



**Phase
3+4**

INSIDE OUT

#trainforlife with Dr. C

You've laid the foundation with Phase 1 & 2, you have the baseline of fitness, now it's time to magnify your results and take your training to the next level. These next 6 weeks will test you, challenge you and accelerate your results.



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With the required legal prelude out of the way, here are the Cliff Notes version in my own words:

A lot of love and time goes into designing and running these programs, and it is important to both Dr. C and myself that they remain reasonably accessible, so that many can participate and benefit from the information we have collected and are presenting. Our request for you to honor the copyright of this program is standard practice, and allows us to continue to invest in developing new programs in the future. Please encourage friends or family who want to participate in the program, to sign up, just as you did.

And if you know someone who desperately needs support, who for legitimate reasons would not have the ability to pay the registration fee, please contact me directly. When practical, and possible, I will honor the purpose of this program – increased wellness for all! – and find a way to help.

Dr. C

ABOUT THE AUTHOR



I feel it is important for YOU to know who you have chosen to work with during this program. Below is a summary of my 49 year journey with health and fitness. The beauty of aging is that I have life experience, plus formal education, enabling me to create a strength and conditioning program that will meet YOU where you are at *right now!*

THE LIFE TIMELINE

0-10 Years (Awkward)

The first ten years would best be described as awkward and clumsy, with little to no athletic potential being demonstrated...*however in my mind, I was an athlete.*

10-20 Years (The Every Athlete)

Ten to twenty were pretty epic. I won a cross country race at the age of 12 and felt pretty confident that I was going to go to the Olympics. (The dreams of youth can be powerful!) I then went on to play every sport available to me: badminton, basketball, cross country running, volleyball, softball, and track and field. My high school jacket had *all* of these listed. Good thing I have really long arms.

20-30 Years (Varsity Athlete)

Twenty to Thirty was all about basketball at university. I then transitioned into playing ladies league volleyball, basketball, and softball. And I snagged a Bachelor of Physical Education and Doctorate of Chiropractic along the way.

30-40 Years (The Dark Ages)

Thirty to Forty would best be described as the dark ages for fitness. Aside from a few run clubs and 6 week bursts of lifting weights...I did NOTHING. I had babies and built my business, and ignored my health.

40 - Present (My Prime)

The forty's to one year shy of fifty have been my best years! Road Racing, obstacle course racing, crossfit, and bodybuilding. I believe I finally peaked. LOL. To say I am a late bloomer would be an understatement!

So ... here is where you come in. Do you see yourself in any of these stages? Good, I know how to help you! Let's get started.

PERSONAL PROFILE

PROFESSION

I am a chiropractor with an insane passion for everything to do with physical fitness.

CONTACT

My day job: Well Within Chiropractic

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FB: *WellWithinBaseline #trainforlife*

IG: *@wellwithintruro*

FITNESS HIGHLIGHTS

- Provincial Medal Cross Country & Badminton (1980's)
- University Basketball (1990's)
- World Qualifier Obstacle Course
- Racing (2010's)
- Figure Grandmaster Overall
- Bodybuilding (2010's)

NOTABLE SKILLS

- Ability to laugh at my own jokes
- Work ethic and discipline
- Ability to see potential in others and help them achieve it
- I love with my whole heart



BEFORE YOU BEGIN

Online fitness programs are a dime a dozen, so how do you know you are spending your hard earned money with the right person?

What to look for in an online trainer or program

- Does the trainer have more experience than you do?
- Does the trainer possess the skills or level of health that you are working towards?
- Has someone you know had good results with the trainer or their programs?
- Does the trainer have the education/experience to be providing direction or recommendations?
- Does the trainer's method or style match the way you need to be coached/supported in order for you to have the greatest chance of success?
- Is the trainer a professional that is focused on your results and not on being your best friend?
- Does the trainer have 5 years or more experience?

Guess what?!?!?

I have a trainer! I have tried for 3 years to outgrow and out-alpha him... but each session, he delivers. My goal is to, one day, not need him; and to know as much as he does. That is what everyone's goal should be when working with a trainer, and in life in general...*to outgrow their current position and move on.*

I have had many trainers and coaches in the past; some good and some bad. Had I used the 7 points listed above to make a wise decision before starting with them, I would have saved myself from the following issues:

- ★ Wasted money
- ★ Wasted Time
- ★ Drama
- ★ Injury
- ★ Poor Results
- ★ Frustration

So, if you are ready, let's get started, so that you can outgrow me sooner rather than later!

THE PROGRAM

This 3 Phase program is made up of 2, 5-day cycles (phases 3 & 4) and each cycle is completed 4 times (see the calendar below). It is a combination of body part strength training and conditioning, complemented by short, intense HIIT workouts.

The workouts are progressive in nature, which means that each phase is built on the previous one, and designed to accumulate results.

PHASE 3

Phase three is made up of a 5-day cycle that you'll repeat consecutively 4 times. It consists of specific body part training (as in the calendar above) and HIIT workouts each day, with one active recovery day in each 5 day cycle (LIT).

PHASE 4

Phase four is the same format as phase three, with body part training and a HIIT after each workout, continuing on a 5-day cycle that you will repeat 4 times. Be mindful of the new exercises introduced in these two phases and be sure to review the tutorial videos fully to ensure proper form.

THE 5 DAY CYCLE (Phase 3 + 4)

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Shoulders + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	Low Intensity Training (LIT)

FREE PASS X 4

Life happens. I know that. You get 4 free passes during this program. No explanation needed, no questions asked. You can use them whenever you like, or not at all. It's completely up to you! If you decide to use your free passes, just post them in the daily thread.

NOTE: If you use all 4 of your free passes on LEG day I WILL call you out ;)

FREE PASS

EQUIPMENT NEEDED

This program will develop your basic strength and cardiovascular endurance, so that you can progress to barbells and machines. The goal is for you to be comfortable walking into any gym and knowing exactly what you should do.

However, if you want to do the program at home, here is a list of what you will need:

DUMBBELLS (DB)	5lb, 10lb, 15lb *once you need heavier than this it is time to buy a gym membership or build a home gym (note: you probably need more now!)	
KETTLEBELL (KB)	12lb or 18lb *they are usually sold in KGs so 8 or 12 KG	
SKIPPING ROPE		
YOGA MAT		
MEDICINE BALL (MB)	8lbs	
FOAM ROLLER		
LACROSSE BALL		
APPS	<ul style="list-style-type: none"> ● Interval App – SmartWOD Timer or Interval Timer ● HIIT Workouts (free in the app store) ● Fatsecrets.com or My Fitness Pal 	
Fitness Bands (I recommend these)	<ul style="list-style-type: none"> ● 1 low resistance (red) ● 1 higher resistance (blue/green) 	
Bento Boxes (Meal Prep)	Ideal for meal prep. You can order them on amazon (HERE)	

DEFINITIONS & TERMS

HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT is a training technique in which you give all-out, 90-100% effort through quick, intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets, and keeps your heart rate up and burns more fat in less time. In fact, one of the best parts of HIIT is the aftereffect of your body continuing to burn fat even after you have stopped working out! Another benefit is that the training times are only between 8-12 minutes *and then you are done!*

LOW INTENSITY CARDIO (LIT)

Also known as steady state cardio (SSC), LIT is achieved by keeping your heart rate near 60% of your maximum (220 minus your age is your personal max!). You should be able to talk to the person beside you relatively easily throughout the duration.

LIT is beautiful for active recovery days and burning fat like crazy! The ideal for this program is that you will do strength and HIIT cardio for 4 days in a row, followed by one LIT day. And the goal is to do the LIT – OUTSIDE! Walk, Run, Hike, Bike, etc. (Yes, you could do this on a rower or treadmill inside, but you would miss out on the benefits of the body adapting to the climate *and* the natural vitamin D.)

LIT should be done for at least 20 minutes and work up to 60 minutes.

REPETITION / REPS

One complete motion of a single exercise done in multiples, often 10, 12 or 15.

SET

A group of consecutive repetitions, usually 3 or 5.

IE: 15 reps for 3 sets would mean you do 15 repetitions and take a break; then repeat the whole thing two more times. *The last 3 reps of each set should be a challenge, so choose your weight accordingly!*

SUPERSET (SS)

One set of an exercise performed and then, without rest, switching to another exercise. Once the two exercises or movements are complete ... then you rest.

IE: SS DB press with Bicep Curl; 12 reps for 3 sets

REST PERIOD

The time between sets when you catch your breath and allow your muscles to recover.

In this program you should wait no longer than 90 seconds between sets.

*It is only after the weights and the physical demand gets much heavier that you would need longer.

*Rests are not enough time to answer texts or emails! At most, you will have time for one *very quick* Selfie, if done with the intention of posting and tagging later on IG!!!

AMRAP (As many repetitions or rounds as possible)

Perform as many reps or rounds of an exercise as possible within a specified amount of time.

EMOM (Every Minute on the Minute)

An interval workout where you perform a specific movement or exercise at the start of every minute. You will have 60 seconds to complete the movement or exercise, and the time remaining in that minute is yours, for rest.

TO FAILURE

(One of my favourite terms, but the hardest to do!) This is when an exercise is done to the point that you can no longer physically do it anymore. It is the good hurt, and it is where all growth occurs. This is where you learn what you are really made of, and you may surprise yourself with your own potential!

MEAL PLANNING | The Harris Benedict Formula

This formula will determine how much food you are allowed to eat for the next 6 weeks so pay attention!

Note: I will be hosting a FB live to review this in the second week of the program.

The **Harris- Benedict equation** is a brilliant little tool to help YOU estimate what is called your **basal metabolic rate (BMR)**.

Target body weight X (intensity training level (from 2-10) + average total number of hours of training per week)

Let's get started...

1. Write down your **target weight** _____

*This should not be 10lbs more or less than your current weight. So, if you weigh 185lbs but you want to actually weigh 155lbs you still enter 175 lbs.

2. This is the second part of the formula and it is 2 parts:

Identify the **intensity** of your workouts on a scale from 1-10.

Write down that number _____

*intensity level

2 – sedentary (sit at a desk and gets little to no exercise)

7 – active or moderately active (runs one hour per day or is doing this bootcamp faithfully)

10 – vigorous activity – two hours of physical activity a day plus a physical job

Write down the average total weekly training sessions _____

*for the next 6 weeks this will be “7” as you will be doing something every day. If you are doing training outside of this (hockey, crossfit, running, yoga) you will need to add to the session total

3. Add the two numbers you calculated from step #2

4. You now take your target body weight X the number in step #3

**** This is the total number of daily calories you should be consuming during this challenge****

IE. Goal weight 155LBS (7 intensity level + 7 hours per week) = 2170 calories per day

This formula will determine how much food you should eat for the next 6 weeks so pay Attention!

MACRONUTRIENTS

Once you have your caloric goal you would ideally break your macronutrients into the following:

- 40-45% Carbohydrates: found in foods such as beans, whole grains and non- starchy vegetables
- 30% Fats: foods high in omega 3 fatty acids like fatty fish, cashew nuts, oils and avocado
- 25-30% Protein: think lean meats, eggs, seeds, nuts, beans and legumes

MICRONUTRIENTS

Micronutrients are the best so don't forget them! These you will get in all of your leafy greens and vegetables.

These usually have very low caloric numbers and should be incorporated with every meal. They may need to be used as a supplement if your menu isn't what it should be.

RECIPES

I've included several recipes here for you to experiment with. Your goal is to try 1-2 new healthy recipes each week for the duration of this program. You can find the recipes and sources at the back of this training manual.

HOW TO WIN

DO THE WORK

Only you can do this. There is no delegating.

NO EXCUSES

If you really want it you will, if you don't you won't. Don't sell yourself short. Also ... do not quit. Start with the commitment to yourself that you will finish this program, no matter what. Most will quit a program after two weeks... *please don't let that be you.*

NO COMPLAINING

Ask questions for clarification not for attention. Please no whining. It hurts my ears.

DO IT AGAIN

REPETITION IS THE FATHER OF ALL LEARNING. This program is about mastering the basics of strength and conditioning. It is about developing the neural patterns that you will then have for LIFE. It is about safely learning the necessary skills to build on to go to the next level. We will repeat movement patterns until you can do them in your sleep!

POST IT ON SOCIAL MEDIA

I want to hear from you *EVERY SINGLE DAY* of this program.

- Post a photo online
- IG story using #trainforlife and @wellwithintruro
- FB and FB story and tag Well Within Chiropractic

This may be the hardest part of the challenge... because you have to do the work first, have the confidence to make it official by posting it and have a record of it for the world to see! (Please see the "no complaining" clause.... Just do the work.)

** FYI...for the shy and private... IG story is only up for 24 hours and then it disappears.

USE THE PRIVATE FB GROUP PAGE

Inside Out #trainforlife ... is where all questions and clarifications are to be done. Please do not private message me unless absolutely necessary. 99% of all questions shared are similar to questions of the entire group. We will learn from each other.

TRAINING CALENDAR

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
LEGS + HIIT	LIT	SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
SHOULDERS + HIIT	BACK + HIIT	CHEST & ARMS + HIIT	LEGS + HIIT	LIT	Celebrate!	YOU CRUSHED IT!

Download your Instagram story tracker [HERE](#)

(or you can also find the tracker in our Facebook group - just "right click" and save the image)

THE STRENGTH WORKOUTS



PHASE THREE | SHOULDERS

Exercise	Reps	Sets	Training Notes
Seated Shoulder Press (video)	10-12	3-5	
SS Front Raise + Lateral Raise (video)	10-12	3-5	
Inverted KB Press (video)	10-12	3-5	
Med Ball Curl to Overhead Press (video)	10-12	3-5	
Banded front raise (video)	15-20	3-5	
Alternating Leg Raise (video)	10-12	3-5	

CARDIO HIIT (SHOULDERS)



You have your choice of doing one of 4 shoulder options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 3.

PHASE THREE | BACK

Exercise	Reps	Sets	Training Notes
Lying DB Lat Pullover (video)	10-12	3-5	
DB Deadlift (video)	10-12	3-5	
Bent Over Row (video)	10-12	3-5	
DB Rear Deltoid (video)	10-12	3-5	
Banded Face Pull (video)	15-20	3-5	
Banded Pull Ups (video)	10-15	3-5	

CARDIO HIIT (BACK)



You have your choice of doing one of 4 back options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 3.

PHASE THREE | CHEST & ARMS

Exercise	Reps	Sets	Training Notes
SS Single Arm Chest Press + Double Arm Press (video)	10-12	3-5	
DB Bench Press (video)	10-12	3-5	
Close Grip Chest Press (video)	10-12	3-5	
Skull Crusher (video)	10-12	3-5	
Push Ups (video)	10-15	3-5	

CARDIO HIIT (Chest & Arms)



You have your choice of doing one of 4 chest options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 3.

PHASE THREE | LEGS

Exercise	Reps	Sets	Training Notes
Med Ball Overhead Walking Lunges (video)	15/leg	3-5	
Reverse Lunge (video)	10-12	3-5	
Single Leg Hip Thrust (video)	10-12	3-5	
DB Frog Pump (video)	10-12	3-5	
SS Banded Sumo Squat + Sumo Deadlift (video)	10-12	3-5	
Exercise Ball Hamstring Curl (video)	10-12	3-5	

CARDIO HIIT (Legs)



You have your choice of doing one of 4 leg options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 3.

PHASE FOUR | SHOULDERS

Exercise	Reps	Sets	Training Notes
Plate Raise / Med Ball Raise (left/right/middle) (Video)	10-12	3-5	
DB Snatch (video)	10-12	3-5	
Shoulder Press (video)	10-12	3-5	
Banded Front Raise (video)	10-12	3-5	
Single Arm KB Press (video)	10-12	3-5	
Bench Ab Tuck (video)	10-12	3-5	

CARDIO HIIT (Shoulders)



You have your choice of doing one of 4 shoulder options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 4.

PHASE FOUR | BACK

Exercise	Reps	Sets	Training Notes
Shoulder Shrug (video)	10-12	3-5	
Wide Row (video)	10-12	3-5	
Bent Over Single Leg Deadlift (video)	10-12	3-5	
Lying Lat Pullover (weight or band) (video)	10-12	3-5	
Romanian Straight Leg Deadlift (video)	10-12	3-5	
Leg Raise (video)	15-20	3-5	

CARDIO HIIT (Back)



You have your choice of doing one of 4 back options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option.

All 4 must be done by the end of Phase 4.

PHASE FOUR | CHEST & ARMS

Exercise	Reps	Sets	Training Notes
SS Single Arm Chest Press + Double Arm Press (video)	10-12	3-5	
DB Fly (video)	10-12	3-5	
Hammer Curls (video)	10-12	3-5	
Banded Triceps Dips Pull-Downs (video)	10-12	3-5	
DB or Barbell 21's (video)	10-12	3-5	
Banded Chest Press (video)	10-12	3-5	

CARDIO HIIT (Chest & Arms)



You have your choice of doing one of 4 chest options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 4.

PHASE FOUR | LEGS

Exercise	Reps	Sets	Training Notes
Leg Bridge of Box/Couch (video)	10-12	3-5	
Squat + Front Raise (video)	10-12	3-5	
Sumo Goblet Squat 1 ¼ (video)	10-12	3-5	
Bulgarian Split Squat (video)	10-12	3-5	
DB Calf Raise (video)	10-12	3-5	
Weighted Standing Hip Flexion (video)	10-12	3-5	

CARDIO HIIT (Legs)



You have your choice of doing one of 4 legs options. (See list of HIIT workouts for details.)

HIIT is to be done immediately after your strength workout. Pick your poison wisely!

NOTE:

Each week you must pick a different option. All 4 must be done by the end of Phase 4.

THE HIIT WORKOUTS



HIIT WORKOUTS

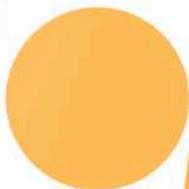
Every strength workout will be accompanied by a HIIT workout. You have 3 options to choose from, HOWEVER, please note that **you MUST cycle through all of the HIIT workouts** by the end of the phase.

	Movement	Rounds	Time Cap
Shoulders (BASELINE)	100 Air Squats + 100 KB Swing		14 Minutes
Shoulders	8 DB Push Press + 8 Med Ball Slams	10	10 Minutes
Shoulders (Tabata)	One Arm KB Swing Renegade Row Weight Bulgarian Split Squat		8 Minutes
Shoulders (EMOM)	Inverted KB Press (30 sec per arm) Lateral DB Raise (30 sec per arm) Side Plank (30 sec per side) Skipping		
Back (BASELINE)	1 KM run (outdoors or track)		MAX EFFORT for time
Back	1 Min Each: Front Plank + R Side + L side + Rest	3	
Back (Tabata)	Up Down Plank Leg Raise Skipping		
Back (EMOM)	KB Swing Straight Leg DB Deadlift Skipping Plank Shoulder Tap		
Chest (BASELINE)	100 DB Thrusters		12 Minutes
Chest	21 KB Swings +14 Push Ups + 7 Burpees	3	12 Minutes
Chest (Tabata)	DB Push Press DB Lunge with Bicep Curl Tricep Bench Dip		
Chest (EMOM)	Up Down Plank DB Floor Chest Press Skipping Push-Ups		

Legs (BASELINE)	100 - 80 - 60 - 40 - 20 Skip 50 - 40 - 30 - 20 - 10 Leg Raises		16 Minutes
Legs	15 MI Slams + 20 MB Push Ups + 25m Walking Lunges	3	12 Minutes
Legs (Tabata)	KB Swing KB Front Squat KB Walking Lunge		
Legs (EMOM)	Skipping Bulgarian Split Squat Weighted Step Up DB Thruster		

*** NOTE: Bold HIITs are BASELINE WORKOUTS. Work hard!**

THE TABATA WORKOUTS



TABATA TIME

Here's how a Tabata works:

Start with the FIRST exercise of the set and...

- Workout hard for 20 seconds
- Rest for 10 seconds
- Repeat 8 times (for a total of 4 minutes)

REST FOR 2 MINUTES and then move on to the next exercise in the set.

Note: This workout will take you EXACTLY 16 minutes.

Example:

The Leg Tabata = KB Swing + KB Front Squats + KB Walking Lunges

20s of KB Swing + 10s Rest (repeated 8 times) then...

20s of KB Front Squats + 10s of Rest (repeated 8 times) then...

20s of KB Walking Lunges + 10s of Rest (repeated 8 times).

THE EMOM WORKOUTS



EMOM

(EVERY MINUTE ON THE MINUTE)

Here is how EMOM'S work:

Do as many repetitions as you can of each movement for one full minute, then move on to the next movement.

You will do 4 rounds of this for a total of 16 minutes of training.

THE RECIPES



Snickers Smoothie

Serves 2

2 Frozen Bananas
2 Cups Almond Milk
2 Dates
1 Tbsp Cocoa Powder
1 Tbsp Peanut Butter

Blend & enjoy

Mango Sorbet

Serves 4

3 cups Frozen Mango
1 can Coconut Milk

Blend until smooth & freeze. Remove sorbet from the freezer 20 mins before you plan to serve it!

Chocolate Peanut Butter Nice Cream

Serves 4

4 Frozen Bananas
3 Tbsp Peanut Butter
1 Tbsp Cocoa Powder
¼ Cup Almond Milk

Blend until smooth & freeze.

Very Berry Nice Cream

Serves 4

2 Frozen Bananas
1 Cup Frozen Berries
2 Tbsp Almond Milk
¼ tsp Vanilla Extract

Blend until smooth & freeze

Zucchini Bread Breakfast Cookies

Serves: 12 - 14 cookies

Ingredients

2 ripe mashed bananas
2 cups old fashioned rolled oatmeal
1/2 cup creamy almond butter
1/4 cup maple syrup
1 small finely grated zucchini (squeezed of excess liquid)
1/2 cup walnuts, broken into pieces
1/2 cup chocolate chips
1 tsp vanilla
1/2 tsp cinnamon
1/2 tsp baking powder
pinch of salt
1-2 scoops Collagen (optional)

Directions

Preheat the oven to 325. Mix all ingredients into a bowl and scoop out ¼ cup dough balls for each cookie on a parchment lined pan. Bake for 20 mins. Let cool & enjoy.

Spicy Apricot Carrot Hummus

Ingredients

2 large steamed carrots
1/3 cup dried apricots
1/4 cup tahini
1 tbsp olive oil
1 can chickpeas
4 tbsp chickpea liquid (more as needed)
1 medium garlic clove
1/2 tsp cumin
2 tsp sriracha (more if you like it extra spicy)
salt and pepper to taste

Place everything in a food processor and mix until smooth. Store in the fridge (in an airtight container) for up to a week. NOTE: for smooth hummus, process at least 5 minutes (even if it looks smooth)

Vanilla Cold Brew Overnight Oats

Serves: 2

Ingredients

1 cup rolled oatmeal
1 tbsp chia seeds
1 scoop vanilla protein powder
1/2 tsp vanilla
1-2 tbsp maple syrup
1/4 cup cold brew (or regular coffee)
3/4 cup nut milk (or coconut milk)

Combine all ingredients and stir. Store overnight in the fridge. Serve warm or cold and top with your favorite ingredients (fruit, nuts, carob nibs, nut butter)

Blackened Salmon with Mango Chutney & Cilantro Fried Rice

Serves: 3-4

Cilantro Lime Rice

1 cup brown rice
Water to cook the rice
Juice from 1/2 lime
1 tbsp butter (optional)
Salt and pepper to taste
Fresh chopped cilantro to taste

Blackened Salmon

1 lb salmon
1 tbsp olive oil
1/4 tsp chili powder
1/4 tsp paprika
1/4 tsp cumin
1/8 tsp cayenne
Salt and pepper to taste

Mango Salsa

1 avocado, cubed
1 cup cherry tomatoes, sliced
1 cup cooked corn
1 mango, cubed
Juice of 1/2 lime
Salt and pepper to taste
Fresh chopped cilantro to taste

Step 1

For the rice: Cook the rice according to the package directions but adding in the lime juice, butter (optional), and salt and pepper while the rice is cooking (note: I would remove 1-2 tbsp of water to accommodate for the added lime juice)

Step 2

Once the rice is finished cooking, stir in the chopped cilantro.

Step 3

For the Salmon: Preheat your oven to BROIL at 500, lightly drizzle a baking sheet with olive oil, and set aside.

Step 4

Cut your salmon into 3-4 pieces (skin on or off depending on your preference). Brush the tops of the salmon fillets with olive oil and rub the spices (chili powder, paprika, cumin, cayenne, and salt and pepper) into the tops of the salmon.

Step 5

Broil for 8-12 minutes, skin down, or until done (cooking time will depend on how thick your salmon is)

Step 6

For the Mango Salsa: Combine all of the ingredients in a large bowl.

Step 7

Serve salmon with rice and mango salsa.

Spicy Chipotle Shrimp Bowls

Serves: 4

For the shrimp/sauce:

1 lb peeled and deveined shrimp
2-3 chipotle peppers in adobe sauce
1/2 cup apple cider (orange juice or apple juice would also work)
1 tbsp honey
1/4 cup olive oil
juice from 1 lime
salt and pepper to taste

For the veggies:

1 tbsp olive oil
1 red bell pepper, chopped
1 green bell pepper, chopped
1 red onion, chopped
salt and pepper to taste

Optional Toppings:

pineapple, cut into chunks (fresh or canned)
avocado, cut into chunks
Rice of choice for serving

Step 1

In a food processor or blender combine the chipotle peppers, apple cider, honey, 1/4 cup olive oil, lime juice, and salt and pepper to taste. Blend until smooth.

Step 2

In a medium size bowl toss the shrimp with 1/3 of the chipotle sauce, reserving the remaining sauce for topping. Let the shrimp marinate in the sauce for 15 minutes.

Step 3

While the shrimp marinades, heat 1 tbsp of oil in a large stir fry pan over med-high heat. Add the green bell pepper, red bell pepper, red onion and salt and pepper and cook for 10-15 minutes, stirring frequently.

Step 4

Transfer the veggies to a plate and add the shrimp to the pan. Cook for about 3 minutes per side or until done.

Step 5

Serve shrimp and veggies over rice of choice and top with avocado, pineapple, and chipotle sauce.

Sticky Asian Turkey Meatballs

Serves: 4 - 6

Ingredients

1 pound of ground turkey
1 red bell pepper, chopped
1 head of broccoli, cut into florets
1 onion, chopped
1/4 cup chicken broth
1/4 cup soy sauce
2 tbsp sriracha
2 tbsp honey
2 tbsp hoisin sauce
2 tbsp rice vinegar
1 tsp sesame oil
1/4 tsp garlic powder
Rice to serve (I like Jasmine)

Step 1

Preheat the oven to 450 degrees F. Line a baking sheet with parchment paper.

Step 2

Roll the ground turkey (season with a bit of salt and pepper first) into tablespoon-size balls (will make 15-20 meatballs) placing them on one side of the prepared baking sheet.

Step 3

Add the onion, bell pepper, and broccoli to the other side of the baking sheet and toss with a drizzle of oil, salt, and pepper (you may need to use a second baking sheet). Transfer to the oven and bake for 15 minutes.

Step 4

Meanwhile, combine all the ingredients for the sauce (chicken broth, soy sauce, sriracha, honey, hoisin sauce, rice vinegar, sesame oil, and garlic powder) in a small saucepan. Set over medium heat and bring the sauce to a simmer. Simmer 5-8 minutes, until the sauce thickens.

Step 5

Pour about half the sauce over the meatballs, tossing to combine. Return to the oven for 3 minutes.

Step 6

Serve the meatballs and sauce over bowls of rice or cauliflower rice.

Double Chocolate Protein Pancakes For One

Serves: 1

Ingredients

1/2 mashed banana
1 egg
1/2 tsp baking powder
1 tbsp one to one gluten free flour (or pancake mix of choice)
1 heaping tsp cocoa powder
1 scoop of chocolate protein powder
Milk of choice (if needed to thin batter)
chocolate chips

Step 1

Fully mix together the egg and mashed banana.

Step 2

Add in the baking powder, flour/pancake mix, cocoa powder, and chocolate protein powder (and milk if needed).

Step 3

Lightly coat a nonstick skillet with oil or butter and heat over medium – medium low.

Step 4

Drop the batter by 1/4 cup onto the skillet, sprinkle with chocolate chips, and cook until bubbles appear on top. Flip and cook until golden brown on the other side. Add whatever toppings you like (I like banana slices, peanut butter, and more chocolate chips)

SOURCES

<https://servingupsimplicity.net/>

<https://plantyou.com>