NOW WEEK 1 SUPER BONUS

TRINA'S RECIPES

BREAKFAST

10 Free Breakfasts of Champion Recipes

Breakfast Avocado Boat

HEALTHY DESSERTS

Smiling Thighs Apple Pie

Coconut Protein Balls

MAIN DISHES AND MIX IT UPS!

Crockpot Chili

Lean Lettuce Taco Wrap

Veggie Club Sandwich *couple with homemade soup for a full meal

Spaghetti Squash with Goat's cheese and sauce

Trina's Easy Guacamole

SALAD

Arugula Greens Protein Salad

Trina's Broccoli Salad

Quick Mason Jar Salad

SMOOTHIES / JUICES / BLENDED DRINKS

7-Day Detoxifying Juice

Bikini Fat Blasting Juice

Clean Iced Mocchacino

Chocolate Milkshake Hold the Belly Fat

SMOOTHIES / JUICES / BLENDED DRINKS cont'd

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.

Fat Blasting Protein Smoothie

F4F Juice Alive

Healthy Holiday Smoothie

Lean Mean Green Machine

Trina's Energizing Green Juice

Trina's Immune Boosting Latte

***Note**: Juices can be consumed 1-3x/day and are NOT a meal replacement. They are an enhancement to your diet to help flush out toxins. Make an entire batch, put in a mason jar and fill completely to the top to seal all of the antioxidants. I make it all in a blender vs. a juicer!*

Smoothies that are heavy are a meal replacement
Substitute ½ serving of the smoothie for a snack

SNACKS

Frozen Peanut Butter and Banana Sandwich

Holiday Health Platter

Protein Snack Attack

Trina's Chocolate Coconut Balls

Power Protein Cookies Review Recipe in NOW #4

Yogurt Buffet Blast

Pomegranate, Pumpkin Seeds over Yogurt

Apple, Cinnamon and Pumpkin Seeds

SOUPS

Clean Roasted Veggie Soup

Chicken Soup For The Soul

Trina's Chicken Gumbo Soup *Option to add Shrimp

"Make it easy and it will stick. Don't get complicated"
EAT WELL, LIVE WELL, AND FEEL WELL

© 2016 Fit4Females. All rights reserved. This document may not be reproduced or transmitted without prior written permission.