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YOUR CARB CYCLE PLAN



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WELCOME TO THE HIITBURN NUTRITION!

WELCOME TO HIITBURN NUTRITION! WE ARE SO EXCITED THAT YOU ARE HERE. WE CREATED THIS TO HELP YOU BE FUELED WELL, HELP YOU REACH YOUR GOALS, AND TRULY ENJOY THE MEALS THAT YOU EAT.

AS YOU GO THROUGH THIS GUIDE, KEEP IN MIND THAT WE ARE HELPING YOU WITH A FRAMEWORK THAT YOU CAN USE TO GUIDE FOUNDATIONAL FOOD CHOICES, BUT THERE IS ALWAYS FLEXIBILITY FOR YOU TO MAKE TWEAKS ACCORDING TO WHAT FEELS BEST FOR YOUR BODY.

WE DON'T HAVE "HARSH AND STRICT" FOOD RULES. WE PROVIDE YOU WITH GENTILE GUIDELINES TO HELP YOU FEEL INFORMED TO MAKE NUTRITIOUS CHOICES, BUT ALSO EMPOWER YOU TO LEARN WHAT FEELS BEST WITH YOUR BODY SO THAT YOU CAN GET GREAT RESULTS AND KEEP THEM FOR LIFE, WHILE FEELING AMAZING IN THE PROCESS.

LET'S GET TO IT!

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WITH DETER-
MINATION AND
PURPOSE,
MOVE
FORWARD
EACH DAY.
NOW IS YOUR TIME.
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HIIT BURN® CHECKLIST

- [ ] Download the HIITBURN App for the easiest way to access the challenge! Get the app here.

- [ ] Join the Facebook Community! Here, you can receive accountability and encouragement, post about your progress, workouts, meals, and join the live calls with the team!

- [ ] Connect on Instagram! You can find us: **@HIITBURN** Post about your workouts, meals, and progress. Make sure to tag us in your photos and use **#HIITBURN!**

- [ ] Put your workouts on your calendar to make them a date! It will be easier to get in a rhythm and plan your day when your workouts are already plugged in!

- [ ] **YES!** I am ready to get healthy and fit, become more confident and change my life. Let's do this!

NUTRITION GUIDELINES & FAQ

This Nutrition Manual will be your guide to overall lifestyle nutrition and provide information to help you get and keep results and allow you to maintain this as a healthy lifestyle.

The Meal Examples and Recipes are a starting point for you to get some great ideas for healthy meals. You can follow the Meal Examples and use the recipes, or you can build your own meals using the simple and effective Meal Builder!

Still hungry? You can eat more food! Part of this process is learning to listen to and honor your hunger and fullness cues. If you're still hungry, it's always fair game to go back and eat more protein and veggies.

Don't like some of the foods outlined in the plan? No worries! We give tons of ideas so you can mix, match, and swap out foods in an easy way. This is about choosing foods that are healthy AND enjoyable!

What to drink? Make sure you get lots of water everyday! Also, things like coffee (feel free to add a splash of natural/unsweetened cream), unsweetened tea, or sparkling water. Keep alcohol in moderation on your flex days.

Have a sweet tooth? Try a square or two of dark chocolate or some berries!

Healthy eating doesn't have to lack flavor! Feel free to add any one-ingredient spices you would like (think things like oregano, cayenne, rosemary, etc…and not mixed spices with additives like Lawry's Seasoning Salt). A great sauce option is salsa!

What are serving sizes? We practice mindful eating, which means being mindful about making nutritious choices, but also learning to listening to natural hunger and fullness cues when it comes to portions. This is a sustainable, long-term lifestyle solution that will help. You get better and lasting results over time, but it does take practice. If you are unsure of where to start, we will outline some starting points for servings, but remember, if you are still hungry - eat more food (protein and veggies is always fair game)! Hunger means your metabolism is working and it's important to listen to that.



NUTRITIONAL QUICKSTART

HOW IT WORKS

The goal of this is to help you learn how to eat for your body and goals. This means that you will not only be able to get the results you want physically, but learn how to eat to feel energized, empowered, and confident, all while achieving your aesthetic goals. You will do all of this in a healthy, maintainable way so you can keep your results for life.

This is not a diet. Diets have a start and end date (usually leaving you feeling terrible and with feelings of failure. This is lifestyle nutrition that will allow you to get and stay fit and healthy for the long term. We will use a couple of methods to help you learn how to eat mindfully as a lifestyle.

Flexible Carb Cycling is a method we will use in this challenge and it will help you learn how certain foods fuel your body and help you work towards your results in the process. You will not need to count calories or macros. You will not need to cut out major food groups. This is a flexible approach that will allow you to never diet again, yet you will feel better and get incredible, lasting results.

So, what is Carb Cycling? Carb Cycling is when you alternate between eating days of higher amounts of carbs and days of eating lower amounts of carbs. It's really that simple! The gentle and flexible approach allows you to have sustained energy, burn fat, and build muscle. There are a few different cycles you can follow depending on your goals, so this method will help you reach your goal and learn how to be fueled well in the process.

After some time on this program, you will have made incredible progress and have a deep understanding for how to gently adjust your nutrition going forward to keep your results.

With these methods, eating will feel like second nature (instead of second guessing).

We have helped thousands of people get fit and healthy using these methods.
Now, it's your turn.

DETERMINING YOUR CARB CYCLING SCHEDULE

3-1-2-1 CARB CYCLE	2-1 CARB CYCLE	1-1 CARB CYCLE	LIFESTYLE CYCLE
Choose this cycle if you have a significant amount of fat you'd like to lose and your main focus is weight loss. On this cycle you will have three lower carb days, one higher carb day, two lower carb days, one higher carb day, and repeat in that fashion.	Choose this cycle if you have a moderate amount of fat you'd to lose. On this cycle you will have two lower carb days, one higher carb day, and repeat in that fashion.	Choose this cycle if you have a little bit of fat you'd like to lose with the main focus being around toning up and building lean muscle. On this cycle you will alternate one lower carb day and one higher carb day and repeat in that fashion.	Choose this cycle if you want to focus on toning up and building lean muscle as physical goals. This is a great choice for those who just love carbs, feel better physically/ emotionally when they eat them, and would like to mindfully include some every day. On this cycle you will prioritize eating carbs post workout and/ or in your evening meal.

ADDING A FLEX MEALS

We suggest including 2-3 flex meals per week. You could have all your flex meals in one day or you could sprinkle them throughout the week. There's not a right or wrong choice. Everyone is different, so choose the option that feels sustainable for you.

During flex meals, eat whatever types of foods you want! The only thing we suggest is to just be mindful of how much you eat. You don't need to count calories, but just eat your typical amounts of food during those meal times, eating when you are hungry and until you are satisfied.

A great option is to have your flex meals on your higher carb days instead of your lower carb days. If you happen to have a flex meal on a lower carb day, no worries! Enjoy it.

WHAT TO EAT

If you are ever in doubt with what foods you should be eating, just go for whole foods, AKA one-ingredient foods.

Some of the foods we most recommend include:

- **Protein:** Eggs, Chicken, Beef, Fish and Game.
- **Fats:** Nuts, Nut butter, Coconut Oil, Grass Fed Butter, Ghee and Avocado
- **Carbs:** Quinoa, Rice, Potatoes, Black Beans, Oats and Fruit
- **Vegetables:** Eat any veggies that you enjoy!

HOW TO EAT

Low Carb Days = Focus mostly on: Protein, Veggies & Healthy Fats
High Carb Days = Focus mostly on: Protein, Veggies & Complex Carbs

MORE ABOUT FOODS YOU WILL CHOOSE

PROTEIN

Include protein with every meal (on both low and high carb days).

FATS

Low Carb Days = Add a healthy fat to all meals. This can include avocado, nuts, seeds, olive oil, nut butter, etc.

High Carb Days = Simply cook your meals in healthy fats (grass fed butter or coconut oil). Include protein with every meal (on both low and high carb days).

CARBS

Low Carb Days = Get the majority of your carbs from veggies. Add a sweet potato, rice or fruit to your post workout meal if you need some extra carbs to recover.

High Carb Days = Add complex carbs like potatoes, sweet potatoes, rice, beans, oats, etc. to at least 75% of your meals!


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THE
DETAILS

THE DETAILS

CARB CYCLING SCHEDULE

In this section we will explain carb cycling and go over how to chose the carb cycle that will best align with your goals.

Remember, Carb Cycling is when you alternate between eating days of higher amounts of carbs and days of eating lower amounts of carbs. It's really that simple! Let's break it down:

PROTEIN

Allows you to build and maintain lean muscle, which in turn helps you to burn more fat. Protein also helps you feel more full for longer, giving you long lasting energy.

CARBS

Carbs come in the form of simple and complex. Simple carbs are the not-as-nutritious carbs that include foods like sugar, cookies, candy, and most highly processed foods.

Complex carbs on the other hand, are much more nutritious. Foods like vegetables, fruit, sweet potatoes, potatoes, rice, beans, oats, and quinoa are a few examples that fall into this category.

FATS

Healthy fats play an important role in allowing your body to function at its best. That's why it's important to include healthy fats such as avocado, nuts, seeds, coconut oil, grass fed butter, yogurt, and more into your meals.

SOURCES FOR ENERGY

When you carb cycle, what you are really doing is allowing your body to optimize how it burns calories and fat. Your body has two main sources that it uses for energy.

1) Carbs - Your body burns something called glycogen as it's go-to source for energy. Glycogen comes from carbohydrates. That's why it's so important to have carbs, because it brings your body energy in the quickest and the most efficient way.

2) Fat - When your body doesn't have glycogen readily available, it will then burn fat as a secondary energy source.

CARB CYCLING PROCESS

When you carb cycle, you alternate between certain days (or meals) of having lower amounts of carbs and days (or meals) of higher amounts of carbs. When you cycle your carbs by adjusting when you are prioritizing them in your meals, it helps your body optimize the nutrients to burn more fat on lower carb days, but also refuel with the body's favorite type of energy source (glycogen) on higher carb days. This allows the body to stay energized and optimized.

The key with Flexible Carb Cycling is to focus on eating mostly whole food and minimally processed ingredients. We outline a list of foods as a starting point in the "What to Eat" and "How to Eat" sections.

There are a few different carb cycling schedules that you can follow depending on your goals. We suggest following either the Accelerator Cycle (3-1-2-1), Lean Cycle (2-1), Shred Cycle (1-1) , or the Lifestyle Cycle, (post-workout/carb backloading) as a starting point. Now, let's go over how to choose the right cycle for you and your goals.

DETERMINING YOUR CARB CYCLING SCHEDULE

Here are some options for starting points for Flexible Carb Cycling. As starting points, you can use these as a guide to get into the flow of carb cycling. Know that you can make adjustments to these according to what you find feels best for your body as a lifestyle.

Some of these carb cycling schedules focus on having entire days where you prioritize eating lower or higher amounts of carbs. The last option is the most flexible and is a great option for those who would like to mindfully include complex carbs daily.

ACCELERATOR CYCLE

3-1-2-1: Choose this cycle if you have a significant amount of fat you'd like to lose and if your main focus is weight loss.

This is a good choice for you if you feel like you would enjoy the structure (both physically and mentally) of having full days focused around eating higher or lower carbs.

LEAN CYCLE

2-1: Choose this cycle if you have a moderate amount of fat you'd to lose.

This is a good choice for you if you feel like you would enjoy the structure (both physically and mentally) of having full days focused around eating higher or lower carbs.

SHRED CYCLE

1-1: Choose this cycle if you have a little bit of fat you'd like to lose with the main focus being around toning up and building lean muscle.

This is a good choice for you if you feel like you would enjoy the structure (both physically and mentally) of having full days focused around eating higher or lower carbs.

LIFESTYLE CYCLE

Post Workout Carbs/Carb Backloading: Choose this cycle if you want to focus on toning up and building lean muscle as physical goals.

This is a great choice for those who just love carbs, feel better physically/emotionally when they eat them, and would like to mindfully include some every day.

“Post Workout Carbs” is simply eating carbs in your meal right after your workout! Eating carbs post workout is great because your muscles are primed to absorb the carbs to refuel and repair your muscles.

“Carb Backloading” is simply adding in carbs towards the evening. This can be helpful for working with the cycle of your hormones to help optimize carbohydrates.

With this approach you could either focus on just prioritizing carbs in your post workout meal and/or you could also add them to your evening meal. If your goal is to really add more muscle, this approach would have you focusing on adding in carbs post workout AND in your evening meal.

ADDING A FLEX DAY

Each week, you will include 2-3 Flex Meals. We choose the word “flex” rather than “cheat” because “cheat” has a negative connotation with eating foods you love that happen to be outside of the scope of regular days in this guide.

We believe you aren’t “cheating” with these foods. You are sticking to the overall outline, with planned times for being more flexible with your eating. These may seem to be semantics, however, this simple change in language makes a difference in the overall mentality and relationship with food. This is the real difference between a “diet” and a lifestyle!

During your flex meals, eat whatever kinds of foods you want! The only thing we suggest is to be mindful of how much you eat. You don’t need to count calories, just eat your typical amounts of food for your meals and focus on eating when you are hungry and until you are satisfied.

For example, eat a few slices of pizza until you feel satisfied, but avoid eating an entire deep dish pizza to yourself, just BECAUSE it is a flex meal. Simply eat a typical amount of food that you usually do for your meals focusing on those hunger and fullness cues and you’ll be set.

A great strategy is to pair a flex meal on a higher carb day during the week.

WORKOUTS AND NUTRITION

We outline five workouts for the week. Be sure to follow your carb cycling schedule and do not worry about changing it based on your workouts.

**Note: If you have an extra tough workout that falls on a lower carb day and you feel you need some additional fuel to recover your muscles, feel free to add in a healthy carb (sweet potato, rice or fruit) post workout or to your last meal of the day. This is what we mean by being FLEXIBLE and learning how to fuel your body. Super tough workout? Add more carbs post-workout to refuel and replenish muscles.*



THE DETAILS

HOW TO USE CARB CYCLING

ACCELERATOR CYCLE 3-1-2-1 CYCLE

On this cycle, you will have three lower carb days, followed by one higher carb day, then two lower carb days, followed by one higher carb day and repeated in that fashion.

LOW CARB DAY*	LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*

*Make sure to add in 2-3 Flex Meals throughout the week or feel free to combine them into one day if that feels best for you!

LEAN CYCLE 2-1 CYCLE

On this cycle, you will have two lower carb days, followed by one higher carb day and repeated in that fashion. *Note: If you follow this cycle, it won't fit perfectly into a week's schedule and that is okay You can feel free to alter it, if needed.

LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*

*Make sure to add in 2-3 Flex Meals throughout the week or feel free to combine them into one day if that feels best for you!

SHRED CYCLE 1-1 CYCLE

On this cycle, you will alternate between one lower carb day, followed by one higher carb day and repeated in that fashion.

LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*

*Make sure to add in 2-3 Flex Meals throughout the week or feel free to combine them into one day if that feels best for you!

LIFESTYLE CYCLE - POST WORKOUT CARBS / CARB BACKLOADING

On this cycle, you will have a baseline of lower carb meals throughout the day, but add carbs to your post workout meal. You can also add carbs to your evening meal if you want to focus more on muscle building.

LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal

GIVE YOURSELF AT LEAST TWO WEEKS ON ANY GIVEN CYCLE TO START GETTING INTO THE FLOW OF HOW IT WORKS AND FEELS TO YOU. THAT SAID, THERE ARE ALWAYS WAYS TO ADJUST ALONG THE WAY ACCORDING TO HOW YOU ARE FEELING. WE'LL GO OVER THOSE ADJUSTMENTS LATER IN THIS GUIDE.

WHAT TO EAT

Here, we outline the types of foods to eat, with the focus being on one ingredient, whole food. If you are ever in doubt with what foods you should be eating, just go for one ingredient, whole foods. Typically, foods with one-ingredient are the best choices as they are unprocessed or minimally processed, and don't include any preservatives, artificial ingredients, additives or fillers that can inhibit your results.

The foods listed below are the ones we recommend eating most. You can pick your favorite foods from the list to ensure that you eat the foods you really enjoy! This will make your nutrition plan sustainable as you continue to get results.

You will be focusing on protein, veggies, fruits, healthy fats, and one-ingredient carbohydrate sources. These foods will help you in countless ways including long term health, faster fat loss, boosted metabolism, recovery from your workouts, and more. This should be the foundation that your nutrition is based around. Now, we will go over the foods we recommend eating most!

PROTEINS

THE BEST TIMES TO EAT PROTEIN

Try to prioritize getting protein with every meal and majority of snacks. It's great to start your day with a high protein meal to be fueled really well.

You may find that on lower carb days, you may need to increase the amount of protein to help satisfy your hunger.

Regardless if it is a lower carb day/meal or higher carb day/meal, prioritizing protein is key.

GREAT SOURCES OF PROTEIN

HERE ARE SOME GREAT CHOICES FOR PROTEIN SOURCES:

- **Chicken**
- **Beef**
- **Fish**
- **Game**
- **Eggs**

*This is not an exhaustive list of foods. Feel free to include similar foods if you'd like!

HEALTHY FATS

THE BEST TIMES TO EAT HEALTHY FATS

Focus on having the majority of your fats on lower carb days. When your body doesn't have as many carbs, it will then use fat as energy, so you will need to eat more fats on your lower carb days for energy and brain power.

Try adding in a healthy fat source to each meal that you eat, but have slightly larger fat servings on lower carb days. Having fat in your meal can mean cooking with a healthy fat or adding a healthy fat (like avocado) to your meals.

GREAT SOURCES OF HEALTHY FATS

HERE ARE SOME GREAT CHOICES FOR FATS SOURCES:

- **Unrefined, Extra Virgin Coconut Oil**
- **Grass-Fed Butter**
- **Olive Oil**
- **Almond Butter/Peanut Butter**
- **Nuts (almonds, cashews, macadamias)**
- **Avocado**

*This is not an exhaustive list of foods. Feel free to include similar foods if you'd like!

GREAT SOURCES OF HEALTHY FATS

1. COOK YOUR MEALS IN COCONUT OIL OR GRASS FED BUTTER
2. ADD SOME AVOCADO OR A HANDFUL OF NUTS TO YOUR MEAL
3. MIX OLIVE OIL AND BALSAMIC VINEGAR TOGETHER FOR YOUR SALAD DRESSINGS.



CARBOHYDRATES

THE BEST TIMES TO EAT CARBOHYDRATES

It is best to have the majority of your carbs on higher carb days. Remember, your lower carb days deplete your muscle's glycogen store which in turn allows your body to use fat as it's main fuel source and prepare for your higher carb days.

It is on these days that you can refuel your muscles with carbs to help maintain and build lean muscle and tone. Carbs are an important component to this process as you progress towards your goals.

GREAT SOURCES OF CARBOHYDRATES

HERE ARE SOME GREAT CHOICES FOR CARB SOURCES:

- **Sweet Potatoes**
- **Potatoes**
- **Rice (White or Brown)**
- **Quinoa**
- **Steel Cut Oats**
- **Black beans**

*This is not an exhaustive list of foods. Feel free to include similar foods if you'd like!

FRUIT

THE BEST TIMES TO EAT FRUIT

Fruit is packed with vitamins and also has some carbs. It is fine to have 1-2 servings of fruit everyday, but if you want to enjoy larger amounts of fruit, keep it to your higher carb days. Fruit is a great post-workout food.

GREAT SOURCES OF FRUIT*

Strawberries	Pears	Apples
Raspberries	Peaches	Bananas
Blueberries	Pineapple	Papaya
Blackberries	Grapefruit	Cantaloupe

*feel free to include any other fruit you like!

VEGETABLES

THE BEST TIMES TO EAT VEGGIES

Veggies are also packed with vitamins and minerals. Veggies are great to have every day! Eat veggies when you are hungry and until you are satisfied. You will be eating more veggies on lower carb days.

GREAT SOURCES OF VEGGIES*

Onions	Spinach	Brussels
Mushrooms	Kale	Sprouts
Cauliflower	Broccoli	Peppers
Cabbage	Asparagus	
Bok Choy	Carrots	

*feel free to include any other fruit you like!

Don't really like veggies or unsure if you are getting enough? It is also smart to take a daily greens supplement. This is simply to make sure that you are getting all of your vitamins, minerals, and nutrients for the day.

Drinking some extra greens can be seen as insurance to supplement the other foods you're eating.

We recommend as a tasty, vitamin-rich source!

SPICES & SAUCES

Eating healthy food doesn't mean it has to lack flavor! A simple guideline when it comes to picking spices and sauces is to continue the "one-ingredient food" mindset.

Look for one ingredient spices like salt, pepper, paprika, oregano, basil, dill, etc. as opposed to mixed spices that contain artificial ingredients. Spice blends that don't include artificial ingredients or added sugar are fine to use. Fresh or dried herbs are also great options.

Sauces like salsa are great any time. Similar to with spices and food in general, find sauces that are natural, whole food ingredients without artificial ingredients, preservatives, or added sugars.

Other great options for sauces are things like balsamic vinegar and olive oil and lemon or lime juice.

DRINKS

Hydration will be very important to your overall health and results. Drink a glass of water in the morning when you wake up, and then drink water throughout the day as you are thirsty. If you usually forget to drink water, bring a water bottle with you and set a goal for how many you want to drink throughout the day!

Beyond water, some great options for drinks are: sparkling water, coffee (a splash of cream is fine!), tea, and kombucha (lower sugar options are brands like Health Ade, Lion Heart, and Brew Dr.). Try to keep alcoholic drinks in moderation on flex days.

HOW TO EAT

LOWER CARB DAY

On your lower carb days, your meals should be focused on eating protein, veggies and healthy fats. Try to keep most carbs to your higher carb days but, feel free to add in a sweet potato, rice or a piece of fruit to either your post workout meal or to your dinner if you had a tough workout that day, especially if you are on the **Lean Cycle (2-1)**, **Shred Cycle (1-1)**, or **Lifestyle Cycle (Post Workout Carbs/Carb Backloading)** .



CHICKEN
TURKEY
BEEF
BISON
LAMB
FISH (TUNA, SALMON, TILAPIA, HALIBUT, ETC.)
PORK
WILD GAME
EGGS OR EGG WHITES
PROTEIN SHAKE
GREEK YOGURT
COTTAGE CHEESE

AVOCADO
CHEESE
NUTS OR SEEDS (ALMONDS, CASHEWS, ETC.)
NUT BUTTER (PEANUT BUTTER, ALMOND BUTTER, ETC.)
OLIVE OIL
COCONUT OIL
GRASS-FED BUTTER

SPINACH
BROCCOLI
KALE
ASPARAGUS
BRUSSELS SPROUTS
PEPPERS
ONIONS
CAULIFLOWER
CUCUMBER
ZUCCHINI
YOUR CHOICE!

IF YOU HAD A TOUGH WORKOUT, ADD A CARB SOURCE TO YOUR POST-WORKOUT MEAL OR DINNER FOR THAT DAY, ESPECIALLY IF YOU ARE ON A 1-1 OR 2-1 CYCLE.

SWEET POTATO
RICE (WHITE OR BROWN)
POTATO
BEANS
FRUIT
QUINOA
HUMMUS
OATMEAL

THE DETAILS

HOW TO EAT

HIGHER CARB DAY

On your higher carb day, your first meal of the day should be focused on being high in protein and veggies. For your remaining meals, add in a carb source with your meal. Try to keep most fats to lower carb day, but it's fine to add very small amounts to your meals (for example, a small sprinkle of cheese). Feel free to cook your food in enough butter, avocado oil, or coconut oil to coat the pan.



CHICKEN
TURKEY
BEEF
BISON
LAMB
FISH (TUNA, SALMON, TILAPIA, HALIBUT, ETC.)
PORK
WILD GAME
EGGS OR EGG WHITES
PROTEIN SHAKE
GREEK YOGURT
COTTAGE CHEESE

KEEP THE MAJORITY OF FATS ON YOUR LOWER CARB DAYS BUT HAVING SMALL AMOUNTS ON HIGHER CARB DAYS IS FINE.

AVOCADO
CHEESE
NUTS OR SEEDS (ALMONDS, CASHEWS, ETC.)
NUT BUTTER (PEANUT BUTTER, ALMOND BUTTER, ETC.)
OLIVE OIL
COCONUT OIL
GRASS-FED BUTTER

SPINACH
BROCCOLI
KALE
ASPARAGUS
BRUSSELS SPROUTS
PEPPERS
ONIONS
CAULIFLOWER
CUCUMBER
ZUCCHINI
YOUR CHOICE!

SWEET POTATO
RICE (WHITE OR BROWN)
POTATO
BEANS
FRUIT
QUINOA
HUMMUS
OATMEAL

*This is not an exhaustive list of foods. Feel free to include similar foods if you'd like!

NUTRITION & WORKOUT

ADJUSTING TO CARB CYCLE WITH YOUR WORKOUTS

We want to be sure that you are fueling yourself well for your workouts, so always listen to your body and it's hunger cues, eat when you are hungry and until you are satisfied. If you find yourself feeling satisfied, that's a great time to stop eating. On the other hand, if you find yourself feeling extra hungry, feel free to add in some more healthy food.

Now, let's talk about how to make your carb cycle flexible based on your activity level and goals:

•On your higher carb days you will be getting plenty of carbohydrates to fuel your workouts well.

•On your lower carb days, your meals should be mostly focused on eating protein, veggies and healthy fats. That being said, there are some simple ways to learn how to listen to your body so that you can stay energized, be fueled properly, build lean muscle, get your fasted results, and make this a simple lifestyle.

TIPS FOR IF YOU ARE FEELING LOW IN ENERGY

Consume enough food overall to fuel your body well and keep energy levels high. Remember to listen to your body's natural hunger cues and to eat when you are hungry and until you feel satisfied.

Drink plenty of water throughout the day.

Bump up the fats on low carb day. You will get most of your energy from fats on lower carb days, so if you feel lower energy on those days, it is a sign that you may need to consume more of those healthy fats.

You will be eating plenty of great foods on both your lower and higher carb days and therefore you should have a lot of energy for your workouts. With that being said, if you have an extra tough workout that falls on a lower carb days, feel free to add in a sweet potato, rice or a piece of fruit post workout or to your dinner that day (especially if you are a 1-1 or 2-1 carb cycle) to help you recover well.

THE DETAILS

SERVING SIZES

TIPS FOR LISTENING TO HUNGER + FULLNESS CUES

We practice mindful eating, which in part means listening to natural hunger and fullness cues instead of counting calories. This is a sustainable, long-term lifestyle solution that will help you get better and lasting results over time, but it does take practice.

Hunger means your metabolism is working and it's important to listen to that. Everyone has different needs for portion sizes, so there's not one "right or wrong" portion size that everyone should follow.

If you are unsure of where to start, remember, if you are still hungry - EAT MORE FOOD (protein + veggies is always fair game)!

The next page is a set of journal questions that you can go through during your meals and snacks to evaluate your hunger and fullness, how the foods make you feel, and make adjustments for your next meal.

THE DETAILS

MEAL & SNACK JOURNAL

Write down the types of foods that you eat at each meal and snack throughout the day. Take note of how you are feeling before and after the meal or snack, noting hunger and fullness and how you feel after eating the foods. This will help create awareness about the foods you are eating to help with consistency and adjustments along the way!

1. MEAL OR SNACK (circle one)

2. HUNGER LEVEL BEFORE EATING (circle your level of hunger)
(not hungry) **1 2 3 4 5 6 7 8 9 10** (hungry)

3. TYPES OF FOOD I ATE (List the foods)

4. I CHOSE THE FOODS BECAUSE (List any reasons)

5. HUNGER LEVEL AFTER EATING (circle your level of hunger)
(not hungry) **1 2 3 4 5 6 7 8 9 10** (hungry)

6. ADJUSTMENTS FOR NEXT MEAL OR SNACK

(List any adjustments that you feel you may need to make for your next meal (if any!). Adjustments could be if you feel like you were still hungry after the last meal and needed more food, if you felt a little overly full to eat slightly less by listening to your body during the meal, adjusting the types of foods you need based on energy levels, etc.)



MEAL EXAMPLES

We have outlined 7-days worth of meals for each of the different carb cycles outlined for you in the next section. The Meal Examples utilize the recipes that we provide in this manual! This can serve as a starting point for you in building your meals as you learn how to implement your carb cycle or you can use these 7-days worth of meals a rotate through them over the next 30-days as there is tons of variety!

The recipes and meal examples are simply a resource for you, and not a requirement. If you want to do more simple meals and not use the recipes, that is completely fine! We will also provide a Meal Builder so you can build your own meals to be as simple or complex as you would like and get great results either way. Check out the Meal Builder video here!

The Meal Examples use a few (not all!) of the recipes, so feel free to mix and match the recipes as you wish.

You will notice the Meal Examples do NOT include specific amounts of food. This is on purpose! Everyone is different in how much food they need, so the key will be practicing adjusting amounts of food according to your hunger and fullness. If you're still hungry, it's always fair game to go back and get more protein and veggies! This is an important part of learning to eat intuitively as a lifestyle.

FOUNDATION OF MEALS

What makes this nutrition approach a lifestyle is that you can be incredibly flexible, mix and match, and actually choose foods that you prefer!

The ultimate goal is to help you build a foundation of understanding for building healthy, nutritious meals and empower you to know how to make substitutions based on what you have on hand and what you prefer.

As you work your way through the Meal Examples and eventually the Meal Builder, you will start to see patterns in how you can plan for meals to make it healthy, quick, easy, and tasty.

The foundation of your Lower Carb Days will be mostly protein, veggies, and healthy fats.

The foundation of your Higher Carb Days will be mostly protein, veggies, and carbs.

As you work through the Meal Examples and Meal Builder, you will see how you can incorporate flexibilities into your nutrition plan to make it easy to stick to as a lifestyle and how to adjust types and amounts of food according to your activity, goals, and how your body is feeling. Check out the Meal Builder video here!

THE DETAILS - CHALLENGE NUTRITION

3-1-2-1 CYCLE MEAL EXAMPLES

	MONDAY LOW CARB DAY 1	TUESDAY LOW CARB DAY 2	WEDNESDAY LOW CARB DAY 3	THURSDAY HIGH CARB DAY 4	FRIDAY LOW CARB DAY 5	SATURDAY LOW CARB DAY 6	SUNDAY HIGH CARB DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	BREAKFAST CASSEROLE (top with leftover avo if desired)	BREAKFAST CASSEROLE	SWEET POTATO EGG CUPS	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	EGGS WITH AVOCADO	SWEET POTATO EGG CUPS
MEAL 2	THAI CHICKEN SALAD	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	TURKEY W/ BROCCOLI AND CHEESE	CHICKEN ZOODLE SOUP WITH RICE	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ AVOCADO &/OR CHEESE AND ASPARA-GUS	THAI CHICKEN SALAD	CHICKEN ZOODLE SOUP	QUINOA CHICKEN BURRITO BOWL	DINNER OF YOUR CHOICE	CHICKEN STIR FRY •CHICKEN •PEPPERS •ONIONS •AVOCADO •SPINACH •CHEESE •SALSA	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY

STILL HUNGRY? EAT MORE FOOD!
PROTEIN AND VEGGIES ARE ALWAYS GREAT.

2-1 CYCLE MEAL EXAMPLES

	MONDAY LOW CARB DAY 1	TUESDAY LOW CARB DAY 2	WEDNESDAY HIGH CARB DAY 3	THURSDAY LOW CARB DAY 4	FRIDAY LOW CARB DAY 5	SATURDAY HIGH CARB DAY 6	SUNDAY LOW CARB DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	BREAKFAST CASSEROLE (top with leftover avo if desired)	SWEET POTATO EGG CUPS	BREAKFAST CASSEROLE	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	SWEET POTATO EGG CUPS	EGGS WITH AVOCADO
MEAL 2	THAI CHICKEN SALAD	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN ZOODLE SOUP WITH RICE	TURKEY W/ BROCCOLI AND CHEESE	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ AVOCADO &/OR CHEESE AND ASPARA-GUS	THAI CHICKEN SALAD	QUINOA CHICKEN BURRITO BOWL	CHICKEN ZOODLE SOUP	DINNER OF YOUR CHOICE	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN STIR FRY •CHICKEN •PEPPERS •ONIONS •AVOCADO •SPINACH •CHEESE •SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE

STILL HUNGRY? EAT MORE FOOD!
PROTEIN AND VEGGIES ARE ALWAYS GREAT.

THE DETAILS - CHALLENGE NUTRITION

1-1 CYCLE MEAL EXAMPLES

	MONDAY LOW CARB DAY 1	TUESDAY HIGH CARB DAY 2	WEDNESDAY LOW CARB DAY 3	WEDNESDAY HIGH CARB DAY 4	FRIDAY LOW CARB DAY 5	SATURDAY HIGH CARB DAY 6	SUNDAY LOW CARB DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	SWEET POTATO EGG CUPS	BREAKFAST CASSEROLE (top with leftover avo if desired)	BREAKFAST CASSEROLE + BERRIES	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	SWEET POTATO EGG CUPS	EGGS WITH AVOCADO
MEAL 2	THAI CHICKEN SALAD	CHICKEN ZOODLE SOUP WITH RICE	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN WITH BROCCOLI & SWEET POTATO	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ AVOCADO &/OR CHEESE AND ASPARA-GUS	QUINOA CHICKEN BURRITO BOWL	THAI CHICKEN SALAD	QUINOA CHICKEN BURRITO BOWL	DINNER OF YOUR CHOICE	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN STIR FRY •CHICKEN •PEPPERS •ONIONS •AVOCADO •SPINACH •CHEESE •SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE

STILL HUNGRY? EAT MORE FOOD!
PROTEIN AND VEGGIES ARE ALWAYS GREAT.

LIFESTYLE CYCLE MEAL EXAMPLES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	BREAKFAST CASSEROLE (top with leftover avo if desired)	BREAKFAST CASSEROLE	EGGS + A PROTEIN SHAKE	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	EGGS WITH AVOCADO	SWEET POTATO EGG CUPS
MEAL 2	THAI CHICKEN SALAD	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	TURKEY W/ BROCCOLI AND CHEESE	CHICKEN ZOODLE SOUP	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ ASPARA-GUS AND SWEET POTATO	THAI CHICKEN SALAD W/ QUINOA	CHICKEN ZOODLE SOUP W/ RICE	QUINOA CHICKEN BURRITO BOWL	DINNER OF YOUR CHOICE	CHICKEN STIR FRY •CHICKEN •PEPPERS •RICE •ONIONS •SPINACH •SALSA	BEEF TACO SALAD •BEEF •SPINACH •RICE •ANY OTHER VEGGIES •TOP WITH SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY

For the Lifestyle Cycle, you adjust the foods you are eating according to how your body is feeling and your activity.

A simple way to do this is to add carbs to your post-workout meal and/or add carbs to your evening meal. This can be adjusted as you identify what feels best for your body for energy, performance, and as a lifestyle.

STILL HUNGRY? EAT MORE FOOD!
PROTEIN AND VEGGIES ARE ALWAYS GREAT.

BUILD YOUR OWN MEAL CYCLES

	MONDAY _____ DAY 1	TUESDAY _____ DAY 2	WEDNESDAY _____ DAY 3	WEDNESDAY _____ DAY 4	FRIDAY _____ DAY 5	SATURDAY _____ DAY 6	SUNDAY _____ DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1							
MEAL 2							
MEAL 3							
SNACKS							

STILL HUNGRY? EAT MORE FOOD!
PROTEIN AND VEGGIES ARE ALWAYS GREAT.

MEAL BUILDER

LOW CARB

1. CHOOSE 1 PROTEIN
2. CHOOSE 1+ VEGGIES
3. CHOOSE 1 HEALTHY FAT

HAD A TOUGH WORKOUT?

ADD IN A CARB SOURCE TO YOUR POST WORKOUT MEAL!

WHAT ABOUT SNACKS?

STICK TO MOSTLY PROTEIN, VEGGIE AND HEALTHY FATS!

CHECK THE MEAL EXAMPLES FOR TONS OF SNACK IDEAS

HIGH CARB

1. CHOOSE 1 PROTEIN
2. CHOOSE 1+ VEGGIES
3. CHOOSE 1 HEALTHY CARB

ADDING A LITTLE FAT ON HIGHER CARB DAYS IS TOTALLY FINE!

FOR EXAMPLE, COOK YOUR FOOD IN ENOUGH BUTTER OR OIL TO COAT THE PAN OR A LITTLE SPRINKLE OF CHEESE OR AVOCADO IS FINE. THIS IS A LIFESTYLE APPROACH!

WHAT ABOUT SNACKS? STICK TO MOSTLY PROTEIN, VEGGIE AND HEALTHY CARBS!

CHECK THE MEAL EXAMPLES FOR TONS OF SNACK IDEAS!


HIIT BURN®
AFTER
30 DAYS

THIS IS A LIFESTYLE APPROACH THAT YOU CAN UTILIZE FOR LIFE AS LONG AS YOU ARE KEEPING IT FLEXIBLE AND FEELING GREAT. YOU CAN ALWAYS MAKE TWEAKS AND ADJUSTMENTS TO ANY OF THE APPROACHES TO FIT YOUR INDIVIDUAL NEEDS AS A LIFESTYLE.

AFTER DOING THIS PROGRAM FOR 30-DAYS, TAKE A MOMENT TO EVALUATE YOUR PROGRESS AND HOW YOU ARE FEELING. FROM HERE, YOU CAN IDENTIFY IF YOU SHOULD STAY CONSISTENT WITH YOUR CURRENT APPROACH OR MAKE SOME SLIGHT ADJUSTMENTS ACCORDING TO HOW YOUR BODY IS FEELING AND ADJUSTING.

FROM THERE, YOU CAN KEEP GOING WITH YOUR LIFESTYLE AND RE-EVALUATING EVERY SO OFTEN TO MAKE SURE YOU'RE FEELING GREAT AND MOVING IN THE DIRECTION YOU WANT TO GO FOR YOUR LIFESTYLE!

Here are a few scenarios and how you can plan your next steps accordingly:

1

I'm feeling good and seeing progress from the first 30-days, but still have a ways to go to reach my goal of losing fat.

If you still have a ways to go, we suggest sticking with the 3-1-2-1 carb cycle until you feel like you have reached your desired goal. Some people love the 3-1-2-1 cycle and stick with it as a lifestyle. Figure out the best balance that will work for you in order to feel energized and still continue to see results.

2

I'm feeling good and am super close to my goal. I have just a little bit more fat to lose in order to reach my goal.

If you have just a little more fat to lose, we suggest following a 2-1 carb cycle. This means you will be having two lower carb days, followed by a higher carb day, and then repeat in that fashion.

3

I'm feeling good and have reached my goal! I want to maintain where I am at and even gain some lean muscle.

Congrats! You have reached your goal and want to maintain your weight and continue to get and stay lean. We suggest following a 1-1 Shred carb cycle or the Lifestyle Cycle. At this point, you can listen to your body and add in more carbs as you notice needing more energy.

HOW TO OVERCOME PLATEAUS

The great part about carb cycling is that you can always switch your carb cycling schedule if you feel like you have stalled a bit and aren't seeing results as quickly as you want to. This is yet another reason why carb cycling is a great lifestyle as you can always tweak the process to keep moving forward toward your goals. Here are a couple of tips if you feel like you have a hit a plateau:

1 **Make sure you are eating enough food.**
Many people stall in their weight loss if they aren't eating enough calories. Remember to eat when you are hungry and until you are satisfied.

2 **On the flip side, if you are feeling completely stuffed after your meals and snacks, you may be eating more food than your body needs.**
Make a conscious effort to evaluate how you are feeling after your meals. If you find that you are incredibly full, at your next meal, eat slightly smaller portions and then evaluate how your body is feeling. It takes practice to listen to your body, so keep after it!

3 **Switch up your carb cycle for a week**
If you are following a 3-1-2-1, take a week and do a 2-1 cycle, then jump back into your regular cycle. This will help jumpstart your body again to keep you moving forward.

4 **Evaluate the types of foods and drinks you are consuming.**
If you are eating lots of highly processed foods, artificial sweeteners, or added sugar regularly, we would suggest being more mindful about having those in moderation during flex meals.

5 **Bump up the intensity in your workouts and switch up your workout routine.**
This doesn't mean make your workouts LONGER. It simply means when you are working out, make sure you are pushing yourself. Add in some high intensity exercises like sprints, jump rope, rowing machine, squat jumps and sit throughs to help jump start your progress again! You can also add in some gentle movement like walks or hikes to get in some more movement.

HIIT BURN®

CONGRATS!

THANKS FOR JOINING US! MAKE SURE TO CONNECT ON SOCIAL MEDIA AND POST ABOUT YOUR EXPERIENCE.

TAG US IN YOUR PHOTOS AND VIDEOS AND USE #HIITBURN!



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RECIPES

LOW CARB BREAKFAST CASSEROLE

PREP TIME	COOK TIME	TOTAL TIME
15 mins	90 mins	1 hr 45 mins

INGREDIENTS



12 eggs
2 tablespoons olive oil
2 cups chopped bacon
2 cups half and half
2 cups baby spinach, chopped
1½ cup cheddar cheese, grated
Salt and pepper to taste

INSTRUCTIONS

- Grease a 9x13 inch pan.
- In a large bowl, whisk eggs, half and half, season salt, cheese, and chopped bacon.
- Pour into your greased pan. Cover with foil and refrigerate for 2 hours or overnight.
- Preheat oven to 350 degrees. Bake covered in foil at 350 degrees for 90 minutes. Let rest for 10 minutes before serving.

NOTES

This makes a big batch so feel free to store the leftovers in an airtight container in the refrigerator. Leftovers will last for about 5-7 days. This is great for meal prep!

THAI CHICKEN SALAD

PREP TIME	COOK TIME	TOTAL TIME
15 mins	25 mins	40 mins

INGREDIENTS



Salad

1/2 Napa cabbage, thinly sliced

1/4 small red cabbage, thinly sliced

2 medium carrots, grated

3 green onions, thinly sliced

1/4 cup (15 grams) finely chopped cilantro

3 ounces cooked (85 grams), shredded chicken breast

3 tablespoons slivered almonds

1/2 an avocado

Salt and pepper to taste

Dressing

- 1 lime, juiced
- 3 tablespoons natural peanut butter
- 3 tablespoons coconut aminos or Braggs liquid aminos
- 2 teaspoons honey

THAI CHICKEN SALAD

INSTRUCTIONS

- In a large bowl, combine Napa cabbage, red cabbage, carrots, green onion, cilantro and chicken breast.
- In a small bowl, combine lime juice, peanut butter, liquid aminos and honey.
- Whisk until smooth.
- Toss all ingredients in bowl with the dressing.
- Garnish with almonds and avocado.

NOTES

This makes a large bowl. If you are planning on saving some for later, be sure to add the avocado and dressing when you are ready to serve so that it stores well.

DID YOU KNOW:

Coconut aminos are soy free and gluten free. They are also packed with minerals, vitamin C, and B vitamins. They are high in amino acids, containing 17 different types and, amino acids are the building blocks of protein, and are essential to our health and nutrition.

SWEET POTATO EGG CUPS

PREP TIME	COOK TIME	TOTAL TIME
15 mins	30 mins	45 mins

INGREDIENTS



4 medium sweet potatoes
1/2 teaspoon of pink Himalayan sea salt
1/2 teaspoon of garlic salt
Pepper to taste
Sprinkle of cheese

INSTRUCTIONS

Preheat oven to 400 degrees.
Peel sweet potatoes, then slice into 1/2 inch thick discs.
Place sweet potatoes on a foil-lined baking sheet and bake at 400 degrees for 20 minutes.
After sweet potatoes are fully baked, scoop into a bowl and mash.
Add in spices and cheese and mix
Scoop a tablespoon of sweet potato mixture into individual muffin tins
Crack one egg into each muffin tin
Bake for 12-15 minutes (bake for 12-minutes if you like the egg more running)r

DID YOU KNOW:

We love starting our day with a high protein breakfast and eggs are a great way to do that! Eggs are also full of great nutrients like vitamin B2, vitamin K, selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper.

QUINOA CHICKEN BURRITO BOWL

PREP TIME	COOK TIME	TOTAL TIME
15 mins	15 mins	30 mins

INGREDIENTS



1 cup (180 grams) Quinoa
2 grilled boneless, skinless chicken breasts, cooked and cut into pieces
1 (14-ounce) can black beans, rinsed and drained
1/2 cup (75 grams) fresh or frozen corn (thawed if frozen)
2 tomatoes, diced
1 small red onion, diced
1 jalapeño, seeded and diced

- 2 handfuls chopped fresh cilantro, plus additional for serving
- 14 tablespoons freshly squeezed lime juice, plus additional for serving
- 1 teaspoon ground chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper (use less or omit if sensitive to spice)
- 1/4 teaspoon black pepper
- 1/2 cup (125 grams) Siggis greek yogurt (unsweetened)
- 4 tablespoons salsa

QUINOA CHICKEN BURRITO BOWL

INSTRUCTIONS

Bring 2 cups water to a boil and add the quinoa. Return to a boil, cover, and reduce the heat to medium. Let simmer until the liquid is absorbed, about 12 minutes. Remove from the heat, fluff with a fork, then re-cover and let sit for 15 minutes. Transfer to a large serving bowl.

- To make the dressing, in a small bowl mix greek yogurt, lime juice, chili powder, cayenne pepper, black pepper and cilantro. Mix with the warm quinoa, then toss to combine.
- Stir in the prepared chicken, black beans, corn, tomatoes and red onion. Top with salsa and more cilantro. Serve warm with any desired topping.

DID YOU KNOW:

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids making it a complete protein! It is a great way for vegetarians to get additional protein in their diets. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.



INGREDIENTS:

1 1/2 lbs boneless skinless chicken breasts
2 cups celery (chopped)
2 cups carrots (chopped)
3 zucchinis (chopped)
1 large yellow onion (chopped)
4 Tablespoons Grass Fed Butter
6 cups low-sodium chicken broth (3 - 15 oz cans)
1 cup water
3/4 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp dried sage (optional)
Sea salt and pepper to taste

INSTRUCTIONS:

Add chicken, diced carrots, zucchini, onion, celery and grass fed butter into a slow cooker.

Add in chicken broth, water, thyme, rosemary, dried sage and season with salt and pepper to taste. Cover and cook on low heat 6 - 7 hours.
Remove cooked chicken and allow to rest 10 minutes, then dice into bite size pieces.

Increase temperature to high, cover and cook 10 minutes longer (or until veggies are tender). Toss in cooked, diced chicken.
Serve warm with parmesan cheese if desired.
Enjoy on a lower carb day!

We love using grass fed butter because it is much higher in Omega-3 fatty acids and vitamin K2, compared to butter from grain-fed cows making it a much healthier choice! In fact, studies have shown that those who include grass fed butter in their diets tend to have lower risk of heart disease.

https://www.youtube.com/watch?v=r0E4l9iR9uA


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