



Join Us In A Celebration of Health
To Take Back Your Life

A Guide to Balanced Habits KICK START
featuring 4 great recipes

Coming to You Soon
Sign Up Today!



Join Us In A Celebration of Health To Take Back Your Life

A NUTRITION & FITNESS JOURNEY To Learn Useful Skills for Lifelong Health

First, we hope that you and your loved ones are healthy and safe. Now more than ever is a reminder that the most important thing in life is health; not only the health of you as an individual, but also the health of our entire community.

That is why we want you to join our community's next KICK START!

It is an opportunity to take back your life by experiencing **4 transformative weeks** of nutrition guidance, education, and accountability so you can cultivate health everywhere in your life. It is a program we whole-heartedly believe in because for over 10 years, we've seen it change lives and we've witnessed some amazing people overcome extraordinary obstacles simply through trust and commitment to their KICK START journeys.

Please join us today to improve your health and to celebrate the health of everyone in your community. Together we can achieve so much more **United as One**.

*"The **comeback** is
always **stronger**
than the setback."
-unknown*





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3 Step Formula to Achieving Your Goals

STEP ONE

Discover Your Unique Portion Size

Everyone knows they need to eat "right" to reach their goals but every body is different. Our expertise is teaching you how much food you need per meal to reach your goal. We are not calorie counters, macronutrient gram counters or magicians! We rely on our vast experience and science to create a plan with customized portions.



STEP TWO

Tracking Habits & Progress

Balanced Habits™ provides many resources to help participants navigate their journey with ease, but the tool participants find most value is their daily journal. Throughout your program you will receive weekly personal journal reviews and advice from your own Certified Food Coach to learn areas where you can gradually improve.



STEP THREE

Group Participation

The final step to a successful result is the support, motivation and encouragement provided by both your Food Coach and fellow KICK START participants. Instead of going it alone and hoping for the best, reaching your full potential is much easier with the group's support and the guidance provided by the fitness and nutrition experts in your club.

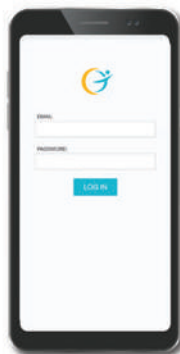




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Check Out Our Tools for Success

- ✓ **KICK START Guided Booklet**
for tips, tricks, and a Food & Exercise log to ensure you stay on track throughout your program.
- ✓ **Week by Week Meal plans, Grocery lists, and Recipes**
making shopping and meal prep easy so you don't waste your time creating your new and healthy lifestyle.
- ✓ **Food Lists**
in your proper portions to allow you to swap items and tailor everything to your needs, giving you the freedom to eat the foods you love.
- ✓ **Personal Coaching & Mobile App**
to provide guidance and accountability so you never feel lost or unsupported.
- ✓ **Weekly Weigh-ins & Food/Exercise Journal Reviews**
to monitor your progress and learn areas where you can improve your results even more!



Breakfast

Cherry Almond Smoothie

Ingredients

Vanilla or Chocolate Protein Powder
No Added Sugar Vanilla Almond Milk
Fresh or Frozen Pitted Cherries
Almond Butter
Ice

Directions

Place ingredients in a blender; blend until creamy.
Amount of liquid and ice you use is your choice.
Make it your own!

* The grams listed is the macro nutrient protein, not the weight.

→ You can play with the extract to get your perfect flavor profile



Suggested Portion Sizes

GALS

***21 grams** Protein Powder
Start with **4 oz.** liquid
3/4 cup cherries, pitted, halved
1 1/2 Tbsp. almond butter
Ice

GUYS

***28 grams** Protein Powder
Start with **6 oz.** liquid
1 cup Cherries, pitted, halved
2 Tbsp. Almond Butter
Ice

Try One Day's Worth of KICK START Recipes!

Lunch: Directions Part 1

Awesome Antioxidant Springtime Salad

Salad Ingredients

Cooked Chicken Breast, diced small

Mixed Baby Greens

Celery, thinly sliced

Seedless Grapes, halved

English Cucumber, diced

Strawberries, diced

Blueberries

Boysenberries

*Optional Mint or Basil Leaves, chiffonade

*Optional Goat Cheese, crumbled

Salad Directions

Step One

Make dressing; set aside.

(dressing directions on next page)

Step Two

Add suggested portions of all salad ingredients to a container or gallon Ziploc bag without dressing until you plan to enjoy the salad.

Step Three

When ready, add dressing, and toss or shake. Eat from the container/bag or plate your yummy salad.

* Chiffonade

To make chiffonade: Stack basil leaves and tightly roll them up. Using kitchen shears, cut leaves into thin strips. This is chiffonade! Fancy!



Dressing Directions →

Try One Day's Worth of KICK START Recipes!

Lunch: Directions Part 2

Awesome Antioxidant Springtime Salad

Dressing Ingredients

→ Increase this recipe for future salads if desired. Store refrigerated for up to a week.

2 tsp. Extra Virgin Olive Oil

3 Tbsp. Fresh Lemon Juice

2 tsp. Raw Honey

1/2 tsp. Dijon Mustard

👉 finger pinch EACH Kosher Salt & Black Pepper

Dressing Directions

Make dressing by placing all ingredients in a shaker jar with a lid, or in a small dish. Either shake or whisk; set aside.

Suggested Portion Sizes

GALS

3 oz. chicken

3 grabs of greens

1/3 cup EA: celery, grapes, cucumber, strawberries, and boysenberries

1 Tbsp. optional goat cheese

*Optional chiffonade

1 1/2 Tbsp. dressing

GUYS

4 oz. chicken

4 grabs of greens

1/2 cup EA: celery, grapes, cucumber, strawberries, and boysenberries

1 Tbsp. optional goat cheese

*Optional chiffonade

2 Tbsp. dressing

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Snack

Snack Stacks

Ingredients

Whole Wheat or Sour Dough
English Muffin, toasted

Beefsteak or Heirloom Tomatoes, sliced

Fresh Mozzarella Cheese, sliced

Butcher Cut Turkey Breast Deli Meat

* Basil Chiffonade

2 Tbsp. Extra Virgin Olive Oil (EVOO)

👉 finger pinch Kosher Salt

👉 finger pinch Black Pepper

Directions

Prepare EVOO drizzle by adding oil, salt and pepper to a small dish and gently whisking. Set aside. You are making extra for future use.

Step One

On English muffin half, layer a tomato slice, a mozzarella slice, a turkey slice, another tomato slice, basil chiffonade, and a drizzle of EVOO mixture. Dig in!.



* Chiffonade

To make chiffonade: Stack basil leaves and tightly roll them up. Using kitchen shears, cut leaves into thin strips. This is chiffonade! Fancy!

Suggested Portion Sizes

GALS

Half English muffin, toasted
2 thick slices tomato
1 oz. mozzarella, sliced into two
2 oz. sliced turkey breast
2 tsp. EVOO drizzle
+ 1/2 apple, pear or orange

GUYS

(Make two snack stacks)
Whole English muffin, toasted
4 thick slices tomato
1 1/2 oz. mozzarella, sliced into four
3 oz. sliced turkey breast
2 tsp. EVOO drizzle

Try One Day's Worth of KICK START Recipes!

Dinner

Asian fish Tacos

Ingredients

1 lb. Shredded Mixed Colored Cabbage

1 Large Carrot, peeled, grated

1/4 cup Fresh Lime Juice

1/4 cup Fresh Cilantro, chopped

2 Tbsp. Raw Honey

1 Tbsp. Fresh Ginger, grated

1.5 lbs. Halibut Fillets

6" Corn Tortillas

3/4 cup Hoisin Sauce

(*see housemade recipe on next page)



Directions

Pre heat broiler. Make Hoisin sauce. Set aside.

Step One

Toss together cabbage, carrot, lime juice, cilantro, honey and ginger for your slaw.

Step Two

Broil fish on a rimmed baking sheet covered with foil (dull-side up) until cooked through; about 5 min. total.

Step Three

Weight portions of fish, then follow portion suggestions for serving. No portion for slaw. Make it fit in the taco. Serve with lime wedges and hot sauce if desired.

Suggested Portion Sizes

GALS

4.5 oz. cooked fish
3 tortillas
cabbage
2 Tbsp. hoisin sauce

GUYS

6 oz. cooked fish
3 tortillas (you don't need 4 tacos)
cabbage (be very generous)
3 Tbsp. hoisin sauce

Bonus

Housemade Hoisin Sauce

Yesss, you can buy the real thing, but it's loaded with sugar! It's easy to make and so much better for you. Make as much as you want. Lasts for a month in an air-tight container in your fridge.
(same baby food jar)

Sauce Ingredients

2 oz. Baby Food Pureed Prunes

1 1/2 tsp. Splenda Brown Sugar
or 3 tsp. Brown Sugar

👉 finger pinch Red Chili Pepper Flakes

1/2 tsp. Minced Garlic

1/4 tsp. Wasabi Powder



We hope that you will join us in this celebration of our communities enduring spirit and commitment to staying healthy.

~ To your health
Balanced Habits

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