

# **FIT GIRL FALL**

## **2024 CHALLENGE**





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# Fit Girl Fall 2024 Challenge

## Overview

Fit Girl Fall is an 8 week challenge that starts in October and runs through the end of November to help you simplify what to eat and how to move your body to lose fat, tone up and gain back your confidence during this Fall season.

## This Year's Theme

This year I've designed the Fit Girl Fall Challenge with a new theme known as "Fit Girls Prep" to help you succeed with the habits necessary for you to lose weight and set yourself up for success during this busy Fall season.

## Timeline and Important Dates

Prep Week: October 1st thru October 6th we start "prep week" so you can prepare for the next 8 weeks of the challenge.

Challenge Kickoff: The challenge officially begins on Monday October 7th.

TSN Turkey Trot: Challenge ends on Thanksgiving Day where you can opt to walk or run a 5k alongside the community.

# Challenge Details

## How The Challenge Works

The challenge includes a nutrition and exercise component. Each week you have daily or weekly nutrition and/or exercise goals to hit as indicated on the challenge calendar.

### Nutrition:

- Your daily nutrition goals are to drink 100 ounces of water per day, have at least 20-30 grams of protein at each meal and have veggies in at least 2 meals during the day.
- Your weekly nutrition goal will be committing to meal prepping food and/or deciding where to purchase prepped food options to create simple meals during the week so you can hit the above goals.

### Exercise:

- Your daily exercise goal is to hit 8,000 steps per day.
- Your weekly exercise goal is to follow the walking or running guide so you can prepare yourself to run a 5k by Thanksgiving.
  - Or you can opt to commit to a set # of runs per week (such as 2-3 runs or cardio sessions for an example) so you can increase your mileage if you are currently not in this type of shape + any other workouts you'd like to commit to doing.

The last week of the challenge we will run or walk a 5k on Thanksgiving Day, together!



# Fit Girl Fall Challenge Calendar

	SUN	M	T	W	TH	F	SAT
WEEK 1	WEEK OF 9/29		DAY 10 OF PREP WEEK				
WEEK 2	WEEK OF 10/6	DAY 1 KICK OFF					
WEEK 3	WEEK OF 10/13						
WEEK 4	WEEK OF 10/20						
WEEK 5	WEEK OF 10/27						
WEEK 6	WEEK OF 11/3						
WEEK 7	WEEK OF 11/10						
WEEK 8	WEEK OF 11/17						
WEEK 9	WEEK OF 11/24				TSN TURKEY TROT		

## DAILY NUTRITION GOALS:

- DRINK 100 OUNCES OF WATER PER DAY
- 20-30 GRAMS PROTEIN PER MEAL
- HAVE VEGGIES IN 2 MEALS PER DAY

## WEEKLY NUTRITION GOAL:

- PREP YOUR FOOD TO CREATE SIMPLE MEALS AT THE BEGINNING OF THE WEEK, FOR THE NEXT 8 WEEKS

## DAILY EXERCISE GOAL:

- 8,000 STEPS PER DAY

## WEEKLY EXERCISE GOAL:

- FOLLOW THE 5K WALKING OR RUNNING PLAN + ANY OTHER WORKOUTS YOU DESIRE

# Prep Week for Fit Girl Fall

### TOP 3 PERSONAL GOALS FOR THE CHALLENGE:

## MEALS TO MAKE AT HOME

Breakfast

Lunch

Dinner

Snacks

## FOOD PREP TO GET OUT

Proteins

Starches

Veggies

Snacks



# Week 1: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Groceries:

[illegible]

### Notes:

## Week 2: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Groceries:

[illegible]

**Notes:**



## Week 3: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Groceries:

[illegible]

**Notes:**

## Week 4: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Groceries:

[illegible]

**Notes:**



## Week 5: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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### Groceries:

[illegible]

### Notes:

## Week 6: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

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## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

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## Groceries:

[illegible]

**Notes:**



## Week 7: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Groceries:

[illegible]

**Notes:**

## Week 8: Fit Girl Fall

## Monday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Tuesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Wednesday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Thursday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Friday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Saturday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Sunday

PROTEIN VEGGIE WATER

## STEPS & MOVEMENT

B:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Groceries:

[illegible]

**Notes:**

# Walking Schedule

If you would like to opt for the walking challenge, here is a tentative walking schedule to follow weekly

## WEEK 1

Day 1: 10 minutes  
Day 2: 20 minutes  
Day 3: Optional/rest day  
Day 4: 10 minutes  
Day 5: 20 minutes  
Day 6: Optional/rest day  
Day 7: 30 minutes

## WEEK 2

Day 1: 15 minutes  
Day 2: 25 minutes  
Day 3: Optional/rest day  
Day 4: 15 minutes  
Day 5: 25 minutes  
Day 6: Optional/rest day  
Day 7: 30 minutes

## WEEK 3

Day 1: 15 minutes  
Day 2: 25 minutes  
Day 3: Optional/rest day  
Day 4: 15 minutes  
Day 5: 25 minutes  
Day 6: Optional/rest day  
Day 7: 30 minutes

## WEEK 4

Day 1: 20 minutes  
Day 2: 30 minutes  
Day 3: Optional/rest day  
Day 4: 20 minutes  
Day 5: 30 minutes  
Day 6: Optional/rest day  
Day 7: 35 minutes

## WEEK 5

Day 1: 20 minutes  
Day 2: 30 minutes  
Day 3: Optional/rest day  
Day 4: 20 minutes  
Day 5: 30 minutes  
Day 6: Optional/rest day  
Day 7: 35 minutes

## WEEK 6

Day 1: 25 minutes  
Day 2: 35 minutes  
Day 3: Optional/rest  
Day 4: 25 minutes  
Day 5: 35 minutes  
Day 6: Optional/rest  
Day 7: 40 minutes

## WEEK 7

Day 1: 25 minutes  
Day 2: 35 minutes  
Day 3: Optional/rest  
Day 4: 25 minutes  
Day 5: 35 minutes  
Day 6: Optional/rest  
Day 7: 40 minutes

## WEEK 8

Day 1: 30 minutes  
Day 2: 30 minutes  
Day 3: Optional/rest  
Day 4: 30 minutes  
Day 5: 30 minutes  
Day 6: Optional/rest  
Day 7: 40 minutes

# Running Schedule

If you have never run a 5k before and need more support with planning workouts to build up your endurance, try this 8 week beginner to 5k run schedule

## WEEK 1

Day 1: Run 5 minutes, walk 1 min (repeat 3x)  
Day 2: Rest or cross-train  
Day 3: Run 6 minutes, walk 1 min (repeat 3x)  
Day 4: Rest  
Day 5: Run 7 minutes, walk 1 min (repeat 3x)  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 2

Day 1: Run 7 minutes, walk 1 min (repeat 3x)  
Day 2: Rest or cross-train  
Day 3: Run 8 minutes, walk 1 min (repeat 3x)  
Day 4: Rest  
Day 5: Run 9 min mile, walk 1 min (repeat 3x)  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 3

Day 1: Run 10 minutes, walk 1 min (repeat 2x)  
Day 2: Cross-train  
Day 3: Run 12 mins, walk 1 min (repeat 2x)  
Day 4: Rest  
Day 5: Run 13 mins, walk 1 min (repeat 2x)  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 4

Day 1: Run 15 minutes, walk 1 min (repeat 2x)  
Day 2: Cross-train  
Day 3: Run 17 minutes, walk 1 min, run 7 min  
Day 4: Rest  
Day 5: Run 19 minutes, walk 1 min, run 7 min  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 5

Day 1: Run 15 minutes, walk 1 min (repeat 2x)  
Day 2: Cross-train  
Day 3: Run 17 minutes, walk 1 min, run 7 min  
Day 4: Rest  
Day 5: Run 19 minutes, walk 1 min, run 7 min  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 6

Day 1: Run 20 minutes, walk 1 min, run 6 min  
Day 2: Cross-train  
Day 3: Run 24 minutes  
Day 4: Rest  
Day 5: Run 26 minutes  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 7

Day 1: Run 20 minutes, walk 1 min, run 6 min  
Day 2: Cross-train  
Day 3: Run 24 minutes  
Day 4: Rest  
Day 5: Run 26 minutes  
Day 6: Rest or cross-train  
Day 7: Rest

## WEEK 8

Day 1: Run 28 minutes  
Day 2: Rest or cross-train  
Day 3: Run 30 minutes  
Day 4: Rest  
Day 5: Run 20 minutes  
Day 6: Rest  
Day 7: Race! Run 3.1 miles



# FIT GIRLS PREP GUIDE

PREP ONCE, EAT ALL WEEK + HOW TO PREP  
EVERYTHING WITHOUT COOKING ANYTHING





# Fit Girls Prep Guide Overview

As part of the Fit Girl Fall Challenge, your weekly nutrition goal will be to commit to meal prepping food and/or deciding where to purchase prepped food options to create simple meals during the week so you can hit the above goals.

The reason why the goal each week in the challenge is to focus on this type of prep is because when you know what you're going to eat and have the items readily available, you're that much more likely to stick to the plan.

Problem is, whenever my clients have always heard the words "meal prep" it has made them felt overwhelmed, intimidated or even exhausted before they even start.

That's where this guide comes in. To make Fit Girls Prep easier for you, I wanted to showcase the way I've always taught meal prep to my clients... and use myself as a busy mother, Dietitian and business owner.

The first section of this guide will go over how to prepare your food once to be able to eat it all week. The second section of this guide will give you inspiration and specific tips on how to prep everything for the week without actually having to cook anything in your kitchen.

# 1: Prep Once, Eat All Week (At Home)

## HOW TO PREP FOR THE WEEK

### 1) Pick your recipes

Optional method: Choose 2 recipes for each meal. This is great if you make bigger meals like a casserole or stew.

Preferred method: Choose 2-3 recipes for each macro at each meal, and prep what you need to create. For example, say your protein choices at lunch are roasted chicken and ground turkey breast - you'd make those in bulk.

### 2) Make your shopping list

Based on the chosen recipes for each macro, derive your grocery shopping list by the items necessary for your meals.

### 3) Batch cook your proteins and grains

### 4) Wash your veggies and fruits

### 5) The day of, assemble

This is where you'll take the prepped macros and create meals with those ingredients. Maybe you're taking your air fryer chicken thighs and pairing with potatoes and roasted autumn veggies you prepped for the week for an easy meal.

# 1: Prep Once, Eat All Week (At Home)

## EXAMPLE WEEKLY MEAL PLAN

Monday, Tuesday and Wednesday

B: Pumpkin pie overnight oats

L: Ground turkey sweet potato bake

D: Autumn roasted veggies + turkey meatballs

Thursday and Friday

B: Pumpkin pie smoothie

L: Copycat sweetgreen harvest kale salad

D: Ground turkey sweet potato bake

Saturday and Sunday

B: Oatmeal pumpkin pancakes

L: Air fryer chicken thighs with crispy maple brussel sprouts

D: Dinner out with friends

## HOW TO PREP THIS MEAL PLAN

Breakfast: Prep 3 servings overnight oats. Gather ingredients for smoothie. Prep pancakes or if you have time make them morning of on the weekend.

Lunch: Prep entire ground turkey bake. Prep chicken for kale salad and weekend meals. Prep sweet potato, rice (microwave works) and veggies for harvest kale salad so you can easily assemble.

Dinner: Prep turkey meatballs, chicken, crispy maple brussel sprouts and autumn roasted veggies. To make it easier you can prep ONE veggie instead.

## 2. Prep Everything Without Cooking

There are two ways you can approach prepping everything for the week without cooking anything. Below you'll find how to approach this by either shopping at the grocery store or purchasing items at strategic restaurants.

The following pages also include meal ideas and what to purchase for each macro category to create balanced choices.

### OPTION A: GROCERY STORE

This approach is actually inspired by how I try to stay on track while traveling and when I don't want to eat every meal out. At the grocery store there are so many options you can buy to save time, from pre-cooked proteins, to already chopped and/or cooked vegetables, to easy to microwave grains. Then all you have to do is quickly assemble these options into meals.

### OPTION B: RESTAURANT

During my time living in California after I had my daughter, I became obsessed with purchasing simple items from a local quick grab restaurant to make my life easier during the week. From pre-made veggie sides to already cooked and deliciously prepped chicken... these items made staying on track SO easy and literally required no prep. I highly suggest giving this approach a try no matter where you live.



# GROCERY STORE MEAL PREP LIST

Grocery Store	Dish	Protein	Carb	Veg/Fruit	Other
Whole Foods	Salmon and Veggies	Pre-Cooked Salmon	Deli Sweet Potato Wedges	Green Beans	Lemon Pepper Seasoning
Sam's Club or Costco	Chicken Quinoa Bowl	Pre-cooked Grilled Chicken	Pre-cooked Quinoa Mix	Pre-cooked Brussel Sprouts or Caesar Salad	Sub for Light Caesar Salad Dressing
Costco	Chili Dinner	Pre-made Chili	Beans added to Chili + Crackers	Pre-made House Salad	Cheese, Light Dressing of Choice
Any Grocery Store	Adult Lunchable	Sliced Deli Turkey, String Cheese	Crackers	Apple, Baby Carrots and Celery	Light Ranch Dip
Any Grocery Store	Turkey Roll Up Pin Wheels	Deli Turkey	Whole Wheat Tortilla Wrap	Sliced Apple + Baby Spinach	Hummus + Cheese
Any Grocery Store	Chicken Salad Sandwich with Fruit	Rotisserie Chicken + Cheese	Whole wheat Bread	Lettuce, Tomato, 1 Cup Grapes	Light Mayo and Mustard
Any Grocery Store	Buffalo Chicken Dip	Rotisserie Chicken	Wheat Wrap or Crackers	Pre-chopped Parsley, Peppers and Red Onion	Greek Yogurt Mixed with Buffalo Sauce
Any Grocery Store	Tuna Mediterranean Wrap	Canned Tuna	Whole Wheat Wrap	Cucumber, Cherry Tomato, Bell Peppers	Olive Oil, Salt and Pepper + Hummus
Any Grocery Store	Chicken Salad	Pre-cooked Chicken Skewers	1 Minute Quinoa or Couscous	Salad Kit and Pre-cut Peppers	Salad Dressing
Any Grocery Store	Hard Boiled Egg Sandwich	Pre-cooked Hard Boiled Eggs, Sliced	2 Slices Sourdough	Tomato with Grapes on the Side	Feta + Balsamic Glaze
Any Grocery Store	Greek Yogurt Parfait	Greek Yogurt	Granola	Berries or Fruit of Choice	Sliced Almonds or Peanut Butter
Any Grocery Store	English Muffin Egg Sandwiches	Pre-made Egg Bites	English Muffin	Banana	Cheese

# RESTAURANT MEAL PREP LIST

Restaurant	Dish	Protein	Carb	Veg/Fruit	Other
Chipotle or Qdoba	Burrito Bowl	Chicken or Steak	Cilantro Brown Rice	Tomato Salsa + Fajita Veggies	Shredded Cheese
Chipotle or Qdoba	Steak Salad	Steak	Black Beans	Roasted Chili Corn Salsa + Lettuce	Cilantro Lime Dressing
Chick-Fil-ila	Grilled Chicken Bundle (sandwiches)	Grilled Chicken	Multigrain Bun	Green Lettuce and Tomato (pair with fruit cup)	Colby-Jack Cheese + Honey Roasted BBQ Sauce
Chick-Fil-ila	Chicken Kale Salad	Rotisserie Chicken at Grocery Store	Fruit Plate	Kale Crunch Salad	Dressing and Almonds on Side
CAVA Mediterranean	Mediterranean Bowl	Grilled Chicken	Saffron Basmati White Rice	Fiery Broccoli + Tomato + Cucumber	Crazy Feta + Tzatziki + Romaine
Local Mediterranean Restaurant	Mediterranean Plate	Shrimp Kabob or Chicken Kabob	Rice Pilaf	Garden Salad + Grilled Veggies	Tzatziki or Hummus
Local Mediterranean Restaurant	Mediterranean Greek Salad	Chicken Shawarma	Falafel	Greek Salad	Light Greek Dressing from Grocery Store + Hummus
City BBQ OR local BBQ family pack	Smoked Pulled Pork Sandwiches	1 lb Smoked Turkey or 1 lb Smoked Pork	Brioche Bun	Collard Greens	BBQ Sauce and Pickles
City BBQ or Local BBQ family pack	Turkey Dinner	1 lb smoked Turkey	Baked Beans	Green Beans	BBQ Sauce
Texas Road House Family Pack	Chicken or Pulled Pork Plate	BBQ Chicken Breast or Pulled Pork	Roll	Green Beans or Garden Salad	Light Ranch from Grocery Store
PF Changs	Beef and Rice Plate	Mongolian Beef	Brown Rice	House Salad	Egg Drop Soup

# Fit Girl Fall FAQ Manual

I want to lose weight and “cut” my body fat. How do you suggest using this challenge to accomplish this goal?

Inside the Hot & Healthy Membership, we'll teach you that in order to lose body fat you have to be in a slight calorie deficit and eat the right metabolism-boosting foods in the right portions. This challenge was created to help you do just that and create healthy fat loss habits this Fall!

How should I track my progress during the challenge?

I'd suggest using the weekly challenge tracker (starting on page 5) to track your habits daily. You can also print this guide to fill out the tracker every day as you do the challenge. While your goal may be to lose fat, see weight loss on the scale and/or have more energy - remember that to accomplish these goals we first need awesome habits. That's why I suggest focusing on using the tracker to nail down these habits so you can see how your body responds. For many, you'll easily lose weight and get in shape by doing these things. If not, you can make tweaks based on your progress. For example, if you struggle with these habits you'd want to focus on what hinders you from doing those habits.

Any tips on how to grocery shop to prep for the week?

Some of my fave grocery shopping tips:

- Keep your recipes simple, so you don't have to buy a lot of ingredients
- Repeat recipes during the week so you can use the same ingredients over & over again (+ you can use simple ingredients in a variety of meals)
- Make a list of all the items you'll need for each recipe before going to the store so you don't buy things unnecessarily
- Buy proteins in bulk and freeze, then thaw as needed
- Don't be afraid to buy frozen veggies and fruits for certain recipes!

And if you are a member of the Membership, I suggest checking out our grocery shopping resources and guides for more support in this area.

# Fit Girl Fall FAQ Manual

I am very busy and sometimes eat out. Any tips on how to navigate this?

I got you! I created this guide so it's flexible enough to accommodate when you eat out! Here's what I'd suggest:

- 1) Make your meal plan for the week to get a grasp on how much you're eating out. This can help you navigate what's worth it & your overall approach. I suggest listening to this podcast episode on eating out.
- 2) When eating out (whether planned or not), focus on the simple portions on your plate just as if you were prepping your food at home for the challenge. That way you use those portions to guide what you eat to create a meal similar to what you'd have at home... and still hit your protein and veggie targets.

How do temptations fit into this challenge?

Fall definitely has it's fair share of temptations! If you love to treat yo self occasionally during Fall whether it be Halloween candy or an apple cider donut at the office, my suggestion would be to fit it in when it's "worth it".

You can substitute a sweet treat for a snack as part of your calories to make it fit in easier. You can also go over your calories one day and know that weekly if your goal was weight loss for instance - that you can still have it be a "weight loss week" because one sweet treat or temptation doesn't derail your progress... your weekly calories and weekly habits determine your progress over time.

I suggest listening to this episode on food temptations from Fit Girl Fall on the podcast in 2023! Linked [here](#) for you.



# **FIT GIRL FALL RECIPES**

**SEASONAL STARCHES, PROTEINS TO PREP,  
AUTUMN VEGGIES AND BONUS MEALS,  
SNACKS & SWEET TREATS**





## MAKES FOUR SERVINGS

For one serving:

Calories: 88

Carbs: 13 grams

Protein: 1 gram

Fat: 3 grams

## INGREDIENTS

- 2 medium sweet potatoes
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- 1 tsp cornstarch



## SEASONAL STARCHES

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### AIR FRYER SWEET POTATO FRIES

### DIRECTIONS

1. Preheat your air fryer to 380° F.
2. Peel skin and cut sweet potatoes into a long french fry shape with an even and lengthwise thickness of ¼ to ½-inches.
3. Place the sweet potatoes in a large bowl and toss the rest of the ingredients. Coat sweet potatoes evenly.
4. Cook in 2-3 batches without overcrowding the pan until they are crispy, about 12 minutes, turning halfway.

## MAKES FOUR SERVINGS

For one serving (about 6 potatoes):

Calories: 169

Carbs: 30 grams

Protein: 5 grams

Fat: 4 grams

## INGREDIENTS

- 1 ½ lb mini potato
- 1 tsp fresh rosemary, finely chopped
- 1 tsp thyme, finely chopped
- 3 garlic cloves, minced
- ½ tsp smoked paprika
- 1 tsp garlic powder
- 1 tbsp olive oil



## SEASONAL STARCHES

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### MINI ROSEMARY ROASTED POTATOES

### DIRECTIONS

1. Preheat oven to 425°F. Line baking sheet with tin foil, spray with cooking spray and set aside.
2. Wash potatoes & pat dry. Let them sit on a paper towel for 15 min to dry for increased crispiness. Then cut the potatoes in half and place in a large mixing bowl.
3. In a small bowl, blend spices, herbs, and minced garlic.
4. Drizzle oil over potatoes & toss in the seasoning blend. Mix until coated.
5. Put potatoes in oven for 30 minutes or until potatoes are crisp on the outside and fork-tender.
6. Pro Tip: Use broil feature on your oven at the end to get them super crispy

## MAKES FOUR SERVINGS

For one serving:

Calories: 230

Carbs: 40 grams

Protein: 6 grams

Fat: 6 grams

## INGREDIENTS

- 2 cups cooked quinoa
- 2 cups butternut squash, cubed
- 1 cup pre-shredded brussels sprouts
- 1 medium apple
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder



## SEASONAL STARCHES

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### FALL BUTTERNUT SQUASH QUINOA

### DIRECTIONS

1. Preheat your oven to 400° F. Spray large baking dish with cooking spray and set aside.
2. In a large bowl, add butternut squash, Brussels sprouts, olive oil and spices. Mix until veggies are evenly coated.
3. Place veggies in baking dish and cook for 20-25 minutes or until butternut squash is fork tender.
4. While the veggies are cooking, prepare quinoa as directed on the package.
5. Cut the apple into small cubes and in a small bowl, evenly coat with lemon juice.
6. In a large bowl, combine quinoa, veggies, and apples. Mix ingredients together. Serve.



## MAKES FOUR SERVINGS

For one serving:

Calories: 283

Carbs: 42 grams

Protein: 10 grams

Fat: 10 grams

## INGREDIENTS

- 4 cups raw cauliflower, cut into pieces
- 1 15.5oz can garbanzo beans (chickpeas) drained and rinsed
- 1 tbsp olive oil
- 1 cup cooked couscous
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper
- 2 medium cucumbers, cubed
- ¼ cup creamy balsamic, stonewall kitchen maple balsamic (or any other balsamic dressing around 100 cal per serving)



## SEASONAL STARCHES

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### ROASTED CAULIFLOWER CHICKPEA SALAD

#### DIRECTIONS

1. Preheat oven to 350° F. Place cauliflower on baking sheet, toss with oil, 1 tsp of garlic powder, 1 tsp of onion powder, dash of salt and pepper.
2. Add chickpeas to bowl with dash of salt and pepper. Spray separate cooking sheet with cooking spray and evenly spread chickpeas on it.
3. Place baking sheets in oven and cook cauliflower for 40 minutes, chickpeas for 30 minutes flipping halfway through. If you'd like to reduce cook times, you can opt to broil until cooked through.
4. Prepare couscous as directed on the package.
5. Once cauliflower, chickpeas, and couscous are cooked, combine with cucumber in a large bowl. Put ¼ cup dressing and stir evenly until ingredients are evenly coated.

## MAKES THREE SERVINGS

For one serving:

Calories: 150

Carbs: 22 grams

Protein: 3 grams

Fat: 7 grams

## INGREDIENTS

- 1, 2 ½ lb spaghetti squash (4 ½ cups shredded)
- Olive oil spray
- 1 red bell pepper, cut into slices
- 1 cup pasta sauce (Rao's tomato basil is used for this recipe)
- ½ tsp salt
- ½ tsp black pepper
- ½ tbsp olive oil



## SEASONAL STARCHES

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### SIMPLE SPAGHETTI SQUASH

## DIRECTIONS

1. Preheat the oven to 375° F.
2. Cut the spaghetti squash crosswise and scoop out seeds. Then spray with olive oil and add salt and pepper.
3. On a large baking sheet, place squash face down and cook for 35 minutes.
4. After the squash has cooked, gently take a fork and pull the squash inwards to make noodles.
5. In a medium pan, heat olive oil on medium heat and cook sliced bell peppers until tender, for approximately 10 minutes.
6. In a medium pot, heat pasta sauce.
7. Add the sauce to the spaghetti squash and top with cooked bell peppers.

## MAKES FOUR SERVINGS

For one serving:

Calories: 183

Carbs: 0 grams

Protein: 17 grams

Fat: 12 grams

## INGREDIENTS

- 1 lb boneless chicken thighs (raw weight)
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic salt
- 1 tsp black pepper
- ½ tsp onion powder
- 1 tsp salt



## PROTEINS TO PREP

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### AUTUMN AIR-FRYER CHICKEN THIGHS

## DIRECTIONS

1. Pat dry chicken thighs with a paper towel.
2. In a small bowl, combine all seasonings.
3. Place chicken thighs in a large mixing bowl.  
Add olive oil evenly and spread the olive oil on the chicken thighs. Add seasonings and repeat until chicken thighs are evenly coated.
4. In the air fryer cook chicken at 400° F for 15 minutes or until the chicken reaches an internal temperature of 165° F. Flip the chicken halfway through.



## MAKES FIVE SERVINGS

For one serving (6 meatballs):

Calories: 225

Carbs: 10 grams

Protein: 23 grams

Fat: 4 grams

## INGREDIENTS

- 1 lb 93% raw ground turkey
- 1 egg
- ½ cup panko breadcrumbs
- ½ cup parmesan cheese, grated
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt
- 1 tsp pepper



## PROTEINS TO PREP

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### BAKED TURKEY MEATBALLS

## DIRECTIONS

1. Preheat the oven at 400° F. Line baking sheet with foil and coat with cooking spray.
2. In a large bowl, mix all ingredients together
3. Roll the mixture into ~30 balls and place on the baking sheet.
4. Bake for about 25-30 minutes.

## MAKES TWO SERVINGS

For one serving:

Calories: 262

Carbs: 5 grams

Protein: 24 grams

Fat: 19 grams

## INGREDIENTS

- 1 block extra-firm tofu
- 2 tbsp soy sauce
- ½ tbsp toasted sesame oil
- ½ tbsp olive oil
- 2 clove garlic, minced
- Salt and pepper for flavor



## PROTEINS TO PREP

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### SIMPLE SESAME GARLIC TOFU

## DIRECTIONS

1. Press dry and cut tofu into 2-inch cubes.
2. In a small mixing bowl, combine soy sauce, oils, and garlic and mix.
3. In a small-medium air-tight container, place tofu and add the rest of the ingredients. Stir until the tofu is evenly coated in marinade.
4. Place in the fridge for at least 30 minutes to let marinade soak into tofu. You can store up to 24 hours.
5. When ready to bake, heat the air-fryer to 375° F for 12-15 minutes. Make sure tofu is in a single-layer.

## MAKES FOUR SERVINGS

For one serving:

Calories: 185

Carbs: 1 gram

Protein: 25 grams

Fat: 9 grams

## INGREDIENTS

- 1 lb lean only top sirloin
- 1 tbsp olive oil
- ½ tsp steak seasoning
- 1 garlic clove, chopped
- 1 tsp fresh or dry rosemary
- 1 tsp fresh or dry thyme
- Salt and pepper for flavor



## PROTEINS TO PREP

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### SIMPLE SIRLOIN BITES

## DIRECTIONS

1. In a large skillet on high heat. Warm olive oil, garlic, rosemary, and thyme in a skillet.
2. Dice steak into two-inch cubes and season with salt, pepper, and steak seasoning.
3. Place steak in the skillet, 3-4 minutes each side until they are nice and crispy.



## MAKES THREE SERVINGS

For one serving:

Calories: 96

Carbs: 14 grams

Protein: 1 gram

Fat: 5 grams

## INGREDIENTS

- 2 cups butternut squash  
(I love buying the plain, washed & cubed ones in the produce section so it's less work & preparation!)
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper to taste



## AUTUMN VEGGIES

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### ROASTED BUTTERNUT SQUASH

## DIRECTIONS

1. Preheat the oven to 425° F.
2. Peel the butternut squash with a vegetable peeler. Cut in half lengthwise, scoop out the seeds, and cut into 1 inch cubes.
3. Combine the butternut squash cubes, olive oil, and spices into a large bowl. Toss until well coated. Season with salt and pepper
4. Arrange squash into a single layer baking sheet.
5. Roast in preheated oven until squash is lightly browned and tender when pierced with a fork, typically 25-35 minutes.

## MAKES FIVE SERVINGS

For one serving:

Calories: 110

Carbs: 13 grams

Protein: 3 grams

Fat: 7 grams

## INGREDIENTS

- 1 bunch carrots, 1 lb
- 1 tbsp olive oil
- 1 tsp honey or maple syrup
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- 2 tbsp fresh chopped parsley (can add mint and dill)
- 2-3 tbsp dukkah (optional)
- Sea salt and ground black pepper
- Greek Yogurt Spread
- ½ cup plain Greek Yogurt
- 1 tbsp lemon juice
- ¼ tsp salt
- 1 tbsp olive oil



## AUTUMN VEGGIES

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### ROASTED CARROTS

### DIRECTIONS

1. Preheat the oven to 425° F and line a baking sheet with parchment paper.
2. Place whole carrots into a baking sheet. Toss the carrots with olive oil, honey, coriander, cumin, and a pinch of salt and pepper until evenly coated.
3. Arrange carrots on baking sheet and roast for 15-25 minutes or until carrots are lightly brown and poke with a fork tender. The timing of cooking will depend on the size of your carrots. Sprinkle fresh herbs and dukkah (optional).
4. In a small bowl stir the yogurt, olive oil, lemon juice, and salt. Spread yogurt spread on a platter and arrange the carrots on top.

## MAKES SIX SERVINGS

For one serving:

Calories: 104

Carbs: 14 grams

Protein: 3 grams

Fat: 5 grams

## INGREDIENTS

- 2 cups sweet potato cut into 1 ½ inch pieces
- 2 cups cauliflower florets
- 1 cup bell pepper cut into 1-inch pieces
- 1 medium zucchini sliced and cubed into 1-inch pieces
- 1 cup brussel sprouts
- 2 tbsp olive oil
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp black pepper
- ¼ tsp sea salt
- ½ tsp cinnamon
- ½ tsp garlic powder



## AUTUMN VEGGIES

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### AUTUMN ROASTED VEGGIES

## DIRECTIONS

1. Preheat oven to 400° F.
2. Place chopped veggies into an extra large bowl. Pour olive oil and spices onto the veggies. Toss veggies and combine.
3. Spread veggies into an even layer on a baking sheet and bake for 30-40 minutes or until veggies are tender. Flip halfway through cooking time.



## MAKES THREE SERVINGS

For one serving:

Calories: 155

Carbs: 22 grams

Protein: 4 gram

Fat: 7 grams

## INGREDIENTS

- 1 bag (12 oz) fresh Brussels sprouts
- 1.5 tbsp olive oil
- 1 tbsp maple syrup
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsp balsamic glaze



## AUTUMN VEGGIES

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### CRISPY MAPLE BRUSSEL SPROUTS

### DIRECTIONS

1. Wash your brussel sprouts and pick off any wilted side pieces. Cut the ends off the brussel sprouts, then cut them in half.
2. In a large bowl, add all ingredients except the balsamic glaze to the Brussels sprouts and toss until the brussel sprouts are coated evenly.
3. Spray your air-fryer basket with cooking spray.
4. Place brussel sprouts in the air-fryer at 375° F for 10 minutes.
5. Remove brussels sprouts and put into a bowl. Drizzle with balsamic glaze, and serve.



## MAKES THREE SERVINGS

For one serving:

Calories: 150

Carbs: 13 grams

Protein: 7 gram

Fat: 9 grams

## INGREDIENTS

- 1 lb Brussels sprouts, ends trimmed and thinly sliced/shredded (or 1 bag shredded Brussels sprouts if available)
- 2 Tbsp olive oil
- 2 cloves fresh garlic, minced
- ½ c finely chopped shallots
- 1 tsp lemon juice
- salt and pepper, to taste
- ⅓ cup grated Parmesan cheese, plus extra for garnish (not included in macro count)



## AUTUMN VEGGIES

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### GARLIC PARM BRUSSELS SPROUTS

### DIRECTIONS

1. Heat the olive oil in a large pan over medium heat. Once hot, add the shaved Brussels sprouts and shallots. Toss around to coat in the oil and cook for 5 minutes.
2. Season with salt and add garlic. Cook until the garlic is fragrant, and the vegetables are tender, about 2 to 3 minutes.
3. Remove from heat and sprinkle Parmesan cheese over the Brussels sprouts and toss together. Taste and add more cheese or salt to taste.

## MAKES FOUR SERVINGS

For one serving:

Calories: 122

Carbs: 10 grams

Protein: 7 gram

Fat: 7 grams

## INGREDIENTS

- 1 lb cauliflower rice (or 1 head cut into florets)
- 2 garlic cloves, without skin
- 2 tbsp nonfat Greek yogurt
- ½ cup parmesan cheese
- 1 tbsp butter
- 1 tsp pepper
- 1 tsp salt



## AUTUMN VEGGIES

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### CAULIFLOWER MASHED POTATOES

### DIRECTIONS

1. In a large pot, heat water and bring to a boil. Add cauliflower and garlic cloves to the water and boil for 7 minutes.
2. Using a strainer, drain cauliflower and garlic. Put this back into the large pot and add salt to help dry out cauliflower for 2-3 minutes.
3. In a food processor, add cauliflower, garlic, parmesan, butter, greek yogurt, and pepper. Blend until mixture is smooth.
4. If cauliflower is watery, add back to the pot and cook for another 5-7 minutes, stirring frequently to thicken.



## **MAKES FOUR SERVINGS**

For one serving:

Calories: 82

Carbs: 10 grams

Protein: 4 gram

Fat: 4 grams

## **INGREDIENTS**

- 1 lb fresh green beans
- ½ tbsp olive oil
- 1 tsp garlic powder
- ½ tsp onion powder
- 1 tbsp lemon juice
- ½ tsp salt
- ½ tsp pepper
- ¼ cup grated parmesan



## **AUTUMN VEGGIES**

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### **GARLIC PARMESAN GREEN BEANS**

### **DIRECTIONS**

1. Rinse and cut both ends off of the green beans.
2. In a large bowl, add green beans, olive oil, seasonings, cheese, and lemon juice. Toss until green beans are evenly coated.
3. In the air-fryer, add green beans to the basket without overcrowding. Air-fry the green beans at 370° F for 6-8 minutes. Toss green beans halfway through.

## MAKES ONE SERVING

Calories: 497

Carbs: 62 grams

Protein: 49 grams

Fat: 8 grams

## INGREDIENTS

- ½ cup canned pumpkin puree
- ½ cup non-fat, plain Greek yogurt
- ¼ cup almond milk
- 1 tsp honey
- 1 banana, medium
- sprinkle of cinnamon
- 1 scoop of vanilla protein powder
- 1 tbsp chia seeds

## MODIFICATIONS

To make this dairy free, choose a plant based protein powder and plant based “Greek” yogurt



## FIT FALL MEALS

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### PUMPKIN PIE SMOOTHIE

## DIRECTIONS

1. Place all ingredients in a high-speed blender. Blend until smooth.
2. Serve with your favorite toppings (not included in macro count).

## MAKES TWO SERVINGS

For one serving (two pancakes):

Calories: 262

Carbs: 37.5 grams

Protein: 18.5 grams

Fat: 5 grams

## INGREDIENTS

- 1 cup quick oats
- ½ scoop vanilla or chocolate protein powder
- ¼ tsp baking powder
- ¼ tsp baking soda
- ½ tsp pumpkin pie spice
- ½ c almond milk
- ½ c pumpkin puree
- 1 large egg
- 1 tsp vanilla extract
- semi-sweet chocolate chips, optional (not included in macro count)



## FIT FALL MEALS

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### OATMEAL PUMPKIN PANCAKES

## DIRECTIONS

1. Add all ingredients (except chocolate chips/ toppings) to a blender and blend until smooth.
2. Add non-stick spray to a pan over medium heat. Once the pan is warm, pour about 1/3 cup batter per pancake and cook until bubbles form (about 2-3 minutes). Flip pancakes and cook for another 1-2 minutes. Repeat until all pancakes are cooked.
3. Serve hot or reheated. Top with chocolate chips, nuts or desired toppings (not included in macro count)



## MAKES ONE SERVING

Calories: 401

Carbs: 63 grams

Protein: 23 grams

Fat: 8 grams

## INGREDIENTS

- $\frac{2}{3}$  cup pumpkin puree (canned)
- 2 Tbsp sugar-free maple syrup
- 1 cup almond milk, unsweetened
- $\frac{3}{4}$  cup dry old-fashioned oats
- $\frac{1}{2}$  scoop chocolate or vanilla protein powder
- Optional toppings: walnuts, granola, semi-sweet chocolate chips, etc. (not included in macro count)



## FIT FALL MEALS

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### PUMPKIN PIE OVERNIGHT OATS

## DIRECTIONS

1. Combine all ingredients evenly into one mason jar.
2. Stir, cover, and leave mason jar in the refrigerator overnight.
3. Remove the mason jar from the refrigerator and stir. Top with your topping of choice and enjoy!

## MAKES ONE SERVING

Calories: 350

Carbs: 57 grams

Protein: 23 grams

Fat: 5 grams

## INGREDIENTS

- ½ frozen banana, small
- ½ c non-fat Greek yogurt
- ⅔ c applesauce, unsweetened
- ¼ c rolled oats
- 1 tsp cinnamon
- ½ c almond milk, unsweetened
- 2 tbsp peanut butter powder
- Optional: handful of fresh spinach or kale



## FIT FALL MEALS

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### APPLE PIE SMOOTHIE

## DIRECTIONS

1. Place all ingredients in a high-speed blender. Blend until smooth.
2. Serve with your favorite toppings (not included in macro count).

## MAKES TWO SERVINGS

For one serving:

Calories: 590

Carbs: 44 grams

Protein: 29 grams

Fat: 28 grams

## INGREDIENTS

- ½ sweet potato, chopped
- 1 ½ cup kale, chopped
- ½ cup brown rice
- 4 oz chicken, shredded or sliced
- 1 apple, chopped
- 2 oz fat-free feta cheese
- ¼ c pistachios
- Balsamic dressing:
  - 2 Tbsp balsamic vinegar
  - ½ tbsp dijon mustard
  - 2 tsp honey
  - 2 Tbsp c olive oil
  - Salt and pepper to taste



## FIT FALL MEALS

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### COPYCAT SWEETGREEN HARVEST KALE SALAD

## DIRECTIONS

1. Preheat oven to 400°. Wash & cut sweet potato in half lengthwise. Cut each half lengthwise again, then cut into thin slices. Add sweet potatoes to parchment paper lined baking sheet. Spray with non-stick cooking spray and season with salt & pepper to taste. Roast 40 minutes.
2. Cook wild rice to al dente & chicken, then cut chicken to your preference. Wash kale, remove stems, and massage gently.
3. Dressing: In jar combine vinegar, olive oil, honey, mustard, salt & pepper and whisk till combined.
4. Assemble salad: Add kale, rice, chicken, apples, feta cheese, and pistachios. Pour the dressing over the portion you are going to eat and stir to combine.



## MAKES TWO SERVINGS

For one serving:

Calories: 434

Carbs: 26 grams

Protein: 26 grams

Fat: 26 grams

## INGREDIENTS

- 1 lb lean ground turkey
- 3 medium sweet potatoes
- ½ cup onion, finely chopped
- 2 small zucchini, diced
- ⅔ cup shredded parmesan cheese
- 1 ½ tsp garlic powder
- 1 tsp rosemary (or other herb)
- 3 tbsp olive oil
- Salt & Pepper



## FIT FALL MEALS

### GROUND TURKEY SWEET POTATO BAKE

#### DIRECTIONS

1. Preheat oven to 400°. Peel & chop sweet potatoes and add to baking dish with oil, garlic powder, rosemary, salt, + pepper. Bake for 30 minutes. Toss until combined.
2. Add cooking spray to skillet over medium heat. Add turkey, onion, 1 tbsp olive oil, 1 tsp garlic powder, ½ tsp rosemary, salt, and pepper. Cook until the ground turkey is brown. Once brown, add the zucchini and cook for 5 more minutes.
3. Remove sweet potato from oven. Add ground turkey and zucchini to baking dish and gently combine.
4. Bake 10 minutes. Remove from oven and add in an additional 2 tbsp olive oil, combine evenly, and top with the parmesan cheese. Bake for 10 more minutes.



## MAKES FOUR SERVINGS

For one serving:

Calories: 572

Carbs: 45 grams

Protein: 15 grams

Fat: 38 grams

## INGREDIENTS

- 1 cup uncooked quinoa
- 5 cups fresh spinach
- 1 cup chopped walnuts
- 1 cup diced apples
- $\frac{2}{3}$  cup pumpkin seeds
- $\frac{1}{2}$  cup red onion finely chopped
- Feta cheese (omit for Vegan, not included in macro count)
- Dressing:
  - 3 Tbsp olive oil
  - 2 Tbsp apple cider vinegar
  - 1 Tbsp maple syrup
  - 2 tsp Dijon mustard
  - Dash of salt and pepper



## FIT FALL MEALS

### QUINOA & WALNUT SALAD

## DIRECTIONS

1. Cook quinoa according to package instructions/preference. When the quinoa is cool, place it in a large bowl and add spinach, walnuts, apples, cranberries, onion and feta cheese.
2. In the jar, whisk together the olive oil, apple cider vinegar, maple syrup, Dijon mustard, salt and pepper to make the salad dressing.
3. Pour the dressing on top of the salad and stir gently to combine.

## MAKES SIX SERVINGS

For one serving:

Calories: 160

Carbs: 34 grams

Protein: 0 grams

Fat: 4 grams

## INGREDIENTS

- 6 cups apples, cored, peeled, and sliced
- ¼ cup cane sugar
- 1 tbsp cornstarch
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 2 tbsp brown sugar
- 1 tbsp lemon juice
- 2 tbsp salted butter thinly sliced
- 2 tbsp Cool whip for serving (optional + not included in macros)



## SNACKS & SWEET TREATS

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### BAKED CINNAMON APPLES

### DIRECTIONS

1. Preheat the oven to 375° F, and grease an 8x8 or 7x9 baking dish with cooking spray.
2. Add the sliced apples to a large mixing bowl.
3. In a small bowl, mix together the sugar, brown sugar, corn starch, cinnamon, and nutmeg.
4. Add the sugar mixture into a greased baking dish and thinly slice the butter around the top of the apples.
5. Bake the apples for about 30-45 minutes, or until the apples are tender. Make sure you give the apples a stir halfway through baking.
6. Serve the baked apples with a dollop of cool whip or whipped cream! Nutrition facts do not include cool whip.

## MAKES TWELVE SERVINGS

For one serving:

Calories: 125

Carbs: 21 grams

Protein: 3 grams

Fat: 4 grams

## INGREDIENTS

- 2 ½ cups quick oats
- 1 cup pumpkin puree
- 2 tbsp maple syrup
- 1 tsp pumpkin pie spice or cinnamon
- ½ cup chocolate chips



## SNACKS & SWEET TREATS

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### PUMPKIN OAT COOKIES - OG VERSION

### DIRECTIONS

1. Preheat the oven to 350° F.
2. Mix all ingredients in a bowl which will form a thick dough.
3. Add in 2 tbsp maple syrup. If you want it slightly sweeter, add 3 tbsp total (nutrition facts based off 2 tbsp).
4. Use your hand to create 12 evenly distributed cookie shapes.
5. Prepare the baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
6. Remove from the oven for a few minutes, wait five minutes for cookies to cool... then dive in and enjoy!



## MAKES TWELVE SERVINGS

For one serving:

Calories: 79

Carbs: 14 grams

Protein: 2 grams

Fat: 2 grams

## INGREDIENTS

- 2 cups quick oats
- $\frac{3}{4}$  cup pumpkin puree
- 1 tsp pumpkin pie spice
- $\frac{1}{2}$  cup dark chocolate chips



## SNACKS & SWEET TREATS

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### LOW CALORIE PUMPKIN OAT COOKIES

### DIRECTIONS

1. Preheat the oven to 350° F.
2. Mix all ingredients in a bowl which will form a thick dough.
3. Use your hand to create 12 cookie shapes.
4. Prepare the baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
5. Remove from the oven for a few minutes, wait five minutes for cookies to cool... then dive in and enjoy!



## MAKES SIX SERVINGS

For one serving:

Calories: 249

Carbs: 34 grams

Protein: 6 grams

Fat: 11 grams

## INGREDIENTS

- 1 can chickpeas (1.5 cups)
- ¼ cup almond butter
- ½ cup pumpkin puree
- ⅓ cup maple syrup
- ⅓ cup rolled oats
- 2 tsp vanilla
- 1 tsp pumpkin spice
- pinch of salt
- ½ tsp of baking soda
- ⅓ cup chocolate chips



## SNACKS & SWEET TREATS

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### PUMPKIN CHICKPEA COOKIE DOUGH

#### DIRECTIONS

1. Place all ingredients in the food processor except that chocolate chips (a blender will also work if you stop every now and then to stir so it blends evenly).
2. If the mixture is too thick, add a little milk or milk substitute of choice as needed.
3. Stir in chocolate chips! You can also use dark chocolate chips which tend to be lower in calories versus the OG version.
4. Serve with sliced bananas, pancakes, or sliced apples.

## MAKES ONE SERVING

Calories: 91

Carbs: 14 grams

Protein: 8 grams

Fat: 1 grams

## INGREDIENTS

- ¼ cup non-fat, plain Greek yogurt
- ½ tablespoon peanut butter powder
- 3 tablespoons can pumpkin puree
- Dash each of pumpkin pie spice (or cinnamon)



## SNACKS & SWEET TREATS

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### PUMPKIN PEANUT BUTTER YOGURT DIP

## DIRECTIONS

1. Add all ingredients to a bowl and whisk together until you've reached the desired consistency.
2. Serve with sliced bananas, pancakes, or sliced apples!

## MAKES TWELVE SERVINGS

For one serving (one cheesecake):

Calories: 153

Carbs: 12 grams

Protein: 7 grams

Fat: 9 grams



## INGREDIENTS

- Crust:
  - ¾ cup almond flour
  - ¼ c brown sugar
  - ½ tsp cinnamon
  - 4 tbsp melted butter
  - ½ scoop vanilla protein powder
- Filling:
  - 8 ounces fat-free cream cheese
  - ¾ cup non-fat, plain Greek yogurt
  - 3 Tbsp maple syrup
  - 2 tsp vanilla extract
  - ½ tsp pumpkin pie spice
  - ½ cup pumpkin puree
  - Fat-free whipped cream/cool whip, for serving (not included in macro count)

## SNACKS & SWEET TREATS

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### PUMPKIN CHEESECAKE CUPS

#### DIRECTIONS

1. Preheat oven to 350 degrees. Stir together all crust ingredients. Line a 12 cup muffin pan with liners. Press 1.5 T crust mix into each muffin cup. Bake 11-12 minutes or until the edges brown a bit. Remove crusts from the oven and allow the crust to cool while you prepare the filling.
2. Add all of the filling ingredients to bowl. Use your whisk attachment (or beaters) and whip filling mixture until incorporated.
3. When crust is cool, scoop 3 tablespoons of filling in each muffin cup. Put into the fridge and chill for 6-8 hours or overnight. Top with optional whipped cream.

**\*\*Easier option for crust:** Try out [THESE](#) ready to eat crusts (not included in macros)