

14-DAY RESET PLAN



LOW-CALORIE, HIGH-PROTEIN MEAL PLAN
WITH FAT-BURNING CIRCUIT TRAINING

BY: BROOKE FARMER

WELCOME TO THE 14-DAY RESET PLAN!

If you're stuck in a rut, working hard but not seeing results, or don't know where to start, this all-inclusive plan is for YOU! From food to fitness, I have your next 14 days planned for you – step by step. Follow these Fat Burning Principles, recruit your friends to join you, and get ready to develop building blocks for a healthy, active lifestyle. I'm so glad you're here.

FAT BURNING PRINCIPLES:

1. Stay on track and be strict. To jumpstart weight loss, to develop good, healthy habits for sustainable lifestyle changes, and to see satisfying results that stick, you must give these next 14 days a real go. Be strict. Don't cheat. Stay on track and dedicate yourself to 14 days of clean eating, challenging workouts, and mindful health practices. In 14 days, you'll feel so great you won't want to bounce back to your unhealthier ways.
2. Be in charge and in control. Since I took the guesswork out of the meal plan and laid out the next 14 days for you, don't let impulsive decisions railroad your success. Know the plan and prep/pack your meals ahead of time so there are no surprises. Make time in your calendar for your workout as you would a doctor's appointment. Prioritize yourself and block out the noise derailing your good intentions.
3. Be comfortable with being a little uncomfortable. These workouts and the low-calorie, high-protein diet plan may challenge you. You may be working out harder and smarter than ever before with this plan. And you may be eating lean and clean consistently for the first time. You may feel hungry, you may feel cranky, you may feel deprived – but these feelings won't last long. Stick it out! Soon, your workouts and diet will be transforming the way you feel, the way you think, and even the way you look. It's our desire to fill your bodies with good-for-you, delicious food that will fill you up without filling you out, all the while moving your body in smarter ways than ever before. What starts as a 14-day plan turns into a lifestyle of best practices.
4. Protein will fuel you. If your protein intake is too low on a restricted-calorie diet, you won't just be losing fat, you'll be losing muscle mass as well, which none of us want to lose! A higher protein plan helps you hold onto lean mass during your low-calorie phase. This plan is packed with lean proteins, as well as She Activates® Protein Powder, to supplement your daily protein intake. See more information on She Activates® Protein Powder at <https://shop.brookefarmer.org/collections/protein-powder-for-women>.
5. Water is your BFF. Drink at least a half gallon of water a day to stay hydrated and healthy. Staying hydrated flushes toxins, boosts your immune system, keeps you feeling full, promotes weight loss, aids digestion, increases energy, relieves fatigue and prevents muscle cramps and sprains. Grab a fun new water bottle you'll want to show off, and take it every where you go!
6. You know your body. Treat her right. Any diet will take you out of your comfort zone, so you may feel a little hungry. Depending on your typical activity level and daily food consumption, it may take your body some time to adjust. However, if hunger pangs are keeping you up at night or you have zero energy and can't get through your workouts, then increase your portions of clean food, supplement your pre-workout or post-workout routine with protein powder, or add in another small meal. Adjust the timing of your meals to fuel your body, and don't hesitate to reach out to us with questions: brooke@brookefarmer.org.

THINGS TO KNOW BEFORE YOU GET STARTED:

Accountability is the Key to Success. What's key to success with any new food and fitness plan? Support and accountability. Good news: I've got both for you! Now that you have the 14-Day Reset Plan, you have access to our private community on Facebook packed with the most encouraging and supportive accountability partners. From funny quotes to get you through a tough workout to inspiring messages and even local meet-ups, you'll love making new friends who are hustling after the same goals! In addition to the private community, keep in touch with us on social media using the #14DayReset hashtag to share pics, encouragement, and tips, and to keep up with friends working hard and kicking booty with you!

Serves One. The 14-Day Reset Plan serves one. If someone else in your household is joining you, be sure to double the ingredients when making your grocery list.

Grocery Lists. Since every ingredient is laid out in the plan, your grocery list just got a whole lot easier! There's a grocery list template on page 17. Copy the ingredients over in the appropriate sections, remove any ingredient or meal you won't like and swap with another one on the plan, and be sure to take inventory of your refrigerator and pantry before heading to the store!

Get Ready to Circuit Train. The workouts follow a circuit format and intensity will build during the 14 days. Details on how to work the circuits and how to get the most out of your Fat Burner workouts can be found on page 18.

Protein Powder. She Activates® Protein Powder is the perfect pre- or post-workout supplement. Each serving packs 16 grams of protein and is under 90 calories to help you feel full longer and curb unhealthy cravings. As you build strong, lean muscle, you'll also boost your metabolism, helping you burn more calories each day. What's even better? She Activates® Protein Powder comes in two absolutely delicious flavors:
MILK CHOCOLATE + VANILLA BEAN.

14-DAY RESET PLAN



DAILY MEAL PLAN GUIDE

#14DAYRESETPLAN



Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1

MEAL 1: CINNAMON ROLL SHAKE 194

Ingredients:

- 1 scoop She Activates® Chocolate Protein Powder
- 1 cup unsweetened almond milk
- 1/2 cup water
- 2 teaspoons cinnamon
- 1 teaspoon nut butter
- 1 teaspoon vanilla extract
- 1 teaspoon honey or sweetener of choice
- 1 cup ice

Instructions:

1. Add all ingredients to blender. Blend until desired consistency.

M2

MEAL 2 166

- 1 cup strawberries
- 2 hard-boiled eggs

M3

MEAL 3: DELI TURKEY WRAP WITH COTTAGE CHEESE 325

Ingredients:

- 1/4 avocado
- 1 teaspoon lemon juice
- salt and pepper, to taste
- 1 high-fiber, low-carb tortilla (5-inch diameter)
- 3 ounces low-sodium deli turkey breast
- 2 tomato slices
- 1/2 cup baby spinach

Other:

- 1/2 cup low-fat cottage cheese

Instructions:

1. In a small bowl, mash avocado, and mix in lemon juice, salt, and pepper.
2. Lay out wrap. Add turkey, tomato, spinach and avocado spread.
3. Roll wrap and enjoy with 1/2 cup cottage cheese.

M4

MEAL 4 111

- 2 celery stalks
- 1 tablespoon nut butter

M5

MEAL 5: CHICKEN BURGER WITH HUMMUS, SWEET POTATO & GREEN BEANS 436

Ingredients:

- 12 ounces lean ground chicken (6 ounces for tonight's dinner, 6 ounces for tomorrow's lunch)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon chicken/poultry seasoning
- 1 teaspoon extra virgin olive oil
- 2 tablespoons plain hummus (1 tablespoon for tonight's dinner, 1 tablespoon for tomorrow's lunch)

Other:

- 2 medium-sized sweet potatoes (1 for tonight's dinner, 1 for tomorrow's lunch)
- 2 cups green beans (1 cup for tonight's dinner, 1 cup for tomorrow's lunch)
- 1 tablespoon light butter (1/2 tablespoon for tonight's dinner, 1/2 tablespoon for tomorrow's lunch)

Instructions:

1. In a bowl, mix ground chicken, salt, pepper, and poultry seasoning. Divide chicken meat equally in half. Using clean hands, shape into two individual patties.
2. Heat olive oil in a large nonstick skillet over medium heat and cook patties until cooked through, about 5 minutes per side.
3. Serve chicken patty with 1 tablespoon hummus on top with baked sweet potato and 1 cup green beans with 1/2 tablespoon light butter. Set aside leftovers for tomorrow's lunch*.

*Pack 1 chicken burger, 1 sweet potato, 1 tablespoon hummus, 1 cup green beans and 1/2 tablespoon light butter for tomorrow's lunch.

LEFTOVER NOTES

TOTAL CALORIES:
1,232

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1 MEAL 1: CHOCOLATE PROTEIN WAFFLES WITH SUGAR-FREE MAPLE SYRUP & TURKEY BACON 281

Ingredients:

- 1 scoop She Activates® Chocolate Protein Powder
- 1 tablespoon coconut flour
- 1 teaspoon baking powder
- 1 egg
- 1 teaspoon vanilla
- 1/4 cup unsweetened almond milk

Other:

- 1 tablespoon sugar-free maple syrup
- 2 slices lower-sodium turkey bacon

Instructions:

1. Preheat the waffle iron.
2. In a small mixing bowl, whisk together all of the ingredients until smooth.
3. Grease waffle iron, pour the batter, and cook the waffle according to waffle iron instructions.
4. Meanwhile, microwave turkey bacon according to package directions.
5. Serve waffle with 1 tablespoon sugar-free maple syrup and 2 slices turkey bacon.

M2 MEAL 2 167

- 8 ounces lemon water with a dash of cayenne pepper
- 1 orange
- 12 cashews

M3 MEAL 3: Leftover Chicken Burger with 1 Tablespoon Hummus, 1 Sweet Potato, 1 Cup Green Beans with 1/2 Tablespoon Light Butter 436

M4 MEAL 4 189

- 1 light string cheese
- 1/4 cup raisins

M5 MEAL 5: BAKED SALMON WITH GARLIC CAULIFLOWER MASH & SIDE SALAD WITH LIGHT VINAIGRETTE 239

Salmon:

- 1 (4-ounce) wild-caught salmon fillet
- 1 teaspoon lemon juice
- salt and pepper, to taste

Cauliflower:

- 1 cup chopped cauliflower
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons plain, nonfat Greek yogurt
- 1/2 teaspoon minced garlic
- 1 teaspoon chives
- salt and pepper, to taste

Side Salad:

- 1 cup mixed salad greens
- 1 tablespoon light balsamic vinaigrette

Instructions:

1. Preheat oven to 350°F. Place salmon fillet in the center of a sheet of foil, skin side down. Sprinkle fillet with salt, pepper and lemon juice.
2. Fold sides of foil in over salmon, making a sealed packet.
3. Bake for 30 minutes or until salmon flakes with a fork.
4. Meanwhile, microwave cauliflower according to package directions.
5. Place cooked cauliflower in a medium-sized bowl, and add chicken broth, garlic, chives, salt, and pepper.
6. Transfer mixture to a food processor and process cauliflower mash to your desired texture.
7. Serve salmon with mashed cauliflower and side salad.

TOTAL CALORIES:

1,312



Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1

MEAL 1: SUNRISE PROTEIN SMOOTHIE 253

Ingredients:

- 1 scoop She Activates® Vanilla Protein Powder
- 1 cup whole frozen strawberries
- 1/2 cup frozen peaches
- 1 cup unsweetened almond milk
- 1 cup ice
- 1/2 teaspoon vanilla
- 1 tablespoon honey or sweetener of choice

Instructions:

1. Add all ingredients to blender. Blend until desired consistency.

M2

MEAL 2 85

- 9 baby carrots
- 2 tablespoons plain hummus

M3

MEAL 3: DELI TURKEY WRAP 235

Ingredients:

- 1/4 avocado
- 1 teaspoon lemon juice
- salt and pepper, to taste
- 1 high-fiber, low-carb tortilla (5-inch diameter)
- 3 ounces low-sodium deli turkey breast
- 2 tomato slices
- 1/2 cup baby spinach

Instructions:

1. In a small bowl, mash avocado, and mix in lemon juice, salt, and pepper.
2. Lay out wrap. Add turkey, tomato, spinach and avocado spread.
3. Roll wrap and enjoy.

M4

MEAL 4 202

- 1 (6-ounce) container nonfat plain Greek yogurt
- 1 banana

M5

MEAL 5: SLOW COOKER PORK SALSA VERDE SALAD 488

Ingredients:

- 10.6 ounces pork tenderloin
- 1 (16-ounce) jar salsa verde
- 4 cups mixed greens (2 cups for tonight's dinner and 2 cups for tomorrow's lunch)
- 2 small tomatoes, diced (1 for tonight's dinner and 1 for tomorrow's lunch)
- 1 cup reduced-sodium black beans (1/2 cup for tonight's dinner and 1/2 cup for tomorrow's lunch)
- 1/2 avocado, diced (1/4 for tonight's dinner and 1/4 for tomorrow's lunch)

Instructions:

1. Spray the interior of slow cooker with nonstick cooking spray and place tenderloin in bottom.
2. Pour jar of salsa verde over top of the pork and cook on high for 4 hours, or low for 8 hours.
3. Shred pork tenderloin with two forks.
4. Place shredded pork back in slow cooker and mix with remaining salsa verde.
5. In a large bowl, spoon 1/2 of pork mixture onto 2 cups of greens. Add 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado. Set aside leftovers for tomorrow's lunch*.

LEFTOVER NOTES

*Pack remainder of pork mixture, 2 cups mixed greens, 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado for tomorrow's lunch.

TOTAL CALORIES:
1,263



Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1

MEAL 1: PROTEIN-PACKED APPLE CINNAMON OATMEAL 295

Ingredients:

- 1/2 cup quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia or sweetener of choice
- 1 scoop She Activates® Vanilla Protein Powder

Instructions:

1. Add all the ingredients in a large bowl. Stir thoroughly and then microwave for 3 minutes.
2. Stir after 1 minute, then again after 2.

M2

MEAL 2 69

- 8 ounces lemon water with a dash of cayenne pepper
- 1 orange

M3

Meal 3: Leftover Slow Cooker Pork Salsa Verde Salad 488

M4

MEAL 4 140

- 3 ounces low-sodium deli turkey breast
- 1 light string cheese

M5

MEAL 5: SANTE FE STUFFED PEPPERS 238

Ingredients:

- 2 bell peppers, tops sliced off and seeded (any color)
- 1/2 teaspoon extra virgin olive oil
- 1/4 onion, diced
- 1/4 jalapeño pepper, seeded and diced (keep seeds for more heat)
- 1/4 pound ground turkey (Lean - 90/10)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- salt and black pepper, to taste
- 1/4 cup canned reduced-sodium black beans, drained and rinsed
- 1/4 cup canned or frozen no-salt-added sweet corn, drained and rinsed
- 1/4 cup canned no-salt-added diced tomatoes, drained
- squeeze of lime juice
- 1/2 tablespoon finely chopped fresh cilantro
- 1/4 cup + 1 tablespoon cooked brown rice (about 3 tablespoons each pepper)
- 2 tablespoons reduced-fat Monterey Jack shredded cheese

Instructions:

1. Preheat the oven to 350° F. Set out a small baking dish or 2 ramekins and stand the peppers in the dish so they fit snugly, cut-side up.
2. Heat a large skillet over medium heat and add the oil, onion, and jalapeño, cooking until the onion starts to become translucent, 1-2 minutes.
3. Add the turkey, breaking it up with a wooden spoon until it is all white, about 2-4 minutes, and season the meat with the cumin, chili powder, salt, and pepper.
4. Add the black beans, corn, diced tomatoes, lime juice, cilantro, and cooked rice to the skillet. Stir to combine and remove from the heat.
5. Evenly fill each pepper with the turkey mixture. Pour enough water in the bottom of the baking dish to cover the bottoms of the peppers by about 1 cm. This will steam the peppers while baking.
6. Cover the dish with foil and bake until the the peppers are soft, 20-25 minutes.
7. Top each pepper with 1 tablespoon cheese and bake until cheese is melted, 5 minutes.
8. Serve one pepper with additional chopped cilantro and lime. Set aside the other pepper for tomorrow's lunch*.

LEFTOVER NOTES

*Pack 1 pepper for tomorrow's lunch.

TOTAL CALORIES:
1,230

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

<p>M1</p> <p>MEAL 1: BANANA SPLIT PROTEIN SHAKE 308</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 scoop She Activates® Chocolate Protein Powder • 1 cup unsweetened almond milk • 1/2 cup pineapple chunks • 1 cup whole frozen strawberries • 1 small-medium banana <p>Instructions:</p> <ol style="list-style-type: none"> 1. Add all ingredients to blender. Blend until desired consistency. 	<p>M2</p> <p>MEAL 2 154</p> <ul style="list-style-type: none"> • 9 baby carrots • 2 tablespoons hummus • 1 orange 	<p>M3</p> <p>MEAL 3: LEFTOVER SANTE FE STUFFED PEPPER 238</p>	<p>M4</p> <p>MEAL 4: SPICY AVOCADO TOAST 162</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 slice sprouted grain bread (in freezer section) • 1/4 avocado • salt, black pepper, and red pepper flakes, to taste <p>Instructions:</p> <ol style="list-style-type: none"> 1. Toast bread to your desired doneness. 2. In a small bowl, mash avocado, salt, pepper, and red pepper flakes. Spread over toast. 	<p>M5</p> <p>MEAL 5: BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE, QUINOA & BROCCOLI 383</p> <p>Quinoa:</p> <ul style="list-style-type: none"> • 1/2 cup dry quinoa • 1 cup water • salt and black pepper, to taste <p>Blackened Chicken:</p> <ul style="list-style-type: none"> • 2 (4-ounce) boneless, skinless chicken breasts • 1/2 tablespoon blackened seasoning • 1 tablespoon green onions, finely sliced <p>Avocado Cream Sauce:</p> <ul style="list-style-type: none"> • 3 tablespoons plain, nonfat Greek yogurt • 1/4 avocado, chopped • 1 teaspoon lemon juice • 1/4 teaspoon garlic powder • salt and pepper, to taste <p>Other:</p> <ul style="list-style-type: none"> • 2 cups broccoli (1 cup for tonight’s dinner and 1 cup for tomorrow’s lunch) • 1 tablespoon light butter (1/2 tablespoon for tonight’s dinner and 1/2 tablespoon for tomorrow’s lunch) <p>Instructions:</p> <ol style="list-style-type: none"> 1. Place water and quinoa in a medium-sized saucepan. Bring the water and quinoa to a boil. Once it has reached a boil, turn heat to low, place the lid on the saucepan and simmer for 15 minutes, or until all of the water is absorbed. Fluff with fork. 2. Meanwhile, in a large resealable bag, add chicken and blackened seasoning. Shake to coat. 3. Lightly coat a large frying pan with nonstick cooking spray. Over medium-high heat, cook chicken breasts for 7 minutes on each side, or until cooked through. 4. Meanwhile, prepare the Avocado Cream Sauce by blending Greek yogurt, avocado, lemon juice, garlic powder, and salt in a food processor. 5. Steam your broccoli according to package directions. 6. Place 2 tablespoons of Avocado Cream Sauce and 1/2 tablespoon green onions on top of each chicken breast. Serve chicken with 1 cup quinoa and 1 cup steamed broccoli with 1/2 tablespoon light butter. Set aside leftovers for tomorrow’s lunch*.
---	--	---	---	---

LEFTOVER NOTES

*Pack 1 chicken breast with 2 tablespoons sauce, 1 cup quinoa and 1 cup broccoli with 1/2 tablespoon light butter for tomorrow’s lunch.

TOTAL CALORIES:
1,245

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	<p>MEAL 1: PROTEIN YOGURT BOWL 207</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt • 1 scoop She Activates® Protein Powder (your choice: Chocolate or Vanilla) • 1/2 cup strawberries, sliced <p>Instructions:</p> <ol style="list-style-type: none"> 1. In a small bowl, add yogurt and 1 scoop of protein powder. Mix well. 2. Top with sliced strawberries. 	207
M2	<p>MEAL 2 149</p> <ul style="list-style-type: none"> • 1 light string cheese • 12 cashews 	149
M3	<p>MEAL 3: Leftover Blackened Chicken with 2 Tablespoons Avocado Cream Sauce, 1 Cup Quinoa, 1 Cup Broccoli & 1/2 Tablespoon Light Butter 383</p>	383
M4	<p>MEAL 4 160</p> <ul style="list-style-type: none"> • 1 hard-boiled egg • 1/2 apple 	160
M5	<p>MEAL 5: SIMPLE SHRIMP STIR-FRY 470</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1/2 tablespoon extra virgin olive oil • 9 medium-size raw shrimp, peeled and deveined • 2 cups frozen stir-fry vegetable mix • 1/2 cup less-sodium soy sauce • 1 cup brown rice, cooked <p>Instructions:</p> <ol style="list-style-type: none"> 1. In a wok or deep skillet, heat extra virgin olive oil. 2. Add shrimp and cook until pink. 3. Add vegetables and soy sauce. 4. Meanwhile, cook rice according to package directions. 5. Cook stir-fry until hot, and serve over 1 cup brown rice. 	470

TOTAL CALORIES:
1,369



Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1

MEAL 1: ORANGE DREAMSICLE PROTEIN SMOOTHIE & 2 HARD-BOILED EGGS 308

Ingredients:

- 1 scoop She Activates® Vanilla Protein Powder
- 1/2 cup mandarin oranges in 100% juice
- 1 cup unsweetened almond milk
- 1 teaspoon honey or sweetener of choice
- 1 cup ice

Other:

- 2 hard-boiled eggs

Instructions:

1. Add all ingredients to blender. Blend until desired consistency. Enjoy with 2 hard-boiled eggs on the side.

M2

MEAL 2 222

- 4 celery stalks
- 2 tablespoons nut butter

M3

MEAL 3: SPICY TUNA SALAD WRAP & 1 CUP PINEAPPLE 248

Ingredients:

- 1 (3-ounce) can chunk light tuna packed in water
- 2 tablespoons plain, nonfat Greek yogurt
- 2 tablespoons light mayonnaise
- 1/4 cup diced celery (about 3 stalks)
- 1 tablespoon red onion, diced
- 1/2 tablespoon chopped fresh parsley
- 1/4 teaspoon no-sugar-added pickle relish
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon red pepper flakes
- salt and pepper, to taste
- 1 large lettuce leaf

Other:

- 1 cup fresh pineapple chunks OR 1 cup canned in 100% juice

Instructions:

1. Drain the tuna well.
2. Add the rest of the ingredients to a large mixing bowl, and stir to combine.
3. Add the drained tuna and stir to combine.
4. Serve chilled wrapped in a lettuce leaf. Enjoy with 1 cup pineapple chunks.

M4

MEAL 4 146

- 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt
- 6 cashews

M5

MEAL 5: TACO SALAD 402

Ingredients:

- 1/2 pound ground turkey (Lean - 90/10)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- salt and black pepper, to taste
- 4 cups shredded lettuce (2 cups for tonight's dinner and 2 cups for tomorrow's lunch)
- 2 small tomatoes, diced (1 for tonight's dinner and 1 for tomorrow's lunch)
- 1 cup reduced-sodium black beans (1/2 cup for tonight's dinner and 1/2 cup for tomorrow's lunch)
- 1/2 avocado, diced (1/4 for tonight's dinner and 1/4 for tomorrow's lunch)

Instructions:

1. Place the ground turkey in a skillet and cook over medium-high heat.
2. Use a wood spatula to break up the turkey into equal-size pieces as it cooks.
3. Once cooked through, drain any fat.
4. Add cumin, chili powder, salt, and pepper, and stir well.
5. Spoon 4 ounces of turkey mixture on top of 2 cups lettuce and add 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado. Set aside leftovers for tomorrow's lunch*.

LEFTOVER NOTES

*Pack 4 ounces turkey mixture, 2 cups lettuce, and add 1 diced tomato, 1/2 cup black beans and 1/4 diced avocado for tomorrow's lunch.

TOTAL CALORIES:
1,326

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

<p>M1</p>	<p>MEAL 1: CHOCOLATE PROTEIN WAFFLES WITH SUGAR-FREE MAPLE SYRUP & TURKEY BACON 281</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 scoop She Activates® Chocolate Protein Powder • 1 tablespoon coconut flour • 1 teaspoon baking powder • 1 egg • 1 teaspoon vanilla • 1/4 cup unsweetened almond milk <p>Other:</p> <ul style="list-style-type: none"> • 1 tablespoon sugar-free maple syrup • 2 slices lower-sodium turkey bacon <p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat the waffle iron. 2. In a small mixing bowl, whisk together all of the ingredients until smooth. 3. Grease waffle iron, pour the batter, and cook the waffle according to waffle iron instructions. 4. Meanwhile, microwave turkey bacon according to package directions. 5. Serve waffle with 1 tablespoon sugar-free maple syrup and 2 slices turkey bacon. 	<p>281</p>
<p>M2</p>	<p>MEAL 2 100</p> <ul style="list-style-type: none"> • 8 ounces lemon water with a dash of cayenne pepper • 1 apple 	<p>100</p>
<p>M3</p>	<p>MEAL 3: Leftover Taco Salad 402</p>	<p>402</p>
<p>M4</p>	<p>MEAL 4 225</p> <ul style="list-style-type: none"> • 1 cucumber, slice • 2 tablespoons hummus <p>Other:</p> <ul style="list-style-type: none"> • 1/4 cup raisins 	<p>225</p>
<p>M5</p>	<p>MEAL 5: GRILLED PINEAPPLE TERIYAKI PORK CHOPS & GRILLED ASPARAGUS SPEARS 257</p> <p>Pork Chops:</p> <ul style="list-style-type: none"> • 1 (8-ounce) can pineapple slices in 100% juice (need 2 pineapple rings; reserve 1/4 cup juice) • 2 tablespoons less-sodium soy sauce • 1 tablespoon brown sugar • 1 tablespoon rice vinegar • 1/4 teaspoon ground ginger • 2 (4-ounce) boneless pork chops, trimmed of fat • 1 teaspoon chopped fresh chives <p>Asparagus:</p> <ul style="list-style-type: none"> • 12 asparagus spears, trimmed • 1 teaspoon extra virgin olive oil • salt and black pepper, to taste <p>Instructions:</p> <ol style="list-style-type: none"> 1. In a small bowl, whisk pineapple juice, soy sauce, brown sugar, rice vinegar, and ground ginger. 2. Place pork chops in a large resealable bag and cover with marinade. Seal the bag and place pork chops in refrigerator for 30 minutes to 1 hour. 3. Remove pork chops from bag. DO NOT DISCARD MARINADE. 4. In a small sauce pan over medium heat, bring marinade to a boil. Reduce heat to low and simmer sauce for 5 minutes until sauce thickens, making sure to stir sauce frequently. After sauce has thickened, remove from heat and place in a small dish. You will use this marinade sauce while grilling pork chops and pineapple. 5. Lightly coat asparagus spears with olive oil and sprinkle with salt and pepper. 6. Preheat grill to medium-high heat. Lightly coat with nonstick cooking spray. 7. Place pork chops and pineapple slices on grill and brush often with marinade sauce while cooking. Cook pork chops on each side for 4-5 minutes or until cooked through. Cook the pineapple until it has color and softens. With 5 minutes left on grilling the chops, place seasoned asparagus directly on the grill or in a grill basket. Grill until just tender and lightly charred, about 5 minutes. Let pork chops rest for 2-4 minutes before serving. 8. Place a grilled pineapple slice on top of each pork chop and sprinkle with chives. 9. Serve 1 pork chop with 1 pineapple ring and 6 asparagus spears. Set aside leftovers for tomorrow's lunch*. 	<p>257</p>

LEFTOVER NOTES

*Pack 1 pork chop, 1 pineapple ring and 6 asparagus spears for tomorrow's lunch.

TOTAL CALORIES:
1,265

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

<p>M1</p>	<p>MEAL 1: PEANUT BUTTER CUP PROTEIN SHAKE 392</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 scoop She Activates® Chocolate Protein Powder • 1 large banana, frozen (if using non-frozen banana, add 1 cup ice) • 1 cup unsweetened almond milk • 1 tablespoon nut butter • 1 (6-ounce) container vanilla, nonfat Greek yogurt • 1/2 teaspoon stevia or sweetener of choice • 1/2 teaspoon vanilla extract <p>Instructions:</p> <ol style="list-style-type: none"> 1. Add all ingredients to blender. Blend until desired consistency. 	<p>392</p>
<p>M2</p>	<p>MEAL 2 50</p> <ul style="list-style-type: none"> • 1/2 apple 	<p>50</p>
<p>M3</p>	<p>MEAL 3: Leftover Grilled Pineapple Teriyaki Pork Chops and 6 Grilled Asparagus Spears 257</p>	<p>257</p>
<p>M4</p>	<p>MEAL 4 50</p> <ul style="list-style-type: none"> • 1 light string cheese 	<p>50</p>
<p>M5</p>	<p>MEAL 5: HONEY LEMON GLAZED CHICKEN WITH BROWN RICE & BROCCOLI 558</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 2 (4-ounce) boneless, skinless chicken breasts • 2 tablespoons less-sodium soy sauce • 1/2 tablespoon minced garlic • salt and black pepper, to taste • 1 teaspoon toasted sesame oil • 1/2 tablespoon brown sugar • 2 tablespoons lemon juice • 1 tablespoon honey • 1/4 teaspoon fresh grated ginger (or substitute ground ginger) <p>Other:</p> <ul style="list-style-type: none"> • 2 cups steamed broccoli (1 cup for tonight’s dinner and 1 cup for tomorrow’s lunch) • 1/2 cup brown rice • 1 tablespoon light butter (1/2 tablespoon for tonight’s dinner and 1/2 tablespoon for tomorrow’s lunch) <p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat the oven to 375 °F. Line a rimmed baking sheet with foil and a cooling rack, and set aside. 2. In a gallon-size resealable bag, combine the chicken, soy sauce, and garlic. 3. Refrigerate for 30 minutes to 2 hours, turning the chicken a few times. 4. When ready to cook, remove the chicken from the marinade and season both sides of the chicken with salt and black pepper, to taste. 5. Heat a large skillet over medium-high heat. Add the sesame oil to the skillet and sear the chicken breasts for about 2 minutes on each side. Discard the remaining marinade. 6. Using tongs, transfer the chicken to the prepared baking sheet and bake for 10-15 minutes. 7. While chicken is baking, prepare the Honey Lemon Glaze. In a small bowl, whisk together the brown sugar, lemon juice, honey, and ginger. 8. Remove chicken from oven and brush the glaze over each breast. Place chicken back in the oven for an additional 10 minutes, or until the internal temperature reaches 165 °F. 9. While the chicken is in the oven, prepare rice and steam broccoli according to package directions. 10. Serve 1 chicken breast with 1/2 cup brown rice and 1 cup broccoli. Set aside leftovers for tomorrow’s lunch*. 	<p>558</p>

LEFTOVER NOTES

*Pack 1 chicken breast, 1 cup broccoli and 1/2 tablespoon light butter for tomorrow’s lunch.

TOTAL CALORIES:
1,307

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

<p>M1</p>	<p>MEAL 1: PROTEIN-PACKED APPLE CINNAMON OATMEAL 295</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1/2 cup quick oats • 1/2 cup unsweetened almond milk • 1/2 apple, diced • 1/2 teaspoon cinnamon • 1 teaspoon Stevia or sweetener of choice • 1 scoop She Activates® Vanilla Protein Powder <p>Instructions:</p> <ol style="list-style-type: none"> 1. Add all the ingredients in a large bowl. Stir thoroughly and then microwave for 3 minutes. 2. Stir after 1 minute, then again after 2. 	<p>295</p>
<p>M2</p>	<p>MEAL 2 105</p> <ul style="list-style-type: none"> • 8 ounces lemon water with a dash of cayenne pepper • 1 banana 	<p>105</p>
<p>M3</p>	<p>MEAL 3: Leftover Honey Lemon Glazed Chicken & 1 Cup Broccoli with 1/2 Tablespoon Light Butter 434</p>	<p>434</p>
<p>M4</p>	<p>MEAL 4 149</p> <ul style="list-style-type: none"> • 1 light string cheese • 12 cashews 	<p>149</p>
<p>M5</p>	<p>MEAL 5: CILANTRO LIME TILAPIA WITH AVOCADO PICO DE GALLO & BLACK BEANS 315</p> <p>Tilapia:</p> <ul style="list-style-type: none"> • 1/2 tablespoon extra virgin olive oil • 1/2 tablespoon seasoned rice wine vinegar • 1 tablespoon lime juice • 1 tablespoon chopped fresh cilantro • 2 (4-ounce) tilapia fillets <p>Avocado Pico de Gallo:</p> <ul style="list-style-type: none"> • 1 Roma tomato, seeded and diced • 1/4 avocado, diced • 2 tablespoons diced red onion • 1 tablespoon chopped fresh cilantro • salt, to taste • squeeze of lime juice <p>Other:</p> <ul style="list-style-type: none"> • 1 cup reduced-sodium black beans (1/2 cup for tonight’s dinner and 1/2 cup for tomorrow’s lunch) <p>Instructions:</p> <ol style="list-style-type: none"> 1. In a medium-sized bowl, combine oil, rice wine vinegar, lime juice, and cilantro. 2. Place the fillets in the marinade, and flip them over to coat both sides, then set aside while making the Avocado Pico de Gallo. 3. Combine the tomatoes, avocado, red onion, and cilantro in a medium-sized bowl and season with salt to taste. 4. Squeeze lime juice on the Pico for flavor and to keep the avocados from browning, then set aside. 5. Heat a large skillet over medium-high heat and remove the tilapia fillets from the marinade, allowing excess to drip off. Discard leftover marinade. Cook the fish in batches as to not crowd the skillet. 6. Meanwhile, microwave 1/2 cup black beans and set aside. 7. At this point, you may want to add an additional spray of nonstick cooking spray. Cook the tilapia until the fish turns white and flakes easily, 2-3 minutes on each side. The fish will be tender and might tear when flipping. Use a flexible fish spatula for best results. 8. Serve tilapia with 1/2 cup Avocado Pico de Gallo and 1/2 cup black beans. Set aside leftovers for tomorrow’s lunch*. 	<p>315</p>

LEFTOVER NOTES

*Pack 1 tilapia fillet, 1/2 cup pico and 1/2 cup black beans for tomorrow’s lunch.

TOTAL CALORIES:
1,298

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1	<p>MEAL 1: SUNRISE PROTEIN SMOOTHIE 253</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 scoop She Activates® Vanilla Protein Powder • 1 cup whole frozen strawberries • 1/2 cup frozen peaches • 1 cup unsweetened almond milk • 1 cup ice • 1/2 teaspoon vanilla • 1 tablespoon honey or sweetener of choice <p>Instructions:</p> <ol style="list-style-type: none"> 1. Add all ingredients to blender. Blend until desired consistency. 	253
M2	<p>MEAL 2 107</p> <ul style="list-style-type: none"> • 1/2 cup low-fat cottage cheese • 1/2 tomato, diced • salt and black pepper, to taste 	107
M3	<p>MEAL 3: Leftover Cilantro Lime Tilapia with 1/2 Cup Avocado Pico de Gallo and 1/2 Cup Black Beans 315</p>	315
M4	<p>MEAL 4 220</p> <ul style="list-style-type: none"> • 1 hard-boiled egg • 1 apple 	220
M5	<p>MEAL 5: GREEN POWERHOUSE SALAD WITH GRILLED CHICKEN BREAST 388</p> <p>Chicken:</p> <ul style="list-style-type: none"> • 2 (6-ounce) boneless, skinless chicken breasts (1 for tonight’s dinner, 1 for tomorrow’s lunch) • 1 teaspoon garlic powder • salt and black pepper, to taste <p>Lemon Powerhouse Dressing:</p> <ul style="list-style-type: none"> • 1 teaspoon extra virgin olive oil • squeeze of fresh lemon • salt and black pepper, to taste <p>Salad:</p> <ul style="list-style-type: none"> • 2 cups baby spinach • 1/4 cup shelled edamame • 1/4 avocado, peeled and sliced • 3 asparagus spears, cut into 1-inch pieces • 1/4 small cucumber, diced or shaved into ribbons with a peeler • 1/4 green bell pepper, thinly sliced <p>Instructions:</p> <ol style="list-style-type: none"> 1. Preheat an outdoor grill on medium-high heat, and lightly coat the grate with nonstick cooking spray. 2. Sprinkle chicken with garlic powder, salt, and pepper. 3. Cook 10 to 15 minutes per side, or until no longer pink and juices run clear. 4. Meanwhile, mix olive oil, lemon, salt, and pepper in a small bowl and set aside. 5. Wet a paper towel and ring it out so it is damp. Roll the asparagus spears up and microwave them for 45 seconds to 1 minute until tender-crisp. 6. Carefully remove asparagus, let them cool, and cut into 1-inch pieces. 7. Remove chicken from grill and let slightly cool. Place one breast into a resealable bag and refrigerate for tomorrow’s lunch. Slice or dice the other chicken breast for tonight’s salad. 8. Layer all the salad ingredients together and add the diced/sliced chicken breast. Drizzle dressing over top. Refrigerate other chicken breast for tomorrow’s lunch*. 	388

LEFTOVER NOTES

*2nd chicken breast will be used for tomorrow’s lunch.

TOTAL CALORIES:
1,283

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1 MEAL 1: PROTEIN-PACKED APPLE CINNAMON OATMEAL 295

Ingredients:

- 1/2 cup quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia or sweetener of choice
- 1 scoop She Activates® Vanilla Protein Powder

Instructions:

1. Add all the ingredients in a large bowl. Stir thoroughly and then microwave for 3 minutes.
2. Stir after 1 minute, then again after 2.

M2 MEAL 2 100

- 8 ounces lemon water with a dash of cayenne pepper
- 1 apple

M3 MEAL 3: Open-Faced Leftover Grilled Chicken Sandwich on 1 Slice Sprouted Grain Bread, Topped with 2 Tablespoons Hummus with 1 Cup Broccoli & 1/2 Tablespoon Light Butter 353

M4 MEAL 4 204

- 1/2 cup low-fat cottage cheese
- 1/2 tomato, diced
- salt and black pepper, to taste

Other:

- 12 cashews

M5 MEAL 5: SOUTHWEST STUFFED SWEET POTATOES 322

Ingredients:

- 2 medium-sized sweet potatoes
- 1/4 cup plain, nonfat Greek yogurt
- 1/2 teaspoon lime juice
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 tablespoon extra virgin olive oil
- 1/2 cup onion, diced
- 1/4 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (8-ounce) can reduced-sodium black beans, drained and rinsed
- 1/4 avocado, diced
- 1 tablespoon fresh cilantro, chopped

Instructions:

1. Preheat oven to 350°F.
2. Place sweet potatoes on a baking sheet lightly coated with nonstick cooking spray and bake for 50 minutes.
3. Prepare yogurt sauce by mixing the yogurt, lime juice, salt, and pepper. Set aside.
4. With 10 minutes left on the sweet potatoes, heat the olive oil in a skillet over medium heat and add onion. Cook until the onions become translucent. Add chili powder, cumin, garlic powder, onion powder, salt, and pepper and continue to stir for an additional 2-3 minutes.
5. Add black beans to the skillet. Continue to cook, stirring frequently, until the black beans are fully heated through, about 5 minutes. Take off of heat and set aside.
6. Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and mash the inside flesh.
7. Pour the black bean mixture, avocado, cilantro, and yogurt sauce inside 1 sweet potato. Set aside and refrigerate 1 potato and filling for tomorrow's lunch*.

LEFTOVER NOTES

*Pack 1 Southwest Stuffed Sweet Potato for tomorrow's lunch.

TOTAL CALORIES:

1,274



Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

M1

MEAL 1: ORANGE DREAMSICLE PROTEIN SMOOTHIE & 2 HARD-BOILED EGGS 308

Ingredients:

- 1 scoop She Activates® Vanilla Protein Powder
- 1/2 cup mandarin oranges in 100% juice
- 1 cup unsweetened almond milk
- 1 teaspoon honey or sweetener of choice
- 1 cup ice

Other:

- 2 hard-boiled eggs

Instructions:

1. Add all ingredients to blender. Blend until desired consistency.
2. Enjoy smoothie with 2 hard-boiled eggs on the side.

M2

MEAL 2: SPICY AVOCADO TOAST & LIGHT STRING CHEESE 212

Ingredients:

- 1 slice sprouted grain bread (in freezer section)
- 1/4 avocado
- salt, black pepper, and red pepper flakes, to taste

Other:

- 1 light string cheese

Instructions:

1. Toast bread to your desired doneness.
2. In a small bowl, mash avocado, salt, pepper, and red pepper flakes. Spread over toast.

M3

MEAL 3: Leftover Southwest Sweet Potato 322

M4

MEAL 4 143

- 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt
- 1 cup strawberries

M5

MEAL 5: CARB-CUTTING AVOCADO ZOODLES WITH GRILLED SHRIMP 257

Sauce:

- 1/2 avocado, peeled and pitted
- 2 tablespoons fresh basil
- 1/2 tablespoon extra virgin olive oil
- 1/2 tablespoon lemon juice
- salt and black pepper, to taste
- 1 teaspoon minced garlic

Zoodles:

- 1/2 teaspoon extra virgin olive oil
- 1/2 (14-ounce) can large artichoke hearts, drained and chopped (3- 4 artichoke hearts)
- 1/2 cup cherry tomatoes, halved
- 5 cups zucchini noodles (2-3 small zucchini)

Other:

- 2-3, 4-inch wooden skewers
- 18 raw, medium-sized shrimp, peeled and deveined
- 1 teaspoon extra virgin olive oil
- salt and black pepper, to taste

Instructions:

1. Soak wooden skewers in cold water for 1 hour and pre-heat grill.
2. Thread shrimp onto each skewer so that the shrimp lie flat.
3. Place shrimp skewers onto a plate and drizzle with olive oil to lightly coat, and season with salt and pepper.
4. Grill shrimp 2 minutes per side or until just cooked through.
5. Meanwhile, make the sauce. Blend all of the sauce ingredients together in a food processor or high-powered blender until smooth, and set aside.
6. Heat a large skillet over low-medium heat. Add the oil, artichoke hearts, and tomatoes. Cook for 4-6 minutes until the tomatoes start to plump and get juicy.
7. Add the zucchini noodles and grilled shrimp and the set-aside sauce to the skillet.
8. Season with salt and black pepper, and gently toss together with tongs to evenly coat. Set aside half of the meal for tomorrow's lunch*.

LEFTOVER NOTES

*Pack 1/2 of zoodles and sauce and 9 grilled shrimp for tomorrow's lunch.

TOTAL CALORIES:
1,242

AM

Drink 8 ounces lemon water and take a daily multivitamin

CALORIES

<p>M1</p>	<p>MEAL 1: PROTEIN YOGURT BOWL WITH TOAST 311</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 (6-ounce) container plain or vanilla, nonfat Greek yogurt • 1 scoop She Activates® Protein Powder (your choice: Chocolate or Vanilla Bean) • 1/2 cup strawberries, sliced <p>Other:</p> <ul style="list-style-type: none"> • 1 slice sprouted grain bread (in freezer section) • 1 tablespoon light butter <p>Instructions:</p> <ol style="list-style-type: none"> 1. In a small bowl, add yogurt and 1 scoop of protein. Mix well. Top with sliced strawberries. 2. Toast bread and add light butter. 	<p>311</p>
<p>M2</p>	<p>MEAL 2 106</p> <ul style="list-style-type: none"> • 1/2 cup low-fat cottage cheese • 1/2 tomato, diced • salt and black pepper, to taste 	<p>106</p>
<p>M3</p>	<p>MEAL 3: Leftover Carb-Cutting Avocado Zoodles with Grilled Shrimp 257</p>	<p>257</p>
<p>M4</p>	<p>MEAL 4 203</p> <ul style="list-style-type: none"> • 1 banana • 1 tablespoon nut butter 	<p>203</p>
<p>M5</p>	<p>MEAL 5: SKINNY GRILLED CHICKEN & FRUIT SALAD 333</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 (6-ounce) boneless, skinless chicken breast • salt and black pepper, to taste • 1/4 of an orange • 2 cups baby spring mix • 2 tablespoons fresh blueberries • 2 strawberries, sliced • 1 tablespoon reduced-fat feta cheese crumbles • 1 tablespoon unsalted raw walnuts, chopped • 2 tablespoons yogurt ranch dressing <p>Instructions:</p> <ol style="list-style-type: none"> 1. Cook the chicken by heating a grill pan over medium heat. Pound the chicken out to an even thickness, and season both sides with salt and pepper. 2. Coat the grill pan with nonstick cooking spray and grill the chicken for 4-6 minutes on each side, or until cooked through. 3. Remove from the heat and let rest for 10 minutes. Slice or dice the chicken and set aside until ready to assemble the salad. 4. Segment the orange by slicing off the two ends, so it sits flat. Use your knife to slice off the peel, all the way around the orange, being careful to not slice too far into the orange flesh. 5. Over the mixing bowl, pick up the “naked” orange, and with a paring knife very carefully slice along the membrane, slicing towards the center of the orange. Slice on each side of the membrane to loosen each segment, and remove it. 6. To assemble the salad, layer the spring mix, chicken, blueberries, strawberries, orange segments, feta, and walnuts. 7. Drizzle dressing over the salad, and toss to combine. 	<p>333</p>

TOTAL CALORIES:
1,210

GROCERY LIST

Gone are the days you walk aimlessly through the grocery without a plan in place. Fill this grocery list with all the good-for-you ingredients used throughout the 14-day plan, and don't forget to take stock of your pantry and refrigerator!

VEGETABLES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRUITS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEAT & POULTRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SEAFOOD

- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANNED

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BREAD & RICE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FREEZER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____
- _____
- _____
- _____

SPICES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

BAKING

- _____
- _____
- _____
- _____
- _____
- _____

PERSONAL

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

14-DAY RESET PLAN



DAILY WORKOUT GUIDE

#14DAYRESETPLAN

WORKOUT GUIDE INSTRUCTIONS

EQUIPMENT YOU'LL NEED FOR THE NEXT 14 DAYS:

Light Dumbbells (2-5 lbs) • Heavy Dumbbells (8-15 lbs)
Stability Ball • Resistance Band • Kettlebell • Interval Timer

WORKOUT FORMAT:

DAYS 1-7:

Complete Circuit #1 with no rest between each move

» Rest 30-60 Seconds

Repeat Circuit #1

» Rest 30-60 Seconds

Complete Circuit #2 with no rest between each move

» Rest 30-60 Seconds

DAYS 8-14:

Complete Circuit #1 with no rest between each move

» Rest 30-60 Seconds

Complete Circuit #2 with no rest between each move

» Rest 30-60 Seconds

Complete Circuit #3 with no rest between each move

» Rest 30-60 Seconds. End with 15-30 minutes of cardio

EXAMPLES OF CARDIO:

Running, cycling, power walking, elliptical machine,
rowing machine, stair climbing, or swimming.

BURNOUT ALERT:

When you see "BURNOUT" on the workout cards in the place of a time or rep amount, it means you complete the exercise for as long and as hard as you can. You'll have to push hard and dig deep with this one, but the results will be oh-so worth it – WORK IT, GIRL!!

CONVENIENCE ALERT!

Cut out each workout card to take to the gym with you or to rock your workout at home!

14-DAY RESET PLAN: DAY 1

THE MOVES	TIME/REPS
CIRCUIT #1	Stability Ball Shoulder Press 20 reps
	Reverse Fly (using lighter weight) 15 reps
	Squat Jumps 30 reps total, 15 each side
	Forearm Plank 30 seconds
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Pushups (on toes or knees) 15 reps
	Reverse Lunge and Press 30 reps total, 15 each side
	Mountain Climbers 30 seconds
	Bicycle Crunches 30 reps total, 15 each side
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY RESET PLAN: DAY 2

THE MOVES	TIME/REPS
CIRCUIT #1	Squat and Press with Resistance Band 15 reps
	Plank Rows 20 reps total, 10 each side
	Burpees 20 reps
	Glute Bridge with Dumbbell 20 reps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
CIRCUIT #2	Side Lunge Rows 30 reps total, 15 each side
	High Knees 30 seconds
	Squat and Triceps Extensions 20 reps
	Plank Lunge and Jumps 20 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY RESET PLAN: DAY 3

THE MOVES	TIME/REPS
Side Lunge and Press	30 reps total, 15 each side
Bicep Curls	30 reps
Reverse Fly (using lighter weight)	15 reps
Tuck Jumps	30 second
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
Pushups (on toes or knees)	20 reps
Squat Jumps	30 reps total, 15 jumps (fast) + 15 pulses
Hip Twister Plank	20 reps total, 10 each side
Stability Ball Leg Raises	15 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY RESET PLAN: DAY 4

THE MOVES	TIME/REPS
Jumping Jacks	50 reps
Weighted Wall Squats w/ Stability Ball	60 seconds
Russian Twists with Dumbbells	30 reps total, 15 each side
Scarecrow Squeezes	15 reps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
Crab Twists	30 reps total, 15 each side
Lateral Bicep Curls	30 reps total, 15 each side
Plié Squat into Side Kick	40 reps total, 20 each side
Glute Bridge with Dumbbell	20 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY RESET PLAN: DAY 5

THE MOVES	TIME/REPS
Kettlebell Sit-Ups and Press	15 reps
Goblet Squat Jumps	30 reps
Kneeling Side Plank Clamshells	40 reps total, 20 each side
Flutter Kicks	45 seconds
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
High Knees	45 seconds
Ab Claps	30 reps
Burpees	30 reps
Single Leg Glute Bridge	40 reps each side, 20 singles + 20 pulses
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY RESET PLAN: DAY 6

THE MOVES	TIME/REPS
Deadlift with Upright Row	25 reps
Mountain Climbers	40 seconds
Glute Rainbows	40 reps total, 20 each side
Tricep Dips	20 reps
» Rest 30-60 seconds, then repeat Circuit #1. Rest 30-60 seconds, then move on to Circuit #2.	
Starfish Abs	30 reps total, 15 each side
Plank Jacks	40 seconds
Weighted Donkey Kicks	30 reps total, 15 each side
Reverse Fly (using lighter weight)	15 reps
» Rest 30-60 seconds, repeat Circuit #2. Rest 30-60 seconds, move on to 15-30 minutes cardio.	

14-DAY RESET PLAN: DAY 7

REST DAY!

Focus on stretching and 30 minutes of light cardio.

#14DAYRESETPLAN

14-DAY RESET PLAN: DAY 9

THE MOVES		TIME/REPS
CIRCUIT #1	Squat and Press with Resistance Band	15 reps
	Plank Row	20 reps total, 10 each side
	Burpees	20 reps
	Glute Bridge with Dumbbell	20 reps
» Rest 30-60 seconds, move to Circuit #2		
CIRCUIT #2	Side Lunge Row	30 reps total, 15 each side
	High Knees	30 seconds
	Squat and Triceps Extension	20 reps
	Plank Lunge and Jump	20 reps
» Rest 30-60 seconds, move to Circuit #3.		
CIRCUIT #3	Weighted Donkey Kicks	40 reps each side, 20 singles + 20 pulses
	Glute Rainbow	50 reps total, 25 each side
	Fire Hydrants	60 reps total, 30 each side
	Hamstring Ball Tuck	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.		

14-DAY RESET PLAN: DAY 10

THE MOVES		TIME/REPS
CIRCUIT #1	Side Lunge and Press	30 reps total, 15 each side
	Bicep Curls	30 reps
	Reverse Fly (using lighter weight)	15 reps
	Tuck Jumps	30 seconds
» Rest 30-60 seconds, move to Circuit #2		
CIRCUIT #2	Pushups (on toes or knees)	20 reps
	Squat Jumps	30 reps total, 15 jumps (fast) + 15 pulses
	Hip Twister Plank	20 reps
	Stability Ball Leg Raises	15 reps
» Rest 30-60 seconds, move to Circuit #3.		
CIRCUIT #3	Upright Rows	30 reps
	Front Shoulder Raises	30 reps total, 15 each side
	Lateral Shoulder Raises	30 reps total, 15 each side
	Scarecrow Squeezes	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.		

14-DAY RESET PLAN: DAY 8

THE MOVES		TIME/REPS
CIRCUIT #1	Shoulder Press on Stability Ball	20 reps
	Reverse Fly (using lighter weight)	15 reps
	Squat Jumps	30 reps total, 15 jumps (fast) + 15 pulses
	Forearm Plank	30 seconds
» Rest 30-60 seconds, move to Circuit #2		
CIRCUIT #2	Pushups	15 reps
	Reverse Lunge & Press	30 reps total, 15 each side
	Mountain Climbers	30 seconds
	Bicycle Crunches	30 reps total, 15 each side
» Rest 30-60 seconds, move to Circuit #3.		
CIRCUIT #3	Stability Ball Leg Raises	20 reps total, 10 each side
	Tabletop Reverse Pike	25 reps
	Spiderman Plank	30 reps total, 15 each side
	Plank Hold	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.		

14-DAY RESET PLAN: DAY 11

THE MOVES	TIME/REPS
CIRCUIT #1	
Jumping Jacks	50 reps
Weighted Wall Squats with Stability Ball	60 seconds
Russian Twists with Dumbbells	30 reps total, 15 each side
Scarecrow Squeezes	15 reps
» Rest 30-60 seconds, move to Circuit #2	
CIRCUIT #2	
Crab Twists	30 reps total, 15 each side
Lateral Bicep Curls	30 reps total, 15 each side
Plié Squat Into Side Kick	40 reps total, 20 each side
Glute Bridge with Dumbbell	20 reps
» Rest 30-60 seconds, move to Circuit #3.	
CIRCUIT #3	
Kneeling Side Plank Clamshells	40 reps total, 20 each side
Sumo Squats with Bicep Curls	40 reps
Reverse Lunge and Press	30 reps total, 15 each side
Weighted Wall Squats with Stability Ball	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.	

14-DAY RESET PLAN: DAY 12

THE MOVES	TIME/REPS
CIRCUIT #1	
Kettlebell Sit-Ups and Press	15 reps
Goblet Squat Jumps	30 reps
Kneeling Side Plank Clamshells	40 reps total, 20 each side
Flutter Kicks	45 seconds
» Rest 30-60 seconds, move to Circuit #2.	
CIRCUIT #2	
High Knees	45 seconds
Ab Claps	30 reps
Burpees	30 reps
Single Leg Glute Bridge	40 reps total, 20 each side + 20 pulses
» Rest 30-60 seconds, move to Circuit #3.	
CIRCUIT #3	
Pushups (on toes or knees)	30 reps
Mountain Climbers	60 seconds
Stability Ball Leg Raises	30 reps
Burpees	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.	

14-DAY RESET PLAN: DAY 13

THE MOVES	TIME/REPS
CIRCUIT #1	
Deadlift with Upright Row	25 reps
Mountain Climbers	40 seconds
Glute Rainbows	50 reps total, 25 each side
Tricep Dips	20 reps
» Rest 30-60 seconds, move to Circuit #2.	
CIRCUIT #2	
Starfish Abs	30 reps total, 15 each side
Plank Jacks	40 seconds
Weighted Donkey Kicks	30 reps total, 15 each side
Reverse Fly (using lighter weight)	15 reps
» Rest 30-60 seconds, move to Circuit #3.	
CIRCUIT #3	
High Knees	40 seconds
Tuck Jumps	25 reps
Squat Jumps	20 reps
Jumping Jacks	🔥 BURNOUT (go until you can't go anymore!)
» End circuit with 15-30 minutes of cardio.	

14-DAY RESET PLAN: DAY 14

REST DAY!

Focus on stretching and
30 minutes of light cardio.

#14DAYRESETPLAN



SHE ACTIVATES PROTEIN POWDER
**FOR ACTIVE WOMEN
JUST LIKE YOU!**

Zero Added Sugar

16g Protein

Under 90 Calories

Formulated for Women

+ SHOP NOW AT [BROOKEFARMER.ORG](https://www.brookefarmer.org)

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

14-DAY RESET PLAN DISCLAIMER

The material (including without limitation, advice and recommendation within this program, other programs, our email newsletter and our website is provided solely as general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

Always consult your physician or health care provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Brooke Farmer, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

The materials and content contained in this program, other programs, our email newsletter and our website are for general health information only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Users of this program, other programs, our email newsletter and our website should not rely exclusively on information provided in this program, other programs, our email newsletter, and our website for their own health needs. All specific medical questions should be presented to your own health care provider and you should seek medical advice before starting any type of nutrition or weight loss or workout program.

Brooke Farmer and/or our affiliates make no warranties or representations, express or implied, as to the accuracy or completeness, timeliness or usefulness of any opinions, advice, services or other information contained or referenced in this program, other programs, our email newsletter and our website. Brooke Farmer and/or our affiliates do not assume any risk for your use of this program, other programs, our email newsletter and our website. Users of this program, other programs, our email newsletter and our website should be aware that the materials and content contained in this program, other programs, our email newsletter and our website are only updated periodically; such materials or content may not contain the most recent information available.

Developments in medical research may impact the health, fitness and nutritional advice that appears in this program, other programs, our email newsletter and our website. No assurance can be given that the advice contained in this program, other programs, our email newsletter and our website will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional or 911 immediately.

Brooke Farmer reserves the right to update or change information contained in this program, other programs, our email newsletter, and our website at any time. Brooke Farmer is not responsible for information appearing at hyperlinks.

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. You should rely on your own review, inquiry and assessment as to the accuracy of any information made available within this program or via this web site.

You agree to defend, indemnify and hold harmless Brooke Farmer, other affiliated companies and their employees, contractors, officers and directors from all liabilities, claims, and expenses, including attorney's fees, that arise from your use or misuse of your exercise and nutrition programs or other information made available on the web site.

We advise you to take this program information to your doctor to gain a medical clearance before beginning your program. This program is not suitable if you suffer from high blood pressure.