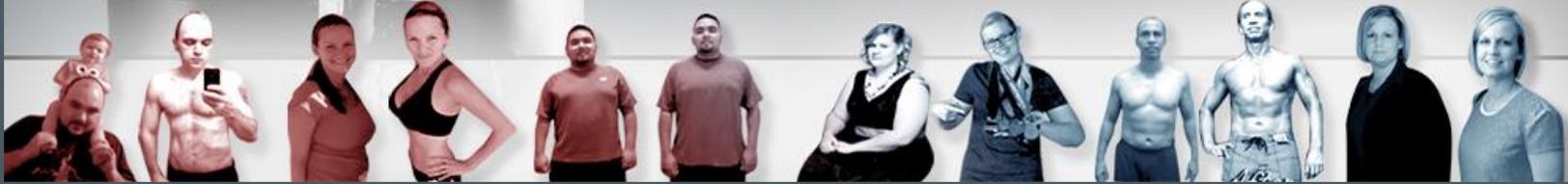




# **FLEX** **FITNESS**

BODY TRANSFORMATION EXPERTS



## Body Transformation Nutrition Formula

**Congratulations on taking the first step towards your fitness goals! I know this can be a little scary, but don't worry we will be with you every step of the way ☺**

**If you have any questions you can reach me at [ryan@flexfitnessforyou.com](mailto:ryan@flexfitnessforyou.com)**

### Food Rules

1. Must eat a meal every four hours, so about 3 meals and 2 snacks a day. (You can use protein shakes as snacks between regular meals).
2. Each meal must contain a selection from each food category. (Protein, Legumes, Vegetables). **ONLY** choose foods from the lists – Very Important.
3. Eat until satisfied, not stuffed. (These will be fairly large meals in terms of quantity).
4. You can have up to two glasses of wine or dry alcohol drinks per night. (Only two)
5. Include one cheat day each week and only ONE. It is recommended that you eat anything and everything you are craving, no matter how bad the food is. (Try to start this day off with a high PROTEIN meal).

# Food Lists

## Proteins

- Egg Whites w/ 1-2 whole eggs
- Chicken Breast or Thigh
- Beef
- Fish
- Pork
- Turkey

## Legumes

- Lentils
- Black Beans
- Pinto Beans
- Red Beans

## Vegetables

- Spinach
- Mixed Vegetables
- Sauerkraut
- Asparagus
- Peas
- Broccoli
- Green Beans

- Chunky Salsa (No Sugar Added)
- Salts and Spices

## Add Flavor

- Hot Sauce
- Tbsp Real Butter

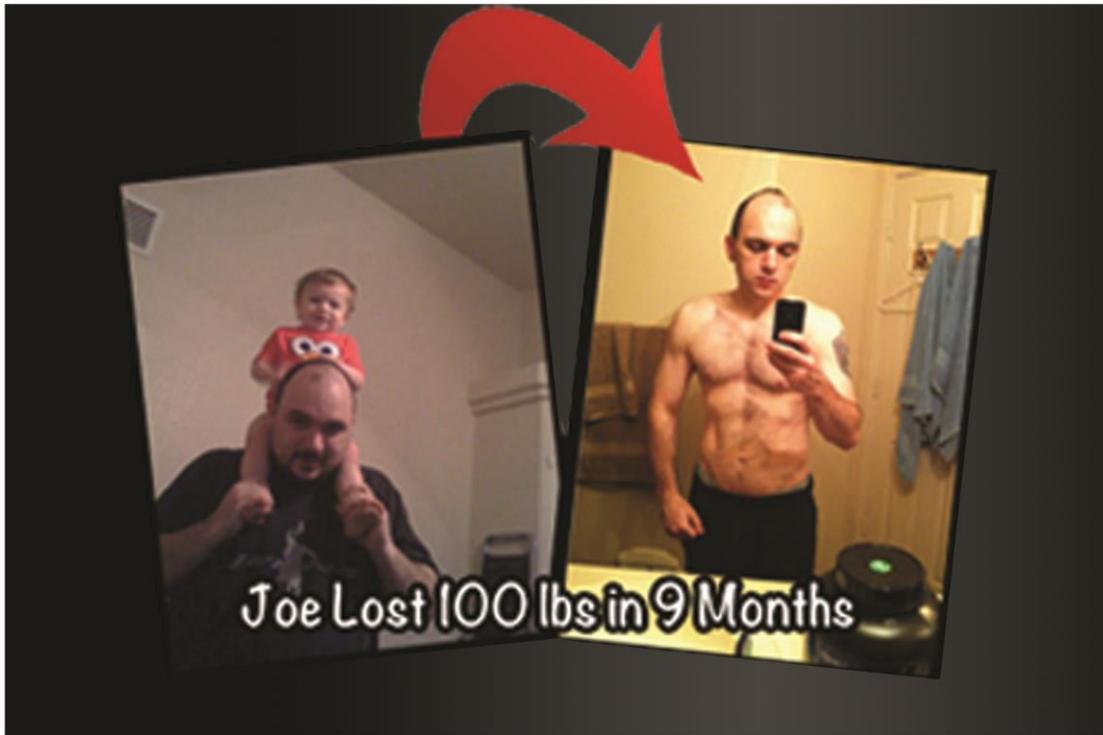
- Avocado
- Herbs

- Fish Oil/Flaxseed Oil
- Magnesium

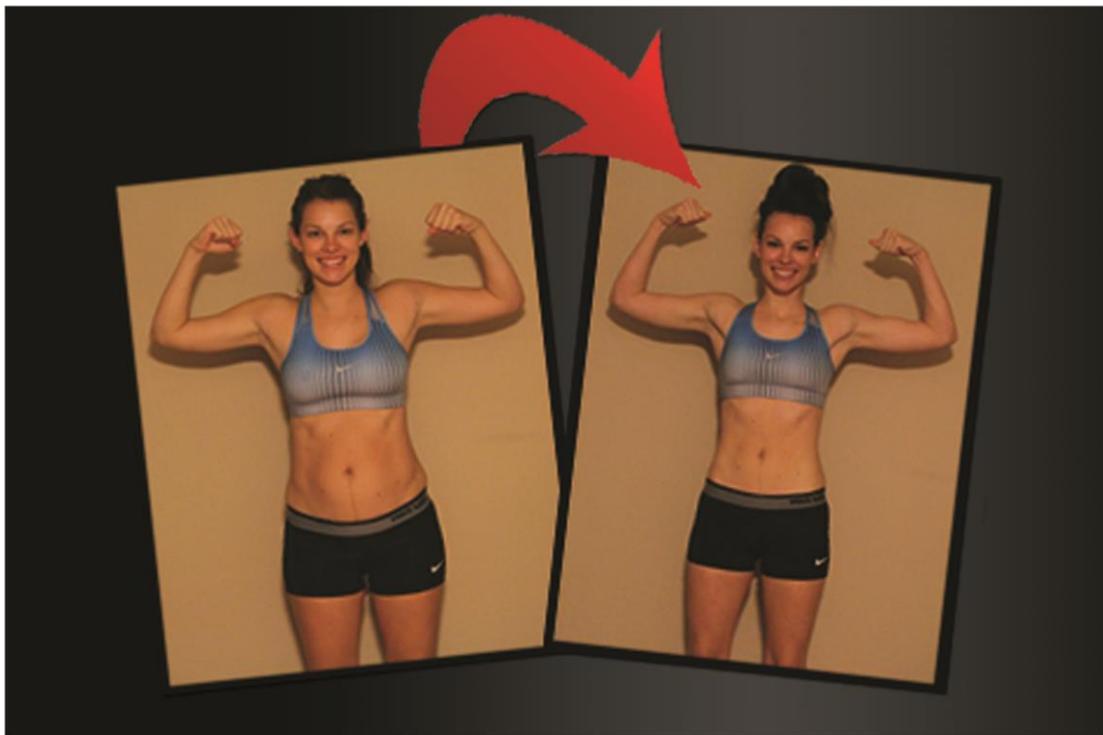
## Supplements

- Garlic Supplement
- Calcium

- Potassium
- Protein Shake



JOE  
LOST **100** LBS USING THIS FORMULA



JESSICA  
AFTER BABY **#2** USING THIS FORMULA

# Recipe List and Tips/Tricks

We get asked all the time what we eat at our house, so here are a few recipes and tips!

## Breakfast

It can be hard to stay on track with kids and spouses who are not on the same meal plan. To make it easier in my house I precook a large batch of gluten free muffins or pancakes and freeze them. They defrost quickly so I can add it to the kids' meals. I also have plenty of fruit on hand to add to their meals as well. Ex: I eat eggs and turkey bacon; they eat eggs, turkey bacon, a pancake and strawberries.

**\*Note\*** - It is important to not consume carbohydrates in the morning. This is the fastest way to stall out your fat loss!

### 1) **Power Shake**

Mix 1 scoop of protein powder into coffee and blend or mix in a shaker cup.

(You can do just a shake as well without the coffee and/or add some coconut oil for extra calories from good fat)

### 2) **Bacon and Eggs** ( I like to cut the bacon up and scramble everything together)

- 2-3 eggs
- 1-2 Strips of bacon
- 3-4 strips of turkey bacon
- Spinach

### 3) **Ham and Egg Cups**

Place a slice of deli ham in each cup of a muffin tin and crack an egg into each. If you want to get fancy, throw in some chopped vegetables like spinach, mushrooms and onions. Bake at 350 for 12-15 minutes, until you see that the whites are thoroughly cooked.

### 4) Add eggs to "chorizo" (recipe below)

### 5) **Eggs, Beef and Spinach Scramble**

Brown 4-6 oz. of 93/7 beef until almost fully cooked. Add a large handful of spinach leaves and sauté. Add 2 eggs and scramble.

# Lunch and Dinner

I typically make large batches of these recipes for dinner to make it into easy lunches for work. The recipes given will be for single batches, I typically at least make a double, if not triple. For sides we like to stick with greens whether it be a spinach leaf salad, green beans, sautéed zucchini or steamed broccoli or asparagus.

- 1) **Spaghetti with zucchini noodles.** Brown 1 lb. of 93/7 ground beef in a large pot. Take 2 large zucchini and cut into slices (we have a slicing tool which makes this only take seconds), mix into beef. Add a jar of sugar free spaghetti sauce and simmer on low until zucchini is soft (about 30 minutes).
  
- 2) **Chorizo.** Brown 1 lb. 93/7 beef with 1 lb. beef or pork chorizo, making sure that you are constantly stirring so there are no big chunks. When the meat is thoroughly cooked add 1- 30 oz. can of refried beans (we like Rosarita's spicy). Let simmer for 15 minutes. We usually add hot sauce or salsa on the individual dish for extra flavor.
  
- 3) **Shredded pork or chicken in crock pot.** Take 3 lbs. of either chicken or pork roast and put it in the crock pot. Add a large jar of your favorite salsa. Cook for 4 hours on high or 8 hours on low. You know it's done when you can easily shred it with a fork, so shred all of it and add 1-30 oz. can of refried beans. Let it cook for another 30-60 minutes.
  
- 4) **Burgers**  
Take 4-8 oz. of 93/7 beef and add your favorite seasonings. I like to use McCormick spicy steak seasoning and a dash or two of low sodium, gluten free soy sauce. Mix well and form into patty. Throw on the grill and cook to your liking. I eat mine medium well, which turns out to be about 5 minutes on each side.
  
- 5) **Shish Kabob**  
This is fun because you can put just about anything on a skewer and grill it. For vegetables we like to cut zucchini into thick slices, wash large mushrooms and throw them into a large bowl.  
Coat with 1 T. olive oil and a few splashes of low sodium, gluten free soy sauce. Mix and let marinate for an hour. For that same marinade we like to cut steak into cubes and let sit. Cube chicken and marinate with juice from a lemon, 1 T. olive oil, 1 clove diced garlic and a splash of low sodium, gluten free soy sauce. Shrimp is also delicious in this marinade.  
To add a little flavor to the chicken I cut red bell pepper into chunks and alternate the chicken and pepper on the skewer. Throw these all on the grill at lowest temp. and cook for 3 minutes, coat with marinade (use the leftover from your bowls, just make sure not to leave the last coat on top to avoid contamination from raw meat), then cook another 3 minutes. Chicken usually takes the longest, so I cook it for 2 rounds on each side.

## 6) **Grilled Chicken**

Sprinkle your favorite seasoning on each side and throw on the grill. At low temperature I typically flip mine every 3 minutes for a total of 2 rounds on each side. You can tell it is done when you push into the middle and it doesn't feel spongy.

## 7) **Pork Chops**

I typically buy the thin cut pork chops, season one side with McCormick spicy steak seasoning and the other with Louisiana hot sauce. Whether you cook these on the grill or in a pan they only take a few minutes on each side. Overcooking will result in chewy pork chops.

## 8) **Tilapia**

Put 1 t. of coconut oil into a pan and heat. Sprinkle your favorite seasoning on each side and cook for about 4 minutes per side on medium temperature. When it is thoroughly cooked it will flake easily.

# The "Kinda Not A Cheat" Meals

Try and keep these meals to a minimum because they will stall out your fat loss if you have too many of them. I limit myself to one of these types of meals a week.

### 1. **Peanut Butter**

Sometimes I will just take a spoonful out of the jar and eat it. Laura Scudder's all natural is our favorite! For some extra carbs, slice an apple and spread it on.

### 2. **Meatza**

We get a pre-packaged/pre-cut bag of cauliflower from Fresh and Easy, and throw it into a large food processor until thoroughly cut. Throw in 2 eggs and 1 T. of coconut flour. Spray a pizza pan and spread out the cauliflower mash. Bake at 350 for 9-11 minutes. When it looks solid take it out of the oven and add sauce. For toppings we like to brown 1 lb. 93/7 beef and add pepperoni. Sprinkle with cheese and bake for another 14 minutes.

## **Chocolate Protein Peanut Butter Cups**

1 scoop of chocolate or chocolate peanut butter flavored protein powder

2 T Jell-O sugar-free fat free instant chocolate fudge pudding

2 T natural peanut butter

1 T stevia

4-6 oz. water

Mix all of the ingredients together. Put in muffin tins or small, shallow dishes. Put in freezer for at least 2 hours until hard. You can make a few, leave in freezer and take out to thaw for a few minutes before eating.