

# HOT SHOT

TECHNIQUE ENHANCING COURSE

RIPI  
TENNIS



INCLUDES

HEALTHY MEAL & WORKOUT PLAN

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US PTA CERTIFIED PROFESSIONAL COACH



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# WEEK 1 THE SERVE

To keep in mind: The serve is driven by combined motions of all parts of the body. The segments of the body that truly produce speed to the racket to hit an effective serve are the legs, trunk, hitting upper arm, forearm, and hand. Keep this in mind when serving. Focus on certain parts of the body adding rotation until one day it all comes together and the whole body is involved.

# 01

## INSTRUCTIONAL VIDEOS

GRIP



PREPERATION & TOSS

MARISA JOHNSON

THE RACKET PATH



RHYTHM



FULL SERVE - SLOWMO



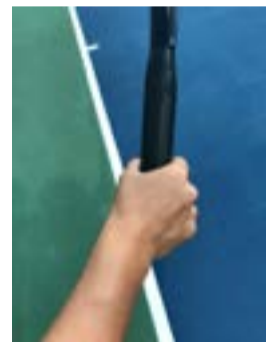
#RIPITENNIS

## HALF SERVE - SLOWMO



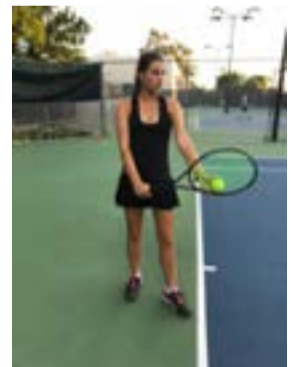
### 1: GRIP

I use and teach my clients to use the continental grip. This grip allows you to swing through the racket path without any limitations, whereas other grips will only get you so far. It helps you create different spins and variations to your serve as well. To find this grip simply find points 1 and 2 on the racket handle and line them up to the points on your hand. This is often referred to as the hammer grip and the hand should be low on the grip.



### 2: PREPERATION AND TOSS

Stand just behind the baseline with your left toes pointing towards the right net post and your right foot facing straight ahead. (Opposite if lefty) Hold the ball on the pads of the fingers and drop the arm just inside the front of your left thigh so you can build momentum for your toss. Lift the ball up like your releasing a baby bird for its first flight or your fingers opening like flower petals. (Fingers spread) It's a high, gentle release with your arm fully extended. You will see that many pros toss slightly to their right as if there arm is traveling parallel to the baseline. Hold the tossing arm up as long as you can, typically until the racquet reaches the tip up position, and then tuck it away. (I tuck it in my left side)



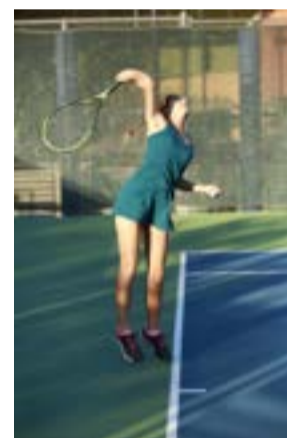
### 3: THE BACKSWING

After you've begun your toss your hitting arm should begin the backswing. Keep the racquet face closed (strings facing ground) with a relaxed arm as you motion back. You will then bring the racquet head up (tip of the racquet to the sky) into what most people call "Trophy Position."



### 4: THE RACKET DROP

The elbow and chest will drive forward and upward which will naturally create a racket head drop. The racquet is perpendicular to the back at this point.



### 5: THE UPWARD SWING

With your internal shoulder rotation you will drive the racquet up. This will feel much like a throwing motion. Reach up with the edge of your racquet and roll your wrist outward through contact. Edge in, edge out, edge up!



### 6: THE FOLLOW THROUGH

Once you've hit the ball just keep extending your arm up and out. Keep following through and bring the racquet across your body and down by your left leg (For the right handed)

# DRILL PROGRESSION VIDEOS

These drills can be completed as fast or as slow as you need. I recommend not moving on to the second drill until you feel confident about the first. Although some of these drills may seem basic/primary to some, I want you to know that each has a purpose. Even I, who has been playing for almost 15 years, can benefit from going back to the basics and getting a refresher on every single technical move. These all come together to make the stroke work.

**WARNING:** You will be tempted to do all these drills in one day. DON'T! Our brains don't process that fast and even if you feel like you mastered it today you may forget tomorrow. I suggest one drill a day to include in your practice and give you a focus.

## DAY 01

The toss. This is the toughest part of the serve. Without a consistent toss you will not have a consistent serve. With the proper stance and grip, practice the toss. Let it land and it will reveal if your toss is too far behind, in front, or to the side. You should be able to catch the toss comfortably without falling off balance or moving in an odd direction. Practice your toss and catch and try to get it 20-30 times in a row. This will help you feel comfortable about moving on to the next step.



## DAY 02

Now that you have your toss, let's practice the rhythm! Shadow swing the proper rhythm of the serve without the ball (or with the toss for more advanced). Your goal is to imagine you are truly hitting your toss. The serve motion is slow at the beginning and faster towards the end when you do your upward swing. It's like the calm before the storm. Practice this rhythm until you feel comfortable enough to not be thinking through every step. No one can think that fast... so you must condition your muscles on the smooth service motion.



## DAY 03

Now that you have your toss and your rhythm, let's find that contact point. Your goal is to have a fully extended arm when you hit your serve. Go to the fence or wall and practice catching your toss with your racket and arm fully extended. This drill will help you know if your tosses are high enough and if you're matching up the rhythm with your toss. Catch the ball 30 times before moving on to the next step.



## DAY 04

Let's get you actually hitting now! Get into the proper stance and grip. Hold your arm up with a 90 degree angle in your hitting elbow. The tip of the racket is pointing up to the sky. Toss it up and try to hit it to the diagonal service box. This is the half serve. It focuses on just the racket drop, the upward swing and follow through. Make sure you are pivoting your back foot. The serve is driven by a full body rotation not an arm swing. Do NOT worry if the serve is not going in. As long as you know you have the toss you want, the rhythm and the contact with a straight arm you are already doing amazing! Hit about 50 half serves. The more you serve the more you will understand the feeling and they will eventually start going in.



## DAY 05

Your serves are going in and you want to add power and spin. So try these next few drills if you're more advanced or to get an idea of what the future holds. Pronation. Pronation is the "rotation of the hand and forearm so that the palm faces backwards or downwards." Sounds crazy right? Don't worry I will break it down for you. The best way to think about it is as if you are just throwing a baseball or football. The hand and forearm naturally rotate this way without you even thinking about it. The first step of this rotation is leading the upward swing with the edge of your racket inwards. As crazy as it sounds, I want you to hit the serve with the edge of your racket. You may not always hit the edge but that's okay. Try hitting the edge 30 times before moving on.



## DAY 06

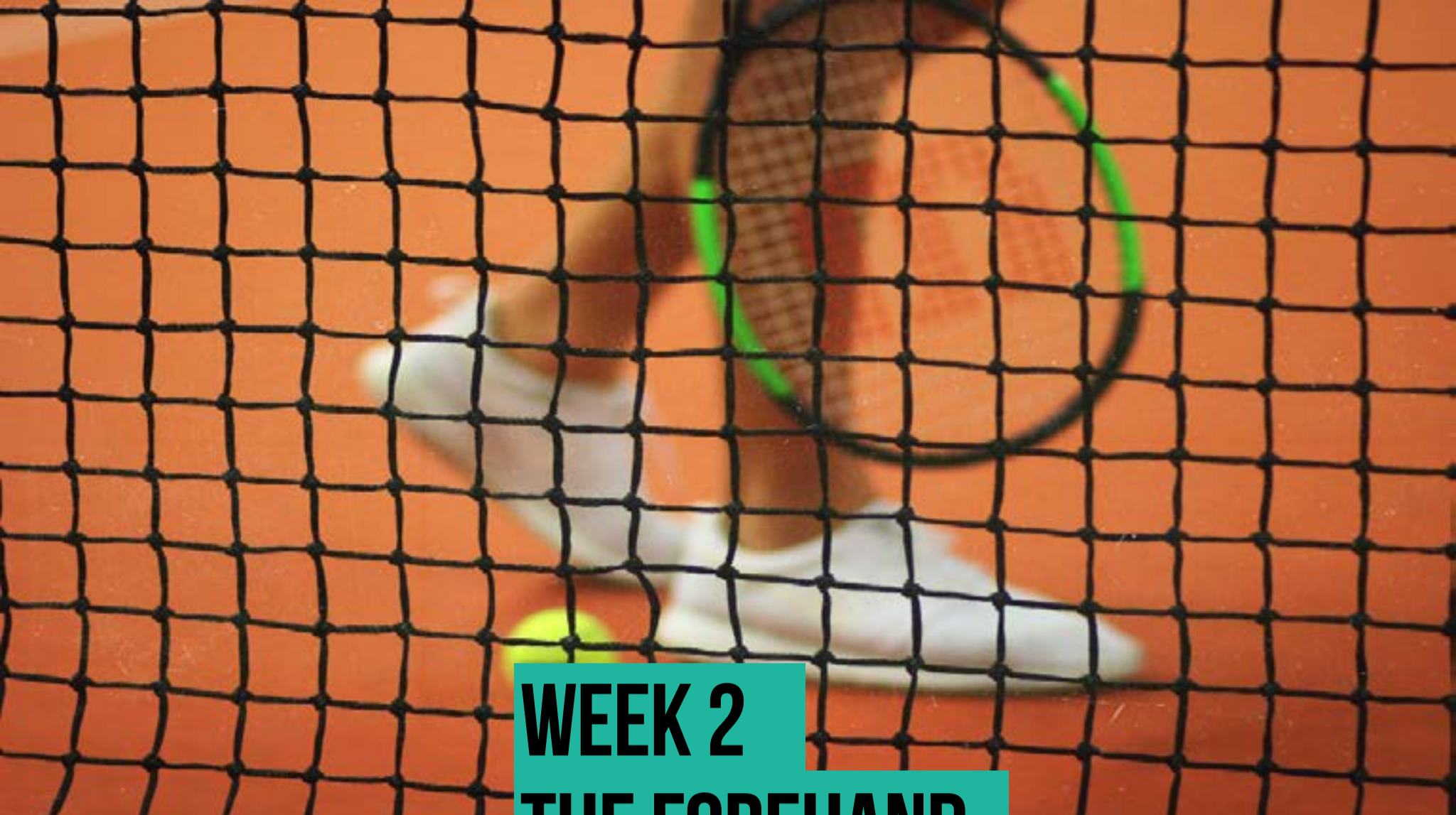
The second phase of pronation is pointing the edge out. I want you to do what I call "pop and stop." Reach up to hit the toss but stop your racket immediately at contact. If the ball went in the net you may not be getting the proper rotation of the palm and racket head going edge in and edge out. By doing the first two phases here the ball should go over the net because you are create an upward force with this rotation. Pop and stop 20-30 times, making sure they are going over the net.



## DAY 07

The last phase of pronation is having the edge pointing up. By now your palm will be facing backwards. Finish the rotation of your hand and forearm and continue to follow through bringing the racket head across the left side of your body. Congratulations! You are now hitting full serves. If they are going in the net try keeping your head up and tossing arm up longer. This helps you remember that this is an upward swing. If the serves are going out try accelerating through your pronation and contact more rapidly. That may help or it may be something else. Don't hesitate to message me and ask :)





# WEEK 2

# THE FOREHAND

To keep in mind: The forehand is driven by loading the legs, hip rotation and shoulder rotation. Your body spirals from the ground up producing speed to the racket head. Keep this in mind when hitting because a common mistake is people use too much arm causing tennis elbow. Focus on each move adding rotation to that forward swing and catch contact in front.

# 02

## INSTRUCTIONAL VIDEOS



**WESTERN GRIP**



**PREPARATION  
AND UNIT TURN**

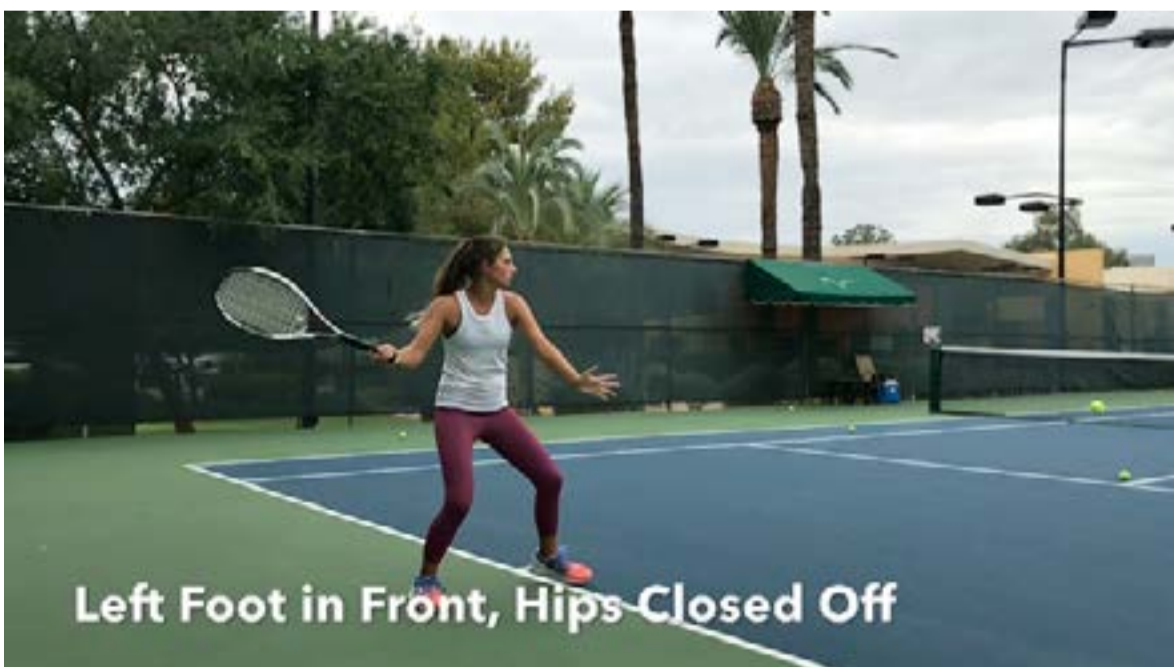
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**THE BACKSWING**



**THE FORWARD SWING  
AND FOLLOW THROUGH**



**SLOW MOTION  
CLOSED STANCE**

#RIPITENNIS



**SLOW MOTION  
OPEN STANCE**

**1: GRIP**

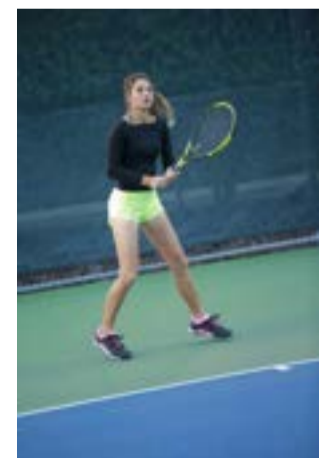
Semi Western. This grip will make it easier to generate topspin and I personally use a Semi Western Grip. To find this grip simply find points 3 and 4 on the racket handle and line them up with the points on your hand. This grip is often referred to as the frying pan grip and the hand should be low on the handle.



**2: READY POSITION AND UNIT TURN**

Racquet head should be upright, with tip of racquet just below eye level. Arms and elbows up and engaged. Both hands are on the racquet with the frame in the center of your body.

As soon as you see a forehand coming your way rotate your torso completely to the right (left if lefty) The arms and racquet head naturally follow and the legs may aid in this rotation. As you do this face the racquet strings outward like you're looking in a mirror.



### 3: THE BACKSWING

Bring the racquet strings from facing out to facing slightly downward toward the court. You are essentially flipping the strings into what is referred to as "Pat the Dog." (Imagine you're patting a dog's head)

This flip is generated through your internal shoulder rotation and hip rotation. Keep the racquet head slightly to the right of your hand and the cap of the handle will be facing mostly forward toward the net. Arm should be straight but relaxed.



### 4: THE FORWARD SWING

Drive those legs to help pull the cap on the handle forward with a mostly straight arm. Your goal is to make contact in front of your body with the wrist still cocked back and strings facing straight on as if you could lay it on a wall.



### 5: THE FOLLOW THROUGH

Continue extending your arm up and out and let it naturally flow across your chest. A common mistake is to stop at contact. To develop the habit it helps to think of kissing your muscles, answering the phone or catching the racquet in the left hand.



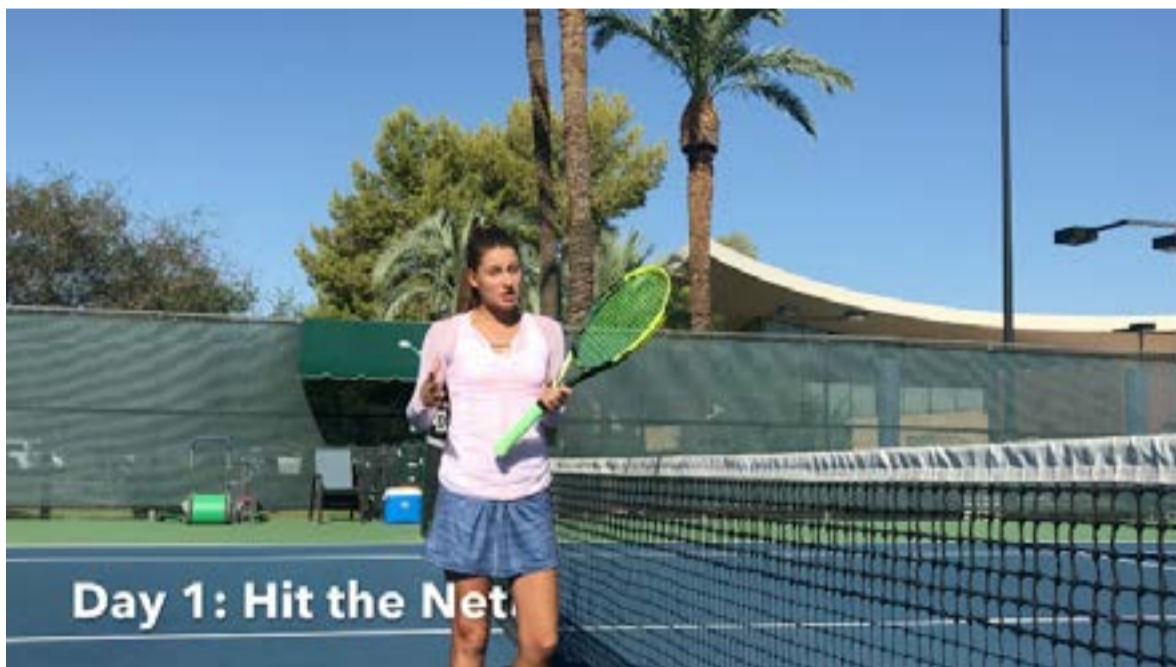
# DRILL PROGRESSION VIDEOS

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## DAY 01

The first thing I want you to think about when you're hitting a forehand is to have the body turned and to have a straight arm at contact. This drill will get you started doing exactly that. Position your body perpendicular to the net and place the racket face straight on on the net. If your arm isn't straight then position your body a little further back so it is. Just swing the racket up on the net and over your shoulder. Make sure the strings are face on at contact (the net). The more up you swing, the more topspin you'll have. Hit against the net about 30 times or until you feel/understand the contact point.



## DAY 02

Now you will practice the drop-hits. This drill will help you find your sweet spot (where you're comfortable making contact and where it needs to be) and helps you time your forward swing. Position your body perpendicular to the baseline with your feet about hips width apart. Have your racket in "pat the dog" position (see technique breakdown) and a ball ready to drop in your opposite hand. Do not throw the ball down, you will literally just hold your arm at shoulder height about 45 degree angle in front of the baseline and let the ball fall out of your hand. Swing forward with the cap of the racket and finish over your shoulder. Your back foot will pivot. Do this about 40 times or until you can get the ball over the net consistently.



## DAY 03

Now you will hit the ball from this position but you will need assistance from a friend, wall, or machine. The easiest way would be to have a friend hand toss you the forehand. Hitting on a ball machine would be a tougher way to start. Just like the last drill start with your body turned and already be in "pat the dog." Your goal is to build the muscle memory with hopefully receiving the same positioned toss or throw each time. Hit this shot 50-70 times.



## DAY 04

Let's add the full motion. Start with the racket head up now and then transition that down to "pat the dog." You will shadow swing this full motion starting from already having the body turned. Racket is up with the strings facing out, flip those strings down and then drag that cap around. Think through each step. Do this shadow swing until you can swing through consistently without thinking about it. After all, when you play you won't have any time to think about the stroke... you just need to play.



## DAY 05

Once again you will start this drill with your body turned. This turn is so important and that's why I'm exaggerating it so much. With a hand feed or from a machine, swing through the full motion already having your body turned. Make sure the feed/toss is consistent so you can continue to get a feel and build the muscle memory. Do this 50-70 times.



## DAY 06

Ok you're ready! Let's put this all together starting from the ready position. This position is vital....it gets you ready for the shot. Feet should be wide and continuously bouncing. You will split step almost right as the opponent hits the ball. Keep hitting from this ready position with the ball being consistently fed in the same or near the same spot. You are hitting full motion from ready position. This drill is one you should always do and never get tired of. Do this until you're as good as Federer.



## DAY 07

Let's add some movement into this drill. Now it gets tricky and a bit more advanced. You will hit with a partner or up against a wall. Basically this shot will be inconsistent in the way it comes to you. It may bounce high/low or come fast/slow or bounce deep/short....and with different spins the options are endless. So now you will practice movement. The key with moving is to just continuously make sure you're getting that split step (so you're ready and moving) and that unit turn. Practice moving and stepping diagonally in and diagonally back. Just rally with your partner or the wall and never stop moving and turning. Good luck!





# WEEK 3

# THE BACKHAND

To keep in mind: The backhand is driven by loading the legs and turning those hips. Start with a step with the left leg to load and a cross step in front with the right leg. Keep this in mind when hitting because these steps will help you start the rotation necessary for the shot. Focus on keeping the turn and allowing enough space between you and the ball and then the backhand won't seem as tough.

# 03

## INSTRUCTIONAL VIDEOS



THE GRIP  
ONE HANDED  
TWO HANDED



PREPARATION  
AND UNIT TURN

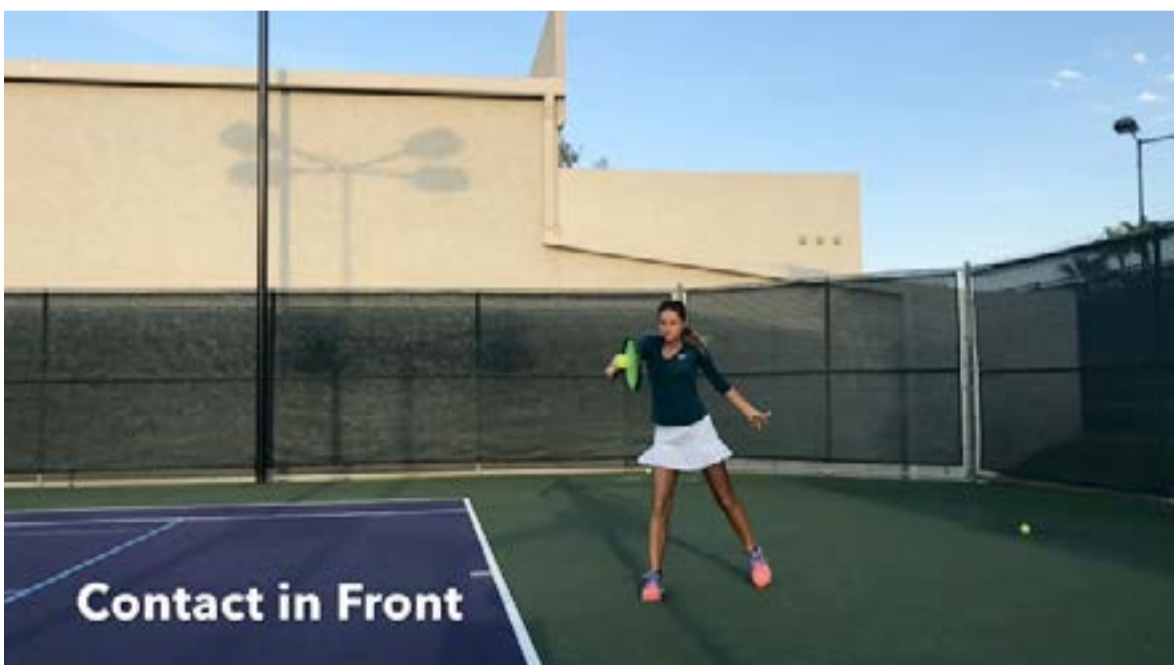
**MARISA JOHNSON**



**THE BACKSWING**



**THE FORWARD SWING  
AND FOLLOW THROUGH**



**SLOW MOTION  
ONE HANDED**

**#RIPITENNIS**



**SLOW MOTION  
TWO HANDED**

# ONE HANDED BACKHAND

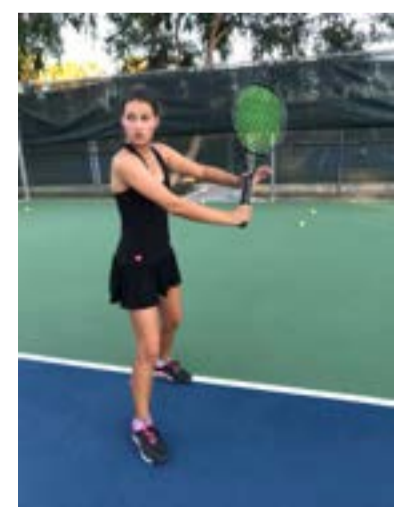
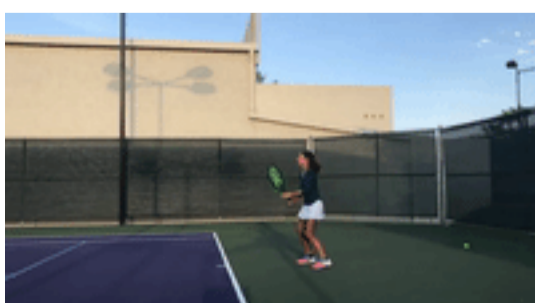
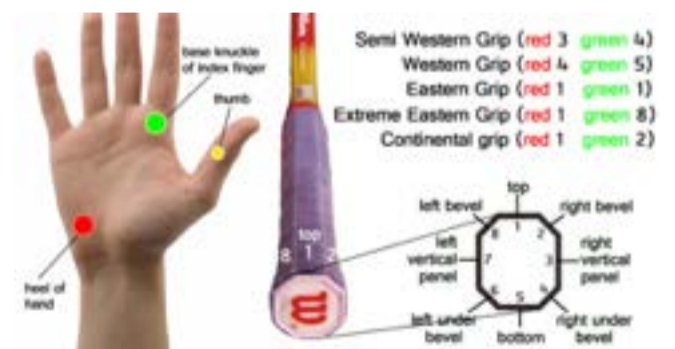
## 1: GRIP

Eastern Backhand for support. This gets the wrist positioned behind the handle for making it easier to control. To find this grip simply find the point 1 on the racket handle and line it up with the the two points on your hand.



## 2: PREPERATION AND UNIT TURN

Racquet head up in ready position. Just before they hit the ball make your deep compressed split step. A slight hop on the toes to set the leg muscles. Step with your left foot out (Reverse for lefties) which puts the weight on the back leg in order for you to step into the ball with your right foot at about 45 to 90 degree angle to the net. Make sure when you turn the hitting shoulder is tucked under the chin. You will rest the throat of the racquet in your left hand and half your back should be pointing to your opponent.



### 3: THE BACKSWING

With your body turned and your racket head up start to drop the racket head and prepare a swing forward. When you drop the racket make sure your arm is close by your chest and you are lined up with the ball to initiate the forward swing. The racquet face should be slightly opened, almost like you're laying it back.



### 4: THE FORWARD SWING

Keep the wrist locked and let the handle lead the swing. With the butt of the handle facing towards the ball try and straighten your arm forward even before contact. This happens close to the hips for support and you're leading the bottom cap to the ball.



### 5: THE FOLLOW THROUGH

Continue the forward motion of the racquet and finish up with the racquet and hand just above your shoulder. The arm should remain straightened out through this process.



# TWO HANDED BACKHAND

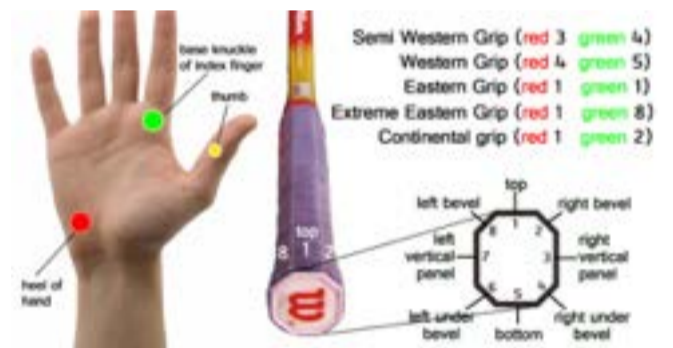
## 1: GRIP

If you are right handed your right hand will be on the bottom half of the grip in continental or eastern grip. I use continental. To find this grip simply find points 1 and 2 on the racket handle and line them up to the points on your hand. Your nondominant hand will be the eastern forehand grip. Run your left hand from the strings down to the grip, palm facing grip, for the eastern grip left hand. To find this grip simply find bevel 7 on the racket handle and line them up to the points on your hand.



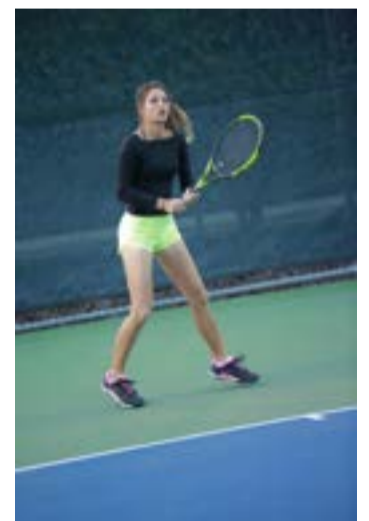
## 2: PREPERATION AND UNIT TURN

Eyes fixed on your opponent's racket. Just before they hit the ball make your deep compressed split step. Turn the shoulders with the racquet head up! The racket head is up and arms have minimal movement as the rotation of the torso is what really turns while you're adjusting to the ball. Shift the upper half of your body with the racquet head at about head level and strings facing slightly out to the left (right if left handed). Arms should be almost straight and relaxed. We keep the racket head high to add potential for acceleration, power and spin.



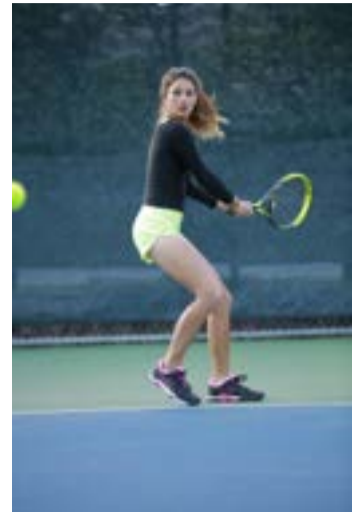
## 3: THE BACKSWING

Step with your left foot out (Reverse for lefties) which puts the weight on the back leg in order for you to step into the ball with your right foot at about 45 to 90 degree angle to the net. The arms and racket move slow as you prepare to drop the racket head and swing forwards. The racket strings should be slight closed off when you drop and the tip of the racquet will be pointing to the back fence. Drop with loose wrists.



## 4: THE FORWARD SWING

Here you will focus on hip rotation and driving with the legs. The front foot stays planted through the shot and the back leg will pivot as you swing forward so both legs are engaged. Continuing with the explosive feeling, drive the cap of the handle forward using your legs. The goal is to make contact in front of your body with a straight left arm. This is a continuous motion!



## 5: FOLLOW THROUGH

Keep the flow and accelerate through extending your arms all the way up and across your chest.



# DRILL PROGRESSION VIDEOS

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## DAY 01

Similar to the forehand, a main point I want to make about the backhand is a full body unit turn. Position your body perpendicular to the net with your body facing the left (if you are right handed). For a two handed backhand have your proper grip and just practice getting that full extension of the left arm and hitting up along the net and over the shoulder. If you're practicing the one handed backhand practice extending up and keeping that chin tucked into your shoulder. Either way, a big key is having those racket strings facing straight on the net when you're hitting it. Do this about 30 times or until you feel like you got it.



## DAY 02

This drop hit is a little trickier, so you can either try to drop hit or have a partner drop/toss it in front for you. Whether you're doing a one or two handed backhand, really focus on that hip rotation and straight arm at contact. Have your body positioned perpendicular to the baseline with the racket head dropped back. You will pivot your back foot and this rotation will lead the forward swing. Do this about 40 times.



## DAY 03

Again with a partners help or from a ball machine you will practice hitting and starting from the racket drop position. Note the differences in the drop between one handed and two handed. At this point they are pretty similar except the one handed of course uses one hand ;) Focus on extension of your arm and keeping that turn as long as you can because this turn leads the stroke. Hit this shot 50-70 times.



## DAY 04

Shadow swing the full motion from the unit turn. Think through each step and part of the technique. Think how the racket starts up, how it drops and how it should look at contact. The follow through should feel natural; it flows. Do this shadow swing until you can swing through consistently without thinking about it.



## DAY 05

Once again you will start this drill with your body turned. With a hand feed or from a machine, swing through the full motion already having your body turned. Make sure the feed/toss is consistent so you can continue to get a feel and build the muscle memory. Do this 50-70 times.



## DAY 06

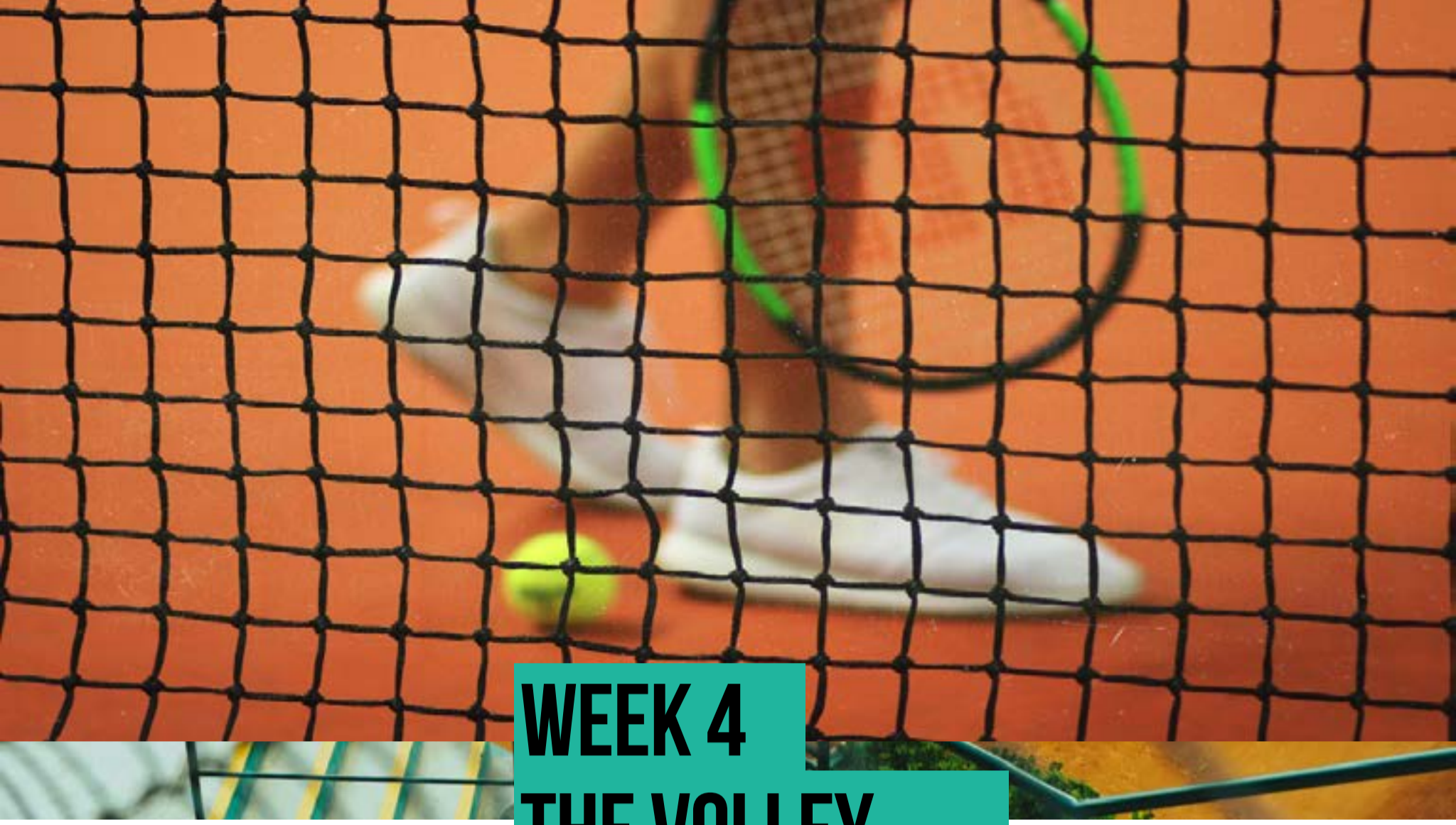
This drill is the same as the forehand. You will be starting from the ready position. This position is vital....it gets you ready for the shot. Feet should be wide and continuously bouncing. You will split step almost right as the opponent hits the ball. Keep hitting from this ready position with the ball being consistently fed in the same or near the same spot. You are hitting full motion from ready position. This drill is one you should always do and never get tired of. Do this until you're as good as Federer.



## DAY 07

Again just like the forehand, let's add some movement into this drill. Now it gets tricky and a bit more advanced. You will hit with a partner or up against a wall. Basically this shot will be inconsistent in the way it comes to you. It may bounce high/low or come fast/slow or bounce deep/short....and with different spins the options are endless. So now you will practice movement. The key with moving is to just continuously make sure you're getting that split step (so you're ready and moving) and that unit turn. Practice moving and stepping diagonally in and diagonally back but remember that most backhands will be closed stance meaning you will step in with that right foot. Just rally with your partner or the wall and never stop moving and turning. Good luck!





# WEEK 4 THE VOLLEY

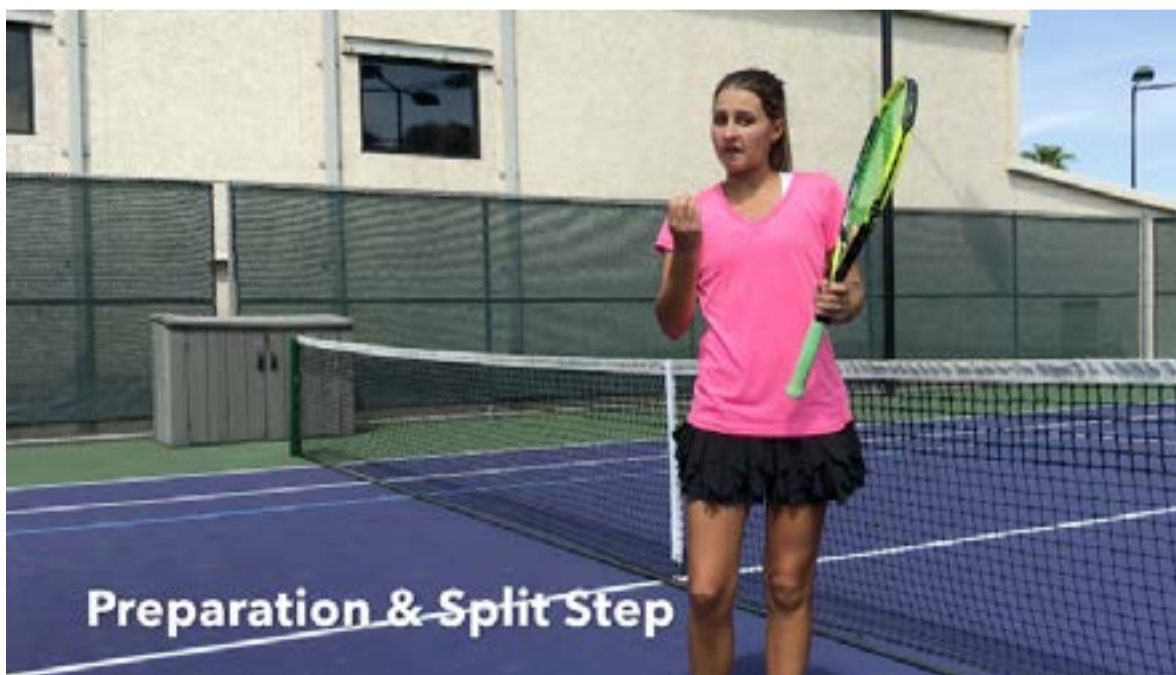
To keep in mind: The volley is a very short and compact motion. It's so simple that our minds can't believe it and we try to do more than needed. Preparation is key as well as keeping that racket head up. No huge backswings are needed. Just turn the chest and step in!



## INSTRUCTIONAL VIDEOS



**VOLLEY GRIP**



**PREPARATION  
AND SPLIT STEP**

MARISA JOHNSON

**THE FOREHAND**



**THE BACKHAND**



**SLOW MOTION  
FOREHAND**



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## SLOW MOTION BACKHAND

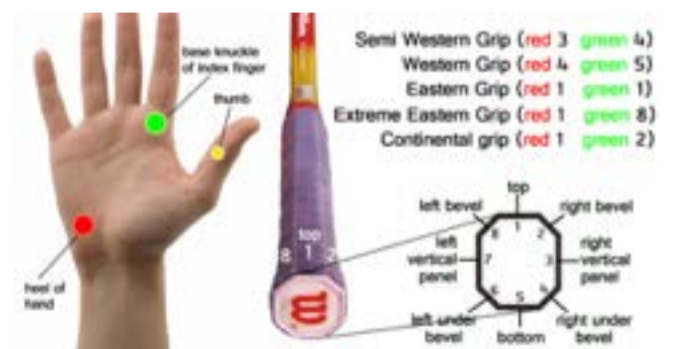
### 1: GRIP

Continental for both the forehand or backhand volley (Sometimes people will shift the heel of the hand to the inside when they do a backhand volley; a very slight transition if you choose to do so). Using this grip will allow you more control and versatility on your shots. So whether you are given high or low shots you can be ready to adjust easily using this grip. To find this grip simply find points 1 and 2 on the racket handle and line them up to the points on your hand.



### 2: PREPERATION

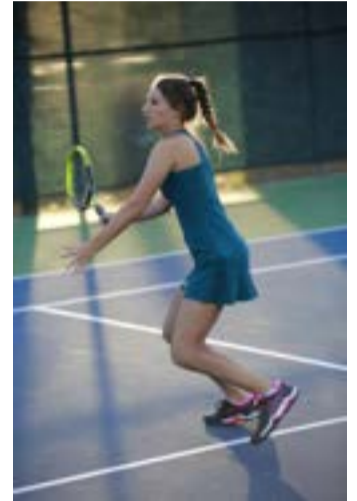
Have the racquet head pointing up and just below eye level. Arms are up like there is an imaginary beach ball in between them. The non-hitting hand is on the throat of the racquet. Try to keep the racquet head upright in the center of your body. Make a split step by doing a slight hop on your toes. The feet are wider than your shoulders and you're ready to explode.



# FOREHAND VOLLEY

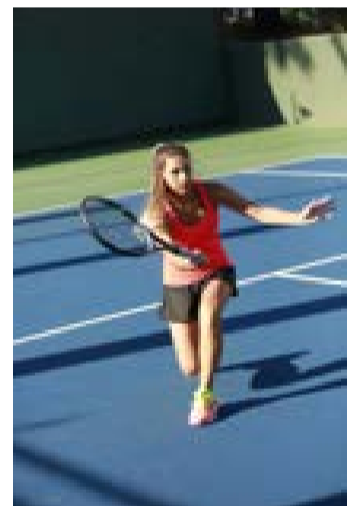
## 3: SHOULDER TURN

Shift the ready position to your side by just turning your shoulders and torso. Be careful not to take the racquet back too far. You want to still be able to see your racquet head in your peripheral vision. When you turn try to have the racquet face slightly open and the head should look like it's pointed off at about a 45 degree angle. The wrist position will begin to lay back a little to ensure the face is open. It's like opening a book.



## 4: CROSS STEP

Step in front with your left foot (right if lefty) to make your shot more compact and carry your momentum forward. It will feel as if you are stepping to the tip of a triangle. Note that this cross step happens before the forward motion of your swing.



## 5: FORWARD MOTION

For the forward motion just follow through the contact. The heel of the hitting hand is what initiates the forward swing. The wrist and racquet head should stay firm and locked in during this process. In a sense, it is like you're pushing the shot forward. If the racquet face is TOO open it will create under-spin which might not be intended, and if the face is too closed off it may go in the net. As far as the non-hitting hand/arm it should just move slightly to your left (if right handed).



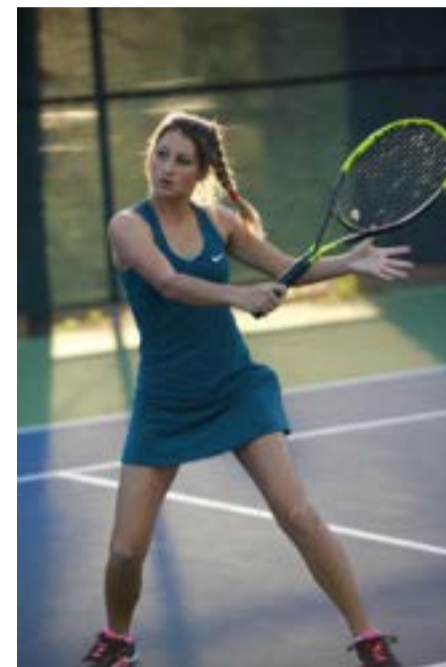
# BACKHAND VOLLEY

## 3: SHOULDER TURN

Just like the forehand volley we make our shoulder turn. From ready position, start the turn with the opposite shoulder as the guide. Be careful not to take the racquet back too far. With your hitting hand, push the handle a bit forward and it will feel like the palm is facing down. This makes it so the wrist is cocked back to ensure that the racquet face is open.

## 4: CROSS STEP

Step in front with your right foot (left if lefty) to make your shot more compact and carry your momentum forward. It will feel as if you are stepping to the tip of a triangle. Note that this cross step happens before the forward motion of your swing.



## 5: FORWARD MOTION

Unlike the forehand volley where the heel of the hand drives the shot, the forward motion here is driven by the edge of your hitting hand. Fully extend your hitting arm at contact. The non-hitting arm will motion back as your hitting arm motions forward. It will be as if you're opening your chest and arms are extending out (like you're flying). The non-hitting arm doesn't need to move back as dramatic if the ball is coming at you fast. This motion helps keep the shoulders in line for a controlled backhand volley.



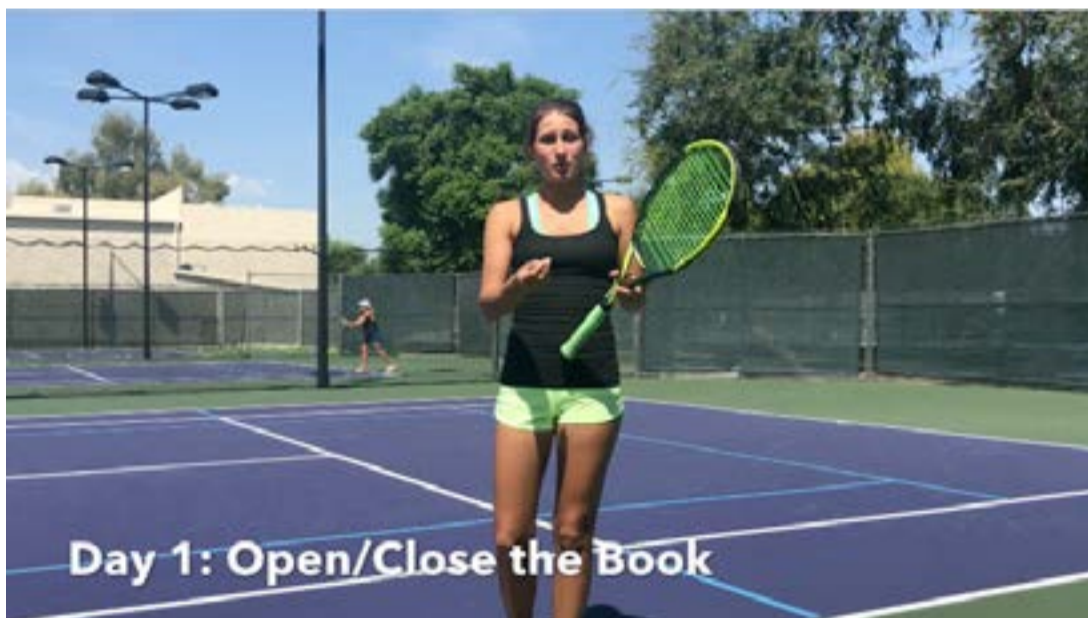
# DRILL PROGRESSION VIDEOS

These drills can be completed as fast or as slow as you need. I recommend not moving on to the second drill until you feel confident about the first. Although some of these drills may seem basic/primary to some, I want you to know that each has a purpose. Even I, who has been playing for almost 15 years, can benefit from going back to the basics and getting a refresher on every single technical move. These all come together to make the stroke work.

**WARNING:** You will be tempted to do all these drills in one day. DON'T! Our brains don't process that fast and even if you feel like you mastered it today you may forget tomorrow. I suggest one drill a day to include in your practice and give you a focus.

## DAY 01

In this first drill you will just practice a simple motion on both the forehand and backhand side. The volley has very minimal motion so for the first part you will just think of "open the book, close the book." You close the book when you return to ready position and you open the book on for a forehand or backhand. This drill is just training the muscles in your hand and forearm. Practice going to and from the forehand and backhand side about 20 times each.



## DAY 02

Let's narrow in on that forehand. Come all the way up to the net and hold your arms over it (not legal in your playing a real match ;) ) Have someone toss to you or have a machine shoot at you to your forehand side. "Open the book" and obviously you won't have room to step. The purpose of this drill is to show you how little the motion is and not to take your racket back too far. Is the motion really that short and simple? Yes... yes it is... we just like to do so much extra with it sometimes because we are secretly in awe of how easy it is. Hit this 30 times or more if needed.



## DAY 03

Now for the backhand. Stand just behind the net with your body turned. Have your hitting arm straight and racket head angled up and a little laid back. There is a little more leeway in waiting for the backhand shot to come to you. Have someone toss to you or have a machine hit to that same spot each time on your backhand side. This drill helps you stay controlled in your backhand. Hit this 30 times or more if needed.



## DAY 04

Similar to drill number two, you will back up off the net about 3-4 feet behind the net. Without the step you will just focus on the turn of the torso and the forward motion of your forehand. Lead with the heel of the hand. Get that machine or friend to hit at your forehand side. Do this about 50 times or until you feel comfortable enough to add the legs.



## DAY 05

Similar to drill number three, you will back up off the net about 3-4 feet behind the net. Without the step you will just focus on the turn of the torso and the forward motion of your backhand. Lead with the edge of the hand. Get that machine or friend to hit at your backhand side. Do this about 50 times or until you feel comfortable enough to add the legs.



## DAY 06

Now you will shadow the turn and step (which is basically shadowing the full motion). With the proper grip just turn the torso and try hard not to take the racket head back too far. Step forward and keep the arms up. Practice the forehand side about 30 times and do the same on the backhand side, thinking through each step. You can mix it up and try bending the knees lower or higher depending on the imaginary ball you're hitting ;)



## DAY 07

You're ready to put it all together. You will know hit adding the cross step to both the forehand and backhand side. This forward step helps add a little more pop to the ball and could also help you place the ball deeper. The angle of the strings will direct the ball. Practice hitting on both sides with a partner or on the ball machine. You can practice hitting high/low and different speeds/spins. This is a drill you can do until you're as good as Federer. Have fun and good luck!



# TENNIS WORKOUT PLAN

- TRAINING PHASE 1
- TRAINING PHASE 2
- TRAINING PHASE 3



## GOALS

- Strength/Power
- Balance/Stability
- Core/Rotational strength
- Injury Prevention

Tennis Workout Plan: by Liberty Performance Phoenix, AZ.

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# TRAINING PHASE 01

## WORKOUT #1

Follow these workouts for 4 weeks total. Keep the weights light and focus on form. Each week progress by adding weight and intensity to each exercise.

### Strength

Squat

3x10

\*focus on controlling the weight throughout the entire movement

Single Leg Romanian Deadlift + Russian Twist

3x10 + 10

\*10 on the right leg 10 on the left leg; Russian twists are 10 each side but are alternating. Focus on balance and controlled movement.

### Conditioning

Tuck Jumps + Lateral hops

5x5 + 5 each side

\*Focus on maximum power. Land stable.

## WORKOUT #2

### Strength

Shoulder Press

3x10

\*preferably use a barbell. Dumbbells are fine though.

Shoulder External rotation

3x10

\*10 each arm

Dumbbell shoulder front raise + Dumbbell shoulder lateral raise

3x10 + 10

Single Arm Dumbbell Rows + v-ups

4x15 + 15

\*15 each side on the rows

Planks

4x1 minute

### Conditioning

Off



### WORKOUT #3

#### Strength

Bent over torso rotations + Deadbugs

5x10 + 10

\*10 each side on both exercises. Use a plate or a dumbbell in each hand on the torso rotations

Banded Lateral Leg Raises

4x20

\*20 each side

Sit-ups + Flutter Kicks

3x20 + 30

\*Focus on stiff abs/torso. Really squeeze the belly.

#### Conditioning

Kettle Bell Swings + Sprint

5x30 + 50-100 yards



### WORKOUT #4

#### Strength

Alternating Dumbbell Lunges + Push-ups

4x15 + 20, 15, 10, 5

\*15 each leg on the dumbbell lunges on all 4 sets. Take 5 push-ups off each set; start with 20 on the first, then 15 on the second, then 10 on the third, until you get to 5 on the last set.

Shoulder taps + Squat Jumps

3x10 + 15

\*10 shoulder taps each side. When you land from the squat jump do not crash into the bottom of your squat. Stay in control and use your legs/hips to lower your body down.

Triceps Extensions + Body Rows (or pull-ups if you can do them)

5x15 + 15

\*if you can do pull-ups just do as many as you can each set. If you get to the point where you can no longer do a pull-up then start doing body rows.

#### Conditioning

Sprint + Shuffle (left side) + Sprint + Shuffle (right side)

5x50-100 yards

\*sprint 50-100 yards. Then shuffle on the left side the same distance. Then sprint again. Then shuffle on the right side. Repeat the entire process 5 times.



## WORKOUT #5 MIXED

Squat + Shoulder press

4x10 + 10

Dumbbell Bench Press + Seated Bar Twists

4x15 + 15

\*15 each side on the seated bar twists

Shoulder external rotation

3x10

\*10 each side

### Conditioning

Lateral shuffle + jumping lunges

5x30 seconds + 10

\*Set 2 cones about 25 yards apart and shuffle between them for 30 seconds. Then immediately go into 10 jumping lunges. 10 jumping lunges on each side, alternate.

### Key

-3x10 = 3 sets of 10 repetitions

-Rest no more than a minute between each set

-All of the exercise names/terminology can be found on youtube. Type them in exactly as they appear and click the first or second video for explanations on how to do the exercises properly.



# TRAINING PHASE 02

## WORKOUT #1

This is the second 4-week cycle. During Phase #2 you should build off of the base built during Phase #1 and progress each week by adding more weight/intensity to

### Strength

Shoulder Press  
6x8

Push-Ups  
5x30 second maximum effort  
\*do as many push-ups as you can in 30 seconds. Rest, Repeat. 5 sets. Go to your knees or just hold a push-up position if needed.

Dumbbell Bench Prone Row + Bench Tricep Dips  
5x20 + 20

Banana Rocks  
3x45 seconds

### Conditioning

Dumbbell Thrusters + Burpies + Lateral Shuffle  
5x10 + 10 + 10

\*This is a lot of work. Do not use too heavy of a weight on the DB Thrusters. Instead, pick a weight that you can keep the repetitions moving at a consistent pace. For the shuffle set 2 cones about 25 yards apart, and

## WORKOUT #2

### Strength

Squat  
6x8

Deadlift  
6x8

Static Lunge Hold + Good Mornings  
4x30 seconds + 8  
\*30 seconds each leg on the SLH

### Conditioning

Death by 25-yard Shuffle

\*Set 2 cones 25 yards apart. Start a continuously running watch/clock/time keeping device and shuffle down 1 25m length. Add 1 length at the beginning of each minute. So, at 01:01 you begin your round of 2 lengths and at 02:01 you begin your round of 3 lengths, etc. Do this until you can no longer complete the required amount of shuffling in a minute or until you quit. Face the same way the entire shuffle.



## WORKOUT #3

### Strength

Pull-Ups  
3x Max Effort

\*If you cannot do a pull up than hang from the bar as long as you can while keeping your shoulders braced and packed.

Dumbbell Single Arm Snatch + Squat Jumps  
4x6 + 12

\*6 snatches each arm.

Single Leg Box Jump + Max Vertical Jump  
5x5 + 5

\*5 each leg on the single leg box jumps. Max vertical jump means, literally, just jump as high as you can 5 times.

Banded Lateral Leg Raises  
3x30

\*30 each side

Deadbugs + V-ups  
4x10 + 15

### Conditioning

Bear Crawl + Push-ups  
5x50 yards + 5 push-ups



## WORKOUT #4

### Strength

Kettlebell Rotational Swings  
100 total

\*There are many variations of these online. I recommend you use your judgement here and find one that you like and that you think you can do and do 100 total.

Dumbbell Alternating Reverse Lunge + Sit-ups  
3x10 + 30

\*10 each leg on the alternating reverse lunge

Box Jumps  
4x10

Push-up Position Opposite Arm and Leg Raise + Plank  
3x10 + 60 seconds

\*Start in a push up position. Raise one arm and the leg opposite to it without your hips or spine moving from where it originally was. Alternate to the other side. Do 10 on each side. Type in Opposite Arm and Leg Raise into youtube if you are still lost.

### Conditioning

Sprint + Shuffle (left side) + Sprint + Shuffle (right side)  
6x50-100 yards

\*sprint 50-100 yards. Then shuffle on the left side the same distance. Then sprint again. Then shuffle on the right side. Repeat the entire process 5 times.

## WORKOUT #5 MIXED

### Strength

Single Arm Dumbbell Rows + Air Squats  
5x8 + 20

V-ups + Shoulder External Rotation  
3x20 + 10  
\*10 each side on the shoulder external rotations.

Single Leg Romanian Deadlifts + Alternating Shoulder Press  
4x8 + 8  
\*8 each side on both

### Conditioning

Day off

### Key

- The weights in Phase #2 should be heavier than what was used Phase #1
- Conditioning will be ramped up
- Same rules apply in Phase #2 as Phase #1



# TRAINING PHASE 03

## WORKOUT #1

This is the final 4 weeks of the 12-week cycle. In this phase you will be peaking, meaning, you will be lifting the heaviest weights. The 8 weeks leading up to this

### Strength

Shoulder Press  
5x5

Clapping Push-Ups + Tricep Bench Dips  
5x10 + 20

DB Bicep Curls + Dumbbell Skull crushers  
4x12 + 12

Kettlebell Rotational Swings  
6x5  
\*5 each side

Banana Rocks + Deadbugs  
4x45 seconds + 15

### Conditioning

Burpies + Squat Jumps  
10x10 + 10



## WORKOUT #2

### Strength

Squat  
5x5  
Deadlift  
5x5

Dumbbell alternating lunges + Kettle bell swings  
3x15 + 30  
\*15 each side on the alternating lunges

V-ups + Planks  
3x20 + 60 seconds

### Conditioning

25-yard Lateral shuffle + jumping lunges + push-ups  
7x30 seconds + 10 + 10  
\*10 each side on the jumping lunges

### WORKOUT #3

#### Strength

Dumbbell Thrusters  
5x12

Box Jumps + Lateral hops  
4x5 + 5  
\*5 each side on the lateral hops

Dumbbell rows + Russian twists  
4x10 + 10  
\*10 each side for both

#### Conditioning

Jump Squats + Burpies + Lateral Shuffle  
5x10 + 10 + 10

\*same workout as in Phase #2. Do the thrusters with a heavier weight and move faster.



### WORKOUT #4

Overhead Dumbbell Carry  
4x50 yards

Single Leg Vertical Jump  
5x5

\*5 each side. Stand on one leg and jump as high as you can and land on the same leg. Repeat 5 times. Then do the other side.

Single Leg RDL + Sit-ups  
4x15 + 20  
\*15 each side on the single leg RDLs

Plank  
4x60 seconds

#### Conditioning

Death by 25-yard Shuffle

\*Same as in Phase #2 but try to beat your previous efforts. Set 2 cones 25 yards apart. Start a continuously running watch/clock/time keeping device and shuffle down 1 25m length. Add 1 length at the beginning of each minute. So, at 01:01 you begin your round of 2 lengths and at 02:01 you begin your round of 3 lengths, etc. Do this until you can no longer complete the required amount of shuffling in a minute or until you quit. Face the same way the entire shuffle.



## WORKOUT #5 MIXED

### Strength

Pull-Ups

4x Max Effort

\*If you cannot do a pull up than hang from the bar as long as you can while keeping your shoulders braced and packed.

Dumbbell Static Lunge hold

5x20 seconds

\*20 seconds each side. Go as heavy as possible and lunge as low as possible.

Push-ups + V-ups

4x10 + 10

### Conditioning

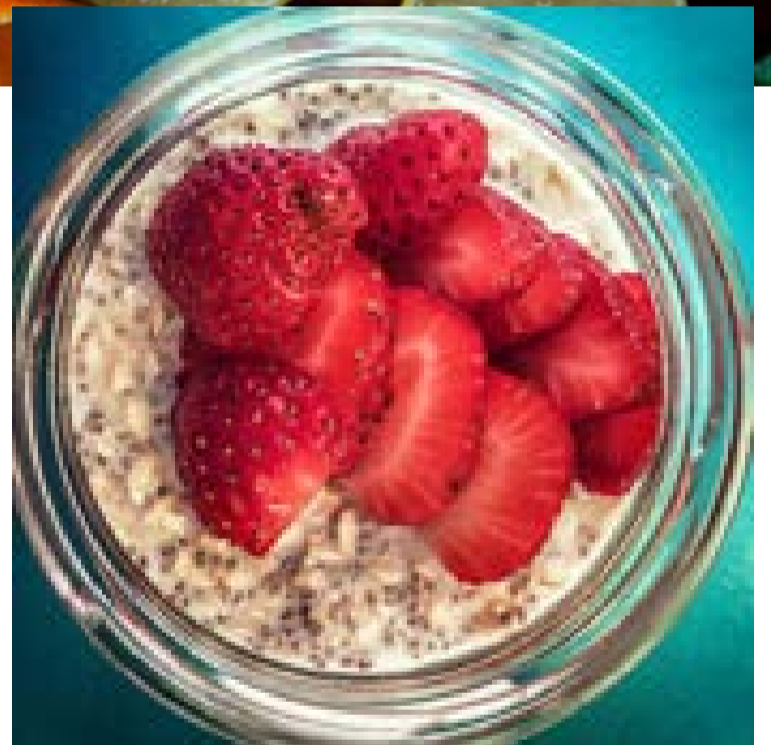
Off





# FEED YOUR FUEL

- [WEEK 1 RECIPES](#)
- [WEEK 2 RECIPES](#)
- [WEEK 3 RECIPES](#)
- [WEEK 4 RECIPES](#)



\*\*\*I am not a dietician. These are healthy recipes I have tried or plan to try very soon. This is a collection of recipes from different sites and I give credit in each

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# WEEK 1 RECIPES

## BREAKFAST

### 1. Strawberry Chocolate Overnight Oats

- ¼ cup plain Greek yogurt
- 1/2 cup organic rolled oats
- 3-4 chopped strawberries
- about 1 cup unsweetened almond milk or milk of choice
- 1 tablespoon chia seeds or ground flaxmeal (optional)
- 2 Tbsp your favorite chocolate protein powder
- 1/2 teaspoon vanilla extract or maple syrup or both ;)



How to make:

1. Fill mason jar with organic oats 2. Fill just passed top of the oats with almond milk 3. Add yogurt, chia seeds, syrup, chopped strawberries and chocolate protein powder 4. Refrigerate overnight and enjoy in the morning ;)

### 2. Spinach Omelet

Ready in 15 minutes, recipe by Allrecipes

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 ½ Tbsp. grated parmesan cheese
- 1/4 teaspoon onion powder
- 1/8 teaspoon ground nutmeg
- salt and pepper to taste



1. In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.
2. In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

### 3. Mango Banana Smoothie with Avocado Toast

- 1 cup chopped frozen mango chunks
- 1 ripe banana
- 1 cup low fat milk or almond milk
- ¼ vanilla greek yogurt
- 1 Tbsp. Honey



How to make: Throw all ingredients in a blender and press blend ;)

Avocado Toast ingredients: 1 piece whole grain bread, half avocado, salt and pepper to taste

Toast bread, spread avocado on bread and season as desired. Also tastes great with chopped boiled egg.

## LUNCH

### 1. Chicken Nuggets with Mixed Vegetables

Ready in 25 minutes

- 1 Package chicken tenderloins
- 8 Tbsp. whole grain bread crumbs
- 6 Tbsp. grated parmesan cheese
- 6 Tbsp. coconut oil
- Salt and pepper to taste



How to make: Preheat oven to 425. Cut tenderloins into nugget sized pieces (about one inch diameter). In a separate bowl melt the coconut oil. In a smaller bowl mix the bread crumbs, parmesan cheese, salt and pepper. Put the raw chicken pieces in the coconut oil and stir it around making sure every piece is coated. Next toss the bread crumb mix into the bowl and make sure every piece gets coated evenly. (You could also put that mix in a big ziploc bag and shake the pieces around) Evenly spread coated chicken pieces onto a pan coated in cooking spray. Cook in the oven for 8-10 minutes. Take out and flip them and cook for an additional 3-5 minutes. Let cool.

Veggie: I like to make a steamed veggie mixture of carrots, broccoli and corn. You can do any veggie side you prefer.

### 2. Strawberry Chicken Salad

Ready in a minute

- Spinach (as much as you want as it is the base of your salad)
- A few chopped strawberries
- Handful of blueberries
- Few raspberries
- Chopped cooked chicken (I sometimes buy the rotisserie chickens if I'm being lazy)
- ¼ cup cooked quinoa
- Sliced almonds and/or walnuts
- Half of an avocado
- Your favorite light vinaigrette dressing (I go for the fruity ones)



How to make: Just throw it all together and top with dressing. This is meant to be a super quick fix and the chicken and quinoa I make during meal prep so I can easily throw it in and use it for a variety of different meals. :)

### 3. Black Bean Wrap -Vegan

Ready in 5 minutes- recipe by Veggie Primer

- 1 large tortilla (whole grain or gluten-free)
- 1/3 cup salsa (I like Chi Chi's Thick and Chunky - Mild)
- 1/3 cup black beans (low sodium, rinsed and drained)
- 1/4 cup organic frozen corn
- 1/4 avocado chopped
- 1 Tbsp. black olives sliced
- 1 cup baby greens (arugula is especially yummy)
- 2 sprigs cilantro (optional)



How to make:

1. Place frozen corn in a strainer and rinse with warm water for about ½ minute until thawed.
2. Warm tortilla in microwave about 30 seconds.
3. Pour salsa in a strip on the half of the tortilla that's closest to you.
4. Spread black beans, corn, avocado and olives over salsa.
5. Tear leaves off cilantro stems and sprinkle over bean mixture. (Discard stems.)
6. Top with baby greens.
7. Fold side edges of wrap over the ingredients and then roll from the front edge closest to you.
8. Slice the wrap in half and enjoy!

## DINNER

### 1. Fish Tacos

Ready in 30 Minutes, Recipe by Beachbody

- 2 Tbsp. low-fat (1%) plain yogurt
- 3 Tbsp. fresh lime juice, divided use
- 3 Tbsp. finely chopped cilantro, divided use
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 1 medium jalapeño, seeds and veins removed, chopped (optional)
- 1 lb. white fish (like cod, halibut, or mahi mahi), washed, patted dry
- Sea salt (or Himalayan salt) (to taste; optional)
- 4 (6-inch) whole wheat tortillas, warm
- 1 cup shredded cabbage
- 4 lime wedges (for garnish; optional)



How to Make:

1. Preheat grill or broiler on high.
2. To make yogurt sauce, combine yogurt, 2 Tbsp. lime juice, and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
3. To make salsa, combine tomato, onion, jalapeño (if desired), and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
4. Season fish with salt if desired.
5. Grill or broil fish for 4 to 5 minutes on each side, or until fish flakes easily when tested with a fork.
6. Evenly top tortillas with fish, cabbage, and remaining 1 Tbsp. cilantro. Drizzle with remaining 1 Tbsp. lime juice, and yogurt sauce; garnish with lime wedges. Serve with salsa.

### 2. High Protein 3 Bean Chili- Slow Cooker

Recipe by Aberdeen's Kitchen

- 30 oz can kidney beans, drained
- 15 oz can black beans, drained
- 15 oz can pinto beans (vegetarian), drained
- 15 oz can diced tomato
- 2 large green bell peppers, diced
- 1 1/2 cups corn kernels
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 1/2 cups vegetable stock
- 1 cup mild to medium red salsa
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper
- Salt and pepper to taste

How to Make:

Turn a 5 quart slow cooker on high (for a smaller slow cooker, use about half this recipe). Add the onion and garlic, kidney beans, black beans, pinto beans, tomato, bell pepper and corn. Pour in vegetable stock, salsa, cumin and cayenne pepper. Stir gently to combine. Cook in the slow cooker for 3-4 hours on high, 7 on low (depending on your stock pot). Add salt to taste. Ladle into bowls and top with green onion, cheddar cheese and a dollop of sour cream (skip sour cream and cheddar cheese for vegan version).



### 3. Salmon & Asparagus

Ready in 25 Minutes, Recipe by Carolyn Casner

Ingredients:

- 1 pound center-cut salmon fillet, preferably wild, cut into 4 portions
- 1 pound fresh asparagus, trimmed
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 tablespoons organic butter
- 1 tablespoon extra-virgin olive oil
- ½ tablespoon grated garlic
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice



How to Make:

1. Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.
2. Place salmon on one side of the prepared baking sheet and asparagus on the other. Sprinkle the salmon and asparagus with salt and pepper.
3. Heat butter, oil, garlic, lemon zest and lemon juice in a small skillet over medium heat until the butter is melted. Drizzle the butter mixture over the salmon and asparagus. Bake until the salmon is cooked through and the asparagus is just tender, 12 to 15 minutes.

### HIGH PORTEIN ON-COURT SNACKS

#### 1. Peanut Butter Chocolate Energy Bites

Ingredients:

- 1 cup old fashioned oats
- ¾ cup organic peanut butter
- ¼ cup coconut flakes (optional)
- Packet or scoop of chocolate protein powder or ¼ cup unsweetened cocoa powder
- 2 tbsp chia seeds (optional)
- ¼ cup honey



How to Make: Mix all ingredients in a large bowl. Take sections and roll into 1 inch balls. Enjoy and refrigerate extras for meal prep.

#### 2. Roasted Chickpeas

Ingredients:

- 1 15-ounce can chickpeas (well rinsed, drained + thoroughly dried)
- 1 Tbsp avocado or other neutral oil (if avoiding oil, omit and don't rinse chickpeas out of the can - just drain)
- ½ tsp sea salt
- 1 tsp seasonings of choice (cayenne pepper, garlic salt, paprika, cumin, coriander etc)



How to Make: Preheat oven to 375°F. Drain chickpeas in a colander and let them dry completely. Pat dry with a paper towel if needed.

Arrange on a baking sheet in a single layer and roast for about 35 to 45 minutes, shaking the pan every ten minutes. They will be golden brown and crunchy on the inside when done, not moist.

In a medium bowl, combine all the spices. Remove chickpeas from oven when done and spray with olive oil. Immediately toss with spices while hot. Eat at room temperature.

### 3. Tropical Trail Mix

#### Ingredients:

Cashews  
Almonds  
Dried Cranberries  
Coconut Flakes  
Dark chocolate bits  
Dried mango, pineapple, bananas... You pick



How to Make: I go to the nearest Sprouts or WinCo where I can fill bags with the nuts and dried fruits I like. Gather them up and divide each ingredient evenly in bags. Perfect for munching on the go.

### 4. Vegan Protein Banana Muffins

Ready in 25 Minutes, Recipe by Nutrition in the Kitchen

#### Ingredients:

1 cup gluten-free all purpose flour  
¼ teaspoon xanthan gum (omit if already in your flour blend)  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ cup Orgain Organic Protein plant-based vanilla powder or other plant-based vanilla protein powder of choice (Note: I cannot vouch for the texture of using other brands in this recipe!)  
1 teaspoon ground cinnamon  
⅛ teaspoon salt  
2 tablespoons coconut palm sugar  
2 tablespoons coconut nectar (or raw honey if you do not need vegan)  
3 medium very ripe bananas  
¼ cup naturally sweetened gluten-free granola of choice  
Optional: Nut butter for slathering



#### How to Make:

1. Preheat oven to 350 degrees.
2. Mash bananas in a bowl and add in the coconut palm sugar and coconut nectar (or honey). I do not like chunks of banana in my muffins so I gave this a quick whirl in my food processor until it was a smooth consistency, about 10 seconds.
3. In another bowl, add the flour, xanthan gum, baking powder, baking soda, protein powder, cinnamon, and salt and mix well to combine.
4. Add the wet banana mixture to the flour mixture and fold in until all is well combined. Do not overmix. Set the batter aside for 2-3 minutes to "fluff up".
5. Grease a muffin tray using coconut oil.
6. Fill 8 of the muffin cups in the greased muffin tray ¾ full of the muffin batter.
7. Top the batter evenly with the granola, about ½ tablespoon over each.
8. Bake the muffins in oven for 12-15 minutes or until a toothpick pulls clean.
9. Set aside to cool.
10. Once cooled, slather with nut butter and enjoy!
11. Slather with almond butter before eating, enjoy!

### DESSERTS

#### 1. Greek Yogurt Berry Parfait

#### Ingredients:

Greek Yogurt (I use Greek Gods because I think it tastes the best)  
Berries (strawberries, raspberries, blackberries and blueberries are my go to)  
Granola (optional)  
Dark chocolate chips for melting

How to Make: In a small bowl put the Greek yogurt, berries and granola together. In a separate microwaveable container put the dark chocolate in and microwave just a few seconds until melted. Drizzle chocolate on top of parfait and then refrigerate until chocolate becomes hardened. Enjoy!



## 2. Fudgy Avocado Brownies

I know this sounds weird but you can't even taste the avocados..... It's crazy delicious!

Recipe by Beachbody

### Ingredients:

- Nonstick cooking spray
- 1 medium ripe avocado, mashed
- ¼ cup extra-virgin coconut oil, melted
- 1 large egg, lightly beaten
- ½ cup pure maple syrup
- 1 tsp. pure vanilla extract
- ¾ cup unsweetened cocoa powder
- ½ tsp. sea salt (or Himalayan salt)
- ¼ cup gluten-free flour
- ¼ cup dark chocolate chips



### How to Make:

1. Preheat oven to 350° F.
2. Line an 8 x 8-inch baking pan with aluminum foil. Lightly coat with spray. Set aside.
3. Combine avocado, oil, egg, maple syrup, and extract in a medium bowl; mix well. Set aside.
4. Combine cocoa powder, salt, and flour in a medium bowl; mix well.
5. Add cocoa powder mixture to avocado mixture; mix well.
6. Add chocolate chips; mix until blended.
7. Pour batter into prepared pan; spread to make even.
8. Bake for 33 to 36 minutes, or until toothpick inserted in center comes out clean.
9. Cool for an hour before removing from pan. Cut into sixteen squares.

# WEEK 2 RECIPES

## BREAKFAST

### 1. Paleo Banana Pancakes

Ready in 25 Minutes, Recipe by Allrecipes

- 1 teaspoon coconut oil, or more as needed
- 6 large bananas, sliced
- 6 eggs
- 3 tablespoons extra-virgin coconut oil
- 2 tablespoons vanilla extract
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ cup chopped walnuts



### How to Make:

1. Heat 1 teaspoon coconut oil on a griddle set to 325 degrees F (165 degrees C) or a skillet over medium heat.
2. Place bananas in the bowl of a stand mixer. Add eggs, 3 tablespoons coconut oil, vanilla extract, salt, and baking soda; beat until batter is smooth and fluffy.
3. Gently ladle batter, about ¼ cup per pancake, onto the hot griddle; sprinkle with cinnamon and arrange walnuts on each pancake. Cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 3 to 4 more minutes. Repeat with remaining batter, adding more coconut oil between batches.

## 2. Breakfast Quesadilla

Ready in 30 Minutes. Recipe by Beachbody

### Ingredients

- 2 tsp. olive oil
- 1 medium onion chopped
- 1 medium red or orange bell pepper chopped
- 2 medium jalapeños seeds and veins removed, finely chopped (optional)
- 3 large eggs lightly beaten
- 4 large egg whites ½ cup
- 4 8-inch whole wheat tortillas
- ½ cup shredded cheddar cheese

### How to Make:

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add onion, bell pepper, and jalapeños (if desired); cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Reduce heat to medium-low.
3. Add eggs and egg whites; cook, stirring frequently, for 4 to 5 minutes, or until eggs are set. Remove from heat.
4. Top each tortilla evenly with egg mixture and cheese.
5. Fold each tortilla in half; cook in medium nonstick skillet over medium-high heat, for 4 to 5 minutes, turning once, until cheese is melted and tortilla is golden brown.
6. Tip: You can cook quesadillas you are going to eat or serve, and you can tightly wrap the others and refrigerate for 3 to 4 days (or freeze them). This is a great way to have breakfasts prepared in advance.



## 3. Apple Banana Muffins

Recipe by Autumn Calabrese, Ready in 30 minutes

### Ingredients:

- 2 ripe bananas mashed
- 2 large eggs, beaten
- 1 1/2 cups almond flour
- 3/4 tsp baking soda
- Dash of himalayan salt
- 3/4 apple chopped
- 1 Tbsp organic grass fed butter, melted (recipe calls for this, I didn't use it and it was still great)

### How to Make:

1. Preheat oven 350 degrees
2. Spray muffin tin with coconut oil cooking spray
3. Combine eggs, banana, butter (optional) into bowl and mix well
4. Combine almond flour, baking soda, and salt in a medium bowl, mix well.
5. Combine both bowls of ingredients together and mix until blended
6. Add chopped apple and mix
7. Divide batter evenly into muffin tins (mine made about 10 muffins)
8. Bake 15-18 minutes or until golden brown
9. Cool and Enjoy!



## LUNCH

### 1. Fast Avocado Pasta Salad

Ready in 15 Minutes, Recipe by Marla Meridith

12 ounces fusilli pasta, cook to package directions  
2-3 ripe avocados, sliced into bite sized pieces  
freshly grated parmesan cheese  
extra virgin olive oil  
juice from 1 lime  
garlic salt  
ground black pepper  
chopped fresh or dried parsley

How to Make: Toss cooked pasta with all ingredients. Season to taste with garlic salt & pepper. Adjust all ingredients according to taste preference. Top with parsley. Serve warm or chilled.



### 2. Greek Grilled Chicken & Hummus Wrap

Ready in 15-20 Minutes, Recipe by Cooking Classy

Ingredients:

1 1/2 lbs boneless skinless chicken breasts  
Olive oil  
Salt and freshly ground black pepper  
6 Tbsp Greek vinaigrette dressing  
4 (10-inch, burrito size) flour tortillas (wheat, low carb or spinach is fine)  
3/4 cup hummus, store-bought or homemade (homemade recipe in notes below)  
3 cups chopped romaine lettuce  
2 medium roma tomatoes, diced  
1 medium cucumber, peeled and diced  
1/2 cup (2.5 oz) feta cheese, crumbled

How to Make:

1. Preheat a grill over medium-high heat to 425 degrees. Pound chicken to an even thickness using the flat side of a meat mallet. Brush chicken breasts lightly with about 1 Tbsp olive oil, season with salt and pepper. Brush grill grates lightly with oil, and grill chicken, rotating once halfway through cooking, until it registers 165 in center on an instant read thermometer, about 6 - 8 minutes. Transfer to a plate, cover with foil, let rest 10 minutes then dice into cubes. Transfer chicken to a bowl, pour vinaigrette over chicken and toss to evenly coat.

2. To assemble wraps spread about 3 Tbsp hummus over each tortilla, top with chicken, lettuce, tomatoes, cucumber and feta cheese and wrap tortillas.



### 3. Quinoa Bowl

Ready in 30 minutes, Recipe by Simply Quinoa

#### Ingredients

- 1 cup sweet potato cut into 1" pieces
- 1/2 cup beets cut into 1" pieces
- 1 cup broccoli florets
- 2 cups kale
- 2/3 cup chickpeas
- 1/4 of an avocado sliced
- 1/2 cup cooked quinoa
- 2 tablespoons hummus
- 1 teaspoon paprika
- Salt & pepper to taste
- Cashew dressing



#### How to Make:

1. Add sweet potatoes and beets to a steamer basket and steam until almost fully cooked, about 15 minutes. Add broccoli and kale and steam until everything is cooked, another 2 - 3 minutes.
2. While vegetables are cooking, toss chickpeas with paprika, salt and pepper. Set aside.
3. Transfer vegetables to a plate or large bowl and arrange as desired. Add quinoa, chickpeas, avocado and hummus to the plate.
4. Drizzle with cashew dressing, toss together and enjoy!

## DINNER

### 1. Tex Mex Taco Salad

Ready in 30 Minutes, Recipe by EatingWell

#### Ingredients:

- 2 tablespoons reduced-fat sour cream
- 1/2 teaspoon canola oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 8 ounces lean ground beef or turkey
- 1 large plum tomato, diced
- 1/2 cup canned kidney beans, rinsed (see Tips for Two)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/8 teaspoon salt, or to taste
- 2 tablespoons chopped fresh cilantro
- 4 cups shredded romaine lettuce
- 1/2 cup prepared salsa
- 1/4 cup shredded sharp Cheddar cheese



How to Make: Combine salsa and sour cream in a large bowl.

1. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3 to 5 minutes.
2. Add tomato, beans, cumin, chili powder and salt; cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.
3. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.

Tips for Two: Refrigerate leftover beans for up to 3 days. Toss with a green salad or into soup for extra protein; mash with garlic powder and chopped fresh herbs for a quick dip.

## 2. Zucchini Enchiladas

Ready in 40 Minutes, Recipe by Delish

- 1 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- kosher salt
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 3 c. Shredded chicken
- 1 1/3 c. red enchilada sauce, divided
- 4 large zucchini, halved lengthwise
- 1 c. Shredded Monterey Jack
- 1 c. shredded Cheddar
- Sour cream, for drizzling
- Fresh cilantro, for garnish



How to Make:

1. Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and season with salt. Cook until soft, 5 minutes, then add garlic, cumin and chili powder and stir until combined. Add shredded chicken and 1 cup enchilada sauce and stir until saucy.
2. On a cutting board, use a Y-shaped vegetable peeler to make thin slices of zucchini. Lay out three, slightly overlapping, and place a spoonful of chicken mixture on top. Roll up and transfer to a baking dish. Repeat with remaining zucchini and chicken mixture.
3. Spoon remaining 1/3 cup enchilada sauce over zucchini enchiladas and sprinkle with both cheeses.
4. Bake until melty, 20 minutes.
5. Garnish with sour cream and cilantro and serve.

## 3. Skillet Chicken Parm

Ready in 30 Minutes, Recipe by Delish

Ingredients:

- 1 1/2 c. panko bread crumbs
- 2 tbsp. freshly grated Parmesan, plus more for serving
- kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil, plus more for drizzling
- 2 large eggs, beaten
- 4 boneless skinless chicken breasts
- 1 c. shredded mozzarella
- 1 pt. cherry tomatoes
- Torn fresh basil, for garnish



How to Make: Preheat oven to 350°.

1. In a small bowl, mix together panko and Parmesan and season with salt and pepper.
2. In a large skillet over medium heat, heat 1 tablespoon olive oil. Dredge chicken in egg, then panko, and add to skillet.
3. Cook chicken until golden, 3 minutes per side. Top each breast with mozzarella and add cherry tomatoes to skillet. Drizzle with olive oil and season with salt and pepper.
4. Transfer to the oven and bake until chicken is cooked through and cheese is melty, 15 minutes.
5. Garnish with basil and Parm and serve over zoodles.

## SNACKS

### 1. Edamame

Just buy some, boil them and salt them. I separate them into bags and eat them on the court.



## 2. Greek Yogurt and Berries

I buy the Chobani or Oikos brand of greek yogurt and since I have a fridge available at work I am able to grab it and eat it on court. Blueberries are my favorite add in.



## 3. Hard Boiled Eggs

I have figured out how to make the perfect hb egg each time. Place them in a pot with water just covering them. Bring it to a boil. Once it's boiling turn off the stove and cover with a lid. Let them sit in the hot water for 15 minutes. Comes out perfect each time!

## 4. No Bake Granola Bars

Recipe by I Heart Naptime

- 2 cups quick cooking oats
- 1 cup almond butter
- 1/2 cup sliced almonds
- 1/2 cup mini chocolate chips
- 1/4 cup honey more if needed
- Optional: salt and cinnamon to taste

How to Make:

1. Combine the oats, almond butter, almonds, chocolate chips and honey in a medium size bowl. Stir until well combined. Add more honey if needed to hold shape and salt and cinnamon, to taste.
2. Line a 8x8 pan with parchment paper, allowing the paper to fall over the edges. Press the oat mixture into the pan.
3. Place in the freezer for 45 minutes to 1 hour, or until firm. Remove paper from pan and then cut the large square in half. Then cut each half into 6 rectangles. Wrap bars individually with parchment paper or plastic wrap and store in the refrigerator or freezer.



## DESSERTS

### 1. Peanut Butter Cookies

Ready in 30 Minutes, Recipe by A Clean Bake

Ingredients:

- 1 cup natural unsweetened peanut butter see notes
- 2 large eggs
- 1/2 cup coconut sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- pinch salt optional, but recommended if your peanut butter doesn't already contain salt

Instructions

1. Preheat the oven to 350F and line a cookie sheet with parchment or a nonstick pad.
2. In the bowl of an electric mixer fitted with the beater attachment or in a large mixing bowl using a hand mixer, whip the peanut butter for a minute until smooth, and then mix in the eggs.
3. Add the sugar, baking powder, vanilla and salt and mix until smooth.
4. Scoop 2-3 Tablespoon portions and roll them into balls.
5. Place them 2" apart on the prepared cookie sheet, then use the back of a fork to gently press twice in opposite directions to flatten the dough balls slightly.
6. Bake for 13-16 minutes until firm on top (the centers will still be soft).
7. Allow the cookies to cool for about 10 minutes on the cookie sheet (during which time they will firm up slightly) before transferring to a wire rack to cool completely.



## 2. Fresh Fruit Sorbet

Fast Prep, Recipe by Beachbody

### Ingredients

- 3 cups fresh fruit (like bananas, peaches, pears, or strawberries)
- $\frac{3}{4}$  cup unsweetened almond milk (or soy milk or nonfat milk)
- 4 strawberries, sliced (for garnish; optional)



### How to Make:

1. Place fruit and almond milk in blender; cover. Blend until smooth.
2. Place blended mixture in a shallow bowl; cover. Freeze for 2 to 4 hours, mixing with a fork every 30 minutes to break ice crystals.
3. Garnish each serving with a strawberry if desired.

# WEEK 3 RECIPES

## BREAKFAST

### 1. Bacon Egg Cups

I made these and we love them! Good for meal prepping.

#### Ingredients

- 12 eggs
- 12 pieces bacon (or turkey bacon)
- 1 tbsp chopped chives
- Toppings by choice: Spinach, peppers, cheese etc.
- salt and pepper

#### Instructions

1. Preheat oven to 400 degrees.
2. Grease your muffin tins.
3. Put one piece of bacon in each hole, wrapping it around to line the sides. Make it look like a little cup. Add any additives you like. Crack the eggs in each hole. Top with toppings chives. Salt and pepper to taste.
4. Cook for about 12-15 minutes or until bacon is crisp. Watch closely.



## 2. Vegan Breakfast Cookies :)

Ready in 30 Minutes, Recipe by Vegangela

### Ingredients

- 2 ripe bananas (overripe is fine)
- cup applesauce (or apple baby food)
- cup natural peanut butter (or almond butter / sun butter)
- ¼ cup maple syrup
- 2 tbsp vanilla protein powder (optional)
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 ½ cups quick cooking or rolled oats (use gluten-free, as needed)
- ¼ cup walnuts (or other nuts, or coconut)
- ¼ cup raisins (or chocolate chips, or more nuts)

### Instructions

1. Preheat oven to 350F/175C degrees.
2. In a large bowl, mash the banana into a thick paste. Add the applesauce, peanut butter, maple syrup, protein powder, vanilla and cinnamon, and mix well.
3. Stir in the oats, nuts and raisins.
4. Line cookie sheet with parchment paper. Drop spoonfuls of dough onto the sheet and bake 20 minutes\*, or until lightly browned.
5. Store in an airtight container for up to 3 days. May also be frozen and brought-out as needed.



## 3. Raspberry Chia Seed Muffins

Ready in 30 Minutes, Recipe by Beachbody

### Ingredients

- 1½ cups whole wheat flour
- 1 Tbsp. chia seeds
- 2 tsp. baking soda
- ½ tsp. fine sea salt (or Himalayan salt)
- 1 cup mashed sweet potato (or pumpkin puree)
- 1 cup unsweetened applesauce
- 2 large egg whites (¼ cup)
- ½ cup pure maple syrup
- 1 tsp. pure vanilla extract
- 1 cup fresh raspberries

### Instructions

1. Preheat oven to 375° F.
2. Prepare 12 muffin cups by lining with muffin papers or coating with spray.
3. Combine flour, chia seeds, baking soda, and salt in a medium bowl; mix well. Set aside.
4. Combine sweet potato, applesauce, egg whites, maple syrup, and extract in a medium bowl; whisk to blend.
5. Add flour mixture to egg mixture; mix until just blended.
6. Gently fold in raspberries.
7. Divide batter among prepared muffin cups.
8. Bake 15 to 18 minutes, or until golden brown and tester inserted into the center comes out clean.
9. Transfer muffins to rack; cool.



## LUNCH

### 1. Beef and Broccoli Stir Fry Bowl

Recipe by Oster

Ingredients:

- 1 package brown rice
- 3 tablespoons reduced-sodium soy sauce
- 1 teaspoon honey
- 1 teaspoon red pepper flakes
- 1 pound sirloin steak, cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cups broccoli
- 1/2 yellow onion, chopped
- 1/2 cabbage
- 4 large carrots
- 3-4 scallions, chopped
- 2 tablespoons sesame seeds

Directions

Add rice to the rice cooker followed by the amount of water specified on the package. Flip the switch to begin cooking. Meanwhile, slice the cabbage and carrots using a food processor. Add the sliced cabbage and carrots to the steamer attachment of the rice cooker, along with the broccoli and onion. While rice is cooking, heat olive oil in a pan on the stovetop and cook the steak. Set aside. Mix together the soy sauce, honey and red pepper flakes in a small bowl until combined. To prepare lunch bowls, spoon a portion of rice into a bowl or lunch container, followed by the steamed veggies. Pour over the soy sauce mixture and sprinkle with scallions and sesame seeds.



### 2. Protein Throw Together Salad

Ingredients:

- Spinach
- Chickpeas
- Cooked and cut Chicken (optional)
- Cooked quinoa
- Roasted butternut squash or sweet potato
- Cucumbers
- Avocado
- Tomatoes
- Dressing: I buy the avocado lime or a yummy vinaigrette

How to Make: Precook the things that need to be. On the day you want your salad just throw it all together. Ready in one minute.



### 3. Salmon with Mango and Lime Salsa

Recipe by Susan Spungen

#### Ingredients

6-oz. skinless salmon fillet or boneless, skinless chicken breast half  
salt

pepper

1 tsp. olive oil

For salsa (makes 4 servings):

1 diced mango

3/4 c. diced red bell pepper

Zest and juice of 1 lime

2 tbsp. Chopped cilantro

2 Thinly sliced scallions

1 tsp. Sriracha (or similar hot sauce, I don't use this)

1/4 tsp.

Coarse salt



#### How to Make:

1. Season salmon or chicken with salt and pepper to taste.
2. Heat 1 teaspoon olive oil over medium-high heat in a nonstick pan. Brown 1 to 2 minutes per side (4 sides for salmon). Bake on a sheet at 400°F, 8 minutes for salmon, 18 to 20 minutes for chicken.
3. Stir together mango, red bell pepper, lime zest, lime juice, cilantro, scallions, Sriracha (or similar hot sauce), and coarse salt.
4. Pile a few dollops of salsa on salmon or chicken.

## LUNCH

### 1. Naked Fish Tacos

Ready in 25 minutes, Recipe by Taste of Home

#### Ingredients:

1 cup coleslaw mix

1/4 cup chopped fresh cilantro

1 green onion, sliced

1 teaspoon chopped seeded jalapeno pepper

4 teaspoons canola oil, divided

2 teaspoons lime juice

1/2 teaspoon ground cumin

1/2 teaspoon salt, divided

1/4 teaspoon pepper, divided

2 tilapia fillets (6 ounces each)



#### How to Make:

Place first four ingredients in a bowl; toss with 2 teaspoons oil, lime juice, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Refrigerate until serving.

Pat fillets dry with paper towels; sprinkle with the remaining salt and pepper. In a large nonstick skillet, heat remaining oil over medium-high heat; cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side. Top with slaw and avocado. Yield: 2 servings.

Health Tip: If you're following a low-carb diet, this dish is for you! If not, pair it up with a whole grain side like brown rice pilaf or corn and pepper saute.

## 2. Garlic Shrimp Pasta

Ready in 30 Minutes, Recipe by Betty Crocker

Ingredients:

- 8 oz uncooked multigrain angel hair (capellini) pasta or spaghetti
- 4 cups fresh baby spinach leaves
- 1 ½ cups halved cherry tomatoes
- 3 teaspoons olive oil
- 1 medium onion, finely chopped (1/2 cup)
- 1 ½ lb fresh medium shrimp, peeled, deveined and tail shells removed
- 3 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper flakes
- ½ cup dry white wine or Progresso™ reduced-sodium chicken broth (from 32-oz carton)
- ¼ cup reduced-sodium chicken broth (from 32-oz carton)
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons chopped fresh parsley
- 2 tablespoons butter



How to Make:

1. In 5-quart saucepan or Dutch oven, cook pasta as directed on package. Drain; return to saucepan. Stir in spinach, tomatoes and 2 teaspoons of the oil. Cover to keep warm.
2. While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat. Add onion; cook and stir 1 minute. Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
3. Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm. Remove from heat; stir in parsley and butter until butter is melted. Add shrimp mixture to pasta mixture in saucepan; toss

## 3. Vegan Burrito Bowl (Add Chicken otherwise)

Ingredients:

- 2 cups romaine lettuce, chopped
- ½ cup cooked brown rice
- ½ cup black beans, drained and rinsed
- ¼ cup corn (thawed if frozen)
- ¼ cup salsa
- 2 tablespoons cilantro, finely chopped
- ½ lime, juiced
- ½ ripe avocado
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Salt and pepper, to taste



How to Make: Cook rice as described on packaging. If you're using chicken you can cook as desired. I always season with garlic and onion powder. Place lettuce, rice (warm), beans (warm), and corn (warm) in a bowl. Top with salsa, avocado, lime juice and cilantro.

## SNACK

### 1. Hummus and Crackers (or Veggies)

I personally am picky about my hummus. I sample them and pick what I like. I eat this with crackers and for the moment I am hooked on the NutThins I find at Sprouts.

### 2. Peanut Butter Banana Toast

This is one of my go-to snacks. I sometimes eat this for breakfast as well with a smoothie.

### 3. String Cheese and an Orange

This is an easy snack for me because there are plenty of orange trees in AZ. Pick what's easy for you ;)

### 4. Apples and Peanut Butter

## DESSERTS

### 1. Banana Split with Chocolate Sauce

Ready in 30 Minutes, Recipe by Not Enough Cinnamon

#### Ingredients

- 2 bananas
- 1 cup frozen Greek yogurt or Greek yogurt - see notes
- 1 tbsp honey optional
- 1/2 tsp pure vanilla extract
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 1/2 cup fresh blackberries
- 2 tbsp chopped roasted almonds
- 1 tbsp clean eating chocolate sauce see recipe below

#### Clean Eating Chocolate Sauce

- 1 1/2 cups coconut sugar or brown sugar
- 3/4 cup unsweetened cocoa powder
- 1 tbsp cornstarch
- a pinch of sea salt
- 1 cup light coconut milk canned



#### How to Make:

1. If using Greek yogurt instead of frozen Greek yogurt, combine yogurt, honey and vanilla.
2. Slice the bananas in half and place a slice on each side of two boat-shaped bowls. Add a few berries in the area between the slices then add yogurt, spreading it out evenly.
3. Top with remaining berries. Sprinkle with roasted almond. Drizzle with chocolate sauce (recipe below) and serve immediately.

#### Clean Eating Chocolate Sauce (Makes about 3 cups)

1. In a medium saucepan, combine coconut sugar, cocoa powder, cornstarch and sea salt. Place over medium heat and gradually stir in coconut milk. Cook, whisking frequently, until it's smooth and thick, about 10 minutes
2. Remove from the heat and cool at room temperature. Pour into a glass jar with lid and refrigerate. It will keep a couple of months in the fridge.

#### Recipe Notes

You can use frozen yogurt if you have access to a good brand without too much sugar where you live. Otherwise, use regular Greek yogurt.

You can also top the bananas with granola and other chopped nuts.

Chocolate Sauce recipe adapted from SkinnyMs

Nutrition facts for 1 tablespoon chocolate sauce: Cal: 30 - Protein: 0.3g - Fat: 1.1g - Carbs: 5.5g - Fiber:

### 2. Strawberry Popsicles

Ready after frozen, Recipe by Half Baked Harvest

#### Ingredients:

- 2 cups Strawberry Coconut Juice \* 16 ounces, I used Strawberry Apple Coconut
- 1 pound fresh strawberries cored and roughly chopped

#### How to Make:

1. Spray two popsicles molds lightly with olive oil spray.
2. Add the strawberry apple coconut juice and strawberries to a blender. Blend until mostly smooth or completely smooth if you do not want any chunks of strawberries.
3. Pour the mixture among the molds. You will only fill up 2-4 popsicles on the second mold.
4. Place the molds in the freezer and freeze until firm, about 4 hours. To remove the popsicles run the mold under hot water for 10 seconds and then pull the popsicles out of the molds.



# WEEK 4 RECIPES

## BREAKFAST

### 1. Egg and Avocado Toast

This is one of my favorites!

Ingredients:

- One slice of whole grain bread
- ½ avocado
- One egg cooked the way you like
- Salt and pepper to taste



How to make: Toast the bread. Make the eggs the way you enjoy. I usually do a chopped hard boiled egg because I prep those earlier in the week and it's fast. I also enjoy scrambled egg and fried egg just depends on my mood. Spread avocado on the toasted bread and put the prepared egg on top. Salt and pepper. Enjoy!

### 2. Hashbrown and Sausage Casserole

Meal prep takes 55 minutes, Recipe by Whole30

Ingredients

- 1 pound bulk breakfast sausage Whole30 compliant or make your own
- 2 tablespoons arrowroot powder
- 1 13.5-ounce can coconut milk
- freshly cracked black pepper
- 1- pound package shredded hash brown potatoes
- 1 bunch green onions finely chopped, about 9 small or 7 medium
- 6 eggs
- 1/2 t garlic powder
- 1/2 t onion powder
- 1/2-1 tsp. salt
- spray coconut oil or coconut oil for greasing

Instructions

1. Preheat oven to 350°F. Spray or grease a 3-quart baking dish with coconut oil.
2. Cook sausage in heavy large skillet over medium-high heat until brown, breaking into small pieces with a spoon or spatula, about 5 minutes. Sprinkle arrowroot over sausage, stirring to coat, then add in 1 1/2 cups coconut milk. Cook until mixture thickens and comes to boil, stirring occasionally, about 3-5 minutes. Add plenty of fresh black pepper.
3. In a medium bowl, whisk eggs and add remaining coconut milk, spices, salt, and 1/3 of the green onions.
4. In baking dish, spread hashbrowns evenly, and sprinkle with a pinch of salt. Top with 1/3 of green onions, then sausage mixture, then egg mixture. Bake 45-50 minutes then sprinkle with remaining green onions. Knife inserted in the center won't come out clean because of the creamy sauce, but the surface should be firm. Cut into squares and serve.



### 3. Pineapple Spinach Smoothie

Recipe by EatingWell

Ingredients

- ¾ cup water
- 2 cups frozen pineapple chunks thawed
- 1 medium ripe avocado halved and pitted
- 2 cups spinach
- ½ cup ice cubes

How to Make: Add all to a blender and blend until smooth



## LUNCH

### 1. Zesty Kale and Sweet Potato Bowl

Ready in 40 minutes, Recipe by Cooking Light

#### Ingredients

1 pound diced peeled sweet potatoes (about 3 cups)  
3 tablespoons olive oil, divided  
1 teaspoon chili powder, divided  
1 teaspoon kosher salt, divided  
1/2 teaspoon black pepper, divided  
1 large red bell pepper, quartered  
1/2 cup unsalted roasted almonds, chopped  
2 teaspoons grated lime rind, divided  
1/2 teaspoon sugar  
2 tablespoons fresh lime juice  
1 tablespoon chopped fresh cilantro  
2 cups hot cooked quinoa  
4 ounces baby kale, chopped (about 4 cups)  
1 ounce Cotija cheese, crumbled (about 1/4 cup)  
1 ripe avocado, sliced  
4 lime wedges

1. Preheat oven to 400°F.
2. Combine sweet potatoes, 1 1/2 teaspoons oil, 1/2 teaspoon chili powder, 1/8 teaspoon salt, and 1/4 teaspoon black pepper in a bowl; toss. Arrange sweet potato mixture on one side of an aluminum foil-lined baking sheet. Place bell pepper on other side of pan; drizzle with 1 1/2 teaspoons oil, and toss to coat. Bake until potatoes are tender and peppers are lightly charred, about 30 minutes, stirring potatoes once halfway through. Remove pan from oven. Cut bell pepper into strips.
3. Cook almonds in a small skillet over medium until toasted, 2 to 3 minutes. Add 1 teaspoon oil, remaining 1/2 teaspoon chili powder, 1/8 teaspoon salt, 1 teaspoon rind, and sugar; cook, stirring occasionally, 1 minute.
4. Whisk together remaining 5 teaspoons oil, remaining 3/4 teaspoon salt, remaining 1/4 teaspoon black pepper, remaining 1 teaspoon rind, juice, and cilantro in a bowl. Divide quinoa among 4 bowls; top evenly with kale, sweet potatoes, and bell pepper. Drizzle with juice mixture; top evenly with coated almonds, Cotija, and avocado. Serve with lime wedges.



## 2. Hummus and Grilled Vegetable Wrap

Ready in 20 minutes, recipe by Food Network

### Ingredients:

- 2 medium zucchini, cut lengthwise into 1/4-inch slices
- 2 teaspoons olive oil
- 1/8 teaspoon salt
- Pinch freshly ground black pepper
- 1 cup store-bought hummus
- 4 pieces whole-wheat wrap bread (about 9 inches in diameter)
- 1/4 cup pine nuts, toasted
- 1 medium red bell pepper, thinly sliced
- 2 ounces baby spinach leaves (2 cups lightly packed)
- 1/2 cup red onion thinly sliced into half moons
- 1/4 cup fresh mint leaves

### How to make:

1. Preheat the grill or grill pan over medium heat. Brush both sides of the zucchini slices with the oil and sprinkle with the salt and pepper. Grill until tender and slightly browned, about 4 minutes per side.
2. Spread 1/4 cup of the hummus over each piece of bread. Sprinkle 1 tablespoon of pine nuts on top. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of the spinach, a few sliced onions, and 1 tablespoon of the mint. Roll each of them up and cut in half on a diagonal.

Excellent Source of: Copper, Fiber, Folate, Iron, Magnesium, Manganese, Phosphorus, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Protein



### 3. One Pan Thai Coconut Yellow Curry Chicken & Rice

Ready in 40 minutes, Recipe by Ambitious Kitchen

#### Ingredients:

- 1 tablespoon coconut oil, plus more if necessary
- 2 cloves garlic, minced
- 1 pound boneless skinless chicken thighs
- Freshly ground salt and pepper
- 2 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 bunch green onions, chopped
- 1 red bell pepper, julienned
- 8 oz green beans, ends trimmed and cut into roughly 2 inch long pieces
- 2 medium carrots, sliced
- 1 (15 ounce) can lite coconut milk
- 1 tablespoon medium yellow curry powder (or 2 tablespoons yellow curry paste)
- 1 teaspoon ground turmeric
- 1 lime, juiced
- ½ teaspoon salt
- 1 cup white basmati rice (nice and fluffy)
- To garnish:
  - Fresh cilantro
  - Diced green onion

#### How to make:

1. Place a large deep 10 inch skillet over medium high heat. (If you do not have a skillet a large pot will also work very well!) Add in coconut oil and garlic. Once hot, add in chicken and season generously with freshly ground salt and pepper. Cook until browned 4-5 minutes, then flip and and cook an additional 4-5 minutes. Remove from pan and transfer to a plate.
2. In the same skillet (it should be greased enough already for sauteing), add garlic, ginger, chopped green onion, red bell pepper, green beans and carrots. Saute over medium heat for 3-4 minutes to absorb pan flavors.
3. Next add in coconut milk, yellow curry powder, turmeric, lime juice and salt; stir well to combine. Bring to a simmer, then fold in the rice, making sure it is evenly distributed. Add browned chicken on top. Reduce heat to low, cover the skillet immediately and cook for 20 minutes. After 20 minutes, most of the liquid should be absorbed and rice should be cooked. Serve immediately. Garnish with cilantro and green onion.
4. To meal prep:
5. This meal serves four. Place rice in a meal prep containers and top with 1 chicken thigh. Garnish with cilantro and green onions.

Notes: Do not use brown rice. It takes a lot longer to cook and I would NOT recommend... SERIOUSLY DO NOT TRY IT. If you are looking for an alternative, I would recommend subbing 3/4 cup quinoa. The cooking time will stay the same.



## DINNER

### 1. Healthier Lasagna

Preps in 30 ready in 3.5 hours, Recipe by Allrecipes

Ingredients:

- 1 pound turkey sausage or ground steak (my choice)
- 3/4 pound lean ground turkey
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1/4 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 3/4 pound low fat mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese



How to make:

1. Heat a Dutch oven or large skillet over medium heat; cook and stir turkey sausage, ground turkey, onion, and garlic until well browned, about 15 minutes. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with basil, fennel seeds, Italian seasoning, pepper, and 2 tablespoons parsley. Simmer, uncovered, for about 1 1/2 hours, stirring occasionally.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Bring a large pot of lightly salted water to a boil. Cook lasagna in the boiling water, stirring occasionally until cooked through but firm to the bite, about 8 minutes. Drain.
4. Spread 1 1/2 cups turkey sauce in bottom of 9x13 baking dish. Arrange 6 noodles lengthwise over sauce. Spread half the ricotta over noodles. Top with a third of the mozzarella cheese slices. Spoon 1 1/2 cups turkey sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers and top with remaining mozzarella and Parmesan cheese. Cover with aluminum foil; make sure foil does not touch cheese to prevent sticking.
5. Bake in preheated oven until sauce is hot and cheese is melted, about 25 minutes more. Remove foil and bake until cheese is golden brown, about 25 minutes. Cool 15 minutes before serving.

### 2. Sweet and Sour Pork

Ready in an hour, recipe by Beachbody.

My husband and I love this but use chicken instead of pork, your choice!

Ingredients:

- 2 Tbsp. reduced-sodium soy sauce, divided use
- 1 Tbsp. finely chopped fresh ginger
- 2 tsp. dry sherry wine (optional)
- 4 tsp. cornstarch (preferably GMO-free), divided use
- 1 lb. raw lean boneless pork loin, cut into 1-inch cubes
- 2 Tbsp. unsweetened pineapple juice
- 2 Tbsp. rice vinegar
- 1 Tbsp. tomato paste, no sugar added
- 1 1/2 tsp. raw honey
- 2 Tbsp. extra-virgin organic coconut oil, divided use
- 1 medium onion, cut in half, sliced vertically
- 1 medium red bell pepper, cut into 1/2-inch wide strips
- 1 medium yellow bell pepper, cut into 1/2-inch wide strips

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- 4 tsp. cornstarch (preferably GMO-free), divided use
- 1 lb. raw lean boneless pork loin, cut into 1-inch cubes
- 2 Tbsp. unsweetened pineapple juice
- 2 Tbsp. rice vinegar
- 1 Tbsp. tomato paste, no sugar added
- 1½ tsp. raw honey
- 2 Tbsp. extra-virgin organic coconut oil, divided use
- 1 medium onion, cut in half, sliced vertically
- 1 medium red bell pepper, cut into ½-inch wide strips
- 1 medium yellow bell pepper, cut into ½-inch wide strips
- 1 medium orange bell pepper, cut into ½-inch wide strips
- 1 cup cubed fresh pineapple (or canned pineapple in juice)
- Fresh cilantro sprigs (for garnish; optional)

### How to make:

1. Combine 1 Tbsp. soy sauce, ginger, sherry (if desired), and 2 tsp. cornstarch in a medium mixing bowl; whisk to blend. Place in a large resealable bag.
2. Add pork; marinate, refrigerated, for 30 minutes.
3. Combine remaining 1 Tbsp. soy sauce, pineapple juice, vinegar, tomato paste, honey, and remaining 2 tsp. cornstarch in a medium bowl; whisk to blend. Set aside.
4. Heat 1 Tbsp. oil in large nonstick skillet (or wok) over medium-high heat.
5. Add pork; cook undisturbed for 1½ minutes. Cook, stirring constantly, for an additional minute, or until pork is browned but not cooked all the way through. Remove pork from pan. (Note: This may need to be done in 2 or more batches, so that all of the pork has contact with the pan and is seared.) Discard any leftover marinade.
6. Add remaining 1 Tbsp. oil to skillet; heat over medium-high heat.
7. Add onion and bell peppers; cook, stirring frequently, for 2 minutes.
8. Add pork; cook, stirring frequently, for 1 minute.
9. Add pineapple juice mixture; cook, stirring frequently, for 1 to 2 minutes, or until sauce has thickened and pork is cooked through.
10. Add pineapple; cook, stirring frequently, for 1 minute.
11. Divide between four serving plates. Garnish with cilantro if desired.
12. Serve each portion with ½ cup cooked brown rice, if desired.



### 3. Creamy Vegan Butternut Squash Linguine

Ready in an hour, recipe by Cookie + Kate

#### Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon finely chopped fresh sage
- 2 pound butternut or kabocha squash, peeled, seeded, and cut into small ½-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 2 garlic cloves, pressed or chopped
- ⅛ teaspoon red pepper flakes (up to ¼ teaspoon for spicier pasta sauce)
- Salt
- Freshly ground black pepper
- 2 cups vegetable broth
- 12 ounces whole grain linguine or fettucine
- Optional additional garnishes: shaved Parmesan or Pecorino and/or smoked salt



#### How to make:

1. Warm the oil in a large skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl. Sprinkle it lightly with salt and set the bowl aside.
2. Add the squash, onion, garlic and red pepper flakes to the skillet. Season with salt and pepper. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes. Add the broth. Bring the mixture to a boil, then reduce the heat and simmer until the squash is soft and the liquid is reduced by half, about 15 to 20 minutes.
3. In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente according to package directions, stirring occasionally. Reserve 1 cup of the pasta cooking water before draining.
4. Once the squash mixture is done cooking, remove it from the heat and let it cool slightly. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt and pepper until the flavors sing.
5. In the reserved skillet, combine the pasta, squash purée and ¼ cup cooking liquid. Cook over medium heat, tossing and adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes. Season with more salt and pepper if necessary.
6. Serve the pasta in individual bowls topped with fried sage, more black pepper and shaved Parmesan/ Pecorino and/or smoked salt, if desired.

## SNACKS

### 1. Minty Pea Dip With Pretzel Chips

Ready in 5 minutes, Recipe by Real Simple

Mash ½ cup frozen peas with 1 tablespoon chopped fresh mint and 2 teaspoons fresh lime juice. Serve with 15 pretzel chips.

### 2. Banana Chia Seed Sushis

Ready in 5 minutes, Recipe by EatWell101

#### Ingredients:

- 1 banana
- 1 tablespoon honey
- 1 tablespoon chia seeds
- 1 tablespoon poppy seeds

#### How to make:

1. Mix and lay chia and poppy seeds one on layer on a surface lined with parchment paper.
2. Peel the banana, leaving a 1-inch wide portion of the skin lengthwise. Then, spread honey on top, making sure to coat the top and sides. Then, roll on poppy and chia seeds.
3. Gently peel off the remaining strip of banana skin, then slice about an 1/2-inch thick, just like sushi! Serve right away and enjoy a delicious and healthy treat.



### 3. Vegetable Spring Rolls

Ready in 5 minutes, Recipe by Eatwell101

- 1 package of rice paper rounds
- 1 cucumber, thinly sliced
- 1 avocado, sliced
- Grated or julienned carrots
- 1/4 cup purple cabbage, thinly sliced
- Basil, to taste
- Cilantro, to taste
- Mint, to taste
- 1/2 lime
- 1 small jalapeño, sliced
- 1/4 cup Soy sauce
- 1 tablespoon Sriracha, or to taste
- 1 tablespoon sesame oil, or to taste



How to make:

1. Soak rice paper sheets in warm water until soft. About 30 seconds to one minute. Process one sheet at a time otherwise they will stick all together.
2. Lay a rice paper sheet out on a clean surface and place a small amount of each ingredient in the center. Play with different combinations of ingredients, add lime juice and chili sauce if you like.
3. Fold both sides over the filling, and gently roll up. Serve with your favorite spicy hot dipping sauce and enjoy!

### 4. Roasted Parmesan Asparagus

Ready in 20 minutes, Recipe by Eatwell101

Ingredients:

- 1 bunch asparagus (10-12), trimmed
- 1 1/2 oz (45g) parmesan, grated
- 1 egg, lightly whisked
- 5 tablespoons breadcrumbs
- Cayenne pepper (optional)
- A pinch of salt and pepper
- 2 large eggs

How to make:

1. Preheat the oven to 400°F (200°C) and put your beaten egg in a shallow dish. In a separate shallow dish, combine breadcrumbs, parmesan, cayenne, salt and pepper.
2. Cook asparagus for 7 minutes into boiling water. Drain and pat dry. Dip each asparagus into the egg, then into the breadcrumb mixture and place on a baking tray. Sprinkle with parmesan and breadcrumbs that might be left over and place in the oven.
3. Roast for 7 minutes, then turn the oven down to 325°F(170°C). Turn the asparagus over using a spatula and roast for a further 7 minutes until the breadcrumb is crisp and golden.
4. While the asparagus are in the oven, place both eggs into a medium sized sauce pan and fill with cold water. Heat on a high heat until the water comes to a boil. Once boiling, turn the heat off and let the eggs sit for 3 minutes. After 3 minutes, take out of the water and serve immediately with the asparagus.



## DESSERTS

### 1. "Healthier" Carrot Cake

Recipe by Green Kitchen

#### Ingredients:

3 eggs  
1-2 bananas  
10-15 fresh dates (without seeds)  
6 tbsp sunflower oil  
1 cup whole wheat flour  
1 ½ tsp baking powder  
3 tsp cinnamon  
½ tsp nutmeg  
½ tsp cardamom  
3-4 carrots (medium size, grated)  
½ cup coconut flakes  
½ cup walnuts (roughly chopped)  
1/2 cup raisins  
Glazing  
200 g cream cheese  
3 tbsp honey  
1/2 lime (juice)  
1/2 cup hazelnuts



#### How to Make:

1. Preheat the oven to 350°F. Whisk the eggs in a medium sized bowl. Use a hand blender or a blender to mix bananas, dates and oil into a thick cream in another bowl.
2. Sift together flour, baking powder, cinnamon, nutmeg and cardamom and stir it together with the eggs and the banana-cream. Add grated carrots, coconut flakes, walnuts and raisins and stir it until it all comes together.
3. Pour it into a cake pan and bake for about 40 minutes. Try to stick a toothpick in the centre of the cake, when nothing sticks on it the cake is ready. Let it cool.
4. Whip together the cream cheese and the honey (bananas or dates would probably also work as sweeteners for the frosting). Add the frosting when the cake is completely cooled of. Serve with roughly chopped hazelnuts or walnuts on the top.

### 2. Homemade Vanilla Frozen Yogurt

Prepped in 10 minutes, Ready in 6 hours, recipe by Beachbody

#### Ingredients:

2 cups reduced-fat (2%) plain Greek yogurt  
2 Tbsp . raw honey  
½ vanilla bean , cut in half lengthwise, seeds removed (or ½ tsp. pure vanilla)  
2 Tbsp . reduced-fat (2%) milk

#### How to Make:

1. Combine yogurt, honey, and vanilla bean seeds in a medium bowl; mix well.
2. Place mixture in a re-sealable gallon-sized plastic bag. Lay bag flat. Spread mixture into an even layer. Press to eliminate air pockets; seal tightly.
3. Lay flat in freezer. Freeze for 3 to 4 hours, or until almost firm.
4. Break mixture into small pieces. Place in food processor (or blender). Add milk. Process until very smooth.
5. Pour mixture into 8 x 4-inch loaf pan; cover surface with plastic wrap. Freeze for 1 to 2 hours, or until mixture is firm but can be scooped. Serve immediately.

