coriander  
1 tablespoon sweet paprika  
2 teaspoons garam masala  
1 teaspoon ground fenugreek  
2 teaspoons harissa or red chili paste

1 lemon, juiced  
4 tablespoons olive oil  
3 pounds roaster chicken (approx. 2)

#### ***For the sauce***

½ cup 2% Greek yogurt  
½ English cucumber, julienned  
1 lemon, juiced  
Sea salt and cracked black pepper to taste

Whisk all the marinade ingredients together and rub the whole chicken with your marinade liquid. Don't forget to rub the inside of the chicken as well. Cover and let marinate in the refrigerator overnight or for at least 6 hours.

Remove the chicken from the fridge and preheat the oven to 350°F. Once the chicken is at room temperature, place it in a baking pan and put it in the oven (the pan will catch the juices as the chicken cooks). Roast until the internal temperature reaches 165°F, about 60 to 75 minutes. Baste the chicken with the marinade juices every 10 minutes.

Meanwhile, in a medium bowl, whisk together the Greek yogurt, julienned cucumber, and lemon juice. Season with salt and pepper to taste.

Remove the chicken from the oven and let it rest for 20 minutes before serving. Serve with yogurt sauce and your favorite naan or brown rice (just be sure to add your choice of carb to your total macros).

## Beef and Broccoli

*Easy, delicious, and portable. What else can you ask for? I recommend adding some brown rice from the carb recipes in order to make this a bullet-proof meal of go-to goodness.*

### SERVES 5

1 tablespoon sunflower or coconut oil	1 tablespoon soy sauce
24 ounces sirloin steak, cut into thin slices	½ teaspoon sesame seeds
2 heads broccoli, cut into bite-size florets	½ teaspoon crushed red pepper
3 cloves fresh garlic, minced	1 teaspoon sesame oil, for finishing
	1 lime, juiced, for finishing

Heat oil in a skillet over medium heat. Once the pan starts lightly smoking, add the sirloin steak slices and cook for about 2 minutes until browned, then flip each slice and cook for another 2 minutes. Remove from the pan and set aside.

In the same pan, add the broccoli florets, heads facing down, stems up. Cook for 4 minutes, then flip, stir, and cook for another 4 minutes.

Add the cooked sirloin slices back to the skillet with the broccoli. Add garlic, soy sauce, sesame seeds, and crushed red pepper. Stir and cook for about 2 minutes, then finish the mixture with a drizzle of sesame oil and freshly squeezed lime juice.

Serve over a bed of brown rice or quinoa (about ½ cup per serving—just be sure to add your choice of carb to your total macros).

## Bibimbap

*This dish is great because each ingredient can be prepped in bulk and used throughout the week.*

### **SERVES 4**

2 cups cooked brown rice	1 pound lean ground beef
4 cups bean sprouts	2 cloves fresh garlic
4 cups spinach	2 teaspoons fresh ginger, grated
Sea salt to taste	1 tablespoon low-sodium soy sauce
1 large carrot, julienned and lightly salted	4 tablespoons Korean red pepper paste
1 tablespoon sunflower or coconut oil	2 tablespoons rice vinegar
2 cups shiitake mushrooms, thinly sliced	4 eggs, fried in ½ teaspoon sunflower or coconut oil (optional)

Fill a large pot halfway with water. Lightly season the water with salt. Bring to a boil and add the bean sprouts in a metal strainer. (This way, you can remove the sprouts without discarding the boiling water.) Blanch for 3 minutes. Transfer the sprouts to a large bowl of ice water to shock them and stop them from cooking. Strain and set aside.

Do the same with the spinach. Once it is blanched and shocked, set it aside.

Arrange the carrot slices on a plate and lightly salt. Let the salt draw out some moisture for at least 20 minutes as it seasons the carrot slices.

Add ½ tablespoon oil to a large skillet over medium-high heat. When the pan is lightly smoking, add the sliced shiitake mushrooms and let them cook for about 2 minutes. Lightly season with sea salt and stir to ensure even cooking. Remove mushrooms from the pan.

Add another ½ tablespoon oil to the pan. When the pan is hot, add the lean ground beef, garlic, and freshly grated ginger. Cook for about 10 minutes, stirring occasionally while breaking the meat apart. Once it is browned and fully cooked, add the low-sodium soy sauce. Remove from heat.

In a small bowl, whisk together the red pepper paste with the rice wine vinegar to create a thick sauce. Set aside.

Assemble all the vegetables over a bowl of hot brown rice. Top it off with the cooked beef and fried egg (optional) and the red pepper sauce. You can add as much of the sauce as you'd like. It's spicy, so start off with a little bit!

## Green Curry Thai Coconut (v)

*This is a great recipe for when you're feeling like Thai food in the comfort of your own home. The cool thing about this recipe is that you can add whatever protein or veggie from either of those sections if you want to convert it to non-vegetarian and have the complete restaurant experience that fits your macros. This recipe is best enjoyed among friends and family.*

### **SERVES 4**

1 can coconut milk	1 zucchini, cut into 2-inch-thick medallions
1 tablespoon green curry paste	1 green bell pepper, cut into bite-size pieces
1/2 bunch fresh cilantro	1 cup button mushrooms, quartered
4 sprigs fresh basil, stemmed	1 cup green beans, cut in half
1 tablespoon fresh ginger, grated	1 small white onion, thinly sliced
1 small eggplant, cut into 2-inch-thick medallions	1 tablespoon sunflower or coconut oil

Combine the coconut milk, curry paste, cilantro, basil, and ginger in a blender and blend until smooth. Set the curry aside.

Combine all the vegetables in a large skillet with the oil and cook for about 5 minutes over medium-high heat. Add the curry to the pan, bring to a boil, and reduce the heat to a slow simmer. Simmer the mixture for about 15 minutes or until the vegetables are tender.

Serve over brown rice (see my Brown Rice recipe from the carbs section).

## Mediterranean-Style Bean Salad (v)

*Another easy and simple vegetarian-inspired recipe that delivers a fresh summer vibe; it gives me a 100%-summer-in-California feeling. Add your favorite greens such as raw baby spinach, romaine lettuce, kale, etc., and get the fiber and micros you crave.*

### **SERVES 4**

1 can black beans, drained and rinsed	½ cup Greek olives, pitted and halved
1 can white beans, drained and rinsed	¼ cup feta cheese (optional)
1 red onion, diced	2 tablespoons red wine vinegar
1 English cucumber, thinly sliced	2 tablespoons olive oil
1 cup cherry tomatoes, halved	

Mix all ingredients in a large bowl. Enjoy it with or without a slice of multigrain bread.



## Green Tea Soba Noodles (v)

*My daughter loves noodles—hence, this recipe. It's not complicated and can easily be modified to include tempeh, tofu—see the proteins section—and even chicken if you wish to depart from the vegetarian route. Hope you enjoy it as much as Bella does.*

### **SERVES 4**

16-ounce package green tea soba noodles	1 teaspoon sesame oil
5 cloves fresh garlic, grated	3 scallions, thinly sliced
2 tablespoons fresh ginger, grated	1 English cucumber, julienned
1 tablespoon shio dashi	½ teaspoon gochugaru (Korean ground red pepper)
1 tablespoon rice vinegar	4 soft-boiled eggs (optional)

Bring a large pot of water to a boil. Cook the soba noodles for about 10 minutes. When they are cooked through, strain from the pot and shock in an ice-water bath. Once the noodles have cooled down, strain from the ice water and place them in the refrigerator for 12 hours. (This not only improves their texture but makes them easier to digest.)

When you're ready to eat, mix the noodles with all the ingredients in a large bowl. Transfer to four small bowls and enjoy!

## Our Favorite Grain Bowl (v)

*You can bulk-prep each ingredient and make enough bowls for the whole week. This recipe is very versatile and should change from season to season. Replace the vegetables frequently with your favorites so you don't get bored! Brussels sprouts, bell peppers, and asparagus are also great additions to this bowl.*

### SERVES 4

1 sweet potato, diced	1 bunch kale, sliced thin
1 tablespoon sunflower or coconut oil	2 cups cooked quinoa
1 head broccoli, cut into bite-size florets	1 cup cooked wheat berries
1 zucchini, sliced in 2-inch medallions	¼ avocado, diced (optional)
Sea salt and cracked black pepper to taste	1 teaspoon red wine vinegar
	½ tablespoon olive oil

Preheat the oven to 400°F. Arrange the diced sweet potato evenly on a baking sheet. You can toss it with 1 teaspoon of oil, if you like. Otherwise, just season with a little salt. Place the baking sheet in the oven and cook for about 30 minutes. Check to see if the potatoes are ready by inserting a fork or cake tester. When they are tender, remove from the heat and set aside.

Heat 1 tablespoon of oil in a large skillet over medium heat. Add the broccoli florets, heads facing down, stems up. Cook for 4 minutes and stir, then cook for another 4 minutes. Season with salt and pepper. Remove from the pan and add the zucchini slices. Cook on one side for 3 minutes, then flip to cook on the other side for another 3 minutes. Season with salt and pepper.

While the vegetables are hot, mix them in a large bowl with the raw sliced kale. This will help wilt the kale, making it soft and easier to consume. Scoop a full cup of this vegetable mixture and serve it over your quinoa and wheat berries. You can add the avocado (if using) and red wine vinegar and olive oil as a dressing. A little bit goes a long way!

## Cauliflower Steak with Gremolata (v)

*I really like cauliflower made this way because you can easily add some white rice and tempeh to make a full meal while keeping the cauliflower as the star of the dish. Yup, you can make cauliflower e.x.c.i.t.i.n.g!*

### SERVES 2

1 head cauliflower	2 tablespoons fresh chives, finely chopped
1 teaspoon sunflower or coconut oil (for slicking the pan)	2 cloves fresh garlic, minced
1 lemon, juiced	1 tablespoon capers
6 tablespoons olive oil	1 teaspoon crushed red pepper
1 bunch fresh parsley, picked and chopped	1 tablespoon red wine vinegar
	Sea salt and cracked black pepper to taste

Cut cauliflower top to bottom into 3 even pieces, or “steaks,” making sure the stem is holding the shape of the cauliflower together.

**FOR THE GREMOLATA:** In a bowl, mix together the lemon juice, olive oil, parsley, chives, garlic, capers, crushed red pepper, and red wine vinegar. Season the gremolata with salt and pepper to taste.

Heat a cast-iron pan until it is smoking hot. Add a slick of sunflower or coconut oil to the pan and let it spread evenly. Place the cauliflower in the pan, one cut face down, and allow it to sear for 4 minutes, then flip it so the other face can sear as well. The edges of the cauliflower should be almost blackened, but the inside will not be overcooked. This way, you still get all the nutrients from the vegetable.

Serve with the gremolata (for a variation, see my gremolata instructions from the Lamb Chops and Roasted Red Potatoes recipe, page 147)—and enjoy!

## Lentil and Kale Soup (v)

*This is for one of those days when you need something nice and warm to make you feel better or when it's just so damn cold where you live. I lived in NYC most of my life, so a little warm soup when it's 10°F outside is a welcome break. You can easily make this and pack it to take to work or school, or you can even drink it in a thermal sippy cup.*

### **SERVES 4**

1 tablespoon sunflower or coconut oil	2 cups green lentils, rinsed
1 medium onion, diced	2 quarts vegetable stock (or water)
1 medium carrot, diced	1 tablespoon sweet paprika
3 stalks celery, diced	1 bunch kale, thinly sliced
5 cloves fresh garlic, grated	Sea salt and cracked black pepper to taste
1 14-ounce can whole tomatoes	1 lemon, juiced

Add the oil to a large pot. Sweat the onions, carrots, celery, and garlic for about 5 minutes. Add the tomatoes and crush them into the vegetable mixture. When the tomatoes are fully broken up, add the lentils and 1 to 2 quarts of vegetable stock, depending on desired consistency. Bring the stock to a boil and reduce to a simmer, then add the paprika. Cook for about 30 minutes, stirring occasionally, and add the kale. Season to taste with salt and pepper. If you want soup with a looser consistency, add more vegetable stock or water. Add a squeeze of lemon juice and enjoy!

## NUTRIENT-RICH SIDES

These are no-frills, superfast recipes for cooking up some seriously nutritious sides. When short on fat for the day, feel free to add some extra olive oil on your veggies once they're cooked.

### VEGGIE SIDES

#### Baby Spinach

1 teaspoon sunflower or coconut oil      Pinch of sea salt  
1 bunch baby spinach

Heat a pan (ideally cast-iron) over medium-high heat until it starts smoking a tiny bit.

Add the oil and let it heat up to pan temperature, about 30 seconds.

Add the baby spinach and stir constantly for 2 to 3 minutes.

Remove from pan, sprinkle with salt, and enjoy.

## Broccoli

1 teaspoon sunflower or coconut oil

Pinch of sea salt

1 head broccoli

½ lime

Heat a pan (ideally cast-iron) over medium-high heat until it starts smoking a tiny bit.

Add the oil and let it heat up to pan temperature, about 30 seconds.

Add the broccoli, sprinkle with salt, and move it around every 30 seconds for about 5 minutes.

Cover and cook for about 2 minutes.

Remove cover and cook for another minute; remove from pan.

Squeeze lime over the broccoli and enjoy!

## Kale

1 teaspoon sunflower or coconut oil

½ lime

1 bunch kale, cut

Heat a pan (ideally cast-iron) over medium-high heat until it starts smoking a tiny bit.

Add the oil and let it heat up to pan temperature, about 30 seconds.

Add the kale and stir constantly for 2 to 3 minutes.

Allow the kale to cook for another 3 to 5 minutes, depending on how tender you like it.

Remove from pan and squeeze the lime on it.

## Cauliflower

½ tablespoon sunflower or coconut oil	Pinch of sea salt
1 head cauliflower, cored and cut into florets	½ lime (optional)
	1 bunch cilantro, chopped (optional)

Heat a pan (ideally cast-iron) over medium-high heat until it starts smoking a tiny bit.

Add the oil and let it heat up to pan temperature, about 30 seconds.

Add the cauliflower and move it around every minute for about 5 minutes.

Cover the cauliflower and continue cooking for about 4 more minutes.

Cook uncovered for another 1 to 2 minutes and remove from pan.

Sprinkle sea salt over the cauliflower.

Optional: Once the cauliflower has cooled slightly, finish with freshly squeezed lime juice and chopped cilantro.

## Brussels Sprouts

1 bunch brussels sprouts, halved                      Pinch of sea salt  
2 tablespoons sunflower or coconut oil  
(use spray bottle)

Heat a pan (ideally cast-iron) over medium heat until it starts smoking a tiny bit.

Spray the pan with a bit of oil and let it heat up to pan temperature, about 30 seconds.

Add the brussels sprouts, cut sides down, and allow them to cook for about 10 minutes, uncovered.

Spray with oil, turn over the brussels sprouts one by one, and allow them to cook, pressed down—I recommend using a heavy pot—for 8 to 10 minutes.

Turn them once more and let them get nice and dark over medium-low heat for 3 to 5 minutes.

Sprinkle with salt. Done.

## Asparagus

1 tablespoon sunflower or coconut oil                      Pinch of sea salt  
1 pound asparagus, trimmed                                      ½ lime

Heat a pan (ideally cast-iron) over medium-high heat until it starts smoking a tiny bit.

Add the oil and let it heat up to pan temperature, about 30 seconds.

Add the trimmed asparagus, sprinkle with salt, and stir every 30 seconds for about 5 minutes.

Cook, covered, for about 1 minute.

Uncover and cook for about another minute; remove from pan.

Squeeze the lime over the asparagus.



## CARB SIDES

When short on carbs for the day, feel free to add one of these guys to your meals. You may choose one over the other, or from the Nutrient-Rich Sides list, depending on how calorically dense you want your carbs to be. For example, white rice is more calorically dense than broccoli, but they can both be used to complete your carbs for the day. If you're short by 20 grams, for example, you may choose to go with rice, whereas you'd probably go for the broccoli if you need only 10 grams. My personal favorite is eggplant!

### White Rice

1 cup white rice  
Pinch of sea salt

1 teaspoon sunflower or coconut oil

Rinse the rice.

Boil some water in a pot with a lid over medium-low heat. You don't need to be super precise about the amount of water— just make sure it's enough to cover the rice.

Add the rice, removing any water beyond barely covering the surface of the rice (anything above a quarter inch).

Add the salt and oil and stir the rice with a spoon.

Let it boil, uncovered, until you see air bubbles appear all over the rice and the surface water has evaporated.

Reduce the heat to low and cook, covered, for 10 minutes. Turn the rice over with a spoon, making sure to get under the bottom.

Continue cooking, covered, for 10 minutes. Done.

Optional: You can use a rice cooker and just press the “white rice” button. The same water, oil, and salt measurements will work.

## Brown Rice

1 cup brown rice

1 teaspoon sunflower or coconut oil

Pinch of sea salt

Rinse the rice.

Boil some water in a pot with a lid over medium-low heat. You don't need to be super precise about the amount of water— just make sure it's enough to cover the rice.

Add the rice, removing any water beyond barely covering the surface of the rice (anything above 1 inch).

Add the salt and oil and stir the rice with a spoon.

Let it boil, uncovered, until you see air bubbles appear all over the rice and the surface water has evaporated.

Reduce the heat to low and cook, covered, for 20 minutes. Turn the rice over with a spoon, making sure to get under the bottom.

Cook, covered, for another 10 to 15 minutes. (Check to see if it's done enough for your taste). Done.

Optional: You can use a rice cooker and just press the “brown rice” button. The same water, oil, and salt measurements will work.

## Sweet Potatoes (Japanese)

1 large sweet potato  
Pinch of sea salt

1 tablespoon sunflower or coconut oil

Boil sweet potato with skin on over medium-high heat for about 15 minutes. You should be able to pierce it with a fork with some resistance, but not so much that it feels raw.

Let the potato cool for about 10 minutes in the freezer, then cut it into medallions or fries (whatever shape you like).

Heat a cast-iron pan, add  $\frac{1}{2}$  tablespoon oil, and proceed to pan-fry the potatoes for about 8 minutes over medium-high heat.

Sprinkle the potatoes with another  $\frac{1}{2}$  tablespoon oil, turn them over, and pan-fry for another 8 minutes.

Let the potatoes dry on a rack, or on your plate. Don't forget to sprinkle them with some sea salt.

## Eggplant

1 large eggplant  
Pinch of sea salt

1 teaspoon sunflower or coconut oil  
(use spray bottle)

Preheat the oven to 375°F.

Cut the eggplant, with the peel on, into medallions about  $\frac{1}{4}$ -inch thick or fries, whatever you prefer.

Place the eggplant on a baking sheet and spray it with oil on both sides.

Place the eggplant in the oven, turning it over after 20 minutes, and continue roasting for another 20 minutes.

Remove from the oven and sprinkle with sea salt.

### Chicken, Beef, Fish, Tempeh, or Tofu

*This is my go-to preparation method for your favorite protein sources and it can be used to create entirely new meals using the micros + carbs recipes. You can also easily complete any macros you may be missing.*

#### **SERVES 2 OR 3**

1 pound chicken, beef, fish, tempeh, or  
tofu

Pinch of sea salt

1 tablespoon olive oil

1 bunch cilantro, chopped

½ head fresh garlic, minced

1 tablespoon soy sauce

1 plastic freezer bag, half-gallon size

Cut 1 pound (16 ounces) of your favorite protein source into strips.

Put the strips with all the other ingredients in the plastic freezer bag and shake for 30 seconds. (Make sure to seal the bag tightly, LOL!)

Marinate for at least 24 hours before cooking.

Heat a cast-iron pan over medium-high heat for about 5 minutes.

Add the strips one by one. Let them cook for 5 to 8 minutes and flip over.

Allow to cook on the other side for another 5 to 8 minutes.

Remove from the pan and cool for about 3 minutes before serving.

## Salmon

### **SERVES 4**

1 pound wild Alaskan salmon                      1 tablespoon chopped cilantro  
1 teaspoon sunflower or coconut oil              ½ lime  
Pinch of sea salt

Rub salmon with oil and sprinkle with salt.

Heat a cast-iron pan over medium-high heat about 5 minutes.

Place salmon in the pan and allow it to cook for 8 to 10 minutes, then gently turn over.

Allow to cook on the other side for another 8 to 10 minutes.

Remove from the pan and let it cool for about 5 minutes, then sprinkle with cilantro and a squeeze of lime.

## Fried Eggs

### **SERVES 1**

3 large eggs    Pinch of sea salt  
½ teaspoon sunflower or coconut oil

Slick a cast-iron pan with oil and heat over medium-high heat for about 5 minutes.

Carefully crack open one egg; you'll repeat this process 3 times.

Cook the eggs until the bottoms turn golden brown, about 3 minutes.

Carefully flip the eggs and cook for about 1 minute for a medium temperature of the yolk.

Done!

## SMOOTHIES

All of your smoothie ingredients can be purchased fresh, and this way you know all the ingredients are fully washed because you wash them yourself. It's fun! You can prep your own fresh fruit and freeze it for use later. Using frozen fruit will limit your need for ice cubes, which can eventually water down the flavor of your smoothies.

### Strawberry Banana

*Very simple smoothie for when you want to start your day light or end it light.*

#### **SERVES 2**

1 cup strawberries, washed and frozen	1 tablespoon chia seeds
1 whole banana, sliced and frozen	¼ cup raw almonds
¼ cup plain Greek yogurt or protein powder	2 cups unsweetened almond milk

Combine all the ingredients in a blender and blend until smooth. Add more almond milk if needed to create the consistency you desire.

## Green

*I like this one in the middle of the afternoon or right after a hard workout—it just feels right and digests well.*

### **SERVES 2**

½ cup kale, washed and frozen	1 tablespoon chia seeds
½ cup spinach, washed and frozen	1 tablespoon golden flaxseeds
¼ cup raw walnuts, frozen	¼ cup Greek yogurt or protein powder
⅛ avocado, frozen	2 cups unsweetened almond milk

Combine all the ingredients in a blender and blend until smooth. Add more almond milk if needed to create the consistency you desire.

## Almond Butter and Berry

*This is a crowd favorite and you can drink it or pour it into a bowl and eat it with a spoon, which is my daughter's favorite way to enjoy it!*

### **SERVES 2**

1 whole banana, sliced and frozen	2 cups unsweetened oat milk
1 cup blueberries, washed and frozen	1 tablespoon golden flaxseed
2 tablespoons almond butter (or peanut butter)	

Combine all the ingredients in a blender and blend until smooth. Add more oat milk if needed to create the consistency you desire. Feel free to add protein powder to this smoothie.

## Matcha Oat

*If you find that this smoothie isn't cold enough, you can freeze the yogurt into small ice cube trays and use those instead of refrigerated yogurt.*

### **SERVES 2**

1 whole banana, sliced and frozen

1/2 cup Greek yogurt or protein powder

1/2 cup kale, washed and frozen

1/4 cup raw oats

1 teaspoon matcha green tea powder  
(ceremonial grade)

2 cups unsweetened oat milk

Combine all the ingredients in a blender and blend until smooth. Add more oat milk if needed to create the consistency you desire.



## SALADS

Salad doesn't necessarily equal a full meal, despite what many diets and salad bars want you to believe. That being said, a salad is potentially a nice way to add micronutrients and freshness to your palate. I like adding salad to my full meals or having some salad in the middle of the afternoon between lunch and dinner. Get wild!

### Kale Salad

*This is my go-to when I want to hit my micros intake and do so in style! Yup, I like kale, but I love it in this form. ;)*

#### SERVES 2

1 bunch lacinato kale, sliced into bite-size pieces	¼ cup cherry tomatoes, halved
1 small red onion, sliced thin	3 tablespoons pumpkin seeds, roasted or raw
½ avocado, diced	1 lemon, juiced
½ cucumber, sliced thin	2 tablespoons olive oil
1 breakfast radish, sliced thin	Sea salt and cracked black pepper to taste

Throw all the ingredients except the last three in a large bowl. Put on a glove (or not!) and use your hands to thoroughly mix in the lemon juice and olive oil. Add salt and pepper to taste.

It's important to spend time massaging the kale to make it easier to digest. You'll see that as you massage the leaves, they get wilted and become a softer texture. Try not to crush the avocados as you're mixing, but it's okay if you do—they're still so delicious!

## Caesar (Grilled Chicken Optional)

*A classic with a twist. This one hits a home run when it comes to flavor-to-work ratio, aka easy to make, tastes really good.*

### **SERVES 4**

4 chicken breasts, grilled (optional)	¼ cup olive oil
Sea salt and cracked black pepper to taste	2 slices multigrain or whole wheat bread, diced into croutons
3 anchovy fillets, drained and minced	4 romaine hearts, cut into bite-size pieces
2 cloves fresh garlic, grated	Parmesan cheese, finely grated for serving
1 teaspoon Dijon mustard	
1 lemon, juiced	
2 tablespoons red wine vinegar	

If you are using chicken in your salad, obviously cook it first! Season the chicken breasts with salt and pepper. Grill for 6 minutes on each side, or until they are cooked through (have reached an internal temperature of 165°F). If you do not have access to a grill, you can cook the chicken in a cast-iron pan for the same amount of time.

For the dressing, combine the anchovies, garlic, Dijon, lemon juice, and red wine vinegar in a bowl. Thoroughly whisk all ingredients and then slowly drizzle in the olive oil while continuing to whisk. Add a good amount of cracked black pepper to the dressing. I suggest using about 2 tablespoons of dressing per salad.

Preheat the oven to 325°F. Line a baking sheet with foil and spread the diced bread pieces evenly around the sheet. Place the baking sheet in the oven and toast for about 20 minutes or until the cubes are dried out. Season with salt and set aside.

Assemble by placing the romaine lettuce in a bowl and adding the chicken, croutons, and Parmesan cheese. Drizzle dressing on the salad and enjoy!

## Classic Niçoise

*You're absolutely going to love this salad, thanks to its flavor profile and classic French touch. I recommend you make it on a sunny Saturday afternoon.*

### **SERVES 4**

1 pound haricot verts (green beans), trimmed	1 can Italian or Spanish tuna, drained
1 pound small red potatoes	½ shallot, minced (about 2 tablespoons)
1 cup cherry tomatoes, quartered	2 tablespoons red wine vinegar
½ cup pitted Niçoise olives	¼ cup olive oil
4 hard-boiled eggs, peeled and sliced	Sea salt and cracked black pepper to taste
1 head Boston lettuce, leaves separated	

Bring a large pot of water to a boil. Season with enough salt to taste like sea water. Add the trimmed haricot verts and cook for about 3 minutes. Strain the beans from the pot and shock in the ice-water bath. Set aside. In the same pot of boiling water, add the potatoes and cook for 10 to 15 minutes or until tender when poked with a fork. Remove from water and allow to cool for at least 10 minutes before cutting in half.

**FOR THE DRESSING:** Place the minced shallot in a bowl and add the red wine vinegar. Whisk in the olive oil and season with salt and pepper to taste. Dress each component (haricot verts, potatoes, cherry tomatoes, olives, and eggs) separately with the dressing.

Arrange all of the vegetables on a bed of Boston lettuce and top with the eggs and tuna. Enjoy!

## Cobb

*Just like its Caesar cousin, the Cobb is a classic and simple little salad that gives you all kinds of nostalgic vibes and tastes great!*

### **SERVES 4**

4 chicken breasts, grilled (optional)	1 avocado, diced
4 romaine hearts, sliced into bite-size pieces	2 tablespoons chives, thinly cut
4 hard-boiled eggs, peeled and quartered	3 tablespoons red wine vinegar
4 strips Canadian bacon (or turkey bacon)	5 tablespoons olive oil
1 cup cherry tomatoes, halved	1 tablespoon Dijon mustard
	Sea salt and cracked black pepper to taste

Season the chicken breasts with salt and pepper. Grill for 6 minutes on each side, or until they are cooked through (have reached an internal temperature of 165°F). If you do not have access to a grill, you can cook the chicken in a cast-iron pan for the same amount of time.

Preheat the oven to 350°F. Line a baking sheet with foil and place the Canadian bacon or turkey bacon on it. Make sure there is space between the strips. Place the sheet tray in the oven and allow to cook for 20 minutes, or until completely cooked through. Remove from heat and chop the bacon into small pieces.

**FOR THE DRESSING:** In a bowl, whisk together the red wine vinegar, olive oil, and Dijon mustard. Season with salt and pepper to your liking.

Assemble the salad by placing the lettuce at the bottom of the plate and add each ingredient in rows. Drizzle the dressing over the salad and enjoy!

## BREAKFAST

### Mushroom Frittata

*If you check out my stories on Insta, then you will know that I'm a fan of eggs. This frittata recipe is really good for when you want something with oomph, but you don't want to spend an hour in the kitchen. Be sure to pair it with a carb and veggie from those recipe sections to get the full meal experience.*

#### SERVES 4

8 large eggs	1 tablespoon sunflower or coconut oil
1/4 cup unsweetened oat milk	1/2 cup shiitake mushrooms, sliced
Sea salt and cracked black pepper to taste	1/2 cup oyster mushrooms, sliced
	1 small white onion, diced

Preheat the oven to 400°F.

In a large bowl, whisk together eggs, oat milk, salt, and pepper. Set aside.

Add the oil to a large cast-iron skillet (or any oven-safe skillet) over medium-high heat. Once the pan is lightly smoking, add the sliced mushrooms. Cook for 1 minute and then stir so all sides can cook evenly. Add onions and cook for another 2 minutes. Season with salt and pepper.

When the mushrooms are ready, carefully pour the egg mixture into the skillet, making sure to distribute it evenly. Put the skillet in the oven and cook for about 10 minutes, or until the top and edges are golden brown.

Cool the frittata, then slice and enjoy! Frittatas freeze very well and can easily be reheated in the oven and enjoyed for up to one week.

## Shakshuka

*You can add crushed red pepper to this dish if you enjoy extra spice. If you don't want to turn on the oven to finish this dish, that's okay! Just close your skillet with a lid and leave it on the stovetop (definitely the better option on hot days).*

### SERVES 2

2 tablespoons sunflower or coconut oil	1 teaspoon sweet paprika
1 yellow onion, diced	1 28-ounce can whole tomatoes
1 red bell pepper, diced	Sea salt and cracked black pepper to taste
4 cloves fresh garlic, grated	6 large eggs
2 tablespoons concentrated tomato paste	1 tablespoon parsley, finely chopped, for garnish
1 teaspoon ground coriander	Multigrain bread or whole-wheat pita, for serving
1 teaspoon ground cumin	

Preheat oven to 400°F.

Add the oil to a hot skillet over medium heat. Sweat the onion, bell pepper, and garlic for about 2 minutes, stirring occasionally to make sure all sides are cooked, but not overcooked. Add the tomato paste and allow the vegetables to absorb it for about 2 minutes, or until the color turns to brick-red. Add the coriander, cumin, and sweet paprika and stir. Mix in the tomatoes and crush them as they heat up. Once they're fully crushed, bring the contents of the skillet to a quick boil and reduce to a simmer for about 5 minutes. Season the stewed vegetables with salt and pepper to your liking.

Using a spoon, create 6 evenly spread wells in the vegetable mixture. Crack an egg into each well. Pop the skillet into the oven for about 10 minutes. If you do not wish to use an oven, you can simply cover the skillet and continue to cook on the stovetop over low heat for another 10 minutes.

Once the eggs are done to your liking, remove and sprinkle with parsley. Enjoy with multigrain bread or whole-wheat pita.

## Huevos Rancheros

*I'm not going to lie: You are going to like this recipe and end up basically eating it for breakfast every day for the next two years of your life. Yup, it's that good.*

### SERVES 4

2 large ripe tomatoes, diced	1 can black beans, rinsed and drained
3 small red onions, diced	1 teaspoon ground cumin
¼ bunch cilantro, chopped	4 eggs
Sea salt and cracked black pepper to taste	4 corn tortillas
2 limes, juiced	1 avocado, thinly sliced
2 tablespoons sunflower or coconut oil	Salsa, if desired

**FOR THE PICO DE GALLO:** Mix the tomatoes, dice of two of the red onions, and cilantro in a bowl. Season with salt, pepper, and lime juice. Set the pico aside.

Heat 1 tablespoon of the oil in a skillet over medium heat. When the pan is lightly smoking, add the black beans, dice of the remaining red onion, and cumin. Stir occasionally and cook for about 10 minutes.

In a separate pan, heat the remaining 1 tablespoon of oil over medium heat. Fry the four eggs sunny-side up. When they are cooked to your liking, season with salt and pepper and remove from heat.

Assemble by placing the corn tortillas on a plate, filling them with the hot beans and pico de gallo. Add one egg to each plate and top them off with a couple slices of avocado and your favorite salsa!

## Paleo Pancakes with Blueberry Syrup

*The people's champ! Yup, I love pancakes that much. The best thing about this recipe is that it has a high packability and portability—that way you can enjoy it when and where you like it. The more you make these pancakes, the better they come out—I guarantee it!*

### SERVES 2

1 cup almond flour  
1/4 cup tapioca flour  
1/4 cup coconut flour  
1 teaspoon baking powder  
1 teaspoon sea salt  
4 large eggs

1/4 cup unsweetened oat milk  
1 teaspoon pure vanilla extract  
1 tablespoon coconut oil  
2 medjool dates, pitted  
1 cup fresh blueberries

Combine the almond flour, tapioca flour, coconut flour, baking powder, salt, eggs, oat milk, and vanilla extract in a large bowl and whisk until it becomes a smooth batter.

Heat the coconut oil in a nonstick pan. When the pan is hot, ladle in 2 tablespoons of batter, carefully forming a circular shape. If there is extra space, you can cook more pancakes at once, leaving 1/2 inch between pancakes. Let them cook on one side for 2 minutes or until the edges and bottom are golden brown. Flip and do the same with the other side.

Put the pitted dates in a small saucepan and cover with water. Bring to a boil and reduce until it has a consistency slightly looser than honey. Add the blueberries and 1/4 cup water. As the water comes back to a boil, mash the blueberries down and reduce the liquid until it has a syrupy consistency.

Enjoy the pancakes with 1 tablespoon of the blueberry syrup.



## Overnight Oats and Chia Bowl

*I like making these in glass jars so I can just pick one up in the morning and eat it whenever I want. When I eat overnight oats at home, I enjoy them with some fried eggs and a hot cup of coffee.*

### **SERVES 2**

1 cup rolled oats	2 cups unsweetened oat or almond milk
2 tablespoons chia seeds	¼ cup fresh berries
1 teaspoon ground cinnamon	¼ cup granola
¼ cup freeze-dried fruit of your choice	

Prepare this meal at least 6 hours before consuming. Combine the rolled oats, chia seeds, cinnamon, freeze-dried fruit, and unsweetened milk of your choice. Mix thoroughly. Cover the container and refrigerate for at least 6 hours.

When you're ready to consume it, place about 1 cup of the overnight oat mixture in a bowl, loosening it up with more oat or almond milk if you'd like. Top with some fresh berries, granola, and another dash of cinnamon.

## Kale Chips

*This is an easy recipe for when you want to have that bag-of-chips feeling without the guilt that may come with it when you know what's in most chips you can buy at the grocery store, LOL.*

1 bunch kale, stemmed	½ teaspoon ground garlic powder
2 tablespoons sunflower or coconut oil	½ teaspoon sea salt
½ teaspoon cayenne pepper	

Preheat the oven to 300°F. Make sure to remove all the woody stems of the kale and cut the leaves into 1-inch pieces. Put the kale in a large bowl and add the other ingredients. Massage the kale thoroughly so it is evenly coated.

Line a baking sheet with foil and lay the kale out evenly. Place the baking sheet in the oven and bake for about 10 minutes. Turn the kale over so the other side can bake for an additional 5 minutes, or until edges are golden brown.

Cool the kale chips and enjoy!

## Egg-Salad-Stuffed Celery

*This is a great snack for having at work or taking with you on trips. Just buy a little cooler and glass containers to take it with you.*

4 hard-boiled eggs, peeled

¼ cup Greek yogurt

1 tablespoon Dijon mustard

2 tablespoons white vinegar

5 sprigs fresh dill, picked and roughly chopped

Sea salt and cracked black pepper to taste

1 head celery, cut into 3-inch logs

Put the hard-boiled eggs in a bowl. Gently break them into quarters with a fork and then add the yogurt, mustard, vinegar, and dill. Mix all the ingredients as you continue to break apart the eggs. Season with salt and pepper to taste.

Assemble by putting ½ tablespoon egg salad on each log of celery.

## Hummus

*Who doesn't like hummus?! This recipe goes really well with my sweet potatoes and some fish if you want to go from snack to full meal.*

1 can chickpeas, drained

2 cloves fresh garlic, grated

3 lemons, juiced

¼ cup tahini

½ teaspoon paprika

Ice water, as needed

1 tablespoon olive oil

Sea salt to taste

Your choice of raw vegetables, cut into sticks

Cover the chickpeas with water in a pot. Bring to a boil, and boil for about 15 minutes. Remove from the heat, allow to cool, and remove any skins that may still be on the chickpeas.

Put the cooked chickpeas in a food processor with the garlic and process for about 20 seconds. Add lemon juice and process until it looks like a loose paste. Add tahini and paprika and continue to process. If it gets too thick, slowly drizzle in ice water, one tablespoon at a time. When you're happy with the consistency, drizzle in olive oil and salt to taste.

Enjoy with your favorite vegetables. I like raw carrot sticks, celery sticks, and radishes.

## Guacamole with Sweet Potato Chips

*I love aguacates (avocados)! This snack is a weekend favorite and best enjoyed with friends, so start planning that brunch-at-home party and impress yo' friends with your newfound cooking skills!*

1 sweet potato	1 ripe avocado
2 tablespoons sunflower or coconut oil	½ small red onion, diced
Cayenne pepper to taste	¼ bunch cilantro, finely chopped
1 teaspoon sea salt	½ lime, juiced

Preheat the oven to 400°F. Using a sharp mandoline slicer, slice the sweet potato as thin as possible so the chips can get nice and crispy. Put the slices in a large bowl and mix with the oil, cayenne pepper, and salt, coating the slices evenly.

Spread the sweet potato slices on a baking sheet lined with parchment paper. Make sure there is at least one centimeter of space between adjacent chips.

Place the baking sheet in the oven and bake for about 10 minutes. When the chips begin to look golden brown, turn them over and bake for another 10 minutes. Remove from the oven and let the chips cool on a cooling rack so they stay crispy.

Meanwhile, cut the avocado in half, remove the pit, and scoop out the pulp into a bowl. Add the onion and cilantro. Mix gently—you don't want to overwork the avocado because it can become gummy. Add the lime juice and a pinch of salt to taste. Mash the guacamole around until all the ingredients are fully incorporated and you are happy with the consistency.

## DESSERTS

There is *always* room for dessert! Well, for you it is every 10 days, but you get it. Let's make some delicious goodness, shall we?

### Dark Chocolate Nutty Bark

*For when you're craving some chocolate, like I do once a month. ;)*

1 pound 70% dark chocolate	1/4 cup puffed quinoa (optional, for texture)
1/2 cup roasted almonds, roughly chopped	1/4 cup roasted sunflower seeds
1/2 cup roasted walnuts, roughly chopped	

Use a knife to chop the chocolate into small, thin pieces and place in a stainless-steel bowl. Fill a small saucepot halfway with water and bring to a boil. Reduce the boil to a simmer. Let the bowl of chocolate rest on the rim of the saucepot, over the boiling water. Stir the chocolate pieces until they are completely melted.

Remove the bowl of melted chocolate from the heat. Evenly distribute the almonds, walnuts, quinoa, and sunflower seeds in the bowl of chocolate. Stir so everything is evenly mixed into the melted chocolate.

Spread the mixture onto a baking sheet lined with parchment paper. Let it cool in the refrigerator to harden, then break it up into pieces.

## Blueberry Banana Pops

*These are a great summer brunch option and something you can make for your kids, your sister's kids, the neighborhood kids—you get the point!*

### **MAKES 6 TO 8 POPS**

3 cups fresh blueberries

2 large bananas, ripe

½ cup Greek yogurt

1 cup unsweetened oat milk

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

Throw all the ingredients into a blender and blend until completely smooth. Add more oat milk if needed.

Pour the blueberry banana mixture into frozen treat molds and place them in the freezer. They will take at least 3 hours to become completely frozen.

## Flourless Chocolate Cake

*This has been one of my favorites since basically forever—I love me a melty chocolate cake right after dinner. I highly recommend you have this with some of your fave ice cream for that cheat you’re earning thanks to your hard work. Enjoy!*

### SERVES 2

4 medjool dates, pitted	¼ cup cocoa powder
200 grams 70% dark chocolate (or 64% if you want it sweeter)	1 teaspoon vanilla extract
½ cup coconut oil	½ teaspoon sea salt
	3 eggs

Preheat the oven to 375°F. Use a little bit of coconut oil to grease the inside of an 8-inch springform cake pan.

Put the pitted dates in a small saucepan and cover with water. Bring to a boil and reduce until it is a thick consistency, like honey. Make sure it is completely cool before moving on.

Use a knife to chop the chocolate into small, thin pieces. Put the chocolate and coconut oil in a stainless-steel bowl. Fill a small saucepot halfway with water and bring to a boil. Reduce the boil to a simmer. Let the bowl of chocolate rest on the rim of the saucepot, over the boiling water. Stir the chocolate pieces and coconut oil until everything is completely melted.

In a stand mixer, combine the melted chocolate, medjool date honey, cocoa powder, vanilla extract, and salt and begin to whisk slowly. Once everything is combined, speed up the mixer and add the three eggs until the batter is smooth.

Transfer the batter to the springform pan and bake for about 20 minutes or until the cake is firm and a cake tester or toothpick inserted into the center comes out clean. Cool before you enjoy it! This cake freezes well, so you can enjoy it for up to one month.



## Oatmeal Almond Cookies

*Fresh, warm cookies always make me feel like a kid again. It's time you bring some of that nostalgia into your life. I enjoy mine with some cold almond milk.*

### **SERVES 4**

4 medjool dates, pitted	1 tablespoon cinnamon
2 cups rolled oats	1/3 cup coconut oil, melted
1 cup almond flour	1 teaspoon vanilla extract
1/4 cup unsweetened coconut flakes	1 teaspoon sea salt
1/2 cup toasted almonds	

Preheat the oven to 350°F and line a baking sheet with parchment paper.

Put the pitted dates in a small saucepan and cover with water. Bring to a boil and reduce until it is a thick consistency, like honey. Make sure it is completely cool before moving on.

Mix together the oats, almond flour, coconut flakes, almonds, and cinnamon. In a separate bowl, mix together the date honey, coconut oil, vanilla extract, and salt. Slowly stir the coconut oil mixture into the almond flour mixture. When everything is mixed together, form two-inch balls and place them on the baking sheet with at least one inch of space between balls.

Place the baking sheet in the oven and bake for 20 minutes, or until the cookies are golden brown. Remove from the oven and allow to cool before you enjoy!

## Banana Chocolate Bread

*Where do I begin with this guy?! I make this for my kid's school events and end up eating "some" (more like half) of it every time. This can easily be turned into the base for a delicious cake as well.*

### **SERVES 4**

1 tablespoon sunflower or coconut oil	4 small bananas, mashed
2½ cups almond flour	3 eggs
2 teaspoons baking powder	1 teaspoon pure vanilla extract
½ teaspoon sea salt	¼ cup dark chocolate chips

Preheat the oven to 350°F and use a little bit of the oil to grease the inside of a loaf pan. You can also line the bottom of the loaf pan with parchment paper if you wish.

In a stand mixer, combine the almond flour, baking powder, and salt. Mix well.

Continue mixing slowly as you add the mashed bananas. Once they are fully mixed in, add the eggs, one by one. Then add the oil and vanilla extract. Using a spatula, fold in the chocolate chips.

Pour the batter into the loaf pan and bake for about 30 minutes. Check to see if it is done by inserting a cake tester or toothpick in the middle. If the tester does not come out clean, return the pan to the oven and bake for another 5 to 10 minutes. Remove from the oven when the cake tester comes out clean.

Let the bread cool so it can hold its shape when removed from the pan.

## Gluten-Free Sweet Potato Pie

*Have it for Thanksgiving, have it during Christmas, have it on a random Friday night, LOL. I like to add some whipped cream or ice cream on mine, just sayin'!*

### **SERVES 4**

#### ***For the crust***

1 cup rolled oats  
1 cup raw almonds  
½ cup raw walnuts  
4 medjool dates, pitted and chopped  
2 teaspoons ground cinnamon  
1 teaspoon sea salt  
¼ cup coconut oil, melted

#### ***For the filling***

2 medium sweet potatoes  
2 medjool dates, pitted  
2 eggs  
½ cup unsweetened almond milk  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1 teaspoon pure vanilla extract  
2 teaspoons lemon juice  
1 teaspoon sea salt

Preheat the oven to 400°F and grease the inside of a 9-inch pie pan with a little bit of coconut oil.

For the pie crust, put the oats, almonds, walnuts, chopped dates, cinnamon, and salt in a food processor and process until you get an even, crumbly texture. Then slowly add the melted coconut oil until it becomes almost like a paste.

Press the pie crust mixture evenly into the pan and place in the refrigerator for 20 minutes so the crust can set.

Bake the sweet potatoes in the preheated oven for 40 minutes or until tender when poked with a fork. When ready, remove them from the oven and allow them to cool. Peel the skins and discard.

Put the remaining pitted dates in a small saucepan and cover with water. Bring to a boil and reduce until it is a thick consistency, like honey. Make sure it is completely cool before moving on.

In a blender, combine the cooked sweet potatoes, date honey, eggs, almond milk, cinnamon, ginger, vanilla extract, lemon juice, and salt. Mix until the pie filling is smooth and creamy. Pour it evenly into the pie shell.

Place the pie into the oven and bake for 15 minutes. Lower the temperature to 325°F and continue to bake for another 30 minutes, or until the edges are firm and the middle has a very slight jiggle. Remove from the oven and let it rest for at least 1 hour. The residual heat will continue to cook the pie even when it is out of the oven. Enjoy the pie at room temperature or place it in the refrigerator to enjoy it cold.

# Exercise Database

## Adductor Machine

**BODY PART:** Legs

**EQUIPMENT:** Adductor machine



To target your adductors, be sure to squeeze your back muscles and tuck your butt in as you squeeze your inner thighs.



Push your knees in with control and power, then slowly open them back up before repeating.

## Air Squat

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Keep your chest up nice and high with your weight in your heels.



Get a bit lower than 90 degrees and really push yourself off the ground to work that booty, moving fluidly.

## Alternating Biceps Dumbbell Curl

**BODY PART:** Biceps

**EQUIPMENT:** Dumbbells



Engage your core and sit into your hips so you don't twist your torso.



Make sure you curl each arm up with control; avoid swinging or moving your chest forward and backward.

## Alternating Knee to Elbow

**BODY PART:** Abs

**EQUIPMENT:** Bodyweight



Get into the plank position. Round your upper back and tuck the butt in. Now bring your right knee to your left elbow, and vice versa.



Exhale as you bring your knee to elbow and inhale as it moves back.

## Arnold Press

**BODY PART:** Shoulders

**EQUIPMENT:** Dumbbells



Rotate and raise the dumbbells at the same time; this will keep the tension in your shoulders as you're working.



Make sure not to let the dumbbells fall past your chin on the way down.

## Assisted Dip

**BODY PART:** Triceps

**EQUIPMENT:** Dip stand with band



Although these are assisted, you're still going to get great activation of key muscles in your chest, shoulders, and triceps. (If you find you need more support than the band, check to see if your gym has an assisted dip machine.)

Keep your elbows pointed back; do not flare them out to the sides. Lower down to 90 degrees in the elbows.

## Banded Diagonal-Forward Crab Walk

**BODY PART:** Legs

**EQUIPMENT:** Band



Place a hip band right above your knees and get into a chair position (lower part of the squat). Keep your chest out and back straight.



Now take a step to the side and forward, and follow with your other foot, continuing this pattern until you finish the prescribed number of reps.



## Banded Hamstring Curl

**BODY PART:** Legs

**EQUIPMENT:** Band, bench



Make sure you start with enough tension in your resistance band.



Move your feet down slowly until you feel the burn before coming back up.

## Banded Step-Out

**BODY PART:** Legs

**EQUIPMENT:** Band



Bend your legs and sit back into a low squat.



Tap out with each leg, keeping your knee in line with your toes. Keep a tight posture.

## Banded Straight-Arm Pull-Down

**BODY PART:** Back

**EQUIPMENT:** Band, barbell stand



Keep your dominant foot slightly forward; this is where most of your weight will be. Start with the band at the same level as your diaphragm.



Keep your chest up to prevent your shoulders from caving in. Exhale and pull down; control the movement on the way up and keep your reps smooth.

## Barbell Drag Curl

**BODY PART:** Biceps

**EQUIPMENT:** Barbell



Keep the bar close to your body as you drag it up in a straight line vertically. Your elbows should be right by your sides as you drag.



Most important: Keep your shoulders back and chest forward.

## Barbell Flat Chest Press

**BODY PART:** Chest

**EQUIPMENT:** Barbell, bench



Press your back flat into the bench and set feet flat on the ground. Make sure the bar is under eye level. For all presses, you want your feet planted on the floor, butt firmly on the bench, shoulder blades retracted, and chest out, which will slightly arch your lower back (bridging).



Lower the bar down slowly to your diaphragm and then back up. Keep your chest out, squeeze your pecs, and keep your reps smooth.

## Barbell Incline Chest Press

**BODY PART:** Chest

**EQUIPMENT:** Barbell, incline bench



Focus on your form. Your chest needs to be up, with your shoulders back.



Concentrate and really push yourself on this one, breathing through the move.

## Barbell Preacher Curl

**BODY PART:** Biceps

**EQUIPMENT:** Barbell, incline bench



This will feel harder than a normal curl. Make sure your wrists are straight and you are moving through the full range of motion.

## Barbell Row (Supinated Grip)

**BODY PART:** Back

**EQUIPMENT:** Barbell



Sit into your hips and engage your core. Keep your chest forward and shoulder blades back as you pull the bar toward your ribs. Think about squeezing a pencil between your shoulder blades.

Hold for 1 second at the top before lowering back down. “Supinated” means holding the bar from underneath.

## Bent-Over Dumbbell Row

**BODY PART:** Back

**EQUIPMENT:** Dumbbells



Start in a standing position and slowly bend your knees and then upper body until you're at about a 60-degree angle.



Drive your elbows back, squeeze your shoulder blades, and bring the dumbbells down to the initial position in a controlled way.

## Bent-Over Rear Delt Barbell Row

**BODY PART:** Shoulders

**EQUIPMENT:** Barbell



The wide grip here will really target your upper back and rear delts.



Bend your knees slightly and bring your chest down toward the floor. Lead with your elbows toward the ceiling and keep your core tight.

## Bent-Over Smith Machine Row (Supinated Grip)

**BODY PART:** Back

**EQUIPMENT:** Smith machine



Focus on pulling the bar toward your ribs while keeping your core engaged the entire time; you don't want to move from your initial position.



Keep a long, straight back.

## Biceps Barbell Curl

**BODY PART:** Biceps

**EQUIPMENT:** Barbell



This exercise really isolates the biceps. Keep your elbows to your side and move with control.



Bring the bar up to chin level before going back down.

## Biceps E-Z Bar Curl

**BODY PART:** Biceps

**EQUIPMENT:** E-Z bar



As with the barbell, the goal is to isolate the biceps, except that now we give them a little extra engagement.



Make sure to fully engage your biceps on the way up. Control the E-Z bar on the way down, squeezing your triceps. At the bottom of each rep, roll right into the next one.

## Biceps Rope Curl

**BODY PART:** Biceps

**EQUIPMENT:** Cable machine



Make sure to take one step away from the cable machine before beginning your curls. Your knees should be slightly bent as you sit into your hips with your chest up.



Keep your elbows close to your obliques as you pull up.

## Biceps Straight-Bar Curl

**BODY PART:** Biceps

**EQUIPMENT:** Cable machine



Keep your elbows tucked, chest up, and your core super tight.



Most important: Be sure to keep your wrists straight.

## Bicycle Sprint

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Stationary bicycle



Alternate sprints with riding at a normal pace for the designated amount of time.

Push yourself with this exercise—I want you to give it everything you’ve got. Cardio is about keeping your heart healthy and burning fat!



## Bulgarian Split Squat

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells, bench



We're working one leg at a time here, which means you will really feel this in your quads. Get as low as you can while keeping your chest high.



It's okay if your front knee goes slightly past your toe; just give yourself enough space between the bench and your front foot.

## Cable Chest Fly

**BODY PART:** Chest

**EQUIPMENT:** Cable machine



Stand with your legs staggered and your knees slightly flexed for a good base. Make sure to keep a steady bend in the elbows.



Squeeze your chest tight and hold for a brief pause before opening back up.

## Cable Glute Kick-Back

**BODY PART:** Legs

**EQUIPMENT:** Cable machine



Keep a slight bend in both knees. Flex the foot on your working leg and kick up in a swift motion to get the most out of the movement.



This is a great exercise for the booty.

## Cable Row

**BODY PART:** Back

**EQUIPMENT:** Cable machine



Lean forward as much as you can to start this move. When you pull back, lead with your elbows and let the bar touch your belly.

Lean back slightly at the end and squeeze your shoulder blades, holding for a brief second before lowering back down. You can also use a row machine for this exercise.

## Chest Dip (Assisted)

**BODY PART:** Chest

**EQUIPMENT:** Dip stand with band



Focus on your form and take advantage of the band on this one. (If you find you need more support than the band, check to see if your gym has an assisted dip machine.)



Keep your chin tucked the entire time as you move down to a 90-degree bend in the elbow with control.

## Crab Walk (Bodyweight)

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Stay in a deep squat the entire time with this exercise. Keep your core super tight and chest lifted. Step sideways with one leg, then the other leg follows in the same direction. Think walking sideways like a crab.



You can keep your arms forward to help with balance.

## Dead Lift

**BODY PART:** Legs

**EQUIPMENT:** Barbell



This is one of the best moves for building muscle in the lower body. Start by pushing your hips back and keep the bar close to your legs during the entire movement.



Keep your core engaged and make sure your chest is high and shoulders are back. Push off your feet and drive your hips forward to stand up. Be sure to control the movement on the way down into the next rep.

## Decline Sit-Up

**BODY PART:** Abs

**EQUIPMENT:** Decline bench



Keep your chest up and push your shoulders back throughout this exercise. Look up at the ceiling to really engage your core.



Move slowly on the way down, taking 2 to 3 seconds to really engage your abs all the way through this move.

## Dip (Bodyweight)

**BODY PART:** Triceps

**EQUIPMENT:** Dip stand



Start at the top of the movement, and lower only to a 90-degree bend in the elbows. Look straight ahead the entire time.



This is a tough move, so keep using a band, machine, or bench for assistance if needed.

## Drop Squat (Banded)

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight, band



I want you to go for a deep squat each time. Keep your core super tight and chest lifted.



Start with feet hip-width apart, and shift quickly into a wide stance as you drop—you're basically doing a tiny jump. You can keep your arms forward to help balance.

## Dumbbell Flat Chest Press

**BODY PART:** Chest

**EQUIPMENT:** Dumbbells, bench



Lower the weights down till they hit your chest right under your armpits.



Press straight up, keeping your shoulders down and away from your ears.

## Dumbbell Incline Biceps Curl

**BODY PART:** Biceps

**EQUIPMENT:** Dumbbells, incline bench



We're really isolating your biceps here. It's important to move with control and breathe through the move.



Lock your upper arms into place while keeping your wrists straight.

## Dumbbell Incline Chest Press

**BODY PART:** Chest

**EQUIPMENT:** Dumbbells, incline bench



We're using an incline bench with this exercise to activate more muscle fibers within your chest.



Keep your chest high, shoulders back, and really engage your chest at the top of the movement.

## Dumbbell Static Lunge

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



Move slowly forward, taking two seconds on the way down, then pausing briefly at the bottom. You want your body to move up and down in a straight line.



Focus on getting low without your rear knee hitting the ground. Your front knee should be aligned with your toes.

## Dumbbell Stiff-Leg Dead Lift

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



We're working on your hamstrings and underbutt with this one. Keep a slight bend in your knees as you move down with the dumbbells.



Keep your chest and shoulders engaged and squeeze your butt hard at the top.

## E-Z Bar Skull Crusher on Bench

**BODY PART:** Triceps

**EQUIPMENT:** E-Z bar, bench



Keep your upper arms and elbows locked in. Only your forearms should move in this one.





## Face Pull

**BODY PART:** Back

**EQUIPMENT:** Cable machine



We're working on your rear delts here (the back part of your shoulder).



You should be pulling with your hands and leading with your elbows. Keep those elbows high to hit the right area.

## Foam Rolling

**BODY PART:** Full body (recovery)

**EQUIPMENT:** Foam roller



It's easier than you think! Start high up on your back, roll forward, then back a bit more down toward your lower back.



Repeat the same process, starting with your upper body and ending with your quads, hamstrings, and calves.

## Front Raise

**BODY PART:** Shoulders

**EQUIPMENT:** Dumbbells



Keep your core engaged and avoid overarching your back.



Exhale and lift the dumbbells right in front of you to about chin level. Squeeze your shoulders at the top and move the weights back down with control.

## Front Squat

**BODY PART:** Legs

**EQUIPMENT:** Barbell



Keep your feet about hip-width apart, chest up, and hold the barbell right above your chest while keeping the elbows parallel with the floor.



Control the movement on the way down, then exhale and go up, focusing on your quads and hips. Make sure to come down to just past parallel with the floor.

## Goblet Squat

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



Start with your feet slightly wider than hip-width apart. Use a heavy or challenging weight for this one. Go deep into your squat, slightly past 90 degrees, while keeping your chest nice and high.



Push through your heels to stand back up, moving in a fluid motion through this exercise.

## Good Morning

**BODY PART:** Legs

**EQUIPMENT:** Barbell



Really focus on pushing your hips back first, before lowering your chest.



Keep your knees slightly bent to protect your lower back.

## Hamstring Curl (Cable)

**BODY PART:** Legs

**EQUIPMENT:** Cable machine



The key to this exercise is to not let your knees drop lower than the bench.



Flex your feet and kick your heels up to your booty. Keep your spine neutral by looking forward the entire time.

## Hamstring Curl Machine

**BODY PART:** Legs

**EQUIPMENT:** Hamstring curl machine



Keep your hips flat on the bench. Your chest should be up and your shoulders back.



These are going to hurt, but they are so worth it!

## Hamstring Extension Machine

**BODY PART:** Legs

**EQUIPMENT:** Hamstring extension machine



This machine isolates your hamstrings and can be used to develop your engagement in those muscles.



Make sure to keep your back and neck aligned. Exhale when you lift and control the weight on your way down before going back up.

## Hanging Leg Lift

**BODY PART:** Abs

**EQUIPMENT:** Rack



Focus on lifting your feet up to the level of your hips.



To avoid swinging, try locking in your chest and your lats. Push your chest forward as you move your legs up.

## High Knees

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Bodyweight



This looks like a leg exercise, but it's really a killer core movement!



Start in the standing position and bring one knee to hip level, then switch legs with power and control while switching your arms along with them.

## Hip Thrust (Barbell, Banded)

**BODY PART:** Legs

**EQUIPMENT:** Barbell, band, bench



Start by placing the edge of the bench right below your shoulder blades, place your feet wider than hip-width apart, and align your head with your back.



Thrust the bar all the way up until you have a flat line from your knees to shoulders. Look straight ahead the entire time while keeping your chin tucked.

## Hip Thrust (Bodyweight, Banded)

**BODY PART:** Legs

**EQUIPMENT:** Band



Start by placing the edge of the bench right below your shoulder blades, place your feet wider than hip-width apart, and align your head with your back.



Tuck your chin in and keep your eyes forward. Move only your hips as you perform a scooping motion on the way up.

## Hip Thrust (Smith Machine)

**BODY PART:** Legs

**EQUIPMENT:** Smith machine



Using the Smith machine helps with setting up and building your way to barbell thrusts!



Set the bar aligned with your hips, keep your eyes looking forward, and set your shoulder blades right above the edge of the bench. Exhale on the work and control the movement on the way down.

## Hip-Up (Banded)

**BODY PART:** Legs

**EQUIPMENT:** Band



Place either your feet on the floor or your midfoot on the bench edge, and drive your hips up while keeping your shoulder blades flat on the floor. Exhale on the way up and squeeze your core.



Look straight ahead the entire time while keeping your chin tucked.

## Hot Yoga

**BODY PART:** Full body (recovery)

**EQUIPMENT:** N/A



Any 45- to 60-minute hot yoga class that you like will be perfect; just find one you enjoy since the heat and stretching of the muscles is what you need.



## In-and-Out Abs

**BODY PART:** Abs

**EQUIPMENT:** Bodyweight



Start in the plank position. Squeeze your shoulder blades together, tuck your butt in, and bring your feet together.



Drive your knees and feet forward toward your chest, land softly, and jump right back. Keep your reps nice and smooth.

## Incline Leg Lift

**BODY PART:** Abs

**EQUIPMENT:** Incline bench



This one is going to burn. Focus on using your abs to lift your legs by pushing your back into the bench really hard. Make sure to look up at the ceiling.



## Incline Smith Machine Press

**BODY PART:** Chest

**EQUIPMENT:** Smith machine



Same as the Smith machine flat chest press, just at an angle. Sit with your butt tucked in, abs contracted, and chest out. Your feet need to be planted flat in front of you.



Keep your chest out and squeeze your pecs as you press upward. Control the movement on the way back, and keep your reps smooth.

## Jump Rope

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Jump rope



Set the rope length to just about past your hips.



As you jump, your goal is to land smoothly and concentrate on connecting your breathing to the tempo of the rope. Enjoy!

## Jumping Jack

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Bodyweight



Keep your eyes looking straight ahead. Your arms and legs move together and open up. Make sure to keep your shoulder blades contracted and your chest out the entire time—don't just swing your arms.

Your goal is to control the movement and land smoothly and almost silently.

## KB Dead Lift to Squat

**BODY PART:** Legs

**EQUIPMENT:** Kettlebell



As you move up from the dead lift position, start pulling the weight with your hands. Use your momentum to switch the weight to your hands and drop into a squat. Make sure to hold the KB right on your chest with your arms in and elbows pointing straight down as you switch from the dead lift into the squat position.

## KB Pulsating Squat

**BODY PART:** Legs

**EQUIPMENT:** Kettlebell



Assume a squat position, and hold KB in front of you. Get low and keep your shoulders away from your ears. Sit low into your squat and pulse up and down no more than an inch.

## KB Pulsating Sumo

**BODY PART:** Legs

**EQUIPMENT:** Kettlebell



Keep your feet wider than hip-width apart and your chest up. Get low and keep your shoulders away from your ears. Sit low into your squat and pulse up and down no more than an inch, with the KB between your legs.

## KB Single-Arm Row

**BODY PART:** Back

**EQUIPMENT:** Kettlebell



Focus on keeping your chest up and your shoulders back. Lead with your elbow as you draw the weight up.

## KB Single-Leg Lunge

**BODY PART:** Legs

**EQUIPMENT:** Kettlebell



Bring your rear leg to a 90-degree angle on your way down. It's okay if your front knee tracks out past your toe.

Keep your core tight and put all the weight into your front heel. Be sure to hold the weight perpendicular to your body so that your palm faces your leg.

## KB Swing

**BODY PART:** Legs

**EQUIPMENT:** Kettlebell



Relax your hands and arms. You want the kettlebell to fall between your knees by hinging your hips back.



Remember to push from your hips, bringing the kettlebell to eye level.

## Kick-Back (Bodyweight)

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Focus on leading with your heel, kicking the bottom of your foot up at the ceiling.



This is a really great accessory exercise to support your bigger movement patterns such as squats and dead lifts. These should be done at a dynamic pace so you feel the burn, but always with control!

## Kneeling Rope Crunch

**BODY PART:** Abs

**EQUIPMENT:** Cable machine



Use your core the entire time. Your thumbs should be on your temples. Arch hard and crunch hard.



It's important that your neck stay in line with your spine here to avoid injury.

## Lat Pull-Down (Supinated Narrow Grip)

**BODY PART:** Back

**EQUIPMENT:** Lat pull-down machine



This is going to really work your mid-back. Keep your chest up and core engaged. Make sure to hold the bar with your palms facing you.



As you pull the bar down, lead with your elbows and lean back slightly. Keep your shoulders away from your ears.

## Lat Pull-Down (Wide Grip)

**BODY PART:** Back

**EQUIPMENT:** Lat pull-down machine



We're focusing here on your lats, one of the hardest muscles to engage. It's important to keep your chest lifted nice and high while leading the movement with your elbows.



Make sure to hold the bar with your palms facing away from you (pronated). Keep your shoulders away from your ears on the way up.

## Lat V-Bar Pull-Down

**BODY PART:** Back

**EQUIPMENT:** Lat pull-down machine



You're holding the V-bar for this one; make sure to retract your shoulder blades and don't let them elevate as you go up. Keep your chest up and core engaged.



As you pull the bar down, lead with your elbows and lean back slightly. Keep your shoulders away from your ears.



## Lateral Jumping Jack

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Bodyweight



Keep your eyes looking straight ahead. Your arms and legs move together, your arms opening, horizontally aligned with the floor. Make sure to keep your shoulder blades contracted and your chest out the entire time—don't just swing your arms in and out.



Your goal is to control the movement and land smoothly and almost silently. Personally, I like to clap my hands every rep—it's like an auto high five!

## Lateral Raise

**BODY PART:** Shoulders

**EQUIPMENT:** Dumbbells



Bend your elbows slightly, keeping your chest up high and shoulders down, away from your ears.



Move your arms upward in a controlled fashion while keeping your shoulder blades retracted. Don't let the weights come slamming down; you want to move with control.

## Leg Press

**BODY PART:** Legs

**EQUIPMENT:** Leg press



Set your feet about hip-width apart and your toes pointing slightly out. Even though you are seated, I want you to engage your core.



To get the most out of this exercise, bring your chest up nice and high. Be sure to keep your shoulders down and away from your ears.

## Leg Press (Narrow Stance)

**BODY PART:** Legs

**EQUIPMENT:** Leg press



Set your feet closer than hip-width apart and your toes spread out inside your shoes. Keep your back pushed back against the chair. Move slowly and with control—no rush.



Do not lock your knees at the top of the movement.

## Leg Press (Wide Stance)

**BODY PART:** Legs

**EQUIPMENT:** Leg press



Separate your feet so they are at the edge of the platform. Make sure your toes are pointed outward and your knees are in line with your toes.



Bring your knees back as far as you can, and push through the heels on your way back, moving in a fluid motion.

## LISS (Treadmill Walk)

**BODY PART:** Total body (cardio)

**EQUIPMENT:** Treadmill



This is just like walking in the real world. Just make sure not to hold the rails of the treadmill unless it's needed.

## Lunge, Alternating (Bodyweight)

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Focus on your form here. Push off your rear foot to stand up. Avoid leaning forward—just shoot upward in a straight line to stand. Keep your eyes looking forward.

## Lying Leg Lift

**BODY PART:** Abs

**EQUIPMENT:** Bodyweight



Push your lower back flat against the floor, lift your chest, slightly lift your feet off the ground, and then lift your legs to almost perpendicular with the floor, then back down.



The lower you get with your legs, the more it's going to work your core. Make sure you are looking straight up at the ceiling.

## Lying Smith Machine Triceps Press

**BODY PART:** Triceps

**EQUIPMENT:** Smith machine



Using the Smith machine is really going to help with your form, so focus and get all your reps in with this exercise.



Take a narrow grip on the bar and keep your elbows tucked in tight toward your obliques. Press the bar with power and bring it back down with control in a smooth motion, exhale on the push, and inhale on your way down.

## Military Press

**BODY PART:** Shoulders

**EQUIPMENT:** Barbell



Keep your core engaged, and sit back into your hips to avoid overarching your back.



To get the most out of this exercise, don't go too far past your chin; this will keep your muscles engaged.

## Mountain Climber

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Bodyweight



Start by getting into your plank (rounded upper back, butt tucked in, and abs contracted).



Keep your eyes looking straight at the floor and switch from right leg to left leg. Your feet should move about 12 inches back and forth as you switch. Maintain that plank!

## Pec Deck

**BODY PART:** Chest

**EQUIPMENT:** Pec deck machine



Sit tall with your core engaged. Your feet need to be planted flat in front of you.



You really want to think about squeezing your chest while keeping it up; don't let it cave in.

## Plank Hold

**BODY PART:** Abs

**EQUIPMENT:** Bodyweight



Get into a push-up position, round your upper back, tuck the butt in, and engage your abs. Be sure to squeeze your abs deeper as you exhale and inhale slowly.

## Plyo Calf Raise

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Jump off the front of your feet and don't let your heels touch the ground on the way down.



Reach your arms up high and tilt your chin up toward your hands.

## Plyo Split Lunge

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Keep your core tight and your hands in front of your chest. Push off your front foot and switch legs; remember to keep your hips square to avoid falling sideways.





## Plyo Sumo

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Keep your chest up and core tight. Your knees should remain in line with your toes. Push off your whole foot on the way up.

## Pull-Up (Band Assisted)

**BODY PART:** Back

**EQUIPMENT:** Rack, band



I know this exercise is challenging. Use a band that allows you to keep your reps smooth, and make sure you lift your chin up over the bar. (If you find you're not ready for a band, check to see if your gym has an assisted pull-up machine, which will provide a little more support until you're stronger.)

Lower all the way down while keeping your shoulder blades contracted.

## Push-Up

**BODY PART:** Chest

**EQUIPMENT:** Bodyweight



Assume a nice high plank with your upper back rounded slightly while your butt is tucked in (think booty to belly button connection).



Your hands should be slightly wider than shoulder-width apart, feet together. Inhale on the way down, exhale on the way up.

## Quad Extension Machine

**BODY PART:** Legs

**EQUIPMENT:** Quad extension machine



Sit tall in your seat, with your chest high to engage your core.



Make sure your booty is pushed into the seat really hard. Lift legs. Lower down with control.

## Reverse Lunge (Dumbbells)

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



You want to create a 90-degree angle with your rear leg. If you feel a bit wobbly, check your core—your core and your grip on the weights should be tight.

## Reverse Pec Deck

**BODY PART:** Back

**EQUIPMENT:** Pec deck machine



We're targeting the back of your shoulders here. Keep your spine tall, chest up, and wrists straight.



Every time you push the weight back, think of lifting your chest forward. Don't lose your form.

## Reverse Pull-Up

**BODY PART:** Back

**EQUIPMENT:** Rack or Smith machine



We're hitting back with power on this one. Set up the bar on the Smith machine or squat rack where you can grab it while being on the floor with arms fully extended.



Your job is to lift your entire body while keeping your back and legs aligned straight. Bring your chest to the bar every time.

## Scissors

**BODY PART:** Abs

**EQUIPMENT:** Bodyweight



Sit on the floor or mat. Push your chest out and straighten your back. Lean back while keeping your back straight until your abs engage; place your arms under your butt with palms facing down.



Lift your legs and maintain position. Now proceed to scissor your legs left and right, alternating the top and bottom positions of each leg with every rep.

## Seated Calf Raise

**BODY PART:** Legs

**EQUIPMENT:** Calf raise machine



Choose a 25- to 45-lb. plate and place it on your knees. You can also use dumbbells. Place your heels slightly off the edge of medium-to-heavy plates.



Moving slowly, raise your heels high and squeeze your calves at the top. Then lower your heels and push them as far down as possible to get a full stretch.

## Seated Shoulder Press

**BODY PART:** Shoulders

**EQUIPMENT:** Dumbbells



Keep your core engaged and sit back into your hips to avoid overarching your back. (Tuck your butt in and exhale into your abs.)



Keep your eyes looking forward. Be sure to exhale as you press up and inhale on the way down, controlling the movement and keeping your reps fluid.

## Seated Smith Machine Shoulder Press

**BODY PART:** Shoulders

**EQUIPMENT:** Smith machine



Keep your core engaged and sit back into your hips to avoid overarching your back. Tuck your butt in and squeeze your abs, keeping your chin tucked back and not down.



To get the most out of this exercise, don't go far past your chin—this will keep your muscles engaged and squeeze your shoulder blades at the top. Keep your reps fluid!

## Seated Triceps Pull-Over

**BODY PART:** Triceps

**EQUIPMENT:** Dumbbell, bench



Sit down with your back completely straight, shoulder blades together, and chest out.



Hold the dumbbell between your thumb and index finger. Maintain elbows at 90 degrees, exhale and lift the dumbbell straight up; keep your elbows from flaring out.

## Seated V-Bar Cable Row

**BODY PART:** Back

**EQUIPMENT:** Cable machine



Lean forward as much as you can to start this move. When you pull back, lead with your elbows and let the bar touch your belly.



At the end of the move, lean back slightly and squeeze your shoulder blades, holding for a brief second before lowering the weight back. You can also use a row machine for this exercise.

## Shoulder Press (Banded)

**BODY PART:** Shoulders

**EQUIPMENT:** Band



This is a killer shoulder exercise. Take a long band and make sure your chest is out and you're firmly stepping on the bottom part of the band.



Exhale and push your arms up while keeping your chin tucked back and shoulders retracted. Control the movement on the way down to about chin height and repeat.

## Shoulder Press with Barbell

**BODY PART:** Shoulders

**EQUIPMENT:** Barbell



Keep your core engaged and sit back into your hips to avoid overarching your back.



To get the most out of this exercise, don't go far past your chin—this will keep your muscles engaged.

## Shoulder Tap (in Plank Position)

**BODY PART:** Shoulders

**EQUIPMENT:** Bodyweight



Assume the plank position (rounded upper back and butt tucked in).



With legs about hip-width apart, proceed to tap your left shoulder with your right hand, and vice versa. Be sure to exhale into your abs with every rep.



## Single-Arm Dumbbell Press

**BODY PART:** Shoulders

**EQUIPMENT:** Dumbbells



Keep your core engaged and sit back into your hips to avoid overarching your back. (Tuck your butt in and exhale into your abs.) Press the weight straight up and control it back to parallel with the floor.



Keep your eyes looking forward, and extend the opposite arm straight out, engaging your shoulder blades. Be sure to exhale on the way up and inhale on the way down; control the movement.

## Single-Arm Dumbbell Row

**BODY PART:** Back

**EQUIPMENT:** Dumbbell, bench



Drive your elbow up at the ceiling to initiate this movement.



Keep your chest locked in and think of pushing your chest forward every time you bring the weight to the side of your ribs.

## Single-Leg Lying Hamstring Extension

**BODY PART:** Legs

**EQUIPMENT:** Hamstring extension machine



Think of a scooping motion as you bend your knee to bring your heel up to your butt, squeezing your hamstrings.



Play with the tempo on this one, 3 seconds on the way down, 1-second hold at the bottom, drive up with power (3,1,0 tempo).

## Single-Leg Quad Extension

**BODY PART:** Legs

**EQUIPMENT:** Quad extension machine



Sit tall in your seat with your chest high and booty pushed into the seat.



Play with the tempo on this one; try 3 seconds on the way down, 1-second hold at the bottom, drive up with power (3,1,0 tempo).

## Skull Crusher (Incline Bench and Dumbbells)

**BODY PART:** Triceps

**EQUIPMENT:** Dumbbells, incline bench



Keep your upper arms and elbows locked in. Hold the dumbbells between your thumbs and index fingers. Only your forearms should move in this exercise.



Make sure to lift toward the back of the room rather than up in order to keep the same angle as the bench. Keep your feet planted and butt stuck to the bench. Exhale on the work.

## Skull Crusher (Incline Bench and E-Z bar)

**BODY PART:** Triceps

**EQUIPMENT:** E-Z bar, incline bench



Keep your upper arms and elbows locked in. Only your forearms should move in this one.



Make sure to lift toward the back of the room rather than up in order to keep the same angle as the bench. Keep your feet planted and butt stuck to the bench. Exhale on the work.

## Smith Machine Flat Chest Press

**BODY PART:** Chest

**EQUIPMENT:** Smith machine



Take some time with this move. Focus on your form and pay attention to what it feels like to move the bar up and down.



Remember to breathe out on the way up and keep your chest locked in.

## Smith Machine Front Squats

**BODY PART:** Legs

**EQUIPMENT:** Smith machine



Rest the bar across your shoulders, and keep your shoulders and elbows aligned.



Sit low into your squat, a bit past 90 degrees. Squeeze your booty to push yourself up.

## Sprint

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Treadmill or turf



Alternate sprints with walking for the designated amount of time.

Pump your arms and use them to give you speed. Kick your heels up to your butt to get long strides. Run like you mean it!

## Squat (Bodyweight)

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Place your feet about hip-width apart, hands in front of your chest. Keep your chest up nice and high, and your weight in your heels.



Get a bit lower than 90 degrees and really push yourself to work that booty, moving fluidly.

## Squat (Wide Stance)

**BODY PART:** Legs

**EQUIPMENT:** Barbell



Keep your feet wider than hip-width apart, chest up, and hold the barbell right above your shoulder blades while keeping the wrists aligned with forearms.



Control the movement on the way down, then exhale and push up, focusing on your quads and hips. Make sure to come down to just past parallel with the floor.

## Squat-Lunge-Squat-Lunge

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Start with your feet slightly wider than hip-width apart and move down as upright as possible while bringing your hips right below parallel with the ground.



Stay low and look straight ahead. Lunge backward with a strong 90-degree angle at the knee. Repeat squat and lunge with other leg.

## Stairmaster

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Stairmaster



Set the stair climber at level 6.0. Remember to walk tall and avoid leaning forward. Push through your feet to straighten your leg before you lift the other.

This is really going to make you sweat! If you're looking for an extra challenge for your booty, perform 5 x 30 kick-backs, lifting from the heel.

## Standing Calf Raise

**BODY PART:** Legs

**EQUIPMENT:** Calf raise or Smith machine



Hold the bar right on your trap muscles. Rise in a smooth motion and control your way back down.



Engage your core and slightly bend your knees the entire time. Lift your heels up as high as you can, squeezing as much as you can. Lower back down and move between reps in a fluid motion.

## Standing Dumbbell Shoulder Press

**BODY PART:** Shoulders

**EQUIPMENT:** Dumbbells



Keep your core engaged during this exercise and avoid overarching your back.



Exhale and press the dumbbells straight up. Squeeze your shoulders at the top and move the weights back down with control.



## Standing Rope Triceps Pull-Over

**BODY PART:** Triceps

**EQUIPMENT:** Cable machine



Keep your dominant foot forward; this is where most of your weight will be. In this exercise, you're facing away from the cable machine.



Keep your elbows aligned at about a 60-degree angle with the floor, exhale on the work, and keep the elbows stationary; only your forearms move.

## Stationary Forward-Leaning Lunge with Dumbbells

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



This exercise will test your balance. To maintain it, engage your core, keep your chest up, and squeeze all of your muscles.



Remember not to round your shoulders at the bottom.

## Sumo Dead Lift

**BODY PART:** Legs

**EQUIPMENT:** Barbell



Anything sumo is going to work your inner thighs and booty. Keep your chest high as you push your hips back and down.



Your knees need to be in line with your toes the entire time. Think of squeezing your inner thighs together on your way up. Don't rush this move.

## Sumo Squat

**BODY PART:** Legs

**EQUIPMENT:** Barbell



Focus on keeping the weight in your heels.



As you push back and drop into the squat, make sure your knees are in line with your toes the entire time.

## Sumo Squat (Smith Machine)

**BODY PART:** Legs

**EQUIPMENT:** Smith machine



This is great for working your inner thighs and booty at the same time.



Keep your knees in line with your toes. Get low and engage your core.

## Sumo Squat with Dumbbells

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



Keep your feet wider than hip-width apart and your chest up, and hold the dumbbells in front of you between your legs.



Control the movement on the way down, exhale, and push up, focusing on your quads and hips.

## T-Bar Row

**BODY PART:** Back

**EQUIPMENT:** Barbell



This is an awesome exercise that will target your lats and mid-back.



Concentrate on moving the weight with your back muscles by keeping your chest high. (This will allow you to avoid jerking the weight.)

## Triceps Bent-Over Kick-Back

**BODY PART:** Triceps

**EQUIPMENT:** Dumbbells



Start in a standing position and slowly bend at the hip until you're at about 60 degrees with the floor. Bend knees slightly.



Exhale and “kick” the dumbbells back while keeping the elbows parallel with the floor, moving smoothly.

## Triceps Cable Pull-Down (Rope)

**BODY PART:** Triceps

**EQUIPMENT:** Cable machine



Keep your dominant foot forward; this is where most of your weight will be. Start with the rope at the same level as your diaphragm.



Keep your chest up to prevent your shoulders from caving in. Pull down rope.

## Triceps Cable Push-Down (Straight Bar)

**BODY PART:** Triceps

**EQUIPMENT:** Cable machine



Keep your dominant foot forward; this is where most of your weight will be. Start with the bar right below your chest.



Exhale and push straight down while keeping your chest forward and wrists aligned with your forearms.

## Triceps Dip Using Bodyweight (Bench)

**BODY PART:** Triceps

**EQUIPMENT:** Bench, bodyweight



Align your wrists with your forearms while holding the edge of the bench. Your booty should be really close to the bench, with your chest high and shoulders pushed back. This will help avoid injury.



Focus on bending your arms at 90 degrees. Your elbows should not flare out; focus on pushing them inward the entire time.

## Walk

**BODY PART:** Full body (cardio)

**EQUIPMENT:** Bodyweight



## Walking Lunge (Bodyweight)

**BODY PART:** Legs

**EQUIPMENT:** Bodyweight



Focus on your form here. Step back and push off your rear foot to stand up, but don't lean forward; stand up in a straight line. Keep your eyes looking forward. Repeat with other leg.

## Walking Lunge with Dumbbells

**BODY PART:** Legs

**EQUIPMENT:** Dumbbells



Step back slowly, taking two seconds on the way down, then pausing briefly at the bottom. Focus on getting low without your knee hitting the ground.

As you stand up, push up with your rear foot and go right into the next rep. Move with control by engaging your core.