

Hello Beautiful!

Welcome to YOUR 28-Day Spring Shred.

This Plan Is All About YOU! *Your health. Your body. Your goals. Your dreams.*

I'm SO excited to personally welcome you into our wellness community. I look forward to your enthusiasm, commitment, and active participation as we work together to nurture your body and your mind for life-long wellness success!

As I started to prepare for this challenge I sat back and asked, "How can I make this plan truly fit every woman in our community?"

So, I asked a number of the members within our community what they wanted to see in this new Spring Shred Challenge and what would help YOU succeed.

They shared, I listened and took what was shared to the drawing board, and designed the most interactive, user-friendly, and motivating plan that will lead you to success, no matter where you are on your weight loss journey.

This Spring Shred Edition of my signature Nutrition Plan is the most flexible yet and there are SO many options for you to choose from.

I also created 25+ new slimming recipes that I'm so excited to share with you. You can mix and match all the incredible meals to make the plan perfect for you. And as you work toward your individual goals, you'll have me and our community behind you.

You already took your first step towards becoming your healthiest, happiest self by joining this 28-Day Challenge. I'm so proud of you!

You're going to do extraordinary things over the next 4 weeks, and I'll be with you every step of the way cheering you on!!

With much love,
~ Coach Courtney



28-Day Spring Shred Getting Started Guide

After hearing from members within our community listening to what they wanted in a plan, I created the most flexible meal plan ever with new recipes and tips to make the plan work with your lifestyle!

25 + SLIMMING RECIPES

Wait until you see the new muffins, lean protein bowls, and mason jar salads!

FLEXIBILITY

Major flexibility! You can mix and match from any of the new recipes, the recipes in my main Cookbook, plus many of your own healthy, easy, on-the-go meal ideas.

CUSTOMIZE

Customization for your goals! Every woman is unique, so this plan offers guidance, whether you're looking to lose weight, maintain, or gain muscle. Whatever your goal, I'm here to help you achieve it!

DAILY JOURNAL

The #1 success tool is journaling! Trust me! You'll be blown away once you start. I want you to write down your goals, meals, and water intake everyday!

28-Day Spring Shred Getting Started Guide

Questions for You!

From all of the women that have done previous challenges with me, they said this was their favorite part! It's so effective, even if you've answered these types of questions before. Do it AGAIN! Reach new heights and break new boundaries! Before you read any further, grab a pen and paper and write down the answers to these questions. No answering in your head. It is VERY important that you write this out!

1. **Close your eyes and imagine yourself in 28 days.** How do you want to feel physically? What about emotionally? Who is looking back at you in the mirror? Is she confident? Radiant? What has she learned about herself?

2. **What is one habitual goal you want to achieve?** Maybe it's to start meal prepping, waking up earlier to work out, or to start journaling. A habit takes 21 days to form, so by the end of this challenge you will have established a NEW habit. Now is the perfect time to create those new healthy habits just in time for Summer!

3. **Spiritual broken down, is Spirit Ritual.** It simply means the rituals you include each day for your spirit. So, what will you do each day or weekly that will make you feel happy and centered? It can be guided meditations, practicing yoga once a week, painting, or journaling your intentions for the following day each evening.

4. **What is one physical change you want to see?** Do you want stronger arms? Do you want to build muscle overall? Or it can be something as simple as feeling confident rockin' your swimsuit this summer. Write it down. Visualize it and make every decision every day with that goal in mind. I promise you'll get there! You're capable of more than you'll ever know, and I'm by your side every step of the way.

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5. **What are your usual setbacks?** What usually prevents you from working out or eating healthy? Most of us are completely aware of our personal obstacles. How will you prevent them and work on them? Maybe you make everything else a priority before yourself or easily get distracted or discouraged. Or maybe your environment or the people around you are holding you back. Can you ask for their support? Whether it's work, friends or family, take the time to realize that you are the only one in control of your body and your future. Stand up for yourself and stick to your goals. You deserve it.

6. **Now imagine yourself in 28 days.** You feel exactly how you visualized above. What do you want to say to the woman reading this plan, preparing for the Spring Shred Challenge? What words of encouragement do you have for her? What do you want her to push through and what do you want her to let go of? Let it out.

WARNING!! Do not read any further until you've completed these questions! It will be the most effective part of your journey!
– Coach Courtney

28-Day Spring Shred Getting Started Guide

I'm so proud of you for what you just did. Those were tough questions.

Sometimes, it's hard to be honest with ourselves because we already know the answers. You're in control of your future and that can be scary, but also empowering!

As women, we'll do anything for others around us, but we forget to give ourselves that same love and support.

Now it's time to nurture yourself. Mind, booty, and soul!

"Life is tough, but so are you girl!"

I want you to know that over the next 28 days you will be challenged and you will have to be strong, but I also want you to know - it'll be worth it.

You'll feel like that woman you've already visualized.

It's going to take some hard work and major hustle to get there, but I know you can do it.

WRITE DOWN YOUR GOALS FOR THIS 28-DAY SPRING SHRED CHALLENGE HERE.....AND POST THEM IN OUR PRIVATE FB COMMUNITY

Let go of distractions + MOVE FORWARD

With all of life's distractions and challenges, I know that your own goals can end up on the back burner. If you can just dedicate some time for yourself on the weekends to prep for the week, you'll be able to do more in other areas of your life!

If you say you don't have time, try being mindful of how long you're on your phone every day or how long you might procrastinate, scroll through Facebook, or watch TV.

Whatever it is that's making you have less time, decide how you can refocus and dedicate time to yourself and goals.

28-Day Spring Shred Challenge Guidelines

If you don't want to wake up 30 minutes early to do your Booty Call because you'll lose sleep, go to bed 30 minutes earlier and thank me later! 😊

Trust me... your morning Booty Call will be one of the most powerful things you do during this challenge. It can be a walk, jog, your one of your Spring Shred Workouts.

I just want you to MOVE first thing.

If you feel uncomfortable, remember that change is uncomfortable. If you're comfortable, you're probably not changing.

You're all going to be sore. You're going to be sleepy some days. And you're probably going to have to make some pretty hard decisions like - do I want to eat this pizza at 11:30pm? Or do I know it's not worth it?

The best part is we're all in this together.

T.E.A.M - Together Everyone Achieves More!

What I'm about to ask you is going to take your commitment, but I already know you're there, so here we go... Are you ready?

Say 'YES' out loud right now!

Let me hear it!

DO IT!

YAY!! You DID it!! I'm So Proud of you! Xo

YOU DESERVE TO FEEL HEALTHY, FIT, AND CONFIDENT!

28-Day Spring Shred Challenge Guidelines

Guidelines

Stay Hydrated

Drink half your bodyweight in ounces of water per day. I want to see you ladies carrying around water with you like it's your new BFF. Hydration increases your metabolism, keeps your muscles happy, powers your brain, and keeps you feeling energized and fresh.

Add some flavor to your water with fresh lemon, mint, or cucumber! Create your own Infused Water using the combinations I share in the Spring Shred Recipes.

Booty Call

At least 20 minutes. No matter what it is, I want you to MOVE first thing when you wake up! Why? Your body has been resting for the night. Your metabolism has been working overtime with the hormones that are released while you sleep and now is the perfect time to get your heart rate up and stimulate fat burning.

If you have an afternoon workout planned, I still want you to get moving for 20 minutes when you wake up to boost your metabolism.

Take a stroll with your coffee; walk 10 minutes away from your house and 10 minutes back! Most of us spend about 15 minutes checking Facebook, or emails when we wake up. Instead, swap that time for YOU woman, or even check while you're walking!

Daily Workout

I have outlined out exactly what workouts you'll be doing every day so that all the guesswork is taken out for you! I strategically planned the Daily Workouts to tone different muscle groups everyday. I prefer to have my Booty Call (aka Daily Workout) done in the morning to increase metabolism boosting effects.

But if you can't get yours in until the afternoon or evening, no problem. As long as you're getting your workout in, you'll still be getting the benefits.

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Be sure to also Print the Challenge Workout Calendar and post it to your fridge so you'll always know what workout you're supposed to be doing each day. This is the perfect tool to help plan your week.

Weekend Warrior

From Friday to Sunday, weekends can add up to almost half of your month.

So, for this Spring Shred Challenge, I want you to stay focused and committed on the weekends. When Friday rolls around and you haven't done your Daily Workout, I know what you're doing as soon as you walk in the door from work, right?!

If your Saturday is packed with commitments, I know I'll see a sweaty selfie of you working out in your living room posted to the FB group bright and early Saturday morning!

Instead of your weekends working against you and cancelling out your efforts during the week, they're going to be YOUR time...when you're at your max effort and motivation!

Lights Out

I want you to get at least 7.5 hours of sleep each night, 8 is optimal!

A study recently found that lack of sleep can result in metabolic and endocrine alterations. This includes decreased insulin sensitivity, increased cortisol levels, elevated ghrelin (the hunger hormone), lower leptin levels (what satiates hunger), and more hunger pangs.

So, if you're browsing Facebook at 10pm... I better see you 8 hours later at 6am for your Booty Call! If you have to be up at 5:30am to squeeze in a quick workout, try your best to have lights out at 9:30/10pm.

I know this is going to be tough, but ask for support around you. And avoid evening distractions like hour long TV programs, or Netflix.

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Let's Stay Focused!

Ask yourself this one question throughout your morning or evening; Is what I'm doing right now helping me reach my goals that I wrote down on Day 1?

If not, you know what to do! It's in your power!

STOP SAYING "I WISH" START SAYING "I WILL"

No Fried Food

Yup! Who's with me!? No fried food for 28 days!

This includes chips, fries, wontons, tempura, and anything fried at a restaurant. Make sure you ask your waiter, especially about sneaky fried food like vegetables. They'll steam them for you if you ask!

No Refined Bread, Pasta, or Rice

This includes white bread, pasta dishes, pastries, muffins, bagels, sugary cereals, tortillas, crackers, and chips. Also, when out for sushi, ask for rice-less rolls or sashimi! Make it work for your goals.

No Added Sugar No Added Refined Sugar OR High Fructose Corn Syrup

Where can you find added sugar? Check your labels!

A lot of breads, bars, snacks, drinks, coffee, and yogurts have added sugar in them. If it's a fruit or dried fruit, just make sure it's pure.

Add unsweetened nut milk to your coffees. Avoiding added sugar will help you so much. Your blood sugar levels will stay balanced, giving you more energy and keeping your cravings in check. It will also help avoid cortisol spikes, which can inhibit insulin, raise blood sugar levels, and lead to increased belly fat!

Bye Bye Candy!!!

No added sugar means: no candy, no non-LYL Approved dessert, and no soda.

Again, I know you can do this!

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If you're looking for sweets you can have, check out the Dessert Chapter in my cookbook.

PORTION SIZES

How Much Is Enough?

Eating large portions of food on a regular basis can have serious consequences on both your digestion and overall health. The implications of overeating can include excess energy intake and weight gain.

Overeating also puts stress on the digestive system which can cause sluggish digestion and even constipation. Overeating can also lead to poor protein digestion if you are eating a large portion of protein in one sitting. Your stomach has only enough acid and gastric juices at one time to handle a certain quantity of food, and if that supply is exhausted, food is not getting broken down properly which can cause bloating and indigestion.

Large portion sizes can also disrupt blood sugar balance, and that can lead to more overeating through blood sugar spikes and crashes and cravings for more food. Fluctuations in blood sugar increase the risk for type 2 diabetes and can put pressure on the cardiovascular system.

The following general rule of thumb outlines how big each portion of food on your plate should be.

- o Proteins: should not exceed the size of your palm
- o Carbs/Grains: should not exceed a closed handful
- o Vegetables: one to two closed fists
- o Fats: one to two lengths of thumb
- o Fruits: one fistful

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Have 5 Meals A Day!

Yes 5! You'll be keeping your metabolism and energy levels boosted all day long with these meals.

M1: Breakfast

M2: Mid-morning snack

M3: Lunch

M4: Energizing afternoon snack

M5: Dinner

Stay in Tune with YourBody

When you're feeling sluggish, I want you to ask yourself these questions:

1) Are you thirsty? When was the last time you drank water?

Most of the time when your brain is tired and you feel fatigued, you're actually dehydrated and you can be tempted to grab something high in sugar to help your energy levels. But if you do that, your insulin levels will spike and you'll actually be more tired and even hungrier an hour later. It's the sugar high and crash.

So, remember to grab that water, girl.

1) Have you been sitting for too long?

Most of us spend our days in front of a computer... me included. I start to get tired too. I'm also tempted to grab an extra coffee around 3pm or eat something I don't really need at that time.

Instead, your body just needs to wake up! Your sleepy hormones are circulating and your eyes have been adjusting for hours on a computer screen. You don't need to walk to the vending machine, you need to walk, period. Ask a coworker or pick up your phone and call your mom or a friend you haven't talked to in a while. Take a 5-minute break and walk the stairs in your building, outside, or wherever you are. Trust me, your body will wake up, you'll feel less foggy and you may even be motivated to sign up for that 6pm class tonight.

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2) *When is the last time you ate?*

I want you eating 5 times a day! If you skip a meal, you'll feel the effects. Make sure you're eating a breakfast, a snack midmorning, a lunch, an afternoon pick-me up, and a dinner.

Limit Late Night Treats

After Dinner Cravings? Although I love my late-night chocolate too, for the next 28-Days I challenge you to grab a tall glass of sparkling water, some herbal tea, or a glass of kombucha.

Wine + Cocktails

You already know this, but I'm the last Coach to ever tell you that you can't have a glass of red wine or champagne at your girlfriend's birthday party.

*I do want you to keep it under control though.
No Full Bottles in one evening! ;)*

But seriously, I want you to choose 2 nights or less per week to have 2 or fewer drinks.

I usually choose Thursday, Friday, or Saturday to have a glass or two. It's totally up to you. A lot of you may even choose to drink nothing at all. Do YOU, girl!

For the next 28 days, you'll be grabbin' that sparkling water and kombucha and you'll feel so good during your morning sweat session.

What If I Slip Up?

I understand there might be some birthdays in the house, some travel days, or a day or two that there are no other options...I'm with you!

If you slip up, don't give-up! The best way to recover after a slip up is to get right back on track with your next meal.

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So, if you mess up on a Wednesday, it's not the end of the world. Thursday morning, get your AM Booty Call in, drink lots of water, plan out your meals for the day and voila, you're back on track! It's really that simple.

It's not how you fall down, it's how you get up and bounce back!

Weekly Weigh-In!

Record your starting weight on your home scale first thing in the morning on Day One! Take your measurements (arm, chest, waist, hips, thigh) and take two before pictures (front and side). Your body is going to change so fast and it'll be a shame if you don't have proof of your transformation.

Take your pictures in good quality lighting; wear a swim suit or shorts and a sports bra.

PLEASE DO NOT skip this critical step. Make sure to take your own bi-weekly progress pictures on the same day and time every week to keep yourself motivated.

Journal

There's nothing more powerful on your journey than keeping the promises you make to yourself. Taking just a few moments a day will keep you centered, motivated and honest with yourself. It's the one thing I do before bed every night! Keep track of your meals, workouts, and write down your intentions for the next day.

Check-in with me in our Private FB Group

A check-in can be a photo of your workout, your healthy meal, an inspiring quote or anything that you feel will motivate someone else in the community too!

Support, like, and comment on daily check-ins from other members in the group too! Commit to empowering and encouraging each other daily!

Check-in with YOURSELF Daily

Ask yourself these SIX questions every day to help you exercise the art of self-reflection to monitor your progress.

1) "What is it that I need today to be my healthiest & happiest self?"

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- 2) "Who can I ask for help?"
- 3) "Is what I'm doing right now helping me get closer or further away from my goals?"
- 4) "What did I do well today?"
- 5) "What lessons did I learn?"
- 6) "What can I do better tomorrow?"

Create your Meal Plans in Advance for Each Week.

Using the Sample meal plans provided. Set aside some quiet time to design your weekly Meal Plan. Get out the Clean Comfort Foods Cookbook, the additional H4H recipe collection, select the recipes you'd like to try and that meet the guidelines of each Nutritional Phase.

Personalize your grocery list and head to the grocery store. I also recommend you print off your personalized weekly meal plan and post it on your fridge.

Set-up an optimal meal-time schedule based on your daily availability.

For example, 7am breakfast, 10am mid-morning snack, 12:30pm lunch, 3pm mid-afternoon snack, and 6pm dinner. Meals should be spaced 3-3.5 hours apart, do not go longer than 4hrs between meals. I highly recommend that you commit to setting alarms on your phone daily to remind you when it's time for your next meal.

Established a **meal preparation** strategy that will work for you.

Are you going to wake up early each day and prepare your meals?

Prepare everything on Sunday?

Prepare everything on Wednesday and Sunday?

It is **CRITICAL** to your success with this program that you create a *meal preparation ritual* that becomes part of your weekly routine.

28-Day Spring Shred Challenge Guidelines

Meal Planning Tips

Over the next 28 days, meal prepping will literally be your best time investment ever. It's crazy how much time you'll save during the week by just taking an hour or so on Sunday!

I made your meal plan so flexible that you can meal prep like a boss and then get on with your week organized and ready for anything!

Create your best plan for your lifestyle by plugging in any of the meals I share with you, just make sure the recipes you do select meet the nutrition guidelines for the phase that you are in.

If you sub in your own H4H approved meals, dine out, or mix and match your favorite healthy foods, it still means you're "on the plan!"

You can also mix in any of the recipes from my Clean Comfort Fat Burning Foods Cookbook, or any other Love Yourself Lean challenges or programs that you may have done in the past.

Sundays are great days to meal prep, but if your day off from work is Monday or another day during the week, take full advantage of it and making meal prep THE priority! Your success depends on it.

Over the next 28 days, meal prepping will literally be your best time investment ever. It's crazy how much time you'll save during the week by just taking an hour or so on Sunday to plan and prepare your meals in advance.

I made the meal plan so flexible that you can meal prep like a boss and then get on with your week feeling super prepared and ready for anything!

Custom design the meal plan based on your unique lifestyle by plugging in any of the meals I share with you.

You can also sub in your own healthy meal ideas and recipes, dine out or grab prepared meals on the go, just make sure they meet the nutritional guidelines for this challenge.

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You can also mix in any of the recipes from my main cookbook or any other program you may have done with me in the past.

Sundays are great days to meal prep, but if your day off is Saturday or another day, take full advantage of it and make meal prep a priority!

It's all what works best for you! Remember, being "on the plan" means you're following the main guidelines.

A Sunday well spent brings a week of content

Meal Plan Rules

RULE #1: No foods that contain wheat.

Food sensitivities are becoming more prevalent than ever, but unfortunately many people suffering from them aren't aware that they have a problem. Sensitivities can cause subtle symptoms such as fatigue, headaches, digestive issues or skin conditions - symptoms you would never think are related to the foods that you're eating and so until you remove these foods from your diet, even temporarily, you may never know they're causing you any problems.

In order to thrive, be happy and healthy, we require a healthy and happy digestive system. This means removing anything that hinders our health and wellness. By taking a break from foods that hurt us, the body gets the opportunity to heal and be well.

Gluten represents one of the most common foods people have difficulty with. You've probably noticed that more and more people are learning they are intolerant to gluten whether it is a wheat allergy or total gluten intolerance, referred to as celiac disease. The proteins in wheat, not just gluten, but also wheat germ agglutinin, can have detrimental effects on the digestive system when consumed. Many people react to this ingredient without even realizing it and because it is so widespread in the food chain, we're bombarded with it daily. By eliminating this problem ingredient, you are allowing your digestive system to rest and repair, resulting in optimal health and wellness.

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What foods you need to avoid - All sources of wheat including breads, cereals, pasta, pastries and other baked goods. Gluten is also found in barley, rye, oats (although you can find "gluten-free oats" in health food stores), spelt, kamut, couscous and bulgur. Also watch food labels for these ingredients as well as "graham" or "malt."

RULE #2: High Protein, High Fat Breakfast

The first meal of the day programs your metabolism for the rest of the day!

Starting your day with a high-protein, healthy fat breakfast leads to greater sense of fullness, and less overeating during the day. This doesn't mean that I want you to cut out your morning carbs completely for the entire program. But it *does* mean I want you to rethink the high sugar, high-carb breakfast that used to be considered the epitome of health (i.e. orange juice, toast, bagels, cereal, etc.).

Have a breakfast that is built from protein and healthy fat prevents many of the dangerous symptoms of metabolic syndrome.

Metabolic syndrome is a constellation of symptoms that includes abdominal obesity, high blood pressure, insulin resistance and high triglycerides. It frequently leads to full-blown diabetes, and even when it doesn't, it puts you at significant risk for heart disease.

RULE #3: Limit Starches After Meal 3 (M3) UNLESS it is Post Workout

I want you to start choosing foods that help you reach your goals, not work against them.

Instead of wondering what pasta, rice, potato, bread, or carb you need to add to dinner, you're making delicious meals that are Lean, Clean, 'N Green with protein, veggies and healthy fats.

You're reaching for foods that help your metabolism through the night, not foods that will spike your blood sugar, causing your body to release insulin and cortisol through the night and decrease the fat burning hormones that could have helped you for 8 hours.

When can you have starchy carbs like sweet potatoes, quinoa, brown rice, and other LYL approved starches? Meal 1, 2, 3 OR POST EXERCISE!

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Your dinner is now your metabolism meal. It's the meal you're feeding your body to help you wake up feeling lean and refreshed.

I promise, if you consistently following this nutrition strategy your results will come faster. It's so incredibly important for you to approach dinner in a new way. Instead of focusing on what you can't have, I want you to focus on what you can!

Take a look at the Sample Meal Plans and all the mouthwatering recipes I've created for you to enjoy. There are plenty of dinner choices that include lean protein, healthy fats, and tons of greens, spices, and herbs.

RULE #4: Enjoy One LYL Green Smoothie Per Day

Green smoothies are all the rage these days, and for good reason. They are an easy and enjoyable way to get more veggies in your diet.

Try not to get too caught up in following specific recipes, instead just learn the method to making a great tasting green smoothie and experiment to find your personal favorite.

If you are a newbie to Green Smoothies, here is my method for building a perfect green smoothie.

Start with A Green Base:

Add 2-3 large handfuls (about 2-3 cups) of leafy greens to the blender. Spinach has a mild flavor so start there if you're a newbie. Kale, collard greens, chard, romaine and green leafy herbs like cilantro, parsley and mint are all great. There are hundreds of types of greens out there, mix things up to find a combination you like.

Next ADD the Fruit:

Add about a ½ -1 cup of fruit for extra antioxidants, texture and flavor. Fruit will add sweetness to the greens, but be sure to keep your green smoothie to at least double, preferably triple, greens to fruit ratio to keep the sugar content low as to avoid blood sugar spikes.

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Berries are low in sugar and are thus a great addition. If you enjoy a creamy texture to your smoothie I suggest adding 1/2 banana or 1/4 of an avocado.

Additional add-ins – Nuts or Seeds:

Adding in a tablespoon or two of flax seeds, flax oil, chia seeds, hemp seeds, raw almonds or raw walnuts is a great way to in a ton of other nutrients such as Omega-3 fats and protein. However, keep the serving size to 1-2 tablespoons or 6-8 nuts. Tossing in a handful or more of these delicious fats will not only slow down your digestion of all the amazing nutrients in your smoothie, but also pack in more calories than you need or want.

BRING IT ALL TOGETHER WITH THE RIGHT Liquid:

Add 1/2 – 1 cup purified water, coconut water or unsweetened nut milk to help the blender work its magic and turn your smoothie into a drinkable texture. Add additional water as needed to blend to your preferred texture.

The Method:

Add all ingredients to your blender and blend away. You may need to pause and push the ingredients down a few times to help your blender along.

WHAT BLENDER WORKS BEST?

Any blender is fine however I do suggest investing in a high-speed, good quality one that has a warranty, is easy to clean, and has a good amount of power to blend your smoothies.

ADDITIONAL TIPS:

- If warm smoothies aren't your thing, use frozen fruit or a few ice cubes.
- Leave skin on all edible fruits for added fiber
- Depending on the ingredients you use you might not end up with a GREEN drink. Don't worry you didn't do anything wrong, it's still a green smoothie even if it isn't green in color. I LOVE adding blueberries, so most often my smoothies are purple in color.

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CALORIE ADD ON'S

If you're still hungry or did a long workout, you can use these calorie add-ons to add to your meals.

100-150 CALORIES

- 5 egg whites
- 1 tablespoon almond butter
- 2 tablespoons chia seeds
- 1/2 cup cooked quinoa
- 1/2 medium (5oz) avocado
- 3oz canned tuna, in water, drained
- 3oz skinless chicken
- 3 cups cooked and chopped kale
- 3 tablespoons ground flaxseed
- 2 cups raw chopped veggies
- 3oz grilled shrimp
- 1/4 cup almonds

200-250 CALORIES

- 1 cup beans or lentils
- 1/4 cup chopped walnuts or
- 1/4 cup unsalted sunflower seeds
- 2 tablespoon of almond butter or coconut oil
- 1 cup cooked quinoa
- 4oz cooked protein like salmon, cod and chicken
- Protein Smoothie

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LET'S GO GIRL!

You're ready for this. You now have the tools, the support, and the knowledge to succeed!

Let's do this together. If you see anyone else in the community needing some motivation, lend some support and encouragement. The amazing karma will come back to you when you need some support, too!

*Every day I challenge you to:
journal and check in with me in our Private FB Group*