



# **FIT BODY MOMMY**

**THE SIMPLE,  
NO-NONSENSE GUIDE  
FOR BUSY MOMS  
LOOKING TO GET FIT**

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**CAPITAL**  
STRENGTH & CONDITIONING

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## **You: Part Superhero, Part Miracle-Worker, Part Role-Model, Full Mom**

Your kids and your family are your world - it's more than a full-time job to make sure everyone is taken care of. At times, that means sacrificing your own wants and needs. Sometimes it means losing a little bit of yourself along the way.

But the kids are getting a little bit older, and soon you'll need to be more than just a chauffeur, chef, events planner, nurse, maid, and professional potty-trainer. You'll need to be a role-model.

With everyone needing your care and attention, how can you possibly be the role-model your kids will need? You want to show your kids the importance of living a healthy lifestyle, to teach your daughter the power within herself, or have your son respect and admire a strong woman. You'll always be proud of your kids, but can you imagine what it would be like for them to be proud of you and your accomplishments? It starts with respecting yourself and taking care of YOUR wants and needs - and maybe finding that bit of yourself you lost along the way.

It sounds nice, but once you've finished reading this (even if you can get the whole way through without an emergency pick-up from school or something breaking in the house), reality will come back in. It would be easy to tell you the absolute optimal way to eat and workout to build strength, confidence and even lose some of the extra fat you weren't able to drop after your last baby. But if that advice can't be applied to your life, as it currently is, in a practical and realistic way, what is it worth? It would be like purchasing a charger for an iPhone 4 when you have the iPhone 5. It works, but just not for you. And there's nothing wrong with that.

In this book, we'll take a look at some of the obstacles mothers like yourself have had to overcome in order to achieve their personal goals. We'll address common goals and issues you probably have, and what you can do – in a flexible way that allows you to mold the process to your life, not the other way around.

### **What Are Your Priorities?**

Everything is possible. But everything isn't possible at the same time. You want to be the best mother you can be and priority number 1 is your family – not your waistline. That's how it should be! Your first step towards achieving your goals is realizing that you are already succeeding at other areas in your life. It's a miracle that everyone manages to get fed and have clean clothes everyday – that's you!

So when you feel guilty you're going miss the hour-long workout you wanted to get in today because your child is sick and blowing his nose into his shirt and you can only get 10 minutes in before the laundry is done – give yourself a break! You have your priorities straight, and I'd probably be concerned right now if you said “sorry honey, mom has to go to the gym! You're on your own!”

Your own health, however, should be next on that list. How to get healthy while keeping the rest of your priorities where they are is where flexibility comes in. You don't need another rigid diet that can't fit into your life. You don't need a workout plan that only works if you have time for 2 hours of cardio a day, or if you have the right kind of special equipment. You need options.

## **Your Best Tool - Have Flexible Options**

Your schedule is far from predictable. Everyday is affected by school, holidays, the kids' extracurriculars, the weather, traffic and whether or not there's anything your family will actually eat in the fridge.

While it's important to try and have a little routine and stability in your life, it's not possible for you to know if you can commit 5 hours a week to workout or if you'll only have 2. That's where flexibility comes into play.

Or let's say you've planned out a great healthy dinner menu for your family this week. Monday is some beautiful marinated salmon with quinoa and heaps of steamed broccoli. The problem? Your kids won't touch it. Salmon is gross they tell you – and all you can think of is money down the drain. Steamed broccoli tastes worse than rubber, they say, and you sigh thinking of all the time you spent cutting it into florets.

Do you tell your kids to either eat it or be hungry, or do you get up and make them something more 'kid-friendly,' like processed chicken fingers? Neither of those sounds too great.

I'll show you how to have flexibility and options in not only your workouts, but your nutrition as well. Remember, this isn't a temporary diet we're embarking on, this is your life!

## **Get the Family On-Board**

The most important thing you can do is have a community to support you in your goals. Who is closer to you than your family? Get your partner and your kids to cheer you on! Include them in on your goals – if you're trying to lose fat explain why. If you want to be stronger, tell them what you want to do! Tell your partner to give you a shoulder massage instead of a cupcake if you're feeling down or stressed.

Show off your accomplishments! It's not uncommon for my clients to excitedly show off to their kids and spouse the first time they do a push-up, or have me record them doing some assisted pull-ups to brag to their friends.

Get moving together! Instead of spending \$70 at the movies, take the family out to the park. If it's cold, try something new like indoor roller-skating or an outing to the farmer's market. Get them going towards a healthier lifestyle with you!

## What do You Want to Achieve? – Amy's Profile

If you look in magazines, on Pinterest or other fitness websites, you'll find hundreds of workouts with thousands of different exercises. With all of them promising lean legs and a flat belly in just 5 minutes a day, how can you know which ones to use and when?

Just knowing a few exercise basics will help you be able to determine for yourself what workouts are helpful for you. The first thing to do is to identify your goals. Here is the profile of a client I worked with a few years back:

Amy was a 37-year old woman with 2 kids, a son who just started his freshman year of high school and a daughter who was in the 5<sup>th</sup> grade. She couldn't believe how quickly the time had flown by – and how much she had been neglecting herself. She and her husband were in the process of redecorating their daughter's room into a 'big girl' space. It wasn't until she was unable to help him move the too-small bed frame that she realized how much strength she'd lost. Now it seemed like an eternity ago that she had been a great cheerleader.

She said that her mother had recently fallen and broken her hip, landing her an extended stay in the hospital. It was uncertain if she'd ever be able to move around again like she used to. That had been a real wake-up call.

Adding all of that onto the fact that her little girl would soon be a grown-up middle-school kid, Amy realized she needed to get her health in check. She wanted to be a good role-model for her daughter and show her that mommy could move big things around just like daddy. She wanted to be able to follow her son's golf tournaments without gasping for air after hole three. Oh, did she mention they were going to the beach in a month and she really, really wanted to wear a bikini with confidence?

We made a list of all Amy's goals, and then we set out on a program to help her achieve them. We actually only met twice per week for 30 minutes – that was all she could consistently commit to. Everything else she achieved on her own!

### **Amy's Goals:**

- 1) Regain strength and build bone density (Specific: Do a push-up and a headstand)
- 2) Decrease body fat and increase muscle tone
- 3) Strengthen abdominal muscles (often weak post-pregnancy, especially with C-section deliveries)
- 4) Reduce appearance of stretch marks and cellulite
- 5) Increase energy to keep up with kids
- 6) Learn how to eat correctly in a way that works for family's tastes

Do some of these sound familiar to you?

Thankfully, these goals almost all tie-in together. You may feel that's a lot to want to accomplish at once – and it certainly is – but it probably involves less complication than you think.

In this next section we'll go over some exercise and nutrition basics so that you'll never be left

guessing on what to do. You'll also be able to figure out what can fit into your unique life and ever-changing time schedules instead of depending on someone else to tell you.

# The Basics – Training

You've probably heard the saying "you can't out-exercise a bad diet" or "abs are made in the kitchen, not the gym." There is definitely some truth to these statements! Unless you're an athlete who trains constantly, you'll have a tough time maintaining or losing fat if you don't watch what you eat.

However, for your health, exercise plays a dramatic role. With benefits ranging from maintaining or increasing your bone density (which means your bones will have a harder time breaking or becoming fractured) to reducing depression, doing even the most basic amount of movement, such as a 10 minute walk, is hands-down one of the best things you can do for your own health and longevity.

Let's take a more in-depth look at different types of training, how they're structured and what you can expect to get out of them.

## **Structure**

Often, workouts will be structured by sets and reps. You can think of 'sets' as the number of rounds you do of an exercise, and reps as the number of times you do the exercise in a row. For instance, if you saw:

**Squat: 3 x 8 x 15lb**

You would be doing a squat 8 times with a 15 pound weight. Then you would rest and repeat the exercise 2 more times for 3 rounds total.

## **3 Common Types of Training**

**Strength Training** – Typically includes workouts such as weight lifting, or bodyweight movements such as push-ups and pull-ups. Are done with a small number of reps and plenty of rest between sets.

**High Intensity Interval Training** – Can include almost anything under the sun, from running on the treadmill, rowing, barbell complexes, kettlebell swings, bodyweight exercises – really any movement done at a high level of effort with minimal rest. 90% of the routines and workouts you see in magazines are this kind of training. They typically shouldn't last any longer than 20 minutes.

**Endurance Training** – Traditional versions of this include distance running, swimming, biking, etc. However you can also achieve a similar training effect with any type of movement. You could cycle through low-intensity exercises such as short step-ups with no weight, a rowing machine, shadowboxing, and sled drags with little to no rest for a long duration.

## How Should You Use These Training Types?

This is a tricky question, especially since many workout types incorporate more than one kind of training. But in general, here are the kinds of effects you'll get from these types:

**Strength Training** – Increase strength, muscle tone, energy and bone density. Decrease body fat.

**High Intensity Training** – Increase strength endurance, energy and some muscle tone, decrease body fat.

**Endurance** – Increase energy, decrease body fat.

Note that there is a TON of overlap here! This is what can make training so confusing when you're just getting started.

For the goals stated above, and knowing that you have limited time, it's clear that strength training or high intensity training are going to be your best bets.

But if you're a beginner and just getting started in training, you can do just about anything and get great benefit out of it. It's one way being a beginner is actually an advantage when it comes to training! Just pick something and get moving. Whether it's a spin class, getting some personal training or just walking with friends, getting started is your biggest obstacle at this point, so don't fret over the details.

## Key Exercise Essentials

**Always practice good form** – It's VERY important to make sure that you are performing an exercise properly. If you're not sure if you're squatting correctly, video tape yourself and compare it to an educational video. But the best way to make sure that you're doing it right is to hire a good personal trainer who can not only check for you, but tell you how to correct it if it's wrong.

**You MUST progress your workout to continue seeing results** – If you've been doing the same 3 sets of 10 reps with a 10 pound dumbbell for 3 months, it's time to ramp it up. A good rule of thumb for strength training is that if the last 2-3 reps aren't a struggle, you need to up the weight. Alternatively, you could increase the number of reps you're performing. If you can do 15 reps with 10 pounds with ease but can't quite get 10 with the 15 pounds, stick with the 15 pounds until you can get up to 10. Once THAT is easy you know what to do – bust out the 20's!

**When it comes to fat loss, strength training trumps endurance** – When looking to drop fat, you want to make sure that you don't lose your muscle in the process. This is one of many reasons strength training is so important! When you signal to your muscles that you need them to stick around for the heavy squats you do regularly, your body won't get rid of it even when you're at a caloric deficit. It will take everything it needs from your fat stores instead. Muscle helps keep your metabolism high, keeps you strong and independent, and looks pretty good too!

**The best routine is the one that you'll stick with** – Of course, if you LOATHE strength training and will never do it (though, I'd give it a fair shake for a couple of months at least),



then it's pointless for me to tell you how to do it, isn't it? It'd be me giving you a charger for that iPhone 4 when you have a 5. If you love Zumba and spin class, it would be completely asinine for me to say that you can't lose weight doing those. Absolutely you can – not to mention the fact that you enjoy it makes your life that much better.

Anytime someone tells you that you HAVE to do a certain kind of exercise to lose weight, just keep moving on. I'm a big proponent of strength training, but you'll never hear me say it's the only path.

## **When to Use Each Type of Training**

As mentioned above, strength training is going to be your best bet for efficient fat loss. When you're a beginner, a strength workout can easily be done completely at home with your own bodyweight. At the end of this manual we'll provide you with a sample workout just for this! Ultimately, what kind of training you want to use depends on how much time you have and your personal preference. But here are some guidelines:

### **Got an Hour?**

A common mistake many new strength trainees make is doing a typical 'bodybuilding split' routine, such as spending an entire session focusing on abs, arms or legs. Only advanced lifters need to worry about these!

If you have the time, get in a total-body strength workout. Use big bang-for-your-buck exercises like squats, presses, rows, lunges and deadlifts. If you're a beginner, try our sample at-home strength routine! If you have access to a gym or weights, even better. We've provided a workout for you too!

### **Got 15 Minutes?**

Try an interval workout. You can add or subtract rounds depending on exactly how much time you have. These can last as little as 5 minutes or as long as 20-30.

No treadmill? No problem! These can easily be done outside, or even with bodyweight exercises in your own home. We've got sample workouts for you at the end as well.

### **Got 5 minutes?**

Get up, get outdoors if you can and get some sun on your skin. It'll make your day much better, promise.

## **But What About Cardio?**

Do you love running? Then go run! If swimming makes you feel fantastic, do it!

As far as traditional cardio for fat loss, however, your time is better spent performing strength or high intensity training. If you've already done a few strength workouts and a couple high intensity sessions and still want to do more, congratulations on making that time for yourself!

If you've done the above, go for a nice walk, a light run or bike.

For most mothers who realistically won't get all that in, however, I say make your cardio double as family and friend time. Take the dog an extra block around, go for a walk with a friend, play with your kids on the playground rather than watching, take them to the pool or a giant indoor trampoline center, somehow convince your husband to take those salsa lessons with you. (Good luck!)

I also highly recommend doing the above in lieu of strength or interval training if you've had a particularly stressful week. Honor the body's need to relax and unwind – it will help you with your fat loss more than you might think!

## The Basics - Nutrition

Nutrition is a subject that is often over-complicated. (Just like exercise, right?)

When it comes to your fat-loss nutrition, it's not worth worrying about whether or not your post-workout shake has the correct proportion of carbs to protein or whether or not you're allowed to eat dairy on the latest diet fad if you don't have the basics down. What are some of the basics?

- Eating a serving of vegetables with every meal.
- Drinking adequate fluids. (This will vary depending on your weight and activity level)
- Getting good sources of protein in every meal.
- Making sure your relationship with food is a positive and healthy one.
- Getting in-tune with your hunger cues.

If you don't have some of these down, it's not worth worrying about whether your bread is supposed to be whole grain or whole wheat.

## **What to Eat to Lose Weight**

Well, in reality, it's completely up to you! There is only ONE hard and fast rule to losing weight:

***You must eat fewer calories than you expend.***

That's it!

I know, you've heard that a million times and it hasn't helped at all. We humans are notoriously terrible at knowing how many calories we've taken in, even when we try. That's why one of the basics is getting in-tune with your hunger cues.

However, when you're just starting out, taking note of exactly what and how much you're eating can be a very eye-opening experience.

You know that olive oil cooking spray you use that only has 5 calories in it? That's actually 5 calories for every 1/3<sup>rd</sup> of a second. So if you've been spraying that pan for a good 10 seconds suddenly you've added 150 calories.

Vegetables are healthy right? And they have almost no calories. Unless you cook them in 2 tablespoons of coconut oil. Then they're more like 250 calories.

So, that one rule can be a little bit more difficult than it sounds.

The good news is that those calories can be basically whatever you want. No, I'm not advocating eating Gummy Bears and Pop Tarts for every meal, but you can indulge in these treats without them inherently destroying your progress – so long as they fit in your calorie range.

## What to Eat to Lose Fat

But wait, I just had a section about this above, didn't I?

Not quite. Losing fat is quite a different goal than losing weight in general. Here are some fun ways to lose weight:

- Cut off your arm.
- Lower your bone density.
- Lose 50% of your muscle mass.
- Stop eating any solid foods.
- Eliminate carbs and stop drinking water.
- Sit in a sauna for a couple of hours.

Most of these won't make you look any better, and none of them make you a stronger, more confident person. And they're all pretty terrible for your actual health. But, on the plus side, the scale number will go down! That's not what you want, though. You want to lose FAT so that all of your gorgeous and hard-earned muscle tone and strength shine. Here are some ways to lose fat:

- Eat about 0.6 – 1g of protein per pound bodyweight
- Prioritize strength training
- Eat at a caloric deficit

These strategies will allow you to keep your bone density, muscle mass and strength while losing fat. At times, this can even mean that the scale will go up, especially if you're new to strength training. Fear not! You're probably either retaining water or gaining muscle. This is especially a problem for us women. I know, life's not very kind to us when it comes to that number on the scale! (Thankfully, that number doesn't actually mean anything.)

So here is your template for fat-loss nutrition:

- Figure out roughly how many calories you need to maintain your weight. From here you can pick your deficit – I'd recommend starting modest with AT MOST a 300 calorie deficit per day and see how you feel.
- Eat about 0.6 – 1g of protein per pound bodyweight.
- You can fill the rest of your calories as you see fit!
- Try to prioritize satiating foods such as lean meats, vegetables and fruits.

If you're looking for nutritious recipes that the whole family can enjoy and even a high-protein dessert, check out our recipes at the end!

## Common Questions and Concerns

***What can I do to lose some of my belly fat? My stomach hasn't looked the same ever since I had my children and I haven't seen my abs since I was 17!***

A really important exercise principal is that there is no such thing as spot reduction. You could do crunches all day long and you probably wouldn't see much reduction in your belly fat. Your body will lose overall bodyfat however it sees fit - your crunches could end up making your thighs leaner!

However, for most mothers, building up the abdominal muscles can go a long way towards looking leaner and more toned. Oftentimes during pregnancy the abdominal muscles stretch and weaken, especially if you had a C-section. Frequently, though not always, this is accompanied by lower back pain. Building up your abs can definitely bring everything back together, making you appear leaner without actually losing an ounce of fat.

Crunches, however, are by far not the best exercise to accomplish this. Focus on complex movements like squats, deadlifts or push-ups. While not traditionally thought of as abdominal exercises, you absolutely need to have good core strength to squat or pick up a heavy weight. Add that onto the fact you'll use more muscle groups – and thus more calories – in complex movements and you've got a recipe for defined abs success. If you want to add in some ab-specific exercises, try physioball pikes or planks.

***I'm not looking to build a lot of muscle. Should I still prioritize strength training?***

As a woman, there is a very good chance you will not build too much muscle, even if you tried very hard. Bodybuilding women would LOVE if it were that easy to do – that way they wouldn't have to spend two hours in the gym doing hypertrophy-specific workouts 5 days a week while eating anywhere from 3 to 5,000 calories a day with more protein than you'd dream of eating in a week.

If you focus on complex movements done in the lower rep ranges with heavy weights, you will not put on very much muscle, especially if you are eating a deficit. You can absolutely put on some muscle, which can affect your scale number, but 99% of the time it will leave you looking toned rather than bulky.

And if you do get too 'bulky' looking for your tastes? Eat a little less or stop lifting quite as frequently and you'll see that muscle go down quickly.

***What are some good sources of protein? I have a hard time getting in 50 grams let alone 120!***

There are all the usuals – chicken, eggs, beef, or turkey are going to be a lot of bang for your buck. Vegetarian options include soy, tempeh, beans, greek yogurt and other dairy products, lentils and nuts. (However, bear in mind beans are high in carbohydrates while nuts are very high in fats)

But one of my favorite sources of protein is basic protein powder. Mix it in plain greek yogurt

for a VERY high protein, creamy treat, make smoothies, or even bake with it! (There's a recipe at the end for protein muffins!) It's an easy way to get an extra 20-25g in and comes in tons of flavors, from orange creamsicle to gingerbread.

***I have a lot of cellulite and stretch marks, especially after having kids. What can I do to get rid of it?***

Sadly, there are no magic products or procedures to get rid of cellulite. Stretch marks are tough to get rid of as well. There are strategies for prevention or to lessen their appearance, but to be honest, I think the best method is to accept them. Rest assured that every woman who has ever had children – and even most who haven't – have stretch marks somewhere on their body. And cellulite? Same thing, basically every woman ever has some somewhere, even the very lean ones. With models who appear to have very little to no cellulite, there are one of two things going on:

- Photoshop. Every ad in every magazine or on television is edited. Every. Single. One.
- Very low bodyfat percentages. Cellulite is simply an uneven distribution of fat, so if you have little fat in the first place, it won't be as apparent. Losing fat is the only real treatment.

Take a look at some scathing tabloids one summer. Chances are some photographer caught pictures of some actress in a bikini with cellulite or stretch marks. And while I hate how they present it as some disaster, I like that those pictures exist. They're people just like you!

## Workouts

Here is a section of workout templates that can cover you for a variety of situations. Whether you're at the gym and not sure what to do, or you finally have a bit of time to yourself at home, you'll find something here. These workouts include examples of total-body strength and interval training. As mentioned in the "exercise basics" section, these are your two best-bets to getting the results you want in the most efficient manner possible.

### **At-Home**

We've included bodyweight-only exercises in this section in case there is no equipment at home. If you have weights even better! Eventually bodyweight squats won't be very hard and adding weights (though you could easily do so by holding a toddler or milk gallon) can keep you making progress towards your goals. Remember: to keep seeing results you must continue to challenge yourself!

#### **Strength**

- 1a) Reverse Lunge x 8-12 each side
- 1b) Inchworm x 5
- 1c) Glute Bridge w/ 3s top hold x 10-15

*Repeat 2 – 3 times*

- 2a) 1-Leg deadlift x 8-12 each side
- 2b) Superman w/ 3s top hold x 10
- 2c) Reverse Crunch x 8-12

*Repeat 2-3 times*

- 3a) Air Squat x 10-15
- 3b) Push-Up x 5-8
- 3c) Side Plank x 15 – 30s each side

*Repeat 2-3 times*

#### **Interval Training**

- 1a) Jump Squat x 5-10 (Rest 15-45 seconds)
- 1b) Plank T-Rotations x 5-8 each side (Rest 15-45 seconds)
- 1c) Burpee x 8 – 10 (Rest 15-45 seconds)

*Repeat 3-4 times*

- 2a) Skater Hops x 10-15 each side (Rest 15-45 seconds)
- 2b) Chair Dips x 10 – 15 (Rest 15-45 seconds)
- 2c) Mountain Climbers x 25 – 35 total (Rest 15-45 seconds)

*Repeat 3 – 4 times*

## In the Gym

The gym doesn't have to be a scary place! I know I was terrified of the barbell and free weight area for months before I got up the courage to go. But it was definitely worth it – it gave me the confidence and strength to tackle many other things in my life.

If you're a little nervous, here are a few tips to move your way up:

- Enter the gym with a plan. Having a workout means you always know where you're going next.
- Practice the movement at home. If you're worried about the kettlebell deadlift, look up a detailed video and go through the movement on your own first.
- Always remember everyone started somewhere. Even the strongest people in the gym started not knowing what to do with barbell once.

### **Strength**

- 1a) Kettlebell Deadlift x 5 – 8
- 1b) Lat Pulldown x 8-12

*Repeat 3 times*

- 2a) Goblet Squat x 8
- 2b) Dumbbell Bench Press x 8

*Repeat 3 times*

- 3a) Step-Ups w/ dumbbells x 8-12 each leg
- 3b) Bent-Over Dumbbell Row x 8-12 each arm
- 3c) Plank x 20 – 45s

*Repeat 3 times*

### **Interval – Rowing Machine**

Warm-Up for 5 minutes

Row vigorously for 15 seconds, then at a slow pace for 45 seconds.

*Repeat for 8 – 15 total rounds.*

Cool-Down for 5 minutes



## Family-Friendly Meal

Here we've provided an example of a great family-friendly dinner, complete with a protein-packed dessert. Take away some of the principals from these recipes to help you discover some new ones on your own:

- Panko bread crumbs make a great substitute for fried or heavily breaded foods.
- Make vegetables into 'fries' or hash for the kids (and the kid in you!). Get creative with carrots, zucchini, squash, cauliflower or potatoes!
- Substitute some flour in desserts with protein powder. Vanilla is a good base flavor. There are tons of protein-powder specific recipes out there too!

### **Chicken Fingers**

#### Ingredients

2lbs boneless chicken breasts  
1 egg  
1 tbsp water  
1 cup panko bread crumbs  
1/2 cup Parmesan cheese  
2 tsp basil

- 1) Pre-heat oven to 425 and lightly spray a baking pan
- 2) Cut chicken into fingers or other desired shape.
- 3) Beat egg and water together in one bowl.
- 4) In a wide pan, mix dry ingredients together.
- 5) Dip chicken in egg mixture, then lightly roll in bread crumbs, then transfer onto pan.
- 6) Bake for 15 to 20 minutes, turning half way through.

### **Crispy Green Beans**

#### Ingredients

4 cups green beans  
1/4 cup Parmesan cheese  
1 tsp garlic powder  
1 tsp salt  
1 tsp pepper

- 1) Preheat oven to 425 and line a baking sheet with foil. Spray with cooking spray.
- 2) If using fresh green beans, snip off ends and wash in water. If using frozen, steam in microwave.
- 3) Lay green beans evenly on sheet. Sprinkle with dry mixture until coated.
- 4) Bake for 10 – 15 minutes.
- 5) For extra crispness, broil for an additional 2-3 minutes!
- 6) Serve with ketchup or favorite dipping sauce.

## **Protein Muffins (Pumpkin flavor)**

### Ingredients

1/3 cup pumpkin puree  
3/4 cup egg whites  
1/2 cup plain greek yogurt  
3/4 cup oats  
2 scoops vanilla protein powder  
1/4 cup sweetener of choice (I like stevia)  
1 tsp baking soda  
1 tsp baking powder  
1 tsp pumpkin pie spice

- 1) Pre-heat oven to 350. Spray a muffin tin with cooking spray or line with foil muffin liners.
- 2) Blend all ingredients with hand-mixer or blender.
- 3) Pour into muffin tin – can make 6 large muffins or 12 small.
- 4) Bake for 15-20 minutes or until toothpick comes out clean.

## Contact Kat

Still feeling confused after finishing this book? Connect with me and I'll do my best to answer any questions you may have. Helping you get healthy, strong and confident is my goal – let's do this!

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