



Kickstart Fitness Guide

3 Delicious High Protein Recipes with 3 Heart Pumping
Complex Workouts that will Kickstart your Health and
Fitness Journey

High Protein Recipes

Quick, Easy, and Nutritious Recipes that will Satisfy
your Cravings and Meet your Protein Needs



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
377 kcal
22g Fats
22g Carbs
21g Protein



SPANISH ZUCCHINI TORTILLA

WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well. Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

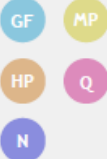
After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
354 kcal
16g Fats
33g Carbs
20g Protein



WALDORF CHICKEN SALAD

WHAT YOU NEED

- 3.5 oz (100g) chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- ¼ cup (40g) raisins
- ¼ cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

WHAT YOU NEED TO DO

Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.

Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

VEGGIE OPTION:

Instead of chicken add tofu.



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
325 kcal
10g Fats
33g Carbs
28g Protein



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QUICK BEEF CHOW MEIN

WHAT YOU NEED

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- ½ leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onions, chopped

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on the packaging.

Cut the beef into thin strips.

Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes and garnish with chopped spring onions.

Complex Workouts

Are you ready to 10X your “Awesome Factor”?!

Here are some awesome calorie burning, muscle retaining/building complex workouts (to add to your overall training plan), that will accelerate your fat loss results and keep your muscles primed.

GO HARD ON THESE!!

BONUS COMPLEX 1: SANDBAG SAVAGERY

Demo Video: <https://vimeo.com/404381507/f663c63a84>

*20 Minute AMRAP (As Many Rounds As Possible): Rest only as needed

**Descending reps 10, 9, 8, 7, etc. (Subtract one rep. each round: work back up from one rep. of each)

1. Shoulder Press
2. Front Squat
3. Toe-Press (calf raises)
4. Bent-Over Row
5. Deadlift

BONUS COMPLEX 2: BODYWEIGHT BLAST

Demo Video: <https://vimeo.com/404382873/0605d6a18c>

*20 Minute AMRAP (As Many Rounds As Possible): Rest only as needed

**Ascending reps 1, 2, 3, 4, etc. (Add one rep each round, until time finishes)

1. Burpees
2. Modified Hindu Squats
3. Push-ups
4. Full Curl-ups
5. Glute Bridges (thrusters)

BONUS COMPLEX 3: DUMBBELL ISOLATION

Demo Video: <https://vimeo.com/404385534/ee12f9a47f>

*20 Minute AMRAP (As Many Rounds As Possible): Rest only as needed

**6 reps for each exercise; Perform all reps on the left side of the body, before moving to the right. Each full completion of both sides of the body, equals one round.

1. Staggered Push-up
2. Bent-Over Row
3. Split Squat
4. Biceps Curl
5. Single-Arm/Leg Romanian Deadlift (RDL)
6. Squat-to-Press