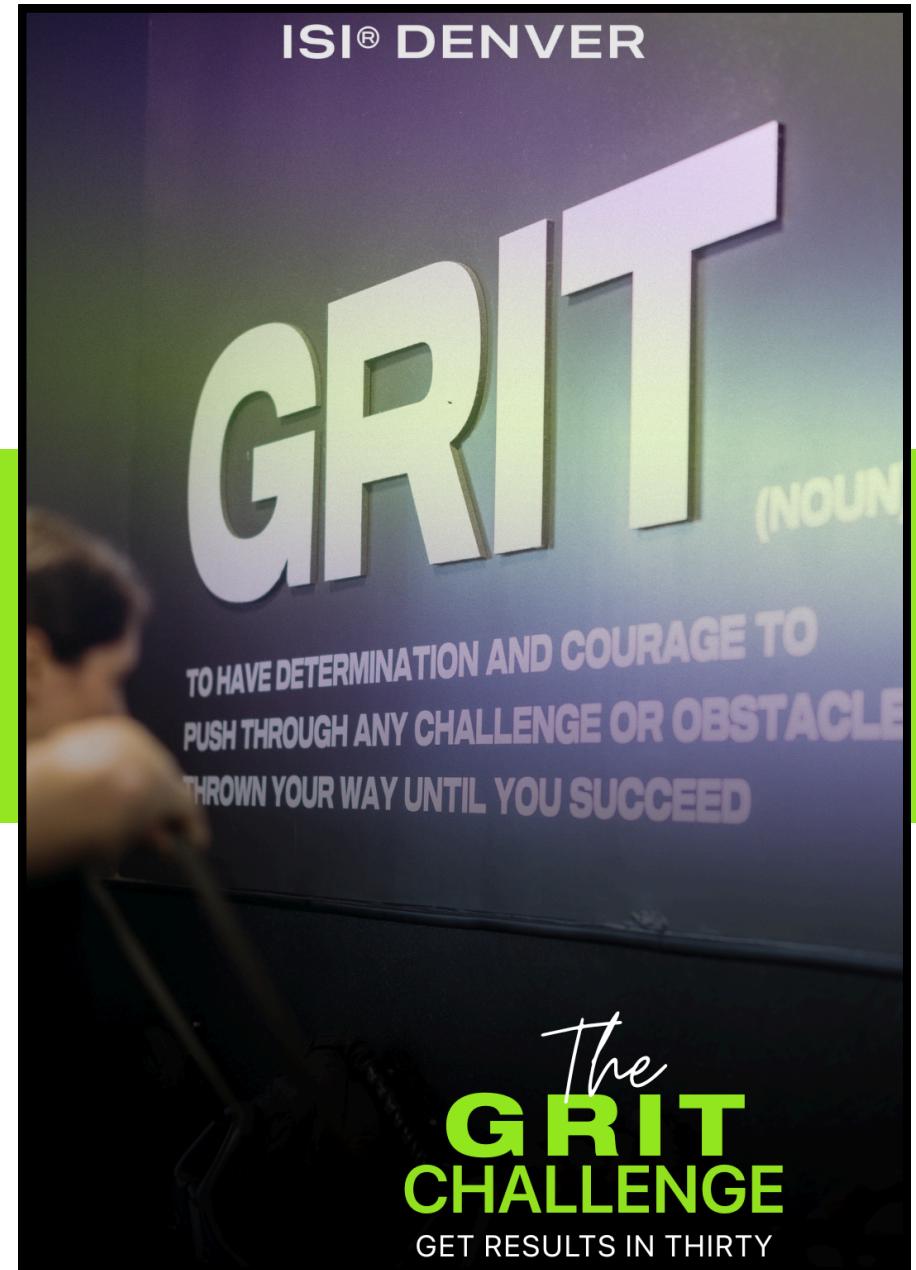


WELCOME TO THE:

GRIT CHALLENGE

FEBRUARY 9-MARCH 8, 2026



CHALLENGE ACCEPTED

We're excited to officially kick off our GRIT (Get Results In Thirty) CHALLENGE—a chance to push your limits, stay consistent, and show up with purpose alongside our community.

MY NAME:

MY FOCUS:

INBODY (STARTING AND ENDING):

SMM (SKELETAL MUSCLE MASS) _____

BFP (BODY FAT PERCENTAGE) _____

MY TEAMMATES:

Requirements:

1 scoop of Creatine daily

1 scoop of Protein daily

3 or more ISI sessions per week (12 SESSIONS)

TOTAL IN 4 WEEKS

Starting Inbody and Ending Inbody

Macronutrient Focus

***Human Nutrition Preferred Brand of Protein/Creatine, but not mandatory**

Included:

Macronutrients 101 Guide

7 day Meal Plan & Recipe Book

**Weekly Education, Accountability & Support
from Coaches**

Weekly Team Challenges & Prizes

10% off Human Nutrition Supplements

Foam Rolling Session 2/21

**Discount on Dry Needling from LKN Physical
Therapy**

Prizes:

**Weekly Team Winner: Social Spotlight,
Bragging Rights
and Team Treat**

**Top Male and Female: Most body fat percentage
lost**

Top Male and Female: Most muscle mass gained
-\$100 Credit for Retail/Nutrition
-Free Month to Give a Friend
-\$25



GRIT CHALLENGE

MACRONUTRIENTS 101 GUIDE



MACRONUTRIENTS

101

There's a lot of confusion about macros and calories being different. They aren't!

Your macros = your calories.

The calorie breakdown for macros:

1g Protein = 4 calories

1g Carbohydrate = 4 calories

1g Fat = 9 calories

If you have:

130g Protein ($130 \times 4 = 520$ calories)

186g Carbs ($186 \times 4 = 744$ calories)

65g Fats ($65 \times 9 = 585$ calories)

You have 1849 calories

PROTEIN

Protein:

Valuable because it helps us repair our cells and make new ones. Protein is the building block of bones, muscles, cartilage, and skin!

If you don't eat enough protein, you will lose muscle when you go into a calorie deficit.

CARBS

Our body's main energy source! This means that if carbs are available, our body will use those first!

If you don't eat enough carbs, you can't train as hard!

FATS

Fats:

Sometimes people get really scared of fats, but they do really unique things in our body, such as:

Give your body energy

Support cell growth

Produce important hormones

Protect your organs

Keep cholesterol and blood pressure under control

If you don't eat enough fat, your hormones can be negatively impacted.

IF YOU ARE TRACKING FOOD

Use the MyFitnessPal app (FREE version).

To change your macro goals, in the bottom right-hand corner click MORE, then GOALS, then CALORIES, CARBS, PROTEIN, FAT GOALS.

From here, you can click on the calorie number and change the values to your individual macros.

The free version only allows you to change macros in percent of 5.

Track in grams, not percentages. Ignore the pie chart. Focus on hitting your protein, carbs, and fats in grams by the end of the day.

Log protein first. Build your day around protein, then fill in carbs and fats. This keeps you full and protects muscle.

Use the barcode scanner when possible. It's faster and usually more accurate than searching.

Pre-log when you can. Enter meals earlier in the day so you're not guessing or scrambling at night.

Keep foods simple. Repeat meals you like. Consistency beats variety during a challenge.

Don't chase "perfect." Being close to your macros daily beats being exact once in a while.

Track trends, not one day. One off day doesn't matter, patterns over the week do.

If it stresses you out, pull back. Tracking is a tool, not a requirement, awareness is the win.

MACRO-FRIENDLY GROCERY LIST

PROTEIN

- Target Good & Gather rotisserie chicken
- Fully cooked chicken skewers from Costco
- Boar's Head low-sodium chicken or turkey (deli)
- Tyson fully cooked grilled chicken strips
- Tuna Creations packets
- Good Culture cottage cheese
- (everything-but-the-bagel seasoning on top)
- Oikos yogurt (20g protein)
(add a graham cracker on top)
- Ground chicken
- Laughing Cow cheese
- Egg Beaters
- Liquid egg whites
- 96/4 lean ground beef or bison
- Shrimp (raw or cooked)
- Salmon fillets or smoked salmon
- Fairlife 2% or skim milk
- Human Nutrition Protein & Creatine
- Protein shakes (Fairlife, Core Power, etc.)
- Turkey pepperoni or turkey bacon

CARBS

- Squash: spaghetti, acorn, butternut
- Carrots, parsnips (fries)
- Broccoli, cauliflower (rice)
- Radish, cucumber, peppers, cherry tomatoes
- Mushrooms, peas, asparagus, Brussels sprouts (stir-fry)
- Rice cakes
- Sweet potatoes
- Oats
- Lentil or chickpea pasta
- Bananas, pears, apples
- Quinoa
- Jasmine or basmati rice
- Potatoes (gold or red)
- Ezekiel or sprouted grain bread
- Low-calorie tortillas or wraps
- English muffins
- Pretzels (easy carb source)
- Frozen fruit (berries, mango, pineapple)

FATS

- Avocados
- Nuts
- Olive oil
- Nut butter
- Olives
- Chia seeds
- Avocado oil spray
- Light mayonnaise
- Hummus
- Pesto (portion-controlled)
- Flaxseed

BONUS ITEMS:

Everything-but-the-bagel seasoning
Salsa & pico de gallo
Sugar-free BBQ sauce
Mustard & hot sauce
Low-sugar marinades
Bone broth

MACRO HACKS

@jocelynnlee_fit

Lower Calorie Condiment Swaps



*Calories are based on calories per ONE serving

MACRO HACKS

Lower Calorie Condiment Swaps V2

@jocelynnlee_fit



MACRO HACKS

Lower Fat Protein Swaps



@jocelynnlee_fit

MACROS HACKS

@jocelynnlee_fit

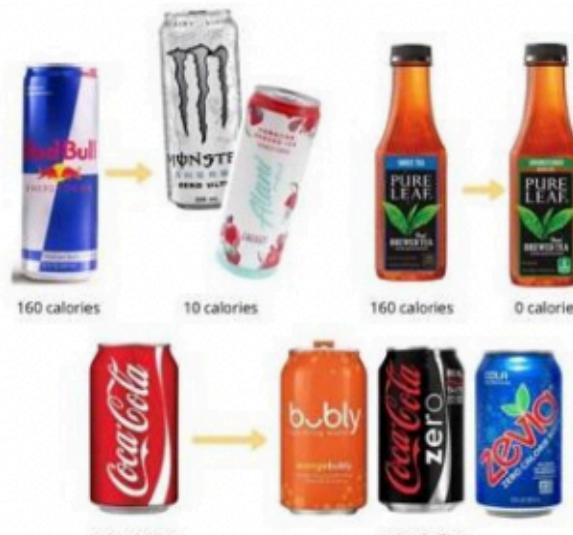
Lower Calorie Drink Swaps



MACROS HACKS

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Lower Calorie Drink Swaps



MACRO HACKS

@jocelynnlee_fit

High Fiber Swaps



SECRET WEAPONS

Hitting your protein goals has gotten **whey** easier.

Each serving of **Human® Whey Protein** has up to **26g of protein** for as low as **130 Calories** (equivalent to 3 oz of skinless chicken breast).

Protein shakes make it easy to actually hit your protein goal every day — even on busy, low-motivation days. That means:

Better muscle recovery
Less muscle loss in a calorie deficit
Staying full, which helps curb snacking and cravings

Be sure to check the ingredients and servings per canister if you aren't using Human Nutrition for the challenge.



Create muscle growth with **creatine**.

Creatine is proven **energize muscles and increase workout performance** (which in turn helps in achieving fitness goals faster).

One scoop of **Human® Creatine** gets you 5g of creatine, as much as consuming 2 lb of meat or fish!

Creatine helps your muscles restore energy (ATP) faster after hard workouts. That means you can recover between sessions more efficiently and train hard again sooner

It is important to take creatine every day, regardless of if you are working out or not. It can be taken any time of day, but makes most sense to add it into your protein shake after workouts.

Don't forget GRIT Challenge participants get 10% off Human Nutrition during the Challenge. Make sure to remind the Sales Leader to add the 10% discount.



MUSCLE GAIN FOCUS

GRIT CHALLENGE

MACROS, TIPS & 7
DAY MEAL PLAN



MUSCLE GAIN FOCUS

EXAMPLE MACRO BREAKDOWN:

Example: Active Female

Calories: ~2,100

Protein: 145g

Carbs: 230g

Fats: 60g

Example: Active Male

Calories: ~2,600

Protein: 170g

Carbs: 300g

Fats: 75g

TIPS:

Timing (simple but effective)

Protein every meal

Carbs pre & post workout

Eat within 1–2 hours post training

No need to overthink it — consistency wins.

Drink water all day. Add a protein shake if you ever fall short. Season Freely (salt helps performance)

How to Adjust: After 2–3 weeks:
Weight not moving → +100–150 calories
Gaining fat too fast → pull carbs or fats slightly

Strength going up = you're doing it right
Lean Muscle Rules (quick + practical)

Protein: ~1.8–2.2 g per kg bodyweight daily
Calories: Small surplus (\approx 200–300 kcal)
Carbs: Time them around workouts
Fats: Moderate, mostly from whole foods

If weight isn't going up → add more carbs

Aim for protein every meal

Don't skip post-workout carbs

Sleep = growth

DAY 1

BREAKFAST

3 Eggs
Oatmeal with Peanut Butter & Banana

LUNCH

Chicken Breast
Rice
Steamed Broccoli

DINNER

Salmon
Sweet potato
Side salad

SNACKS

1. Protein Shake + Handful of Almonds
2. Greek Yogurt + Honey

DAY 2

BREAKFAST

Protein pancakes or toast
Scrambled Eggs

LUNCH

Ground Turkey
Quinoa or Rice
Green Beans

DINNER

Steak
Roasted Potatoes
Asparagus

SNACKS

1. Cottage Cheese + Berries
2. Apple + Peanut Butter

DAY 3

BREAKFAST

overnight Oats (oats, protein powder, milk)

LUNCH

Chicken Burrito Bowl
(Rice beans chicken avocado)

DINNER

Pasta
Lean Ground Beef
Marinara Sauce

SNACKS

1. Hard Boiled Eggs (2-3)
2. Protein Bar

MUSCLE GAIN FOCUS

Calories (small surplus = lean gains)

Goal: eat slightly more than maintenance.

+250–400 calories/day

Enough to build muscle

If scale weight is jumping fast

(>0.75 lb/week),

you're eating too much.

Protein (the priority)

0.8–1.0g per lb of goal bodyweight
(or ~1g per lb lean body mass)

Examples:

150 lb goal → 120–150g protein

180 lb goal → 145–180g protein

Spread across the day (25–40g per meal)

Carbs (fuel + growth)

40–50% of total calories

Power workouts

Improve recovery

Support muscle glycogen (aka growth fuel)

Higher carbs on training days = better performance.

Fats (hormone support)

20–30% of total calories

Don't slash fats — they're key for testosterone, estrogen, and overall recovery.

DAY 4

BREAKFAST

Eggs + Toast
Fruit

LUNCH

Tuna or salmon wrap
Side of rice or chips

DINNER

Chiken Thighs
Mashed Potatoes
Veggies

SNACKS

1. Greek Yogurt
2. Smoothie (Protein, Banana Milk, PB)

DAY 5

BREAKFAST

Oatmeal with Protein Powder
Blueberries

LUNCH

Turkey Sandwich
Side of Rice or Pasta
Salad

DINNER

Shrimp
Rice
Stir-fry veggies

SNACKS

1. Cottage Cheese
2. Protein Shake

DAY 6

BREAKFAST

Breakfast Burrito (Eggs, cheese, tortilla)

LUNCH

Chicken Pasta
Light Sauce

DINNER

Burger (lean beef)
Sweet Potato Fries

SNACKS

1. Banana + PB
2. Protein Bar or Yogurt

DAY 7

BREAKFAST

French Toast or Waffles
Eggs

LUNCH

Leftovers (Protein +Carbs)

DINNER

Salmon or Steak
Rice or Potatoes
Veggies

SNACKS

1. Smoothie
2. Trail Mix

muscle gain focus

FAT LOSS FOCUS

**GRIT
CHALLENGE**

MACROS, TIPS &
7 DAY MEAL PLAN



FAT LOSS FOCUS

EXAMPLE MACRO BREAKDOWN:

Example: Active Female

Calories: ~1,800–2,000

Protein: 140g

Carbs: 180–200g

Fats: 55–65g

Example: Active Male

Calories: ~2,300–2,600

Protein: 170g

Carbs: 230–260g

Fats: 65–75g

Protein: The Non-Negotiable

Goal: preserve/build muscle while cutting fat

0.8–1.0g per lb of goal bodyweight

(or ~1g per lb of lean body mass)

Typical range:

Women: 120–150g/day

Men: 150–190g/day

TIPS:

If fat loss stalls, don't cut protein. Cut carbs or fats first.

Calories (slight deficit, not aggressive)

You want a small deficit, not a crash diet.

10–20% below maintenance

Too big of a deficit = muscle loss + low energy + poor workouts

If you train hard 4–6x/week, err toward the smaller deficit.

Carb & Fat Split (performance-based)

This can flex depending on preference, but this setup works for most:

Carbs: 35–45% of calories

Fuels workouts

Helps recovery

Keeps hormones happy

Higher carbs on training days, slightly lower on rest days if needed.

Fats: 25–30% of calories

Hormone support

Satiety

Don't go too low here—<20% long term = no bueno.

DAY 1

BREAKFAST

2 eggs + 3 egg whites
Spinach
1 slice whole-grain toast

LUNCH

Grilled chicken
½–1 cup rice
Roasted veggies

DINNER

Salmon
Sweet potato
Side salad

SNACK

Greek yogurt + berries

DAY 2

BREAKFAST

Protein oatmeal (1/2 cup oats + protein powder)

LUNCH

Turkey wrap (whole - grain or low carb wrap)
Lettuce & mustard

DINNER

Lean Ground Beef (93%)
Roasted potatoes
Broccoli

SNACK

Protein Shake

DAY 3

BREAKFAST

Greek Yogurt Bowl
Berries & Light Granola

LUNCH

Chicken Salad
Mixed Greens
Olive Oil & Lemon

DINNER

Shrimp Stir-Fry
1/2-1 cup rice
Veggies

SNACK

Cottage Cheese

FAT LOSS FOCUS:

- ✓ Protein first at every meal
- ✓ Veggies = unlimited
- ✓ Carbs around workouts
- ✓ Don't snack mindlessly
- ✓ Water > everything else

Portion Guide (no tracking):

Protein: palm-sized

Carbs: fist-sized (half on rest days)

Fats: thumb-sized

DAY 4

BREAKFAST

Eggs + egg whites
Sautéed veggies

LUNCH

Salmon salad
Side of rice or quinoa

DINNER

Grilled chicken
Whole-wheat or chickpea
pasta
Marinara

SNACK

Hard-boiled eggs x2

DAY 5

BREAKFAST

Protein oatmeal
Banana slices

LUNCH

Turkey and cheese wrap
Side Salad

DINNER

Lean steak
Green beans
Small baked potato

SNACK

Beef jerky & Apple

DAY 6

BREAKFAST

Greek yogurt + Protein
mixed in

LUNCH

Chicken bowl
Rice
Veggies + Salsa

DINNER

Salmon
Roasted veggies
Sweet potato

SNACK

Rice cakes + Peanut Butter
(1 tbsp)

DAY 7

BREAKFAST

Eggs + Egg Whites
Veggies

LUNCH

Leftovers (protein +
veggie + small carb)

DINNER

Chicken or shrimp
Stir-fried veggies
Small serving rice

SNACK

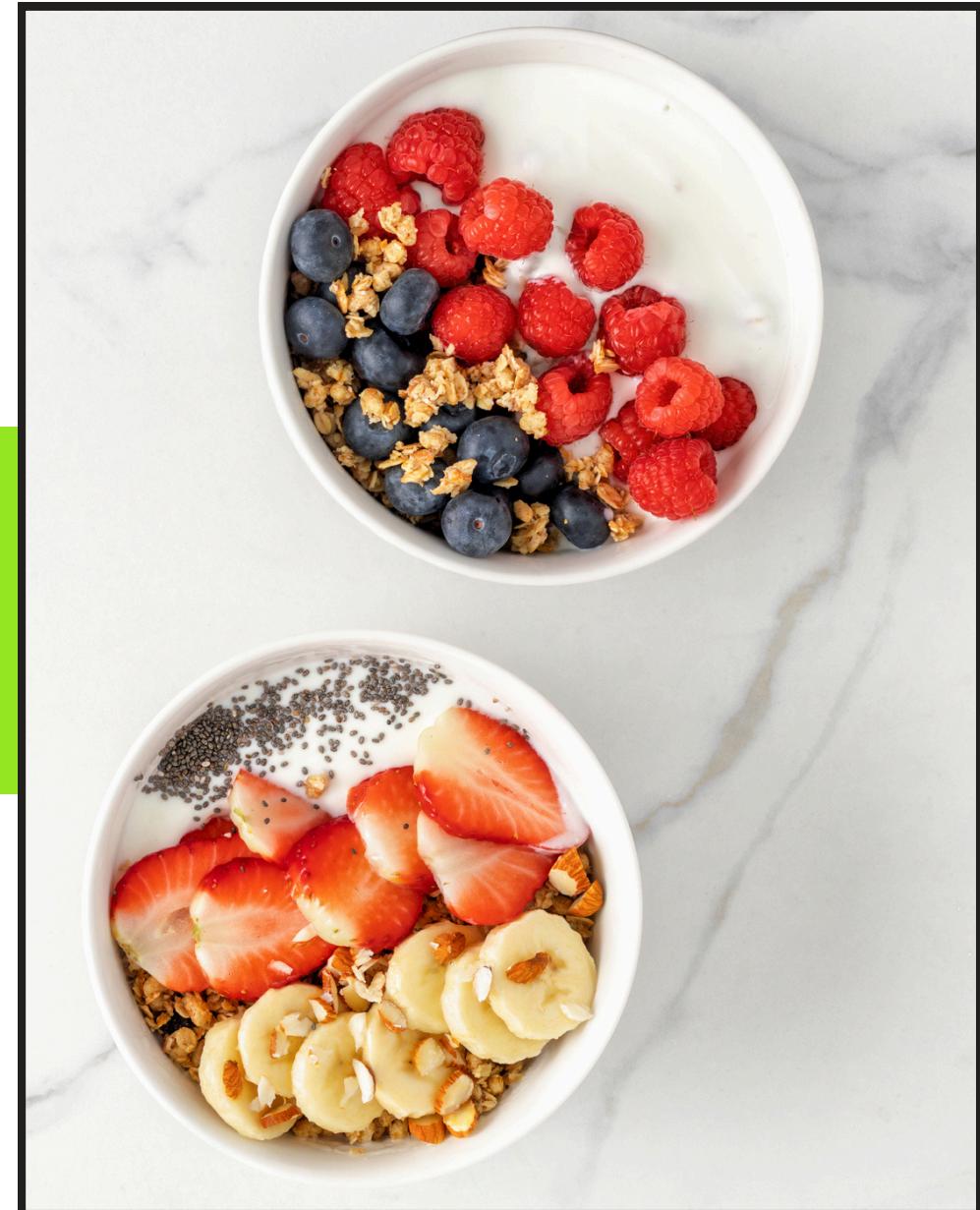
Protein Shake

FAT LOSS FOCUS



ISI® DENVER

RECIPES



BLUEBERRY PEANUT BUTTER OVERNIGHT OATS

*Makes 2 servings

INGREDIENTS

- 1 Cup Rolled Oats
- 2 Scoops ISI Vanilla Protein Powder
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Maple Syrup
- 1 1/2 Cups Unsweetened Vanilla Almond Milk
- 2 Teaspoons Chia Seeds
- 1 1/2 Cups Fresh Blueberries
- 2 Tablespoons Creamy Peanut Butter plus more for topping



DIRECTIONS

- Start by whisking together the oats and protein powder in a medium-sized bowl.
- Next, add in the vanilla, maple syrup, milk, chia seeds, and stir. Then add in 1/2 cup of the blueberries and stir again.
- Grab your mason jar(s) and drizzle some peanut butter on the inside - you'll thank me later for this!
- Take your oat mixture and scoop it into the jars.
- Cover and refrigerate for a minimum of six hours.
- In the morning, top with remaining blueberries, more peanut butter drizzle, chia seeds, nuts, or toppings of your choice. And, most importantly, enjoy!



MEDITERRANEAN QUINOA SALAD

*Serves 4

Will eat leftovers on day 6

INGREDIENTS

Quinoa salad:

- 1 1/2 Cups Tricolored Quinoa
- 2 3/4 Cups Water
- 1/2 Teaspoon Kosher Salt
- 1 Large English Cucumber
- 1 Medium Red Bell Pepper chopped
- 1 Medium Red Onion
- 1 Cup Kalamata Olives pitted, halved
- 1/2 Cup Parsley coarsley chopped
- 1/2 Cup Feta Cheese crumbled

Dressing:

- 1/4 Cup Olive Oil
- 1/4 Cup Lemon Juice (1 lemon)
- 1 Tablespoon Red Wine Vinegar
- 2 Cloves Garlic mashed
- 1 Tablespoon Dried Oregano
- 1 Teaspoon Sea Salt more as needed
- 1/4 Teaspoon Black Pepper more as needed

DIRECTIONS

- Rinse quinoa well, and add it to a medium saucepan with the salt and water.
- Bring to a boil over medium heat.
- Reduce heat to low, cover, and simmer until the quinoa is tender and all the liquid is absorbed about 15 minutes.
- Uncover and fluff with a fork.
- Transfer quinoa to a large bowl and place in the fridge to cool.
- Next, prep the dressing by whisking together all of the ingredients.
- Next, chop the veggies - cucumber, bell pepper, red onion, and olives.
- Remove quinoa from the fridge. Add the veggies in, along with the dressing. Taste and adjust seasonings. Sprinkle feta on top, and enjoy!

INSTANT POT CHICKEN NOODLE SOUP

*Serves 4-6

*Will eat leftovers on day 6

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 5 medium carrots, chopped into $\frac{1}{2}$ -inch coins
- 5 stalks celery, thinly sliced
- $\frac{1}{2}$ yellow onion, diced
- 2 cloves garlic, grated
- 1 $\frac{1}{2}$ pounds boneless, skinless chicken thighs
- 12 cups (96 fluid ounces) chicken broth
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 bay leaves
- 12 ounces rotini noodles
- Juice from one lemon (about 2 tablespoons worth of lemon juice)
- Fresh parsley, chopped, for garnish

DIRECTIONS

- Set the Instant Pot to the "saute" mode and add the olive oil to it. Once hot, add the carrots, onion, and celery and saute for 3-4 minutes, until soft and translucent.
- Add the garlic to the pot and stir to combine. Then, press the "cancel" button to turn the Instant Pot off.
- Add the chicken thighs, chicken broth, salt, pepper, and bay leaves to the pot.
- Secure the lid onto the Instant Pot and cook on high pressure for 7 minutes.
- Once the 7 minutes is up, either let the pressure release naturally or do it manually (by turning the pressure valve to "venting"). Remove the lid and transfer the chicken thighs to a large bowl to cool slightly.
- Set the Instant Pot back to "saute" mode. Once the soup is boiling, add the noodles, and let them simmer for about 5 minutes, until soft and cooked through.
- While the noodles are cooking, shred the chicken.
- Once the noodles are finished, press "cancel" on the Instant Pot to turn it off, and return the chicken to the pot. Then, stir in the lemon juice.
- Garnish the soup with parsley, serve, and enjoy!



DID YOU KNOW?

Most people feel and perform their best when they minimize processed foods, especially gluten and processed sugar.

HASHBROWN EGG CUPS

*Makes 12

INGREDIENTS:

For the Hashbrown Egg Cups:

- 3 Cups Refrigerated Hashbrowns you can also use frozen - just be sure to defrost them and press out the moisture.
- 1/2 Cup Finely-Grated Cheddar Cheese
- 1/4 Cup + 1 Tablespoon Butter melted
- 12 Large Eggs

Garnishes (optional):

- 6 Slices Crispy Bacon chopped finely
- Chives chopped

DIRECTIONS

- Start by preheating your oven to 400 F.
- Grease a standard muffin tin REALLY well with a neutral oil spray or butter. You don't want these egg cups to stick!
- In a bowl, add your hashbrowns, cheese, and melted butter.
- Fill each muffin tin cavity with the hashbrown/cheese/butter mixture. be sure to press the potatoes into the bottom and sides of the tins, so that they form that perfect muffin shape. The tins will be full when you fill them, but the hashbrowns will shrink as they bake.
- Bake for 23 minutes, then remove from the oven one done.
- Use a spoon to press down and form a well inside of each cup, to make room for the eggs.
- Then, crack an egg into each cup.
- Bake for 12 minutes until the eggs have cooked. I like a runnier yolk, so 12 minutes is perfect for me, but if you want a more "done" yolk, you can bake it for longer.
- Remove from oven. Let sit for about 20 minutes, or until they have cooled enough that you can take a knife and remove each cup gently, scraping around the edges if needed.
- Garnish with bacon, chives, or any garnish that you desire, and enjoy!



SNACK IDEA!

NO BAKE PROTEIN BITES

INGREDIENTS:

- 1 1/2 Cups Raw Cashews
- 3 Tablespoons Coconut Flour
- 1/4 Cup Coconut Sugar
- 1/4 Cup Collagen Peptides
- 2 Tablespoons Almond Milk
- 2 Teaspoons Vanilla Extract
- 1 Teaspoon Almond Extract
- 1 Pinch Sea Salt
- 1/2 Cup Rainbow Sprinkles



INSTRUCTIONS:

- Start by lining a baking sheet with parchment paper. Set aside.
- Add all of your ingredients (minus the sprinkles) to a food processor and pulse until smooth. You can use a rubber spatula to scrape down the sides of the food processor, as needed.
- Once you achieve a dough-like consistency, add in 1/4 cup of the rainbow sprinkles and pulse a couple of times.
- Using a cookie scoop, scoop some of the dough into your hands and roll it into a ball. Repeat until all of the dough is gone - this should make about 12 to 15 balls.
- Then, roll each ball in the remaining sprinkles.
- Freeze the balls for 30 minutes so that they harden.
- Then, plate and enjoy!

CASHEW LEMON CHICKEN WITH BROCCOLI

*Serves 4

INGREDIENTS

- 1 pound skinless, boneless organic chicken breasts
- 3 cups broccoli florets (I used 1 1/2 packages of the precut florets from Trader Joe's)
- 1/4 cup grated parmesan cheese
- 3/4 cup raw cashews
- 2 tbsp Italian seasoning
- 1 tsp sea salt
- 2 organic pasture-raised eggs
- 2 lemons
- 1/4 cup olive oil or melted coconut oil or butter



DIRECTIONS

- Preheat oven to 400.
- Line a baking sheet with parchment paper.
- In a blender or food processor, pulse cashews until a meal forms.
- Pour contents into a medium bowl, then add the Italian seasoning, salt, and parmesan cheese.
- Mix to combine and set aside.
- In another bowl, add the zest of one lemon and the juice of one lemon.
- Then add the eggs, oil/butter, whisk together well, and set aside.
- Next, prepare the chicken. slice the chicken breasts so they are only about 1/2 inch thick. You don't want thick chicken breasts or else everything won't cook evenly!
- Dip each breast into the egg-lemon mixture, then the cashew mixture, and lay on the baking sheet.
- Repeat the process until all chicken has been covered.
- Slice the remaining lemon and add a piece to the top of each chicken.
- Place broccoli florets around the chicken. spray them with coconut oil and sprinkle with parmesan cheese.
- Bake for 20 minutes or until chicken is fully cooked through.
- ENJOY!

BUFFALO CHICKEN MEATBALLS

*Makes 6 servings

INGREDIENTS

- 1 1/2 Pounds Ground Chicken both white and dark meat
- 1/2 Cup Tortilla Chips very finely crushed, or pulsed in a food processor
- 1 Egg beaten
- 1 Carrot finely grated
- 1 Celery Stalk finely grated
- 3 Green Onions finely minced
- 4 Garlic Cloves mashed
- 1/2 Teaspoon Paprika
- 3/4 Teaspoon Sea Salt
- 1/2 Teaspoon Black Pepper
- 1/2 Cup Buffalo Sauce
- 3/4 Cup Ranch Dressing

DIRECTIONS

- Preheat the oven to 400 F.
- Line a baking sheet with parchment paper or spray it well with cooking spray so that the meatballs don't stick.
- In a large bowl, mix the chicken, crushed tortilla chips, egg, 1/4 cup of the buffalo sauce, carrot, celery, green onions, paprika, salt, and pepper. I recommend using your hands to really mix everything together well.
- Use a spoon or small cookie scoop to form meatballs and line them up on the baking sheet.
- Bake for 18-20 minutes, or until the chicken is cooked through.
- Once cooked, transfer meatballs to a bowl and toss them with remaining 1/4 cup buffalo sauce.
- Sprinkle with extra green onion. Serve with ranch dressing on the side!
- Pairs well with rice and/or veggies!



CREAMY TROPICAL GREEN SMOOTHIE

*Makes 2 servings

INGREDIENTS

- 2 frozen bananas
- 3 handfuls fresh spinach
- 1 cup frozen mango
- 2 teaspoons tahini
- 2 tablespoons almond butter
- 1 teaspoon cinnamon
- 2 1/2 cups almond milk
- 2 scoops Human Nutrition Protein (optional)



DIRECTIONS

- Blend all ingredients in a high speed blender, adjusting the liquid amount as needed until you reach your desired consistency. Note, you might have to remove the lid and scrape down the sides of the blender a few times, until everything is blended perfectly. Enjoy!

SWEET POTATO HASH

*Serves 4

INGREDIENTS

- 1 pound of sweet potatoes, peeled and chopped into 1/2 inch cubes
- 1/2 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon ground black pepper
- 1 pound breakfast sausage (either bulk sausage or fully cooked links chopped into 1/2 inch pieces)
- 1 tablespoon lemon juice
- 1/4 cup flatleaf parsley, chopped

DIRECTIONS

- Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
- Toss the chopped sweet potatoes, onion, and bell pepper with the olive oil, salt, and pepper, then spread across the pan and bake for 20 minutes.
- After 20 minutes, pull the pan out of the oven, stir the mixture, then crumble the breakfast sausage over the sweet potatoes in 1/2-inch clumps. Return to the oven and bake for 20 minutes, until the sausage is browned and the sweet potatoes are fully cooked.
- Stir in the lemon juice and parsley and serve!

NOTES

- This recipe can be kept in the refrigerator for 4-5 days or frozen for up to 5 months. To reheat, microwave for 90 seconds on high or bake in a 350°F oven for 10-15 minutes.
- If using uncooked sausage, it may release a lot of fat depending on what you buy, simply drain any excess fat from the sheet pan and bake for an extra 5 minutes, if needed, to re-crisp.



INSTANT BALSAMIC BEEF ROAST

*Serves 8

*Will eat leftovers on day 7

INGREDIENTS

- 1, 4-5 lb chuck roast
- 2 teaspoons coarse sea salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 red onion
- 4 carrots, peeled
- 1/4 cup good quality balsamic vinegar
- 1 cup beef broth
- 2 teaspoons Italian seasoning



DIRECTIONS

- Cut the carrots into thirds, then peel the onion and cut it into sixths.
- Season the beef with salt and pepper. Add 1 tablespoon oil to the instant pot and set it to "sauté." Once hot, add the beef to the pot and sear for 4-5 minutes per side until the beef is browned. If your roast is too large to sear, cut it in half first. Remove the beef from the pot and set aside.
- Add the additional tablespoon of oil to the Instant Pot, then add the carrots and onions. Cook for 2 minutes, then flip and cook an additional 2 minutes.
- Add the broth, balsamic vinegar, and Italian seasoning into the pot with the carrots and onions. Place the beef on top of the vegetables, then place the lid on the pot, ensure that the valve is set to "sealed" rather than "venting," then press the "meat/stew" button and set it to cook for 60 minutes.
- Manually release the pressure after 60 minutes, then remove the beef and set the pot to sauté for 10-15 minutes, until the juices have reduced by about 1/2.
- Shred or slice the beef to your preference, then spoon the sauce over and serve alongside the onions and carrots. Enjoy!

NOTES

- Round roast or shoulder roast will also work here.
- To make in a crockpot: follow the instructions but add an additional cup of beef broth and cook on low for 8 hours or on high for 4.

SNACK IDEA!

CINNAMON BANANA BREAD

INGREDIENTS:

- 1 1/2 cup almond flour
- 1/4 cup tapioca flour
- 3 tbsp coconut flour
- 4 super ripe bananas (if they are large, use 3)
- 3 eggs
- 1 tsp vanilla extract
- 1 tbsp cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp sea salt



Note: You can add any toppings you want, chocolate chips, nuts, etc.

INSTRUCTIONS:

- Preheat oven to 350.
- Line a loaf pan with parchment paper (spray inside with oil first so paper sticks).
- In a medium bowl, whisk together dry ingredients. in a blender, blend the bananas and wet ingredients for about 10-15 seconds until just incorporated (some chunks are ok!).
- Pour wet ingredients into the bowl with the dry ingredients and mix lightly until combined. pour into the loaf pan and smooth out the top with a spatula.
- Bake for 40-45 minutes or until a toothpick comes out clean.
- Let cool, sprinkle a little more cinnamon on top and enjoy!

SNACK IDEA!

SPICY AIR FRYER CHICKPEAS

INGREDIENTS:

- 1 to 2 - 16oz cans of organic chickpeas
- Cumin
- Himalayan Sea Salt
- Cayenne Pepper

INSTRUCTIONS:

- Empty chickpeas into a strainer.
- Rinse and pat dry
- Add chickpeas into your air fryer compartment
- Add cumin, cayenne pepper and salt to taste
- Fry on 360 for 10-15 minutes
- Shake at 7 minutes to prevent sticking



FREEZER BREAKFAST BURRITOS

*Makes 18 servings

*Will eat leftovers on day 7

INGREDIENTS

- 1 pound potatoes (any variety – we used red-skinned potatoes), chopped into 1-inch cubes
- 1 pound breakfast sausage or bacon
- 2 red bell peppers, thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 18 eggs
- 1/2 cup shredded cheese
- 18 (7.5-inch) tortillas*

DIRECTIONS

- Preheat the oven to 375 F.
- Place the potatoes and bell peppers on a sheet pan, then toss them with the olive oil, salt, and pepper and spread them over the pan.
- If you're using sausage: simply use your fingers to pull apart the sausage and add clumps of it onto the sheet pan with the potatoes and peppers. Bake all three together for 40 minutes.
- If you're using bacon: bake the peppers and potatoes for 20 minutes. After 20 minutes, lay the bacon on a separate sheet pan and transfer it to the oven to bake alongside the peppers and potatoes for an additional 20 minutes.
- While the peppers and potatoes bake, crack the eggs into a large bowl and whisk with salt and pepper.
- Add the butter to a large skillet over medium-low heat. Once melted, pour in the eggs and scramble until the desired texture is achieved, then remove from heat.
- To assemble your burritos: let the filling ingredients cool for about 10 minutes, then heat a tortilla in a skillet over medium-high heat for about 15 seconds per side and place it on a piece of cut parchment paper.
- Add your fillings to the middle of the tortilla, then top with shredded cheese. Fold the two opposite sides of the tortilla over the filling, then fold the other side over the filling and roll as tightly as you can, making sure to use your fingers to keep in all of the fillings while rolling.
- Wrap the parchment paper around the burritos, then secure with tape or a rubber band and place in a freezer-safe bag. Repeat until all burritos are assembled!
- To reheat: remove the tape and microwave on high for 60-90 seconds, or bake it at 350 F for 10-15 minutes until warmed through.
- NOTES
- For gluten-free, we used these Mission tortilla wraps. Siete's cassava or chickpea flour tortillas would make a great choice for grain-free!





CHICKEN SALAD WITH GRAPES AND PECANS

*Serves 5

*Will eat leftovers on day 7

INGREDIENTS

- 4 cups shredded chicken (either from a rotisserie chicken or 1 ½ pounds cooked boneless, skinless chicken breast)
- 2 stalks celery, chopped
- ½ cup halved red grapes
- ½ cup chopped raw pecans
- 2/3 cup avocado oil mayonnaise
- ¼ cup Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon poppy seeds
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- Mixed greens, for serving

DIRECTIONS

- Place all ingredients in a large bowl and mix until fully combined. Taste for seasoning and add additional salt and pepper as needed.
- Spoon over mixed greens and eat immediately or store in the refrigerator for up to 5 days.

NOTE

Can eat as a wrap or sandwich & pair with veggies.

ONE-POT SHRIMP ORZO

*Serves 4

INGREDIENTS

- 1 1/2 cups dry orzo pasta OR one package Eat Banza Chickpea Rice looks like orzo
- 2 tablespoons olive oil
- 1 yellow onion diced
- 4 cloves garlic mashed
- 1 14.5 ounce can fire-roasted diced tomatoes
- 1 1/2 cups chicken broth I used Bonafide Provisions Bone Broth
- 3/4 cup full-fat coconut milk from the can
- 1 pound raw shrimp defrost if using frozen
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- Salt and black pepper to taste
- Optional garnishes: chopped avocado cheese, limes, cilantro



DIRECTIONS

- Pat and dry shrimp and set aside.
- Place a pot on the stove, add the olive oil, and turn the heat to medium.
- Once hot, add the diced onion.
- Stir for about three minutes so the onion begins to soften, then add the mashed garlic, and keep stirring.
- After about one minute, add the orzo, diced tomatoes, chicken broth, coconut milk, and the seasonings.
- Stir for another minute or two, making sure the orzo doesn't stick to the bottom of the pan, and then add the shrimp.
- Give one final stir, cover, reduce the heat to low, and cook for another 10 minutes or so. The liquid should be fully absorbed.
- Adjust seasonings, add garnishes and serve! Enjoy!

PROTEIN-PACKED PANCAKES

INGREDIENTS:

Pancake Ingredients:

- 1/2 Cup ground oats
- 1/4 Cup of almond milk
- 1 Mashed banana
- 1 Scoop ISI Chocolate or Vanilla protein
- Coconut or Olive oil for cooking

Sauce Ingredients:

- 1 Tsp nut butter
- 1 Tsp ISI Vanilla or Chocolate protein
- 1 Tsp honey
- 2 Tbsp hot water



DIRECTIONS

- Mix all pancake ingredients together. Add extra milk if required to reach a creamy consistency.
- Spray or add oil to the pan
- Pan-fry, covered with a lid and flipping when bubbles appear

To make the sauce

- Stir together all ingredients except for 1 Tbsp of hot water in a small bowl.
- Add additional Tbsp of hot water to create a thinner consistency if you would like

Top pancakes with sauce and your favorite toppings (we love blueberries, banana slices, and cacao nibs) and enjoy!



CHOCOLATE COVERED STRAWBERRY PROTEIN SMOOTHIE

*Makes 2 servings

INGREDIENTS

- 6-7 fresh or frozen strawberries
- 1/2 Cup Greek yogurt
- 1 Scoop ISI Chocolate or Vanilla protein
- 1 Tbsp cocoa powder
- 1/2 cup almond milk
- 4-5 Ice cubes

DIRECTIONS

- Blend all ingredients in a high-speed blender and Enjoy!

EGG ROLL IN A BOWL

*Serves 4-5

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 pounds ground pork
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- $\frac{1}{2}$ cup coconut aminos
- 2 tablespoons rice vinegar
- 1 teaspoon toasted sesame oil
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon coarse sea salt
- 6 cups finely chopped green and purple cabbage
($\frac{1}{2}$ head of green and a $\frac{1}{2}$ head of purple cabbage, chopped)
- 1 cup carrots, shredded
- $\frac{1}{2}$ cup green onions, sliced
- 1 teaspoon sesame seeds

DIRECTIONS

- Add the olive oil to a skillet over medium-high heat. Once hot, brown the ground pork along with the chopped onion and minced garlic. Cook and crumble the pork mixture until the pork is browned and fully cooked through and the onions are translucent.
- To the skillet, add the ginger (fresh or ground), coconut aminos, rice vinegar, sesame oil, red pepper flakes, and salt, and toss to combine.
- Add the finely chopped cabbage and shredded carrots to the skillet and toss to coat in the sauce. Cover the pot and let the mixture steam for 5 minutes, until the cabbage is wilted.
- Once the mixture is wilted, add the green onions. Toss to combine, turn off the heat, and garnish with sesame seeds.
- Serve as-is or stretch the meal (and up the carb content) by serving over white rice.

NOTES

- To get a classic egg roll texture, make sure you crumble the ground pork into small pieces while it's cooking AND make sure you chop the cabbage as finely as possible. This paper-thin cabbage will result in the luscious filling you may be craving!



DID YOU KNOW?

Whey protein is packed with amino acids, which are proteins necessary for muscle recovery and growth, as well as building strength.

Grab your Human Nutrition Protein to drink post-workout, between meals, as a snack, or as a treat, it doesn't matter. Our protein was formulated to be your any time of day protein shake!

HIGH PROTEIN BERRY YOGURT POWER BOWL

*Makes one serving

INGREDIENTS

- $\frac{3}{4}$ cup plain Greek yogurt
- 1 scoop Human Nutrition Vanilla Protein
- $\frac{1}{2}$ cup mixed berries (fresh or frozen)
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 1 teaspoon honey (optional)

DIRECTIONS

- Stir protein powder into Greek yogurt until smooth.
- Top with berries, chia seeds, almond butter, and drizzle of honey.
- Enjoy immediately or prep the night before.
- Protein boost: ~35g protein



GARLIC LIME CHICKEN & VEGGIE SKILLET

*Serves 4

INGREDIENTS

- 1½ lb boneless skinless chicken breast
- 2 bell peppers, sliced
- 1 zucchini, sliced
- 1 red onion, sliced
- 2 tablespoons olive oil
- Juice of 2 limes
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- Salt & pepper to taste

DIRECTIONS

- Heat olive oil in a large skillet over medium-high heat.
- Add chicken, season with salt, pepper, cumin, and paprika. Cook until browned and cooked through.
- Add veggies and garlic, sauté 4–5 minutes until tender.
- Finish with lime juice. Serve as-is or over cauliflower rice.



SNACK IDEA!

ALMOND JOY
PROTEIN BALLS
*Makes 48 1-inch balls

INGREDIENTS:

- 2 Scoops of ISI protein (your choice)
- 3/4 Cup raw almond butter
- 3/4 Cup organic coconut flakes
- 1 Tbs unsweetened cocoa powder
- 2 Tsp vanilla extract
- 1/3 Cup honey
- 1 Cup rolled oats
- 1/2 Cup cocoa nibs

Note:

INSTRUCTIONS:

- Mix all ingredients and roll into 1 inch balls



INSTANT POT CHICKEN NOODLE SOUP

*Serves 4-6
*Leftovers from day 1

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 5 medium carrots, chopped into 1/2-inch coins
- 5 stalks celery, thinly sliced
- 1/2 yellow onion, diced
- 2 cloves garlic, grated
- 1 1/2 pounds boneless, skinless chicken thighs
- 12 cups (96 fluid ounces) chicken broth
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 bay leaves
- 12 ounces rotini noodles
- Juice from one lemon (about 2 tablespoons worth of lemon juice)
- Fresh parsley, chopped, for garnish

DIRECTIONS

- Set the Instant Pot to the "saute" mode and add the olive oil to it. Once hot, add the carrots, onion, and celery and saute for 3-4 minutes, until soft and translucent.
- Add the garlic to the pot and stir to combine. Then, press the "cancel" button to turn the Instant Pot off.
- Add the chicken thighs, chicken broth, salt, pepper, and bay leaves to the pot.
- Secure the lid onto the Instant Pot and cook on high pressure for 7 minutes.
- Once the 7 minutes is up, either let the pressure release naturally or do it manually (by turning the pressure valve to "venting"). Remove the lid and transfer the chicken thighs to a large bowl to cool slightly.
- Set the Instant Pot back to "saute" mode. Once the soup is boiling, add the noodles, and let them simmer for about 5 minutes, until soft and cooked through.
- While the noodles are cooking, shred the chicken.
- Once the noodles are finished, press "cancel" on the Instant Pot to turn it off, and return the chicken to the pot. Then, stir in the lemon juice.
- Garnish the soup with parsley, serve, and enjoy!



FREEZER BREAKFAST BURRITOS

*Makes 18 servings

*Leftovers from day 4

INGREDIENTS

- 1 pound potatoes (any variety – we used red-skinned potatoes), chopped into 1-inch cubes
- 1 pound breakfast sausage or bacon
- 2 red bell peppers, thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 18 eggs
- 1/2 cup shredded cheese
- 18 (7.5-inch) tortillas*

DIRECTIONS

- Preheat the oven to 375 F.
- Place the potatoes and bell peppers on a sheet pan, then toss them with the olive oil, salt, and pepper and spread them over the pan.
- If you're using sausage: simply use your fingers to pull apart the sausage and add clumps of it onto the sheet pan with the potatoes and peppers. Bake all three together for 40 minutes.
- If you're using bacon: bake the peppers and potatoes for 20 minutes. After 20 minutes, lay the bacon on a separate sheet pan and transfer it to the oven to bake alongside the peppers and potatoes for an additional 20 minutes.
- While the peppers and potatoes bake, crack the eggs into a large bowl and whisk with salt and pepper.
- Add the butter to a large skillet over medium-low heat. Once melted, pour in the eggs and scramble until the desired texture is achieved, then remove from heat.
- To assemble your burritos: let the filling ingredients cool for about 10 minutes, then heat a tortilla in a skillet over medium-high heat for about 15 seconds per side and place it on a piece of cut parchment paper.
- Add your fillings to the middle of the tortilla, then top with shredded cheese. Fold the two opposite sides of the tortilla over the filling, then fold the other side over the filling and roll as tightly as you can, making sure to use your fingers to keep in all of the fillings while rolling.
- Wrap the parchment paper around the burritos, then secure with tape or a rubber band and place in a freezer-safe bag. Repeat until all burritos are assembled!
- To reheat: remove the tape and microwave on high for 60-90 seconds, or bake it at 350 F for 10-15 minutes until warmed through.
- NOTES
- For gluten-free, we used these Mission tortilla wraps. Siete's cassava or chickpea flour tortillas would make a great choice for grain-free!



DID YOU KNOW?

Turmeric & ginger are powerful spices that reduce Inflammation and stomach and digestion problems.

Reducing Inflammation boosts muscle recovery, helps with Injury recovery, aids in weight loss, gives you energy, and reduces your chances of chronic diseases and cancer.

You can incorporate these spices into your diet by adding them to your meals, snacks, and smoothies!



CHICKEN SALAD WITH GRAPES AND PECANS

*Serves 5

*Leftovers from day 4

INGREDIENTS

- 4 cups shredded chicken (either from a rotisserie chicken or 1 ½ pounds cooked boneless, skinless chicken breast)
- 2 stalks celery, chopped
- ½ cup halved red grapes
- ½ cup chopped raw pecans
- 2/3 cup avocado oil mayonnaise
- ¼ cup Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon poppy seeds
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- Mixed greens, for serving

DIRECTIONS

- Place all ingredients in a large bowl and mix until fully combined. Taste for seasoning and add additional salt and pepper as needed.
- Spoon over mixed greens and eat immediately or store in the refrigerator for up to 5 days.

NOTE

Can eat as a wrap or sandwich & pair with veggies.

INSTANT BALSAMIC BEEF ROAST

*Serves 8

*Leftovers from day 3

INGREDIENTS

- 1, 4-5 lb chuck roast
- 2 teaspoons coarse sea salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 red onion
- 4 carrots, peeled
- 1/4 cup good quality balsamic vinegar
- 1 cup beef broth
- 2 teaspoons Italian seasoning



DIRECTIONS

- Cut the carrots into thirds, then peel the onion and cut it into sixths.
- Season the beef with salt and pepper. Add 1 tablespoon oil to the instant pot and set it to "saute." Once hot, add the beef to the pot and sear for 4-5 minutes per side until the beef is browned. If your roast is too large to sear, cut it in half first. Remove the beef from the pot and set aside.
- Add the additional tablespoon of oil to the Instant Pot, then add the carrots and onions. Cook for 2 minutes, then flip and cook an additional 2 minutes.
- Add the broth, balsamic vinegar, and Italian seasoning into the pot with the carrots and onions. Place the beef on top of the vegetables, then place the lid on the pot, ensure that the valve is set to "sealed" rather than "venting," then press the "meat/stew" button and set it to cook for 60 minutes.
- Manually release the pressure after 60 minutes, then remove the beef and set the pot to sauté for 10-15 minutes, until the juices have reduced by about 1/2.
- Shred or slice the beef to your preference, then spoon the sauce over and serve alongside the onions and carrots. Enjoy!

NOTES

- Round roast or shoulder roast will also work here.
- To make in a crockpot: follow the instructions but add an additional cup of beef broth and cook on low for 8 hours or on high for 4.



Double Chocolate Protein Cookies *Recipe*

Ingredients

- 1 cup almond flour
- 1/2 cup chocolate protein powder
- 1/4 cup unsweetened cocoa powder
- 1/4 cup honey or maple syrup
- 1/4 cup melted coconut oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1/4 teaspoon baking soda
- Pinch of salt

Directions

- Mix dry ingredients in mixing bowl
- Whisk wet ingredients together in a separate bowl then pour and mix with dry ingredients
- Spoon out cookie sized portion and place on baking sheet with parchment paper
- Flatten the cookies
- Bake in a 350 degree oven for 10-12 min.
- Enjoy!



Vanilla Protein Pancakes *Recipe*

Ingredients

- 1 scoop Human Nutrition Vanilla Milkshake Protein Powder
- 1/2 cup oat flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup milk of your choice
- 1 large egg
- 1 teaspoon vanilla extract

Directions

- Whisk together the Human Nutrition protein powder and all dry ingredients.
- In a separate bowl, whisk together all wet ingredients, pour into dry and mix!
- Pour about 1/4 cup of the pancake batter onto a lightly greased skillet on medium heat.
- Cook until bubbles form on the surface and the edges start to look set, about 2-3 minutes. Flip and cook for another 1-2 minutes.
- Enjoy



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KEEP GOING

ISI ELITE TRAINING
7260 Hwy 73, Suite 114, Denver, NC
denvernc@isielitetraining.com
704-577-3729