

GRIT & GRACE



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WITH AMELY GREEVEN

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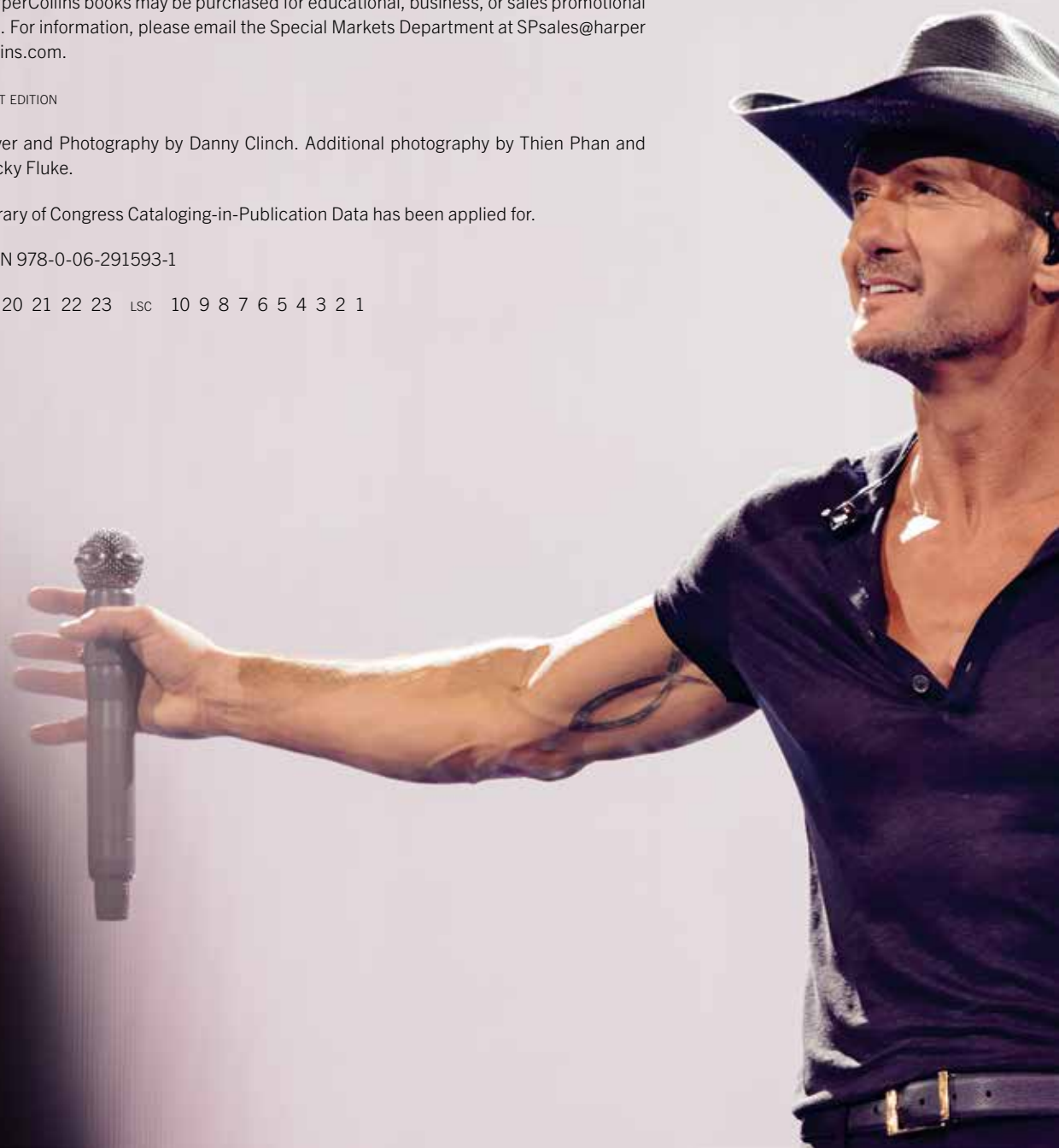
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MOBILITY DRILLS

DRILL #1 / FIVE ROUNDS

1. Bear Crawl 10 steps
2. Infinity Drill x 10
3. Mountain Climber x 20
4. Deep Squat, hold for 30 seconds
5. V-Sit Leg Raise x 10
6. Box Hop Hold x 10



BEAR CRAWL Start on all fours with your hands directly under your shoulders and your knees under your hips. Press your hips up to come onto your toes with your knees raised off the ground several inches, and your arms straight. Keeping your core tight and your back flat, travel forward with your right hand and left foot moving in tandem and landing together, and then your left hand and right foot. Count one step each time your left hand hits the ground.



INFINITY DRILL Start in Bear Crawl position (page 179) with your hands under your shoulders and your knees slightly bent. Sweep your right leg behind you as if trying to kick someone standing on your left. As your body turns to follow it, your left foot will pivot onto its outside edge, your left leg will become straight, and your right hand will come off the ground. Land your right foot flat on the ground as close to your left hand as possible, with your shin vertical and your right hand, floating near your face. That's the first half of the loop.

Now pick your left ankle, knee, and hip off the ground and draw your left foot close to your body, then thread it between the hand and foot that are still on the ground. Start to pivot on your right toe as you sweep your left leg behind you, “kicking” an imaginary person on your right, and as your body opens to the sky, place your right hand on the floor. Land your left foot flat on the ground close to your right hand, with your left shin vertical as your right leg straightens. Each time a foot sweeps and taps the ground counts as one rep.



MOUNTAIN CLIMBER Start in plank position with a tight core. Bring your right knee forward under your chest and land your toes on the ground. Now swap your feet: Return your right foot to plank position as you bring your left knee and foot forward. That is one rep. Pick up a quick pace, almost as if you are “climbing” in a plank position.



DEEP SQUAT Stand with your heels under your hips and your feet turned outward to 30 degrees. Press all four corners of your feet into the ground to distribute weight evenly. Lower your butt until your hip crease is lower than your knee. See if you can take the squat deeper until your hamstrings are on your calves and you are “sitting.” You may press your knees outward with your elbows to balance. Hold on to something in front of you if this helps you to sink deeper. Hold for thirty seconds, then push the ground away with your heels to stand.



V-SIT LEG RAISE Sit on the ground and spread your legs as wide as you can in a V, engaging your core and sitting up as straight as possible, and placing your hands on the floor in front of you or behind you for balance. Point your toes, raise your legs as high as you can, and lower.

BOX HOP HOLD Place your hands flat on plyometric box turned on its longest side or on a countertop. Pressing with your hands, jump up as if you are trying to make your feet level with the box, land quickly, and jump again. Get your hips as high as you can—but not so high you lose control. You should feel a slight “pause” at the very top of the movement.



DRILL #2 / FIVE ROUNDS

1. Stand to Base x 10 total (5 each side)
2. Rolling Candlestick x 10
3. Rolling Backbend Prep x 10 total (5 each side)
4. Oil Pump Squat x 10
5. Scapula Shrug x 10



STAND TO BASE Stand with your feet wider than hip-width apart. Bend down and place your right hand about four inches in front of your right foot. Pick your right foot up and slide it through the right hand and the left foot, slightly above the ground, with your right butt cheek touching the ground when you get to full extension. Now reverse it: Pick up your right foot, knee, and hip off the ground first, then draw your foot back through to its starting position, flat on the floor by your hand, and stand up. Now do the same with the left leg.



ROLLING CANDLESTICK Start lying on the floor with your legs extended and arms by your side. Roll your shoulders, reaching your feet to the sky, extending your legs fully at the top of the movement, then roll back down. Your hands may touch the floor until you can do this with your hands in front of your chest. Do not roll onto your neck or into a yoga plough pose.

TO MODIFY, START BY SIMPLY HUGGING YOUR KNEES AND ROLLING ONTO your shoulders; then start to raise your feet into the air on each roll, and finally come into a full candlestick.



ROLLING BACKBEND PREP

Come into a squat and place your right hand on the ground behind your right shoulder and slightly out to the side. Start to lift your hips to the sky and sweep your left hand in a giant circle over the right side of your body and toward the back, left corner of the room as your chest and hips open to the sky. Reverse the motion to come back to a squat. Switch sides.



Train the Body



OIL PUMP SQUAT Start in a tabletop position with your hands and knees on the ground. Bring your hands in close to your knees, about one hand's length away, and raise your knees one inch off the ground. Pump your hips up to the sky then come back down to starting position.

SCAPULA SHRUG Stand with your arms extended in front of you. Keeping your entire body tight, pull your shoulder blades together tightly enough to crush a pencil, then release and round your shoulder blades as far as you can to create a dome. Remember to keep your chin and head neutral. Don't jut your neck in and out. Move from your back and shoulders only.



Train the Body

DRILL # 3 / FIVE ROUNDS

1. Lie Down Stand Up x 10
2. Stiff Leg Hop x 10
3. Lateral Squat Push-up x 10 (5 each side)
4. Hip Hike Walk (forward and backward) x 10 steps each direction
5. Elevated Cobra 90 seconds

LIE DOWN STAND UP This is as simple as it sounds. Start by lying down on your back and get back up to a standing position in any way except by crossing your feet. You can squat and bring one hand to the floor or even get onto your knees first for added assistance. Then bring yourself to standing any way you want *without crossing your feet*. If you put your right hand to the floor as support on the first rep, use your left hand on the second.





STIFF LEG HOP Stand with your feet, ankles, and knees together. Lock your legs, squeeze your glutes and thighs super tight, and tighten your core. Make small hops forward *without bending your knees* but keeping toes, heels, and knees together. You will look a little like a pogo stick. Don't worry about how far or high you hop.



LATERAL SQUAT PUSH-UP Start in a deep squat with your heels on the ground. Tip 90 degrees over to the right side of your body, placing your right hand on the ground diagonally behind you, far enough out that your elbow does not touch your body as you lower, then place your left hand down about twelve inches to the left. Looking down, tip until your right ear and right knee touches the ground—your heels will likely come off the ground here—then press back up. Now tip to the left side.



HIP HIKE WALK Start seated on the ground with your legs extended straight in front of you and your hands clasped at your chest. Lift your right heel, knee, hip, and butt cheek off the ground *without bending*. Now reach your leg forward a few inches, then place your butt down. That is one step. Now lift your left leg in the same way, reach forward a few inches without bending it, and set your left butt cheek down. Continue for ten “steps” forward and ten “steps” back.

This exercise helps maintain the all-important ability to lift your hip, something that degenerates with sedentary life and age.



ELEVATED COBRA Lie facedown with your legs extended behind you in a relaxed position. Place your hands on a low box or bench, ladder rung, or coffee table (or a Stahl bar at the gym) with your hands facing palm down. Scoot your hips back a few inches until your arms are fully extended and lock your elbows. Press your chest

to the ground by driving your armpits downward. There is no other movement. This is just a stretch.

STRENGTH AND POWER WORKOUTS



WORKOUT #1		
Fifteen-minute AMRAP workout. Do as many rounds as possible in fifteen minutes. One round is five push-ups, five squats.		
Beginner	Intermediate	Advanced
Chest-Elevated Push-up x 5	Chest-to-Ground Push-up x 5	Feet-Elevated Push-up x 5
Squat x 5	Goblet Squat, ¼ body weight x 5	Thruster, ¼ body weight in each hand x 5

PUSH-UP

BEGINNER: Chest-Elevated Push-up. Place your hands on a box or countertop, hands slightly turned out and elbow creases facing forward. Walk your feet out to an inclined plank, making a straight line from shoulders to feet. Lower your chest to the box and push back to starting position keeping your core and glutes tight. You can increase the difficulty when you're ready by using a box or bar that is lower to the floor. The closer to the floor, the harder it will be.



INTERMEDIATE: **Chest-to-Ground Push-up.** Start in a plank position with your hands directly under your shoulders and slightly turned out, your arms locked and elbow creases facing forward, your core tight, your heels above your toes. Maintain the plank position as you lower your body all the way until your chest touches the ground. Don't lie down though! Immediately press back up by engaging your core and glutes even tighter and pushing out through your feet as you use your whole body to push up to plank position. (Imagine a cord pulling your midback upward.)



ADVANCED: **Feet-Elevated Push-up.** Do a full Chest-to-Ground Push-up with your feet elevated on a box, chair, TRX, or rings. Experiment with different heights and explore your range.



SQUAT



BEGINNER: *Basic Squat.* Stand with heels under your hips, feet a little wider than hip-width apart, and your toes pointed out to 30 degrees. Press the balls of your feet, your pinkie toes, and your heels into the ground to distribute your weight evenly. Lower your butt until your hip crease is lower than your knee. Push the ground away with your heels to stand. To scale this down, place a chair or box behind you and reach for it with your butt, sit briefly on it, then push back up to stand.



INTERMEDIATE: Goblet Squat. Hold a dumbbell at one end so it is parallel to your spine, or a kettlebell by the horns. Keeping your shoulders back, elbows tight to your sides, and core tight, squat as above. Use a quarter of your body weight.

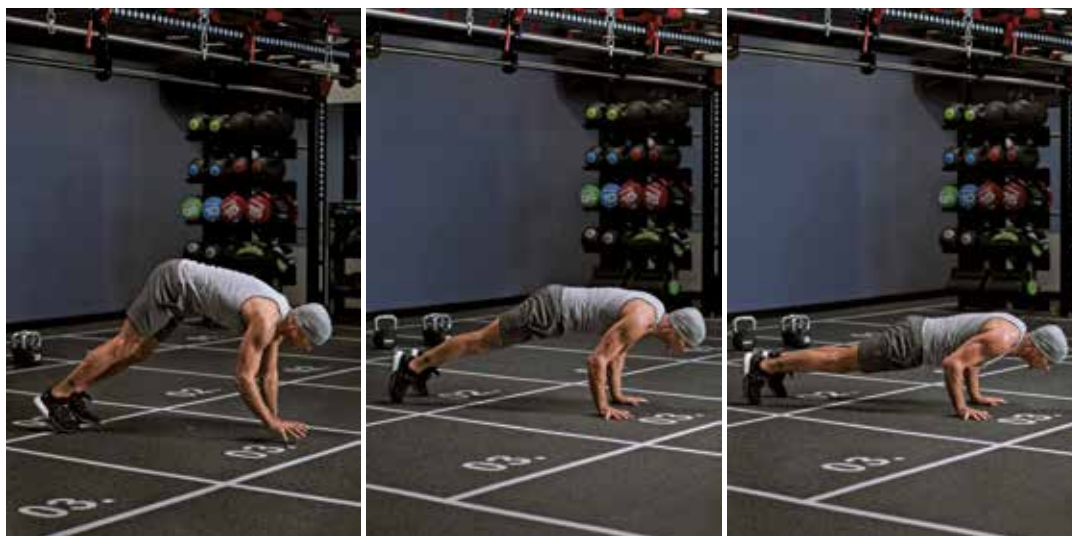
ADVANCED: Thruster. Hold one dumbbell at each shoulder, handles parallel. Squat and stand in one fluid motion, pushing the weights overhead with your palms facing forward or slightly rotated inwards, keeping your core tight. Use a quarter of your body weight in each hand.

WORKOUT #2

Do seven rounds of these three exercises.

Beginner	Intermediate	Advanced
Basic Plank Walkout x 5	Plank Walkout with Push-up x 5	Hindu Push-up x 5
Half Burpee (no push-up, no jump) x 10	Full Burpee x 10	Full Burpee Broad Jump x 10
Lazy Walk x 10 seconds	Stiff Leg Hops x 10	Stiff Leg Hops x 10

PLANK WALKOUT



BEGINNER: Basic. Stand with your feet under your hips. With bent or straight legs, place your palms on the ground. Walk out your hands until you are in a plank position. Walk your hands back to your feet and stand up.



INTERMEDIATE: Do a **Plank Walkout**, adding a push-up in the plank position.



ADVANCED: **Hindu Push-up.** Start in Downward Dog, hips high and arms straight. Dive downward, then slide your nose, chest, and hips forward, a few inches above the ground. (Imagine sliding under barbed wire.) Rise into Upward Dog. Reverse the movement, sliding back under the wire and into Downward Dog. (If this is too hard, push back into Downward Dog.)



BURPEE



BEGINNER: Half Burpee. From standing, bend your knees and place your hands on the ground outside your feet. Hop your feet back to plank position, then hop them back outside your hands. Stand up.



INTERMEDIATE: Full Burpee. When you get down to plank position, add one push-up. After you bring your feet outside your hands, add a jump and clap as you stand up.



ADVANCED: Full Burpee Broad Jump. Do a Full Burpee and add a Broad Jump when you come up. Explode forward as far as you can, landing in a squat.

Lazy Walk: Walk slowly on a treadmill or back and forth in your workout space. Keep moving, but exert minimum effort.

Stiff Leg Hops (see page 189).

WORKOUT #3

Fifteen-minute AMRAP workout: Do as many rounds as possible of four exercises in fifteen minutes. Fan bikes are the preferred bikes for the bike sprint version.

Beginner	Intermediate	Advanced
Sprint for 30 seconds. You can run, bike, or row.	Sprint for 30 seconds. You can run, bike, or row.	Sprint for 30 seconds. You can run, bike, or row.
Lunge x 5 each side	Split Squat x 5 each side	Loaded Split Squat holding $\frac{1}{4}$ body weight in each hand
Chest-Elevated Push-up x 15	Chest-to-Ground Push-up x 15	Feet-Elevated Push-up x 15
Jumping Jacks x 20	Jump Ropes x 40	Double Unders x 40

LUNGE

BEGINNER: **Lunge.** Stand with your feet hip-width apart and core tight. Take a big step forward with your right foot, keeping your upper body straight. Lower your body until your right thigh is parallel to floor and your right shin is vertical. You may lightly tap your left knee to the ground. Press into your right heel to drive back up to starting position, feet under hips.

INTERMEDIATE: **Split Squat.** Place a chair or box behind you. Ideally it will be the height of your shin to midfoot. (If your knee is on the ground at its base, the top of your midfoot should hook comfortably over its top.) Hook the top of your left foot on top of the box and hop your right foot forward far enough that when you lunge, your front shin stays vertical while your rear knee comes to the ground or close to it. (See page 206.)



ADVANCED: Loaded Split Squat. Lunge as above, carrying a quarter of your body weight in each hand (dumbbells or kettlebells will work). You can also vary this: Try carrying half your body weight held to your chest, or load a heavy sandbag on your upper back.

PUSH-UP

BEGINNER: Chest Elevated (See page 197). Start in a plank position and place your knees on the floor, maintaining your tight core and straight line from hips to shoulders.

INTERMEDIATE: Chest-to-Ground Push-up (See page 198).

ADVANCED: Feet-Elevated Push-up (See page 198).

JUMPS

BEGINNER: *Jumping Jacks.* Stand with your hands at your sides. Jump your feet wider than your hips, raising your hands overhead, keeping your arms as straight as possible. Clap at the top and jump your feet closed, arms coming to your sides.

INTERMEDIATE: *Jump Ropes.* Keeping your core tight and your elbows in at your sides and your hands turned out, bounce about an inch or two off ground with your knees bent slightly. Spin the rope under using your wrists to drive the action not your arms. Only do one bounce per spin!

ADVANCED: *Double Unders.* Increase the speed of your wrist spin to pass the rope under your feet two times per bounce. At first, a slightly higher bounce will help, but with experience this won't be necessary.

For Double Unders, make sure to initiate both spins while the rope is out in front of you. Keep the legs straight. The three most common mistakes are the following:

1. Bending the knees (the rope will catch on your knees).
2. Initiating the wrist spin after the rope is under your feet.
3. Seeing this as having two separate spins. You have to spin it two times now; really whip those wrists around!

WORKOUT #4

Seven-minute AMRAP workout: Do as many rounds as possible of three exercises in seven minutes. Rest for five minutes. Repeat (do a second seven-minute round).

Beginner	Intermediate	Advanced
Down Dog to Up Dog x 5	Feet on Box Push to L x 5	Handstand Wall Walk-up x 2
High Body Row x 5	Low Body Row x 5	Elevated Feet Body Row x 5
Jumping Jacks x 40	Jump Rope x 40*	Double Under x 40*
*If you don't have a jump rope, you can substitute a fast-paced run, bike, or row for 20 seconds.		

DOG, L-PUSH, HANDSTAND SERIES

BEGINNER:

Downward Dog to Upward Dog.

From tabletop position with your hands under your shoulders and your knees under your hips, press up into an inverted V, pressing your palms into the floor and pushing your hips away. Shift your weight into your hands as you scoop your chest between them, coming into Upward Dog with toes tucked. Lift your hips up and press your chest back into Downward Dog.



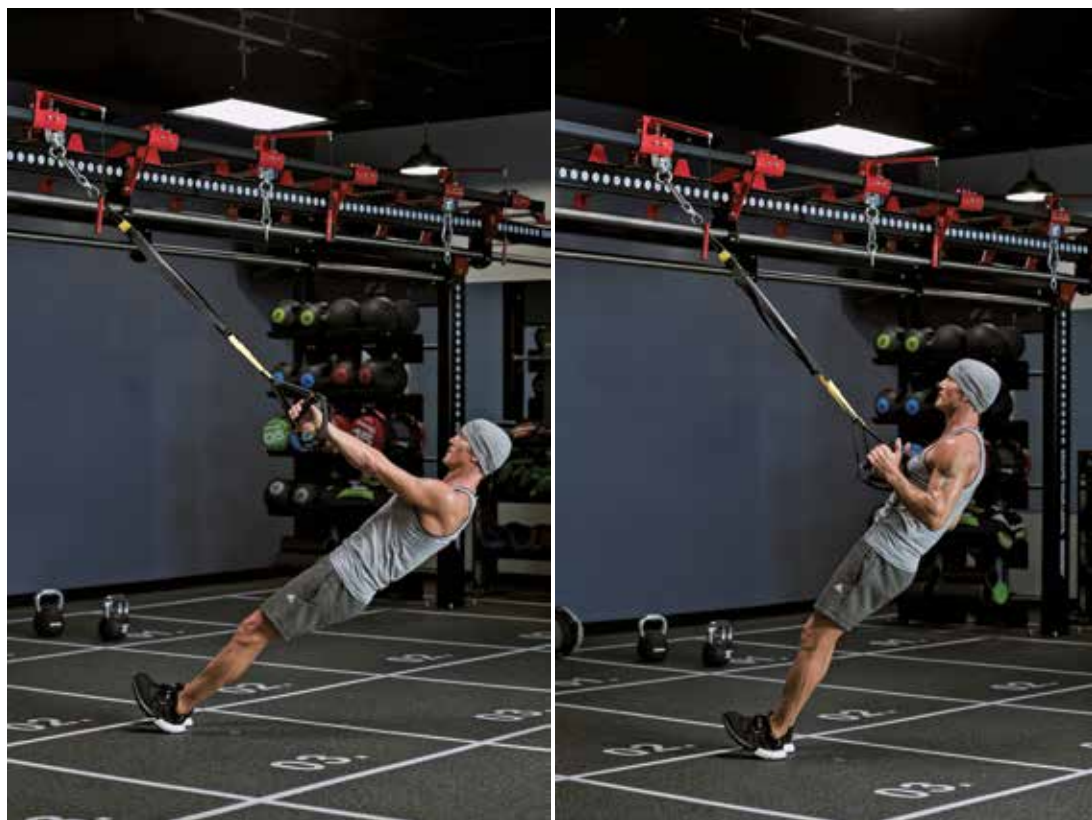


INTERMEDIATE: Feet on Box Push to L. Start in a plank position, head facing away from the box and your feet flat against its base. Walk your hands in a few inches so your knees bend, lift one knee off the ground, and put your foot on the box. Tighten your core and place your other foot on the box. Keeping your hands and feet stationary, push your hands into the ground and your butt to the sky, moving your chest inward to the box, then lower your hips and bend your knees. Repeat five times, then walk your hands back out to a plank position and step your feet off the box.



ADVANCED: *Handstand Wall Walk-Up.* Start in a plank position with your feet touching the base of the wall. With a very tight core, start to walk your feet up the wall and walk your hands in as far as you are comfortable. The aim is to come all the way into a nose-to-wall handstand with a strong plank position. Reverse the movement to come down. Walk your hands all the way out to a plank position before taking your feet off the wall.

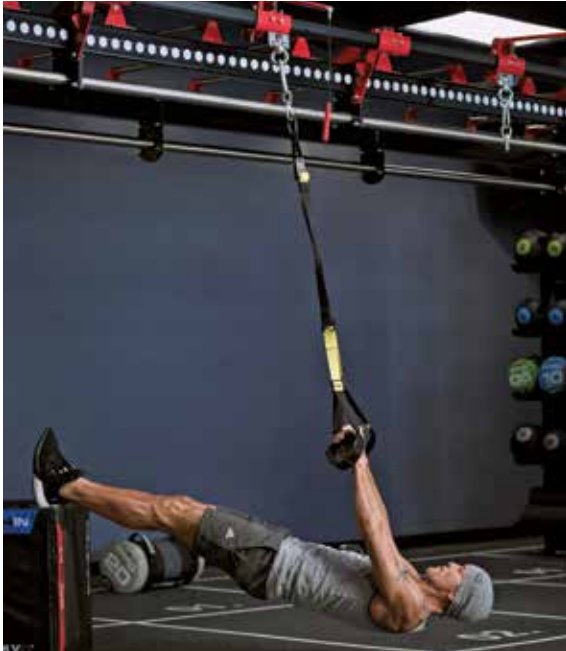
BODY ROW



BEGINNER: *High Row.* Sit under a chest-high bar and walk your feet out in front of you, legs extended, until the bar is over your upper chest. Grab the bar and lift your hips up, keeping your core and glutes tight and your body in a straight line. You will be at an incline. Starting with straight arms, pull the bar to your chest, squeezing your shoulder blades. Return your body to a straight-arm position. (You can also use a TRX, rings, or even a very sturdy and secure table for this.)



INTERMEDIATE: *Low Body Row.* Use a bar low enough, or lower your TRX or rings, so that your degree of incline is closer to horizontal. A Smith rack at the gym or a sturdy desk will work for this.



ADVANCED: Elevated Feet Body Row. From the Low Row position, place your feet on a box so that your body is horizontal. Alternative: Pull-ups.

JUMPS

BEGINNER: Jumping Jacks (See page 207).

INTERMEDIATE: Jump Ropes (See page 207).

ADVANCED: Double Unders (See page 207).

WORKOUT #5

Twenty-minute AMRAP workout. Do as many rounds as possible of three exercises in twenty minutes.

Beginner	Intermediate	Advanced
Battle Ropes x 30 seconds	Battle Ropes x 30 seconds	Battle Ropes x 30 seconds
Farmer's Hold x 20 seconds ¼ body weight in each hand	Farmer's Hold x 20 seconds ⅓ body weight in each hand	Farmer's Hold x 20 seconds ½ body weight in each hand
Bear Crawl to Crab Crawl, 20 steps each way	Bear Crawl to Crab Crawl, 20 steps each way with three push-ups	Bear Crawl to Crab Crawl, 20 steps each way with five push-ups

BATTLE ROPES

Hold one rope in each hand, with a slight amount of slack so ropes drape on ground, and stand with feet about hip-width apart. Keep your back straight, and raise and lower ropes from thigh high to head high, moving as fast as you can to make a wave along the full length of the rope. You can move both ropes in sync or alternate them. As you pick up speed, sit back slightly on your heels.



FARMER'S HOLD

To start in Farmer's Hold, stand with your feet under your hips, bend your knees and pick up a weight in each hand and stand, holding the weights by your sides with your core strong, shoulders back and glutes tight. Dumbbells or kettlebells work fine for this.

BEAR CRAWL TO CRAB CRAWL

BEGINNER: Start on all fours with your hands directly under your shoulders and your knees under your hips. Press your hips up to come onto your toes with your knees raised off the ground several inches and your arms straight. Keeping your core tight and your back flat, travel forward with your right hand and left foot moving in tandem and landing together, and then your left hand and right foot. Count one step for every time your left hand hits the ground. After twenty steps, transition to a Crab Crawl. From Bear, walk your hands behind you so your hips come up, and you are now looking upward. You are in an upward-facing table with your knees, hips and shoulders in a straight line. Tighten your core. "Walk" backward with your right foot followed by left hand, then your left hand followed by right foot. Count one step for each time your left hand hits the ground.

INTERMEDIATE: Do three push-ups before the Crab Crawl.

ADVANCED: Do five push-ups before the Crab Crawl.

WORKOUT #6

Seven-minute AMRAP workout. Do as many rounds as possible of three exercises in seven minutes. Rest for five minutes. Repeat (do a second seven-minute round).

Beginner	Intermediate	Advanced
Strict Press x 6, ½ body weight in each hand	Strict Press x 6, ¼ body weight in each hand	Strict Press x 6, ⅓ body weight in each hand
Mountain Climbers x 10	Mountain Climbers x 20	Two-Legged Mountain Climbers x 20
Basic Crunch x 20	Crunch + Sit-up x 20	Hollow Rock x 20

STRICT PRESS

Stand with your feet hip-width apart and with one dumbbell on each shoulder, elbows slightly in front of your body, core tight and legs static. Push the dumbbells overhead, keeping them in line with your midfoot. Imagine the dumbbells



are stationary and you are pushing the ground away with your feet—this will help you stay strong and stable.

MOUNTAIN CLIMBERS

BEGINNER AND INTERMEDIATE: Start in a plank position with a tight core. Bring your right knee forward under your chest and land your toes on the ground. Return right foot to plank position as you bring the left knee and foot forward. *Right foot/left foot is one rep.* Pick up a quick pace, almost as if you are “climbing” in a plank position. (See page 181.)

TWO-LEGGED MOUNTAIN CLIMBERS



ADVANCED: From plank position, hop both feet forward under your chest at the same time, then hop back to plank position. Pick up a quick pace and keep your core as tight as you can. Try not to let your hips raise above the plank position.

CRUNCHES AND HOLLOW ROCKS



BEGINNER: Basic Crunch. Lie on your back and bring your feet close in to your butt, arms at your side a half inch off the ground. Point your toes like a dancer and lift up your heels. Inhale, then exhale and curl your head, neck, and shoulder blades off the ground, reaching your hands toward your feet. Roll back down.



INTERMEDIATE: Crunch Plus Sit-up. After your crunch, roll all the way back down to the ground, then do a sit-up, arms still floating at your side, but this time curling all the way up to sitting straight before rolling down to your back. One

Crunch + One Sit-up = One rep. If this is hard, you may slide your hands up your thighs. Do not clasp your hands behind your head.



ADVANCED: Hollow Rock. Lie on your back with your arms extended behind you. Push your legs together and tighten your core, compressing it so there's no space between your low back and the ground. Raise your arms and legs so you begin to rock on your lower back without moving your shoulders or hips. One rock back and forth is one rep.

WORKOUT #7

In this workout, start with the two 30-second exercises listed in the top box, then immediately start your timer and pick up your weights for the Farmer's Carry and walk as far as you can until you feel you have to put the weights down. Stop the timer when the weights go down, and return to first two exercises. Then start the timer and return to your Farmer's Carry. The workout will be done when your total walk time in the Farmer's Carry adds up to five minutes.

Beginner	Intermediate	Advanced
Jumping Jacks x 30 seconds + Plank x 30 seconds	High Knees x 30 seconds + Elevated Plank x 30 seconds	High Knees x 30 seconds + One-Arm Planks x 30 seconds (each side)
Farmer's Carry, 20 lbs each hand (women); 35 lbs each hand (men), as far as you can walk	Farmer's Carry x $\frac{1}{4}$ body weight in each hand, as far as you can walk	Farmer's Carry x $\frac{1}{2}$ body weight in each hand, as far as you can walk

JUMPS

Jumping Jacks (See page 207).

HIGH KNEES

Run in place, aiming to get your knees up above your hip creases.

PLANK



BEGINNER: Basic Plank. (See page 201).

Lie on your stomach with legs straight behind you, toes pointed toward the ground. Plant your hands underneath your shoulders. Push into your hands and lift your chest off the ground, then lift your knees and midbody so that your entire body, from your heels to your

head, is straight, like a “plank,” suspended by your toes and hands. Tighten your thigh muscles and pull your belly in and up to engage your core. Imagine a cord pulling your midback upward. Neutralize your neck and place your glance forward, just in front of your hands.



INTERMEDIATE: Elevated Plank. Start in a plank position, head facing away from the box and your feet flat against the base. Walk your hands in a few inches so your knees bend, lift one knee off the ground and put your foot on the box. Tighten your core and place your other foot on the box.

Walk your hands forward so that you form a straight line from head to toe in a plank position with your feet elevated on the box.

ADVANCED: One-Arm Plank. Start in a strong plank position, your core and glutes tight.

Lift up your right hand and tuck your right arm under your body, reaching across and down toward your left hip. (Imagine trying to put it in your shorts pocket.) Hold for thirty seconds, then return the right hand to the ground and pick up your left.

FARMER’S CARRY

Start in Farmer’s Hold, then walk with short steps until you are ready to place your weights down by bending your knees and keeping your back straight. Dumbbells or kettlebells work fine for this.

WORKOUT #8

In this workout, do four rounds of each exercise. For Intermediate and Advanced, follow this formula: Intermediate first round is twenty-five push-ups and a 300-meter row; second round is twenty push-ups and a 300-meter row; and so on. Row as fast as you can, aiming for 90 percent of your maximum perceived effort. You can vary this workout by doing a Sled Push or Bike Sprint instead of a row. (A sled is a weighted apparatus used in functional fitness to push or pull load across distance. Try to run as you push it!) And don’t stop between your four rounds. You can rest when it’s over!

Beginner	Intermediate	Advanced
Chest-Elevated Push-up x 10	Chest-to-Ground Push-up x 25/20/15/10	Feet-Elevated Push-up x 40/30/20/10
Row 200m	Row 250m/200m/150m/100m	Row 400m/300m/200m/100m

PUSH-UP

BEGINNER: Chest-Elevated Push-up (See page 197.)

INTERMEDIATE: Chest-to-Ground Push-up (See page 198.)

ADVANCED: Feet-Elevated Push-up (See page 198.)

ROW

Start by locking your feet into the straps and grabbing the handle with both hands. Bend your knees so your body glides to the front of the machine near the handle. Make sure your back is straight. Push into the foot plate and extend your legs. After your legs are extended, use your core to lean back to 45 degrees. Finish by pulling the handle inward until it touches just below your chest. Follow the reverse sequence by extending your arms from your chest, hinge back out of the 45 degrees to upright and bend your knees gliding back to the original position.



Train the Body

WORKOUT #9		
Start with four rounds of very short Bike Sprints followed by even shorter rest periods, then take a four-minute break. Then do four rounds of the next two exercises. Once again, a fan bike is preferred.		
Beginner	Intermediate	Advanced
Bike Sprints: 10 seconds fast/10 seconds easy x 4	Bike Sprints: 20 seconds fast/10 seconds easy x 4	Bike Sprints: 20 seconds fast/10 seconds easy x 4
4-minute break followed by 4 rounds of:	4-minute break followed by 4 rounds of:	4-minute break followed by 4 rounds of:
Farmer's Carry, 20 lbs each hand (women); 35 lbs each hand (men) x 20 yards	Farmer's Carry, ¼ body weight each hand x 20 yards	Farmer's Carry, ½ body weight each hand x 20 yards
Lie Down Stand Up x 10	Deck Squat x 10	Deck Squat Vertical Jump x 10
Rest 10 seconds	Rest 10 seconds	Rest 10 seconds

BIKE SPRINT

Pedal as hard as you can in timed intervals, then either take it easy (beginner) or rest for ten seconds (intermediate and advanced) as described on the opposite page. After four rounds, take a four-minute break.

FARMER'S CARRY

See page 222.

LIE DOWN STAND UPS

BEGINNER: Start standing and lower your body to the ground until you are fully prone on your back. You can get down any way you like *as long as you do not cross your feet*. You can squat and bring one hand to the floor or even get onto your knees first for added assistance. Then bring yourself to standing any way you want *without crossing your feet*. If you put your right hand to the floor on the first rep, use your left hand on the second. Again, you can bring yourself to your knees first if it's easier.

INTERMEDIATE: *Deck Squat*. With a mat underneath you, lower into a deep squat. Keeping your hands in front of your chest, lower your butt onto the ground and roll back slightly with your knees tucked to your chest until your hips come off the ground. Using the momentum from that movement, roll powerfully forward, place your feet right under your butt, and stand up, driving your heels into the floor without using hands. You can use a counterbalance to help: Hold a 5- to 10-pound weight to your chest as you go down, then hold it out in front of you like a steering wheel when you stand up so the weight helps pull you forward.

ADVANCED: *Deck Squat with Vertical Jump*. As you stand up, explode vertically, then land in a squat and flow into the next rep if you can.

WORKOUT #10

Seven-minute AMRAP workout. Do as many rounds as possible of three exercises in seven minutes. Rest for five minutes. Repeat (do a second seven-minute round).

Beginner	Intermediate	Advanced
Handstand Wall Walk-Up x 1	Handstand Wall Walk-Up x 2	Handstand Wall Push-ups x 2
Single-Leg Deadlift x 1/3 body weight, x 5 each side	Single-Leg Deadlift x 1/2 body weight, x 5 each side	Single-Leg Deadlift x 3/4 body weight, x 5 each side
Jumping Jacks x 60	Jump Rope x 60	Double Under x 60

HANDSTAND WALL WALK-UP

BEGINNER, INTERMEDIATE: See page 210.

HANDSTAND WALL PUSH-UP

ADVANCED: Use this variation only if you have mastered a solid handstand with good alignment and core tension. Kick up into your handstand and lower yourself until your head touches the ground or as close to it as possible. Press back up until your arms are at full extension.

SINGLE-LEG DEADLIFT

Hold a dumbbell or kettlebell in both hands. Shift your weight to your right leg and, keeping that knee slightly bent, hinge at the hip, extending your left leg behind you for balance. Lower the kettlebell until your body is parallel to the ground. Driving your right heel into the floor and powering this motion from your hamstrings and glute, return upright.

JUMPS

BEGINNER: Jumping Jacks (See page 207).

INTERMEDIATE: Jump Ropes (See page 207).

ADVANCED: Double Unders (See page 207).

WORKOUT #11		
This is a strength workout that will definitely get your metabolism revving. Remember to work at that B-grade level, focusing on form first and foremost, but not moving so slowly that it's easy. If these moves are new to you, practice them slowly at first. You can easily find great demo videos of these online. To keep it simple, we'll use a dumbbell here, but with proper instruction you'll enjoy doing this with kettlebells, too. When in doubt about what weight to use, start with a lighter one and build up.		
Beginner	Intermediate	Advanced
Dumbbell Clean and Strict Press x 5 each side Weight: see below	Burpee Clean and Press, 25 lbs each hand (women), 35 lbs each hand (men)	Dumbbell Clean, Press, Front Squat Ladder Weight: See below
	100 reps or 20 minutes (whichever comes first)	60 Double Unders each time you need a break



BEGINNER: Dumbbell Clean and Strict Press. Choose a weight that you can manage for seven reps maintaining good form before feeling tired. (Experiment first—is this ten pounds? Fifteen? More?) Start with your feet slightly wider than hip-width, dumbbell between your feet. Squat down with a straight back and grab the dumbbell with both hands. Pushing your heels into the floor, powerfully drive yourself upward, extending your hips, knees, and ankles and throwing your elbow forward quickly to drive the dumbbell to shoulder height. After you have achieved full extension, receive the weight on your right shoulder. You will end in a standing position. If it's too much weight, you can modify and do one side at a time.

Now perform a Strict Press. Keeping your core tight and your legs static, push the dumbbell overhead, keeping it in line with your midfoot. Imagine the dumbbell is stationary and you are pushing the ground away with your feet—this will help you stay strong and stable. Return the weight to your shoulders, then bend your knees and place the weight back on the ground between your feet. One Clean and one Strict Press is one round.

INTERMEDIATE: Burpee Clean and Press. Place both dumbbells between your feet, directly under your shoulders. Squat and place your hands on the dumbbells, hop your feet back to a plank position with a tight core, hop your feet forward, and perform a Clean as described above with both weights simultaneously. From the shoulder position, press the weights overhead in a Strict Press (as described on page 228).



ADVANCED: Dumbbell Clean, Press, Front Squat.

Perform all three exercises in a ladder until your form starts to slip. A ladder is one rep each of a Clean, a Press, and a Front Squat, then two reps of each, then three reps of each, then four reps of each. Each time you need to take a break during the ladder, do sixty Double Unders before you rest. Your choice of weight here: Use the highest weight that you can move with good form for seven reps before getting wonky. Instructions: Clean and Press as above, and from your final Press position, with

weights resting on your shoulders, squat as low as you can—hip crease always lower than the knees. Drive the ground away with your heels, and tighten your core as you stand up. Place the dumbbells back on the ground between your feet, stand up, and then start the next rep.

Smoothies

WHETHER IT'S WHIPPING UP A QUICK BREAKFAST OR GETTING IN A HIGH-protein snack after a tough workout, smoothies are an easy way to get a lot of good things in your body fast. Here are a few of my favorite combinations.

Tropical Smoothie

SERVES 1

1 clementine, peeled	½ cup frozen mango chunks
¼ cup seeded and chopped yellow bell pepper	¼ cup frozen coconut chunks*
1 carrot, peeled and chopped	1½ cups water, coconut water, or unsweetened almond milk
½ cup frozen pineapple chunks	

*If you can't find these, use ¼ cup of shredded unsweetened coconut.

1. Add all the ingredients to a blender and blend until smooth.
2. Add additional water, as needed, to make a sippable smoothie.
3. Serve and enjoy.

Tim's Super Green Smoothie

SERVES 1; DOUBLE IF USING AS A MEAL REPLACEMENT

2 cups stemmed shredded kale, lightly packed	1 cup water, coconut water, or unsweetened almond milk, plus more as needed
1 apple, cored	½ jalapeño, stem removed (optional)
Juice of ½ lemon	¼ ripe avocado or ½ frozen banana
¼-inch chunk peeled fresh ginger	

1. Add all the ingredients to the blender, placing the kale at the bottom—it blends better that way.
2. Blend, adding liquid a little bit at a time, until you reach the desired consistency. This smoothie is naturally high in fiber, so it takes longer to blend than most smoothies—give it time!
3. Serve and enjoy.

Sunshine Smoothie

SERVES 1

1 cup stemmed shredded kale, loosely packed	1/3 cup frozen pineapple
1 cup baby spinach, loosely packed	1 tablespoon fresh lime juice
1 tangerine, peeled	1 1/2 cups water, coconut water, or unsweetened almond milk
1 blood orange, peeled*	

*If you can't find a blood orange, use half a regular orange.

1. Pack all the ingredients in a blender, keeping the greens on the bottom.
2. Blend until very smooth, adding liquid a little bit at a time, until you reach the desired consistency.
3. Serve and enjoy.

Peanut Butter Cup Smoothie

SERVES 1

1/2 banana (fresh or frozen)	1 1/2 cups skim milk or unsweetened almond milk
1 1/2 tablespoons peanut butter or almond butter	1/4 teaspoon sea salt
1 tablespoon unsweetened cocoa powder	1 teaspoon pure maple syrup (optional)

1. Add all the ingredients except the maple syrup to the blender.
2. Blend until smooth, then taste. Add maple syrup if desired.
3. Serve and enjoy.

Berry Blast Smoothie

SERVES 1

1 1/2 cups of your favorite berries (fresh or frozen)*	1 tablespoon fresh lemon juice
1 peeled cucumber	1 tablespoon almond butter
1 cup baby spinach	1 1/2 cups water, coconut water, or unsweetened almond milk
1/2 banana (fresh or frozen)	

1. Add all the ingredients to a blender and pulse until well combined; pulsing first helps keep almond butter from clumping up.
2. Add 1 cup of the water and blend until smooth, drizzling in additional water as needed.
3. Serve and enjoy.

Breakfast

EGGS AND PANCAKES ARE A CLASSIC PAIRING, AND ONE THAT I'VE LONG BEEN A FAN of, but these days I try to enjoy healthier versions of these simple breakfast foods. By packing a serving of greens into my eggs and a hit of protein into my pancakes, I get the satisfaction of a hearty breakfast without feeling weighed down.

California Greens Frittata

SERVES 4 TO 6

3 whole large eggs	2 tablespoons extra-virgin olive oil
1 cup liquid egg whites*	1 yellow onion, minced
¼ cup grated sharp cheddar cheese (optional)	1 jalapeño, minced (optional)
1 teaspoon sea salt	4 cups baby spinach, washed
1 teaspoon ground black pepper	2 ripe avocados, diced

*If you'd rather separate your own eggs, use the whites of 6 to 8 large eggs (depending on size).

1. In a large bowl, whisk together the eggs, egg whites, and cheese, if using. Season with the salt and pepper. Set aside.
2. Preheat the oven to 350°F. Heat a 10-inch, oven-safe skillet on the stovetop over medium-high heat.
3. Add the oil to the skillet, along with the onion and jalapeño, if using. Sauté until the onion is translucent.
4. Add the spinach to the skillet—it will look overcrowded at first, but the spinach will wilt down.
5. Cook until the spinach has wilted and the liquid has evaporated. Remove from the heat, and add the egg mixture and avocados, gently folding to incorporate everything evenly.
6. Pop the frittata into the oven and bake for 20 to 30 minutes, or until the eggs have set.
7. Slice and enjoy immediately.

Protein Pancakes, 3 Ways

BASIC PROTEIN PANCAKES

SERVES 4

4 large eggs	$\frac{3}{4}$ cup almond milk or water
4 scoops vanilla protein powder (25 grams protein per scoop)	Avocado oil spray or butter, for greasing pan
2 teaspoons baking powder	

1. In a large bowl, mix the eggs, protein powder, baking powder, and water until a smooth batter forms. It should be slightly thinner than a typical pancake batter. If the batter seems too runny, add additional protein powder, 1 teaspoon at a time*—this happens because different protein powders are made using different recipes.
2. Proceed to step 3 for plain pancakes, or see the variations below.
3. Melt a small amount of butter in a nonstick skillet or griddle on the stovetop over medium heat, or spray with cooking spray.
4. Using a $\frac{1}{3}$ -cup measure, pour batter onto skillet. For each pancake use no more than $\frac{1}{3}$ cup of the batter—even less will make pancakes that are easier to flip. Cook for 3 to 4 minutes on the first side.
5. When bubbles start to form on the top and all the way around the edges, flip the pancakes, and cook for an additional 2 to 3 minutes on the opposite side.
6. Serve with fresh fruit, a little butter, or a drizzle of honey.

VARIATION 1: LEMON-BLUEBERRY

Ingredients for 1 recipe Basic Protein Pancakes (above)	$\frac{1}{2}$ teaspoon almond extract
Finely grated zest of 1 large lemon	1 cup blueberries (fresh or frozen; smaller wild blueberries are best)
1 teaspoon fresh lemon juice	

1. Follow step 1 of Basic Protein Pancakes recipe (above).
2. Add the lemon zest, lemon juice, and almond extract to the batter and whisk until smooth.
3. Melt a small amount of butter in a nonstick skillet or griddle on the stovetop over medium heat, or spray with cooking spray.
4. Using a $\frac{1}{3}$ -cup measure, pour batter onto skillet. For each pancake use no more than $\frac{1}{3}$ cup of the batter—even less will make pancakes that are easier to flip. Cook for 3 to 4 minutes on the first side.

5. When bubbles start to form on the top and all the way around the edges, flip the pancakes, and cook for an additional 2 to 3 minutes on the opposite side.
6. Serve with fresh blueberries.

VARIATION 2: PEANUT BUTTER-BANANA

Ingredients for 1 recipe Basic Protein Pancakes (page 250)	2 ripe bananas
4 tablespoons smooth peanut butter or almond butter	¼ teaspoon ground cinnamon

1. Follow step 1 of Basic Protein Pancakes recipe (page 250).
2. Mash one of the bananas with the peanut butter until smooth.
3. Whisk peanut butter-banana mixture into the pancake batter, a little at a time (so a smooth batter is formed).
4. Slice the remaining banana and sprinkle the slices with cinnamon. Set aside.
5. Melt a small amount of butter in a nonstick skillet or griddle on the stovetop over medium heat, or spray the skillet with cooking spray.
6. Using a ⅓ cup measuring cup, pour batter onto skillet. For each pancake use no more than ⅓ cup of batter—even less will make pancakes that are easier to flip.
7. Let the pancakes cook for 1 minute, then sprinkle the reserved bananas on the top.
8. Cook an additional 2 to 3 minutes, or until bubbles start to form in middle and around the edges of the pancakes. Flip and cook an additional 2 to 3 minutes on the opposite side.

Lunch

WHEN I'M NOT ON THE ROAD, I ENJOY GETTING INTO THE KITCHEN AND PREPARING a lunch I can sit down to. Nothing fancy, just a simple salad or a turkey burger on the grill. Shout-out to our friend Laure at YUM Catering in Nashville, who serves up meals for all of our hometown productions—the kale salad she makes is one of my favorites and was the inspiration for the recipe on page 254.

Tim's Tuna Salad

MAKES 1 GENEROUS SERVING OR 2 SANDWICHES

One 5-ounce can white albacore tuna, packed in water, drained	2 tablespoons minced sweet-and-sour pickles (like the bread-and-butter type)
½ hard-boiled egg	2 tablespoons mayonnaise, plus more if you like an extra-creamy tuna salad
¼ cup diced red apple	1 teaspoon yellow mustard
1 to 2 finely minced fresh red Thai chile peppers (if you like spice)*	½ teaspoon sea salt
1 to 2 tablespoons minced walnuts, toasted	½ teaspoon ground black pepper

*If you're not a spice fan, omit this—or try half a seeded jalapeño
to tone down the heat without eliminating it.

1. In a large bowl, gently stir together the tuna, egg, apple, chile, walnuts, and pickles until well combined.
2. Add the mayo, mustard, salt, and pepper and fold until the ingredients incorporate and the salad comes together.
3. Add additional mayo to reach your desired level of creaminess.
4. Serve over salad greens, or as a sandwich. (It's great on an English muffin!)

The McGraw Turkey Burger

MAKES 8 PATTIES

1 pound 93% lean
ground turkey

1 pound 100% white meat
ground turkey

1 sweet onion, finely minced

1 to 2 jalapeños or fresh Thai chile
peppers, finely minced

¼ cup minced fresh cilantro or
flat-leaf parsley

1 cup shredded carrots

1½ teaspoons smoked paprika

2 tablespoons Dijon mustard

2 teaspoons Worcestershire sauce

Olive or avocado oil cooking spray

1. In a large bowl, mix together all the ingredients until well combined.
2. Divide the mixture into 8 equal parts and shape into patties.
3. Make a divot in center of each patty—this will minimize shrinkage during cooking.
4. Heat a pan (or your grill) over medium heat. Spray the cooking surface and your patties with a light coating of cooking spray.
5. Cook the patties for 5 to 7 minutes, then flip, and cook for an additional 5 to 7 minutes, or until a meat thermometer inserted into the thickest part of the burger registers 165°F.
6. Serve on English muffins, or—if you're avoiding carbs—wrap in a lettuce or collard green leaf to serve.



Train the Body

Laure's Amazing Kale Salad

MAKES 2 GENEROUS SERVINGS

1 bunch kale (about 6 large leaves, or 1 pound)
½ teaspoon salt, plus more as needed
Juice of 1 lemon
2 tablespoons high-quality extra-virgin olive oil

½ cup freshly grated Parmesan cheese
(small crumbles are better than shreds)
½ cup raisins
¼ cup toasted pine nuts
1 teaspoon red pepper flakes
Ground black pepper

1. First, prepare the kale. Remove the ribs, and finely mince the leaves into confetti-like pieces. You can do this by hand or by pulsing in a food processor.
2. Transfer to a bowl along with the sea salt, and gently massage with clean hands to tenderize the kale.
3. In a small bowl, whisk together the lemon juice and olive oil. Pour over the kale.
4. Add the cheese and toss to combine.
5. Add the raisins, pine nuts, red pepper flakes, and black pepper and toss to distribute.
6. Taste and adjust the seasoning as needed before serving.



Snacks

MY GO-TO SNACK IS HUMMUS WITH SOME VEGETABLES OR GLUTEN-FREE crackers. Sure, it's easy to pick up a tub of hummus at the store, and there's nothing wrong with that, but it only takes a few minutes to whip up a batch that will last you for a week—and tastes super fresh. There are a million ways you can change up the flavor. I've included a few of my favorites here.

Five-Minute Hummus

SERVES 4 TO 6

1½ cups cooked chickpeas, rinsed and drained (one 15-ounce can is *perfect*)
Juice of 1 large lemon
3 tablespoons tahini
1 small garlic clove, roughly chopped

2 to 3 tablespoons extra-virgin olive oil
½ teaspoon smoked paprika
Sea salt
Ground black pepper
Ground cumin

1. Put the chickpeas, lemon juice, tahini, and garlic in the bowl of a food processor fitted with an "s" blade and pulse until smooth. (You can also do this in a high-speed blender.)
2. With the processor running, stream in the olive oil, a little at a time.
3. Add the seasonings to taste and pulse to combine.
4. Serve with sliced veggies for dipping.

VARIATION 1: ROASTED RED PEPPER

Ingredients for 1 recipe Five-Minute Hummus (above)
1 cup diced roasted red pepper, canned or homemade*

½ teaspoon sweet paprika
¼ cup toasted pine nuts

*To roast your own red pepper, simply brush a bell pepper with olive oil and roast in a 400°F oven until the pepper is charred and tender, about 20 minutes. Transfer to a plastic bag and seal. Let steam for 15 minutes, then, using a paper towel, rub the charred skin away. Remove and discard the seeds.

1. Put the chickpeas, lemon juice, tahini, garlic, roasted red pepper, and paprika in the bowl of a food processor fitted with an "s" blade and pulse until smooth. (You can also do this in a high-speed blender.)

2. With the processor running, stream in the olive oil, a little at a time.
3. Add the seasonings to taste and pulse to combine.
4. Top with the toasted pine nuts. Serve with sliced veggies for dipping.

VARIATION 2: CARAMELIZED ONION AND GARLIC

Ingredients for 1 recipe Five-Minute Hummus (page 255)	1 medium onion, diced
2 tablespoons extra-virgin olive oil	2 garlic cloves, minced

1. Place a large sauté pan over medium-high heat.
2. Add the oil and onion and cook, stirring frequently, until a nutty brown color, 7 to 10 minutes.
3. Add the garlic, and continue to sauté for a minute or so, or until the garlic is fragrant.
4. Remove the pan from the heat and set aside.
5. Make the basic hummus according to the recipe on page 255. Add half the caramelized onion mixture and process until smooth.
6. Top with the remaining onion mixture. Serve with sliced veggies for dipping.

Dinner

THERE ARE FEW THINGS I ENJOY MORE THAN SITTING DOWN TO A DINNER AT the end of the day with my family. On occasion we really go for it and make a celebratory meal, like chicken and dumplings, but mostly we keep it simple, with a healthy protein and plenty of vegetables. I'd rather spend less time in the kitchen, and more time around the table with the people I love.

Chicken Dinner with Quinoa & Veggies

SERVES 4

2 boneless, skinless chicken breasts	¼ cup extra-virgin olive oil
½ teaspoon sea salt	Juice and zest of 1 lemon
½ teaspoon ground black pepper	1 tablespoon pure maple syrup
¼ teaspoon garlic powder	1 teaspoon Dijon mustard
¼ teaspoon sweet paprika	2 cups broccoli florets

1 cup cauliflower florets
1 cup seeded and chopped red bell pepper

1 yellow onion, chopped

1. Preheat the oven to 400°F. Spray a sheet pan with cooking spray and set aside.
2. Using a sharp knife, carefully slice the chicken breasts in half horizontally, making 2 thinner cutlets from each breast.
3. Slip the chicken into a zip-top plastic bag and pound thin, using the flat side of a meat pounder, a rolling pin, or a spare skillet.
4. In a small bowl, mix together the salt, pepper, garlic powder, and paprika.
5. Season each piece of the chicken with the spice mixture and set aside.
6. In a large bowl, whisk together the olive oil, lemon juice and zest, maple syrup, and mustard.
7. Add all the vegetables to the olive oil mixture and toss until well combined.
8. Transfer the veggie mixture to the prepared sheet pan, making 4 "wells" in the veggie mixture.
9. Add the seasoned chicken to the "wells." Transfer the sheet pan to the preheated oven and cook for 15 minutes.
10. Carefully flip the chicken and return to the oven and cook for an additional 15 to 20 minutes, or until the veggies are cooked through and chicken registers at least 165°F on a cooking thermometer.
11. Serve over quinoa (below).

Simply Cooked Quinoa

SERVES 4

1 cup uncooked quinoa
2 cups water or low-sodium vegetable broth

1 garlic clove, lightly crushed
(optional, but adds a nice flavor)

1. Rinse the quinoa in a fine-mesh strainer under cold running water until the water runs clear.
2. Transfer to a pot with a lid, and add the water or broth and the crushed garlic clove, if using. Bring to a boil, uncovered.
3. Reduce the heat to low, cover the pot, and simmer for 15 to 20 minutes, or until the water is absorbed.
4. Remove from the heat and let rest 5 minutes.
5. Remove and discard the garlic clove, fluff the grains with a fork, and serve.

Favorite Fish Dinner

SERVES 4

Four 5- to 6-ounce white fish fillets
(such as grouper, swordfish, or halibut)

1 recipe seasoning blend—
choose from below

1 recipe salsa—choose from below, or
skip, and serve plain

Olive oil cooking spray

1. Season the fillets as instructed in the seasoning blend recipe of choice.
2. Thoroughly oil your favorite skillet with cooking spray, and place over medium-high heat.*
3. Add the fillets to the skillet and cook for 5 to 6 minutes. Flip and cook for 4 to 5 minutes on the opposite side, or until the fish is flaky and a knife inserted into the thickest part of the fish comes out hot.
4. Serve with steamed asparagus and a roasted sweet potato (see page 264).

*If you prefer to grill your fish, you can do so on a medium to medium-high heat grill.
Make sure the grill and the fish are well oiled. Cook for 5 minutes per side.

SEASONING BLEND 1: LEMON AND HERBS

Finely grated zest and juice of 1 large
lemon

2 garlic cloves, minced

¼ cup minced fresh flat-leaf parsley

¼ cup minced fresh dill

¼ cup minced fresh cilantro

¼ cup extra-virgin olive oil

1 teaspoon sea salt

1. In a bowl or a zip-top bag, combine all the seasoning ingredients.
2. Place the fish in the zip-top bag, and carefully squeeze out all the air.
3. Let marinate for at least 30 minutes, or as long as 2 hours.
4. Remove the fillets from the bag, and pat dry before preparing according to instructions above.

SEASONING BLEND 2: SWEET AND SPICY

1 teaspoon sea salt

1 teaspoon ground black pepper

1 teaspoon coconut sugar*

1 teaspoon garlic powder

1 teaspoon smoked paprika

½ teaspoon cayenne pepper

½ teaspoon ancho chile powder

½ teaspoon ground cumin

Finely grated zest of 1 orange

*You can use brown sugar if you can't find coconut sugar.

1. In a small bowl or zip-top bag, combine all the seasoning ingredients, rubbing the lemon zest into the spices to release the aromatic oils from the zest.
2. Coat the fillets with the spice mixture, and let marinate in the refrigerator for at least 5 minutes, and as long as overnight if you like a stronger flavor.
3. Cook according to the instructions in the main recipe (see page 258).

SALSA 1: TROPICAL FRUIT SALSA

1½ cups finely diced tropical fruit
(consider pineapple, mango, papaya,
kiwi, or a mix)
1 small white onion, minced
¼ cup minced fresh cilantro

1 large jalapeño, minced (remove the
seeds, if you don't like spice)
Juice of ½ orange
Juice of 1 lime
½ teaspoon kosher salt
1 tablespoon extra-virgin olive oil

1. Combine all the ingredients in a large bowl.
2. Let macerate for at least 10 minutes, then serve over fish (or chicken).



SALSA 2: VERACRUZ-STYLE SALSA

2 tablespoons olive oil	3 large tomatoes, diced
1 yellow onion, minced	¼ cup chopped green olives
4 garlic cloves, minced	1 tablespoon capers
4 pickled jalapeños, minced (canned or jarred okay)	1 tablespoon fresh oregano
	Kosher salt

1. Heat the oil in a skillet over medium-high heat.
2. Add the onion and sauté until translucent, 2 to 3 minutes.
3. Add the garlic to the skillet and cook an additional minute, or until very soft.
4. Add the jalapeños, tomatoes, and olives, reduce the heat to medium, and cook, stirring occasionally, until the tomatoes release their juices.
5. Add the capers, oregano, and a tiny bit of salt and continue to cook for about 10 minutes.
6. Remove from the heat, taste, and add additional salt to your liking.
7. Serve the salsa over fish, shrimp, or chicken!

Filet of Beef

SERVES 4

Four 6-ounce beef tenderloin filets	½ teaspoon ground black pepper
½ teaspoon kosher salt	2 tablespoons unsalted butter

1. Season the filets with salt and pepper on both sides.
2. Melt the butter in a large cast-iron skillet* over medium-high heat.
3. Add the seasoned filets to the skillet and cook for 4 to 7 minutes, depending on how you like your steak.
4. Flip and cook for an additional 4 to 7 minutes on the opposite side. Set aside to rest and allow the juices to redistribute.
5. Serve the filets plain, or with the sauce of your choice (recipes follow).
6. This dish is great with a simple baked sweet potato; Perfect Roasted Veggies, such as asparagus (page 264); or Garlic Spinach (page 265).

**If you'd prefer to grill your steaks, brush a grill with oil and preheat it to medium-high heat, then grill the steaks for 4 to 7 minutes per side, depending on how you like your steak cooked.*

SPICY CHIMICHURRI SAUCE

1 shallot, finely chopped (or ¼ red onion)	Juice of ½ lemon
1 red Fresno chile or fresh Thai chile, minced	½ cup finely minced fresh cilantro
3 garlic cloves, minced	½ cup finely minced fresh flat-leaf parsley
¼ cup red wine vinegar	½ teaspoon sea salt
	¼ cup extra-virgin olive oil

1. Combine all the ingredients in a small bowl.
2. Store, covered, in the refrigerator for at least 20 minutes.
3. Serve over steak (page 260), or fish (page 258)

RED WINE SAUCE

Reserved pan drippings from the cooked steak (above)	½ teaspoon sea salt
1 shallot or ¼ red onion, finely minced	1 cup good-quality red wine (something you'd drink)
1 tablespoon minced fresh rosemary	1 teaspoon Dijon mustard

1. Prepare the steak as directed in the main recipe (page 260), reserving the pan drippings. While the steak is resting, return the pan with the drippings to the stovetop.
2. Add the shallot and rosemary and cook over medium-high heat, stirring frequently.
3. Add the sea salt and wine and let simmer until the sauce has reduced by half and the wine no longer tastes "boozy."
4. Remove the pan from the heat and whisk in the mustard. Spoon the sauce over the steak and serve.

Garlicky Grilled Shrimp

SERVES 4

1 pound peeled raw large shrimp, tail on	2 garlic cloves, minced
Finely grated zest and juice of 1 lemon	½ teaspoon sea salt
2 tablespoons extra-virgin olive oil	1 tablespoon minced fresh flat-leaf parsley

1. Combine all the ingredients in a large zip-top bag and squeeze out the excess air before sealing.

2. Shake to thoroughly coat the shrimp, then let marinate in refrigerator at least 20 minutes, or up to 2 hours.
3. When you're ready to cook, preheat a grill pan (or your grill) over high heat. If grilling, skewer your shrimp to prevent them from falling through the cracks.*
4. Grill for 2 to 3 minutes per side, or until the shrimp are cooked through.
5. Serve with Laure's Amazing Kale Salad (page 254) or Perfect Roasted Veggies (page 264) on the side.

*If using wood skewers, soak them in water first, to prevent them from burning.
If using round (not flat) skewers, I suggest threading two skewers parallel through the shrimp, to prevent them from spinning on the skewers.

Lightened-Up Chicken 'n' Dumplins

SERVES 8

FOR THE "STEW"

4 tablespoons extra-virgin olive oil	1 teaspoon ground black pepper
2 large onions, diced	1 teaspoon sweet paprika
4 large carrots, diced	½ teaspoon ground sage
3 celery stalks, diced	¼ cup whole wheat flour
2 garlic cloves, minced	5 cups low-sodium chicken broth (homemade or bone broth is best)
4 boneless, skinless chicken breasts, cut into small chunks	2 cups frozen peas
1 teaspoon sea salt	

FOR THE DUMPLINGS

1½ cups whole wheat flour	½ teaspoon sea salt
2¼ teaspoons baking soda	4½ teaspoons olive oil or avocado oil
	¾ cup skim milk

1. Heat the oil in a large soup pot over medium-high heat. Add the onions, carrots, and celery and stir to combine. Sauté until the onions are translucent and the veggies are tender.
2. Add the garlic, chicken, and seasonings and continue to sauté, stirring frequently, until the chicken is cooked through and the mixture is very fragrant.
3. Add the flour and cook for 2 to 3 minutes, or until the flour is well incorporated. Add the broth and cover the pot. Reduce the heat to low and let simmer.

4. Meanwhile, make the dumplings: Combine all the ingredients in a large bowl and stir to combine, adding more water until needed. A cohesive, slightly stiff dough should form.
5. Shape the dumplings in one of two ways: either between two teaspoons (like drop cookies) for round, fluffy dumplings, or by rolling the dough flat and cutting it into bite-size chunks, for more noodle-like dumplings.
6. Making sure that broth is at a high simmer, add the dumplings to the pot.
7. Cover and cook until the dough is cooked through, about 20 minutes. The dumplings will puff up significantly as they cook. Do not disturb them as they cook, or they will fall apart.
8. At the very end of cooking, add the frozen peas and cook, stirring now and again, until they are warmed through.
9. Serve and enjoy!

Sides

UNLESS IT'S A HOLIDAY OR SOME OTHER TYPE OF SPECIAL CELEBRATION (IN which case, bring on all the side dishes!), I like to keep my sides pretty simple, clean, and vegetable-focused. I tend to roast or steam whatever vegetables I have on hand and serve them with a simple sauce or just a little olive oil, salt, and pepper. You don't have to know any fancy cooking skills to make a nice plate of vegetables, you just have to get the timing right. The charts that follow will help you do just that.

Easy Steamed Vegetables

SERVES 4

1 pound of your favorite vegetables,
cut into bite-size pieces (or 2 pounds
leafy greens)

2 tablespoons sea salt
Water
1 large bowl ice water

1. Add the salt and 2 to 3 inches of water to a large pot fitted with a steamer basket.
2. Bring the water to a boil, then add vegetables to the pot. Steam according to the chart below.
3. Transfer to the ice water to "shock" the veggies—this will keep them bright, crisp, and vibrant, not mushy.
4. Serve as is, sauté with garlic and olive oil, or drizzle with your favorite sauce.

Vegetable Steaming Chart

VEGETABLE; CUT INTO BITE-SIZE PIECES	COOK TIME
Sturdy leafy greens (kale, cabbage, collard greens, mustard greens)	4–6 minutes
Root vegetables (carrots, beets, turnips, celery root, sweet potatoes)	10–15 minutes
Snap peas, green beans, asparagus, spinach	3–5 minutes
Broccoli, cauliflower, brussels sprouts, peppers	6–8 minutes

Perfect Roasted Veggies

SERVES 4

1½ pounds of your favorite vegetables,
cut into bite-size pieces
4 garlic cloves, thinly sliced
2 tablespoons minced fresh rosemary

1 thinly sliced jalapeño (optional)
½ teaspoon sea salt
½ teaspoon paprika
¼ cup extra-virgin olive oil

1. Preheat the oven to 425°F.
2. In a large bowl, combine the garlic, rosemary, jalapeño, if using, salt, paprika, and olive oil.
3. Add the veggies to the garlic-oil mixture and toss to combine.
4. Transfer to a sheet pan and roast until tender on the inside and golden brown on the edges—see chart below for cooking times.
5. Serve and enjoy.

Vegetable Roasting Chart

VEGETABLE; CUT INTO BITE-SIZE PIECES	COOK TIME
Asparagus, green beans, snap peas, sliced cabbage	10–15 minutes
Broccoli, cauliflower, fennel, brussels sprouts, onions, eggplant, radishes	20–25 minutes
Mushrooms, okra, tomatoes, peppers	15–20 minutes
Sweet potatoes, beets, carrots, turnips, parsnips, potatoes	35–40 minutes

Garlic Spinach

SERVES 4

2½ pounds fresh spinach	1 jalapeno, thinly sliced (optional)
2 tablespoons extra-virgin olive oil	½ teaspoon sea salt
2 garlic cloves, thinly sliced	Finely grated zest of 1 lemon

1. Rinse the spinach under cold running water and pat dry. If using regular spinach (not baby spinach), chop it into bite-size pieces. It'll seem like a lot of spinach, but it'll shrink!
2. Heat the olive oil in your largest sauté pan over medium heat.
3. Add the garlic, jalapeño, if using, the salt, and lemon zest. Sauté until the garlic has softened and is very fragrant.
4. Using a slotted spoon, remove the garlic mixture from the pan, leaving the oil. Set the garlic aside for later.
5. Add the spinach to the pan and turn up the heat. Sauté over high heat until the spinach has wilted and all the liquid has evaporated.
6. Return the garlic to the spinach, stir to combine, and serve.

Treats

I'LL ADMIT I HAVE A SWEET TOOTH, AND WHEN I'M NOT AIMING TO BE IN MY very best performance shape, I indulge in a treat every now and then. Because I'll have a small serving, I like to really make it count—I love rich flavors, and as you can see from these recipes, I definitely love chocolate.

Laure's Sweet & Salty Cookies

MAKES ABOUT 20 COOKIES

1 cup (2 sticks) unsalted butter	2 teaspoons pure vanilla extract
2 cups all-purpose flour	2 cups crushed thick-cut plain potato chips
1 teaspoon baking soda	1½ cups bittersweet chocolate chips (preferably 72% cacao)
¾ teaspoon kosher salt	Flaky sea salt such as Maldon
1 cup packed dark brown sugar	
⅓ cup granulated sugar	
2 large eggs, at room temperature	

1. Cook the butter in a medium saucepan over medium heat, stirring often, until it foams and then browns, 5 to 8 minutes. Pay close attention, as butter goes from nutty and brown to burnt quickly.
2. Scrape the butter into a large bowl and set aside to cool slightly.
3. Meanwhile, whisk the flour, baking soda, and kosher salt in a medium bowl to combine.
4. Add the brown sugar and granulated sugar and the cooled browned butter to the bowl of an electric mixer. Beat on medium speed until incorporated, about 1 minute.
5. Add the eggs and vanilla, increase the mixer speed to medium-high, and beat until the mixture lightens and begins to thicken, about 1 minute.
6. Reduce the mixer speed to low. Add the dry ingredients and beat to combine.
7. Mix in the crushed potato chips and chocolate wafers by hand with a wooden spoon or a rubber spatula.
8. Let the dough sit at room temperature at least 30 minutes to allow the flour to hydrate. The dough will look very loose at first, but will thicken as it sits.
9. Place a rack in middle of the oven and preheat to 375°F. Line two cookie sheets with parchment paper.
10. Using a ½-ounce ice cream scoop or two tablespoons, portion out 10 balls of the dough per baking sheet, spacing them about 3 inches apart. (You can also form dough into ping-pong-size balls with your hands.) Do not flatten the dough ball or overcrowd the cookie sheets; the cookies will spread as they bake.
11. Sprinkle each cookie with sea salt.
12. Bake until edges of the cookies are golden brown and firm but the centers are still soft, 9 to 11 minutes.



Dark Chocolate Truffles

MAKES 9 TO 15 TRUFFLES

½ cup full-fat coconut milk or heavy cream

9 ounces chopped bittersweet chocolate (bittersweet chocolate chips will work also)

1 tablespoon pure vanilla extract

1 small pinch extra-fine sea salt

¼ cup sifted unsweetened cocoa powder

1. Heat the coconut milk or cream in a saucepan over medium-high heat.
2. When the milk is simmering, add the chocolate and stir constantly until the chocolate has melted.
3. Remove the saucepan from the heat, whisk in the vanilla and sea salt. Transfer the mixture to a shallow, refrigerator-friendly dish.
4. Let cool until set; 2 to 3 hours in the refrigerator.
5. Using a tablespoon-size scoop or two tablespoons, scoop out truffle-size portions of the mixture and place on a plate. The truffles won't be perfect at this point*
6. Quickly roll each portion between your hands into a round truffle (wear rubber gloves if you don't want to get messy).
7. When all the truffles are formed, toss them in cocoa powder to coat.
8. Serve immediately, or store in the refrigerator for 3 to 4 days. Let come to room temperature before serving. You can also freeze the truffles for up to 3 months.

*You can chop your truffle mixture into cubes, if you'd prefer square-shaped truffles—your call.

Healthier Chocolate Cake

MAKES ONE 8-INCH SINGLE-LAYER CAKE

4 ounces bittersweet chocolate chips (approximately ⅓ cup)

¼ cup (½ stick) unsalted butter

¼ cup unsweetened pure pumpkin puree*

¼ cup unsweetened cocoa powder

1 teaspoon pure vanilla extract

¼ teaspoon sea salt

¾ cup honey

3 large eggs

Flaky sea salt, for sprinkling

* You can also use mashed sweet potato or unsweetened applesauce.

1. Preheat the oven to 375°F. Spray an 8-inch springform pan generously with oil and set aside.*

2. In a small pot over very low heat, melt together the chocolate and butter, stirring frequently until completely smooth. (You can also do this in the microwave in 30-second intervals.)
3. In large bowl, combine the pumpkin puree, cocoa powder, vanilla, sea salt, and honey.
4. Add the melted chocolate and whisk until cooled to room temperature.
5. Add the eggs and whisk until completely smooth and a little fluffy, 3 to 4 minutes by hand (or a minute in a stand mixer).
6. Pour the batter into the prepared pan and smooth the top with a spatula. Sprinkle with sea salt.
7. Bake the cake until the center looks firm or until a toothpick inserted in the center comes out clean, about 25 minutes.
8. Allow the cake to cool in the pan for at least 15 minutes before removing from pan. Chill before serving.

*If you don't have a springform pan, use a silicone cake pan, or line the bottom and sides of a regular cake pan with parchment paper.