

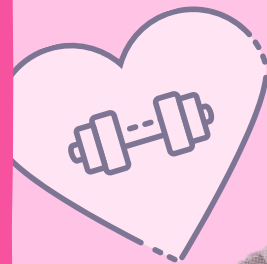
Fit Bestie

BURN

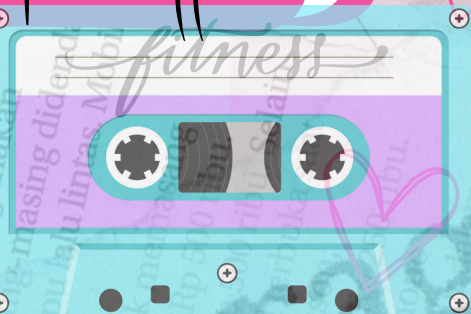
BOOK

**THE ULTIMATE FAT LOSS & MUSCLE
BUILDING GUIDE FOR WOMEN READY
TO DITCH THE CONFUSION AND BUILD
THEIR STRONGEST, FITTEST, MOST
CONFIDENT SELF!**

Casee Jo Harwell



"KISS"
KEEP IT
SUPER
SIMPLE



I CAN

DO IT

AND

LOVE IT

Let's Get Fit Bestie

THIS ISN'T JUST ANOTHER FITNESS GUIDE—IT'S YOUR GLOW-UP BLUEPRINT TO BURNING FAT, BUILDING MUSCLE, AND BECOMING THE WOMEN YOU WANT TO BE!

WE ARE HERE TO BURN THE HABITS THAT AREN'T SERVING YOU AND REWRITE THE STORY OF YOUR HEALTH, FITNESS, AND MINDSET.

KEEPING IT SUPER SIMPLE ALONG THE WAY! INSIDE YOU'LL FIND WORKOUTS, MEAL PLANS, MINDSET SHIFTS, AND EVERYTHING I'VE LEARNED SINCE LOSING 55 LBS AND KEEPING IT OFF!

WHETHER YOU'RE HITTING THE GYM, WORKING OUT AT HOME, OR JUST GETTING STARTED—THIS BOOK HAS EVERYTHING YOU NEED TO FUEL YOUR BODY, TRAIN SMART, AND STEP INTO YOUR BEST SELF FOR GOOD!

IT'S TIME TO BURN THE EXCUSES, DITCH THE TOXIC DIET CULTURE, AND BUILD A BODY (AND LIFE) YOU LOVE. LET'S DO THIS, BESTIE!

"KISS"
KEEP IT
SUPER
SIMPLE

[CLICK HERE FOR WELCOME VIDEO #1 FROM CASEE](#)

Casee Jo
FITNESS



Welcome Bestie



I want to sincerely thank you for joining this program!
This program is the full accumulation of everything I have learned and done to transform my body, lose 55 lbs and keep it off!
I have compiled all of the knowledge and tools I have personally gained during my journey and now I am sharing it with you, to reach your goals!
It's your turn to go for it and get to work!

I've spent countless hours putting this together, ensuring you have an educated approach to your fitness journey.

I know you will have an AMAZING transformation!

I'll be here alongside you to answer any questions during your journey!

You are welcome to send me progress pictures via email, text, Facebook, or Instagram.

I am truly your #1 fan and love to celebrate your hard work!

FREE seasonal bonus material and challenges are regularly offered in my private FB besties group. Click the link below to join the group!



Casee Jo

**CLICK HERE FOR
"WHAT TO
EXPECT
FROM THE BURN
BOOK" VIDEO #2
FROM CASEE**

FOLLOW ME



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TIKTOK

3



Important

INFO



BY PURCHASING AND PARTICIPATING IN THIS FITNESS AND NUTRITION PLAN, YOU ARE AGREEING TO DO SO AT YOUR OWN RISK.

I, CASEE JO HARWELL, AM NOT LIABLE FOR ANY INJURY FOR ANY DAMAGE/INJURY THAT MAY OCCUR. BY PARTICIPATING IN THIS FITNESS PLAN, YOU ASSUME ANY AND ALL LIABILITY AND FINANCIAL RESPONSIBILITIES, AND AGREE TO BE HELD LIABLE OF ANY/ALL INJURY/DAMAGE THAT MAY OCCUR.

PLEASE CONSULT A PHYSICIAN PRIOR TO PERFORMING ANY OF THESE EXERCISES, OR FOLLOWING THE INCLUDED MEAL PLANS. MODIFY, ADJUST PLAN MATERIALS/SCHEDULE AS NEEDED TO FIT YOUR FITNESS LEVEL.

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Exercise Index 1



- [FORM IS WHERE IT'S AT VIDEO:](#)
- [FULL DEMO PLAYLIST HERE:](#)
- [UPPER BODY WARM UP:](#)
- [LOWER BODY WARM UP:](#)
- [COOL DOWN/STRETCH:](#)
- [ROLL IT OUT RECOVERY:](#)
- [BOOTY BURNER WARMER:](#)

CLICK EACH EXERCISE TO
GO TO DEMO VIDEO

UPPER BODY STRENGTH

- [ARCHER PUSH-UPS \(MED BALL OR GROUND\)](#)
- [AROUND THE WORLDS](#)
- [BANDED CHIN-UPS](#)
- [BENT-OVER FLYS](#)
- [BENT-OVER REVERSE ARM RAISES \(SWEEPS\)](#)
- [BENT-OVER UNDERHAND ROWS](#)
- [BICEP CURLS WITH SLOW NEGATIVES](#)
- [CHEST PRESS](#)
- [CLOSE GRIP PUSH-UPS](#)
- [DEFICIT AKA CHAIR THROUGH PUSH-UPS](#)
- [DUMBBELL PULLOVER](#)
- [DUMBBELL PUSH-UPS](#)
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- [HAMMER CURL TO PRESS](#)
- [HAND-RELEASE PUSH-UPS](#)
- [INCLINE CHEST PRESS](#)
- [INCLINE PUSH-UPS](#)
- [KNEELING SINGLE ARM SHOULDER PRESS](#)
- [LAT PULLDOWN \(CABLE AND DUMBBELLS\)](#)
- [PUSH-UPS WITH MODIFICATION](#)
- [RENEGADE ROWS](#)
- [SCULL CRUSHERS](#)
- [SEATED ROWS \(CABLE/DUMBBELLS\)](#)
- [SEATED SHOULDER PRESS](#)
- [SINGLE ARM ROW](#)
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- [STANDING CURL TO PRESS](#)
- [STANDING MILITARY PRESS](#)
- [SUPERWOMANS](#)
- [OVERHEAD TRICEPS EXTENSION](#)
- [TRICEP DIPS](#)
- [TRICEP KICKBACKS](#)
- [TRICEPS CABLE PUSH/PULL DOWNS](#)
- [WOODCHOPPER](#)

LOWER BODY STRENGTH

- [BULGARIAN SPLIT SQUAT WITH PULSES](#)
- [STANDING WEIGHTED CALF RAISES](#)
- [CURTSY LUNGES](#)
- [DUMBBELL DEADLIFT](#)
- [GLUTE BRIDGES](#)
- [HAMSTRING CURL MACHINE](#)
- [HAMSTRING CURL VARIATIONS](#)
- [HEELS-ELEVATED GOBLET SQUATS](#)
- [HEELS-ELEVATED GLUTE BRIDGES + SINGLE LEG](#)
- [HIP THRUSTS \(BACK SUPPORTED\)](#)
- [LATERAL LUNGE STEP OUTS](#)
- [LATERAL LUNGES](#)
- [LEG EXTENSION MACHINE](#)
- [LEG PRESS PULSES](#)
- [REVERSE LUNGES](#)
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- [SPLIT SQUATS](#)
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- [SQUATS - GOBLET WITH/WITHOUT WEIGHT](#)
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- [STRAIGHT LEG ROMANIAN-DEADLIFTS/GOODMORNINGS](#)
- [SUMO SQUATS](#)
- [WALKING LUNGES](#)
- [WALL SIT- WITH/WITHOUT WEIGHT-PRESS OR HOLD OUT FRONT](#)
- [WIDE PLIE SQUAT](#)

Exercise Index 2

CLICK EACH EXERCISE TO
GO TO DEMO VIDEO

CORE

- CRUNCH WITH VARIATIONS
- BEAR HOLDS & BEAR SHOULDER TAPS
- BEAR AROUND THE WORLDS
- BICYCLE CRUNCHES
- BIRD DOG CRUNCHES
- CROSSOVER TOE TOUCHES
- DEAD BUGS
- FARMERS CARRY (TWO-HANDED)
- FLUTTER KICKS
- GRIPPED LEG LIFTS
- HANGING KNEE RAISES
- HEEL TAP OVERS
- INCH WORMS & PLANK WALK OUTS
- KNEE INS - BENCH OR GROUND
- LEG LIFTS ALTERNATING
- MED BALL KNEE INS
- MED BALL PRESSES
- PALO PRESS
- PLANK HIP TAPS
- PLANK LEG LIFTS
- PLANK MODIFICATIONS
- PLANK SHOULDER TAPS
- REVERSE PLANK HEEL STEP OUTS
- ROCKING PLANK
- RUSSIAN TWISTS WITH OVERHEAD PRESS
- RUSSIAN TWISTS WITH MED BALL
- RUSSIAN TWISTS WITH/WITHOUT WEIGHT + MODIFICATION
- SCISSOR KICKS
- SIDE-TO-SIDE ANKLE TAPS
- SIDE PLANK HIP DIPS
- SIDE PLANKS
- SIT-UP VARIATIONS
- STABILITY BALL WORK
- STANDING KNEE RAISES
- STANDING OBLIQUE CRUNCHES
- STANDING SIDE BENDS WITH/WITHOUT WEIGHT
- SUITCASE CARRY (ONE-HANDED)
- TOE REACH
- V-UPS / HOLLOW / V-HOLDS
- WINDMILLS

RECTIC DIASTASIS
INFO VIDEO

CARDIO

- BATTLE ROPES
- BUTT KICKS
- HIGH KNEES
- JUMP LUNGES
- JUMP ROPE
- JUMP SQUATS
- JUMPING JACKS
- KETTLEBELL SWINGS
- MOUNTAIN CLIMBERS WITH MODIFICATION
- PLANK JACKS
- PLATE PUSHES
- POP SQUATS
- PUSH-UP CLAP
- SIDE HOPS
- SKATER JUMPS
- SQUAT THRUSTERS W/HOLD
- STAR JUMPS
- UP-DOWNS



BANDED BOOTY/LEG WORK

- BANDED DONKEY KICKS
- BANDED FIRE HYDRANTS
- BANDED MONSTER WALKS OR DUCK WALKS
- BANDED SEATED ABDUCTIONS
- BANDED SIDE STEPS AKA CRAB WALKS
- BANDED STANDING ADDUCTIONS & SIDE LEG LIFTS+ MONSTER WALKS
- CLAM PULSES
- GLUTE BRIDGES - BANDED/NON-BANDED WITH SINGLE LEG GLUTE BRIDGES
- GLUTE HEEL STEP OUTS
- HEELS ELEVATED GLUTE BRIDGES WITH SINGLE LEG LIFTS
- KNEELING GLUTE CROSS OVER TOE TOUCHES
- KNEELING STRAIGHT LEG GLUTE PULSES
- SQUAT PULSES WTH VARIATIONS
- STANDING ADDUCTOR PULSES
- STRAIGHT LEG GLUTE KICKBACKS
- WALL SIT WITH BOOTY BAND ABDUCTIONS
- KNEELING SINGLE LEG KICKBACKS PULSES

BURN BOOK

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45. GO WITH YOUR GUT HEALTH GUIDE
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A hand-drawn illustration of a pink lipstick tube with a heart on its label, resting on a piece of torn paper. The heart is divided into two colors: orange and pink. The lipstick tube is silver with a pink cap. The background is a piece of torn, light brown paper with some faint, illegible text visible.



FAQS



DO I DO ALL THE WORKOUTS LISTED ON THE DAILY SCHEDULE?

Yes! The workouts listed are for Mon to Fri, but feel free to adjust your schedule. if needed, use a Sat/Sun to complete 5 workouts per week and take a day off to rest!

WHAT ARE THE CARDIO & CORE OPTIONAL WORKOUTS

These are additional recommendations to get you max results.

Cardio & core are great for everyone, no matter what your goal is.

I do my "cardio" on my days off or after I lift.

I do core at the end of my workout or my days off with my cardio.

WHERE ARE WEEKS 7-12 MEAL PLANS?

I have provided 6 weeks of meal plans.

Eat these for 6 weeks, then start at week 1 again til you get to week 12.

WHAT DO I DO AFTER THE 12 WEEKS IS UP?

I personally follow the same plan for close to 3 months then repeat the plan, with the goal of increasing my weights and/or decreasing my rests.

There are plenty of workouts that will be effective for FAR longer than just 12 weeks!

KEEP AN EYE ON MY FB PAGE FOR FUTURE PROGRAMS & CHALLENGES FROM ME!

DO I HAVE TO EAT WHAT'S LISTED?

No. Feel free to make adjustments as long as you are hitting your macros and nutrition guidelines!

HOW MUCH WEIGHT SHOULD I LIFT?

The workouts are meant to be challenging, but if things feel a little too tough, feel free to incorporate modifications as needed!

Recommended

EQUIPMENT

ALL OF THE MOVEMENTS CAN BE DONE WITHOUT EQUIPMENT,
BUT I SUGGEST A FEW ITEMS TO GET MAX RESULTS!

SET OF DUMBBELLS 5-7 LB WEIGHTS FOR UPPER BODY +A HEAVIER SET (15-20 LB) FOR LOWER BODY EXERCISES	RESISTANCE BAND WITH OR WITHOUT HANDLES MEDIUM-HEAVY RESISTANCE	GLUTE BANDS MEDIUM TO HEAVY RESISTANCE (THICKER, CLOTH-LIKE MATERIAL SO THEY DON'T ROLL UP)
FOOD SCALE YOU NEED TO KNOW HOW MUCH OF WHAT FOODS YOU ARE CONSUMING! THIS IS A MUST! MEASURING TAPE TO MEASURE YOUR BODY SO YOU CAN TRACK YOUR PROGRESS	PRE-WORKOUT (FOR ENERGY) (OPTIONAL) <u>I LOVE XYNG & TRIMSTIX</u> <u>BUY HERE:</u>	PROTEIN POWDER <u>I LIKE THIS ONE!</u> <u>CLICK HERE TO BUY</u>
KETTLEBELL (OPTIONAL) 20LB OR HEAVIER//OR USE 1 HEAVY DUMBBELL	PROBIOTIC (FOR GUT HEALTH) (OPTIONAL) <u>GUT GLOW PACK HERE:</u>	PLEASE START WITH WEIGHT AMOUNTS YOU ARE COMFORTABLE WITH!

ITEMS CAN BE PURCHASED
AT WALMART, FIVE BELOW,
AMAZON, OR ANY
SPORTING GOODS STOR OR
FROM THIS LINK.

CLICK HERE TO SHOP

ALL OF
CASEE'S GYM
FAVORITES IN 1
PLACE!



Modify your MOVEMENTS



"LEG WORKOUTS SIMPLY
HAVE TO BE BRUTAL IN
ORDER TO BE EFFECTIVE"

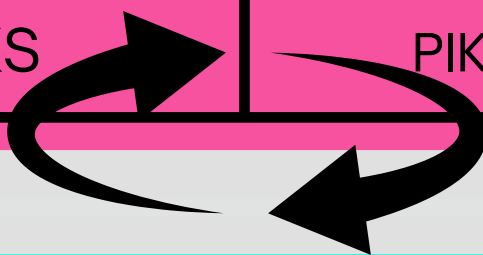
-ARNOLD SCHWARZENEGGER



EXERCISE

MODIFICATION

JUMP SQUAT	SQUAT IN PLACE
MOUNTAIN CLIMBERS	KNEE TO ELBOWS
JUMPING JACKS	STEP OUTS
STAR JUMPS	STAR HOPS OR STEPS
LEG LIFTS	SINGLE LEG LIFTS
PLANKS	PIKE PLANKS



The following workout schedule offers a variety of workouts that prioritize fat loss/weight loss with an emphasis on general toning/booty and core development.

You are encouraged to MODIFY when needed according to your body/schedule and work your way up to completing the workouts listed.

It's will get easier as you get stronger and more conditioned.

Add in your rest days, take additional breaks.

YOU CAN DO IT GIRL!



Measurement TRACKER

WHY MEASURING YOUR BODY WITH A TAPE MEASURE IS IMPORTANT

Don't forget

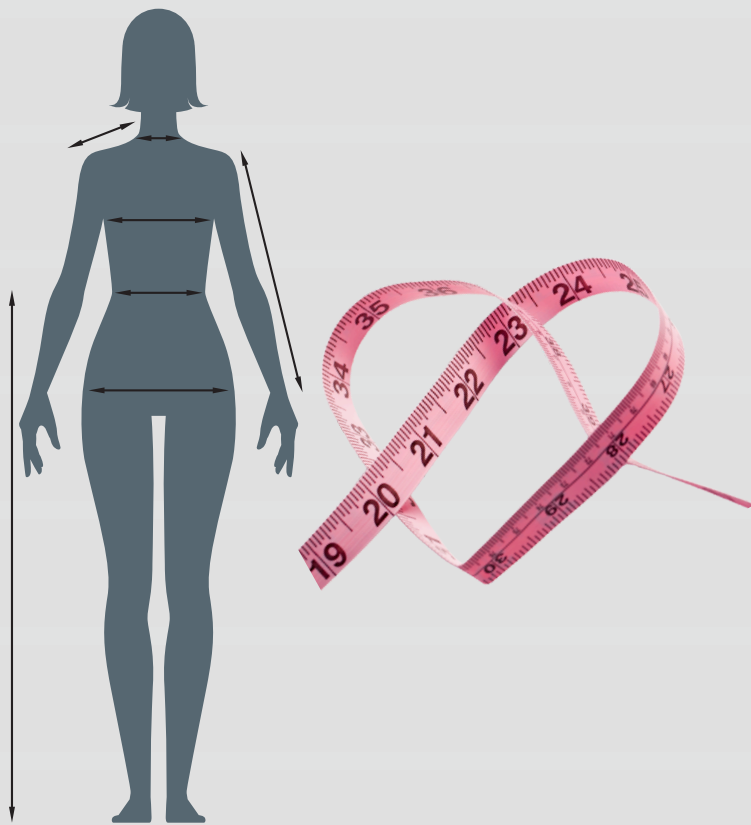
The scale does NOT tell the full story, bestie! When you're losing fat and building muscle, the number on the scale can be deceiving.

That's why using a tape measure to track inches lost is key to seeing your real progress!

WHY MEASUREMENTS MATTER:

- Muscle weighs more than fat, but takes up less space, so you might be shrinking without seeing the scale drop.
- Tape measurements show where you're losing inches, even when the scale stalls.
- Helps track body recomposition (fat loss + muscle gain) for a strong, toned look vs. just weight loss.

Don't let the scale play mind games—measure so you can track the real transformation!



**Beginning
Week 1**

**Beginning
Week 6**

**Ending
Week 12**

	Weight		Weight	
	Around Neck		Around Neck	
	Around Right bicep		Around Right bicep	
	Around Left bicep		Around Left bicep	
	Bust		Bust	
	Waist @ belly button-		Waist @ belly button-	
	Hips-around butt		Hips-around butt	
	Around Mid thigh Left		Around Mid thigh Left	
	Around Mid thigh Right		Around Mid thigh Right	
	Around Calves R		Around Calves R	
	Around Calves L		Around Calves L	
	Total inches=		Total inches=	

Always weigh & measure in the am, after you pee, bf you eat

Don't get caught up in what the scale says!

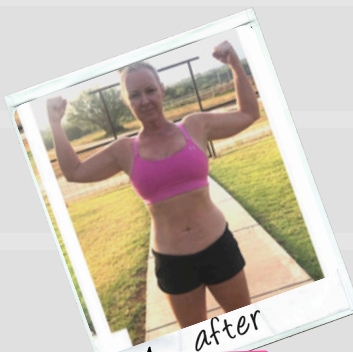
Trust me, The scale will mess with your head! Take before/after pictures, measure your body with a measuring tape! Weigh in a few x a week at the same time of day. Re-measure and take progress pictures every 4 weeks!



Take Photos



WHY PROGRESS PHOTOS ARE A GAME-CHANGER



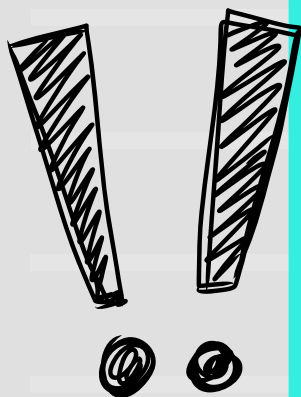
Don't forget

You see yourself every day, which makes it hard to notice the subtle changes happening with your body. That's where progress photos come in!

WHY PHOTOS ARE IMPORTANT:

- The scale can lie, but pictures don't—they capture muscle definition, posture changes, and overall shape.
- Looking back at your before photos reminds you how far you've come (even when you don't feel it!).
- Side-by-side comparisons motivate you to keep going when results feel slow.

So, strip down sis and snap those pics and trust the process!
The future YOU will thank you!



Week 1



Week 6



Week 13



Take pics at the beginning of these weeks & check when completed

Send me your pictures so I can celebrate you!

casee@caseeharwell.com



Goal Setting



Name _____

Date _____

TOP 3 GOALS *(Specific, Measurable, Achievable)*

1
2
3

GOAL #1

1. Why is this so important to me?

2. Success Looks like:

3.3 Action Steps I'm going to take to achieve this goal:

GOAL #2

1. Why is this so important to me?

2. Success Looks like:

3.3 Action Steps I'm going to take to achieve this goal:

GOAL #3

1. Why is this so important to me?

2. Success Looks like:

3.3 Action Steps I'm going to take to achieve this goal:

♦ **MANIFEST** ♦

CHASE
Goals

Fit Bestie Burn Book

WORKOUT LOG



Date Time: Week

Workout Day 1 2 3 4 5 6 7

Exercise Reps Set-1 Set-2 Set-3 Set-4 Set-5

Date Time: Week

Workout Day 1 2 3 4 5 6 7

Exercise Reps Set-1 Set-2 Set-3 Set-4 Set-5



Fit Bestie Burn Book

WORKOUT LOG



Date

Time :

Week

Workout Day

1

2

3

4

5

6

7

Exercise

Reps

Set-1

Set-2

Set-3

Set-4

Set-5

Write out what Optional Days you Completed

Cardio Days Completed:	Core Days Completed:	Ab Separation Recovery:



Print pages for each week to track workouts

Mindset GUIDE

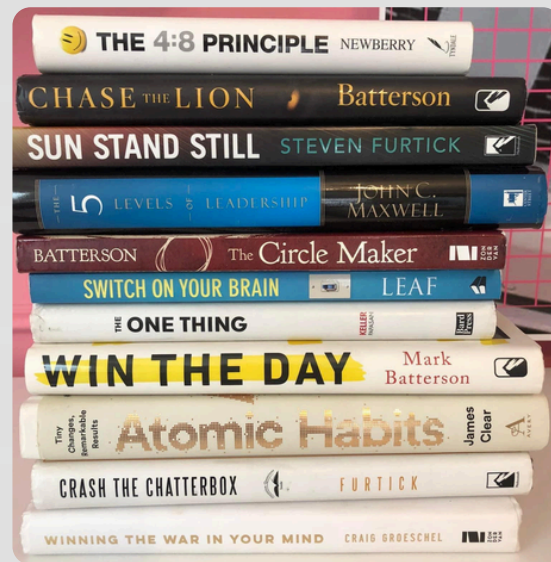


Success Starts Here

Casee's TOP book recommendations

Casee's Fav Podcast Hosts:

Mel Robbins
Ed Mylett
Andy Frisella
Craig Groeschel
Jenna Kutcher
Chalene Johnson
Rachel Hollis
John Maxwell



**GRAB YOURSELF A
POSITIVE BOOK &
START READING!**

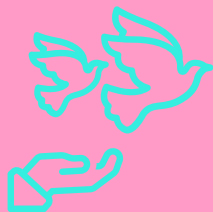


**GRAB YOURSELF A
CUTE JOURNAL &
START WRITING!**



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"Change your Thoughts. Change your Life"



Release it Girl



Releasing the Negative, Embracing the New

Your thoughts shape your future. The life you have today is a reflection of what you believed yesterday. It's time to shift your mindset and WIN the war in your mind!

- Your strongest thoughts determine your direction
- Change your thinking, change your life
- Your brain can rewire itself—this is called neuroplasticity
- Addictions, anxiety & struggles start in your thoughts
- If you believe a lie, it holds you back from your purpose

Where Are Your Thoughts Taking You?

Your mindset is either building you up or tearing you down. Ask yourself:

- Are my thoughts tearing me down or lifting me up?
- Do my thoughts align with my goals & faith?
- Do my thoughts push me toward my purpose or hold me back?

THOUGHT DETOX: REWRITE THE STORY IN YOUR HEAD

- ✗ "I'll always struggle with my weight." ➔ "I am strong & in control of my health!"
- ✗ "No one truly loves me." ➔ "I am worthy of love & connection."
- ✗ "I can't change." ➔ "With God, I can create a new path forward!"

HOW TO REWIRE YOUR BRAIN

- Take control of negative thoughts before they take control of you.
- Replace fear-based thinking with faith, confidence, and truth.
- Track your daily thoughts—awareness is the first step to change.
- When a negative thought hits, STOP and replace it with truth!
- Your thoughts will control you, so YOU have to control your thoughts!

"Change your thoughts. Change your Life"

DETERMINE THE 1 THING YOU WILL REMOVE
DURING YOUR JOURNEY

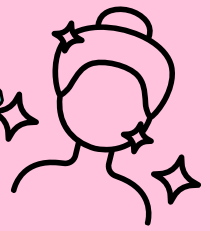
EX: SUGAR (PROCESSED), ALCOHOL, BREAD,
COFFEE, SWEET TEA, ENERGY DRINKS, BINGING
TV SHOWS, SMOKING, SOCIAL MEDIA,
NEGATIVE SELF TALK ECT...YOU DECIDE.

THIS IS SOMETHING THAT HAS A STRONG HOLD
ON YOU THAT ISN'T SERVING YOU. SOMETHING
YOU FEEL LIKE YOU CAN'T LIVE WITHOUT.



Glow Up Girl GUIDE

Casee's Ultimate Glow up Challenge!



Prioritize Sleep

Set a consistent bedtime schedule, even on weekends, and aim for 7-9 hours per night.

Stretch Before or After Bed

Incorporate a 5-10 minute stretch for an energized day or relaxed sleep.

Don't Snooze

When your alarm goes off, GET up right then. There is science behind how snoozing will make you more tired during the day.

Don't Skip Breakfast

A light breakfast is better than none and Don't drink coffee on an empty stomach

Drink Water

Aim to hydrate with 2L of water per day.

Avoid Sugary-Carbonated Drinks

Swap out soda for water, flavored sparkling water, no-sugar iced tea, or kombucha.

Develop a Skincare Routine

Anything on your skin is better than nothing on your skin. Invest in quality skincare products depending on your skin type and use it, morning and night!

Lip Care

Have a solid lip care routine, get that dry skin off your lips girl and invest in a bomb lip gloss that makes you feel great.

Eat Healthy

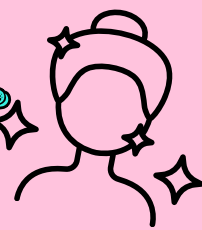
Aim for at least 1 fruit per day and include veggies in your diet.



Casee's Fav Skincare and Makeup Here:

Glow Up Girl

GUIDE
CONT...



Casee's Ultimate Glow up Challenge!

Move your Body Every Day

Move your body daily! Any activity is better than no activity., On rest days, try yoga or stretching.

10,000 Steps

Aim to walk 10,000 steps per day—track it on a smartwatch or phone.

Do it for you

Sleep in your workout clothes, lay them on your night stand, in front of your door.

Keep on Learning

Read a book, study, or listen to a podcast each day.

Tidy Up Your Space

Make your bed every morning and declutter before bed.

Stay Positive

Enjoy each day and make time for things you love. you're on a journey, love yourself, speak kindly to yourself in the mirror.

Get alone with yourself

Get your bible out girl, pray meditate, get grateful. Make a grateful list daily!



Casee's Fav
Skincare and
Makeup Here:



"DO THE DEAL DAILY"



Checklist

☐

Moved my booty today
of steps _____

☐

Drank 1/2 my body weight
in ounces of water

☐

Wrote 3 things I am
grateful for +

Read 10 pages/
listen to 10 mins of
something positive
& uplifting!

☐

Removed that "one thing" that has a hold
on me & I kept the promise to myself!

☐

Tracked food for the day

☐

Didn't Eat after 8pm

Make as many copies of this page as you need or save a
copy on your phone to check each day.



Stop Talking about it & Be about it



Stop Explaining, and Just Do the Deal!

“Raise your hand if you’ve ever felt personally victimized by a diet”.

If you feel like you’re always on a diet and constantly explaining your choices to others... STOP!! You don’t owe anyone an explanation for choosing to fuel your body in a way that serves you and makes you feel good!

- You don’t have to justify why you’re skipping the donuts at work.
- You don’t have to defend your meal prep.
- You don’t have to explain why you’re prioritizing your goals.

The more you constantly say, "I can't have this" or "I can't eat that," the more people get sick of hearing about it—and worse, you start creating a negative mindset around your own journey.

Instead of focusing on restrictions, shift your mindset to choosing foods that make you feel strong, energized, and in control.

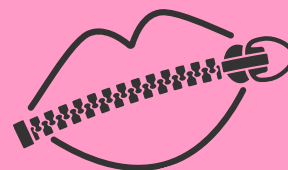
And let’s be real—we don’t want our kids growing up with the same struggles we’ve had around food and dieting.

This is exactly why, when you work with me, we don’t use the word ‘diet’—we focus on eating mindfully, fueling our bodies, and creating a lifestyle that lasts.

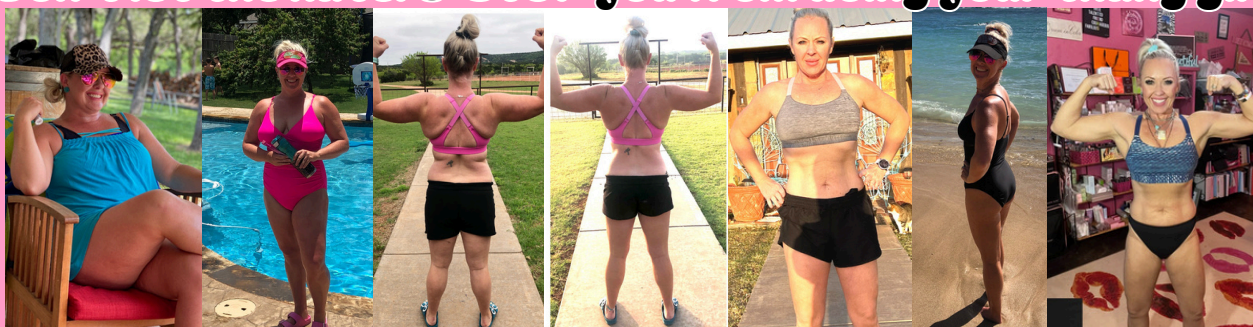
After losing 55 lbs, I learned this the hard way—your journey is yours. Own it, stay consistent, and let your actions do the talking.



“
Work in silence and
let success be your
noise!
– Frank Ocean
”



“Don’t let the haters StOP you from doing your thang girl”



I’m proof you can do anything you set your mind too and I’m here to cheer for you every step of the way!

When it comes to nutrition, there are two popular approaches that can shape the way you eat and fuel your body: one focuses on awareness and intuition, while the other provides structure and flexibility to reach your goals. Let's break down mindful eating and flexible dieting to see how they differ and how they can work together for a balanced lifestyle.

Mindful Eating is...

Mindful Eating is about being fully present and aware of your eating habits, hunger cues, and how food makes you feel. It focuses on intuitive choices, reducing distractions while eating, and appreciating food without guilt.

Being "mindful" of your hunger, emotions, body, needs before, during, after eating. Understanding sometimes your body needs nutritious foods to use as fuel, other times it's okay to have less nutritious foods you enjoy, just because. Or maybe BOTH at once

Key aspects of Mindful Eating:

- Listens to Hunger & Fullness Cues – Eat when hungry, stop when satisfied.
- Encourages Slow, Intentional Eating – Savor flavors, chew thoroughly.
- Reduces Emotional & Stress Eating – Recognize triggers and eat with awareness.
- No Food Rules or Restrictions – Focuses on balance, not guilt.
- Promotes a Healthy Relationship with Food – Eat for nourishment, not just numbers.

Flexible Dieting is...

Flexible Dieting= (IIFYM) "IF IT FITS YOUR MACROS"

Flexible dieting is a structured approach based on tracking macronutrients (protein, carbs, and fats) to meet specific goals like fat loss or muscle gain. It allows food freedom since no food is off-limits as long as it fits within your daily macro goals.

Key aspects of Flexible Dieting:

- Tracks Macros (Protein, Carbs, Fats) – Focus on balance, not just calories.
- No Food is Off-Limits – Eat anything that fits your macros.
- Supports Fat Loss & Muscle Gain – Custom macros for your goals.
- Offers Structure with Freedom – Choose meals while staying on track.
- Sustainable & Adaptable – Works with any lifestyle, including dining out.



What Now?



Check-in with Emotions – Ask if you're eating from hunger or emotions.

- Appreciate Your Food – Notice textures, flavors, and how food makes you feel
- Start analyzing your behaviors/choices concerning food.
- Do you tend to eat when you're bored, sad, stressed, joyful? Ask yourself "Why do I do this"? Is this how you were raised...?
- 1. You got hurt=eat
- 2. You became sad=eat
- 3. You're happy=eat OR
- 4. "You better clean your plate, you may not get another meal!"
- 5. "Oh poor baby, let's get some ice cream!"

This has happened to all of us I am sure! Let's rewrite our story!

Eat when you are hungry and don't eat when you're not!

Don't "reward yourself with food or eat when you are hurt! This is where bad habits start so we have to rewire our brains!"

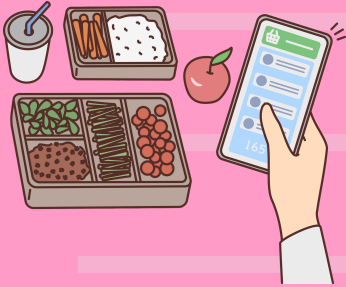
- Stop labeling certain foods as "good" or "bad".. remind yourself that some foods are more nutritious than others, but you can make room for ALL types of food and still see progress!
- Slowly incorporate foods that have always been "off-limits" or ones you've labeled as "bad", having them more frequently (in mindful portions) will lessen the urge to binge on them in "moments of weakness".
- When you are incorporating these foods, make sure you're fully present so you can ENJOY them, pay attention to when you feel content, and practice stopping before you become "FULL".

“
Allowing yourself the
freedom to have
"forbidden" foods when
tracked will
lessen the
overwhelming
temptation/urge to
binge on them!
”

How to Start

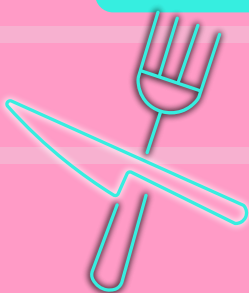
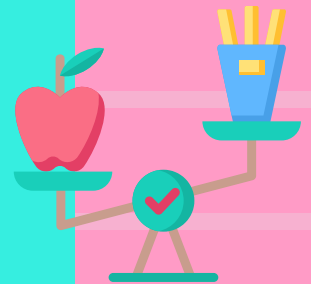
How to start with Flexible Dieting!

1. Calculate Your Macros – Determine your daily protein, carb, and fat intake.
2. Use a Tracking App – Log your meals to stay within macro targets.
3. Prioritize Protein – Helps with muscle retention and satiety.
4. Plan Meals Ahead – Prep balanced meals that fit your macros.
5. Allow Flexibility – Enjoy treats in moderation while staying on track.



How to start with Mindful Eating!

1. Eliminate Distractions – Turn off screens and focus on your food.
2. Eat Slowly – Chew thoroughly and savor each bite.
3. Listen to Hunger & Fullness Cues – Stop eating when satisfied, not stuffed.
4. Check-in with Emotions – Ask if you're eating from hunger or emotions.
5. Appreciate Your Food – Notice textures, flavors, and how food makes you feel.



How they work together



- While mindful eating is about awareness and listening to your body, flexible dieting provides structure and accountability. Some people use mindful eating along within flexible dieting by:
- Tracking macros but still eating intuitively when hungry
- Choosing nutrient-dense foods while allowing occasional indulgences
- Avoiding emotional or stress eating by tuning into hunger cues
- If someone struggles with binge eating or food obsession, mindful eating can be a great complement to flexible dieting to create a sustainable, balanced approach!
- The ultimate goal is to develop a healthy relationship with food!
- Remind yourself it's okay if you let yourself be hungry and if you overate, or had a binge. We are humans not robots; things will happen. Don't just sweep these things under the rug. Be curious and begin to question and analyze your experiences, why they happened, what you were feeling, etc.
- Don't beat yourself up when you get off track, get over it, reset and restart.

You decide which approach is best for you!

Just because you had a bad meal or a bad day of eating doesn't mean you have to quit on this journey!

Pull yourself together and keep going bestie!

Never Give Up





Check Yo' Self

before you WRECK yourself



Check in with yourself often. Let's say you work on yourself for a week and have not any lost weight? 1st of all.. that is not enough time to see "REAL" progress.

Now, ask yourself... How am I feeling?

- How am I sleeping?
- How is my energy?
- How many weeks has it been again?
- How's my water intake? Too much sodium?
- Did you take follow-up photos and measurements?

Note: Muscles tend to grow in mass during strength training which could/can cause your scale to increase before it comes down.

Focus on non-scale victories!

Sometimes the scale will not move at first, be patient, think of how you're feeling instead!

Try adding a natural fat burner during the day!
Casee's fav is fat burning sups: [Click here to order](#)

UNDERSTANDING

WEIGHT LOSS VS FAT LOSS



WEIGHT LOSS
YOU GET SKINNIER

CALORIE DEFICIT
NO NUTRITIONAL KNOWLEDGE
ONLY DOING **CARDIO**

— FAT — MUSCLE



FAT LOSS
YOU GET LEANER AND STRONGER

CALORIE DEFICIT
NUTRITIONAL KNOWLEDGE
FOCUS ON **STRENGTH TRAINING**

— FAT + MUSCLE

Non-scale victories

- Clothes fit better
- More energy
- Improved endurance
- Sleep quality
- Fewer cravings
- Feel healthier

Dining Out

GUIDE

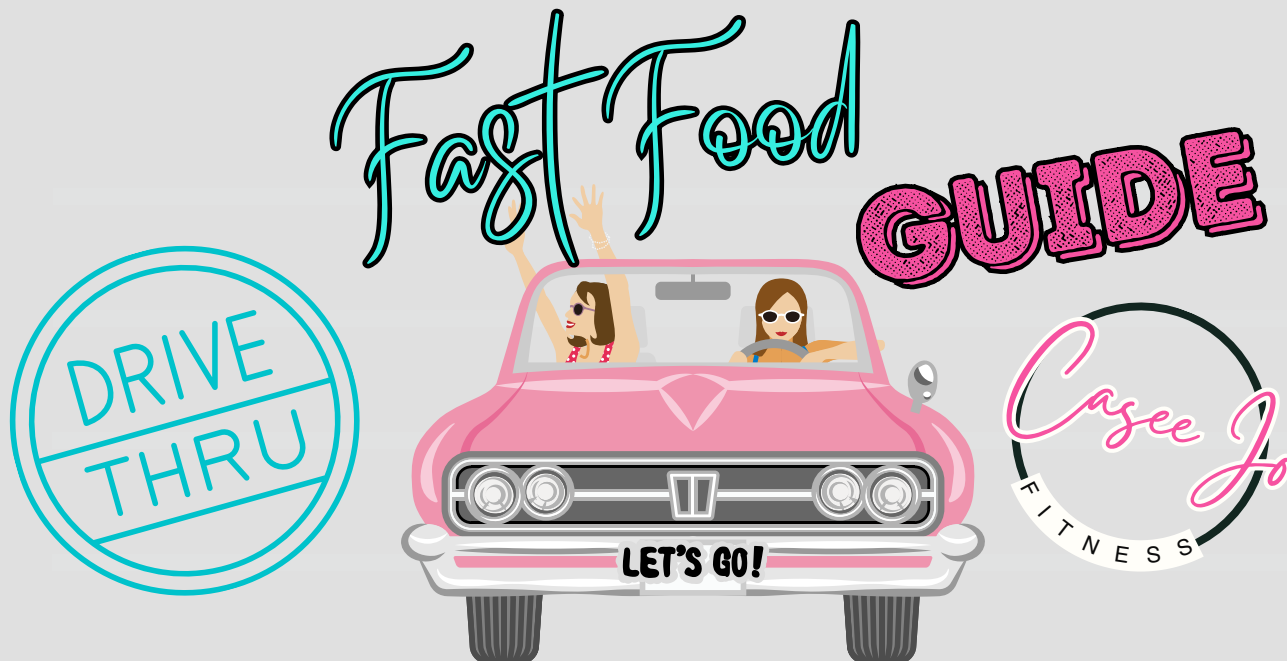


BEFORE THE RESTAURANT

- Look at the menu before you leave home and choose the items you want (check online).
- Look or ask for a 'gluten free' or 'keto' menu is available.
- Drink 8 oz of water before you leave home.
- Eat something light before you go (apple + almonds); this'll help you ward off the FULL chip/bread basket!

AT THE RESTAURANT

- Always order sauce on the side.
- Ask for steamed vegetables as a side (add real butter or olive oil).
- Order double mixed vegetables instead of pasta or rice.
- Order a grilled protein (chicken, salmon, etc.) with just salt and pepper.
- Ask for a lettuce wrap instead of bread or a bun, eat like it's a salad.
- Choose a protein with 2 vegetables and a healthy fat (avocado).
- Change it up – if it's meat over pasta, ask for the same but over salad.
- Don't order anything fried.
- For breakfast, instead of bread or potatoes, ask for sliced tomatoes or a side of fruit and wholegrain is better than white!
- Ask for a togo box early, then save other 1/2 for lunch the next day!
- Split a meal with someone else + this saves \$



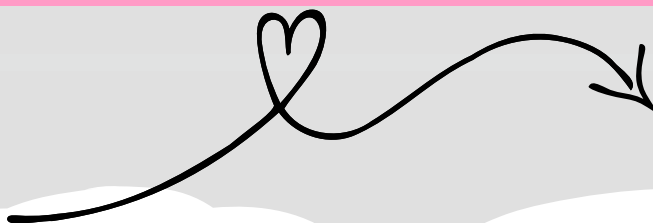
I will be the first to admit... I don't ALWAYS choose the lowest calorie option on the menu when we go out. BUT... I am “mindful” of my portions!

Get what sounds good, enjoy it, don't beat yourself up or talk about how bad you were etc... just move on and get back to work.

Some may have to indulge in eating out more often than others due to travel, work, availability and busy schedules.

For those who DO eat out more often, the following options are ones I've found to be higher in protein and lower-(ish) in calories.

Feel free to use the following suggestions as a guide when eating out!

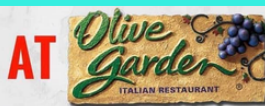




GRILLED PORK CHOP COUNTRY DINNER WITH GREEN BEANS AND FRESH VEGETABLES



740 CALORIES, 47G FAT, 56G PROTEIN, 11G NET CARBS



HERB GRILLED SALMON WITH PARMESAN GARLIC BROCCOLI



460 CALORIES, 28G FAT, 43G PROTEIN, 4G NET CARBS



CHEESE STEAK OMELETTE (3 EGGS)



603 CALORIES, 44G FAT, 20G PROTEIN, 5G NET CARBS



6 OZ SIRLOIN WITH GRILLED AVOCADO



420 CALORIES, 21G FAT, 39G PROTEIN, 17G NET CARB



BACON KING WITHOUT BUN AND KETCHUP



900 CALORIES, 75G FAT, 54G PROTEIN, 3G NET CARBS



= 425 cal
(37 g protein)

try this "hack" by
adding the chicken/
sauce to your mac +
cheese cup for a
yummy "bowl"



250 cal 320 cal 50 cal

=620 cal



BUILD YOUR OWN GRAND SLAM 4 SCRAMBLED EGGS, 2 BACON, 2 SAUSAGE



700 CALORIES, 40G FAT, 26G PROTEIN, 2G NET CARBS



GRILLED CHICKEN BLT SALAD WITH BLUE CHEESE



380 CALORIES, 32 FAT, 35G PROTEIN, 7G NET CARBS



370 cal 260 cal 0 cal

jr bacon cheeseburger, small fry, diet coke



BACON DOUBLE CHEESEBURGER WITHOUT BUN AND KETCHUP



694 CALORIES, 55G FAT, 47G PROTEIN, 3G NET CARBS



FALL OFF THE BONE RIBS, STEAMED BROCCOLI, AND SAUTEED MUSHROOMS



700 CALORIES, 42G FAT, 46G PROTEIN, 11G NET CARBS



400 cal 230 cal 0 cal



MONTEREY RANCH CHICKEN FAJITA



650 CALORIES, 43G FAT, 55G PROTEIN, 11G NET CARBS



6 OZ GARLIC HERB BUTTER STEAK AND ASPARAGUS



360 CALORIES, 24G FAT, 27 G PROTEIN, 3G NET CARBS



AVOCADO BACON BURGER WITHOUT THE BUN AND KETCHUP



820 CALORIES, 52G FAT, 37G PROTEIN, 5G NET CARBS



TRADITIONAL WINGS (6 PC) - BUFFALO WITH BLEU CHEESE



826 CALORIES, 58 FAT, 48 PROTEIN, 5G NET CARBS



ROAST TURKEY FARMHOUSE SALAD W/RANCH



440 CALORIES, 35G FAT, 22G PROTEIN, 7G NET CARBS

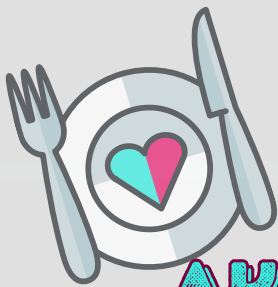


Sweet Onion Chicken Teriyaki Bowl = 300-330 calories



(34 g protein)





Treat MEALS



AKA CHEAT DAYS/MEALS

If you have a history of bingeing, limiting cheat meals may be required for you to see optimal results.

Having one treat meal a week if/when you need to is okay unless you think it will cause you to binge and throw off your progress.

After a leg day would be ideal for effectiveness.

Keep in mind, this is a treat MEAL, not a treat DAY.

A full day or more of “treat meals” could drastically ruin your previous week’s progress.

This is why it’s good to be a little flexible in your approach to dieting and not feeling extremely restrictive all the time.

It’s much better to eat a healthy diet with the occasional bite of something deemed “bad,” rather than only eating chicken and vegetables all week then absolutely bingeing on the weekends.

Do not throw away all of your hard work.

Break Up with those bad habits!

If this sounds like you, I guarantee this is what has been stalling your progress thus far!

Treat meals still need to be tracked.



[Back to Table of Contents](#)





What's Sup **GUIDE**

SUPPLEMENTS

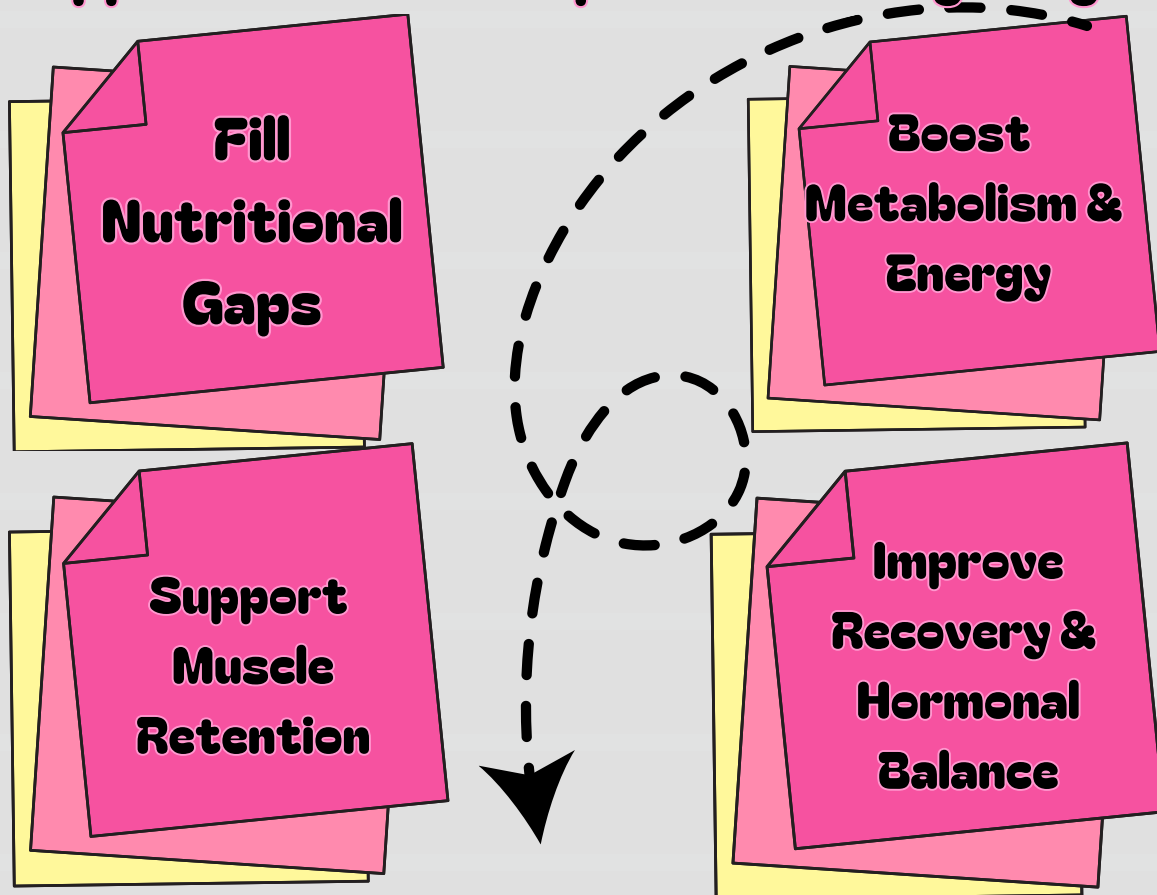


I'm not a doctor nor am I making any medical claims or giving you medical guidance. **DO NOT STOP YOUR CURRENT MEDICATION!** Consult your doctor always prior to doing so!

Each person is responsible for their own choices and research.

While supplements aren't necessary in reaching your goals, they do have their place in speeding up the process! I personally take supplements to get the best results possible. To further personalize your plan or fill in any nutrition gaps, here is a list of supplements and products I have personally taken and seen success with.

Why Supplementation is Important During Weight Loss



When losing weight, your body undergoes changes that can sometimes lead to nutrient deficiencies, muscle loss, and lower energy levels. Supplementation may be needed.



Casee's Favz



Vitamin D + K2 + Omega 3

Liposomal drops- Tons of Benefits in Every Drop to help provide vital nutrients for your brain and body



Chromium Picolinate

Promising avenue for supporting metabolic health, particularly regarding glucose metabolism and insulin sensitivity. Its potential benefits in blood sugar control, weight management, and energy levels



Magnesium

Combats stress and aids relaxation. It's not only great for stress, but it's an important mineral that's required for more than 700 biochemical reactions in your body!

It can help with sleep, digestion, regularity, mood and aches and pains too.



Order REAL Magnesium Sleep lotion here:

Essentially Salv-ee- for feet here:

10% off Clean Organic Minerals for your body!



Casee's Favorite Supplements for gut health, probiotics, protein powder, energy, fat burning, sleep, constipation, hunger control

Order Here:



What's Sup

TOP 4 SUPS TO START WITH

Protein Powder
order here:

For your smoothies you will need a good-quality protein powder. This will help you meet your protein requirements for the day more quickly.



Post Workout Aminos
order here:

Pre/Post Workout & Muscle Recovery.
BUILDS MUSCLE STRENGTH & TONE.
Amino acids support strength, performance, and muscle mass.



Gut Glow
order here:

As much as 70% of your immune system resides in your gut. And yes, they actually “live” in there... because it consists of millions and millions of healthy bacteria.

Probiotics help restore balance to your digestive system and give your immune system a boost. These “good” bacteria outnumber the cells in your entire body by more than 10 to 1! They are super important to help to fight against the “bad” bacteria, viruses and other pathogens.



Collagen & Sleep
order here:

Reverse time with liquid collagen Premium geleé that contains carefully selected powerful ingredients to help you live, look and feel more vibrantly youthful.



[Click here to view main “Get Started” product recommendations](#)



Reset GUIDE



“Biohack” your metabolism, curb cravings, and improve gut health by providing essential nutrients to support your body’s natural fat-burning and digestive processes, all while maintaining lean muscle mass.

These science-backed systems promote weight loss and improved body composition while supporting digestive harmony, optimal nutrient absorption, and reduced bloating.

Whether you’ve fallen into a rut or are starting fresh with healthier habits, ‘Reset’ takes the guesswork out of fasting and lays the foundation to achieve optimal results.

Order your Gut Glow Pack Here:



Trimdown Trio Here:



Core Launch Pack Here:



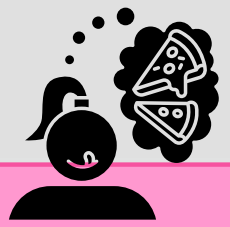
Work with Casee 1:1



Click here for the link to ALL of my product recommendations



Made to Crave it



What You're Craving...	What Your body needs...	What to Eat Instead...	Supplement Recommendations
Chocolate	Magnesium	Nuts, seeds, legumes, fruit	Magnesium glycinate, Magnesium citrate
Sugar foods, sweets	Chromium	Broccoli, grapes, cheese, chicken	Chromium picolinate
→	Phosphorus	Chicken, beef, fish, eggs, dairy, nuts, legumes, grains	Phosphorus supplements, Bone broth collagen
→	Carbon	Fresh fruits	Activated charcoal (for detox support)
→	Sulphur	Cranberries, horseradish, cauliflower, cabbage	MSM (Methylsulfonylmethane), Sulfur-rich supplements
→	Tryptophan	Cheese, lamb, liver, raisins, sweet potato, spinach	5-HTP, L-Tryptophan
Bread, toast, pasta, other carbs	Nitrogen	High-protein foods: meat, fish, nuts, beans	BCAAs, Whey protein, Collagen peptides
Oily/Fatty foods	Calcium	Milk, cheese, yogurt, legumes, broccoli, green leafy vegetables	Calcium citrate, Calcium carbonate
Salty foods	Chloride	Fish, goat milk or goat cheese	Silica supplements, Bamboo extract
General Overeating	Silicon	Nuts, seeds, whole grains	Electrolyte supplements, Himalayan salt
	Tyrosine	Orange, green or red fruits and vegetables, vitamin C	Vitamin C, Tyrosine supplements, Adaptogens (like Rhodiola)



Water



Drink Up Bestie!

Staying hydrated is a game-changer for your health, skin and weight loss!

HERE'S WHY WATER IS IMPORTANT:

- **Boosts metabolism** – Even mild dehydration can slow fat burning.
- **Reduces bloating** – Helps flush out excess sodium and waste.
- **Curbs cravings** – Thirst is often mistaken for hunger, leading to unnecessary snacking.
- **Improves energy & mood** – Dehydration causes fatigue and brain fog.
- **Supports glowing skin** – Hydrated skin = fewer wrinkles and a natural glow!

Plus...Drinking water is like a natural glow-up for your skin!

- **Hydration** = Plump, Glowing Skin – Water keeps your skin cells hydrated, reducing dryness and dullness.
- **Flushes Out Toxins** – Staying hydrated helps remove waste that can lead to breakouts and irritation.
- **Reduces Wrinkles & Fine Lines** – Hydrated skin is more elastic and less prone to premature aging.
- **Balances Oil Production** – Dehydration can trigger excess oil, leading to clogged pores and acne.
- **Speeds Up Healing** – Water supports skin cell regeneration, helping with blemishes and scars.

Sip your way to clearer, smoother, and more radiant skin!

AIM FOR AT LEAST HALF YOUR BODY WEIGHT IN OUNCES DAILY!



4 Easy Tricks to Drinking More Water!

- **Infuse water with Flavor** – Add fresh fruit (lemon, lime, berries), cucumber, or mint to make it taste refreshing without artificial sweeteners.
- **Use a Fun Bottle**– Get a big, cute water bottle with time markers or motivational reminders to keep you sipping all day.
- **Set a Reminder**– Use phone alarms or an app to remind you to take sips throughout the day. Small, frequent sips add up!
- **Hydrate with Food**– Eat more high-water-content foods like cucumbers, watermelon, oranges, and soups to sneak in extra hydration.
- **Don't Drink water super cold**– use less ice to make your water cooler than room temp but not freezing!

Bonus Tip: Pair water with habits—drink a glass every time you eat, wake up, or before workouts!

CASEE'S FAV WATER HACKS

🍓 Sonic Fruit Water Hacks

- **Strawberry Lime Water** – Water + real strawberries + fresh lime slices
- **Coconut Berry Splash** – Water + coconut flavor + real strawberries
- **Peach Mango Hydration** – Water + peach flavor + mango flavor
- **Cherry Lime Fizz** – Sparkling water + cherry flavor + lime slices
- **Blueberry Lemon Refresh** – Water + blueberry flavor + lemon slices
- **Watermelon Cooler** – Water + watermelon flavor + mint leaves

Pro Tip: Ask for light or no ice so you get more water, and skip added sweeteners to keep it a healthy hydration option!





Electrolytes



When you start drinking more water, it can sometimes deplete your body's natural electrolytes and they need to be replaced. When they are depleted you could experience.

- Headaches or upset stomach.
- Flu like symptoms, muscle cramps, constipation

All this can happen with a lifestyle change. Have your electrolytes ready and waiting if you start to experience any of these.

Here are some of my favorite ways to sneak electrolytes in to combat any issues and feel great again!

SOME OF CASEE'S FAV HYDRATION HACKS

- Pink or Celtic Sea Salt - grind this on your food or put directly under your tongue every hour If you experience a headache
- Chicken Broth - warm up a cup of chicken broth with some sea salt!
- Dill Pickles & Juice- eat a couple of dill pickles and take a swig of the juice!
- Liquid IV-1 stick per day
- Spryng Drink Sticks: [Click here to order](#):



Caffeine

Caffeine can be controversial even though it does have some health benefits, it also has some drawbacks. Caffeine can increase your stress hormones! When stress hormones go up, insulin levels also go up, which can affect your blood sugar levels... which can end up making you feel more tired than before
= Overstimulated!

- Limit caffeine to 5 servings per week-and avoid it after 1 p.m. if you want to get your sleep consistent! On days you do have caffeine, make sure you drink an extra glass of water per cup of caffeine you have had. 3 cups of caffeine= drinking 3 cups of extra water.
- Organic coffee and green tea are your best options.
- Do your very best to steer clear of artificially flavored and artificially sweetened energy drinks with tons of caffeine. These can also cause overstimulation and cause you to feel even more fatigued after drinking them.

SOME OF CASEE'S FAV ENERGY SUPS

- Xyng-Boost your energy levels and support your mood balance with the ultimate weight-management supplement. The power of Xyng will help support appetite control and help you achieve a healthy weight.
- TrimStix-Kick your cravings and support weight management with Trimstix™ drink mix. This convenient, single-serving formula delivers a healthy on-the-go energy boost. With only ten calories and multiple delicious flavors, Trimstix helps curb sugar cravings and improve cognitive function

Coffee/Tea CLEAN UP



Loading your coffee/teas with sugar, syrups, and creamers can sabotage your progress without you even realizing it! These sugary add-ins pack empty calories that spike blood sugar, leading to crashes, cravings, and fat storage. A fancy coffee drink can easily add 200-500 extra calories, which adds up quickly if it's a daily habit.

- Switch to lower-calorie options like stevia, cinnamon, or unsweetened nut milk to help keep coffee and tea enjoyable without stalling fat loss!
- Zero calorie beverages are fine, but most have artificial sweeteners which aren't great for you so stick to these in moderation.
- Steer clear of whole processed milk- stick to unsweetened Almond/Coconut or Cashew milk instead of regular cows milk.



SOME OF CASEE'S FAV SWAPS



PINK DRINK AT HOME:

Brew Tazo Passion tea, Splash of coconut milk, Dropper of vanilla bean stevia= 0 cal

PINK DRINK ON THE GO:

Venti Passion tea,
Splash of coconut milk, Splash of strawberry refresher,
2 splendas
Add strawberries
= 50 cal



COFFEE ON THE GO:

Grande cold brew
1 pump mocha
1 pump toffee
2 splenda
splash of cream (or nut milk)
=75 cal



Alcohol an UBER



As far as alcohol goes, try to keep it to a minimum, ideally none at all if you are wanting to lose weight. But of course.... we're all human!

Alcohol will seriously slow down weight loss, even if you're eating well and working out. Your body treats alcohol as a toxin, prioritizing burning it off before fat or carbs, which can stall fat loss.

Plus, alcohol is full of empty calories (a margarita can have 300+ calories!), it lowers inhibitions (hello, late-night snacking 🍕), and disrupts sleep, which affects your metabolism.

If weight loss is your goal, cutting back or choosing lower-calorie options like vodka with soda water can make a big difference!

- Absolutely NO beer, wine, or sugary drinks if you want to lose weight!
- Stick to liquor with no sugar mixers if you must, knowing it will slow down your progress if it's a regular occurrence. Any alcohol will slow down your progress no matter the type
- Track what you drink
- Please DON'T Drink and Drive



A guide to Tracking Alcohol

1g carbs = 4 Calories

Example

Glass of wine = 100 cal
 $100/4 = 25\text{g carbs}$

Determine the number of calories that are in your drink. Then divide the calories by four, to get the total number of carbs for your drink.

To log in your app:

- 📌 Click Nutrition
- 📌 Add food
- 📌 Give drink a title
- 📌 Enter the # of calories & carbs
- 📌 Enter 0g for fine, fat & protein
- 📌 Add to food log





Beauty **SLEEP** = Bestie Energy



Get your sleep sis!

More than 40% suffer from chronic lack of sleep! Lack of sleep is associated with a long list of issues. When it comes to weight loss in particular, being overtired can make you more likely to eat certain foods that aren't on your plan. That's because your hunger hormones will get out of balance, and can end up causing cravings. Beyond that, lack of sleep can impair your memory, slow down workout recovery, increased signs of aging and a lot more.

Aim for 6-8 hours of uninterrupted sleep.

Do what you have to do to get your some sleep!

Trouble sleeping? Try this...

- Drink more water before bed to reduce intestines contracting.
- Avoid sugar at bedtime. Instead, have a high protein and healthy fat snack combo
- Avoid alcohol at night.
- Supplement with vitamin D every morning. I prefer liposomal drops
- Supplement with a sleep supplement and or magnesium 30 min before bed.

(Below are a few products I have used)

- Take a walk before bed to activate muscles and improve sleep patterns.
- No electronics for 1 hour before bed and research sleep hygiene for more tips on how to improve sleep. *If using electronics, use bluelight blocking glasses while using.

SOME OF CASEE'S FAV NIGHT TIME SUPS

SLEEP FOR WEIGHT LOSS

- When you sleep too little, you will gain weight
- Sleep deprivation can cause a 5-20 % change in metabolism
- You are not burning more calories when you are longer awake
- When you don't sleep enough, your food choices are "unhealthier"



XR2 Sleep Sups Here:

NAD Dreams
Sleep Sups Here:

43



Don't Snooze on Yourself!



MASTER YOUR MORNINGS!

The alarm goes off. What's the first thing you do? Smack that snooze button. "Just five more minutes..." which turns into ten... then fifteen... then maybe one more tap.

It feels harmless—like a tiny act of self-care to ease into your morning.

But here's the truth: Hitting snooze is sabotaging your energy, focus, and sleep cycle.

WHY SNOOZING MAKES YOU MORE TIRED!

- Your body naturally prepares to wake up before your alarm even rings.
- During the last part of your sleep cycle, your brain releases wake-up hormones (like cortisol) to transition you into alertness.
- When you hit snooze, you're throwing your body into chaos.
- Each time you drift back to sleep, your brain thinks it's starting a new cycle—only to be jolted awake again minutes later. This confuses your brain, increases grogginess, and triggers sleep inertia (that sluggish, disoriented feeling).

THE REAL COST OF HITTING SNOOZE!

- You spike your stress hormones when you snooze!
- Every alarm jolt increases cortisol, making you more stressed before you even get out of bed.
- You disrupt deep sleep.
- Snoozing mid-REM cycle leaves you feeling more exhausted, not refreshed.
- You mess up your sleep rhythm.

Your body thrives on consistency. Snoozing creates irregular wake patterns, making it harder to fall asleep at night and wake up feeling rested.

THE SNOOZE-FREE MORNING FIX

- Set a real bedtime. No amount of snoozing can fix bad sleep habits. Aim for 7-9 hours of quality sleep.
- Move your alarm across the room. Forcing yourself out of bed to turn it off prevents easy snoozing.
- Wake up at the same time daily.
- A consistent routine helps your body wake up naturally, without an alarm.
- Use a sunrise alarm clock. Gentle light signals your body to wake up gradually, instead of a loud, jarring alarm.
- Prepare your brain for rest. Limit screen time, avoid caffeine late at night, and create a relaxing nighttime routine.

YOUR MORNINGS START AT NIGHT

If you're constantly hitting snooze, it's a red flag—your nighttime habits need a reset.

Fix your sleep routine, and waking up will feel easy.

No more snooze button!

No more morning grogginess! Just energized, unstoppable YOU!



Go with your Gut Health



Your gut isn't just for digestion—it's the control center for your metabolism, cravings, and even how your body stores fat. When your gut is out of balance, it can lead to bloating, sluggish digestion, and stubborn weight gain. IE: 2nd Brain

Gut Health = Weight Loss Superpower

- A healthy gut helps absorb nutrients better, fueling your body efficiently.
- It impacts hormones that control hunger (bye-bye, random cravings!).
- Poor gut health can cause inflammation & water retention, making weight loss harder.
- The right foods + probiotics keep digestion smooth & metabolism firing.

3 Easy Gut Health Fixes:

- **Hydrate Like It's Your Job**– Water flushes out toxins and keeps digestion smooth. Aim for at least half your body weight in ounces per day. Bonus: Warm lemon water in the morning jumpstarts digestion!
- **Eat More Fiber Bestie!** – Fiber feeds good gut bacteria and keeps things moving. Load up on leafy greens, berries, chia seeds, oats, and fermented foods like Greek yogurt or sauerkraut.
- **Add a probiotic supplement** or probiotic-rich foods (like kimchi, kefir, or kombucha) to balance things out.

Start small, stay consistent, and watch your gut and waistline say thank you!

Why You Need Probiotics:

- Better Digestion – Helps break down food & reduce bloating.
- Less Cravings – A healthy gut can regulate hunger hormones & cut sugar cravings.
- Boosted Metabolism – A balanced gut supports fat burning & reduces inflammation.
- Stronger Immunity – 70% of your immune system lives in your gut—keep it strong!

How to Take Them:

- Choose a high-quality probiotic with diverse strains (look for Lactobacillus & Bifidobacterium).
- Take it daily, preferably without food.
- Boost results with fermented foods like yogurt, sauerkraut, or kombucha.
- Consistency is key— let your gut work its magic!

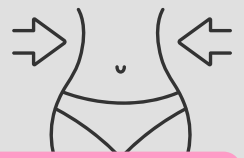


Casee Gut Glow Products

Click here to order



Don't be so Constipated



Why Constipation Can Stall Your Weight Loss

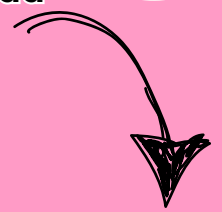
If you're feeling stuck, literally, it could be slowing down your weight loss too! Constipation isn't just uncomfortable—it can lead to bloating, water retention, and sluggish digestion, making it look like you're not making progress (even when you are!).

Why It Matters:

- Waste stuck in your system = temporary weight gain & bloating.
- Poor digestion can cause toxins to build up, leading to fatigue & cravings.
- A backed-up gut slows nutrient absorption, making it harder to burn fat efficiently.

Fix it, Bestie!

- Drink more water, eat fiber-rich foods, get moving, and add probiotics for smooth digestion & a flatter tummy!



SOME OF CASEE'S FAV TUMMY SUPS

- Smooth Move Tea: Pick up at your local grocery store.
- You need a probiotic- Here is the one I take- [Click here to order](#)
- Adding a fiber supplement: Pick up at your local grocery store
- Self Enemas- Go for it, you don't regret it one bit!

Don't wait too long to realize you are constipated.

Be proactive right away.





Balancing hormones is key for fat loss, energy, and overall well-being. When estrogen, progesterone, cortisol, and insulin are out of sync, it can lead to weight gain, cravings, fatigue, and mood swings.

What disrupts our hormones?

1. Chronic Stress (Physical & Mental)

- Emotional stress: Work, relationships, financial worries, and daily overwhelm.
- Physical stress: Overtraining, lack of recovery, and chronic pain.
- Mental stress: Anxiety, negative self-talk, and lack of relaxation.

2. Poor Sleep & Sleep Deprivation

- Lack of deep sleep raises cortisol, keeping the body in a constant fight-or-flight state.
- Disrupts melatonin production, leading to fatigue, cravings, and poor metabolism.

3. Over Consumption of Processed Foods & Sugar

- High sugar and processed carbs cause blood sugar spikes, triggering cortisol and insulin resistance.
- Artificial additives & toxins stress the liver, impacting hormone detoxification.

4. Caffeine & Stimulant Overload

- Excess caffeine spikes adrenaline & cortisol, leading to jitters, energy crashes, and poor stress resilience.
- Energy drinks, coffee, and pre-workouts overuse can burn out adrenal function.

5. Nutrient Deficiencies

- Low magnesium, B vitamins, and omega-3s impair the body's ability to manage stress.
- Poor gut health reduces nutrient absorption, worsening hormonal imbalances.

6. Sedentary Lifestyle or Overtraining

- Too little movement = increased cortisol & insulin resistance.
- Too much intense exercise without recovery = chronic stress on the body, leading to elevated cortisol & burnout.

7. Gut Imbalances & Inflammation

- Poor gut health affects serotonin & dopamine, which regulate stress and mood.
- Leaky gut & food intolerances (gluten, dairy, processed foods) increase inflammation, worsening cortisol imbalances.

8. Excess Alcohol & Dehydration

- Alcohol disrupts sleep, liver detox, and blood sugar, leading to higher cortisol & norepinephrine.
- Dehydration makes the body think it's under stress, raising cortisol levels.

9. Hormonal Imbalances (Estrogen Dominance, Thyroid Issues, PCOS)

- Low progesterone, high estrogen, or thyroid dysfunction can keep cortisol & adrenaline elevated, making fat loss harder.

10. Environmental Toxins & Endocrine Disruptors

- Plastics, pesticides, artificial fragrances, and chemicals disrupt hormone function, increasing stress on the body.

How to Balance Stress Hormones

- Prioritize quality sleep (7-9 hours)
- Eat whole, nutrient-dense foods (protein, healthy fats, fiber)
- Reduce caffeine & alcohol intake
- Incorporate stress management (deep breathing, journaling, faith-based practices)
- Move daily but allow recovery (strength training + walking + yoga)
- Support gut health (probiotics, digestive enzymes, limit inflammatory foods)
- Hydrate properly (electrolytes & minerals help reduce stress response)

When hormones are balanced, fat loss, energy, and overall health improve dramatically!

How to Balance Reproductive Hormones for Better PMS/Perimenopause/Menopause Relief

- Support Estrogen Detox: Eat cruciferous veggies (broccoli, kale), fiber, and drink plenty of water.
- Boost Progesterone Naturally: Reduce stress, sleep 7-9 hours, and get magnesium-rich foods (avocados, nuts).
- Manage Cortisol & Stress: Strength train instead of excessive cardio, practice deep breathing, limit caffeine.
- Balance Blood Sugar: Eat protein, healthy fats, and fiber with every meal to avoid insulin spikes.
- Support Thyroid Health: Get enough iodine (seaweed, fish), selenium (Brazil nuts), and zinc (meat, seeds).

When hormones are balance = less PMS, easier perimenopause, fewer cravings, better mood, and improved weight loss!

IMPORTANT

**Advocate for yourself and consult with your doctor. Ask for a full female bloodwork panel, along with reproductive hormones as well as your stress hormone levels to be check!*



Don't Let it Control You Girl **PORTION GUIDE**

Portion control is key for fat loss without feeling deprived. Even healthy foods can lead to weight gain if eaten in excess. Here's how to keep portions in check while still feeling satisfied

Here are ways to do that:

- Use the Hand Method – A simple, no-scale way to measure portions:
- Protein (chicken, fish, eggs, tofu): Palm-sized portion (3-4 oz)
- Carbs (rice, potatoes, fruit): Fist-sized portion
- Healthy Fats (avocado, nuts, oils): Thumb-sized portion
- Veggies (greens, broccoli, peppers): Unlimited (fill half your plate!)
- Eat from a Smaller Plate – This tricks your brain into feeling full with less food.
- Slow Down & Check Hunger Cues – Eat mindfully, chew slower, and stop when 80% full (not stuffed!).
- Pre-portion Snacks – Avoid eating straight from the bag; use a small plate to control intake.
- Prioritize Protein & Fiber – These keep you full longer, reducing cravings.
- Stay Hydrated – Sometimes thirst feels like hunger, so drink water before reaching for a snack. At least 1/2 your body weight in oz. You may actually be thirsty instead of hungry!
- Don't Skip Meals – Skipping meals leads to intense hunger and binge eating later.
- If you feel hungry a lot, you may need an appetite suppressant. Here is one of my favs!

Try Casee's Fav Hunger control supplement: Click below to order

Portion control = fat loss without obsessing over calories!



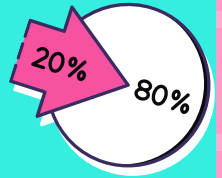


Fat Loss Nutrition Guidelines



To burn fat and lose weight the focus should be on a balanced, sustainable eating approach that includes enough protein, fiber, and healthy fats while maintaining a calorie deficit. The key is fueling the body properly, not starving it.

- 🥩 Protein: Helps preserve muscle and keeps you full
- 🥬 Fiber: Keeps digestion on point and helps with satiety
- 🥑 Healthy Fats: Supports hormones & brain function
- 🍚 Carbs: Focus on whole food sources like fruits, veggies, oats, and rice



Example Fat Loss Meal Plan:

- 🥑 Breakfast: Scrambled eggs with spinach & feta + side of berries
- 🥗 Lunch: Grilled chicken salad with avocado, feta, balsamic dressing
- 🍌 Snack: Greek yogurt with almonds & a drizzle of honey
- 🍷 Dinner: Baked salmon, roasted sweet potatoes & asparagus
- 🥨 Evening Snack (if needed): Cottage cheese with cinnamon & walnuts

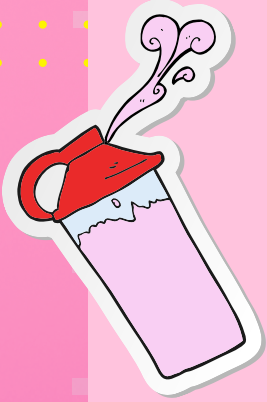
Pro Tip: Focus on 80% whole, nutrient-dense foods and allow 20% for flexibility.



Fat loss happens with consistency, not perfection!. Eating in a calorie deficit means =consuming fewer calories than your body burns, which forces it to use stored fat for energy. This is the only way to lose weight, regardless of diet type. A consistent deficit leads to fat loss while maintaining muscle if paired with strength training and enough protein!



Shake & Protein Ideas



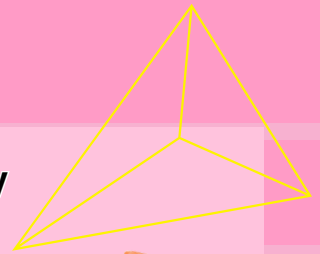
💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops chocolate protein powder

2 tbs pb fit powder

Blend or shake well & enjoy



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops vanilla protein powder

1 tbs unsweetened cocoa powder

Blend or shake well & enjoy

💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops chocolate protein powder

2 tbs pb fit powder

Blend or shake well & enjoy



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops of your vanilla protein powder

1 tsp cinnamon

Blend or shake well & enjoy

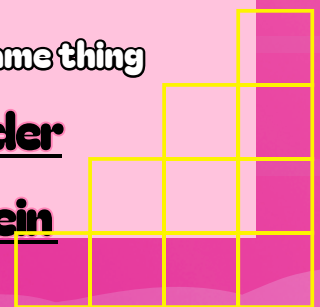


💋 CLEAR PROTEIN CAN BE USED ALL THROUGHTOUT THE DAY TO HIT YOUR PROTEIN GOALS!

Rotate them out so you don't get bored drinking the same thing

Click here to buy my fav protein powder

Click here to buy my fav CLEAR protein



What on Earth is a Macro?



Girl Math Macros



Macronutrients are the nutrients your body needs in large amounts for energy and overall function. The three main macronutrients are:

- Protein – Builds and repairs muscles, supports immune function.
- Carbohydrates – Your body's main energy source, fuels daily activities.
- Fats – Supports hormone production, brain health, and long-term energy.

Balancing these helps optimize health, performance, and fat loss!

Carbs-40% Protein-30% Fat-30% of your daily intake!



[Back to Table of Contents](#)

Calculate your macros here:



Recalculate Macros every 4 weeks

Weeks 1-4

Protein: _____

Carbs: _____

Fats: _____

Weeks 5-8

Protein: _____

Carbs: _____

Fats: _____

Weeks 9-12

Protein: _____

Carbs: _____

Fats: _____

Want indepth macro coaching with Casee? Click here:

Bestie Macro Cheat Sheet

VEGGIES

- Pico
- Single Guac cups
- Frozen Veggies/Steamer packs
- Salad mixes
- Stir fry veggies
- Bell peppers, banana peppers
- Cucumbers or pickles
- Green beans (fresh or frozen)
- Broccoli
- Broccoli (fresh or frozen)
- Carrots
- Onions
- Potatoes (red, brown, sweet)
- Zucchini/Squash
- Tomatoes (regular + sundried)
- Beans (black, pinto, refried)
- Mushrooms
- Avocados
- Lettuce
- Marketside broccoli slaw
- Fresh Baby spinach (I store in freezer + use this frozen for smoothies)



FRUIT

- Berries
(strawberries, blueberries, raspberries, blackberries)
- Apples
- Grapefruit
- Watermelon
- Pears
- Kiwi
- Pineapple
- Bananas
- Avocado
- Cherries
- Oranges
- Peaches
- Plums
- Papaya
- Pomegranate
- Cantaloupe
- Honeydew
- Cranberries
- Dragon fruit
- Figs
- Unsweetened frozen fruit

Use this cheat sheet to build meals, fit your macros & get meal ideas

Bestie Macro Cheat Sheet

PROTEIN

- Lean ground beef, ground turkey, ground chicken
- Chicken tenderloins, chicken breast
- Tyson ready-to-eat chicken
- Rotisserie chicken
- Canned chicken (last choice)
- Frozen skinless chicken breast, frozen chicken strips/nuggets
- Frozen meatballs
- Pork tenderloin, pork chops
- Steak
- Shrimp
- Salmon, tuna, canned salmon, crab meat
- Deli meat (turkey, ham, pepperoni)
- Turkey bacon, turkey sausage links, chorizo, lean Italian turkey sausage
- Ground turkey
- Turkey pepperoni, turkey pepperoni snack sticks
- Plain wings
- Eggs, egg beaters, egg whites, hard-boiled eggs
- Protein powder, protein shakes, protein bars
- Jerky, meat sticks

CARBS

- Pasta (regular, protein pasta, veggie pasta, Banza noodles)
- Rice (minute rice, jasmine rice, any rice, riced cauliflower)
- Mashed cauliflower
- Potatoes (red, brown, sweet, instant)
- Quinoa
- Rice cakes
- Bread (Healthy Life bread, Thomas low-carb English muffins, bagels, hamburger/hot dog buns)
- Wraps (Joseph's pita bread, Joseph's Lavash bread, Ole Extreme Wellness wraps, Flat Out flatbreads)
- Tortillas (corn, flour, low-carb options)
- Corn, corn tortillas, tostadas, tortilla chips
- Beans (black, pinto, refried)
- Squash, zucchini
- Carrots, peas



Use this cheat sheet to build meals, fit your macros & get meal ideas

Bestie Macro Cheat Sheet

FROZEN

- Tyson Air Fried Chicken Strips (also comes in nuggets!)
- Birdseye veggie pasta-Rotini Marinara
- Green Giant zucchini spirals
- Green Giant steamers Mediterranean veggies
- Green Giant Veggie Tots
- Bird's eye chicken flavored rice
- Bird's Eye Oven Roasters brussels + carrots
- HaloTop ice cream
- Luigi's Italian Lemon Ice
- Great value fruit smoothie packets (different flavor varieties available)
- Morning Star chicken patties (Buffalo kind too!)
- Morning Star black bean burgers
- Kodiak Frozen Waffles



SUBSTITUTES

- Primal Kitchen brand (for sauces)
- Daiya brand cheese
- Great Value also has a plant-based shredded cheese
- Cheddar cheese, feta, and parmesan cheese are naturally lactose-free
- Coco whip dairy-free cool whip
- So Delicious dairy-free yogurt (Silk also has a dairy-free yogurt)
- Nut Pods coffee creamer
- Sam's Choice Gluten-Free Bread
- Siete brand gluten-free chips, tortillas
- Guerrero Gluten-Free Yellow Tostadas
- Mission Gluten-Free Tortillas
- BFree Brand pitas
- Bob's Red Mill Egg Alternative
- Swerve sugar replacement (tastes less artificial than Splenda to me)

Use this cheat sheet to build meals, fit your macros & get meal ideas

Bestie Macro Cheat Sheet

EXTRAS

- Knorr Tomato Ck Bouillon (for Mexican rice)
- Any Fiesta Seasonings
- Slap ya mama seasoning
- Lily's chocolate chips
- Coconut Aminos (soy sauce replacement)
- Honey
- Quest Chips
- Ritz Crisps & Thins
- Lay's Poppables
- Lay's Simply chips
- Skinny Pop
- Pretzel Thins
- Cinnamon roasted almonds
- Cocoa yogurt raisins
- Sun-maid sour raisins
- Zone perfect cookie dough bar
- Atkins Endulge chocolate coconut bar
- PB2 powder (low cal peanut butter)
- Veggie straws-zesty ranch
- Caramel rice cakes
- Teriyaki Sauce
- Olive Garden Light Italian Dressing



Use this cheat sheet to build meals, fit your macros & get meal ideas

SAUCES/FATS

- Light or reduced-fat mayo
- Avocado oil
- Light Italian dressing (Olive Garden brand)
- Kikkoman teriyaki sauce
- Light Yum Yum sauce (Walmart)
- Honey mustard
- Ranch (Litehouse, Bolthouse Cilantro Avocado Ranch)
- Bitten salad dressings (fruity flavors)
- BBQ sauce
- Frank's Hot Sauce, buffalo sauce
- Ketchup, mustard
- Salsa (Herdez brand)
- White queso
- Tzatziki sauce
- Pesto, Alfredo, marinara sauce
- Spinach and artichoke dip (in moderation)
- Laughing Cow cheese wedges, Babybel cheese
- Enchilada sauce (red or green, canned)
- Plain Greek yogurt (use in sauces or as sour cream substitute)
- Squeezable minced garlic
- Guacamole, avocados
- Nut butters
- Nuts (cashews, peanuts, pistachios, almonds)
- Barilla pesto sauce
- Hummus

Bestie Macro Cheat Sheet

CASEE'S STAPLES

Staples I always have on hand
that may not be listed:

- Butter/avocado oil
- Flour/sugar
- Seasonings
- Soy sauce (low sodium)
- Whole Milk-organic
- Unsweetened Coconut Milk
- Half/Half
- Nutpods
- Eggs/liquid egg whites
- Protein:
powder/bars/shakes
- Oats + Nuts
- Rice/protein pasta
- Peanut butter
- Honey
- Salad dressing
- Condiments
- Sauces
- String Cheese



Use this cheat
sheet to build
meals, fit your
macros & get
meal ideas

Cook-it With Casee



- KEEP IT SUPER SIMPLE! You don't have to be in the kitchen all day everyday dreaming up things to cook and making it complicated!
- Knowing exactly what you're eating, and only eating that food, makes life simpler and empowering!
- Find 2-3 recipes you want to make each week. Make them and eat these all same ones all week, then the next week try 2-3 new ones.
- Prepare 2-3 days of proteins in bulk ahead of time. *chicken, shred 2 rotisserie chickens, lean ground beef etc. Store in airtight containers in your fridge!
- Purchase meal prep containers and portion out your meals for the week to grab, go and reheat!
- Roast a large pan of green veggies- Apply olive oil, avocado oil, or REAL butter with garlic & cook! *Broccoli, cauliflower, asparagus, squash, brussel sprouts, any green vegetable combination of your choice.
- Store cooked veggies in airtight container in the fridge. Then, portion out your protein and veggies for your meals!
- When "sautéing" anything-meat, veggies, etc. make sure to get your skillet/oil hot first before adding the food. Otherwise it'll get soggy/mushy.
- Feel free to make any recipe your own with your own twist!
- If you know you don't like something, switch it out with something you do like!

(Example: recipe calls egg, eat turkey sausage instead)





Cook-it With Casee

- SEASON + SAUCE! Don't be scared! Just check ingredients for more sugar added and measure the servings out.
- Salt, pepper, and garlic are my go to seasonings on almost everything.
- My favorite sauces: honey mustard, hot sauce, teriyaki sauce, salsa, salsa Verde, Kung Pao sauce, pasta sauce, Pesto (most sauces are listed on the cheat sheet)
- Fresh fruit and veggies are always best, BUT to make life easier I sometimes use frozen steamer bags of veggies/rice, canned chicken, rotisserie chicken, Instant rice, store bought sauces.
- Get your family in the kitchen and get them involved in helping make healthier meals together. My boys love cooking it up in the kitchen with me :)
- Invite your bestie over and meal prep together= So Fun!
- We also love these premade meals when we are too busy to cook and we need something quick plus they are amazingly good!
Check out Factor meals and get FREE meals on me with this link:





Fuel & Burn

PRE WORKOUT NUTRITION



Fat
Doesn't have much effect on performance, but it does help maintain blood glucose and insulin levels

Carbs
Preserves muscle and liver glycogen, carbs tell the brain to maintain blood glucose and insulin sending this nutrient to aid in muscle recovery

Protein
Can help maintain/increase muscle size

When eating 45–60 minutes prior to your workout, choose foods that are simple to digest and contain mainly carbs and some protein.

****When these two are combined, they improve protein synthesis and prevents protein breakdown**

A good rule of thumb is to eat a mixture of carbs and protein prior to exercise

Performance & Energy?



POST WORKOUT NUTRITION

Fats
Is an essential nutrient, and it doesn't seem to affect post workout nutrition.

Carbs
Strive for minimally processed carbs, in addition to fruits, which might lead to better next day performance

Proteins
Prevents breakdown & stimulates protein synthesis, maintaining and /or increasing muscle mass

Within 45 min AFTER Exercise

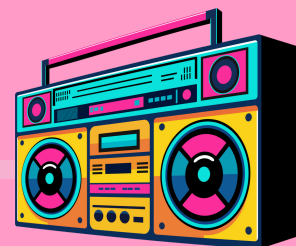
Replenishing 45 min after exercise has major benefits. Most people can't eat immediately after so a protein shake with a piece of fruit is a great option.

Eating foods containing carbs and protein may help support your muscles after exercise. Experts recommend eating shortly after your workout for the most benefit.



Good Vibes Only

Turn it Up Tips



- Weigh and measure out all your food and use a food scale. Place portions in airtight containers to store them.
- Relying on “eyeballing” your portion sizes is tricky business. Most underestimate how much we actually eat! Take the time to measure out your serving sizes. Yes even... Alcohol, Sugary Juices, and Soda Liquid calories add up FAST! This is a habit you have to develop but SOOOO worth it!
- Schedule reminders in your phone when reminding you to eat! Breakfast: 2 hours later, Snack: 2 hours later, Lunch: 2 hours later, Snack: 2 hours later and then Dinner!
- If you are NOT hungry, then don't eat! BUT, when you do get hungry... Eat the foods you have listed/scheduled!
- Learn what REAL hunger feels like and feed yourself nutrition food when you feel it!

TIPS



Turn it Up Tips 2.0



- Track your food in an app prior to eating it to make sure you want to eat it after you see nutritional breakdown of the food items to see if you want to eat that.
- Don't eat ANY food after 8pm! We are busy so plan ahead and bring food with you, BE prepared!
- Avoid Temptations! If you live with people who aren't following the plan with you and who refuse to give up their processed/refined foods, HIDE THEM from yourself. Put those foods in a cupboard/drawer/anywhere you won't see them if these trigger you! Cereal is my kryptonite, if we have it in the house, I will eat the whole box lol
- Don't stray from your plan, quit or break promises to yourself! You don't cancel on family or friends so why do that to yourself? Schedule out 2-3 days of workouts on your calendar and get to work at the time you planned it! Don't cancel on yourself=results!
- Be patient, give yourself grace, love yourself & Do the Deal Daily,
Over and over again! When you "mess up" get back on track!
You've done harder things than this before in your life! You got this girl!

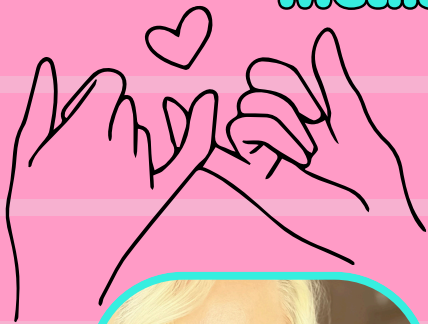


Play Bestie Play

What to expect from the meal plans!

Simplistic + Realistic + Enjoyable

Meals from your bestie!



The meal plans provided are simply examples of how you can lay out your daily and weekly meals, please adjust amounts + modify to fit your family's needs. I've also included meal planner pages to help you plan each week!



**WAKE
UP &
SLAY**

The following meal plans are meals I have personally eaten while on my own personal weight loss journey. They are here to provide you with ideas of how to eat balanced, nutrient-dense foods, allowing for consistent fat loss while keeping meals interesting and satisfying.

Hope you Enjoy!

“YOU CAN SIT WITH US”

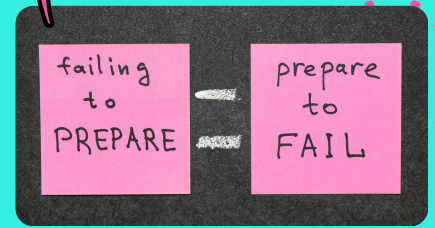


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Fit Bestie Meal Planner



Week: _____



MONDAY

Breakfast | _____
 Lunch | _____
 Dinner | _____
 Snack | _____

TUESDAY

Breakfast | _____
 Lunch | _____
 Dinner | _____
 Snack | _____

WEDNESDAY

Breakfast | _____
 Lunch | _____
 Dinner | _____
 Snack | _____

THURSDAY

Breakfast | _____
 Lunch | _____
 Dinner | _____
 Snack | _____

FRIDAY

Breakfast | _____
 Lunch | _____
 Dinner | _____
 Snack | _____

SATURDAY

Breakfast | _____
 Lunch | _____
 Dinner | _____
 Snack | _____

SUNDAY

Breakfast | _____

WATER INTAKE

MONDAY

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

TUESDAY

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WEDNESDAY

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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WEEK

1

Grocery List

Proteins

- 1-2 pounds (depending on how it's packaged-or could do frozen chicken- Chicken breast OR 1-2 Rotisserie chickens (shred it without the skin)
- 1 pound of Lean ground beef, Ground turkey or ground chicken (you choose)
- 1 Package of Turkey pepperonis OR the rolls of pepperonis wrapped around string cheese
- 1 large can of tuna in water
- 2 count- 0% plain Greek yogurt or Oikos Pro vanilla (with stevia & 20-15 grams of protein)
- 6 Eggs

Veggies

- 1 small/medium Bag of fresh Broccoli &/or 1 Bag of Green beans
- 1 Package of sugar snap peas
- 1 bunch of Romain or leafy green leaves for wraps
- 2- Lemons (for water)
- 1 red onion (optional)
- 1 small bunch of Celery
- 1 bunch of Asparagus
- 1 container of Cherry tomatoes
- Fruits
- 3 Gala apples
- 3 oranges
- 1 bunch of red grapes
- 1 container of berries of your choice
- 2 Avocados

Fats & others

- 8oz Shredded cheddar cheese
- 1 small package of sliced cheddar cheese
- 1 8oz Container whipped cream cheese (for ½ ranch packet to make dip)
- 6 count Package of String cheese or baby bel cheese
- Real mayo
- Dill pickles
- Mustard
- 1 small Container or unsalted mixed nuts
- 1 Small bag of jasmine rice
- Bottle of Coconut aminos or low sodium soy sauce
- Extra virgin olive oil OR avocado oil
- Unsweetened almond OR unsweetened peanut butter-natural/organic
- 1-Ranch packet seasonings
- 1 jar of Salsa of your choice
- 1 Bag or tortilla chips- I love the seite lime
- 1 Container Protein powder (of your choice) make sure it has 20 grams of protein per serving- I prefer Organ Organic Vanilla & Chocolate—enough for 1 shake a day
- Pink Himalayan salt
- 1 small loaf of sour dough bread &/or plain mini bagels
- Optional:
- Nutpods coffee creamer or half/half-for coffee
- PB 2 or PB fit powder- for shakes
- Unsweetened Coco powder- for shakes
- Unsweetened almond milk or Unsweetened coconut milk- for shakes

This is how Fit Gurls Eat

(modify amounts to accommodate your family's needs)

WEEK 1 *Fit Bestie Meal Plan*

Day 1

- Breakfast- Protein shake of any kind that has 15-20 grams of protein mixed with 8oz Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack-1/2 orange with string or babybel cheese
- Lunch- 4 oz ground meat, 1 cup broccoli, 1 serving rice with coconut aminos-mix all together
- Snack- 1 cup Sugar Snap peas & 1 serving of turkey pepperonis
- Dinner- 4 oz cooked Chicken, 1 cup veggies, with 1/4 avocado

Day 2

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbs of whipped cream cheese
- Snack- Cucumber or sugar snap peas with 2 tlb ranch dip
- Lunch- Casee's Chicken salad- 4oz shredded chicken, 1 cup celery, 1 cup grapes, 1 tbs mayo (mix all together) 1 serving tortilla chips or crackers
- Snack- 1 Apple & babybel cheese or string cheese
- Dinner- Burger in a Bowl- 4oz hamburger patty or ground meat, serving of cheese, 1/4 avocado, mustard, dill pickles, tomatoes

Day 3

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack-1 serving turkey pepperonis & 1 string or babybel cheese
- Lunch- 4oz shredded chicken, 1 serving broccoli with melted cheese on top of chicken/broc & 1 serving brown rice
- Snack- 1 serving of grapes with 1 serving unsalted mixed nuts
- Dinner- 4 oz shredded Chicken with a few dabs of franks wing sauce, with 1 cup leafy greens-wrapped or like a salad

Day 4

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbs of whipped cream cheese
- Snack- 1 Gala apple with string or babybel cheese
- Lunch- Taco Salad- 4 oz ground meat, 1 cup lettuce, tomatoes, salsa, 1 serving of corn chips
- Snack- 1 cup Blueberries & 1 serving unsalted nuts
- Dinner- Burger in a Bowl- 4oz Hamburger patty or ground meat, 1 serving cheese, 1/4 avocado, mustard, dill pickles, tomatoes





WEEK

1

FitBessie Meal Plan

Day 5

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack-2-4 oz breakfast turkey sausage & 2 eggs
- Lunch- Taco Salad- 4oz Taco Meat- 1 cup lettuce, 2tbs salsa, 1/4 avocado, 1 serving of cheese, 1 serving of tortilla chips
- Snack- 1 orange & 1 serving of unsalted mixed nuts
- Dinner-4oz cooked chicken, 1 cup veggies, sautéed all olive oil

Day 6

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbs of whipped cream cheese
- Snack- 1 apple with 1 serving of turkey pepperonis
- Lunch- Chicken Nachos- 4oz shredded chicken, 1 serving cheese, 1 serving tortilla chips, salsa, 1/4 avocado,
- Snack-1 serving of grapes & 1 string or babybel cheese
- Dinner- Casee's Famous Tuna Salad served on leafy lettuce (see recipe page)

Day 7

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- Cup of strawberries with low fat sugar free yogurt, mix in 1 serving of unsalted mixed nuts.
- Snack- 1 cup Celery or 1 apple with 1 serving of almond or peanut butter
- Lunch- Casee's Famous Tuna Salad with 1 serving of tortilla chips
- Snack- 1 cup sugar snap peas & 2 tablespoons of ranch dip
- Dinner- Burger in a Bowl- 4oz hamburger patty, 1 cup lettuce, 1 serving shredded cheese, dill pickles, tomatoes, mustard



WEEK 2

Grocery List

Protein:

- Eggs (2 dozen)
- Chicken breast (5 lbs)
- Salmon (3 filets)
- Shrimp (1 lb)
- Ground turkey (1 lb)
- Steak (1 lb)
- Tuna (2 cans)
- Turkey meatballs (frozen without seasoning or homemade)

Vegetables:

- Spinach (1 large bag)
- Mixed greens (1 bag)
- Broccoli (2 heads)
- Bell peppers (4)
- Carrots (1 bag)
- Cucumbers (3)
- Sweet potatoes (4)
- Brussels sprouts (1 lb)
- Asparagus (1 bunch)
- Zucchini (2)
- Kale (1 bunch)
- Green beans (1 lb)
- Cauliflower (1 head)

Fruits:

- Apples (7)
- Bananas (5)
- Berries (strawberries, blueberries, raspberries)
- Pineapple (1)
- Avocado (4)

Grains:

- Oatmeal (steel-cut or rolled oats)
- Quinoa (1 bag)
- Brown rice (1 bag)
- Whole grain bread (1 loaf)
- Whole wheat tortillas (1 pack)

Dairy:

- Greek yogurt (2 tubs)
- Cottage cheese (1 tub)

Nuts & Seeds:

- Almonds (1 bag)
- Walnuts (1 bag)
- Mixed nuts (1 bag)
- Chia seeds (1 bag)

Other:

- Hummus (1 tub)
- Olive oil
- Almond milk
- Peanut butter
- Almond butter
- Protein powder
- Marinara sauce- sugar free

This is how Fit Girls Eat

(modify amounts to accommodate your family's needs)



WEEK

2

Fit Bestie Meal Plan

Day 1

- **Breakfast:** Scrambled eggs with spinach and a side of avocado
- **Snack:** Greek yogurt with mixed berries
- **Lunch:** Grilled chicken salad with mixed greens, tomatoes, cucumbers, and olive oil dressing
- **Snack:** Apple with almond butter
- **Dinner:** Baked salmon, roasted sweet potatoes, and steamed broccoli

Day 2

- **Breakfast:** Oatmeal with chia seeds, almond milk, and blueberries
- **Snack:** Carrot sticks with hummus
- **Lunch:** Turkey and avocado lettuce wraps
- **Snack:** Handful of almonds
- **Dinner:** Stir-fry chicken with mixed vegetables (broccoli, bell peppers, carrots) in olive oil

Day 3

- **Breakfast:** Smoothie (spinach, banana, protein powder, almond milk, chia seeds)
- **Snack:** Sliced cucumber with hummus
- **Lunch:** Grilled shrimp over quinoa and roasted vegetables
- **Snack:** Hard-boiled eggs
- **Dinner:** Grilled steak with cauliflower rice and roasted Brussels sprouts

Day 4

- **Breakfast:** Greek yogurt with granola, chia seeds, and strawberries
- **Snack:** Celery with peanut butter
- **Lunch:** Tuna salad with mixed greens, olive oil, and lemon dressing
- **Snack:** Mixed nuts with 1 fruit
- **Dinner:** Baked cod with roasted asparagus and brown rice



WEEK

2

Fit Bestie Meal Plan

Day 5

- **Breakfast:** Avocado toast on whole grain bread with a poached egg
- **Snack:** Handful of walnuts
- **Lunch:** Chicken and quinoa salad with cucumber, tomato, and lemon dressing
- **Snack:** Protein shake (almond milk, protein powder, spinach)
- **Dinner:** Turkey meatballs with zucchini noodles and marinara sauce

Day 6

- **Breakfast:** Smoothie (almond milk, spinach, banana, protein powder, peanut butter)
- **Snack:** Cottage cheese with pineapple
- **Lunch:** Grilled chicken and vegetable wrap in whole wheat tortilla
- **Snack:** Sliced bell peppers with hummus
- **Dinner:** Grilled salmon with sautéed kale and quinoa

Day 7

- **Breakfast:** Scrambled eggs with veggies (spinach, bell peppers, onions) and a slice of whole grain toast
- **Snack:** Mixed berries with Greek yogurt
- **Lunch:** Turkey lettuce wraps with avocado and cucumber
- **Snack:** Sliced apple with almond butter
- **Dinner:** Grilled chicken with roasted sweet potatoes and green beans



WEEK

3

Grocery List

Protein:

- Egg whites (1 carton) or 2 dozen eggs
- Greek yogurt (2 tubs)
- Chicken breast (4 lbs)
- Turkey breast (1 lb ground)
- Tuna (2 cans)
- Salmon (3 filets)
- Tilapia (2 filets)
- Shrimp (1 lb)
- Cod (2 filets)
- Pork tenderloin (1 lb)
- Cottage cheese (1 tub)
- Protein powder

Vegetables:

- Spinach (1 large bag)
- Mixed greens (1 bag)
- Arugula (1 bag)
- Romaine lettuce (1 head)
- Kale (1 bunch)
- Bell peppers (5)
- Mushrooms (1 pack)
- Cherry tomatoes (2 packs)
- Broccoli (1 head)
- Green beans (1 lb)
- Brussels sprouts (1 lb)
- Zucchini (3)
- Cauliflower (1 head)
- Butternut squash (1)
- Sweet potatoes (4)
- Carrots (1 bag)
- Cucumber (4)
- Celery (1 bunch)
- Avocado (4)
- Baby carrots (1 bag)

Fruits:

- Oranges (2)
- Pears (4)
- Kiwi (2)
- Apples (4)
- Bananas (3)
- Pineapple (1)
- Mixed berries (1 bag of frozen and 1 pack of fresh)
- Strawberries (1 pack)
- Peaches (frozen, 1 bag)

Grains:

- Whole grain bread (1 loaf)
- Quinoa (1 bag)
- Wild rice (1 bag)
- Oatmeal (1 container)

Legumes & Beans:

- Black beans (1 can)
- Chickpeas (1 can)
- Lentils (1 can)
- Edamame (1 pack)

Nuts & Seeds:

- Almonds (1 bag)
- Walnuts (1 bag)
- Mixed nuts (1 bag)
- Pistachios (1 bag)
- Chia seeds (1 bag)
- Cashew butter (1 jar)
- Almond butter (1 jar)

Other:

- Olive oil
- Tzatziki dip (1 tub)
- Guacamole (1 tub)
- Balsamic vinegar
- Low-fat cheese (optional for stuffed peppers)
- Shredded coconut (for topping yogurt)
- Sea salt

This is how Fit Girls Eat

(modify amounts to accommodate your family's needs)



WEEK



Fit Bestie Meal Plan

Day 1

- **Breakfast:** Scrambled egg whites with spinach, mushrooms, and cherry tomatoes
- **Snack:** Sliced orange with a handful of almonds
- **Lunch:** Grilled chicken with mixed greens, roasted chickpeas, and a lemon vinaigrette
- **Snack:** Baby carrots and celery sticks with tzatziki
- **Dinner:** Baked tilapia with steamed green beans and mashed sweet potatoes

Day 2

- **Breakfast:** Greek yogurt with chia seeds, sliced kiwi, and shredded coconut
- **Snack:** Sliced pear with a handful of walnuts
- **Lunch:** Tuna salad with arugula, diced cucumber, red onion, and olive oil dressing
- **Snack:** Protein shake (water, protein powder, and half a banana)
- **Dinner:** Turkey and veggie stir-fry with bell peppers, broccoli, and carrots over cauliflower rice

Day 3

- **Breakfast:** Protein smoothie bowl with almond milk, spinach, frozen mixed berries, and a sprinkle of granola
- **Snack:** Boiled egg with a small avocado
- **Lunch:** Lentil salad with diced bell peppers, cucumber, tomato, and a light olive oil dressing
- **Snack:** Sliced apple with cashew butter
- **Dinner:** Baked salmon with roasted Brussels sprouts and wild rice

Day 4

- **Breakfast:** Oatmeal with cinnamon, diced apples, and a dollop of Greek yogurt
- **Snack:** Cucumber slices with guacamole
- **Lunch:** Grilled shrimp over a bed of romaine with cherry tomatoes, black beans, and a lime-cilantro dressing
- **Snack:** Cottage cheese with pineapple chunks
- **Dinner:** Ground turkey stuffed bell peppers with quinoa, spinach, and a sprinkle of low-fat cheese



WEEK



Fit Bestie Meal Plan

Day 5

- **Breakfast:** Whole grain toast with almond butter and sliced strawberries
- **Snack:** Mixed berries (blueberries, raspberries, and blackberries) with a few pistachios
- **Lunch:** Quinoa bowl with roasted vegetables (zucchini, bell peppers, carrots) and diced chicken breast
- **Snack:** Edamame with a sprinkle of sea salt
- **Dinner:** Baked cod with a side of roasted butternut squash and sautéed kale

Day 6

- **Breakfast:** Smoothie (almond milk, spinach, protein powder, frozen peaches, and chia seeds)
- **Snack:** Cottage cheese with sliced cucumber and black pepper
- **Lunch:** Turkey lettuce wraps with shredded carrots, sliced bell peppers, and hummus
- **Snack:** Hard-boiled eggs
- **Dinner:** Grilled pork tenderloin with roasted asparagus and a side of mashed cauliflower

Day 7

- **Breakfast:** Egg white omelet with diced tomatoes, onions, and spinach, with a slice of whole grain toast
- **Snack:** Pear with almond butter
- **Lunch:** Chickpea salad with arugula, cucumber, cherry tomatoes, and balsamic dressing
- **Snack:** Handful of mixed nuts
- **Dinner:** Baked chicken breast with a side of quinoa and roasted vegetables (zucchini, cherry tomatoes, and onions)



WEEK

4

Grocery List

Proteins:

- 1-2 pounds (depending on how it's packaged-or could do frozen chicken- Chicken breast OR 1-2 Rotisserie chickens (shred it without the skin)
- 1 pound of Lean ground beef, Ground turkey or ground chicken (you choose)
- 1 Package of Turkey pepperonis OR the rolls of pepperonis wrapped around string cheese
- 1 large can of tuna in water
- 2 count- 0% plain Greek yogurt or Oikos Pro vanilla (with stevia & 20-15 grams of protein)
- 6 Eggs

Veggies:

- Think Fresh 1st, then frozen then canned (low sodium)
- 1 small/medium Bag of fresh Broccoli &/or 1 Bag of Green beans
- 1 Package of sugar snap peas
- 1 bunch of Romain or leafy green leaves for wraps
- 2- Lemons (for water)
- 1 red onion (optional)
- 1 small bunch of Celery
- 1 bunch of Asparagus
- 1 container of Cherry tomatoes

Fruits

- 3 Gala apples
- 3 oranges
- 1 bunch of red grapes
- 1 container of berries of your choice
- 2 Avocados

Fats & Other:

- 8oz Shredded cheddar cheese
- 1 small package of sliced cheddar cheese
- 1 8oz Container whipped cream cheese (for ½ ranch packet to make dip)
- 6 count Package of String cheese or baby bel cheese
- Real mayo
- Dill pickles
- Mustard
- 1 small Container or unsalted mixed nuts
- 1 Small bag of jasmine rice
- Bottle of Coconut aminos or low sodium soy sauce
- Extra virgin olive oil OR avocado oil
- Unsweetened almond OR unsweetened peanut butter- natural/organic
- 1-Ranch packet seasonings
- 1 jar of Salsa of your choice
- 1 Bag or tortilla chips- I love the seite lime
- 1 Container Protein powder (of your choice) make sure it has 20 grams of protein per serving-
- 1 small loaf of sour dough bread &/or plain mini bagels
- Optional:
- Nutpods coffee creamer or half/half-for coffee
- PB 2 or PB fit powder- for shakes
- Unsweetened Coco powder- for shakes
- Unsweetened almond milk or Unsweetened coconut milk- for shakes

This is how fit girls eat

(modify amounts to accommodate your family's needs)



WEEK

4

Fit Bestie Meal Plan

Day 1

- Breakfast- Protein shake of any kind that has 15-20 grams of protein mixed with 8oz Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack-1/2 orange with string or babybel cheese
- Lunch- 4 oz ground meat, 1 cup broccoli, 1 serving rice with coconut aminos-mix all together
- Snack- 1 cup Sugar Snap peas & 1 serving of turkey pepperonis
- Dinner- 4 oz cooked Chicken, 1 cup veggies, with ¼ avocado

Day 2

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbls of whipped cream cheese
- Snack- Cucumber or sugar snap peas with 2 tlb ranch dip
- Lunch- Fit Bestie Chicken salad- 4oz shredded chicken, 1 cup celery, 1 cup grapes, 1 tbls mayo (mix all together) 1 serving tortilla chips or crackers
- Snack- 1 Apple & babybel cheese or string cheese
- Dinner- Burger in a Bowl- 4oz hamburger patty or ground meat, serving of cheese, ¼ avocado, mustard, dill pickles, tomatoes

Day 3

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack-1 serving turkey pepperonis & 1 string or babybel cheese
- Lunch- 4oz shredded chicken, 1 serving broccoli with melted cheese on top of chicken/broc & 1 serving brown rice
- Snack- 1 serving of grapes with 1 serving unsalted mixed nuts
- Dinner- 4 oz shredded Chicken with a few dabs of franks wing sauce, with 1 cup leafy greens-wrapped or like a salad

Day 4

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbls of whipped cream cheese
- Snack- 1 Gala apple with string or babybel cheese
- Lunch- Taco Salad- 4 oz ground meat, 1 cup lettuce, tomatoes, salsa, 1 serving of corn chips
- Snack- 1 cup Blueberries & 1 serving unsalted nuts
- Dinner- Burger in a Bowl- 4oz Hamburger patty or ground meat, 1 serving cheese, ¼ avocado, mustard, dill pickles, tomatoes



WEEK

4

Fit Bestie Meal Plan

Day 5

- **Breakfast-** Shake with Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- **Snack-** 2-4 oz breakfast turkey sausage & 2 eggs
- **Lunch-** Taco Salad- 4oz Taco Meat- 1 cup lettuce, 2tbls salsa, ¼ avocado, 1 serving of cheese, 1 serving of tortilla chips
- **Snack-** 1 orange & 1 serving of unsalted mixed nuts
- **Dinner-** 4oz cooked chicken, 1 cup veggies, sautéed all olive oil

Day 6

- **Breakfast-** Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbls of whipped cream cheese
- **Snack-** 1 apple with 1 serving of turkey pepperonis
- **Lunch-** Chicken Nachos- 4oz shredded chicken, 1 serving cheese, 1 serving tortilla chips, salsa, ¼ avocado,
- **Snack-** 1 serving of grapes & 1 string or babybel cheese
- **Dinner-** Casee's Famous Tuna Salad served on leafy lettuce (see recipe page)

Day 7

- **Breakfast-** Shake with Unsweetened Almond/Coconut milk or water
- Cup of strawberries with low fat sugar free yogurt, mix in 1 serving of unsalted mixed nuts.
- **Snack-** 1 cup Celery or 1 apple with 1 serving of almond or peanut butter
- **Lunch-** Casee's Famous Tuna Salad with 1 serving of tortilla chips
- **Snack-** 1 cup sugar snap peas & 2 tablespoons of ranch dip
- **Dinner-** Burger in a Bowl- 4oz hamburger patty, 1 cup lettuce, 1 serving shredded cheese, dill pickles, tomatoes, mustard



WEEK 5

Grocery List

Proteins:

- Egg whites (1 carton) or 2 dozen eggs
- Ground turkey (1 lb)
- Grilled chicken breast (4 lbs)
- Chicken thighs (1 lb)
- Shrimp (1 lb)
- Cod (2 filets)
- Salmon (3 filets)
- Flank steak (1 lb)
- Turkey breast slices (1 lb)
- Tofu (1 block)
- Greek yogurt (2 tubs)
- Cottage cheese (1 tub)
- Protein powder

Vegetables:

- Spinach (1 large bag)
- Kale (1 bunch)
- Arugula (1 bag)
- Mixed greens (1 bag)
- Bok choy (1 bunch)
- Zucchini (4)
- Mushrooms (1 pack)
- Bell peppers (5)
- Cherry tomatoes (2 packs)
- Carrots (1 bag)
- Sweet potatoes (3)
- Butternut squash (1)
- Spaghetti squash (1)
- Cucumbers (4)
- Brussels sprouts (1 lb)
- Cauliflower (1 head)
- Green beans (1 lb)
- Celery (1 bunch)

Fruits:

- Oranges (2)
- Raspberries (1 pack)
- Pears (4)
- Apples (4)
- Grapefruit (1)
- Mango (frozen, 1 bag)
- Pineapple (1)
- Peach (1)

Grains:

- Whole wheat tortillas (1 pack)
- Quinoa (1 bag)
- Bulgur wheat (1 bag)
- Wild rice (1 bag)
- Granola (1 bag)
- Whole grain bread (1 loaf)
- Legumes & Beans:
- Black beans (1 can)
- Lentils (1 bag or can)
- Chickpeas (1 can)
- Edamame (1 pack)
- Nuts, Seeds & Spreads:
- Almond butter (1 jar)
- Tahini (1 jar)
- Mixed nuts (1 bag)
- Walnuts (1 bag)
- Sunflower seeds unsalted no shell (1 bag)
- Hemp seeds (1 bag)
- Coconut flakes (unsweetened, 1 bag)

Other:

- Olive oil
- Sesame ginger dressing
- Balsamic vinegar
- Hummus (1 tub)
- Salsa (1 jar)
- Cinnamon
- Paprika

This is how Fit Girls Eat

(modify amounts to accommodate your family's needs)



WEEK

5

Fit Bestie Meal Plan

Day 1

- **Breakfast:** Egg and veggie scramble (egg whites, spinach, zucchini, and onions) with a side of sliced avocado
- **Snack 1:** Handful of roasted chickpeas and a small orange
- **Lunch:** Grilled chicken and arugula wrap in a whole wheat tortilla with a side of cucumber slices
- **Snack 2:** Cottage cheese with a sprinkle of cinnamon and sliced pear
- **Dinner:** Herb-crusted baked cod with roasted carrots and steamed green beans

Day 2

- **Breakfast:** Quinoa porridge with almond milk, chia seeds, and fresh raspberries
- **Snack 1:** Sliced bell peppers with black bean dip
- **Lunch:** Lentil soup with a side salad (arugula, cherry tomatoes, and a balsamic vinaigrette)
- **Snack 2:** Sliced apple with tahini drizzle
- **Dinner:** Lemon garlic shrimp stir-fry with bok choy, mushrooms, and cauliflower rice

Day 3

- **Breakfast:** Sweet potato hash with ground turkey, spinach, and a poached egg
- **Snack 1:** Edamame with sea salt
- **Lunch:** Grilled salmon salad with mixed greens, avocado, cucumbers, and a sesame ginger dressing
- **Snack 2:** Hard-boiled eggs with a sprinkle of paprika
- **Dinner:** Turkey and zucchini meatloaf with mashed cauliflower and roasted Brussels sprouts

Day 4

- **Breakfast:** Banana protein pancakes topped with a dollop of Greek yogurt and a sprinkle of hemp seeds
- **Snack 1:** Celery sticks with almond butter and raisins (ants on a log)
- **Lunch:** Turkey taco lettuce wraps with avocado, salsa, and diced onions
- **Snack 2:** Handful of sunflower seeds with half a grapefruit
- **Dinner:** Herb-marinated grilled chicken thighs with roasted sweet potatoes and sautéed kale



WEEK

5

Fit Bestie Meal Plan

Day 5

- **Breakfast:** Smoothie bowl (almond milk, spinach, frozen mango, and protein powder) topped with granola and coconut flakes
- **Snack:** Greek yogurt with pomegranate seeds
- **Lunch:** Quinoa and black bean bowl with diced tomatoes, corn, avocado, and lime dressing
- **Snack:** Sliced pear with a handful of walnuts
- **Dinner:** Grilled flank steak with chimichurri, roasted zucchini, and wild rice

Day 6

- **Breakfast:** Scrambled tofu with diced bell peppers, spinach, and turmeric, served with a slice of whole grain toast
- **Snack:** Sliced cucumber with hummus
- **Lunch:** Grilled chicken and veggie kebabs with a side of bulgur wheat
- **Snack:** Mixed nuts and a few dried apricots
- **Dinner:** Baked salmon with roasted asparagus and spaghetti squash

Day 7

- **Breakfast:** Avocado toast topped with cherry tomatoes and a poached egg
- **Snack:** Small handful of trail mix (no added sugars) and a fresh peach
- **Lunch:** Turkey and spinach wrap with hummus and a side of roasted chickpeas
- **Snack:** Cottage cheese with diced pineapple
- **Dinner:** Lemon herb baked chicken breast with roasted butternut squash and steamed broccoli



WEEK 6

Grocery List

Proteins:

- 1-2 pounds (depending on how it's packaged-or could do frozen chicken- Chicken breast OR 1-2 Rotisserie chickens (shred it without the skin)
- 1 pound of Lean ground beef, Ground turkey or ground chicken (you choose)
- 1 Package of Turkey pepperonis
- 2 count- 0% plain Greek yogurt or Oikos Pro vanilla (with stevia & 20-15 grams of protein)
- 6 Eggs
- 1 tube of turkey breakfast sausage

Veggies:

- 1 small/medium Bag of broccoli slaw
- 1 Bag of Green beans
- 1 Package of sugar snap peas or cucumber
- 1 bunch of Romain or leafy green leaves for wraps
- 2- Lemons (for water)
- 1 red onion (optional)
- 1 small bunch of Celery
- 4- green zucchini
- 1 container of Cherry tomatoes
- Sack of small round potatoes

Fruits:

- 3-4 Gala apples
- 3 oranges or 6 cuties
- 1 bunch of red grapes
- 1 container of berries of your choice
- 2 Avocados
- 2-3 peaches

Fats & others:

- 8oz Shredded cheddar cheese
- 1 small package of sliced cheddar cheese
- 1 8oz Container whipped cream cheese (for ½ ranch packet to make dip)
- 6 count Package of String cheese or baby bel cheese
- Real mayo
- Dill pickles
- Mustard
- 1 small Container or unsalted mixed nuts
- 1 Small bag of jasmine rice
- Bottle of Coconut aminos or low sodium soy sauce
- Extra virgin olive oil OR avocado oil
- Unsweetened almond OR unsweetened peanut butter- natural/organic
- 1-Ranch packet seasonings
- 1 jar of Salsa of your choice
- 1 Bag or tortilla chips
- 1 Container Protein powder (of your choice) make sure it has 20 grams of protein per serving- I prefer Organ Organics Vanilla & Chocolate —enough for 1 shake a day
- Pink Himalayan salt
- 1 small loaf of sour dough bread &/or plain mini bagels

Optional:

- Nutpods coffee creamer or half/half-for coffee
- PB 2 or PB fit powder- for shakes
- Unsweetened Coco powder- for shakes
- Unsweetened almond milk or Unsweetened coconut milk- for shakes
- Here is your meal plan & workout plan for this week!
- Franks wing sauce or sugar free bbq sauce

This is how Fit Girls Eat

(modify amounts to accommodate your family's needs)



WEEK

6

Fit Bestie Meal Plan

Day 1

- Breakfast- Protein shake mixed with 8oz Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with 1 slice of cheddar melted on top with 1 peach
- Snack-Apple with string cheese or babybel
- Lunch- 4 oz cooked Chicken, 1 cup veggies, with ¼ avocado & ¼ cup round potatoes
- Snack- 1 cup Sugar Snap peas or ¼ cucumber, 1 serving of turkey pepperonis with 2 tbs ranch dip
- Dinner- Beef Egg Roll in a bowl- 4 oz ground meat, 1 cup broccoli slaw, 1 serving rice with coconut aminos-mix all together- optional- ¼ cup rice

Day 2

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- Cup of berries with low fat sugar free yogurt, mix in 1 serving of unsalted mixed nuts.
- Snack- Cucumber or sugar snap peas with 2 tlb ranch dip & 1 serving of turkey peps
- Lunch-4 oz ground beef with 1 serving potatoes & 1 cup zucchini
- Snack- 1 Apple & babybel cheese or string cheese
- Dinner- 4 oz Chicken with a few dabs of franks wing sauce or sugar free BBQ, with 1 cup leafy greens with ¼ cup round potatoes

Day 3

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack-1 serving turkey pepperonis, 1 string or babybel cheese & ½ an orange
- Lunch- Burger in a Bowl- 4oz hamburger patty or ground meat, serving of cheese, ¼ avocado, mustard, dill pickles, tomatoes- mix like a salad
- Snack- 1 serving of grapes with 1 serving gluten free crackers & 1 serving turkey peps
- Dinner- 4oz shredded chicken, 1 serving zucchini & 1 serving rice- mix all together

Day 4

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbs of whipped cream cheese & 1 peach
- Snack- 1 Gala apple with string or babybel cheese
- Lunch- Burger in a Bowl- 4oz hamburger patty or ground meat, serving of cheese, ¼ avocado, mustard, dill pickles, tomatoes- mix like a salad
- Snack- 1 cup Blueberries & 1 serving unsalted nuts
- Dinner- Casee's Chicken salad- 4oz shredded chicken, 1 cup celery, 1 cup grapes, 1 tbs mayo (mix all together) 1 serving tortilla chips or crackers



WEEK

6

Fit Bestie Meal Plan

Day 5

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 2-4 oz breakfast turkey sausage & 1-2 eggs
- Snack-2-4 oz breakfast turkey sausage & 2 eggs- mix all together- add salsa on top
- Lunch- Taco Salad- 4oz Taco Meat- 1 cup lettuce, 2tbs salsa, ¼ avocado, 1 serving of cheese, 1 serving of tortilla chips- sup chips for rice or vs versa
- Snack- 1 orange & 1 serving of unsalted mixed nuts
- Dinner-4oz cooked chicken, 1 cup green veggies (green beans or zucchini) ¼ cup rice

Day 6

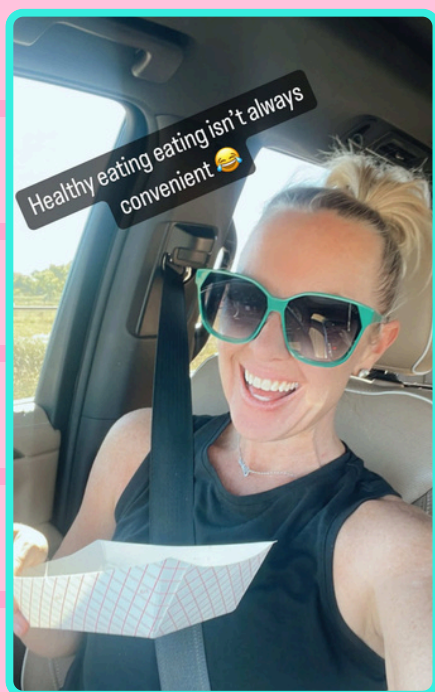
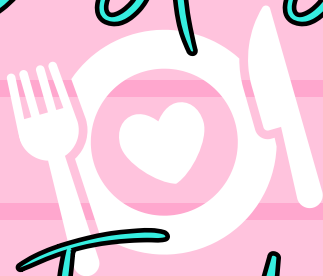
- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 mini bagel with 1 tbs of whipped cream cheese with 1 peach
- Snack- 1 apple with 1 serving of turkey pepperonis
- Lunch- Chicken Fried Rice- 4oz chicken, ¼ cup rice with mixed veggies and coco aminos
- Snack-1 serving of grapes & 1 string or babybel cheese
- Dinner- Dinner- Burger in a Bowl- 4oz hamburger patty, 1 cup lettuce, 1 serving shredded cheese, dill pickles, tomatoes, mustard

Day 7

- Breakfast- Shake with Unsweetened Almond/Coconut milk or water
- 1 slice of sourdough toast with cheddar melted on top with 1/2 orange or whole cutie
- Snack- 1 cup Celery or 1 apple with 1 serving of almond or peanut butter
- Lunch- Egg Roll in a bowl- 4 oz ground meat, 1 cup broccoli, 1 serving rice with coconut aminos-mix all together- add ¼ cup rice (optional)
- Snack- 1 cup sugar snap peas & 2 tablespoons of ranch dip
- Dinner- Casee's Chicken salad- 4oz shredded chicken, 1 cup celery, 1 cup grapes, 1 tbs mayo (mix all together) 1 serving tortilla chips or crackers

Besties For the Recipes

Casee's Tried & True Favorites!



BESTIES
FOR THE
BESTIES



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Besties for the Recipes



"I want my Burger in a Bowl" → Burger in a Bowl

Ingredients: (Serves 1)

- 4 oz cooked hamburger patty or seasoned ground beef/turkey
- 1 serving shredded cheese (cheddar, pepper jack, or your favorite)
- ¼ avocado, diced
- 1 tbsp yellow mustard (or to taste)
- ¼ cup dill pickles, chopped
- ¼ cup diced tomatoes
- ¼ cup shredded lettuce (optional for extra crunch)



Instructions:

Cook the ground beef or burger patty to your desired doneness.
If using a patty, chop it into bite-sized pieces.
In a bowl, layer the cooked meat, shredded cheese, avocado, mustard, pickles, and tomatoes.
Mix lightly or keep layered for a more structured bowl.
Enjoy as is or add a drizzle of sugar-free ketchup for extra burger vibes!
Pro Tip: Swap mustard for a homemade burger sauce—mix Greek yogurt, mustard, and a splash of hot sauce!

"The Limit Does Not Exist (On Protein)" → Tuna Salad

Ingredients: (Serves 2)

- 8 oz can of chunk light tuna in water
- 1 avocado
- 1 tbsp mayo
- 1 tbsp mustard
- 1 oz red onion, chopped
- 1 tbsp dill pickles (chopped) or dill relish
- 1 tbsp sweet relish (optional)



Instructions:

Mix all ingredients together in a bowl.
Serve lettuce and tomatoes and a serving of Siete lime tortilla chips.



Besties for the Recipes



"SoY Fetch" → Asian Bowl

Ingredients: (Serves 1)

4 oz ground beef, turkey, or chicken

1 cup steamed broccoli

1 serving cooked rice (white, jasmine, or brown)

1 tbsp coconut aminos (or low-sodium soy sauce)

Instructions:

Cook ground meat in a pan until browned, seasoning with garlic powder, salt, and pepper.

Steam or sauté broccoli until tender.

Add rice, cooked ground meat, and broccoli into a bowl.

Drizzle with coconut aminos and mix it all together.

Enjoy hot and feel like a meal prep queen.

Pro Tip: Add a fried egg on top for that next-level yum!



"Taco 'Bout a Glow Up" → Taco Salad

Ingredients: (Serves 1)

4 oz seasoned taco meat (ground beef/turkey/chicken)

1 cup shredded lettuce

2 tbsp fresh salsa

¼ avocado, diced

1 serving shredded cheese (cheddar, Mexican blend)

1 serving tortilla chips, crushed for a little crunch

Instructions:

Cook and season your taco meat (use taco seasoning or a mix of cumin, garlic powder, paprika, and salt).

In a bowl, layer the lettuce, taco meat, cheese, salsa, and avocado.

Top with crushed tortilla chips for that perfect bite.

Enjoy as is, or drizzle with a little Greek yogurt or hot sauce for extra flavor!

Pro Tip: Swap tortilla chips for crushed Quest chips for extra protein!



Besties for the Recipes



"That's Why Her Macros Are So Big" → Chicken Salad

Ingredients: (Serves 1)

4 oz cooked, shredded chicken (rotisserie or grilled)

1 cup diced celery

1 cup halved red or green grapes

1 tbsp light mayonnaise (or Greek yogurt for a healthier option)

1/2 tsp lemon juice (optional, for freshness)

1/4 tsp salt (adjust to taste)

1/4 tsp black pepper

1/4 tsp garlic powder (optional)

1 serving tortilla chips, crackers, or lettuce wraps for serving



Instructions:

In a mixing bowl, combine shredded chicken, diced celery, and halved grapes.

Add mayonnaise (or Greek yogurt) and mix well until evenly coated.

Season with lemon juice, salt, black pepper, and garlic powder, if using.

Serve chilled with tortilla chips, crackers, or in lettuce wraps for a low-carb option.

Enjoy fresh or store in an airtight container in the refrigerator for up to 2 days.

Pro Tip: Add chopped pecans or almonds for extra crunch and flavor!

"Did you see her Muffin Top" → Chicken Muffins

Ingredients: (makes 6)

12.5 ounces canned chicken (or any cooked protein)

2 large whole eggs

1/2 cup celery, chopped

1/4 cup red onion, chopped

1/4 cup cheddar cheese

1/2 teaspoon lemon pepper (or regular pepper)

1/4 teaspoon salt

1/2 teaspoon garlic powder

Optional Add-ins (if available):

2 tablespoons bacon bits

1 teaspoon crushed red pepper

Instructions:

Drain your canned chicken.

Chop up celery and red onion.

Add all ingredients into a bowl and mix well.

Coat a muffin pan with non-stick cooking spray.

Evenly distribute the mixture into the muffin spots.

Bake at 350°F (176°C) for 30-35 minutes or until they start to brown.



Besties Recipes



"The Plastics' Takeout Hack" → Egg Roll in a Bowl



Ingredients: (Serves 4)

1 lb ground turkey
1 bag coleslaw mix
Carrots (shredded)
Garlic (minced)
Onion (chopped)
Sesame oil
Apple cider vinegar
Fresh ginger (grated)
Low-sodium soy sauce
Salt & pepper
Sriracha or sweet chili sauce (optional)

Instructions:

Heat sesame oil in a skillet over medium heat.
Add garlic & onion, sauté until fragrant.
Add ground turkey and cook until browned.
Stir in mushrooms, shredded carrots, grated ginger, and coleslaw mix.
Cook for 5 minutes.
Add vinegar, soy sauce, salt & pepper, stir and cook for 2 more minutes.
Serve garnished with chopped green onions and a drizzle of sweet chili sauce.

"I can't help I'm so popular" → Burrito Bowl

Ingredients: (serves 2)

1 ready rice packet of choice (I like Cilantro Lime flavor for this)
1 microwavable cauliflower rice packet
Protein of choice: ground beef or chicken
White Queso. Optional toppings: pico, guac, shredded cheese, crushed tortilla chips, sour cream, shredded lettuce

Instructions:

1. Prepare rice and or cauliflower steamer. Mix together.
2. Prepare your chicken
3. Assemble 4 bowls/tupperware in this order:
 - 1/2 cup rice/cauliflower rice mix
 - even portion of the chicken
 - 1-2 TBS queso
 - Other toppings of choice



Besties for the Recipes

"The Brunch Barbie" → Chaffle Waffles

A chaffle (cheese + waffle) is the ultimate low-carb, high-protein alternative to bread or regular waffles! Perfect for breakfast sandwiches, burger buns, or just a crispy snack.

Ingredients: (Makes 1 Chaffle)

- 1 large egg, ½ cup shredded cheese (cheddar, mozzarella, or your choice)
- ½ teaspoon baking powder (optional, for fluffier texture)
- ½ teaspoon garlic powder (for savory chaffles)

Instructions:

Preheat your waffle maker and spray with non-stick cooking spray.
Whisk the egg in a small bowl. Stir in shredded cheese and any seasonings.
Pour the mixture into the waffle maker (don't overfill).
Cook for 3-5 minutes or until golden brown and crispy.
Remove and let cool for a minute (it crisps up as it cools!)

Chaffles are easy, customizable... literally the sky's the limit!
Totally bestie approved!

Sweet Chaffle Version

Use mozzarella cheese (milder flavor).
Add ½ teaspoon vanilla extract + ½ teaspoon cinnamon + 1 tsp sweetener.
Top with sugar-free syrup, berries, or whipped cream!



Savory Chaffle Ideas

Keto Breakfast Sandwich → Use as "buns" with bacon & eggs.
Chaffle Pizza → Top with pizza sauce, cheese, & pepperoni.
Burger Chaffle → Use as a bun for a low-carb burger.



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Breakfast Besties



“Why is her butt so flat” → Protein Flapjacks

½ scoop protein powder

2 TBS any dry pancake mix

2 TBS water/milk (adjust for consistency)

Mix until batter forms (don't over stir!).

Optional toppings: PB2 syrup (PB2 + water/almond milk), sugar-free syrup, or chocolate chips (because, duh).

Make extra and refrigerate for quick breakfast wins.

“The Plastics → Fit Girl...riddle”

make 2 small chaffle pancakes (as sandwich buns)

1 egg or egg white

2 slices turkey bacon

½ slice or sprinkle of light cheese

Assemble as a sandwich and enjoy fresh or meal-prep for grab-and-go mornings.

“On Wednesdays” → We Eat Omelettes

Whisk together:

¼ cup egg whites

1 whole egg

Splash of milk

Salt & pepper

Mix in:

Bacon bits, cheese, tomatoes, spinach (or your faves)

Two options:

Cook in a pan for a classic omelette

Bake in muffin tins for grab-and-go breakfast cups



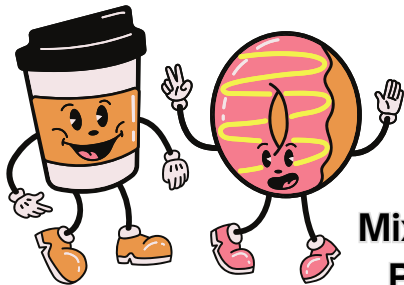
Breakfast Besties 2.0

"The Cool Mom" → Greek Yogurt Parfait

Greek yogurt
Fresh fruit (strawberries, blueberries, etc.)
1-2 TBS granola (middle + top layers for crunch)
"Boo, You Bacon" Quick Breakfast
2 slices turkey bacon or turkey sausage
1 hard-boiled egg
Side of fruit



"You Go, Glen CoCoa" → Protein Donuts



2 mashed bananas
2 TBS honey
4 scoops protein powder
1/8 tsp salt
4 TBS cocoa powder
Mix to brownie batter consistency
Pour into greased donut molds
Bake 15 min at 325°F

Glaze: Mix 3-4 TBS powdered sugar with milk/water to a drizzle consistency

"Lazy Girl Hash" → Hash brown Breakfast Bowl

1 cup shredded frozen hash browns
1/2 cup egg beaters (or 2 real eggs, whisked)
ground breakfast turkey sausage (or bacon bits)
shredded cheese of choice (approx 1 TBS)
add frozen hashbrowns to a microwave safe container (or bowl)
Pour egg beaters (or whisked egg) directly over, season with salt/pepper
Microwave for 1 min, then stir. Repeat until eggs are cooked

Breakfast Besties 3.0

“Oh my Gah Speak English” → Muffin

Whole grain English muffin

Toppings of choice:

Peanut butter

Turkey bacon/sausage + egg + cheese

“He’s Everything” → Toast

Low-carb bread

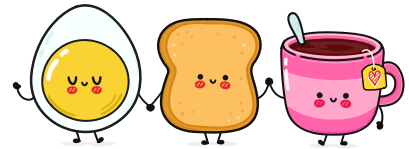
Fun toppings:

PB + banana slices

Apple butter + sliced apples

Cream cheese + “Everything But The Bagel” seasoning

Get creative, Regina would approve.



“You Can’t Avocado With Us” → Toast

Whole grain or low-carb bread

Mashed or sliced avocado

1 cooked egg

1 slice of turkey bacon

Salt & pepper

Eat it like an open-faced sandwich, because we’re fancy.

“Fit Girl” → Burrito

Low-carb tortilla

Scrambled eggs (or egg beaters)

Shredded cheese

Turkey bacon/sausage

Peppers, onions, salsa (because spicy food is life)

Wrap it up, eat it up, burn it up.



“Bestie’s Totes Fav” → Cheese Toast

(Serves 1) 1 slice sourdough toast 1 serving shredded cheddar cheese
(melted on top)

½ orange or 1 whole cutie (mandarin)

pop it under the broiler for a minute if you’re feeling fancy

Want more protein? Add a side of boiled eggs or turkey bacon!

Lunch with Us!



“Burn the chick ”→ Buffalo Chicken Dip

1 can cooked chicken (drained)

1 Laughing Cow wedge

Frank’s Hot Sauce (adjust to your spice level)

Mix in a bowl, top with shredded cheese, and microwave for
1:30 min

Serve with baked tortilla chips, carrot chips, or celery—
because we’re still in our hot girl era.

“She Doesn’t Even Gyro Here” →Chicken Gyro

Whole wheat pita or low-carb wrap

Rotisserie chicken (because who has time to cook?)

Pico de gallo

Tzatziki sauce (store-bought because we’re efficient)

Optional: sliced grape tomatoes, onion, cucumber

Wrap it up, feel fancy, pretend you're in Greece.

“You Wanna Do Something Fun”?→ Lettuce Wrap

4 oz Ground chicken (cooked)

Add: soy sauce, teriyaki sauce, shredded carrots, diced water
chestnuts, ginger, pepper

Serve in romaine lettuce leaves for a crisp, light bite

“Orange you gonna sit with us”? →Orange Chicken

5-6 chicken nuggets of your choice

1/3 cup rice of choice

Veggie of choice

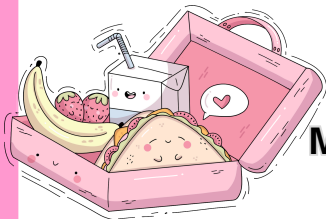
Mix together-1 TBS orange marmalade + 3

TBS teriyaki or BBQ sauce

Cook chicken nuggets in air fryer or oven,

Once nuggets are done, toss them in the
sauce until coated

Add rice & veggies! Freaking YUM!



Lunch with Us 2.0



"Big Fit Energy" → Lunchable

4 oz lean deli turkey or grilled chicken slices
1 oz cheese slices or Babybel cheese
Whole grain crackers or rice cakes
1/4 cup hummus or guacamole
Sliced cucumbers, cherry tomatoes, or bell pepper strips
Handful of almonds or cashews

"She's Really Pest-Off" → Pesto Pasta Salad

Diced sautéed or shredded rotisserie chicken (lazy girl hack)
Halved grape tomatoes
Parmesan cheese
Noodles of choice (or zucchini noodles for the fit besties)
Pesto sauce
Eat hot or cold, because you're versatile.

"That's So Fetch" → Fit Girl Sandwich

2 slices low-carb or whole grain bread (or a wrap for fewer carbs)
4 oz lean turkey or chicken breast
1 slice baby Swiss or provolone cheese
1 tbsp hummus or smashed avocado
Handful of spinach or arugula
2 slices tomato
1 tbsp Dijon mustard or Greek yogurt ranch for flavor

"I Can't Help That I'm So Popular" → Pizza Wrap

Low-carb tortilla/wrap
Ham, turkey pepperoni, and/or salami
Mozzarella cheese
Pizza sauce
Banana peppers + other fave pizza toppings
Toast in a skillet or oven until melty & golden brown



"The Mean Chick" → Crispy Chicken sandwich

MorningStar chicken patty

Low-carb bun

Lettuce, pickles, light mayo

Crispy, delicious, and totally Burn Book-approved.

"I heard she's easy" → Enchilada Bowl

4 oz lean ground beef (93/7 or 96/4) or
shredded rotisserie chicken

1/2 cup cooked jasmine rice or cauliflower rice

1/4 cup black beans or pinto beans

1/4 cup enchilada sauce (red or green)

1/4 cup shredded Mexican blend or cheddar cheese

1/4 cup diced tomatoes or pico de gallo

1 tbsp plain Greek yogurt (swap for sour cream)

1 tbsp guacamole or sliced avocado

Shredded lettuce or spinach (optional for extra volume)

Layer your bowl: start with rice, add beans, then the meat mixture.

Top with shredded cheese, tomatoes/pico, Greek yogurt,
and guacamole.

Mix & enjoy or scoop it up with a few tortilla chips for crunch!

"You Wanna a Piece of Me" → Pizza

Low-carb wrap or pita bread

Pizza sauce

1/4 cup Shredded cheese

Turkey pepperoni/bacon bits

Spinach + other fave toppings

Bake at 425°F for 6-10 min until crispy

Gretchen wishes she could have this.



Hot Bod Dinner Club

"That's Why Her Stir Fry is So Big"



→ Teriyaki Chicken Stir Fry

Sautéed chicken breast (or swap for steak/shrimp)

Zucchini, broccoli, onion (or fave veggies)

Cook, then add:

Teriyaki sauce, soy sauce, ginger, pepper

Pineapple chunks (optional, but tropical queen vibes)

Serve with a side salad, rice, or cauliflower rice

"Put her in the Burn Book" → Fajitas

Sautéed chicken breast

Thinly sliced bell peppers, onion, tomatoes

Season with cumin, garlic, salt, pepper, cayenne, lime

Serve with:

Whole wheat tortillas, lettuce wraps, or eat alone

Pairs well with salsa and a little sass.

"Kick her Casserole" → Chicken Bake

Casserole

1 rotisserie chicken (shredded)

1 can fat-free cream of chicken + 1 can fat-free cream of mushroom

5-8 oz plain Greek yogurt (unflavored)

Salt & pepper

Mix together, top with crushed reduced-fat Ritz crackers (optional, but boujee)

Bake at 350°F for 25 min

Serve over white rice or eat solo

Hot Bod Dinner Club 2.0

"Girl, You Smell Amazing" → Fit Girl Ribs



1 rack of baby back ribs (trimmed)

1 tbsp olive oil

2 tbsp smoked paprika

1 tbsp garlic powder

1 tbsp onion powder

1 tsp salt

1 tsp black pepper

1 tsp chili powder (optional for heat)

1/2 cup sugar-free BBQ sauce (like Primal Kitchen or G Hughes)

Preheat oven to 275°F.

Remove the membrane from the ribs (optional but recommended).

Rub ribs with olive oil, then coat with seasoning mix.

Wrap ribs tightly in foil and place on a baking sheet.

Bake for 2.5-3 hours, until tender.

Remove from foil, brush with BBQ sauce, and broil for 5 minutes until caramelized.

"Why are you so obsessed with me" → Pesto Chicken

Tortellini

Ingredients: (serves 4)

12 oz cheese or spinach tortellini, 2 cups cooked chicken breast (shredded or diced), 1/2 cup light basil pesto, 1 cup milk, 1/2 cup plain nonfat Greek yogurt, 1/4 cup grated Parmesan cheese, 1 tbsp olive oil (or cooking spray), 2 cloves garlic (minced), 1 cup cherry tomatoes (halved)

2 cups fresh spinach, Salt, pepper & red pepper flakes or sundried tomatoes, 1/4 cup bacon bits (optional)

Instructions:

Cook tortellini, drain & set aside.

In a pan, sauté garlic in olive oil for 30 sec

Add chicken & tomatoes, cook 2-3 min.

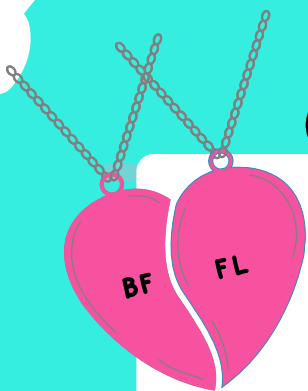
Stir in pesto & milk, simmer 2 min.

Whisk in Greek yogurt & Parmesan, stir until smooth.

Toss in tortellini & spinach, cook until spinach wilts.

Mix in bacon, sundried tomatoes





Hot Bod Dinner Club 3.0

"You're Like Really Pretty"

→Southwestern Salad



Lettuce/spinach

Grilled chicken (or canned chicken for quick meals)

Black beans, corn, avocado, cheese

Dressing: salsa + lime juice

Swap chicken for steak, shrimp, or taco meat

Optional Chipotle Sauce: sour cream + lime juice + chipotle seasoning

"Regina's Roast" →Chuck Roast

Red potatoes (quartered), ½ sliced yellow onion, baby carrots

Place in crockpot

Mix: 2 cans beef broth, 1 can cream of mushroom soup, 1 envelope brown gravy, ½ envelope ranch seasoning, salt, pepper

Pour over roast, cook on low for 6-8 hours

Serve with A1 sauce (if you're extra like Regina George)

Hot Bad Dinner Club 4.0

"You Go, Girl" → Fried Rice

**Pan-fry: 1 scrambled egg, mixed veggies,
cooked rice (or cauliflower rice)**

**Add: Soy sauce, teriyaki sauce, ginger, garlic,
salt, pepper**

Toss in chicken, shrimp, or steak for a full meal

"We Eat Tacos on Tuesdays" → Baked Tacos

**Ground beef/ground chicken (browned &
drained)**

**Season with taco seasoning, sautéed onion
(optional)**

Stir in a little enchilada sauce or salsa

**Use corn tortillas (microwave first so they don't
break)**

**Fill with meat & cheese, fold into tacos, place
on baking sheet**

Spray with cooking oil & salt

Bake at 400°F for 8 min, flip, then another 8 min

Optional Dipping Sauce:

**Sour cream + salsa + lime juice + salt +
cayenne pepper +
splash of hot sauce**



"Side" Chicks That Slay



"She's So Easy" → Mexican Rice

Minute Rice (follow box directions)

Before microwaving, add 1 tsp Knorr Caldo De Tomate
(Mexican aisle at Walmart)

Water should turn a light orange before cooking

Microwave & enjoy with your fave meal.



"Is that Spinach in her Teeth" →

Spinach Dip

1 block (8 oz) reduced-fat cream cheese

1 cup plain Greek yogurt

10 oz baby spinach (sautéed & drained)

1 tsp garlic, ½ tsp salt, ¼ tsp pepper

½ cup Parmesan, ½ cup light mozzarella

Mix, bake at 375°F for 20 min, top with extra cheese
(if you're feeling bold)

"Don't Be So Lame" → Sautéed Veggies

Zucchini, onion, mushrooms (or fave veggies)

Sauté in soy sauce, garlic, salt, pepper

Pro tip: Let skillet + oil get HOT before adding veggies

OR bake at 425°F for 15-20 min

"Her Legs are like So Long" →

Green Beans

Cook in chicken stock, salt, pepper, brown sugar

Add real bacon bits (optional, but recommended)

Simmer until tender & delish

"Side" Chicks That Slay 2.0



"Her Hair Is So Fried" → French Fries

(Sweet Potato or Red Potato)

Dice or slice thin like fries

Toss in olive oil, salt, pepper, rosemary, garlic

Bake 425°F for ~10-12 min per side, flipping halfway

Crispy outside, soft inside, full of flavor.

"Whatever, I'm Getting Cheese Fries" → Cheesy Fries

Peel, dice, & boil red potatoes until fork-tender

Mash with splash of skim milk, heaping spoon of Greek yogurt

Season with salt, pepper, garlic powder

Stir in cheese & bacon bits (because, duh)

"I'm too Zesty to Function" → Zucchini Fries

Slice zucchini into fries

Toss in olive oil OR dip in egg + coat in breadcrumbs, salt, pepper, garlic, Cajun seasoning

Spread on cookie sheet (no touching!)

Bake at 425°F for ~10-12 min per side, flipping halfway

"I Really Want to Lose 3 pounds" → Cucumber Salad

Cucumber, onion, vinegar, water, salt, pepper, sugar

Crisp, refreshing, and totally mom-approved.

"She Works that Corner" → Mexican Street Corn

Corn (fresh or canned, drained)

Mix with: Light mayo, chili powder, lime juice, salt, pepper, queso fresco

Serve as a side or eat straight out of the bowl—no judgment.

Sweet & Fit-ish Desserts



"What the Fudge" → Fudge Cookies

(No Protein=Extra Chewy)

1½ bananas (mashed)

½ cup peanut butter (or any nut butter)

1 cup oats

3 TBSP honey

Chocolate chips (obviously, load it up)

Mix, spoon onto a baking sheet, and bake at 350°F for 16-17 min



"She Ruins Lives for Fun" → Chocolate Banana Nice Cream

2 frozen bananas

1 TBSP cocoa powder

1 TBSP almond butter

Splash of almond milk

Blend until creamy, eat immediately or freeze for a firmer texture

"I'm Like a Fit Mom" → Greek Yogurt Berry Parfait

1 cup Greek yogurt

½ cup mixed berries

1 TBSP honey

2 TBSP granola

Layer, drizzle with honey, and enjoy like the queen you are

"Boo, You PB Bite" → No-Bake Peanut Butter Protein Bites

1 cup oats

½ cup natural peanut butter

¼ cup honey

1 scoop protein powder

¼ cup dark chocolate chips

Mix, roll into bite-sized balls, and refrigerate for 30 min



Sweet & Fit-ish Desserts 2.0

"That's the Ugliest Effin' Thing I've Ever Seen" →

Chocolate Nut Clusters

½ cup dark chocolate chips

1 cup almonds

Sea salt

Melt chocolate, mix in almonds, drop spoonfuls onto parchment paper, sprinkle with sea salt, and refrigerate



"She's The Apple of My Eye" → Apple Nachos

1 apple (sliced)

1 TBSP melted peanut butter

1 TBSP dark chocolate chips

1 TBSP granola

Arrange apple slices, drizzle with peanut butter, sprinkle with chocolate chips & granola

"The Meanest Mug Cake" → Protein Mug Cake

1 scoop vanilla or chocolate protein powder

1 TBSP almond flour

½ tsp baking powder

1 egg

2 TBSP almond milk

½ tsp vanilla extract

Mix in a mug, microwave 60-90 sec, and enjoy warm!



Sweet & Fit-ish Desserts 3.0



"OMG Did you see His..." → No-Bake Protein Balls

1 scoop vanilla protein powder

¼ cup honey

⅓ cup peanut butter (or PB2 for fewer calories/fat)

3 TBSP oats

Chocolate chips, shredded coconut, chopped almonds/pecans
(optional)

Mix, roll into balls, and refrigerate until firm

Try using chocolate protein powder for a chocolatey glow-up!

"The Plastics' Cake Batter Protein Balls"

1 scoop vanilla protein powder

¼ cup honey

⅓ cup peanut butter (or PB2 for fewer calories/fat)

3 TBSP oats

White chocolate chips, shredded coconut, chopped almonds/pecans

Rainbow sprinkles + Cake batter extract (McCormick brand is fab)

Mix, roll into balls, and refrigerate until set

"You're Not Like a Regular Cheesecake, You're a Cool

Cheesecake" → Protein Cheesecake

1 (8oz) package fat-free cream cheese

1 scoop protein powder

2 individual-size containers 0% Greek yogurt

Splash of vanilla

2 eggs

Stevia/sugar substitute to taste

Optional crust: Graham cracker crust or be extra and use an Oreo crust

Mix ingredients, add mix-ins (golden Oreos, white chocolate chips,
sprinkles)

Bake at 250°F for 30 min, then 300°F for 45 min

Cool & top with fat-free Cool Whip, sugar-free chocolate sauce, or
melted dark chocolate



Sweet & Fit-ish Desserts 4.0



"So Basic" → 6-Ingredient Cookies

1½ bananas (mashed)

½ cup peanut butter (or any nut butter)

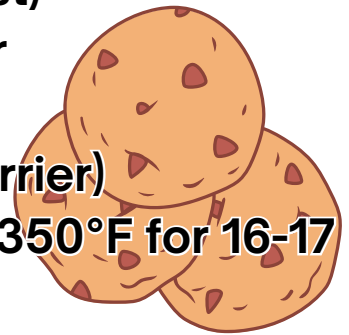
¾ cup oats (quick oats work best)

1 scoop vanilla protein powder

3 TBSP honey

Chocolate chips (the more, the merrier)

Mix, spoon onto a baking sheet, and bake at 350°F for 16-17 min



"He's Hot As Lava" → Mini Lava Cake

3 TBSP dry cake mix (MUST mix Angel Food Cake + Any Other Cake Mix)

2 TBSP water

1 Lindor truffle, Hershey Kiss, etc.

Toppings: whipped cream, Halo Top ice cream, sugar-free syrup

Mix dry cake mix + water, place truffle in center, microwave for 45 sec

"I Can't Help That I'm So Popular" → Mini Key Lime Pie

2 mini graham cracker crusts (Keebler brand)

1 single-serve yogurt (lime-flavored Chobani is chef's kiss)

1 TBSP dry pudding mix (cheesecake flavor, sugar-free if preferred)



1 TBSP Cool Whip

Mix together, divide into mini crusts, top with lime zest, and chill or eat immediately



Big Snack Energy

“That’s why her snacks are so big. It’s full of secrets.”

- Sliced apple with cinnamon/honey....put it in the microwave for a couple minutes and you have baked apples...serve with cool whip and/or granola on top
- Baked tortilla chips with salsa
- Seite Chips
- Trail mix (of choice)
- Carrots with hummus or greek yogurt ranch
- Light Ranch Dip: plain (unflavored) Greek yogurt mixed with ranch seasoning
- packet. also can mix with blended cottage cheese or whipped cream cheese pair with sugar snap peas
- Cheese cubes/string cheese
- Cucumbers with “ranch dip” or whipped cream cheese with bacon bits on top
- Ranch Dip: 1 packet of ranch seasoning, 1 container of either whipped cream cheese or plain greek yogurt and mix
- Cucumber sandwiches- tuna salad between two cucumber slices
- Any kind of fresh fruit
- Apples, celery, or bananas with peanut butter
- 1/2 peanut butter + banana sandwich on whole wheat bread
- Greek yogurt with granola and/or fruit (think Parfait)
- Strawberries or peaches with light cool whip/granola on top



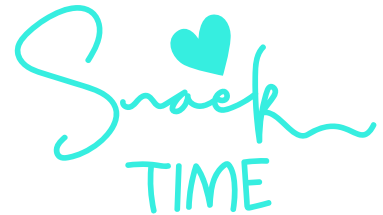
Snack
TIME

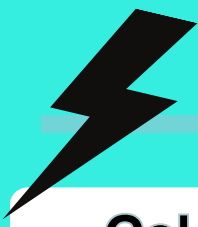


Big Snack Energy 2.0

"Raise your hand if you have been personally victimized by snacks"

- Pretzel thins & salsa
- Hard boiled eggs (I like to add a little hot sauce & butter)
- Homemade fruit salad or "fruit salsa", you can eat this on graham crackers
- Veggie straw chips
- Nut thins
- Greek yogurt covered raisins
- 1 slice of low carb bread or rice cake with peanut butter or nutella + add a few chocolate chips.
- Mini Pizza Rolls- 1 low carb little tortilla wrapped around motz string cheese/Air fry for a few mins and dip in pizza sauce.
- Air Fried Pita/Tortilla Chips: Cut thin pita bread or low carb wrap into wedges, spray with cooking spray or lightly toss in olive oil ,put in air fryer on 400-425F for 5-10 minutes depending on how your air fryer cooks (can also cook in oven, but need to flip halfway through baking!)
- Cottage Cheese & Pineapple – High in protein with a touch of sweetness.
- Hummus & Baby Carrots – A crunchy, fiber-filled snack with a boost of healthy fats.
- Turkey Roll-Ups – Deli turkey wrapped around a cheese stick or avocado slices.
- Trail Mix (Nuts & Dark Chocolate Chips) – A satisfying combo of protein, fats, and a little sweetness.
- Apple Slices & Peanut Butter – A classic mix of fiber and healthy fats to keep you full.





Big Snack Energy 3.0

"oh my gah... did you see her snacks"?

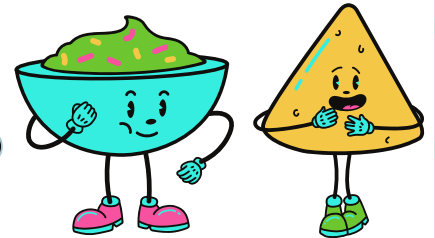
- Colorful baby bell peppers with hummus or ranch
- Dark chocolate chips + nuts/dried fruit
- Peanut butter banana bites: nut butter in between 2 banana slices, dip (or drizzle) in dark chocolate + freeze then enjoy!
- Raisins, dates
- Popcorn
- Frozen Yogurt
- Light cool whip (if you freeze it & eat it frozen it tastes like ice-cream!)
- Ham + Cheese roll-ups: literally just deli ham with sliced cheese rolled up + heated in microwave (or eaten cold)
- Low-carb mini "pizzas" : on a plate, lay out a thin layer of turkey pepperonis, sprinkle with shredded cheese + microwave until melted, you can also do the same on top of zucchini slices + bake in the oven (dip in pizza sauce)
- Rice cake with topping of choice, laughing cow wedge + everything but the bagel seasoning)
- 1 PLAIN chobani greek yogurt mixed with 1/2 package dry ranch seasoning (can thin out with a splash of milk if you prefer)



Big Snack Energy 4.0

"These Snacks are Soooo Fetch"

- **Fit Girl Gauc:** 2 avocados, 1/4 cup finely diced onion, 1 diced roma tomato, small bunch of cut cilantro (if you like this), 1/2 diced Jalapeno (if you like spicy), juice of one lime, cumin, garlic powder, salt, chili powder. Mash avocado + mix in other veggies. I don't measure spices, I usually shake some and then taste as I go until it has lots of flavor.
- **Barebells protein bars**
- **The Perfect Bar protein bars**
- **Fairlife Protein shakes for on the go**
- **Archer or Chomps meat sticks**
- **Turkey pepperonis/or turkey meat sticks**
- **Beef Jerky**
- **Unsalted nuts**
- **Grapes & Chili Lime Quest chips**
- **Wella Bars**
- **Toasted coconut almonds &/or cashews**
- **Tuna Creation packets**
- **Turkey/Ham Rolled around cheese or pickles and or wrapped with butter lettuce (can add light mayo)**
- **1 tbls of Cool whip with 1tlbs of cheese cake pudding mix with different flavored yogurts, top with graham crackers and fruit to make "Fluffy" yummy things.**





Casee's Top FITNESS TIPS



INTENSITY!

When lifting weights, choose a weight that's as heavy as you can handle to complete the given number of reps. Get those heavier weights & bands out! It should BURN!

EAT!

Eat a little protein/carb combo 30-45 min prior to exercise. Then... Eat something full of protein (at least 30 grams) within an hour after exercise! Protein is essential for muscle repair and growth. Make sure you're getting enough protein in your diet, especially after a workout.

HYDRATE!

Dehydration can cause muscle cramps and delay recovery. Make sure you're drinking enough water before, during, and after your workout.

WARMUP!

Always warm up before each workout, not stretch! This is key for getting the blood flowing and avoiding injury. Videos of each suggested warm linked on demo page.

CARDIO!

You don't need to do hours of cardio each day if your goal is to build/tone muscle and lose weight! This incorporates cardio throughout the program.

Look at a sprinters body compared to a long-distance runner; the difference is obvious. If you would like to incorporate some cardiovascular training on your off days, Stick to High Intensity Interval Training (HIIT)

SUPERSETS!

This is great for keeping your heart rate up to burn more calories! These combinations can help increase muscle fiber activation, meaning you can increase the intensity of work on your muscle, causing it to develop faster! Supersets= 2 exercises grouped together performed right after each other

MIND-MUSCLE CONNECTION!

This is very important in ALL exercises, especially for your legs! Be sure to focus on the area you're working for maximum tension and growth (Ex: glutes, quads, hamstrings.)

Squeeze glutes at top of all glute exercises and "THINK" about what your muscles are doing during these exercises to connect your mind to your muscles, this= growth



Casee's Top Cont..

FITNESS TIPS

SAFETY!

Never lock your knees while standing or push your out knees on presses or squats! Monitor your heart rate and take it easy if you need take longer rest periods.

If the program is too difficult at first you don't have to complete it all, just look at it as something to work towards! We all start somewhere!

Engage your core to protect your back, warm up before, cool down/stretch after to avoid injuries.

REST PERIODS & REST DAYS!

Keep rest periods below a minute except when doing heavy weighted lifts. For these, take 2-3 minutes depending on your fitness level.

Rest days are just as important as workout days. Give your muscles time to recover and repair between workouts. Consider active recovery: Low-impact activities such as walking or yoga can help improve blood flow and aid in muscle recovery.

SHOES!

Stick to flat footed sneakers on lower body days. Converse, Vans, NoBull work great. You can also train in your socks. This helps with stability, balance, and driving through your heels which is very important for recruiting the proper muscles.

STRETCH!

After every workout... stretch! Holding each stretch for 5-10 secs before moving to the next stretch. Try foam rolling for 5-10 minutes prior to training and after, especially if you feel sore or tight. Massage out those sore muscles and Epsom salt baths are also great!

SLEEP!

Get enough sleep: Sleep is crucial for muscle recovery. During sleep, your body releases hormones that promote muscle growth and repair. Aim for at least 6-8 hours of sleep per night.

FIND BESTIES TO WORKOUT WITH!

Online or in person encourage a friend, spouse, family member to join you in this health journey and pump some iron with you!

+It's more fun doing this with besties!



By following these tips, you can optimize your muscle recovery and achieve better results on your fitness journey.



Fit Bestie Workouts

EXPLAINED



The following fitness plan implements a variety of workouts that prioritize fat loss/weight loss with an emphasis on general toning, core and strength development for your full body.

- There are 5 workouts per week for 12 weeks of work!
- Complete each day in any order you would like, as long as you get in all 5 days in each week!
- For additional work: Optional Cardio, Bootay and Core workouts have been provided. Complete these on your “off/rest” days.
- Home and Gym Versions have been provided. This gives you options to workout anywhere if you are not able to get to the gym or traveling.

So No Excuses!

- Recommended equipment suggestions have been provided if you choose to purchase a few items, if you don't have any equipment that is ok.

Additional Tips for At-Home Success:

- For resistance: If you can't get access to any bands or weights, use things around your house and get creative. Water bottles, gallon jugs filled up, or a filled backpack with heavy items.
- To increase difficulty: Slow down the movement (eccentric phase), add pauses, or increase reps.
- You can do any of the movements without weight. Just do the movements pretending you do have weight, squeezing your muscles to connect your mind and muscles together.



**OH! AND...ON
WEDNESDAYS**



WE WORK OUT IN PINK!



Fit Bestie Workouts

EXPLAINED #2

- Watch the video demonstration video to ensure you are doing the exercises correctly with the correct form.

Note: These are just demos, the reps/set are not listed the videos are only showing how to do each exercise with correct form to avoid injury.

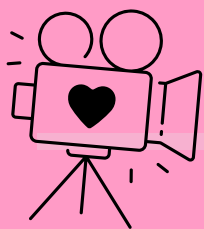
- With timed exercises, do your best to complete the time programed, if you aren't able to do it the full time, keep track of that time so you can beat it next time. We are always continuing to get better and stronger.
- Your mind will try to tell you it's too hard, you will need to decide if that is BS or is it really too hard for your fitness level. Make it a goal to get in each rep, each set and each second. Imagine I am standing there telling you not to quit.
- If the workouts are too easy for you.. you aren't winded, tired, sweaty NOTHING after... Next time, add weight, add reps, add sets, add holds etc. Make it challenging for yourself!
- We will do the same workouts for 4 weeks, then switch them up. IT'S OK TO GET BORED! This is how you know you are improving and getting better!
- Go in order of days/weeks, if you miss a day, do that day when you resume. DON'T JUMP AHEAD OR JUMP AROUND!
- The last 2 weeks of the program are shred weeks. This is where we will take what you have learned and developed over the last 10 weeks and put in max effort to get you to your goal. These are the weeks you will want to tighten up your "diet" and put in work and do the optional workouts.



**OH! AND...ON
WEDNESDAYS**

WE WORK OUT IN PINK!





Video DEMOS



**CLICK FOR CASEE'S FAV
WORKOUT PLAYLIST**



WATCH, LEARN & BURN

FOR ALL MOVEMENTS DEMONSTRATIONS

NOTE: THE WORKOUT VIDEOS SHOWN HERE ARE
ONLY DEMONSTRATING HOW TO DO EACH
MOVEMENT CORRECTLY WITH CORRECT FORM.

FOR CORRECT AMOUNTS OF REPS/SETS/TIME
FOLLOW THE PLAN PROVIDED IN THE BURN BOOK.



PLAY NOW

**Watch Workout Form Tips
Here:**



PLAY NOW

Find ALL Demos Here:



**Back to Table of
Contents**



Start Your Engines Warm Up & Cool Down Guide



Begin each session do 3-5 minutes of light cardio (like jumping jacks, arm circles, or jogging in place). Move the muscles your will be working that day to get them "warmed up" DO NOT workout "COLD"

WATCH UPPER BODY WARM UP!



PLAY NOW



PLAY NOW

WATCH LOWER BODY WARM UP!

Booty Burner Before:

Doing a glute BURNOUT before booty days is a strategic way to activate and prime the glute muscles for maximum engagement during squats, deadlifts, and hip thrusts.

Do this EXTRA warm-up before a lower body strength day. Let grow that BOOTAY!

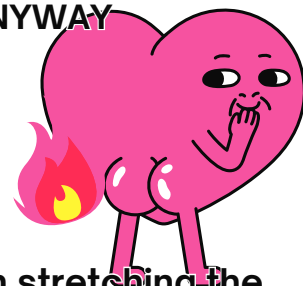
This can also be done on it's own also. 3 Sets of 10 reps each exercise.

GRAB A BOOTY BAND IF YOU HAVE IT, IF NOT DO IT ANYWAY

WATCH BOOTY BURNER WARMUP!



PLAY NOW



End each session with 5 minutes of stretching, focusing on stretching the muscles we worked today.

Note: Adjust weights or resistance if needed to match your fitness level for each exercise. FOR BEST RESULTS, USE CHALLENGING WEIGHT and/or Booty bands! it's ok to push yourself! YOU CAN DO HARD THINGS!

Watch Cool Down/Stretch INFO Video Here::

IMPORTANT

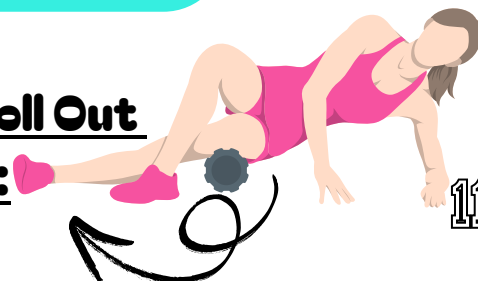
Watch Cool Down/Stretch:



PLAY NOW



**Watch Recovery Roll Out
Video Here: :**



Big Bootay Energy

Bye Bye Thigh Gap

ADDUCTORS (Inner Thigh Sculpting & Strength)

Goal: Tone & strengthen the inner thighs for a balanced look!

- Adductor Pulses – 3 sets x 20 reps
- Standing Banded Hip Adductions – 3 sets x 20 reps per leg
- Banded Cross-Over Toe Taps – 3 sets x 20 reps per leg
- Side-Lying Banded Leg Lifts – 3 sets x 20 reps per leg
- Monster Walks – 3 sets x 20 reps total

PRO TIP: Keep your core tight and focus on the inner thigh squeeze during each movement.

Basic B(ooty)

Glute Minimus Deep Stabilizer – Small but Mighty

Goal: Improve balance, stability, and tighten the booty!

- Banded Kickbacks – 3 sets x 12 reps per leg
- Banded Cross-Over Toe Taps – 3 sets x 12 reps per leg
- Donkey Kick-Ups (Pulses) – 3 sets x 20 reps per leg
- Plank leg lifts – 3 sets x 12 reps per leg
- Clam Pulses-3 sets x 20 per side
- Kneeling straight Leg pulses- 3 sets x 20 reps
- Split Squat Pulses – 3 sets x 20 reps per leg
- Plie squat Pulses-3 sets x 20 reps
- Banded Squat Pulses-3 sets x 20 reps

PRO TIP: These moves also improve hip mobility and balance, which will help your big lifts like squats and deadlifts!

Sit your BIG Booty With Us

Every “Booty’s” Dream AKA Booty Burner

Do before leg days for max Bootay activation!

- Banded Squat Pulses – 12 reps
- Banded Clamshell Pulses – 12 reps per leg
- Seated Banded Hip Adduction Pulses – 12 reps per leg
- Standing Banded Straight leg Kickbacks – 12 reps per leg
- Kneeling Donkey Kicks– 12 reps per leg
- Kneeling Straight Leg Glute Pulses- 12 per leg
- Fire Hydrants- 12 reps per side

2-3 Rounds

Watch Booty Demos

Here:



PLAY NOW

No Burn, No Booty!

Big Booty Gooooo

GLUTE MAXIMUS (Biggest Part of the Booty – Power & Shape)

Goal: Build strong, round, lifted glutes!

- Banded Hip Thrusts- band on bench – 3 sets x 15 reps
- Glute Bridge Pulses- 3 sets x 15 rep
- Banded Glute Bridges – 3 sets x 15 reps
- Single Leg Glute Bridge – 3 sets x 10 reps each leg
- Straight Leg Kickbacks – 3 sets x 15 reps per leg
- Straight Leg Kickback Pulses – 3 sets x 15 reps per leg
- Sumo Squat Pulses-3 sets x 15
- Pop Squats – 3 sets x 15 reps

PRO TIP: Keep constant tension in the band and focus on slow, controlled movements for max activation.

OH MY QUAD!

QUADS & THIGHS (Burn, Baby, Burn)

Goal: Improve balance, stability, and tighten the quads!

- Banded Squats- 3 sets x 12 reps
- Banded Squat Pulses – 3 sets x 12 reps
- Split Squat Pulses – 3 sets x 12 reps per leg
- Banded Lateral Walks – 3 sets x 12 steps each way
- Monster walks- 3x 12 per leg
- Pop Squats- 3x12 reps
- Fast Step ups- 3x12 per leg
- Side Lying Leg Lifts-3x12 per leg

PRO TIP: Stay low in your movements to keep constant tension on the legs. Thicker thighs incoming!

Side Booty Boot Camp

Glute Medius (That Side Booty – Roundness & Width)

Goal: Create that round, side-booty shape!

- Banded Clamshells – 3 sets x 15 reps per side
- Fire Hydrants – 3 sets x 12 reps per leg
- Standing Banded Hip Abductions – 3 sets x 12 reps per leg
- Side-Lying Banded Leg Lifts – 3 sets x 12 reps per leg
- Lateral Step-Outs – 3 sets x 12 reps per leg
- Side-to-Side Crab Walks – 3 sets x 12 steps each way
- Finisher: Monster Walks – 30 seconds

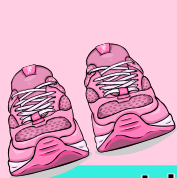
PRO TIP: Keep constant tension in the band and focus on slow, controlled movements for max activation.

Watch ALL Booty

Demos Here:



PLAY NOW



Running My Mouth Is My Cardio



I don't believe women need to be doing hours of cardio to achieve weight loss. Our focus is more about the importance of clean eating, with a healthy mixture of strength training and SOME cardio for longevity.

A good weightlifting session can sometimes burn more calories than cardio, as long as you're lifting heavy enough and taking little rest period aka supersets. Depending on your goals, cardio is extremely beneficial for cardiovascular health. For weight loss and building muscle this is where your strength training comes in.

I suggest choosing 2 sessions a week off this Cardio list to fire up your results.

Dirty 30

30 sec of each , followed by a 30 second rest!
2 Rounds

- 30 sec. monster walks + side hops
- 30 sec. mountain climber + rocking plank
- 30 sec. star jump + standing knee ups
- 30 sec. plank jack + plank hip taps
- 30 sec. jumping jacks + Jump Squats
- 30 sec. high knees + butt kicks
- 30 sec. side hops + pop squats
- 30 sec. inchworm + plank walk outs
- 30 sec. side to side hops + curtsy lunges
- 30 sec. dead bugs + alternating windmills

You can do anything for 30 seconds!

Fit Happens

3 Rounds resting 1-2 mins between sets

Time: 20 mins

- 10 jump squats
- 10 push ups
- 10 shoulder taps
- 30 sec. low skater jumps
- 10 star jumps
- 10 plank jacks
- 10 mountain climbers
- 10 pop squats
- 8 inch worms + 8 plank walk outs

Bestie Burner

3-4 Rounds resting 2 mins between sets

Time: 40 Minutes

- 1 minute at fast jog or walk
- 15 walking Lunges
- 20 Skaters
- 2 minute rest
- 1 minute at fast jog or walk
- 1 minute side hops (each side)
- 15 Pop Squats
- 1 minute side steps left
- 10 Lateral Lunges (each leg)
- 1 minute side steps right



Thick Thighs Save Lives

3 Rounds- 2 minute rest between sets

Time: 20 Minutes

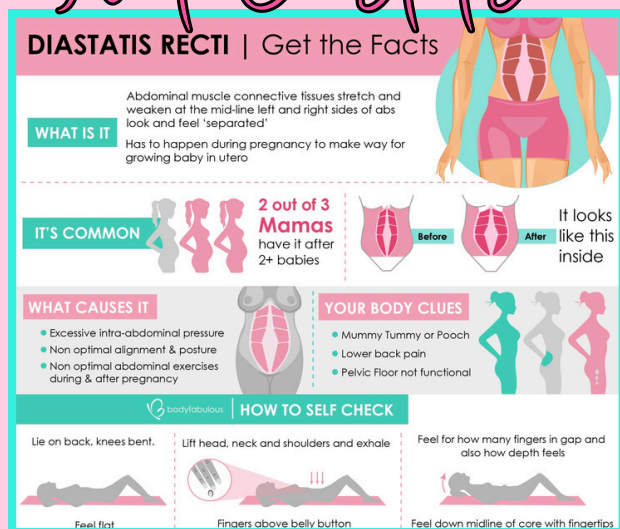
- 50 jumping Jacks
- 50 Mountain Climbers
- 50 Crunches
- 50 Squats
- 1 minute Jump Rope
- 1 minute Butt Kicks
- 1 minute High Knees



PLAY NOW

Watch ALL
Cardio Demos
Here!

Recti Diastasis



AKA AB SEPARATION

The "Finger Width Test" for Recti Diastasis.

How to Check for it: (AKA) Ab Separation)

1. Lie Down
2. Lie flat on your back with knees bent and feet on the floor.
3. Lift Your Head Slightly
4. Place one hand behind your head for support.
5. With your other hand, place two fingers at your belly button.
6. Press and Feel
7. Gently press down into your midline with your fingers.
8. Slowly lift your head & shoulders slightly off the floor (like a mini crunch).
9. Feel for a gap between your abdominal muscles.
10. Measure the Gap

If you feel space between the muscles where your fingers sink in, note how many fingers fit inside. Move above and below your belly button to check if the separation changes in size along the midline.

What Your Finger Width Means Finger Width Diastasis Severity

- 1 Finger= Minimal separation (normal for some people)
- 2 Fingers= Mild diastasis – Some weakness, but can heal with core rehab
- 3 Fingers= Moderate diastasis – Needs consistent rehab & caution with exercises
- 4+ Fingers= Severe diastasis – May require physical therapy or specialist evaluation

Important: It's not just about the gap width but also how deep your fingers sink in. If your midline feels soft and weak rather than firm, your connective tissue needs strengthening.

❌ Exercises to AVOID with Diastasis Recti:

(These can worsen the separation and put too much pressure on the weak core.)

- ❌ Traditional Crunches & Sit-ups – Increase intra-abdominal pressure.
- ❌ Planks & Push-ups (until healed) – Too much strain on the core.
- ❌ Russian Twists – Twisting motion can worsen separation.
- ❌ Leg Raises & Flutter Kicks – Pulls on weak core muscles.
- ❌ Heavy Lifting Without Core Engagement – Can push abdominal contents forward.

Pro Tip: AVOID: Anything that causes bulging in the midline (planks, crunches, twisting).

✅ Safe Exercises to HEAL & Strengthen Core:

(Focus on deep core activation & breathing!)

- Pelvic Tilts – Strengthen deep core & realign muscles.
- Heel Slides – Controlled movement to rebuild core connection.
- Modified Side Planks – Avoids direct pressure on weak abs.
- Glute Bridges – Engages core without straining abs.
- Dead Bug Exercise – Strengthens core while keeping pressure low.
- Heel Taps-Strengthens core while keeping pressure low.
- Transverse Abdominis Breathing (TVA Breathing) – Activates deep core muscles.

Pro Tip: Focus on drawing the belly button in (not pushing out) and exhale on effort to engage the deep core.



Don't worry, most of my mom clients have this, make sure to do the finger test and avoid any core exercises that could do further damage to your abs.

IF you have this and it is 3 fingers or more and it's soft, do Core recovery plan on the next page instead of other Ab exercises you heal your abs.



Watch Ab rehab video Here!

Goal: Strengthen the core, close the gap, and restore function without strain.

Phase 1: Deep Core Activation & Gentle Healing (Weeks 1-4)

Goal: Wake up the core, engage the TVA, and start restoring strength

- Transverse Abdominis Breathing (TVA Breathing) – 3x10 breaths

Lie on your back, knees bent.

Inhale belly expands, exhale draw belly button in & up without sucking in.

- Pelvic Tilts – 3 sets x 10 reps

Lie on your back, knees bent, Tilt pelvis slightly to flatten lower back.

- Heel Slides – 3 sets x 10 reps per leg

Lie on your back, knees bent. Slide one heel out while keeping core engaged, then return.

- Glute Bridges (with Core Engagement) – 3 sets x 12 reps Squeeze glutes, keep core engaged, don't let abs push out.

Complete 3 Rounds of each exercise 4-5X per week



Phase 2: Strength & Stability (Weeks 4-6)

Goal: Build a stronger core while keeping pressure controlled

- Dead Bug (Modified) – 3 sets x 10 reps per side

Keep core tight, move opposite arm & leg while maintaining stability.

- Seated Knee Lifts – 3 sets x 10 reps

Sit upright, lift one knee at a time, keeping abs engaged.

- Side-Lying Leg Lifts – 3 sets x 12 reps per side

Works obliques without twisting the core.

- Bird Dogs – 3 sets x 10 reps per side

Keep back flat, extend opposite arm & leg, engage deep core.

Complete 3 Rounds of each exercise 3-4 X per week

Goal: Strengthen the core, close the gap, and restore function without strain.

Phase 3: Functional Strengthening (Weeks 7-10+)

Goal: Increase strength, restore full function, and return to normal activities

- Modified Side Planks – 3 sets x 10-15 sec hold

Knees bent or staggered for support.

- Standing Core Squeeze (TVA Activation in Movement) – 3 sets x 10 reps

Stand tall, exhale & draw core in as you bring knees up.

- Quadruped TVA Breathing – 3 sets x 10 breaths

Same breathing technique but in an all-fours position.

- Wall Sit with Core Activation – 3 sets x 15 sec hold

Sit against the wall, focus on keeping core tight.

Complete 3 Rounds of each exercise 3-4 X per week

Absolutely SHREDDED



Most of my workout programs have a few key movements at the end of each session to gain core strength! We should also be engaging our core in every exercise we do to protect our back! Everyone has abs, if you don't see yours currently it's just because there may be a layer of fat or loose skin over them! Wah Wah But good news, we can achieve them! How do you achieve Abs? Through diet and cardio mainly and **doing core after your lifting sessions 1-2 x a week.**

ABS/CORE WORKOUT: Mind-muscle connection and breathing to make sure you're focusing on your core muscles!

Pay close attention to your breathing and exhaling on each rep. In your nose, out your mouth

Abs of Steel

3 Rounds

Perform 10 reps of each rest 20 seconds between exercises

- 10 bridge step outs
- 10 standing knee raises
- 10 bird dogs
- 10 windmills (each side)
- 10 Plank Bear taps
- 10 Flutter Kicks (each side)
- 10 bicycle crunches
- 10 rocking plank
- 10 Deadbugs (each side)
- 10 Russian Twists (each side).
- 10 Palo Press



PLAY NOW

Watch Ab Demos Here!

Abs-Sessed

3 Rounds

Perform each move for 30 seconds rest 15 seconds between exercises

- Plank Shoulder Taps
- Plank Hip Taps
- Reverse Planks with heel taps
- Bicycle Crunches
- Leg Raises
- Heel Touches
- Sit-Ups
- Knee ins
- Sit ups
- Reverse Cruches

Abse-lutely Vibin

3 Rounds

Perform each move for 40 seconds, rest 20 seconds between exercises

- Side Plank (Right) - Hip Dips or hold
- Side Plank (Left) - Hip Dips or hold
- Russian Twists
- Mountain Climbers
- Superman Hold
- Around the world bear crawls
- Weighted Palo Press
- Weighted seated knee ins
- Plank Rockers



Flat Abs

3 Rounds

Perform each move for 45 seconds, rest 15 seconds between exercises

- Plank Walkouts + Inchworms
- Weighted russian twists +
- V-Ups or hollow hold
- Flutter Kicks + Leg Lifts
- Bear Hold + Taps
- Reverse Crunches + Butt Ups
- Weighted wall sit Presses
- Knee Step Ups

We Absolutely Might Die

**DOING THESE.... BUT AT LEAST
WE WILL HAVE ABS!**

Ab/Core Exercises: GYM

- Stability Ball saw or Hold or 3 sets of 15 secs
- Stability Ball Plank Circles- each side 3 sets of 15 reps
- Pike Up on Ball 3 sets of 10 reps.
- Light Medicine Ball Knee-Ins 3 sets of 12 reps
- Medicine Ball Press Ups 3 sets of 15 reps
- Straight Leg Sit-Ups 3 sets of 30 reps.
- Medicine Ball Russian Twists 3 sets of 30 seconds.

Ab/Core Exercises: HOME

- Crunches 3 sets of 30 reps.
- Long Arm crunches 3 sets of 15 reps.
- Bird Dog Crunches 3 sets of 10-15 reps
- Knee to Elbow (modified mountain climber) 3 sets of 10 reps each side
- Sit-Ups 3 sets of 30 reps.
- Russian Twists 3 sets of 30 seconds
- Heel Tap Overs 3 sets of 10 each side
- Leg Lifts 3 sets of 20 reps.
- Reverse crunches 3 sets of 15 reps.



PLAY NOW

**Watch All AB
Demos Here:**



Gym & Home Strength Training Guide

GET IN BESTIE.

WE'RE GOING TO LIFT.



If you're only focusing on cardio to lose weight, you're missing out on the real fat-burning magic which is strength training!
Lifting weights isn't just about getting strong; it's about reshaping your body, toning aka building muscles and speeding up fat loss.
Plus it keeps our bones stronger!

Why Strength Training Helps You Burn Fat Faster:

- Boosts Metabolism – Muscle burns more calories at rest than fat, meaning you torch calories even while binge-watching Netflix!
- Prevents Muscle Loss – Losing weight without lifting? You might be losing muscle, not just fat! Strength training keeps your body strong, toned, and firm.
- Increases Afterburn Effect – Unlike steady cardio, weightlifting creates an EPOC effect (aka post-workout calorie burn) that keeps you burning fat for hours!
- Shapes & Sculpts Your Body – Want that toned, lean look? Strength training defines muscles and keeps you looking fit, not just “skinny.”

LET'S GO!

The Winning Combo?

Strength training 3-4x a week + a slight
calorie deficit = fat loss without losing muscle = BEST RESULTS!

WEEKS 1-12



[Back to Table of Contents](#)

- Complete each exercise 1 right after the other, resting 30 secs to 1 min after each exercise.
- Complete the # of Reps & Rounds
- Rest 2 min before you start next round
- Start Week 1 with lowest rep/rounds/time listed
- Each week increase your reps, rounds, time and weight!



[Workout Tips Watch Now!](#)

Feel free to choose a Core workout off the Abs list do any day!

WEEK ①



④



Gym



Watch ALL
Movement
Demos Here:
Not in organized
order



For organized list, go to Workout Index here:

Day 1- Upper Body Strength

Focus: Push + Shoulder Strength & Stability

- Push-ups-10-14 reps Modified= on knees
- Standing Curl To Press-10-14 Reps
- Seated Shoulder Press- 10-14 reps
- Front Side Raises-10-14 Reps
- Chest Press-10-14 reps
- Palo Press-10-14 reps total

Core:

- Plank- 15-45 secs
- Left Side Plank- 15-45 secs
- Right Side Plank-15-45 secs

2-4 Rounds- Rest 2 Min Between Sets

Day 2-Lower Body Strength

Focus: Squat + Glute Activation + Core Stability

- Goblet Squat- Modify with body weigh-10-14 reps
- Split Squat hold-10-30 seconds each leg
- Weights Glute Bridges (weight on your hips) 10-14 reps-squeeze at the top for 1-3 secs seconds
- Single Leg Glute Bridge-8-12 reps each leg (week 1-4 use bodyweight until week 5)
- Low Squat pulses- 12-14 reps
- Reverse Lunges- 8-12 each leg

Core:

- Flutter Kicks- 12-20 reps
- Plank Hip Taps-12-20 total

2-4 Rounds-Rest 2 Min Between Sets

Day 3- Upper Body Strength

Focus: Pull + Push Strength + Core Stability

- Underhand Dumbbell Row-10-14 reps
- Single arm row-10-14 reps each arm
- Tricep Dips- 10-14 reps or Scull Crushers
- Seated Single Arm Shoulder Press- 10-14 Resp
- Super-womans- 10-20 total
- Around the worlds- 10-14 reps
- Bicep Curls-10-14 reps

Core:

- Deadbugs- 10-30 total
- Russian Twists- 10-30 total

2-4 rounds-Rest 2 Min Between Sets

Day 4- Lower Body Strength

Focus: Glute & Leg Strength + Core Activation

- Wide Leg/toes plie squats-10-14 reps
- Heels Elevated Glute bridge-10-14
- Fire Hydrants-10-20 reps each side
- Donkey kicks-10-20 reps each leg
- Glute Bridges-10-20 reps- squeeze at the top for 1 second
- Single Leg Glute Bridges- 8-14 reps each side
- Curtsy Lunge-8-14 reps each side
- Calf Raises-20-40 total
- Wall Sit-20-60 seconds

Core:

- Heel Step outs – 15-45 sec
- Reverse Crunches-20-60 seconds

2-4 Rounds-Rest 2 Min Between Sets

Day 5-Endurance Insurance

Focus: High-Intensity, Full-Body Cardio + Core

Modify impact by replacing jumps with low-impact options.

- High Knees-20-60 seconds (secs)
- Jumping Jacks-20-60 secs
- Bicycle crunches- 20-60 secs
- Mountain Climbers- 20-60 secs
- Skater Jumps-20-60 secs
- Plank Jacks- 20- 60 secs
- Squat thrusters-20-60 secs
- Butt Kicks- 20-60 secs

Core:

- Heel Tap Overs – 15-45 sec
- Gripped Leg Lifts-20-60 seconds

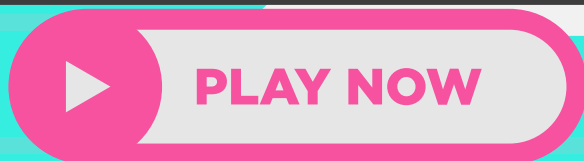
2-4 Rounds-Rest 2 Min Between Sets

Day 6 & 7

Rest days or Pick a core and cardio day

WEEK ① → ④

Home



Watch ALL
Movement

Demos Here:

Not in organized
order

For organized list, go to Workout Index here:

WEEK 1 → 4

Home



Day 1: Upper Body Strength

Focus: Push + Shoulder Strength & Stability

◆ Equipment Needed: Optional: Backpack filled with books, water jugs, or resistance bands.

- Push-ups – 10-14 reps (Modify: Knees down if needed)
- Seated Shoulder Press – 10-14 reps (Use water bottles, resistance bands, or bodyweight arm presses)
- Plank Shoulder Taps – 10-14 total (Slow & controlled)
- Front-Side Raises – 10-14 reps (Use household items like soup cans or resistance bands)
- Curl to Press – 10-14 reps (Use filled backpack or water jugs as weights)
- Chest Press- 10-14 reps (Use filled backpack or water jugs as weights)

Core:

- Front Plank – 15-45 sec
- Left Side Plank- 15-45 sec
- Right Side Plank-15-45 sec

Complete 2-4 Rounds, Rest 2 Min Between Sets

Day 2: Lower Body Strength

Focus: Squat + Glute Activation + Core Stability

◆ Equipment Needed: Optional: Backpack filled with books, chair for split squat support.

- Bodyweight Squats or Goblet Squat with Backpack – 10-14 reps
- Split Squats – 10-30 sec per leg (Use a chair for balance if needed)
- Glute Bridges – 10-14 reps (Squeeze at top for extra burn)
- Single Leg Glute Bridge – 8-14 reps per leg
- Low Squat Pulses – 10-14 reps (Stay low, keep tension)
- Reverse Lunges- 8-14 reps per leg (Step back and drive up through the front heel)

Core:

- Toe Reaches – 15-45 sec (Slow, controlled crunch reaching toward toes)
- Plank Hip Taps – 15-45 sec (Alternating side taps while in plank)

Complete 2-4 Rounds, Rest 2 Min Between Sets

Day 3: Upper Body Strength

Focus: Pull + Push Strength + Core Stability

◆ Equipment Needed: Optional: Water jugs, backpack, or a sturdy chair.

- Incline Push-ups – 10-14 reps (Modify: Knees down if needed)
- Single Arm Row – 10-14 reps per arm (Use gallon jug, resistance band, or a backpack)
- Tricep Dips on a Chair or Step – 10-14 reps or modify on the ground or with band
- Superman Hold (Superwomens) – 10-30 reps (Hold each rep for 1 sec at top)
- Around the Worlds – 10-14 reps (Use light weight or perform slow controlled arm circles)
- Bicep Curls – 10-14 reps (Use resistance bands, water bottles, or backpack)
- Under hand row- 10-14 reps (Use resistance bands, water bottles, or backpack)

Core:

- Standing Oblique Crunches-15-45 sec
- Heel Taps-15-45 sec

Complete 2-3 Rounds, Rest 2 Min Between Sets

WEEK

1



4

Home



Day 4: Lower Body Strength

Focus: Glute & Leg Strength + Core Activation

◆ **Equipment Needed: Optional: Resistance bands, wall for support.**

- Wide Stance (Sumo) Bodyweight Squats – 10-14 reps (Hold backpack for extra resistance)
- Fire Hydrants – 10-14 reps per side (Booty band optional)
- Curtsy Lunge – 10-14 reps per side
- Donkey Kicks – 10-14 reps per leg (Focus on squeezing glutes at top)
- Glute Bridges – 10-14 reps (Squeeze at top for 1 sec)
- Single Leg Glute Bridges – 10-14 reps per side
- Calf Raises – 20-50 reps (Hold at top for 1 sec)
- Heels Elevated Glute Bridge-10-14 reps
- Wall Sit – 20-60 sec (Can hold a weighted backpack for added challenge)

Core Finisher:

- Deadbugs – 15-45 sec (Slow, controlled)
- Russian Twists – 15-45 sec (Use water bottle, backpack, or no weight)

Complete 2-3 Rounds, Rest 2 Min Between Sets

Day 5: Endurance Insurance

Focus: High-Intensity, Full-Body Cardio + Core

◆ **Equipment Needed: none-body weight**

Modify impact by replacing jumps with low-impact options.

Workout (30-60 sec each move, repeat circuit 2-4x):

- High Knees in Place → Modified: March in Place (Knee Taps)
- Bicycle Crunches
- Jumping Jacks → Modified: Step Side-to-Side Jacks
- Mountain Climbers → Modified: Slow Cross-Body Mountain Climbers
- Skater Jumps → Modified: Step Side Lunges
- Plank Jacks → Modified: Step Feet In & Out While Holding Plank
- Squat Thrusters → Modified: Squat + Press Hands Overhead
- Butt Kicks → Modified: Heel Raises in Place

Core:

- Reverse Plank Step outs – 15-45 sec
- Reverse Crunches-20-60 seconds

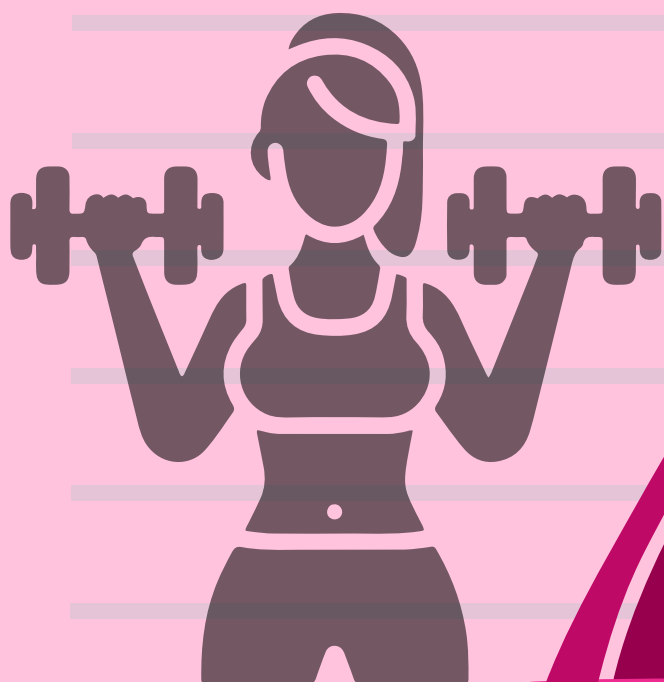
Complete 2-3 Rounds, Rest 2 Min Between Rounds

Day 6 & 7

Rest days or

Pick a core and cardio day.

WEEK ⑤ → ⑧



Gym



Watch ALL
Movement
Demos Here:
Not in organized
order

For organized list, go to Workout Index here:

Day 1- Upper Body Strength

- Incline Push-ups (Hands on elevated surface, easier on wrists)
- Dumbbell Overhead Press (Seated or standing, press dumbbells overhead)
- Bent-Over Dumbbell Rows (Focus on back muscles, slow and controlled)
- Hammer Curls to Shoulder Press (Biceps curl, then press overhead)
- Dumbbell Pullover (Lie down, extend weight back, stretch lats)
- Incline Chest Press- (laying on inclined bench, press dumbbells over chest)

Core:

- Dead Bug with Dumbbell Hold (Hold dumbbell over chest, alternate leg extensions) 12-14 reps each leg
- Seated Knee In & Outs- 12-14 reps each side

10-14 Reps of each exercise- 3- 4 Rounds

Day 2: Lower Body Strength

- Wall Sit with Dumbbell Hold (Hold weight at chest, sit against a wall-back flat)
- Slow Step ups- use dumbbells if possible (Step forward on bench slowly, push through the heel to stand on one leg) 6 each leg
- Glute Bridge with Dumbbell on Hips (Squeeze at the top, hold for 3 seconds)
- Heels-Elevated Goblet Squats (heels on a book or small plate to target quads)
- Romanian Deadlifts (Hinge at hips, keep back straight)
- Sumo Squat / Wide Stance Squat- tap weight on the ground

Core Finisher:

- Seated ankle taps (side-to-side oblique crunches). 12-14 reps each side
- Toe Reaches (laying on your back and reach fingers towards your toes in a fast motion) 12-14 reps

10-14 Reps of each exercise-3-4 Rounds

Day 3- Full Body Strength

- Dumbbell Single Leg Deadlift (balance on 1 leg, hinge over at hips)
- Dumbbell B Thrusters Press (Pop & then press overhead)
- Seated Overhead Triceps Extension (Use one dumbbell behind head)
- Bulgarian Split Squat OR Reverse Lunge with dumbbells
- Hammer Curls (Curl weights like a hammer)
- Heels Elevated Glute Bridge with Single-Leg Glute Bridge (One leg raised, squeeze glutes) 12 then 6 of each single leg, holding DB on your thigh and hips
- Chest Press-(laying on ground or bench, press dumbbells over chest)

Core:

- Bird Dog Crunches (Opposite arm and leg, then crunch) 12 each side

30-second forearm plank.

- Stability Ball Holds or Body Saws- 30 secs

10-14 Reps of each exercise -3-4 Rounds

Day 4- Upper Body Strength

- Kneeling Single Arm Shoulder Press (Seated on knees, press dumbbells overhead) 10-14 reps each side
- Dumbbell Bent-Over Reverse Fly (Hinge forward, open arms wide)
- Dumbbell Bent over underhand Row- hold 3 secs at the top (Hinge forward, row to hips, squeeze shoulder blades)
- Close-Grip Push-ups (Hands close together for triceps focus)
- Dumbbell Lateral & Side Raises (Slow, controlled, stop at shoulder height) Alternate if needed
- Bent over Triceps Kickbacks- alternated if needed- 10-14 reps each side

Core:

- Seated or standing Dumbbell Side Bends (Oblique crunch with weight) 10-14 reps each side
- Toe Reaches (Lie down, reach for toes) 10-14 reps

10-14 Reps of each exercise-3-4 Rounds

Day 5: Lower Body Strength

- Dumbbell Split Squat (One foot raised on a plate, slow reps) 10-14 reps each side
- Seated or Standing Dumbbell Calf Raises (hold heaviest weight you have, press up on toes)
- Reverse Lunges- step backward and back up- 10-14 reps each side
- Dumbbell Goblet Squats
- Double Dumbbell Deadlift
- Glute Kickbacks-20 each side
- Single Leg Romanian Deadlift- 10-14 reps each side

Core:

- Reverse Crunches- reps 12-14 total
- Leg lifts-12-14 reps each side

12-14 Reps of each exercise-3-4 Rounds

Day 6 & 7

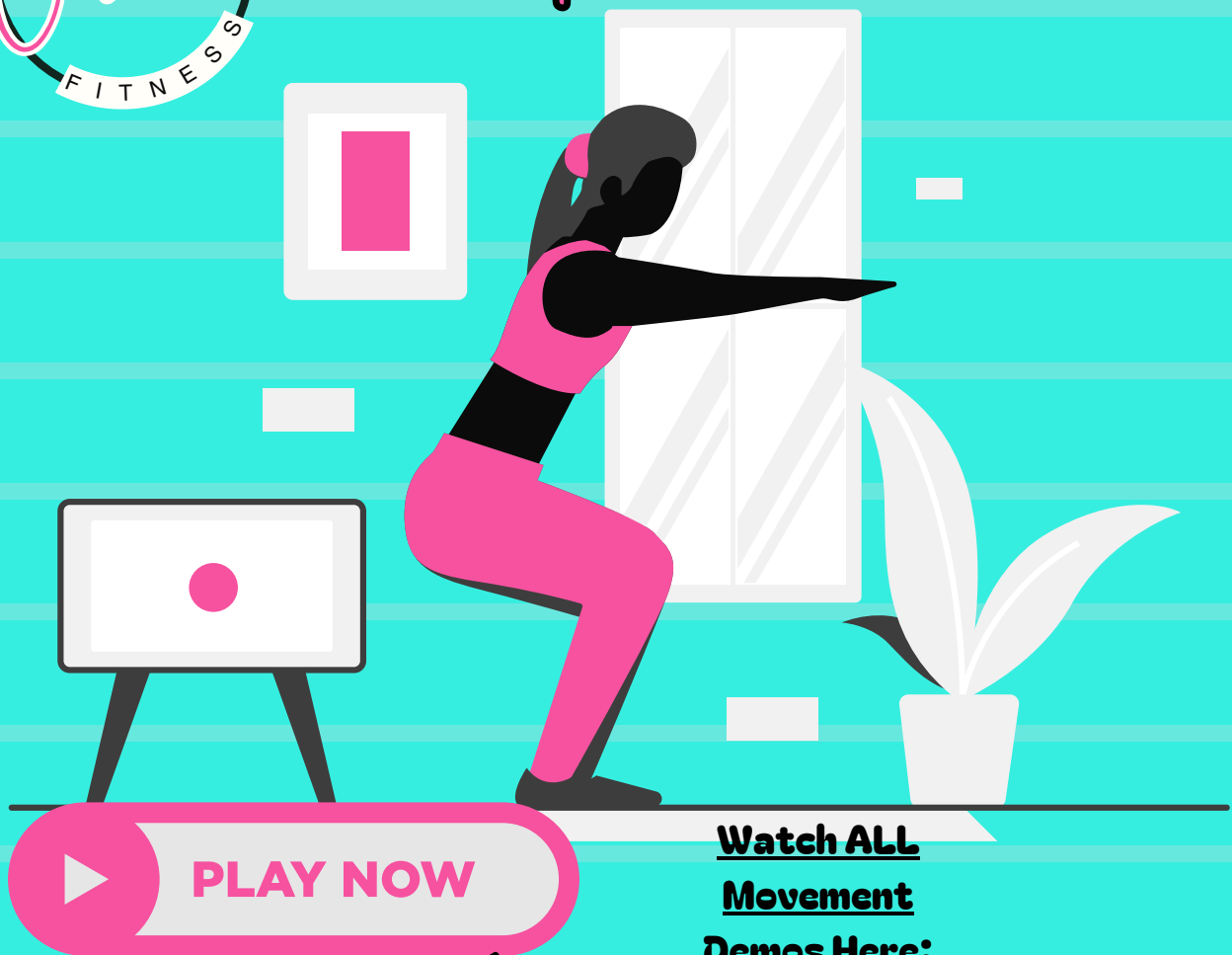
Rest days or

Pick a core and cardio day

WEEK 5 → 8



Home



PLAY NOW

**Watch ALL
Movement**

Demos Here:

**Not in organized
order**

For organized list, go to Workout Index here:

Day 1: Upper Body Strength

Focus: Push & Pull Strength

◆ Equipment Needed: Optional: Backpack, water bottles, or resistance bands

- Incline Push-ups – 12 reps (Modify: Hands on couch, bed, or stairs)
- Overhead Shoulder Press (Bodyweight or With Bottles/Backpack) – 12 each side (Seated or standing)
- Bent-Over Underhand Rows – 12 reps (Hold a backpack filled with books, squeeze shoulder blades)
- Backpack Curl to Press – 12 reps (Curl then press overhead, can use resistance band)
- Towel or Backpack Pullovers (dumbbell pull overs) – 12 reps (Lie on floor, pull item over and back behind head)
- Hammer Curls to Press-12 reps

Core:

- Bear Holds- 15-30 seconds
- Dead Bug with Weighted Object Hold – 12 each side (Hold book, jug, or backpack over chest)

12-14 reps-Complete 3- 4 Rounds

Day 2: Lower Body Strength

Focus: Glute, Hamstring & Quad Strength

◆ Equipment Needed: Optional: Backpack, resistance band

- Wall Sit (Bodyweight or Holding a Backpack at Chest) – 30 sec
- Slow Step-Ups (Bodyweight or Holding Bottles/Backpack) – 8-12 reps per leg (Use a sturdy chair or stair)
- Glute Bridge (Bodyweight or Weighted with Backpack on Hips) – 12-14 reps (Squeeze glutes at top)
- Heel-Elevated Squats (Use a Book or Towel Under Heels) – 12-14 reps
- Slow Romanian Deadlifts (Hinge at Hips) – 12-14 reps (Can hold a backpack or bottles)
- Side-Lying Leg Lifts (Booty Band) – 12-14 reps per leg

Core:

- Seated Side-to-Side Ankle Taps – 20 reps total
- Butt Ups- 20 reps total

12-14 reps-Complete 3- 4 Rounds

Day 3: Full Body Strength

Focus: Strength & Core Stability

◆ Equipment Needed: Optional: Backpack, resistance bands

- Single Leg Deadlifts (Use Backpack, Water Jug, or Bodyweight Slow Reps) – 12-14 reps each side
- Backpack Curl to Press (Curl, Then Press Overhead) – 12-14 reps
- Seated Shoulder Press (Use Water Bottles/Backpack or Just Press Arms Overhead) – 12-14 reps
- Seated Russian Twists (Bodyweight or Weighted with Household Object) – 12-14 reps per side
- Single-Leg Glute Bridge (Bodyweight or Add Backpack on Hips) – 12-14 reps per leg

Core

- Bird Dog Crunches (Bodyweight) – 12 reps per side (Controlled movement)
- V-Ups or V Holds- 5-10 reps or 20-30 sec hold

12-14 reps- Complete 3-4 Rounds

Day 4: Upper Body Strength

Focus: Shoulder, Arm & Core Strength

- ◆ Equipment Needed: Optional: Water bottles, resistance bands
- Single-Arm Shoulder Press (Use Water Bottle, Backpack, or Resistance Band) – 12 reps per side
- Bent-Over Reverse Fly (Use Light Items or Just Focus on Squeeze at the Top) – 12 reps
- Bent-Over under hand Row-hold (Use Light Items or Just Focus on Squeezing shoulder blades)
- Close-Grip Push-ups (Modify on Knees if Needed)
- Front/Side Lateral Raises (Use Water Bottles or Focus on Slow & Controlled Arm Movement) – 12-14 reps total
- Chest Press

Core:

- Standing Side Bends (Oblique Crunches with or Without Weight) – 12-14 reps per side
- Toe Reach Crunches (Slow & Controlled) – 12-14 reps

12-14 reps-Complete 3-4 Rounds

Day 5: Lower Body Strength

Focus: Lower Body & Core Stability

- ◆ Equipment Needed: Optional: Backpack, resistance band
- Split Squats (Bodyweight or Hold Backpack for Added Weight) – 12-14 reps per leg
- Weighted Calf Raises (Slow & Controlled, Can Hold Backpack for Resistance) – 14-20 reps
- Side Steps (Use Booty Band or Perform Wide Squat Walks) – 12-14 reps per side
- Glute Kickbacks (Booty Band or Bodyweight, Focus on Control) – 12- 14 reps per leg
- Bodyweight Banded Goblet Squats (Slow, Deep Squats) – 12-14 reps
- Hamstring Curls-slide socks out or use stability ball- 12-14 reps

Core:

- Dead Bug Hold – 30 sec
- Standing Knee Raise Crunches (Controlled Core Activation) – 12-14 reps per side

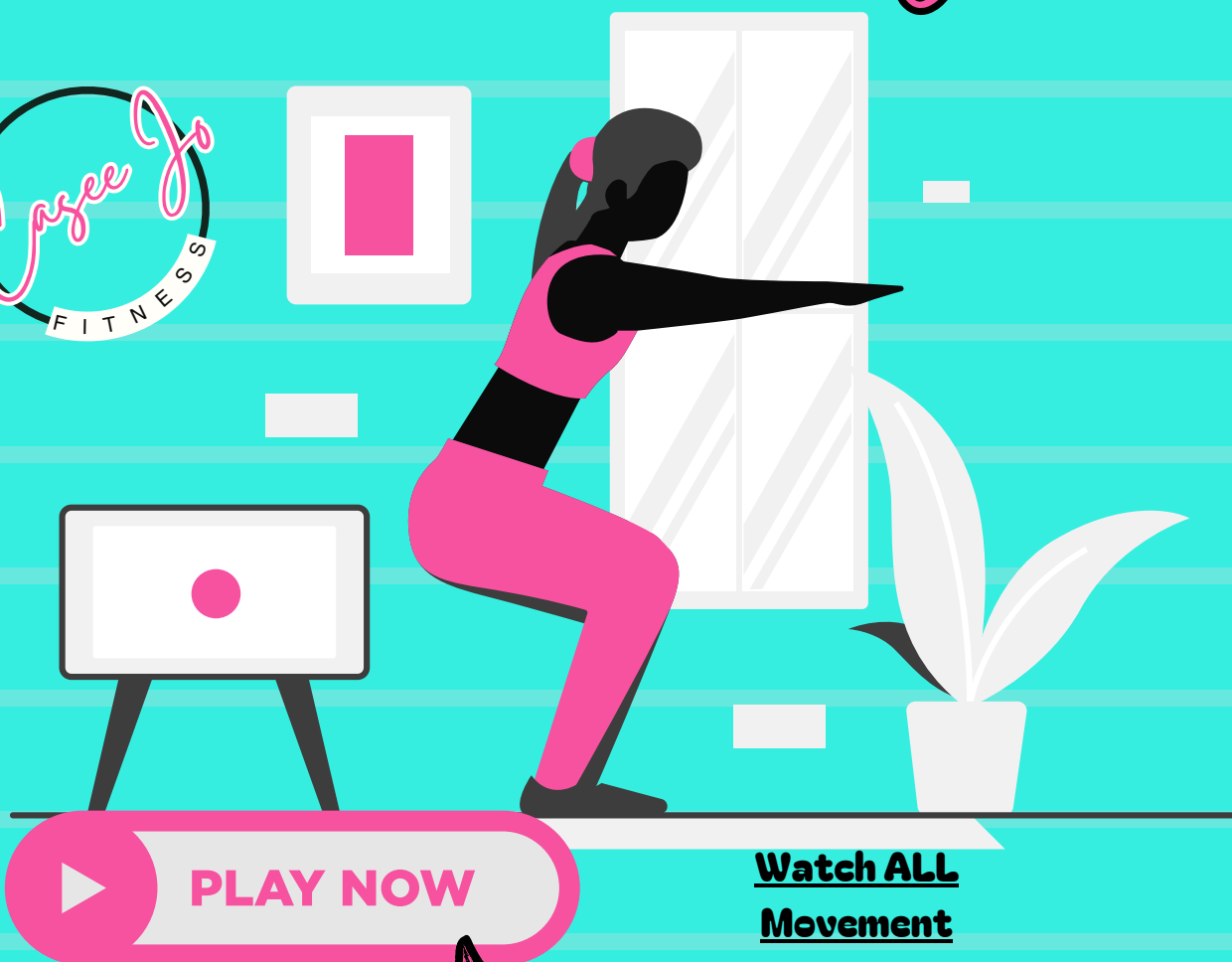
12-14 reps-Complete 3-4 Rounds

Day 6 & 7

Rest days or Pick a core and cardio day.

WEEK 9

Home & Gym



Watch ALL
Movement
Demos Here:
Not in organized
order

For organized list, go to Workout Index here:

WEEK 9

Gym



Day 1: Upper Body

- Archer Push-ups with med ball – Shift weight side-to-side, extending one arm.
- Seated Dumbbell shoulder Press – Seated on the floor, press dumbbells overhead with no back support.
- Kneeling Single-Arm Dumbbell Press – Pause at the top of each row. 12 each side
- Slow Negative Bicep Curls – Lower dumbbells for 4 seconds per rep.
- Triceps Dips on Parallel Surfaces – Use two sturdy chairs, lower deep for full range. OR Tricep extensions with strength band OR Scull Scull crushers
- Chest press- lay on bench with dumbbells held overhead and press down to chest and back up

Core:

- V-Ups or V hold 10 reps or 20-30 sec V hold
- 45-second plank with shoulder taps.

Increase weight this week

Complete 12 Reps of each exercise-3-4 Rounds

Day 2: Lower Body Strength

- Hip Thrusts
- Bulgarian Split Squat with Tempo – Lower for 3 seconds, explode up.
- Dumbbell Hip Thrusts with Isometric Hold – Hold top position for 5 seconds.
- Lateral Lunges – Step wide to the side, then push back.
- Straight Leg Romanian Deadlifts
- Wide Stance Plie Squat- place weight on the ground
- Goblet Squat Pulses- 5 secs and back up

Core:

- Wall Sit with Dumbbell Press Outs/holds – Press dumbbell forward while holding wall sit.
- Bicycle Crunches (4-Count Slow Reps) – Slow and controlled, no rushing.
- Hanging leg raises (if possible) or dead bug with ankle weights. 30 secs

Increase weight this week- Complete 12 Reps of each exercise-3-4 Rounds

WEEK 9

Gym



Day 3: Full Body Strength

- Heels Elevated Slow Goblet Squat with 3-Second Pause at Bottom – Hold tension.
- Seated Dumbbell Shoulder Press (No Back Support) – Forces full core engagement.
- Glute Bridge March with Dumbbell on hips – Alternating foot lifts.
- Single-Arm Row hold- row and hold for 3 secs and go again
- Dumbbell Bulgarian Split Squats
- Tricep Press Downs
- Slow Bicep Curls

Core:

- Bear Hold Shoulder Taps – Hover knees, tap opposite shoulders. 10 each side
- 30 sec dead bug hold each side

Increase weight this week- Complete 10 Reps of each exercise -3-4 Rounds

Day 4: Upper Body Strength

- Lat Pull Downs
- Dumbbell Reverse Fly with 2-Second Squeeze – Focus on slow retraction.
- Renegade Dumbbells Rows – Allows deeper range.
- Dumbbell Hammer Curl to Arnold Press
- Scull crushers- lay on back with dumbbells held over head and bend at elbows to forehead and back up
- Incline Chest Press- Position Bench in incline position press weight over chest

Core:

- Standing Dumbbell Side Bends – Controlled, oblique-focused. 14 each side
- Side plank hip dips. 14 each side

Increase weight this week- Complete 10 Reps of each exercise -3-4 Rounds

Day 5: Lower Body

- Hip Thrusts or leg press pulses
- Weighted Reverse Lunges with Pause at Bottom – More quad activation place front foot on plate. 10 each side
- Dumbbell Glute Bridge Walkouts – Weight on hips, Extend legs slightly, one at a time. 10 each side
- Booty Band Seated Abductions with Dumbbell Hold – Keep tension throughout.
- Single-Leg Romanian Deadlifts with 2-Second Pause at Bottom – Balance challenge. 10 each side
- Split Squats with hold- complete 10 reps and on last one hold in split position for 3-seconds then switch legs

Core:

- Flutter Kicks- 40 reps total
- Lying Leg Raises 10-14 each side
- Hollow aka V body hold- 30 secs

Increase weight this week- Complete 10 Reps of each exercise -3-4 Rounds

Day 6 & 7

Rest days or Pick a core and cardio day

Day 1: Upper Body**Focus: Push & Pull Strength**

- ◆ **Equipment Needed: Optional: Resistance bands, backpack**
- Archer Push-ups (Shift Weight Side-to-Side, Extending One Arm) – 14 reps total (Modify: Wider hand placement for easier version)
- Seated Shoulder Press (Bodyweight or Use Resistance Bands/Backpack for Resistance) (Seated on floor, no back support)
- Bent-Over Backpack Row (Hold & Squeeze Shoulder Blades at Top for 3 Sec)
- Slow Negative Bicep Curls (Backpack or Bands, Lower for 4 Sec Per Rep)
- Triceps Dips on a Sturdy Chair (Slow, Full Range)
- Chest Press- use backpack filled with books

Core:

- V-Ups or V hold – 12 reps 30 secs
- Plank with Shoulder Taps – 60 sec

Increase weight this week- Complete 12-18 Reps of each exercise -3-4 Rounds

Day 2: Lower Body Strength**Focus: Glute, Hamstring & Quad Strength**

- ◆ **Equipment Needed: Optional: Backpack, resistance bands**
- Wall Sit (Bodyweight or Holding a Backpack at Chest, Press Arms Forward for Added Tension) – 30 sec
- Slow Bulgarian Split Squats (Use Chair for Support, 3 Sec Lower, Explode Up) – 12-14 reps per leg
- Glute Bridge with Hold (Bodyweight or Weighted with Backpack on Hips, Hold for 5 Sec at Top) – 12-14 reps
- Lateral Lunges (Step Wide, Pause, Then Push Back to Standing Position) – 12-14 reps per side
- Straight Leg Romanian Deadlifts (Hinge at Hips, No Weight Needed, Focus on Hamstring Stretch & Control)
- Hamstring Curls (Sliding on Socks) (Lie on back, slide feet in and out on a smooth surface) 12-14 reps per side

Core:

- Slow Bicycle Crunches (4-Count, Controlled Core Work) – 12-14 reps per side
- Plank Hip Dips side to side– 45 sec

Increase weight this week- Complete 12-18 Reps of each exercise -3-4 Rounds

Day 3: Full Body Strength**Focus: Strength, Balance & Core Stability**

- ◆ **Equipment Needed: Optional: Resistance bands, backpack**
- Slow Tempo Squats (3-Sec Hold at Bottom to Build Strength & Stability) – 12 reps
- Seated Arm Press (Use Resistance Bands, Backpack, or Bodyweight for Shoulder Activation) – 12 reps
- Glute Bridge March (Hold Glute Bridge & Alternate Lifting Feet) – 12 reps per side
- Bent-Over Sweepers (Backpacks or Resistance Band)
- Walking Lunges- 12 reps each side

Core:

- Bear Hold Shoulder Taps (Hover Knees, Tap Opposite Shoulders) – 12 reps per side
- Seated Russian Twists with Overhead Press (Twist, Then Press Hands Overhead) – 12 reps

Increase weight this week- Complete 12-18 Reps of each exercise -3-4 Rounds

Day 4: Upper Body Strength**Focus: Shoulder, Arms**

- ◆ **Equipment Needed: Optional: Resistance bands, backpack**
 - Dumbbell Row
 - Over Head tricep extensions
 - Bent-Over Reverse Raises AKS Sweeps (Slow Retraction, Squeeze Shoulder Blades for 2 Sec at Top) – 12 reps
 - Close-Grip Push-ups (Modify: Knees Down If Needed, Keep Elbows Close to Body) – 12 reps
 - Lat Front/Side Raises (Slow & Controlled, Stop at Shoulder Height, Use Bottles or Resistance Bands for Added Resistance) – 12 reps

Core:

- Side Bends (Slow, Controlled Oblique Crunches) – 12 reps per side
- Reverse Crunches (Lie Down, Reach booty to the sky Slow & Controlled) – 12 reps

Increase weight this week- Complete 12-18 Reps of each exercise -3-4 Rounds

Day 5: Lower Body**Focus: Lower Body Strength & Stability**

- ◆ **Equipment Needed: Optional: Resistance bands, backpack**
 - Step-Back Lunge Pulses and Pause with last one 3-Sec Pause at Bottom (Hold Backpack for Extra Resistance) – 12-18 reps per leg
 - Seated Calf Raises (Use Slow Tempo, Hold at Top for 2 Sec Each Rep) – 30-50reps
 - Side Steps (Use Booty Band or Perform Controlled Side-to-Side Movements in a Deep Squat) – 30 total
 - Glute Kickbacks (Booty Band or Bodyweight, Focus on Control) –30 total reps
 - Bodyweight/Banded Goblet Squat hold (Slow, Deep Squats, Hold Backpack at Chest for Added Resistance) – 12 reps
 - Hamstring Curls (Sliding on Socks) (Lie on back, slide feet in and out on a smooth surface) 12-18 per side

Core:

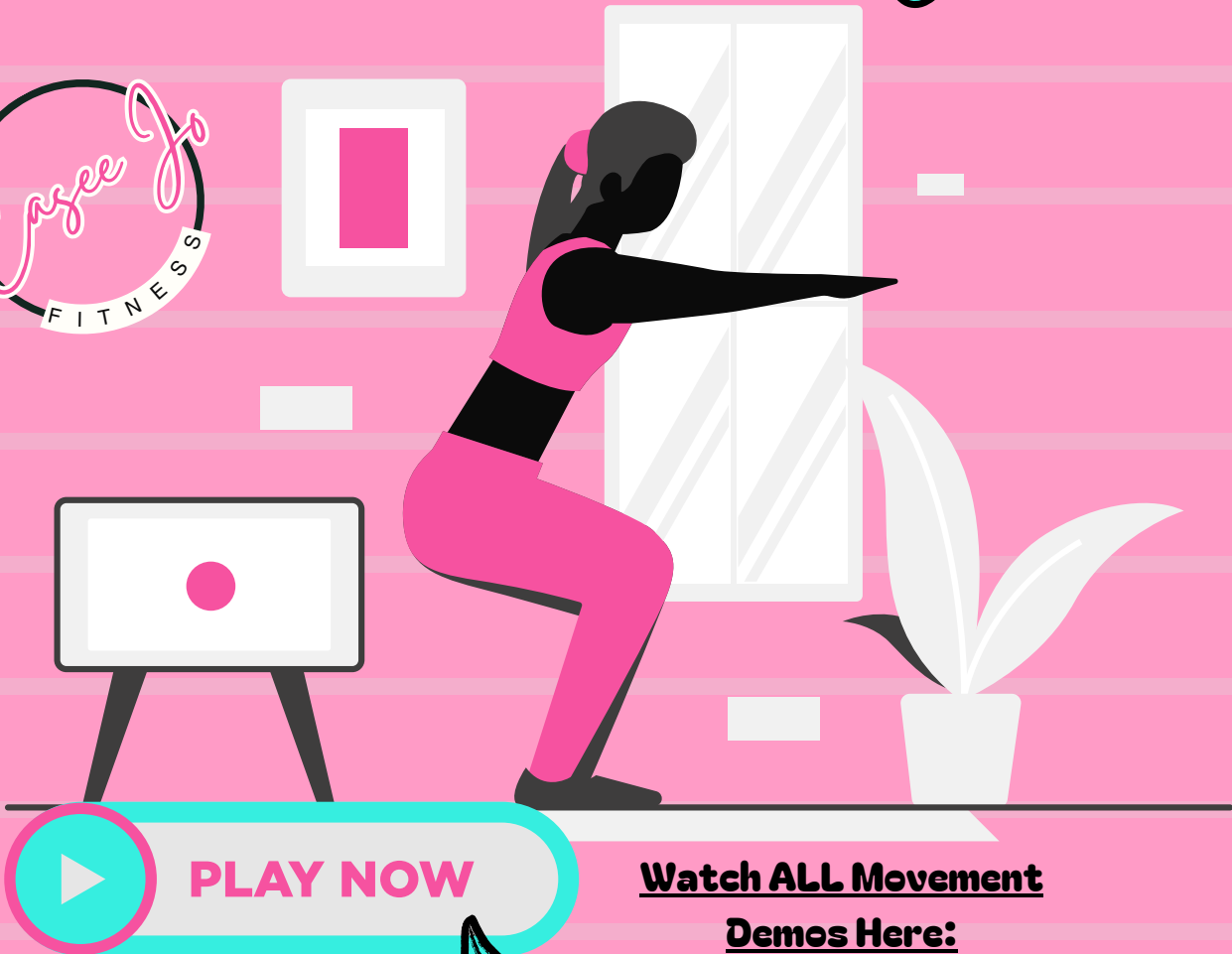
- Heel-Touch Side Crunches (Controlled Core Activation, Touch Heels Side-to-Side) – 12-18 reps per side
- Dead Bug Hold – 45 sec hold each side

Increase weight this week- Complete 12-18 Reps of each exercise -3-4 Rounds

Day 6 & 7Rest days or Pick a core and cardio day

WEEK 10

Home & Gym



PLAY NOW

Watch ALL Movement

Demos Here:

Not in organized order

For organized list, go to Workout Index here:

Day 1: Upper Body

- Archer Push-ups on med ball – Shift weight side-to-side, rolling ball from side to side
- Dumbbell shoulder Press – Seated on the floor, press dumbbells overhead with no back support.
- Single-Arm Dumbbell Row with 3-Second Hold – Pause at the top of each row. 12 each side
- Slow Negative Bicep Curls – Lower dumbbells for 4 seconds per rep.
- Triceps Dips on Parallel Surfaces – Use two sturdy chairs, lower deep for full range. OR Tricep extensions with weight/band
- Incline Chest Press

Core:

- Farmers Carry with heaviest weight you can take- walk down the isle of the gym and turn and come back- 4 rounds
- 45-second side plank hip taps- Right and Left Side

Increase weight this week-Complete 10-14 Reps of each exercise-3-4 Rounds

Day 2: Lower Body Strength

- Leg Press machine pulses
- Bulgarian Split Squat with Tempo dumbbells
- Back supported Dumbbell Hip Thrusts with Isometric Hold – Hold top position for 5 seconds at the top- weight on hips.
- Wide step Lateral Lunges– Step wide, then push back up. use medium weight.
- Romanian Deadlift Squats-Lower fully, then back down.
- Straight Leg Romanian Deadlift- 10-12 each side
- Hamstring Curls Machine

Core:

- Suitcase Carry- 1 heavy weight in 1 hand, walk down isle and back with same arm- switch sides- 4 rounds each
- Farmers Carry
- Running Plate pushes (if possible)
- Hanging leg raises (if possible) or dead bug with ankle weights. 30 secs

Increase weight this week- Complete 10 Reps of each exercise-3-4 Rounds

Day 3: Full Body Strength

- Slow Goblet Squat with 3-Second Pause at Bottom – Hold tension.
- Seated Dumbbell Shoulder Press (No Back Support) – Forces full core engagement.
- Glute Bridge March with Dumbbell Hold on thigh – Alternating with heel lifts.
- Underhand Row with 3-sec hold- squeeze
- Walking Lunges- 10 each side
- Renegade Rows- Plank position on weights, row up and back down

Core:

- Bear Hold Shoulder Taps – Hover knees, tap opposite shoulders. 10 each side
- Seated on tailbone rocked back with Dumbbell Overhead press up-10 each side

Increase weight this week-Complete 10-14 Reps of each exercise-3-4 Rounds

Day 4: Upper Body Strength

- Chest press- laying on a bench with 2 dumbbells- press up
- Bent over tricep kickbacks
- Dumbbell Reverse Fly with 2-Second Squeeze – Focus on slow retraction.
- Close-Grip Push-ups on Dumbbells – Allows deeper range.
- Dumbbell Hammer Curl to Arnold Press – Extra shoulder engagement.
- Overhead tricep extensions with dumbbell

Core:

- Standing Dumbbell Side Bends – Controlled, oblique-focused. 10 each side
- Dumbbell held straight overhead to the side with 1 arm and walk- 4 rounds each arm
- Banded chin ups-green or purple bans-12 reps

Increase weight this week-Complete 10-14 Reps of each exercise-3-4 Rounds

Day 5: Lower Body

- Weighted Step-Back Lunges with Pause at Bottom – More quad activation. 10 each side
- Glute hip thrusts with back on bench 10 each side
- Booty Band Seated Abductions with Dumbbell Hold – Keep tension throughout.
- Single-Leg Romanian Deadlifts with 2-Second Pause at Bottom – Balance challenge. 10 each side
- Slow Tempo Squats with Isometric Hold at Midpoint – 3-second pause halfway down.
- High bench step ups, with or without weights- if use weight, use medium

Core:

- Lying Leg Raises- 10 each side
- 30-second hollow body hold.

Increase weight this week-Complete 10-14 Reps of each exercise-3-4 Rounds

Day 6 & 7

Rest days or Pick a core and cardio day.

Day 1: Upper Body

Focus: Push & Pull Strength + Core Stability

◆ Equipment Needed: Optional: Resistance bands, backpack

- Chair through Push-ups (Shift Weight Side-to-Side, Extending One Arm) (Modify:

Wider hand placement for easier version)

- Seated Shoulder Press (Bodyweight or Use Resistance Bands/Backpack for Resistance) (Seated on floor, no back support)
- Bent-Over Backpack Row (Hold & Squeeze Shoulder Blades at Top for 3 Sec)
- Slow Negative Bicep Curls (Backpack or Bands, Lower for 4 Sec Per Rep)
- Triceps Dips on a Sturdy Chair (Slow, Full Range)

Core:

- Standing Knee ups with hands held out in front of you- 18 reps
- Plank with Shoulder Taps – 60 sec

Increase weight this week-Complete 14-18 Reps of each exercise-3-4 Rounds

Day 2: Lower Body Strength

Focus: Glute, Hamstring & Quad Strength

◆ Equipment Needed: Optional: Backpack, resistance bands

- Wall Sit (Bodyweight or Holding a Backpack at Chest, Press Arms Forward for Added Tension) – 30 sec
- Slow Bulgarian Split Squats (Use Chair for Support, 3 Sec Lower, Explode Up) – 14 reps per leg
- Glute Bridge with Hold (Bodyweight or Weighted with Backpack on Hips, Hold for 5 Sec at Top)
- Lateral Lunges (Step Wide, Pause, Then Push Back to Standing Position) – 14 reps per side
- Straight Leg Romanian Deadlifts or Good mornings (Hinge at Hips, No Weight Needed, Focus on Hamstring Stretch & Control)
- Hamstring curls with socks sliding- 14 reps each side

Core:

- Slow Bicycle Crunches (4-Count, Controlled Core Work) – 14 reps per side
- Bear Hold – 45 sec

Increase weight this week-Complete 10-14 Reps of each exercise-3-4 Rounds

Day 3: Full Body Strength

Focus: Strength, Balance & Core Stability

◆ Equipment Needed: Optional: Resistance bands, backpack

- Slow Tempo Squats (3-Sec Hold at Bottom to Build Strength & Stability) – 18 reps
- Kneeling Single Arm Shoulder Press (Use Resistance Bands, Backpack, or Bodyweight for Shoulder Activation) – 14 reps per side
- Glute Bridge March (Hold Glute Bridge & Alternate Lifting Feet) – 18 reps per side
- Bent-Over Row (Backpack or Resistance Band) – 18 reps
- Squat Thrusters- Squat and push are up on the way up, hold backpack or weight for more resistance- 18 reps total

Core:

- Bear Hold Shoulder Taps (Hover Knees, Tap Opposite Shoulders) – 14 reps per side
- Sit up with Overhead Press (Twist, Then Press Hands Overhead) – 14 reps

Complete 3-4 Rounds

WEEK 10

Home



Day 4: Upper Body Strength

Focus: Shoulder, Arm & Core Strength

◆ Equipment Needed: Optional: Resistance bands, backpack

- Dumbbell Row
- Regular Push-ups no modification– 5-10 reps
- Bent-Over Reverse Arm Raises- AKA sweeps (Slow Retraction, Squeeze Shoulder Blades for 2 Sec at Top) – 18 reps
- Band Pull aparts– 18 reps
- Lat Font/Side Raises (Slow & Controlled, Stop at Shoulder Height, Use Bottles or Resistance Bands for Added Resistance) – 18 reps total

Core:

- Side Bends (Slow, Controlled Oblique Crunches) – 14 reps per side
- Toe Reach Crunches (Lie Down, Reach for Toes in a Slow & Controlled Manner) – 18 reps
- Side Plank Hip Dips – 30 sec per side

Increase weight this week-Complete 14-18 Reps of each exercise-3-4 Rounds

Day 5: Lower Body

Focus: Lower Body Strength & Stability

◆ Equipment Needed: Optional: Resistance bands, backpack

- Reverse Lunges with 3-Sec Pause at Bottom (Hold Backpack for Extra Resistance) – 14 reps per leg
- Seated or Standing Calf Raises (Use Slow Tempo, Hold at Top for 2 Sec Each Rep) – 30-50 reps
- Side Steps (Use Booty Band or Perform Controlled Side-to-Side Movements in a Deep Squat) – 18 reps per side
- Glute Kickbacks (Booty Band or Bodyweight, Focus on Control) – 18 reps per leg
- Weighted Goblet Squats (Slow, Deep Squats, Hold Backpack at Chest for Added Resistance) – 18 reps

Core:

- Heel-Touch Side Crunches (Controlled Core Activation, Touch Heels Side-to-Side) – 18 reps per side
- Hollow hold – 30 sec

Increase weight this week-Complete 10-14 Reps of each exercise-3-4 Rounds

Day 6 & 7

Rest days or Pick a core and cardio day.



The Final BURN

WEEKS 11 & 12



Watch ALL
Movement
Demos Here:
Not in organized
order

For organized list, go to Workout Index here:

The final two weeks are designed for maximum fat burn, cardiovascular endurance, and muscular endurance while maintaining strength.

Stick with either Home or Gym like you have been doing these last 10 weeks!

This plan incorporates: Plyometrics, HIIT, Core, Cardio, and Strength.

Home version (no equipment) + Gym version (with equipment) included.

- Schedule: 5 days of training + 2 active recovery/mobility days per week.
- Format: Focus on 45-60 min per session, high-intensity, shorter rest periods.
- 3-4 Rounds of each



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BURN WEEK 11 *Gym & Home*

Format: Strength + Plyo Supersets (Minimal rest between exercises)
30 seconds to 1 minute of work per movement, resting/moving to next movement quickly and resting 2 mins between each round

Day 1: Lower Body Burn + Plyometrics

3 Rounds

💡 Home Version

- Jump Squats to Squat
- Jump Lunges
- Glute Bridge Walkouts/Heel Taps
- Reverse Lunges
- Wall Sit with weight press outs in front
- Seated Russian Twists



💪 Gym Version

- Smith Machine Squats, or Leg Press Pulses
- Reverse Lunges (Alternate legs)
- Hip Thrusts (Slow eccentric)
- Bulgarian Split Squats with Dumbbells
- Leg Press with Pulse Reps
- Hanging Knee Raises

Day 2: Upper Body HIIT

💡 Home Version

- Push-ups to clap- modify on knees
- Plank Walkouts
- Superman Hold + Flutter Kicks
- Slow Triceps Dips on Chair
- Bicycle Crunches

💪 Gym Version

- Dumbbell Shoulder Press (Controlled tempo)
- Incline Push-ups on Bench
- Seated Rows or Lat Pulldown
- Triceps Cable Pushdowns
- Weighted Russian Twists

BURN WEEK 11

Gym & Home

Format: Strength + Plyo Supersets (Minimal rest between exercises)

30 seconds to 1 minute of work per movement, resting/moving to next movement quickly and resting 2 mins between each round

Day 3: Total Body Metabolic HIIT

3 Rounds

Home Version

- High Knees
- Up downs
- Mountain Climbers
- Squat Pulses to Jump
- Plank with Alternating Leg Lifts

Gym Version

- Treadmill Sprint Intervals (30 sec on, 30 sec off)
- Dumbbell Thrusters
- Battle Ropes
- Row Machine (100m sprints)
- Cable Woodchoppers



Day 4: Lower Body Strength

Format: Strength-Focused with Cardio Burnout

Home Version

- Wall Sit with Booty Band Abductions
- Glute Kickbacks + Side Raise
- Step-Through Lunges to Knee Drive
- Pulsing Squats
- Banded Wall sit pulses

Gym Version

- Leg Press Machine (Explosive up, slow down)- If no leg press do step ups on high bench
- Hip Thrusts with Dumbbell on hips- back on bench
- Bulgarian Split Squats
- Walking Weighted Lunges
- Hanging knee raises

Day 5: Full Body Strength

Format: Strength Supersets with Metabolic Finishers

Home Version

- Up downs
- Alternating reverse Lunges
- Hand-Release Push-ups
- Plank Walkouts
- Sit ups

Gym Version

- Kettlebell Swings
- Dumbbell Snatches
- Sled Push, or plate push or Rower Sprints
- Renegade Rows
- Banded Pull ups

Day 6 & 7

Rest days or Pick a core and cardio day

BURN WEEK 12

Gym & Home

Format: Strength + Plyo Supersets (Minimal rest between exercises)

1 minute of work per movement, resting/moving to next movement quickly and resting 2 mins between each round

Day 1: Lower Body Burn + Plyometrics

Format: Strength + Plyo Supersets (Minimal rest between exercises)

💡 Home Version

- Pop Squats
- Jump Lunges alternating legs
- Glute Bridge Walkouts
- Reverse Lunges
- Wall Sit with weight press out front
- Seated Russian Twists

💪 Gym Version

- Smith Machine Squats Pulses or squats pulses
- Dumbbell Step-Ups (Alternate legs)
- Hip Thrusts (Slow eccentric)
- Bulgarian Split Squats with Dumbbells
- Leg Press with Pulse
- Leg Extension Machine
- Hanging Knee Raises

4 Rounds



Watch ALL

Movement

Demos Here:

Not in organized
order



For organized list, go to Workout Index here:

Day 2: Upper Body HIIT

Format: Full-Body HIIT with Upper Body Strength

💡 Home Version

- Push-ups to Shoulder Taps
- Plank Walkouts
- Superman Hold + Flutter Kicks
- Slow Triceps Dips on Chair
- Bicycle Crunches

💪 Gym Version

- Dumbbell Shoulder Press (Controlled tempo)
- Incline Push-ups on Bench
- Seated Rows or Lat Pulldown
- Triceps Cable Pushdowns
- Weighted Russian Twists

BURN WEEK 12

Gym & Home

Format: Strength + Plyo Supersets (Minimal rest between exercises) 1 minute of work per movement, resting/moving to next movement quickly and resting 2 mins between each round

Day 3: Total Body Metabolic HIIT

4 Rounds

Home Version

- High Knees
- Up downs to push up
- Mountain Climbers
- Squat Pulses
- Plank with Alternating Leg Lifts

Gym Version

- Treadmill Sprint Intervals (30 sec on, 30 sec off)
- Dumbbell Thrusters
- Battle Ropes
- Row Machine (100m sprints)
- Cable Woodchoppers



Day 4: Lower Body Strength

Format: Strength-Focused with Cardio Burnout

Home Version

- Wall Sit with Booty Band Abductions
- Glute Kickbacks + Side Raise
- Walking Lunges
- Pulsing Squats
- Kneeling straight Leg Pulses

Gym Version

- Leg Press Machine
- Hip Thrusts with Dumbbell
- Bulgarian Split Squats
- Walking Weighted Lunges
- Banded Pull ups/chin ups- green or purple band

Day 5: Full Body Strength + Fat Burn

Format: Strength Supersets with Metabolic Finishers

Home Version

- Up down to Push-Up
- Squat Hold
- Alternating Lateral Lunges
- Hand-Release Push-ups
- Plank Walkouts
- Sit ups

Gym Version

- Kettlebell Swings
- Dumbbell Snatches
- Sled Push (If available) or Rower Sprints Or plate push
- Dumbbell WoMan Makers
- Weighted Hanging Knee Raises



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Day 6 & 7

Rest days or Pick a core and cardio day

What they are saying...

testimonial

Don't worry, when you work with Casee, you will think about Casee lol

I think about her everyday. Not because I'm going to workout with her, but because I did workout with her & feel the difference bc of the work we've put in!

She given me the confidence to branch out on my own, workout with my son & teach him what I've learned.

Plus, she's funny, we have a great time & great conversation!

Kallye

testimonial

Casee always pushed me in the gym!!

In only 4 Weeks working with her

I shed 5+ pounds!

Casee always hands me a heavier weight than I would have chose for myself & made me do pull ups - even if they were assisted!

Meagan

testimonial

I have loved working with Casee!

She is always there to help with any questions or concerns I have!

Since working with her I have shed 25+ pounds & so many inches

I've learned to stop focusing on the scale so much & the right things to eat to change my body!

She doesn't make me feel insecure when I do something the wrong way we just laugh and try again.

I highly recommend her if you are ready to start your journey to get healthy!

Marsha



testimonial

I absolutely LOVE working with Casee!

In 6 weeks I've shed 10lbs!!!

She is very helpful and understanding, I have learned a lot from her.

Casee is very informative, she has helped me realize I have been using machines wrong for a while.

I feel way more confident & stronger than I ever have.

She's very nice but also straight to it & will just tell you,

"You're doing this!" & "You Can Do This"

That's helped me to push myself harder!

Heather

TESTIMONIALS

testimonial

Since I began working with Casee I am more confident when I walk in the gym & onto the street! She has helped me with so many things. I am more flexible, I have better joint mobility & I'm thousand times stronger with more endurance.

In 8 Weeks I shed 30+ pounds!

Her programs are so much more than weight-loss! My energy & outlook have improved so much. I never thought I'd look forward to going to the gym!

Rachel

testimonial

It's been 6 weeks & I've never stuck with a fitness program this long. I love it & look forward to working out every time, even though it scares me to death! It's always fun and exciting to see her smiling face greet me at the door.

I'm comfortable with her because she has lived the struggles of not having the body she wanted!

I am stronger & not as shaking from muscle fatigue. I have become more confident in myself & even getting braver to wear shorts in public.

I love that she has shown me how to workout & have proper form without making me super sore every time!

Tricia

testimonial

Casee is very knowledgeable and encouraging! Every time I work out with her it adds a little pep in my step. Not only do we get a good physical work out but she's also good for the soul! I feel like I have my own personal cheerleader!

Dee

**See for
yourself!
Click here:**

Thank you for spending your time with me during this program and trusting me to share my knowledge with you!

Make sure to take you after pictures and measurement for your records and you are welcome to send me your progress pictures and results.

Send them via email, text, Facebook, or Instagram.

I am your #1 fan and I love to celebrate your hard work!



I'm here to answer questions, or offer help whenever you need from me just reach out.

FREE seasonal bonus material and challenges are offered regularly in my private FB besties group.

Please make sure to request to join the group by clicking the link below!

Thank you so much again for your support!

Additional
Resource to help on
your journey:

Casee Jo
Pre/Post Nutrition
Guide

Casee's 1:1 Coaching programs offer you a personalized approach that is simple, sustainable, realistic and maintainable!

Click here to work with me again.

Casee's Fitness Programs Here:



Connect with Casee Today!

- Text FIT to (325) 305-0296
- Message Casee here:
- Website: www.caseeharwell.com/fitness
- Email: casee@caseeharwell.com
- Join my Bestie FB community here:
- Casee's Links Here:

thank you

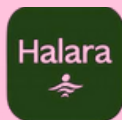


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Casee Jo's Favorite Things

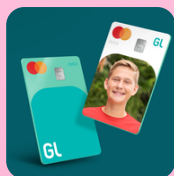


10% off Clean Organic Minerals for your body! Essentially Salv-ee



Fav Workout Clothing + Get Free Gifts!

\$30 FREE with Greenlight money card app for kids and teens where we can send our kids money instantly, assign chores & more!



Casee Jo's Fav Skin & Beauty Products!

15% off Ultimate Rolling Tote the Hulken Bag-



20% Off all fun Consuela colorful bags/totes

Casee Jo's Fitness Favs in TikTok showcase



Premade meals-
get up to \$150 off your first box.

Biohacking Weight loss & Gut sups here



Learn to Make Money Online with Digital Marketing!



Casee's Favorite Links Here: