

F15[®]

BEGINNER 1 & 2



FOREVER[®]

online shop list: www.aloeveraonline.it

F15[®]

BEGINNER 1

ARE YOU READY?

IT'S TIME TO GET
INSPIRED AND TAKE THE
NEXT STEPS TO LOOKING
BETTER AND FEELING
BETTER.

Please consult with
a licensed physician or
other qualified healthcare
professional for more
in-depth information before
beginning any exercise
program or using any
dietary supplement.

CHANGE THE WAY
YOU THINK ABOUT
FOOD AND EXERCISE.
LEARN HOW TO
MAKE PERMANENT
CHANGES FOR THE
BETTER.

EACH PRODUCT IN F15 WAS
CAREFULLY SELECTED TO WORK
TOGETHER SYNERGISTICALLY.
TAKE EACH PRODUCT AS DIRECTED
IN THE SUPPLEMENT SCHEDULE
FOR MAXIMUM RESULTS!

FOREVER ALOE VERA GEL[®]

helps cleanse the digestive system and
maximize absorption of nutrients.



FOREVER FIBER[®]

provides a proprietary blend of 5g of water soluble
fiber that can help promote feelings of fullness.



FOREVER THERM[®]

offers a powerful combination of botanical extracts
and vitamins that can help support metabolism.



FOREVER GARCINIA PLUS[®]

may help the body burn fat more efficiently and help
suppress appetite by increasing serotonin levels.



FOREVER LITE ULTRA[®]

shake mix is a rich source of vitamins and
minerals with 17g of protein per serving.



Forever
Aloe Vera Gel[®]
2X 1-Liter
Tetra Paks

Forever
Lite Ultra[®]
1X 15 Serving
Pouch

Forever
Garcinia Plus[®]
90 Softgels

What your
F15 Pak
includes:

Forever Therm[®]
30 Tablets

Forever Fiber[®]
15 Packets



LET'S GET STARTED.

FOREVER FI5 IS SPECIALLY DESIGNED TO PROVIDE YOU WITH THE TOOLS FOR HEALTHIER LIVING THAT WILL PROPEL YOU TOWARDS SUCCESS ON YOUR WEIGHT LOSS JOURNEY.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.

RECORD YOUR MEASUREMENTS.

While the scale is a helpful measure, it doesn't give you the complete picture of your progress. Record your measurements before and after each **FI5** program to truly understand the ways that your body is changing.

RECORD YOUR CALORIES.

Keeping track of your calorie intake is important as you get started. Record your calories in a notebook or use your favorite calorie-tracking app as you learn to recognize healthy portion sizes and learn new eating habits.

DRINK PLENTY OF WATER.

Drinking at least eight glasses (64 oz.) of water a day can help you feel fuller, flush out toxins and support healthy skin.

PUT DOWN THE SALT SHAKER.












Salt contributes to fluid retention, can make you feel sluggish and give you the impression that you're not making progress. Instead, flavor foods with a variety of herbs and spices.

AVOID SODAS AND CARBONATED BEVERAGES.

Carbonation promotes bloating and drinking soda can add unwanted calories and sugar that can add up fast and leave you feeling sluggish.

YOUR SUPPLEMENT SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 BEGINNER 1 PROGRAM.

Breakfast	 2X Forever Garcinia Plus® Softgels	 Wait 30 minutes Before taking Forever Aloe Vera Gel®	 4 oz. Forever Aloe Vera Gel® With a minimum of 8 oz. of water	 1X Scoop Forever Lite Ultra® Mixed with 10 oz. of water, almond milk, light soy milk, or coconut milk	 1X Forever Therm® Tablet
Snack	 1X Packet Forever Fiber® Mixed with 8-10 oz. of water or other beverage	Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.	200 Calorie Snack for Women 300 Calorie Snack for Men	 <div>F.I.T. TIP A great way to drink your daily Aloe is to mix it with ARG1+® (sold separately). ARG1+® provides 5 grams of L-Arginine per serving plus synergistic vitamins to give your body the boost it needs to keep you going all day long.</div> <div>Mix 4 oz of Aloe Vera with 1 oz of ARG1+ to taste, add ice for a refreshing drink to enjoy the benefits of Aloe a little longer.</div>	
Lunch	 2X Forever Garcinia Plus® Softgels	 1X Forever Therm® Tablet	450 Calorie Lunch for Women 550 Calorie Lunch for Men		
Dinner	 2X Forever Garcinia Plus® Softgels	450 Calorie Dinner for Women 550 Calorie Dinner for Men			
Evening	 A minimum of 8 oz. of water				

F.I.T. TIP

A great way to drink your daily Aloe is to mix it with ARG1+® (sold separately). ARG1+® provides 5 grams of L-Arginine per serving plus synergistic vitamins to give your body the boost it needs to keep you going all day long.

Mix **4 oz.** of Forever Aloe Vera Gel®, **1 scoop** of ARG1+® and water to taste, then shake with ice for a delicious way to enjoy the benefits of Aloe along with a great boost of energy!

MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!

WHEN IT COMES TO WEIGHT LOSS, CHANGING YOUR BODY IS AS IMPORTANT AS CHANGING YOUR MIND.

Without learning new habits, any weight that you lose could be gained back if you slip back into the old habits that caused you to gain weight in the first place. The best place to get started is in the kitchen.

Learning about fueling your body the right way and the importance of protein, carbohydrates and fat can make a huge impact in your journey to looking and feeling better!

THE POWER OF PROTEIN.

Protein is a big player in our health and wellness and makes up much of your muscles, brain, nerves, hair, skin and nails. It is also a huge player in weight loss.

DID YOU KNOW:

+ A high-protein diet reduces hunger by improving the function of hormones that produce appetite and let you know that you're full?

This puts up a major roadblock for overeating!

+ As you exercise, a high-protein diet will help you build muscle?

As you lose weight, the protein will help maintain the muscle so your metabolism can stay in high gear!

+ High-protein meals increase the metabolic process causing these foods to be broken down into useable energy more efficiently?

Protein has the highest thermic effect (20-35%) compared to carbs and fats that are closer to 5-15%.

+ Eating enough protein can help keep you lean?

Maintaining weight loss is easier if you have plenty of lean tissue. Lean tissue (or muscle) is active and actually burns calories as we rest.

F.I.T. TIP

BY STAYING AWAY FROM WHITE BREADS, FRENCH FRIES AND OTHER PROCESSED CARBOHYDRATES (OFTEN WHITE OR LIGHT IN COLOR), AND FOCUSING ON INTRODUCING COLORFUL OPTIONS TO YOUR PLATE, YOU'LL ENSURE THAT YOU'RE CHOOSING NUTRIENT DENSE, SATISFYING FOODS!

FIGHTING CARB-O-PHOBIA.

With all of the confusing information available on carbohydrates these days, you may find yourself thinking you should avoid them all together. In reality, there are good carbs that can help you feel fuller longer, provide a good source of fiber, keep your blood sugar stable and provide you with energy for a longer amount of time.

On the other end of the spectrum are the carbohydrates that are largely stripped of their original nutrition and fiber. These are digested quickly and cause a rapid rise in blood sugar, leaving you hungry and with low energy shortly after you eat them.

Here are some great sources for healthy carbohydrates:

- + Fruits
- + Vegetables
- + Black Beans
- + Garbanzo Beans
- + Lentils
- + Brown Rice
- + Wild Rice
- + Oatmeal
- + Buckwheat
- + Bulgur
- + Rolled Oats
- + Quinoa
- + Whole Wheat
- + Whole Grain Barley

FINDING F.I.T. FATS.

Just like carbohydrates, there is a lot of confusing information about fats and how they fit into your diet. Over the last few years, the health and fitness community has largely unified on the benefits of monounsaturated and polyunsaturated fats.

These fats can support heart health and cognitive function and lower your risks of certain cardiovascular diseases.

CONSIDER ADDING THESE FATS TO YOUR DIET IN MODERATION:

Monounsaturated Fats

- + Avocados
- + Olives
- + Nuts (Almonds, Peanuts, Macadamia Nuts, Hazelnuts, Pecans, Cashews)
- + Natural Peanut or Almond Butter (containing just nuts and salt)

Polyunsaturated Fats

- + Walnuts
- + Seeds (Sunflower, Sesame, Pumpkin, Flax, Chia)
- + Fatty Fish (Salmon, Mackerel, Tuna, Herring, Trout, Sardines)
- + Sources of Soy milk and Tofu

UNHEALTHY TRANS FATS ARE ONE OF THE BIGGEST CULPRITS IN WEIGHT GAIN. THESE ARE OFTEN FOUND IN BAKED GOODS AND PACKAGED SNACK AND FRIED FOODS.

F.I.T. TIP

While good fats are healthy, moderation is key. Generally try to limit yourself to 1-2 servings of these foods a day.

FOREVER LITE ULTRA® SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra®** shakes. Packed with protein and high in antioxidants, they are specially formulated to keep you feeling full and energized for hours.

In **F15 BEGINNER 1**, drink your shake for breakfast to get your day started. In **F15 BEGINNER 2**, drink your shake after your workout or for a mid-day boost.

	+ WOMEN 300 Calories	+ MEN 450 Calories
Cherry Ginger Zinger	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened coconut milk / ½ cup 2% plain Greek yogurt ½ cup frozen cherries / ½ teaspoon minced ginger 1 teaspoon honey / 4-6 ice cubes (274 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened coconut milk / ½ cup 2% plain Greek yogurt ¾ cup frozen cherries / ½ teaspoon minced ginger ½ tablespoon honey / 4-6 ice cubes (447 cal)
Peaches and Cream	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened almond milk / 1 cup frozen unsweetened peaches / ½ teaspoon cinnamon / ½ oz. walnut pieces / 4-6 ice cubes (295 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened almond milk / 1½ cups frozen unsweetened peaches / ½ teaspoon cinnamon / ¾ oz. walnut pieces / 4-6 ice cubes (452 cal)
Green Goodness	1 scoop Forever Lite Ultra® / 4-6 oz. unsweetened soy milk / 2 kale leaves / ½ cup spinach / 1 small frozen banana / 2 dates / ½ tablespoon flax seed (318 cal)	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened soy milk / 3 kale leaves / 1 cup spinach / 1 large frozen banana / 3 dates / ¾ tablespoon flax seed (476 cal)
Blueberry Muffin	1 scoop Forever Lite Ultra® / 6-8 oz. nonfat milk or alternative / ½ cup 0% plain Greek yogurt ½ cup frozen blueberries / ½ cup old fashioned oats ½ teaspoon cinnamon / ½ teaspoon vanilla extract 1 tablespoon granola for topping (320 cal)	1 scoop Forever Lite Ultra® / 6-8 oz. skim milk or alternative / ½ cup 0% plain Greek yogurt ¾ cup frozen blueberries / ¼ cup old fashioned oats ½ teaspoon cinnamon / ½ teaspoon vanilla extract 1 tablespoon granola for topping (489 cal)
Chocolate Raspberry Delight	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened coconut milk / 1 cup fresh or frozen raspberries ½ tablespoon cocoa powder / 1 tablespoon almond butter / 1 teaspoon cacao nibs (optional topping) 4-6 ice cubes (305 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened coconut milk / 1½ cups fresh or frozen raspberries 1 tablespoon cocoa powder / 1½ tablespoons almond butter / 1 teaspoon cacao nibs (optional topping) 4-6 ice cubes (470 cal)
Strawberry Shortcake	1 scoop Forever Lite Ultra® / 100 calorie vanilla Greek yogurt / 1 cup strawberries / ½ cup old fashioned oats ¼ teaspoon vanilla extract / 4-6 ice cubes (278 cal)	1 scoop Forever Lite Ultra® / 200 calorie vanilla Greek yogurt / 1½ cups strawberries / ½ cup old fashioned oats / ¼ teaspoon vanilla extract / 4-6 ice cubes (440 cal)
Apple Crisp	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened soy milk / 4 oz. unsweetened applesauce / 1 small apple, chopped / ½ teaspoon cinnamon and nutmeg / 2 small dates / 1 teaspoon chia seeds / 4-6 ice cubes (300 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened soy milk / 4 oz. unsweetened applesauce / 1 small apple, chopped / ½ teaspoon cinnamon and nutmeg / 3 small dates / 2 teaspoons chia seeds / 4-6 ice cubes (461 cal)

F.I.T. TIP

Create your own shake by combining **1 scoop** of **Forever Lite Ultra®** with **8-10 oz.** of nonfat, almond, coconut, soy or rice milk, **½-1 cup** of fruits and vegetables, **1 tablespoon** of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil and ice, water or green tea and blend.

Feel free to substitute rice milk, unsweetened almond milk, unsweetened coconut milk or unsweetened soy milk in any of these recipes. Check the label to ensure that the milk alternative you choose provides approximately 50 to 60 calories per 8 oz.

**HAVE A GREAT RECIPE?
SHARE IT WITH US AT**
facebook.com/forevernorthamerica

F15 BEGINNER 1 WORKOUT SCHEDULE.

LET'S GET MOVING.

Lasting change comes from pairing optimal nutrition and supplements designed to fuel your body with exercise that can help you burn calories and build lean muscle.

The **F15 BEGINNER** program combines three bodyweight workouts that you can do anywhere and cardio at your own pace to get you moving! No set up, no confusing gym equipment, no excuses.



COMMIT TO CARDIO.

Cardio refers to any movement that helps increase heart rate and circulation. Cardio exercise can help boost metabolism, help support a healthy heart and can help you recover more quickly after strenuous exercise.

Commit to doing **2-3 days** of cardio activity per week. These sessions should be **30-60 minutes** in length and ideally performed without interruption.

However, if you are in a time crunch, you can break cardio into **15 minute** sessions. Find an intensity that feels like a 5-7 on a scale of 10 with 10 being extremely difficult.

RECOMMENDED CARDIO EXERCISES INCLUDE:

- Walking +
- Jogging +
- Climbing Stairs +
- Elliptical +
- Rowing +
- Swimming +
- Yoga +
- Biking +
- Hiking +
- Aerobics +
- Dancing +
- Kickboxing +

WARM UP.

YOUR BODY IS A MACHINE.

It's important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury. Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the **F15 BEGINNER** program.

SUMO SQUAT
AND REACH
8X

STEP/TOUCH
16X

ALTERNATE
KNEE LIFTS
16X

BUTT
KICKERS
16X

KNEE LIFT
TO REVERSE
LUNGE
16X

LATERAL
LUNGES
16X

JUMPING
JACKS
20X

SUMO
SQUATS
8X

STANDING
REACHES
16X

LATERAL
SUPPORTED
LUNGES
16X

LUNGE
WITH QUAD
STRETCH
RIGHT
16X

HAMSTRING
STRETCH
LEFT
16X

LUNGE
WITH QUAD
STRETCH
LEFT
16X

HAMSTRING
STRETCH
RIGHT
16X

CHEST
OPENERS
8X

SHOULDER
CIRCLES
8X



TO SEE VIDEOS OF
ALL WARM UPS AND
EXERCISES, VISIT
FOREVERFIT15.COM

F15 BEGINNER WORKOUT ONE

This workout introduces 10 foundational moves that utilize lower body, upper body, core, balance and some unilateral movements. Each exercise will be performed for **30 seconds** with a **5 second** transition between exercises.

Once you have finished all 10 exercises, recover for **60 seconds** and start again with a goal of completing 2-3 rounds total!

30
seconds
each

BEGIN ON
EITHER
LEG

- + Alternating Lunges
- + Alternating Knee Lifts
- + Alternating Butt Kickers
- + Squats
- + Bird/dog Left
- + Bird/dog Right
- + Pushups
- + Superman
- + Reverse Crunches
- + Inverted Bike

Rest 60
seconds

Repeat
2-3 times
for full
workout!

F.I.T. TIP

If you're new to exercise or it has just been a while since your last workout, focus on completing one full round and mastering the correct form. Once you have it down, on your second or third workout, go for round 2!

F15 BEGINNER WORKOUT TWO

This workout introduces 10 exercises that combine upper body, lower body and core. Many of the exercises require rotational movements that will also activate your core and balance.

Each exercise will be performed for **45 seconds** with a **10 second** transition between exercises. Once all 10 exercises have been completed, recover for **60 seconds** and start again with a goal of completing 2-4 rounds total!

45
seconds
each

- + Squat Reaches
- + Woodchops High Left to Low Right
- + Woodchops High Right to Low Left
- + Alternating Side Lunges
- + Side-to-Side Squats
- + Plank to Side Plank Left
- + Kneeling Tricep Pushups
- + Plank to Side Plank Right
- + Glute Bridges
- + Core Roll Ups

Rest 60
seconds

Repeat
2-4 times
for full
workout!

F.I.T. TIP

Challenge makes changes!
Completed two rounds last time?
Take on three this time to get stronger
and take the next step on your path
to looking and feeling better.

F15 BEGINNER WORKOUT THREE

This workout introduces 10 exercises that incorporate hip rotation and some yoga style strength training. These movements are slower with more focus on balance and core stabilization.

Each exercise will be performed for **60 seconds** with a **10 second** transition between exercises. Once all 10 exercises have been completed, recover for **60 seconds** and start again with a goal of completing a total of 3 rounds!

60
seconds
each

- + Plié Squats
- + Downward Dog to Plank
- + Balancing Deadlifts Left
- + Balancing Deadlifts Right
- + Triangle Abs Left
- + Triangle Abs Right
- + Crescent Lunges Left
- + Crescent Lunges Right
- + Boat Pose
- + Supine Twist

Rest 60
seconds

Repeat
3 times
for full
workout!

F.I.T. TIP

Take your workout to the next level by really feeling your body move. The goal in this workout shouldn't be higher repetitions, but rather increasing the quality of the movement.

CONGRATULATIONS
ON COMPLETING
FOREVER F15
BEGINNER 1!

KEEP MOVING!
F15 BEGINNER 2 IS THE
NEXT STEP ON YOUR
JOURNEY TO LOOKING
AND FEELING BETTER.

Don't forget to record your weight and measurements on **page 7** to track your progress. This is always a great time to reevaluate your goals and make sure you're pushing for what you want.

ALREADY MET ONE
OF YOUR GOALS?
AMAZING WORK!

Consider the progress you're making and the changes you're seeing in your body and set a new goal to challenge yourself!

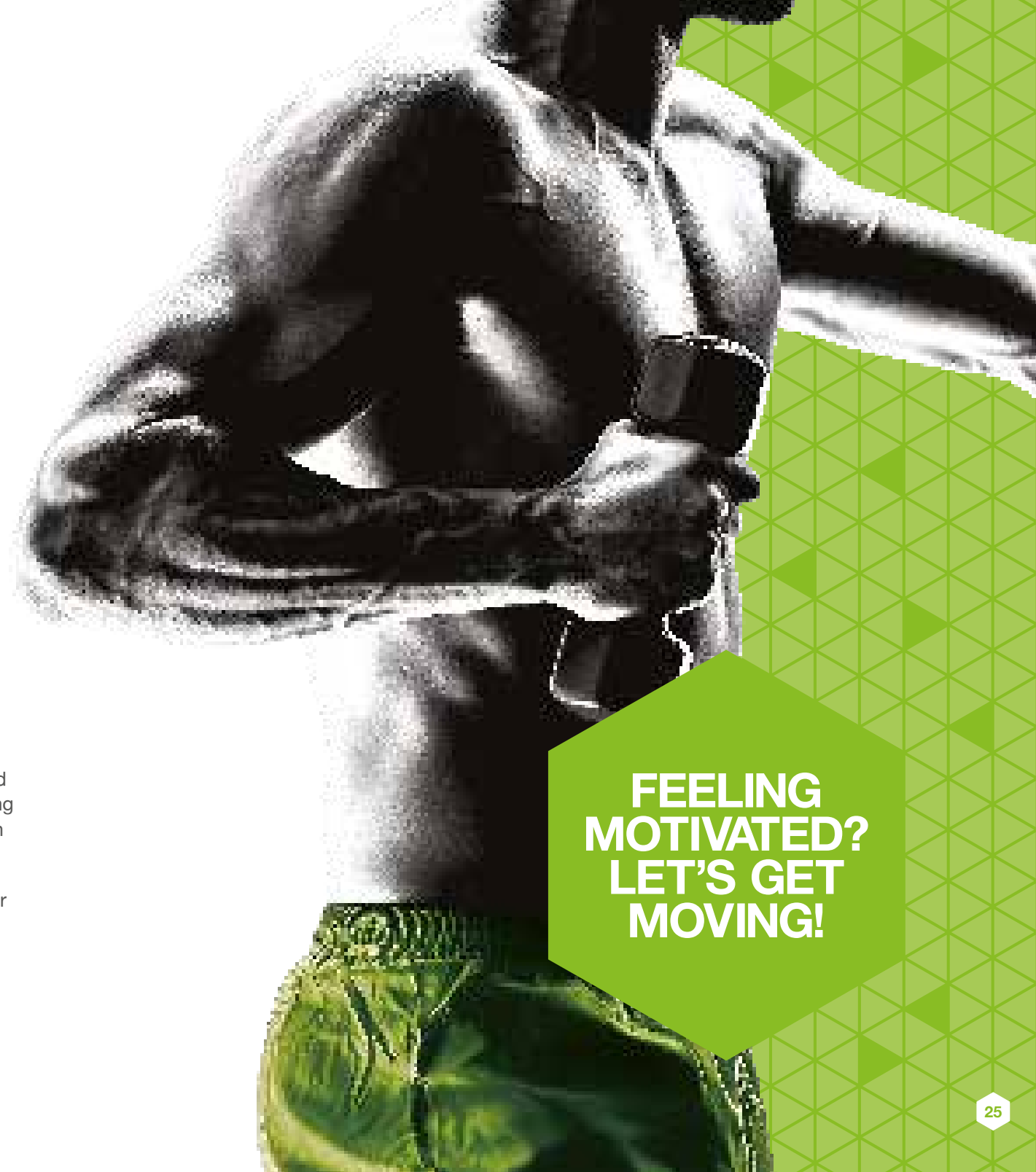
F15[®]

BEGINNER 2

TAKE THE NEXT STEP.

In Forever **F15 BEGINNER 1**, you learned how to begin building healthy habits and that fitness and nutrition are important parts of looking and feeling better. Take that knowledge to the next level with Forever **F15 BEGINNER 2**.










If you haven't already, make sure you record your weight and measurements on **page 7** and take progress photos to track your results. Review your goals and focus on what you'll need to do during the Forever **F15 BEGINNER 2** program to get there.



**FEELING
MOTIVATED?
LET'S GET
MOVING!**

YOUR SUPPLEMENT SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 BEGINNER 2 PROGRAM.

Breakfast	 2X Forever Garcinia Plus® Softgels	 Wait 30 minutes Before taking Forever Aloe Vera Gel®	 4 oz. Forever Aloe Vera Gel® With a minimum of 8 oz. of water	 1X Forever Therm® Tablet	300 Calorie Breakfast for Women 450 Calorie Breakfast for Men
Snack	 1X Packet Forever Fiber® Mixed with 8-10 oz. of water or other beverage	Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.			
Lunch	 2X Forever Garcinia Plus® Softgels	 1X Forever Therm® Tablet	450 Calorie Lunch for Women 550 Calorie Lunch for Men		
Dinner	 2X Forever Garcinia Plus® Softgels	450 Calorie Dinner for Women 550 Calorie Dinner for Men			
Evening	 A minimum of 8 oz. of water				

MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!



QUENCH YOUR THIRST.

DID YOU KNOW THAT DRINKING WATER CAN ACTUALLY HELP YOU LOSE WEIGHT?

Drinking water increases your metabolic rate. Studies have shown that drinking half a liter of water increases metabolism by 24-30% for up to 90 minutes. You can enhance your metabolic rate even further by drinking cold water. As your body heats the water to body temperature, even more calories are burned.

Water can also help curb hunger. Drinking water 20-30 minutes before a meal can help control portion size and feelings of fullness, preventing you from overeating. Try drinking 8 oz. of water when you are feeling hungry between meals.

STILL HUNGRY 15-20 MINUTES LATER? ENJOY A HEALTHY, WELL-BALANCED SNACK.

F.I.T. TIP

Water might not seem like the biggest player in your weight loss journey, but it can have a significant impact. Remember to drink at least 64 oz. of water every day during the **F15** program.

BUILD A BETTER BREAKFAST.

We've all heard the phrase "breakfast is the most important meal of the day." Eating a healthy breakfast can set the tone for the rest of your day and help propel you toward your weight loss goals. In the **F15 BEGINNER 1** program, we talked about the importance of protein, carbohydrates and healthy fats. Enjoy a balanced breakfast including each of these to start your day right and avoid overeating or snacking mid-morning.

Your metabolism slows when you are sleeping. Eating breakfast can boost metabolism first thing in the morning and get your body working. If you don't eat breakfast, you risk a blood sugar drop, which can leave you feeling hungry and lacking energy. Worse yet, your body can shift into starvation-response mode, slowing metabolism even further.

SOME PEOPLE WHO SKIP BREAKFAST FIND THEY FEEL LESS FOCUSED AND TEND TO OVEREAT LATER BECAUSE THEY FEEL OVER-HUNGRY.

It might seem like skipping breakfast is an easy way to cut calories, but this can actually add up to some considerable steps in the wrong direction. If you feel too sluggish to exercise and overeat later, you're much worse off than if you have a healthy breakfast and feel energized to workout and eat a balanced dinner.

Find out if your country has already a Forever Living Product online shop:
www.aloeveraonline.it

F15 BEGINNER 2 WORKOUT SCHEDULE.

DAY 1

F15 BEGINNER
WORKOUT
FOUR

DAY 2

NO EQUIPMENT
CARDIO WORKOUT



DAY 3

REST



DAY 4

F15 BEGINNER
WORKOUT
FIVE

DAY 5

INTERVAL
CARDIO
INTENSITY



DAY 6

REST



DAY 7

F15 BEGINNER
WORKOUT
SIX

DAY 8

NO EQUIPMENT
CARDIO WORKOUT



DAY 9

REST



DAY 10

F15 BEGINNER
WORKOUT
FOUR

DAY 11

INTERVAL
CARDIO
INTENSITY



DAY 12

REST



DAY 13

F15 BEGINNER
WORKOUT
FIVE

DAY 14

REST



DAY 15

F15 BEGINNER
WORKOUT
SIX

TAKE YOUR FITNESS TO THE NEXT LEVEL.

The **F15 BEGINNER 2** program builds on the three bodyweight workouts that you've already learned and introduces exciting new cardio trainings to get you moving!

THESE SUPER EFFICIENT WORKOUTS
CAN BE DONE ALMOST ANYWHERE
WITHOUT ANY SPECIALIZED EQUIPMENT.

WARM UP.

In **F15 BEGINNER 1**, you learned the importance of warming up to give you the best quality workout and lowest possible risk for injury. Use those foundational moves before each **F15 BEGINNER 2** workout to get started. Need a refresher? Review the warm up exercises on **page 18** or watch the video at foreverfit15.com.

CRANK UP THE CARDIO.

While there are different opinions on the best way to work out for weight loss, one thing is universal, the need for cardio exercise. In **F15 BEGINNER 2**, we are going to crank up the volume and add our own calorie busting workouts.

This workout alternates five **1 minute** exercises with **2 minute** steady state exercises to boost your heart rate and keep you moving!

Choose a steady state cardio activity that you will perform between each interval push. These activities might include jumping rope, jogging or power walking. Once all exercises are completed, rest for **60 seconds** with a goal of completing 2-3 rounds total.

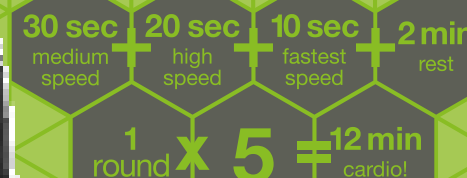
- | | |
|---------------------------|-----------|
| + Steady State Exercise | 2 minutes |
| + Jumping Jacks | 1 minute |
| + Steady State Exercise | 2 minutes |
| + Running with High Knees | 1 minute |
| + Steady State Exercise | 2 minutes |
| + Lateral Side Hops | 1 minute |
| + Steady State Exercise | 2 minutes |
| + Mountain Climbers | 1 minute |
| + Steady State Exercise | 2 minutes |
| + Jack Squats | 1 minute |

Repeat
2-3 times
for full
workout!

**NO
EQUIPMENT
CARDIO
WORKOUT.**

CARDIO INTERVAL INTENSITY

Looking for a new way to challenge yourself? Introducing intervals into your cardio routine is an effective way to rev up your metabolism in a short period of time. **30-20-10** training is a great way to take your cardio routine to the next level. No matter what form of cardio you're doing, introducing intervals can up the intensity **AND** the benefits.



Complete your cardio at a comfortable speed for **30 seconds**. Then, pick up the pace and challenge yourself for **20 seconds**. Finally, for the last **10 seconds**, complete your cardio at the highest level possible. Using running as an example, jog comfortably for 30 seconds, run hard for 20 seconds and sprint for the final 10.

F.I.T. TIP

If you are struggling to complete five intervals in a row, use the 30 second round to do active recovery (i.e., walking instead of jogging). If you become light headed, take a seat. Finish with a walk for the remainder of the time.

Repeat this five times in a row before recovering for two minutes by walking slowly or jogging. That's it! In only **12 minutes**, you've completed a powerful, heart-pumping cardio workout!

F15 BEGINNER WORKOUT FOUR

In **F15 BEGINNER 2**, you will build on the exercises from **F15 BEGINNER 1** with added challenges following each move. Each exercise will be performed for **30 seconds** with a **5 second** transition between exercises.

Once you have completed all exercises, recover for **60 seconds** and start again with a goal of completing 2-3 rounds total!

30
seconds
each

- + Alternating Lunges
- + Static Lunges (15 sec per side)
- + Alternating Knee Lifts
- + Knee Lift to Reverse Lunges (15 sec per side)
- + Alternating Butt Kickers
- + Staggered Hinges (15 sec per side)
- + Squats
- + Pulsing Squats
- + Bird/dog Left
- + Bird/dog Elbow to Knee Left
- + Bird/dog Right
- + Bird/dog Elbow to Knee Right
- + Pushups
- + Plank
- + Superman
- + Side Plank (15 sec per side)
- + Reverse Crunches
- + Seated Reverse Crunches
- + Inverted Bike
- + Mountain Climbers

Rest 60
seconds

Repeat
2-3 times
for full
workout!

F.I.T. TIP

Pay attention to the way in which the new exercises build on to the ones you've already learned. We will continue adding onto these moves as we move forward in the **F.I.T.** program!

F.I.T. TIP

Challenge makes changes!
Completed two rounds last time?
Take on three this time to get stronger
and take the next step on your path
to looking and feeling better.

Rest 60
seconds

Repeat
2-4 times
for full
workout!

F15 BEGINNER WORKOUT FIVE

This workout adds 15 second dynamic exercises to the base moves that you learned in **F15 BEGINNER 1**. Many of these exercises require rotational movements that will also activate your core and balance.

Each exercise will be performed for **45 seconds** and immediately followed by a **15 second** supplemental exercise. After completing each supplemental exercise, take a **10 second** rest before beginning the next exercise. Once all exercises have been completed, recover for **60 seconds** and start again with a goal of completing between 2-4 rounds total!

15-45
seconds
each

- | | |
|------------------------------------|------------|
| + Squat Reaches | 45 Seconds |
| + Pulsing Squats | 15 Seconds |
| + Woodchops High Left to Low Right | 45 Seconds |
| + Skaters | 15 Seconds |
| + Woodchops High Right to Low Left | 45 Seconds |
| + Skaters | 15 Seconds |
| + Alternating Side Lunges | 45 Seconds |
| + Jack Jumps | 15 Seconds |
| + Side-to-Side Squats | 45 Seconds |
| + Speed Side-to-Side Squats | 15 Seconds |
| + Plank to Side Plank Left | 45 Seconds |
| + Side Plank Hold | 15 Seconds |
| + Kneeling Tricep Pushups | 45 Seconds |
| + Mountain Climber Lunges | 15 Seconds |
| + Plank to Side Plank Right | 45 Seconds |
| + Side Plank Hold | 15 Seconds |
| + Glute Bridges | 45 Seconds |
| + Reverse Crunches | 15 Seconds |
| + Core Roll Ups | 45 Seconds |
| + Core Hold | 15 Seconds |

F15 BEGINNER WORKOUT SIX

This workout was introduced in **F15 BEGINNER 1** and incorporates hip rotation and some yoga style strength training. These movements are slower with more focus on balance and core stabilization.

Each exercise will be performed for **60 seconds** with a **10 second** transition between exercises. Once all 10 exercises have been completed, recover for **60 seconds** and start again with a goal of completing a total of 3 rounds!

60

seconds
each

Repeat
3 times
for full
workout!

- + Plié Squats
- + Downward Dog to Plank
- + Balancing Deadlifts Left
- + Balancing Deadlifts Right
- + Triangle Abs Left
- + Triangle Abs Right
- + Crescent Lunges Left
- + Crescent Lunges Right
- + Boat Pose
- + Supine Twist

COOL DOWN.

Don't forget to save a few minutes at the end of each workout to cool down. To review the cool down, visit **page 19** or watch the video at **foreverfit15.com**.

CONGRATULATIONS
ON COMPLETING
FOREVER F15
BEGINNER 2!

YOU DID IT!

WHAT'S NEXT?
**BUILD ON EVERYTHING YOU'VE LEARNED
IN THE FIRST PART OF THE PROGRAM, TRY
NEW RECIPES AND EXPAND YOUR FITNESS
KNOWLEDGE WITH F15 INTERMEDIATE.**

Don't forget to record your weight and measurements on **page 7** to track your progress. This is always a great time to reevaluate your goals and make sure you're pushing for what you want.

**ALREADY MET ONE OF YOUR GOALS?
AMAZING WORK!**

Consider the progress you're making and the changes you're seeing in your body and set a new goal to challenge yourself!

Not ready to move on? Repeat the **F15 BEGINNER** program until you achieve your maximum results or are ready for a new challenge, whichever comes first!

To learn more and purchase **F15 INTERMEDIATE**, visit **foreverliving.com**

Share your success with **F15** on social using the hashtag **#IAmForeverFIT**. We can't wait to hear about your transformation and the goals you've reached.



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F15 BEGINNER MEAL GUIDE.

The road to looking and feeling better goes right through your kitchen. Follow the calorie requirements below during the **F15 BEGINNER** program.

F15 BEGINNER 1

+ Women 1,400 Calories

+ Men 1,900 Calories

F15 BEGINNER 2

+ Women 1,500 Calories

+ Men 2,000 Calories

F.I.T. TIP

Skipping breakfast because you don't have time to make something in the morning? Prepare your ingredients the night before for quick assembly in the morning like overnight oats or a yogurt parfait so you can make the night before and grab on-the-go.

BREAKFAST.

Mix and match the following recipes during the **F15 BEGINNER** program to start your day.

Oatmeal with Scrambled Eggs

Women	Men
1 egg	2 eggs
½ cup oatmeal	½ cup oatmeal
½ cup blueberries	½ cup blueberries
Pinch of cinnamon	Pinch of cinnamon

Prepare oatmeal per the package instructions using water. Add blueberries, cinnamon and almonds (men only). Spray a frying pan with cooking spray and cook eggs as desired finishing with salt and pepper, hot sauce or salsa.

Yogurt Parfait

Women	Men
¾ cup plain Greek yogurt	1 cup plain Greek yogurt
½ scoop vanilla	1 scoop vanilla
Forever Lite Ultra®	Forever Lite Ultra®
¼ cup granola	¼ cup granola
1 teaspoon chia seeds	1 teaspoon chia seeds
½ cup berries	1 cup berries

Combine Greek yogurt with Forever Lite Ultra® and top with berries, chia seeds and granola.

Bacon and Egg Sandwich

Women	Men
2 slices turkey bacon	2 slices turkey bacon
3 egg whites	1 egg
1 whole grain English muffin	2 egg whites
1 tablespoon cheese OR	1 whole grain English muffin
1 oz. avocado	1 tablespoon cheese OR
1 tomato slice	1 oz. avocado
Handful of spinach	1 tomato slice
4 oz. orange or grapefruit juice	Handful of spinach
	8 oz. orange or grapefruit juice

Cook turkey bacon, set aside and drain. Cook eggs as desired. Toast English muffin and sprinkle one side with cheese. Add eggs, bacon, tomato and spinach and top with other side. Enjoy with juice.

Quinoa Porridge

Women	Men
1 scoop vanilla	1 scoop vanilla
Forever Lite Ultra®	Forever Lite Ultra®
½ cup quinoa, cooked	¾ cup quinoa, cooked
1 teaspoon coconut oil, flax, chia, or hemp seeds	2 teaspoons coconut oil, flax, chia, or hemp seeds
1 tablespoon dried fruit OR ½ cup fruit	3 tablespoons dried fruit OR ¾ cup fruit
½ teaspoon vanilla extract	½ teaspoon vanilla extract
6 oz. unsweetened almond milk	8 oz. unsweetened almond milk
Pinch of cinnamon	Pinch of cinnamon

Place cooked quinoa in a bowl and mix in coconut oil or seeds, Forever Lite Ultra®, vanilla and almond milk. Top with fruit and cinnamon.

Apple Cinnamon Overnight Oats

Women	Men
4 oz. unsweetened almond milk	6 oz. unsweetened almond milk
½ cup rolled oats	¾ cup rolled oats
¼ cup plain Greek yogurt	½ cup plain Greek yogurt
1 tablespoon peanut, almond or cashew butter	1½ tablespoons peanut, almond or cashew butter
¼ cup applesauce	½ cup applesauce
Pinch of cinnamon	Pinch of cinnamon

Make the night before or as many as 3-4 days in advance. Combine rolled oats and unsweetened almond milk. Add applesauce, plain Greek yogurt and cinnamon. Cover and place in the fridge overnight. You can heat overnight oats in the morning for a warm breakfast or enjoy it right from the fridge.

Savory Waffle Omelet

Women	Men
1 egg	2 eggs
3 egg whites	4 egg whites
½ cup sweet potato, grated	¾ cup sweet potato, grated
2 tablespoons Mozzarella cheese	2 tablespoons Mozzarella cheese
¼ cup red bell peppers, diced	¼ cup red bell peppers, diced
2 scallions, diced	2 scallions, diced
2 tablespoons salsa	4 tablespoons salsa
Seasoning salt to taste	Seasoning salt to taste

Heat waffle iron and spray liberally with cooking spray. Beat eggs with seasoning salt. Mix in grated sweet potato and vegetables. Pour half of the mixture in the iron. Cook until eggs are set. Spray waffle iron with cooking spray and repeat with the rest of the mixture. Top each waffle with salsa and Mozzarella cheese.

Lean and Green Pancakes

Women	Men
1 egg	1 egg
¼ cup 2% fat cottage cheese	2 egg whites
¼ cup rolled oats	¼ cup 2% fat cottage cheese
½ cup spinach	¼ cup rolled oats
½ banana	½ cup spinach
¼ cup blueberries	½ banana
1 tablespoon maple syrup	¼ cup blueberries
	2 tablespoons maple syrup

Heat griddle to medium heat. Set aside blueberries and maple syrup. Blend all remaining ingredients together until smooth. Pour onto griddle and turn once edges start to bubble. Top pancakes with blueberries and maple syrup. Enjoy!

HAVE A GREAT RECIPE? SHARE IT WITH US AT

facebook.com/forevernorthamerica

SNACK.

A well-balanced snack can help you feel full, fight cravings and keep you energized throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

+ Women 200 Calories

Clean Granola

Women	Men
25 pistachios	30 pistachios
1 tablespoon sunflower seeds	2 tablespoons sunflower seeds
1 tablespoon raisins	2 tablespoons raisins
1 tablespoon dark chocolate chips	1 tablespoon dark chocolate chips

Mix all ingredients together for a great snack on the go!

Cinnamon Pear and Cottage Cheese

Women	Men
½ cup 2% cottage cheese	¾ cup 2% cottage cheese
1 pear, chopped	1 pear, chopped
2 walnut halves, chopped	1 tablespoon walnuts, chopped

Combine cottage cheese and pear, sprinkle walnuts on top.

Protein On-The-Go

Women	Men
1 oz. turkey jerky	2 oz. turkey jerky
1 oz. Mozzarella cheese	2 oz. Mozzarella cheese
2 clementine oranges	1 clementine orange

Edamame with Vanilla Soy Milk

Women	Men
½ cup edamame	1½ cups edamame
1 cup vanilla soy milk	1 cup vanilla soy milk
Sea salt to taste	Sea salt to taste

Prepare edamame as desired by microwaving or boiling. Season lightly with salt and enjoy with a side of vanilla soy milk.

+ Men 350 Calories

Avocado and Egg Toast

Women	Men
1 slice whole grain bread	1 slice whole grain bread
¼ avocado, smashed	¼ avocado, smashed
1 hard-boiled egg	2 hard-boiled eggs

Toast whole grain bread. Spread smashed avocado on top. Hard-boiled eggs can be chopped up and added on top or enjoyed on the side.

Forever PRO X2® bar, Veggies and Hummus

Women	Men
1 Forever PRO X2® High Protein Bar (sold separately)	1 Forever PRO X2® High Protein Bar (sold separately)
Carrots, bell peppers, celery, jicama, cucumbers and broccoli, chopped	Carrots, bell peppers, celery, jicama, cucumbers and broccoli, chopped
1 tablespoon hummus	2 tablespoons hummus
	8 oz. nonfat, almond, coconut, soy or rice milk

Peanut Butter Energy Ball

Women	Men
½ cup peanut butter	½ cup peanut butter
¼ cup honey	¼ cup honey
1 scoop Vanilla Forever Lite Ultra®	1 scoop Vanilla Forever Lite Ultra®
¾ cup rolled oats	¾ cup rolled oats
½ teaspoon vanilla extract	½ teaspoon vanilla extract
¼ teaspoon salt	¼ teaspoon salt

Mix peanut butter, honey, vanilla and salt together. Mix in protein powder then oats and form into 14 balls. Keep in the fridge or freezer. Serving size for women is 2 balls and servings for men is 3 balls.

LUNCH & DINNER.

Mix and match the following recipes during the **F15 BEGINNER** program to make sure you're meeting your calorie requirement and staying properly fueled throughout the day!

+ Women 450 Calories

Turkey Roll Up

Women	Men
1 whole grain tortilla	2 whole grain tortillas
1 tablespoon hummus	2 tablespoons hummus
½-1 cup spinach	1 cup spinach
4 oz. turkey	5 oz. turkey
1 oz. Mozzarella cheese	2 oz. Mozzarella cheese
Pear, apple, banana OR	
1 cup of berries on the side	

Spread 1 tablespoon of hummus on whole grain tortilla and add turkey, spinach and cheese. Roll the tortilla and enjoy!

Tuna Sandwich

Women	Men
4 oz. prepared tuna	5 oz. prepared tuna
1 tablespoon light mayonnaise	1 tablespoon light mayonnaise
½ cup celery, diced	2 pieces whole grain bread
1 piece whole grain bread	¼ cup lettuce or leafy greens
¼ cup lettuce or leafy greens	2 small oranges
1 cup carrots	
1 tablespoon hummus	
1 small orange or	
½ cup grapes	

Mix tuna with light mayonnaise and chopped celery. Place on whole grain bread and top with lettuce or leafy greens. Women can enjoy veggies with hummus and fruit on the side. Men can enjoy fruit on the side.

Tomato Soup and Cheesy Crackers

Women	Men
1½ cups tomato soup	2 cups tomato soup
½ cup shredded cheddar cheese	½ cup shredded cheddar cheese
8 whole grain crackers	8 whole grain crackers
1 hard-boiled egg	2 hard-boiled eggs

Prepare soup according to directions. Sprinkle cheddar cheese on whole grain crackers and heat in the microwave just until cheese is melted. Enjoy hard boiled eggs on the side.

+ Men 550 Calories

Tex-Mex Chicken Salsa

Women	Men
2 cups spinach	2 cups spinach
1-2 cups romaine lettuce or other leafy greens	2 cups romaine lettuce or other leafy greens
½ cup tomatoes, chopped	½ cup tomatoes, chopped
½ cup black beans, drained and rinsed	½ cup black beans, drained and rinsed
4 oz. chicken breast, chopped	5 oz. chicken breast, chopped
½ bell pepper, chopped	½ bell pepper, chopped
2 green onions, chopped	2 green onions, chopped
3 tablespoons salsa	4 tablespoons salsa
3 tablespoons plain nonfat Greek yogurt	4 tablespoons plain nonfat Greek yogurt
¼ teaspoon taco seasoning	¼ teaspoon taco seasoning
1 oz. avocado OR	2 oz. avocado OR
1½ tablespoons cheese	2½ tablespoons cheese

Mix spinach and greens, add tomatoes, bell pepper and green onions. Add black beans and top with chicken breast. To make a low calorie dressing, combine salsa with plain nonfat Greek yogurt and taco seasoning and mix. Mix into salad. Top with avocado or cheese.

Elvis Special

Women	Men
1 tablespoon peanut or almond butter	1 tablespoon peanut or almond butter
2 slices whole grain bread	2 slices whole grain bread
1 banana	1 banana
Pinch of cinnamon	Pinch of cinnamon
	1 tablespoon hummus
	1 cup carrots
	8 oz. nonfat, almond, coconut, soy or rice milk

Spread peanut or almond butter on one slice of whole grain bread, add mashed or sliced banana and top with cinnamon and second slice of whole grain bread. Men can enjoy carrots with hummus and milk on the side.

+ Women 450 Calories**Sesame Ahi with Rice**

Women	Men
4 oz. Ahi tuna	5 oz. Ahi tuna
1 teaspoon olive oil	1 teaspoon olive oil
½ cup wild rice, prepared	1 cup wild rice, prepared
⅓ cup shelled edamame	⅓ cup shelled edamame
½ cup steamed zucchini	1 cup steamed zucchini
1 tablespoon ginger	1 tablespoon ginger
sesame salad dressing	sesame salad dressing
ginger, garlic, salt and pepper to taste	ginger, garlic, salt and pepper to taste

Coat Ahi tuna with olive oil and season with ginger, garlic, salt and pepper. Sear over medium-high heat 2 minutes or longer on each side. Remove from heat and place over rice. Add edamame and zucchini and drizzle with sesame ginger dressing.

Chili

Women	Men
4 oz. ground turkey	5 oz. ground turkey
1 teaspoon chili powder	1 teaspoon chili powder
¼ cup onion, chopped	⅓ cup onion, chopped
¼ cup canned, diced tomatoes	½ cup canned, diced tomatoes
½ cup black beans, drained and rinsed	½ cup black beans, drained and rinsed
¼ cup pinto beans, drained and rinsed	½ cup pinto beans, drained and rinsed
¼ cup salsa	½ cup salsa
1 oz. chopped avocado	¼ avocado
OR ½ cup shredded cheese	1 tablespoon shredded cheese

Brown ground turkey with chopped onion. Add chili powder, tomatoes, black beans, pinto beans and salsa. Simmer until heated and combined. Top with avocado or cheese for women and avocado and cheese for men.

F.I.T. TIP

Chili can be made vegetarian by substituting **6 oz.** extra firm tofu and an extra **¼ cup** beans for women and **8 oz.** extra firm tofu and an extra **½ cup** of beans for men for the ground turkey.

+ Men 550 Calories**Curried Chicken**

Women	Men
4 oz. chicken breast	6 oz. chicken breast
1 teaspoon coconut oil	1 teaspoon coconut oil
½ cup couscous	⅔ cup couscous
¼ cup garbanzo beans, rinsed	⅓ cup garbanzo beans, rinsed
1 tablespoon raisins	1 tablespoon raisins
1 tablespoon pine nuts	1 tablespoon pine nuts
1 cup spinach, chopped	1 cup spinach, chopped
½ cup chicken broth	⅔ cup chicken broth
¾ teaspoon curry powder	¼ teaspoon curry powder
⅓ teaspoon cumin	⅓ teaspoon cumin
¼ teaspoon cinnamon	¼ teaspoon cinnamon
Salt and pepper to taste	Salt and pepper to taste

Spread coconut oil over the chicken breast and season with ½ teaspoon curry powder, salt and pepper. Bake at 350° for 25-30 minutes. Bring the chicken broth to a boil and add couscous. Cover and leave for 1 minute. Add chopped spinach, garbanzo beans, pine nuts and raisins. Season with the remainder of the curry powder, cumin, cinnamon and pepper to taste.

Pork Souvlaki

Women	Men
4 oz. pork	6 oz. pork
¼ cup plain Greek yogurt	¼ cup plain Greek yogurt
1 teaspoon olive oil	1 teaspoon olive oil
1 whole wheat pita	1 whole wheat pita
1 teaspoon feta	1 teaspoon feta
¼ small onion, diced	¼ small onion, diced
½ cucumber, sliced	½ cucumber, sliced
1 tablespoon lemon juice	1 tablespoon lemon juice
½ teaspoon honey	½ teaspoon honey
Pinch of garlic powder	Pinch of garlic powder
Pinch of dill	Pinch of dill
Pinch of salt	Pinch of salt
Pinch of oregano	Pinch of oregano
Pinch of pepper	Pinch of pepper

Whisk together lemon juice, olive oil, garlic powder, oregano, salt and pepper. Place pork and chopped onion in a bag and marinate for at least 1 hour or up to 24 hours. Remove pork from marinade and grill or broil for 4-6 minutes per side. Make a tzatziki sauce by combining Greek yogurt with garlic powder, dill, lemon juice and honey. Serve pork on a warm pita with tzatziki sauce and feta. Cucumbers can be added to the pita or used to dip into the remaining tzatziki sauce.

Honey Mustard Chicken with Cinnamon Sweet Potatoes

Women	Men
4 oz. chicken breast	6 oz. chicken breast
½ tablespoon honey	½ tablespoon honey
½ tablespoon mustard	½ tablespoon mustard
1 medium baked sweet potato	1 large baked sweet potato
Pinch of cinnamon	Pinch of cinnamon
2 cups arugula	2 cups arugula
1 tablespoon pomegranate	1 tablespoon pomegranate
16 pistachios, shelled	16 pistachios, shelled
½ cup raspberries	½ cup raspberries
1 tablespoon raspberry vinaigrette	1 tablespoon raspberry vinaigrette

Mix honey and mustard and spread over chicken breast. Bake at 350° for 25 minutes. Bake large sweet potato in the oven or microwave. Sweet potato is done when easily pierced with a fork. Top with cinnamon. Mix arugula, pomegranate, pistachios, raspberries and dress with raspberry vinaigrette.

Grilled Chicken Caesar Salad Wrap

Women	Men
4 oz. chicken breast	6 oz. chicken breast
1 spinach wrap	1 spinach wrap
½ tablespoon olive oil	½ tablespoon olive oil
½ tablespoon low fat mayonnaise	½ tablespoon low fat mayonnaise
1 tablespoon Parmesan cheese	1 tablespoon Parmesan cheese
¾ tablespoon lemon juice	¾ tablespoon lemon juice
¼ teaspoon garlic, minced	¼ teaspoon garlic, minced
Romaine lettuce	Romaine lettuce
Salt and pepper to taste	Salt and pepper to taste
1 apple	1 apple

Combine lemon juice, olive oil, low fat mayonnaise and garlic in a bowl to make dressing. Lightly salt chicken breast and grill for 4-6 minutes per side. Once chicken has cooled, cut it into bite-sized pieces. Toss lettuce, dressing, parmesan cheese and chicken together. Place mixture in spinach wrap. Enjoy with an apple on the side.

Marinara Spaghetti Squash

Women	Men
4 oz. ground turkey	5 oz. ground turkey
1½ cups spaghetti squash	2 cups spaghetti squash
1 tablespoon olive oil	1 tablespoon olive oil
⅓ cup marinara sauce	½ cup marinara sauce
1 tablespoon Parmesan cheese	2 tablespoons Parmesan cheese
1 cup green beans, steamed	1 cup green beans, steamed
1 cup melon	1 cup melon

Preheat oven to 425° and drizzle half of a spaghetti squash with olive oil. Place cut side down on a lined baking sheet and roast until tender when pierced with a knife. When cooked, scrape out the squash and measure your portion. Reserve the rest for future use. Brown ground turkey and add marinara sauce. Once heated, place on top of spaghetti squash and sprinkle with Parmesan cheese. Enjoy green beans and melon on the side.

Cobb Salad

Women	Men
1 slice turkey bacon, chopped	2 slices turkey bacon, chopped
1 hard-boiled egg, chopped	1 hard-boiled egg, chopped
1 piece whole grain toast	1 piece whole grain toast
1 tablespoon blue cheese	1 tablespoon blue cheese
2 tablespoons light balsamic vinaigrette	2 tablespoons light balsamic vinaigrette
1 tablespoon avocado	¼ avocado
⅓ tomato, diced	⅓ tomato, diced
2-3 cups romaine lettuce	2-3 cups romaine lettuce

Place lettuce in a bowl. Add hard boiled egg, turkey bacon, tomato, avocado, blue cheese and toss with light balsamic vinaigrette. Enjoy with whole grain toast on the side.

Chicken Parmesan

Women	Men
4 oz. chicken breast	6 oz. chicken breast
1 teaspoon olive oil	1 teaspoon olive oil
1 cup whole wheat pasta, cooked	1½ cups whole wheat pasta, cooked
4 tablespoons marinara sauce	5 tablespoons marinara sauce
1 tablespoon Parmesan cheese	1 tablespoon Parmesan cheese
1 cup cauliflower, steamed	1 cup cauliflower, steamed
Italian seasoning	Italian seasoning

Drizzle ½ teaspoon olive oil on chicken breast. Sprinkle with Italian seasoning, 1 tablespoon marinara sauce and 1 teaspoon Parmesan cheese. Bake at 350° for 25-30 minutes. Prepare whole wheat pasta and top with remaining olive oil and parmesan. Steam cauliflower and season with salt and pepper to taste to enjoy on the side.

CREATE YOUR PERFECT MEAL.

For a quick and easy way to add variety to your lunches and dinners, create your own perfect meal by making one selection from each of the four categories. Following these food charts ensures that you're getting the correct balance of protein, carbohydrates and healthy fats with each meal and staying within your recommended calories.

CARBOHYDRATES.

WOMEN + 125 Calories		MEN + 200 Calories	
	TYPE	SERVING SIZE	
		WOMEN	MEN
OATS	Rolled oats (GF if uncontaminated)	1 cup (cooked) or ½ cup (dry)	1½ cups (cooked) or ¾ cup (dry)
	Steel cut oats (GF if uncontaminated)	¾ cup (cooked) or ½ cup (dry)	1 cup (cooked) or ½ cup (dry)
GRAINS	Quinoa (GF)	¾ cup	1 cup (cooked)
	Rice (wild or brown)	¾ cup	1 cup (cooked)
	Cream of wheat	1 (pouch) or ¾ cup (cooked)	2 (pouches) or 1½ cups (cooked)
	Barley	¾ cup (cooked)	1 cup (cooked)
	Cream of Rice (GF)	1 cup (cooked)	1½ cups (cooked)
BREAD	Whole grain English muffin	1 muffin	1½ muffins
	Whole grain bread	1 slice	2 slices
	Whole grain tortilla	1 tortilla	2 tortillas
	Corn tortilla (GF)	2 small	4 small
	English muffin (GF)	1 muffin	1½ muffins
PASTA	Buckwheat soba noodles	1 cup (cooked)	2 cups (cooked)
	Whole wheat pasta	¾ cup (cooked)	1 cup (cooked)
	Pasta (quinoa, rice) (GF)	¾ cup (cooked)	1 cup (cooked)
LEGUMES	Black beans, chickpeas, pinto	¾ cup (rinsed & cooked)	1 cup (rinsed & cooked)
STARCHY VEG	Baked red potato	2 small	2 small
	Baked sweet potato	1 cup	1½ cups
	Winter squash (hubbard, acorn, butternut)	1¼ cups (cooked)	2 cups (cooked)

PROTEIN.

WOMEN + 130 - 150 Calories		MEN + 170 - 200 Calories	
	TYPE	SERVING SIZE	
		WOMEN	MEN
FISH	Halibut, tilapia, cod, tuna, orange roughy, swordfish	4 oz.	5 oz.
	Salmon	3 oz.	4 oz.
TURKEY	Turkey bacon	3 slices	5 slices
	Turkey sausage	4 links	5 links
	Ground turkey	4 oz.	5 oz.
	Deli meat	4 oz.	6 oz.
CHICKEN	Chicken breast	4 oz.	5 oz.
	Ground chicken	4 oz.	5 oz.
	Deli meat	4 oz.	6 oz.
BEEF	95% Lean ground beef	3 oz.	4 oz.
	Ground bison	3 oz.	4 oz.
	Roast beef deli meat	4 oz.	6 oz.
EGG	Egg	1 whole + 3 whites	2 whole
	Egg substitute	8 oz.	12 oz.
DAIRY	Plain nonfat Greek yogurt or low sugar (under 10 g)	1 cup	1½ cup
	2% Cottage Cheese	¾ cup	¾ cup
	1% milk	10 oz.	12 oz.
	Whey protein	1 scoop	1½ scoops
VEGETARIAN	Lentils	½ cup (cooked)	¾ cup (cooked)
	Black beans	¾ cup (rinsed & cooked)	¾ cup (rinsed & cooked)
	Forever Lite Ultra®	1½ scoops	1½ scoops
	Tofu	8 oz.	10 oz.
	Edamame (shelled)	¾ cup	1 cup
	Veggie burger	1 patty	1½ patties

PRODUCE.

WOMEN + 60 - 75 Calories		MEN + 60 - 75 Calories	
	TYPE	SERVING SIZE	
FRUIT (fresh or frozen)		WOMEN	MEN
	Apple	1 med	1 med
	Apricot	4 small	4 small
	Banana	1 small	1 small
	Berries (all)	1 cup	1 cup
	Cantaloupe	1 cup	1 cup
	Grapefruit	½ large	½ large
	Grapes	1 cup	1 cup
	Orange	1 med or 2 clementines	1 med or 2 clementines
	Peach	1 med	1 med
	Pear	1 med	1 med
FRUIT (dried)	Pineapple	1 cup	1 cup
	Tomato	1 cup	1 cup
	Raisins	½ cup	½ cup
VEGETABLES (fresh or frozen) Raw or steamed	Prunes	4 large	4 large
	Artichoke	1 large (whole)	1 large (whole)
	Carrots	1 cup	1 cup
	Asparagus	18 spears	18 spears
	Corn on the cob	1 whole	1 whole
FREE	Brussel sprouts	12 sprouts	12 sprouts
	Zucchini		
	Bell pepper		
	Broccoli		
	Cabbage		
	Celery		
	Cucumber		
	Green beans		
	Kale		
	Lettuce (all types)		
	Spinach		
	Cauliflower		

FATS.

WOMEN + 90 - 100 Calories		MEN + 120 Calories	
	TYPE	SERVING SIZE	
NUT		WOMEN	MEN
	Nut butter (peanut, almond, cashew)	1 tablespoon	1½ tablespoons
	Almond (whole & unsalted)	12 almonds (½ oz.)	18 almonds (¾ oz.)
	Walnut (halves)	7 halves (½ oz.)	10 halves (¾ oz.)
	Cashew (whole & unsalted)	7 cashews (½ oz.)	10 cashews (¾ oz.)
FRUIT	Pistachio	20 kernels	30 kernels
	Avocado	½ avocado or 4 teaspoons	4 tablespoons
	Coconut flakes (unsweetened)	¼ cup	3 tablespoons
SEED	Olives	9 whole	10 whole
	Pumpkin seeds	1½ tablespoons	2 tablespoons
	Sunflower seeds	1½ tablespoons	2 tablespoons
	Chia seeds	1½ tablespoons	2 tablespoons
OIL	Flax seeds	1 tablespoon	1½ tablespoons
	Olive oil	2 teaspoons	1 tablespoon
	Coconut oil	2 teaspoons	1 tablespoon
DAIRY	Sunflower oil	2 teaspoons	1 tablespoon
	Mozzarella cheese	1 oz.	1 oz.
	Reduced fat cheese	1 oz.	1½ oz.
	Full fat cheese	½ oz.	¾ oz.
	Dark chocolate (at least 70% cacao)	½ oz.	¾ oz.



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