

The FitKim Lifestyle
Food & Fitness to get YOU Fit!

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www.FitKim.com

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Dedication

I would like to dedicate this book to my husband, Scott. Whenever you decide to take a risk and put yourself out there, feelings of doubt naturally creep in along the way. But if you can have someone on your side, cheering you on and telling you to dream, anything can happen. And that's what I have in Scott. He is always there for me no matter what, and I know for a fact that I would not have started my blog or written this book if it weren't for him. So thank you, Scott, for being the man of my dreams.

I would also like to thank my parents, Jennifer and Richard, and my brother, Nic Coventry. My mom taught me how to be independent and make things happen, and my dad taught me to question, analyze, research and question some more. My brother has always challenged me and helped me to never settle. I truly am going to be a life-long learner because of you all.

And I would like to give a shout out to my best healthy buddies, Raime Spence and Crystal Coventry, who are both pioneers for living a healthy lifestyle. They are the first that I could openly eat my healthy salads around and would always share their yummy recipes they'd created. Raime and Crystal, you have so much knowledge to share with this world, and I am glad I am a part of your lives.

Table of Contents

Intro 7

Yo-Yo Dieter Meets
Balanced Eater
A New Kim
The Turn-Around
Point



Getting Started 15

Grocery List
Kitchen Utensils

Complex Carbs 19

Veggies
Fruits
Whole Grains
Glycemic Index
Gluten Free

Powerful Proteins 33

Lean Meats
Sensational Seafood
The Incredible Egg
Vegetable Protein
Legumes
Amino Acids

Table of Contents



Fabulous Fats 43

Oils & Olives
Avocados
Nuts & Seeds

Wonderful Water 49

Quantity
Quality

FitKim Basics 53

Grocery Store
Savvy
Cooking 101
Reading Labels
Restaurant Survival
Tricks for
Traveling
On-the-Go

Your Perfect Weight 69

Set a Goal
Is Your Scale Lying to
You?
Perfect Portion Control
Writing it All Down...
Worth It?
At-a-Glance Meal Plan
Mini Meals
Licking the Sugar
Habit

Get Fit! 87

Jump Start Your
Fitness Program
Weekly Workouts
First Time Fueling
Super Supplements
Cellulite



**Ways to
Well-Being 99**

The Purpose Driven
Life
The Confidence
Cure
What's Your
Vision
Too Blessed to be
Stressed
Sensational Sleep
The Joys of
Journaling

Recipes 108

Better-for-You
Breakfasts
Superb Soups &
Salads
Splendid Sides
Marvelous Meals
Delectable
Desserts

**The FitKim
Philosophy 175**

Introduction

Over the last decade, I have experienced the joy and delight in the world of a healthy lifestyle. However, it was not always this way for me. All I knew prior to this was trying out the latest fad diet and finding myself repeatedly disappointed and frustrated. This constant yo-yo dieting proved to be the biggest health mistake of my life.

Yo-Yo Dieter Meets Balanced Eater

During my pre-teen years, I was a typical adolescent-active, energetic, and armed with a ferocious appetite. I played sports year round, and could eat all day long and not gain a pound. The food I ate was homemade-I didn't even know what a TV dinner was and we rarely went out to eat. This was health at its best.



Now moving onto my early teens, this is when I first discovered the word "diet." I remember taking one of those health quizzes in Seventeen Magazine, and reading my results that said I had poor eating habits and should really watch my calories to avoid becoming fat. This instantly altered my relationship with food and its association with my body image. I now became fearful of eating the wrong kinds of food and started weighing myself constantly. I remember spending my babysitting money on diet chips and cookies, and the latest book on dieting. It really was a downward spiral for me.

I continued this way throughout high school and college. I would go on a diet, lose some weight, and then gain it back after I couldn't stay on the diet any longer. After college, long hours at the office led to a pattern of surviving on animal crackers and Pepsi One. I began getting severe stomach pains for weeks on end, and finally made time to go to the doctor. He said I had stomach ulcers and that I needed to change my lifestyle immediately. This was a huge wake up call for me.

I joined a local gym the very next day, and signed up for sessions with a personal trainer and nutritionist. I soon came to the realization that everything I believed about food was completely misguided and unhealthy. My nutritionist taught me about real food-fresh, healthy and delicious foods. She educated me in such

a way that I was able to look at eating this new way for the rest of my life. This was not another shot at a trendy diet-this was the real deal. I felt hopeful and inspired for the first time since being that



young teenager reading Seventeen Magazine.

Although my biggest health mistake was the constant yo-yo dieting for all those years, I'm glad it led me to be awakened to this amazing world of health and wellness. Dieting is a thing of the past, and I'm excited about what is yet to come.

A New Kim

After losing 30 pounds in about six months, I knew that proper eating was the biggest contribution to this success. Regular exercise is the icing on the cake-ensuring I had a strong, toned body. I had so many friends and co-workers that continued to struggle with their own weight and health issues, and I realized I became super animated and excited sharing what I had learned with them. I began toying around with the idea of re-enrolling in school to get my Masters Degree in Holistic Nutrition. Who does that at 25? This girl! After I reviewed all of the courses I was going to complete, I knew this was the path for me. While working full time, I spent nights and weekends plowing my way through my study materials. Although I enjoyed receiving my BBA from Northwood University, I don't recall as much excitement reading all of Ducker's books on economics or taking multiple statistics classes. Every new project or research paper expanded my knowledge of how we can all practically bring nutrition and health into our own lives. I felt empowered to teach others that they can overcome sickness and disease-living a long life of health and

happiness.

Once I completed my Masters Degree from Clayton College of Natural Health, I decided to continue my studies and enroll in their Doctrine Program for Holistic Health and Wellness. A year into my program, Clayton College ceased operations due to the economy. Although I was initially devastated, I decided I wanted to start consulting versus continuing to go to school. After completing my certification in Nutritional Consulting from the American Association of Nutritional Consulting, I was ready to go. I began consulting immediately, and have loved every minute of it.

As a coach for Girls on the Run, I first-handedly discovered how important physical activity impacted the 3rd and 4th graders overall sense of well-being and health. This opened my eyes to a key component I needed to be incorporating with my clients-exercise.

The Turn-Around Point

I decided to get my certification in Personal Training through the American Council of Exercise. This missing component skyrocketed my clients' results. Combining nutrition and fitness is truly my passion, and you will see this throughout The FitKim Lifestyle.

My most recent development has been the launch of my blog at www.FitKim.com and my YouTube Channel [FitKimTV](#). Here I share articles, recipes and videos on how easy it is to cook healthy and incorporate fitness into anyone's lifestyle.

With this new way of health I've been experiencing over the last decade, I've encountered thousands of people wishing they could lead healthier lives. Often, I sense an almost hopeless longing in their voices or emails, and I am completely compelled to find a way to help them. If you can identify with this, I would like to tell you directly that a different way of life is possible. Not only is it possible, it is so much easier than you think. No matter what your financial or time constraints may be, I am excited to show you that all it takes is a bit of dedication and commitment. With these two sources of power on your side, high energy levels and vital health are just around the corner.





Getting Started

Before we dive into the nuts and bolts of healthy cooking, I want to first give you an idea of what you will need to get started. Now don't feel like you have to throw away everything in your kitchen and go out and buy all of the items listed. Just take a look to get a general idea of what I suggest and make a list of the items you feel you need most as you read this book. Budget-permitted, always buy organic or local whenever possible.



Grocery List

Vegetables	Fruits	Grains	Proteins
avocado	bananas	oats	milk
broccoli	blackberries	quinoa	cottage cheese
carrots	cantaloupe	brown rice	chicken
cauliflower	cherries	wild rice	eggs
celery	grapes	bagel thins	shrimp
cucumbers	mangos	sandwich thins	beans
arugala	oranges	whole wheat bread	fish
romaine	peaches	whole wheat pasta	egg whites
spinach	pears	whole wheat pizza crust	tuna
onions	pineapple	couscous	turkey
peppers	plums	whole wheat bread crumbs	salmon
squash	frozen fruit	whole grain cereal	tilapia
tomatoes	nectarines	potatoes	lean beef
garlic	apricots	sweet potatoes	edamame
asparagus	limes		lunch meat
green beans	berries	Condiments	
mushrooms	watermelon	tea	
sprouts	apples	coffee	
ginger		jelly	
corn	Snacks	peanut butter	
artichokes	applesauce	ketchup	
frozen veggies	raisins	mustard	
fresh herbs	pita chips	lemon juice	
	hummus	sun-dried tomatoes	
Fats	Greek yogurt	lime juice	
mixed nuts	Pico de Gallo	BBQ sauce	
olive oil	pickles	chicken/vegetable broth	
sunflower seeds	salsa	pasta sauce	
olives	rice crackers	vinaigrette	
flaxseed oil	string cheese	almond butter	
low fat shredded cheese	guacamole	pizza sauce	
coconut oil	granola bars	pesto	
	dark chocolate	cane sugar	
	protein powder	olive oil spray	
	soups	vanilla/almond extract	
	pretzels	baking soda/powder	
	popcorn	stevia	

Kitchen Essentials

9 x 13 Glass Casserole Dish with Storage Cover

Tupperware in various shapes and sizes

Mixes Bowls with four different sizes

Food Processor

High-Powered Blender

Quality Cutlery

Utensils including Slotted Spoon and Spatula

Measuring Cups ranging from $\frac{1}{4}$ cup to 1 cup

Teaspoon and Tablespoon Measuring Utensil(s)

Polypropylene Cutting Board

Mesh Strainer

Colander

Pots and Pans

Popcorn Maker

Baking Sheets

Lunch Cooler

Water Bottles

Ice Packs



Complex Carbs

Whenever people hear the word carbs, often it conjures up phrases such as “carbs are bad” or “I follow a low-carb diet.” There is a common misconception out there that carbs are just bread and pasta, and should be avoided at all costs. This is simply untrue. In this section, I will cover veggies, fruits, whole grains, the glycemic index and gluten-free diets.



Veggies

I honestly feel vegetables are the best kept secret on the planet. They have so many health benefits and are truly essential to an energetic and vibrant life. When I was in high school and college, the only thing I knew about vegetables was that I didn't really like them and found salads boring. As a child, I found canned corn, green beans or mashed potatoes on my plate to serve as my vegetable for the day. I remember going to my Aunt Suzie's house and eating real green beans from her garden. They were such a foreign concept to my diet that I found them intolerable. How different I am today!

Vegetables are considered a complex carbohydrate, which means they are chains of three or more sugar molecules linked together. Long chains of sugar molecules called starches serve as energy storage in plants and when you eat those plants (veggies), your body breaks down the carbs for your energy needs. Vegetables are loaded with fiber which helps maintain your digestion. I find that clients that suffer from constipation or diarrhea are severely lacking vegetables in their diet. Vegetables are nutritionally dense which means you get a large amount of food for a small amount of calories (see more details under **Super Foods**). This is often why thin people seem to be eating all of the time but don't gain any weight. They are choosing nutrient-rich foods.

Veggies are loaded with vitamins, minerals, enzymes and antioxidants. We need these in our diet to remain healthy and protect ourselves from diseases. Shoot for five to nine servings daily.



Veggies

Spinach

Arugula

Kale

Romaine

Asparagus

Broccoli

Eggplant

Artichokes

Tomatoes

Cucumbers

Zucchini

Squash

Pears

Green Beans

Fresh and Local Salsa

Head of Fresh Garlic

Onion (Green, White, Red-doesn't matter)

Frozen Cauliflower, Broccoli, Green Beans, etc.

Frozen Stirfry Vegetables

Canned Stewed Tomatoes

Roasted Red Peppers or Fresh Peppers

Fruits

When I first embarked upon my health journey, I began seeing a nutritionist. I remember her looking at my food journal and advising me to strictly limit the amount of fruit I ate on a daily basis. Due to my years of yo-yo dieting, I had hypoglycemic tendencies and was a bit sensitive to sugar-even though I loved it! I listened to my nutritionist, but later got to thinking-how could something so natural and nutritious be bad for me?

During my studies, I soon realized my question was very legitimate. Fruits are a powerhouse of vitamins, minerals, antioxidants, phytochemicals and enzymes. Our bodies need them to live vibrantly and have loads of energy. What I love the most about fruit is that because we usually eat it raw, we are preserving all of the natural health benefits. When we cook food above 118 degrees, we destroy many of the enzymes and other living properties. But with fruit, we enjoy it alone, top it on our oatmeal or throw it in a smoothie. All of that natural goodness goes right into our bodies. How amazing is that? Go for three to five servings daily.

Fruits

Bananas, and then MORE Bananas

Oranges

Limes

Lemons

Apples

Nectarines

Peaches

Pears

Blueberries

Strawberries

Raspberries

Pineapple

Watermelon

Cantaloupe

Grapes

Frozen Fruit (Berries, Mixed Fruit, Bananas, etc.)



Although fruit is high in sugar, it is natural sugar that your body recognizes and can use as needed. For example, how do you feel when you eat a candy bar versus an apple? Most likely you experience a sugar high with the candy bar followed by a crash, whereas neither with the apple. That's because the candy bar contains refined simple sugars, which quickly spike blood sugar levels and then drastically drop right after. With the apple, it contains natural sugar and fiber, so your body can better manage the energy you are giving it. Eat an apple a day and keep that doctor away!



Whole Grains

If you ever get a chance to discuss food with your grandparents, you will find out that whole grains are what they grew up with. A steaming bowl of oatmeal, homemade pasta or dinner served with freshly baked bread was common place. Obesity, diabetes and cancer were very rare compared to the epidemic we face today. That all changed in the mid-1950's, when our nation began chemically refining grains. A refined grain is made by processing a natural whole grain so that some of its nutrients are lost (such as fiber, vitamins, etc.). We added chlorine (bleach), propionic acid (what's used in athletes foot powder) and methyl

Refined Flours

White flours
White breads
Cereals
White noodles
Pastries
White rice
Corn grits
Wheat flour
Wheat bread
Cookies
Donuts

cellulose (synthetic fiber), among others. These chemicals create the “white” look, add fluffiness and expedite readiness of the grain for cooking. To give you an idea of the health implications, Europe banned these chemicals in 1948! So why does our nation refine natural, whole grains? So manufactures could extend their products shelf life and increase the bottom line. With this knowledge, we can now turn our attention to whole grains.



Whole grains provide us with minerals, vitamins, nutrients, amino acids and enzymes. They are complex carbs, so they are a necessary part of every active person's diet. Although they offer many nutritious benefits, you will still want to eat them in moderation because they are processed and must be cooked before eaten. This is necessary (can you imagine eating raw wheat?!), so just ensure your veggie portion outweighs your grain portion. Also, I put potatoes and corn in the grain category due to their starch and glycemic content (more on that later).

On a daily basis, I eat a small serving of grains with my breakfast and then a bigger serving after a workout. Think of whole grains as your source of packed energy-a little bit goes a long way! To give you an idea, a ½ cup of cooked pasta has 100 calories. How many of us eat just a ½ cup of pasta at a time?



Glycemic Index

A hot buzz word in the food and fitness world is the glycemic index or glycemic load. If you are a diabetic or know someone who is, this phrase is probably familiar to you! The glycemic index measures how fast and how much a food raises blood glucose levels on a scale of 1 to 100. The higher the number, the more likely the food is to spike your blood sugar levels. This can impact energy levels, feelings of shakiness and light-headedness. Take a look at the Glycemic Index Food Chart provided by www.SouthBeach-Diet-Plan.com and find your favorite foods to get a good idea of how they rank on the glycemic index.

I would recommend pairing any food that is 50 or higher with a lean protein.

The accompaniment of protein helps to slow the digestion of the food and steady your sugar levels. Great examples are pairing fruit with whey protein or Greek yogurt.



The Gluten-Free Diet

Year after year, I have more and more clients who opt for or are told by their doctor to follow a gluten-free diet. This is very common for those with celiac disease, IBS, ADHD, autism or rheumatoid arthritis. So what does gluten-free mean?

Gluten is the protein of wheat, rye, barley and oats. This grain protein can negatively affect people who are sensitive to it. People can be born with sensitivities or develop them over time due to over-consumption.

Gluten-Free

Amaranth
Bean Flour
Brown Rice
Buckwheat
Corn Flour
Flaxseed
Millet
Popcorn
Quinoa

Now more and more products are being made gluten-free and some grocery stores have their own section. A word of caution-this does not give you free rein to eat anything that you want just because it is gluten-free. The majority of these packaged items are highly processed and loaded with chemicals. I encourage you to go after foods that are naturally gluten-free such as vegetables, fruits, lean proteins, nuts and seeds.

The best way to see if you should follow a gluten-free diet is to eliminate all gluten foods for one week and see how you

feel. Gluten foods make up a small portion of my diet and I have never had this much energy in my life!

I strongly believe that all whole and natural foods have a place in our diet. Veggies, fruits, and whole grains are so amazingly healthful, they speak for themselves. Once you understand their purpose and the correct ones to be eating for your body, you are well on your way to learning to eat for life.



Powerful Proteins

I vividly remember a Thanksgiving meal where all of my aunts were animatedly discussing the Atkins Diet. They and others saw drastic weight loss by following Dr. Atkins' high-protein, low-carb diet. That following Christmas, they had gained all the weight back. What happened?



All macronutrients-proteins, carbs and fats, have a proper place in our diets. None should ever be severely restricted. Case in point, Dr. Atkins died at the ripe old age of 72 with a history of heart attacks, congestive heart failure and hypertension. Proteins are the building blocks of matter-they give your hair its shiny luster, your nails their strength, and your skin its elasticity. In addition, amino acids make up protein and contribute to muscle growth, metabolic functions, and act as cofactors to vitamins and minerals. We'll go into more detail on amino acids shortly.

So why do high-protein diets cause heart disease, high cholesterol and other ailments? Too much of anything can be a bad thing. As with your whole grains, make sure your protein serving is smaller than your veggies. Also, keep in mind that women can only digest about 20-25 grams of protein at a time and men are about double that. As a daily guideline, I consume about 100 grams of protein or 20% of my total calorie consumption. Ideally, eat protein at every meal.



Lean Meats

If you look at a fast food or restaurant menu, your key stars are going to be a juicy rib eye steak, greasy burger or fatty hot dog. These types of meat raise cholesterol levels, zap your energy and increase your chances of developing heart disease. On the other hand, there are endless possibilities when it comes to choosing lean meats.

The easiest first step is to replace your burger and bacon with ground turkey and turkey bacon. Turkey is super lean and low in calories. And I promise-with my easy recipes your family and friends will never know the difference! Next, learn to love grilled or baked chicken. This is a pretty easy transition because most people already like chicken. Avoid frying your chicken as it pretty much wipes out its health benefits.



Aside from this, I personally do not eat red meat or pork very often, but you can in moderation. Make sure you choose grass-fed meats and lean cuts. Red meat and pork contain saturated fats, but our hearts actually do need a small amount. I would limit this treat to once per week or on special occasions.

Sensational Seafood

There are varying options on seafood, but as a general rule I



consider them to be a lean protein for a low amount of calories. Fish are loaded with Omega 3's, which are essential fatty acids that we must get from food. They are super versatile to cook with and the different kinds of fish are endless. Experiment with different ones to see which kind suit your palette best.

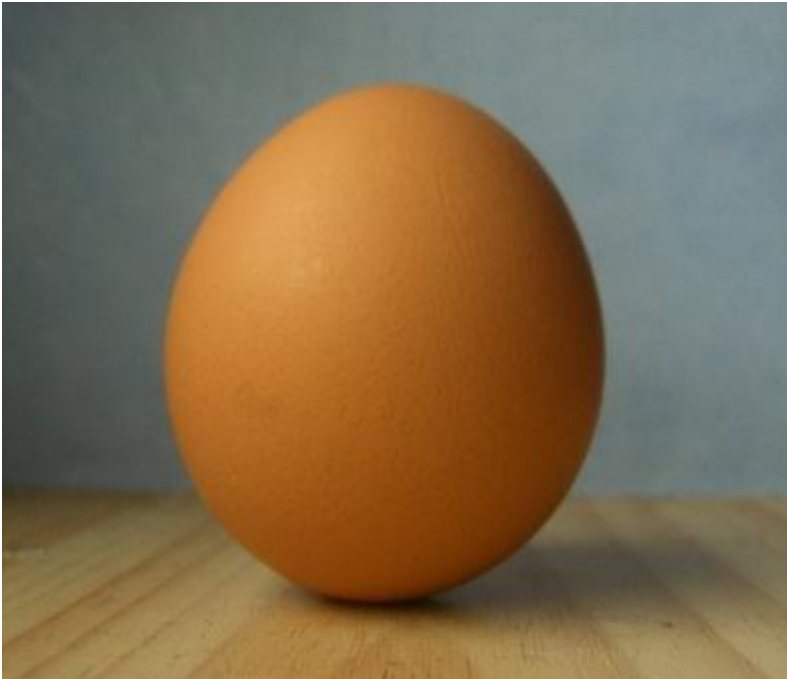
Just like chicken, grill or bake your seafood to maximize health

benefits. I love to pair mine with a tropical salsa, shredded coconut or a sweet chili-tahini sauce.

The Incredible Egg

Just the other day, I heard two different people say their doctor said they couldn't have eggs because they had to watch their cholesterol. This is a myth (sorry, doctors!). When cholesterol first became an epidemic, doctors and other health providers began advising their patients to avoid high cholesterol foods. On the contrary, certain high cholesterol foods plus consistent exercise can contribute to raising your "good" cholesterol (HDL) and lower your "bad" cholesterol (LDL). So has cholesterol gotten a bad rap?

Well, honestly, the answer is a strong "yes"! Cholesterol is manufactured by the body to help repair it when it breaks down. The best analogy I can give you is to think of a car accident and the



EMS arrives. Cholesterol is the EMS. What happens over time with a poor diet and sedentary lifestyle is cholesterol is arriving over and over again. Soon it builds up and causes arteriosclerosis or hardening of the arteries. Cholesterol is just doing its job as nature intended-it wasn't supposed to be a 24 hour per day, seven days per week deal!

So back to high cholesterol foods. Some high cholesterol foods are not great for you if eaten too frequently (i.e.: red meats, pork, processed foods, baked goods, etc.). However, there are some that are great, such as eggs. Besides making sure you eat cage-free and organic, you can eat them often if you want to. My favorite thing about eggs is that their yolk contains all of the essential amino acids. That may not mean much to you now (I'll get to that soon), but just know that it's a good thing. One egg has about five grams of fat and 80 calories, so beyond one egg per day, substitute with just the egg whites so you don't overdo it.

Vegetable Protein

Vegetable Proteins

Edamame

Tofu

Beans

Lentils

I was a vegetarian from the tender age of four until 22. Wow! I can't believe I survived because I didn't get nearly the proper amount of protein needed to be super healthy. I often got sick and was in the risk category for my bone density,

and this is probably why. If you are a vegetarian or vegan, you can still get adequate amounts of protein in your diet.

A note of caution: vegetarians are at a higher risk of vitamin and mineral deficiency, so make sure you take a high quality multi-vitamin and mineral on a daily basis. I like **Genesis Today's Total Nutrition**-super yummy and high quality!

Legumes (beans, peas & lentils)

To me, beans are truly the magical fruit (depending on your age, you might get that joke!). Beans have the highest fiber content of any food. What does fiber really do for you? Insoluble fiber is the “roughage” that your body cannot digest so it carries out toxins

and waste products-this keeps you regular. The soluble fiber helps lower cholesterol and processes fats-which can positively impact your weight loss efforts. And fiber makes you feel full so you are less likely to overeat.

Remember when we were talking about the



Glycemic Index earlier? The lower the number, the more likely your blood sugar levels will remain steady. Guess who's the lowest on the charts? Legumes! This helps to decrease your appetite and boost your metabolism.

I try to get at least one to two servings of legumes daily by putting them in soups or salads. Another way is by eating hummus, which is made up of garbanzo beans. Try several different brands and flavors until you find one you like. One small note of caution though-watch your portion sizes because legumes are very calorie dense.

Amino Acids

If you read the label on any fitness supplement, you will most likely see it touting its amino acid profile on the front or within the nutrition label. And rightfully so! There are 20 amino acids, with eight being essential. Essential means that your body cannot make them on its own. You must get them from food. So what's so awesome about amino acids?



Amino acids make up your protein profile and are critical for those that exercise. Whey protein contains the highest level of branched chain amino acids (BCAA's) known from a natural food source. BCAA's are metabolized directly into muscle tissue and are the first used during exercise. Also, BCAA's help repair and rebuild lean muscle tissue. Other athletic benefits of whey are its ability to be absorbed quickly, and that it contains leucine and glutathione-which help maintain lean muscle mass and healthy immune systems.

Complete Proteins

Soybeans

Egg Yolk

Quinoa

100% Whey Protein

Buckwheat

Seafood

Spirulina

Hempseed

Do your best to make sure to include complete proteins in your diet-they have all of the essential amino acids. Don't worry if you miss the mark on this occasionally, you can still get all of the essentials from a combination of foods containing proteins.

Protein is required for life to sustain itself. Even bugs are high in protein, although there is no way I would include them in my diet! The point is, think of protein as your key to providing a strong body with what it needs to be healthy. With your energetic and strong body intact, it is now time to dive into some fats!



Fabulous Fats

Being in the nutrition and fitness industry, do you know how many times I hear the word fat? My clients think they are fat, they don't want to get fatter and they surely do not want to eat fat! I have to gently let them know I am going to teach them about the right kinds of fats they need to eat in moderation.

I know you're thinking-"How can fat not make me fat?" The reality is that excessive carbs or protein can make you fat. Think of food as energy-your body will use what it needs and store the rest. We despise this extra "storage," and I am going to teach you how to ensure you minimize or eliminate it-for good.

Oils & Olives

As far as healthy fats go, I'd like to cover oils first because they are so predominantly used in cooking at home, restaurants and at fast food places. Healthy fats are the fuel to a higher functioning brain ("Oh, yes-I remember where I put my car keys!"), and healthy joints. The best types of oils to cook with are extra virgin olive oil and coconut oil. Add flaxseed oil to your arsenal too, but it cannot be cooked with. Avoid



vegetable oil- it's not even real!

When using olive oil, make sure you use low to medium heat or low baking temperatures. If heated too high, the physical make up of olive oil is altered and can actually be harmful to your health. Use the other oils for medium to high heats. I love coconut oil because it has healthy saturated fats and can also be used for skin and hair care.

Here is a side note on olive oil spray-purchase the **Misto** which allows you to fill it with your own oil so you control the ingredients! Most olive oil sprays contain GMOs or chemicals.

Omega 3's

Flax Seed Oil
Sardines
Tuna
Wild Salmon
Cod Liver Oil
Walnuts
Beans
Broccoli

Olives are right there with the olive oil-that's how olive oil is made. Just be aware that your healthy fats contain more than double the amount of calories as do carbs or proteins

Omega 6's

Cottonseed
Sunflower
Safflower
Sesame
Corn
Rice bran
Soy
Peanut Oils

(per gram). Fats are very dense and they need to be limited for this reason. For example, one tablespoon of oil contains about 120 calories- yes, one tablespoon! Again, enjoy your healthy fats, but

definitely in moderation.

Another important question about the fats you choose is, does it contain Omega 3's? This recently has also developed as a health buzz word and the reason why is the typical American diet is high in Omega 6's. Omega 6's are important too, but we get an excessive amount. The ideal ratio of Omega 6's to Omega 3's is 2:1, and we on average see our ratios closer to 20:1! Excessive Omega 6's have been associated with heart attacks, stroke, depression and Psoriasis. Omega 3's are contributed to lowering inflammation, cholesterol, and help reduce the risk of cardiovascular diseases.

Avocados

I wanted to include avocados in this section because they are truly a gem in the world of nutrition. Although avocados are fruit, 75% of it is fat, specifically monounsaturated fats. Avocados have 60% more potassium than bananas, and they are rich in B vitamins, vitamin E and vitamin K. Another great aspect is that they

have a high
fiber content,
which is great
for regularity.

With
cholesterol



levels being a concern for most health-minded individuals, we are always looking for ways to control this. Healing foods, such as the avocado, have been shown in studies to lower LDL and triglyceride levels and raise good HDL levels. All of that from a little green fruit!

I eat avocado nearly every day, with it being the super star of my omelets and salads. When I began phasing out eating cheese during the week, I found avocados to be a great replacement to help me still feel satisfied. Avocado is very high in calories, so I limit each serving to $\frac{1}{4}$ of an avocado. Try them out-you'll be hooked!

Nuts & Seeds

Usually nuts and seeds are thought to be a high protein food, and although they do have some protein, they are predominantly made up of monounsaturated fats. Nuts and seeds are rich in energy, protein, antioxidants, vitamins, minerals and



Omega 3's.

What I love about nuts and seeds is they have a longer shelf life of pretty much all foods. They don't have to be refrigerated or heated, so you can throw them in a zip lock bag and take them wherever you go. Nut butters, such as peanut, almond or cashew, are great too. I often use tahini sauce, which is made up of sesame seeds, when making hummus or dipping sauces.

I love to sprinkle my salads with nuts and seeds. Another idea is to make your own trail mix by combining nuts and seeds with dried fruit and dark chocolate. To add nuts to a main meal, I will throw macadamia nuts, walnuts, or pecans in a food processor to coat the outside of fish or chicken. Delicious! About 15% of my calories come from fat.



Believe it or not, healthy fats can help you maintain your weight, lower cholesterol and ward off heart disease. Choose fats high in Omega 3's and avoid trans fats (aka: partially hydrogenated) at all costs. Fats can improve your skin, vision and immune system. That's the stats on fats.



Wonderful Water

You've probably heard before that we can go weeks without food, but only days without water. I don't think it could be more obvious of how essential water is to life. Getting adequate water ensures your body is properly nourished, toxins are flushed out and cells are well-hydrated.

Many times, if you ever crave food but aren't hungry, your body is signaling to you that it is thirsty. In addition, if you experience a mid-afternoon low in regards to energy, you most likely are not getting enough water. Constipation is also a symptom of a lack of water, so drink up!



Quantity

Clients always ask me how much water they should be drinking and this definitely varies person by person. I love to start my day off with a large glass of water upon waking. You can squeeze a lemon into it to help flush the toxins out of your body for an added bonus. Now for the rest of your day, your water needs will vary based on how many servings of fruit and vegetables you eat and your activity level. In general, if you eat three to five servings of fruits and veggies per day, drink half your body weight in ounces. For example, a 150 pound person would need to drink 75 ounces or about nine cups of water. If you eat more fruits and veggies than that, you can drink one to two cups less because of the high water content in produce. If you exercise for at least 30 minutes, add an extra cup in. Most importantly, listen to your body. And if you've ever wondered, tea and coffee do count.

Quality

The quality of your water is just as important as the quantity. Over the years, our water systems have worsened and more unwanted items can be found in the water. I've read about studies done that have even found traces of prescription drugs! I don't know about you, but I don't want a

Best Water Choices

- Pure Well Water
- Mineral Water
- Distilled Water
- Reverse Osmosis
- Filtered Water
- Bottled Spring Water
- Tap Water

chemistry experiment going on in my body-how about you? In my opinion, your best bet is to choose the best option on this list to the left that you have access to at any given time.

If you are just starting out on your health journey, a great first step is to start drinking more water. If you can replace one soda per day, that's equivalent to 17 pounds of weight loss in one year! Sounds like a pretty good deal to me. Feel free to add a lemon or orange wedge to your water if you want to flavor it up a bit. Either way, start drinking more water right away-your life depends on it!



FitKim Basics

Now that you have a great idea on what you should be eating and drinking for a healthy lifestyle, we will get into the nuts and bolts of how to eat this way. You will learn how to have grocery store savvy, cooking 101, reading labels, restaurant survival, traveling tricks, on-the-go, and a bit about GMOs.

Grocery Store Savvy

For most of us, the majority of the food we eat comes from groceries we have stocked in our kitchen. So if we can learn to become grocery store savvy, then the quality of food we put in our bodies will improve greatly. Here are four simple tips to help you get started in the right direction today.



Bring a List

First, before you even head out to the grocery store, take a quick inventory of any items you are running low on. To save even more time, jot them down on a piece of paper or in your smart phone as you run out of them throughout the week. Pick a few recipes for the upcoming week and add any additional ingredients needed to your list. Grab your recyclable bags and you are ready to go!



Shop the Perimeter

Next, focus on shopping the perimeter of the grocery store. This is where the majority of the fresh items are—produce, fish, meat, etc. Remember that anything you buy in the center aisles is packaged. Obviously you will need some packaged items such as

brown rice or frozen veggies, but this should make up the smallest amount of groceries in your cart. What should be the focal point? Produce. Budget-permitting, stock up on as many fruits and vegetables as possible.

Reading Labels

When making decisions on which brand to purchase, do not refer to the front packaging as your guide. Slogans such as "all natural," "heart healthy," or "cholesterol-friendly," are marketing tactics to get you to buy their product. Instead, turn to the label on the back where the ingredients are listed. Your goal is to choose items that have five ingredients or less and you can recognize all of the words. One exception to this is if the word "spices" is listed, which is a vague ingredient term allowed for over 15,000 different chemicals.

Local or Organic

The final step is the icing on the cake (figuratively, of course)! Check the prices on the organic version of all items and try to buy as much as you can afford. Organic food prices have dropped dramatically over the years, so compare to conventional products and stock up when you can. Also, keep an eye out for local-this is the best quality out there. If you see organic or local items on sale, take advantage. Local farmers markets are often the most affordable way to go in this regard. Stop by one and you will be amazed!

Although it may seem time-consuming to adopt a healthy lifestyle, it really just takes a bit of preparation and commitment. By taking the time to become grocery store savvy, you will ensure your kitchen is always stocked with delicious and healthy choices.

Cooking 101

By the time I finished college, I could barely boil water. That at least allowed me to make spaghetti or mac n' cheese. Maybe you can relate? I never used an oven and couldn't follow a recipe to save my life. That all changed when I embarked on this health journey and realized learning to cook was essential. I definitely ruined my fair share of meals, but I promise, if you keep at it, you will learn how to cook-and hopefully love it!

Here are some basic descriptions you will want to learn in the kitchen.



Baking: This is when you put a baking sheet in the oven, usually for a short period of time (10-20 minutes), at temperatures between 350-400 degrees. You can

bake just about anything-fish, chicken, casseroles, veggies, desserts, etc. Place on the center rack and flip half way through.

Broiling: I was intimidated by this for quite some time, but it's pretty simple actually. The purpose of broiling is to turn the outside of the food golden-brown and crispy. The time is short (1-5 minutes) and temperatures are about 500 degrees depending on your oven. Place your baking sheet or dish on the top rack and watch closely.

Roasting: This is another term that seems somewhat elusive, but it's also easy to do. Usually vegetables or potatoes are the food of choice, and cooking time is long (20-50 minutes) at about 400-450 degrees. Definitely make sure you flip your meal half way through and use a glass baking dish.

Sauting: This is done on the stove top, and I use this method over traditional frying. Using a pan, cook your food over low to medium heat, and turn often. This takes longer than frying, but less enzymes are destroyed this way. Use low heat for vegetables and medium heat for meats or seafood.

Steaming: Steaming is the best kept secret in cooking methods. You most likely grew up with your mother boiling brocolli and other vegetables, but did you ever notice the boiled water was the color of



the vegetable? That's because a lot of the nutrients were pulled from the vegetable and dumped down the drain. With steaming, you get to keep all of those valuable nutrients! Just heat a pot with about an inch of water and place a steamer basket or similar pot on top with your veggies in it. Cook until veggies are bright in color and slightly tender. Yum!

Reading Labels

I've noticed that consumers are becoming more aware of what's in their food. Food used to be just food, but over time the food industry has altered and added so many things that food is now completely distorted. This can be a bit daunting at first, but if you can be open-minded to playing detective, it's pretty easy to figure out. Check out these tips to get started.



1. Read your produce labels. If the label starts with a 9, it is organic (which is ideal). 4 & 5 are conventional, which means farmers can use pesticides, etc. 8 means genetically modified (aka: GMOs)-more on that later. And 3 means irradiated, or treated with radiation.
2. Investigate the ingredients. If your food is in a package, can or box, take a look at the ingredients list. You should be able to pronounce all of the words and be familiar with them. The exception to this is spices, which is a vague word for over 15,000 different chemicals. My goal is to eat foods that have five ingredients or less.
3. Size up your serving. A fantastic marketing ploy is to use small serving sizes to trick consumers into thinking the nutrition information is for the whole product. How many people do you know who eat $\frac{1}{2}$ a bag of Sun Chips or less than $\frac{1}{2}$ a bottle of Gatorade? The number of servings is two so you would need to double the calories, etc. to figure out what you are eating or drinking.
4. Maximize your macronutrients. Check out the number of grams of fat, carbs and protein. Everyone is different on their needs, but I function best with 50% of my calories coming from carbs, 30% protein and 20% fats. And remember, fat grams have just over twice as many calories

as protein and carbs, so just be aware of that.

5. Watch your sensitivities. If you have high blood pressure, watch the cholesterol and sodium content. Diabetics (and really everyone) can refer to the grams of sugar. You can even find out how much fiber it has, but your best source is going to be from fresh fruits and vegetables.

Watch How to Read Food Labels on YouTube!

Restaurant Survival

The majority of my clients on Mondays seem to always have some terrible confession of how they destroyed their diet over the weekend by eating at a restaurant. This is so unnecessary and can easily be turned into a positive, enjoyable experience.

- Review the menu online or on your phone and pick out your meal ahead of time.
- Suggest a restaurant you



know is going to have healthy choices.

- Split an entrée or order an appetizer.
- Get your dressing and/or condiments on the side and only use enough to add a bit of flavor.
- Request no butter on your steamed veggies.
- Choose baked, grilled, broiled, sautéed or steamed.
- Depending on the size of your meal, box up ½ of it right away so you're not tempted to over eat.
- Skip the rolls or chips and salsa-you know you will be full by the time your meal arrives!
- Enjoy one alcoholic beverage or share a dessert-not both😊.

Tricks for Traveling

How many times have we arrived home from vacation and realized that we were completely derailed from our healthy regimen of working out and eating well? It then takes several days to get back into the swing of things and before we know it, two weeks of skimping on workouts and eating out way too much catches up with us. But with a little planning, you too can learn healthy tricks for traveling.

The healthiest trick when traveling is to plan ahead. You wouldn't randomly show up at the airport and pick which flight you want to take, would you? Of course not-you plan ahead. You want to do the same thing when it comes to working out and eating pretty well during your vacation. Do some research online and see if the

place you are staying at has a fitness facility. View any photos available to ensure it has the equipment you need to get a decent workout in. If not, search nearby to find local fitness clubs and call to find out daily rates. Some hotels offer specials with local gyms if they do not have a fitness facility onsite. Then plan out how and when you will be able to squeeze your workouts in throughout your vacation.

As for nutrition, a great travel trick is to pack plenty of snacks. You may find yourself at the airport for at least half a day or more depending on your original itinerary and flight changes. Having granola bars, mixed nuts, apples and packets of oatmeal



can be a saving grace when you least expect it. Grab a bottle of water after you go through security, and refill it as you continue to travel. If you have time for a complete meal, find a balanced salad with grilled chicken or something similar (with dressing on the side!). Snacking definitely combats binging on the

overwhelming fast food-type options at airports. It is a good idea to find out what restaurants you will be near while on vacation as well. You can often view complete menus online at home-even before you leave for your trip!

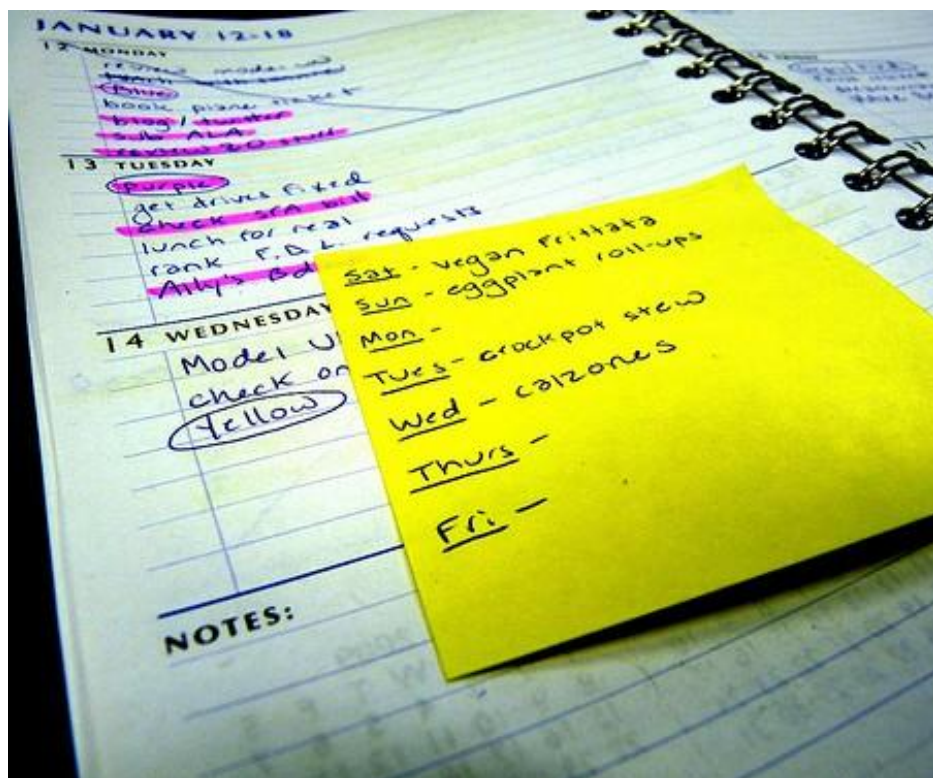
With a little preparation and research, you will be well on your way to enjoying your vacation. It is such a great feeling to enjoy good food, maybe some wine, and conversations with friends-all while leaving the familiar feeling of guilt from the past long behind. These healthy tricks for traveling will make your trip an energizing and refreshing experience.

On-the-Go

If I had to pick the biggest objection I hear from clients on why they can't seem to eat healthy, it's because they don't have enough time. With one of the busiest schedules I know of, I am able to find the time by planning ahead. Follow these steps to ensure a healthy meal is just around the corner.

1. Take out your grocery list and check off any items you are out of or running low on.
2. Pick a few recipes for the week and add those items to the list. Plan on making extra leftovers.

3. Plan your meals for the next day and always pack your lunch before you go to bed.
4. Have healthy, prepared snacks at all times (ie: fresh fruit, granola bars, trail mix, etc.).
5. Stick to it! If you fall off the wagon at any point, just eat better at your next meal. It's not the end of the world and not a good reason to throw in the towel.



Oh No-It's a GMO!

If you are like most people, you probably are unsure or have a vague understanding of what a GMO is. I remember seeing a news flash on TV about GMOs years ago and thought it was some type of seasoning used in restaurants (that's MSG, and we'll get to that another day). I want to take some time to shed some light on what a GMO is, where it can be found, and how you may be impacted by it.

A GMO is short for genetically modified organisms. A similar term is GE, or genetically engineered. The main difference between the two is that a GMO alters a naturally-existing organism, whereas GE means it is man-made. For our purposes, I am mainly going to focus on GMOs. GMOs scientifically alter natural foods by injecting a foreign protein, virus or bacteria with the purpose of altering its DNA. Why is this done? Let's say a farmer has soybeans that are constantly being killed off by pesky insects. Well what if there was a way to insert a pesticide gene into the soybean so it could ward off insects while

Common GMOs

Soybeans
Corn
Cotton
Potatoes
Tomatoes
Canola
Sugar Beets
Rice
Flax
Squash
Zucchini
Papaya
Radicchio

growing? That’s exactly what they did starting in the 1990’s. What does this mean for your health?

The most likely reaction to eating GMOs is either a moderate or severe allergic reaction. In addition, symptoms include chronic fatigue syndrome, IBS, headaches, lethargy, acne and eczema. Some people don’t react at all initially, but everyone’s health is impacted by GMOs. Because sufficient studies have not yet been conducted on the health hazards of GMOs, Australia, Great Britain, Israel, Germany, France and New Zealand have all chosen to force food manufacturers to omit GMOs from their products. Maybe we

- Avoid**

 - Soy Oil
 - Lecithin
 - Soy Protein Additives
 - Soy Isolate
 - Hydrolized
 - Soy Protein
 - MSG
 - High Fructose Corn Syrup
 - Corn Sugar

should also be on the cautious side until we know more.

GMOs seem to be everywhere. I was just at a baseball game and noticed that with the popcorn, cotton candy, hot dogs, nachos and pretzels, almost everything had GMOs in it. Crazy!

But we can do something about it. We can first start by becoming educated consumers and be able to make informed decisions. Not everyone can afford to only eat organic food or have their own farm, but we can make a small step in that direction. My first step was to make sure that I

always check the label first before eating anything. I will put back about 90% if I see any words I don't recognize. The other 10% of the time I will go ahead and enjoy it (I am human!). This is sustainable and reasonable for me. How about you-what's your first step to avoiding a GMO?



Your Perfect Weight

Surprisingly, men and women alike have an ideal weight they'd like to be at. For me and my clients, I would like them to focus more on how their clothes fit, how much energy they have, and how they feel about their bodies. This is definitely a personal experience and we should not compare ourselves to others.

Set a Goal

Setting goals are very different than making New Year's resolutions. New Year's resolutions are vague and lack details. They are enticing by their hopeful promises and elusiveness. With goals, you are able to be detailed, have a timeline and specific action steps.

Here are a few ideas on how to set a non-weight goal.

- ✚ Fit into a size 4 pair of jeans.
- ✚ Be able to have energy from morning until night.
- ✚ Get off all medications.
- ✚ Run a 5K.
- ✚ Feel great in a bikini.
- ✚ Lower body fat to 20%.
- ✚ Gain 6 pounds of muscle.



After you have your goal, pick a date to achieve it. Specific events such as a vacation or wedding really maximize motivation. Post this date somewhere you will see it daily. Last, write down the steps needed to achieve this goal. This may include getting a personal trainer, joining a gym or consulting with a nutritionist. Find a support system that will hold you accountable.



Is Is Your Scale Lying to You?

"This can't be right-there is no way that I haven't lost any weight!" Does this sound familiar to you? You finally make the commitment to start a fitness program and eat better, only to be utterly shocked when you step on the scale. You have more energy and your clothes feel better-it just doesn't make any sense. Is your scale lying to you?



And the answer is-sort of. As long as you have a decent scale and use the same one at the same time of day, then your scale is accurate in reporting how much you weigh. But to determine if your body is indeed getting fitter, you are not going to find that out completely from your scale alone. That feedback involves more

than your weight. The real number you need to look at is your body fat percentage.

What is your body fat based on? It takes the pounds of fat mass divided by your total weight. For example, if your fat mass is 40 pounds and your weight is 160 pounds, your body fat percentage would be 25%. What range should you be in? Check this chart to find out where you need to be based on your fitness goals.

The table below describes different percentages but is not a recommendation (from the American Council on Exercise):

Description	Women	Men
Essential fat	10–13%	2–5%
Athletes	14–20%	6–13%
Fitness	21–24%	14–17%
Average	25–31%	18–24%
Obese	32%+	25%+

At the minimum, your goal should be to fall into the average range. If you consider yourself a pretty healthy and active person, shoot to be at the fitness level. Once you achieve that, go for the athlete level. You don't have to be a professional tennis player to make that a reality-it just takes clean eating and sticking to a fitness program to make it happen. So how can you use this to set up your ideal fitness program?

At the start of your fitness program, have your body fat measured by a fitness professional if you are able to. The most accurate way for the budget-conscious is skin-caliper testing. There is a 2-3% room for error so make sure the same person does your progress measurements. If that is not an option for you, some home scales measure body fat. Just make sure you drink two glasses of water and do it in the morning. Do not weigh yourself more than once per week. I prefer a weekly weigh-in and a bi-weekly body fat check-up. Compare your fat mass to your initial measurement. If you have lost fat mass and haven't lost any weight, that means you equally traded fat loss with muscle gain.



This is a good thing! In this case, your scale is lying to you and you are making progress. Keep it up! Although your weight hasn't changed, you are getting leaner.

By nature, women are slaves to the scale. We nervously step on and hold our breath while waiting to see what scary number may pop up on the screen. Well, I am here to tell you-not anymore! Your scale may be lying to you, so don't beat yourself up if that number doesn't move. Keep building that muscle, lose the fat, and celebrate the new you-fit and fabulous!

Perfecting Portion Control

While completing my Masters in Holistic Nutrition, the entire focus of my studies was on learning what real, whole foods were all about. So instead of turning to the back of a product label to check the calorie content, I just became adept at eating as natural as possible. I felt better, had more energy and was very healthy overall. But one thing constantly fluctuated without my understanding of why-my weight. Can you relate? This is when I discovered the importance of perfecting my portion control. Eating



healthy is a key component to a long and happy life. In addition, how much you are eating is just as important.

How much you need to eat is not a cookie cutter answer-it really does vary person by person. For example, some experts will tell you to go by your basal metabolic rate (BMR) to determine your daily calorie intake. Well my BMR is just over 1400 calories (go to www.bmi-calculator.net to calculate yours). This is how many calories I burn at rest, not taking into account how active I am throughout the day. However, whenever I have tried to shoot to consume 1,400 calories, I have always gone over and still felt hungry. So what gives?

Being the curious gal that I am, I wanted to get to the bottom of this. I had the opportunity to wear a Bodymedia Armband monitor (via the dotFIT or BodyBugg program) to see how many calories I was really burning on average. What a wakeup call! On average, including workout days and off days, I burn an average of 2,785 calories! This creates a huge gap between my BMR and reality. I found this number extremely exciting and empowering. Now I have been able to perfect my portions to make sure my body is getting the fuel it needs. This is even more important for exercisers as well.

So once you have your magic number, how do you perfect portion control? You may not like my old-school answer, but the

most accurate way is food journaling or logging your food online. It is time-consuming, but you will not have to do it forever-just long enough for you to get a good idea of how much you need to be eating for you. Remember, this is not a one-size-fits-all solution. It will be a highly enlightening experience-I promise. For example, did you know that there are over 900 calories in one cup of walnuts? You can still enjoy foods such as nuts, but you will just need to watch your portions.

At first, it may feel a bit daunting, but learning to perfect your portion control is very motivating once you have it down. By obtaining a precise count on your daily calorie burn, you can accurately adjust your portion sizes to maintain weight, lose weight, or even gain weight. This puts you in control, while taking out the guess work once and for all!



Writing it All Down...Is it Worth it?

Maybe you've been told to, or have read an article, about keeping a food journal. Instantly you think, "Ugh, that's a lot of work!" Sometimes it's a success just to get ourselves out of the door on time in the

morning, much less take the time to log everything we eat all day. But...we still have to wonder why we seem to maintain the extra weight, or do not have as much energy as we'd like to have. Why is that? Could it have anything to do with what we are eating, when we are eating, and how much we are eating? The answer is, absolutely! I've seen and been the girl who worked out for hours on end, and never saw a pound drop off. Later, when I was able to finally have a heart-to-heart with myself, I admitted that my eating was not as tight as it needed to be for me to see a difference. I believe nutrition is 80% of weight loss, so no matter how many hours you spend on a treadmill, what food you choose to put in your mouth will make the biggest difference. Think about it. Let's say you work out for about an hour doing a combination of cardio and weight training, you could burn anywhere from 300-600 calories in that hour depending on your weight and height. How easy is it to justify taking in a huge amount of calories for your next meal because of your "intense" workout? Re-fueling is essential, but we usually don't even realize we may be sabotaging our efforts. Writing down what you eat would help you logically take in the necessary calories after your workout, versus what you feel you need.

So what can you do? Start a food journal for three days. Food journaling can be done on paper or electronically. Write down everything you eat and drink, even on a piece of scrap paper if necessary. There are several great online resources as

well, and most are free. The benefit of logging your food online is that the software automatically calculates your calories, fats, proteins, carbs, etc. for you. If you do opt to do it by hand, have a nutritionist take a look at it and give you feedback. Food journals can help reveal food allergies, problem areas, and ways to improve overall. If your goal is to lose weight, a food journal can monitor your caloric intake to make sure you are creating a deficit against calories burned. **MyFitnessPal** is the best software I have seen online for monitoring weight loss.

Give food journaling a try for just three days, and you will see so many benefits that you will not want to stop! You will become acutely aware of your eating habits, how many calories are in your favorite foods, and the quality of what you are eating. For just minutes a day, writing it all down IS worth it!

At-a-Glance Meal Plan

When you're embarking on a new, healthy lifestyle, it is helpful to have a guideline of what you should be eating. This is a sample based on a 1,200 calorie diet. If you are interested in receiving a customized meal plan, email me at **Kim@FitKim.com**.

Weekly Meal Planner

Lunch

: Greek yogurt

2 slices deli chicken breast
1 slice low-fat cheese
2 Tbsp hummus or light mayo
1 sandwich round whole wheat
5 carrot sticks

Protein: 11g
Fiber: 2g

Fat: 1g
Sugar: 20g

Cal: 250
Carbs: 29g

Protein: 20g
Fiber: 6g

Fat: 7g
Sugar: 4g

Mini Meals



Have you ever restricted your calories for a diet, but were disappointed to find the numbers on the scale hadn't budged one bit? Or felt a drop in your energy level mid-afternoon? If so, you may benefit from the Mini Meal style of eating-it worked for me!

I can remember it like it was yesterday. I woke up at 5:30am, got to the office about 6:30am, and worked until 10:30pm at night-Monday through Saturday. I would eat animal crackers and Pepsi One around lunch time, and then fast food for dinner. That's it. I started getting really sick, and couldn't figure out what was causing my stomach pains. The doctor said, "Ulcers, which are stress-related." He wrote me a prescription and sent me on my way.

After about two days, I threw out the prescription and decided to figure out this whole 'health' thing. And then, the addiction began. I started reading anything I could get my hands on, and joined a local gym. I soon discovered that everything I knew about the way to eat was seriously wrong. And trying to run a mile on the treadmill had me in bed by 9pm!



What really stood out to me was the notion to eat small meals, and eat them often. This was the opposite of anything I had ever believed prior to this. I thought I would give it a shot. I started eating breakfast, which usually consisted of a bowl of oatmeal,

protein powder and berries. Then I would take whatever I normally ate for lunch and split it into two meals. The first half was eaten mid-morning, and the second half just after lunch time. Again, I would either split dinner and eat the first half as a late afternoon snack, or munch on fruit, nuts, yogurt, or hummus and veggies. Dinner would be a light choice of grilled chicken/fish, with a side salad. I usually craved a small snack at night (and still do!), so that is also another meal that I count on.

I eliminated soda, and focused on drinking half the number of ounces as my body weight. That's a lot of water!

It takes getting used to, but once you get this going, you are constantly fueling your body with nutrition. Your body NEVER goes into starvation mode wondering, "when is my next meal?!" It will continue to constantly burn calories because it knows there are an abundant source of nutrients coming its way. Mini meals are definitely a matter of preference, and some people thrive on their three square meals a day. But if you have struggled with weight loss or low energy, give this a try. I think you will be pleasantly surprised!

Licking the Sugar Habit

The majority of people I know who would like to lose weight tell me they're addicted to sugar. They say it somewhat jokingly, but they are absolutely correct. Refined sugar is an excitotoxin, which means it excites brain cells when you consume it (hence, the sugar rush) and then dies shortly after (the sugar crash). And then, you want more. Scientists have discovered that the effects are similar to heroine. Isn't that crazy?! So how can you lick the sugar habit?



You can try to go cold turkey, but that only works for extremely disciplined people. I started by replacing sweets with fruit-still sugar, but the healthy kind. My next step was to stop drinking soda and replace it with water. Switching to diet does not count-sweeteners turn diet soda into a chemical cocktail.

Lastly, I looked for the words sugar, high fructose corn syrup, corn sugar, cane sugar, etc. on ingredient labels and chose products that didn't contain sugar.

At first, this felt super overwhelming, but I just continued on and gradually I didn't crave sugar anymore. After about a week or so, I honestly didn't have any more cravings-I couldn't believe it!

Licking the sugar habit is probably the best thing you can do for your health.

Super Foods

I would be happy if people just started incorporating more fruits and vegetables into their diets. But if you want to take your health to the next level, look into eating more super foods.

Super foods are those foods that are more nutritionally dense than their counterparts. They have more vitamins, minerals, and antioxidants per gram-basically you get a better bang for your buck. For example, would you rather eat ten apples or one

pomegranate to get the same health benefits? Here is a list of some of my favorites.

Super Foods

Acai Berries	Spinach
Goji Berries	Sprouts
Pomegranates	Blueberries
Tomatoes	Broccoli
Mango	Hot Peppers
Cranberries	Asparagus
Raw Nuts	Salmon
Garlic	Beans
Avocados	

I know it's a hard concept to get away from trying to reach a number on your scale, but think of how long you've tried that method without success. I'm asking you to try a new approach-focus on the you that you want to

be for the rest of your life. Think health and vitality-they are both yours for the taking. You can do this!



Get Fit!

Most of this book and my blog are centered on nutrition, but fitness is also an important part to a healthy lifestyle. When people get on a new health kick, they often think they just need to join a gym and they're all set. This is so untrue-you can easily derail your entire workout with one single meal after it. "I must have burned at least 1,000 calories working out-I'm going to grab a burger and fries!" Sound familiar?

I estimate reaching your health goals to encompass 80% nutrition, 10% fitness and 10% genetics. Not only does fitness help you lose weight and tone up, it positively impacts your brain health, stress levels and sense of well-being. Being active contributes to a stronger heart, higher bone density and can even lower cholesterol levels.

Jump Starting Your Fitness Program

I remember all of the times I bought a gym membership, picked up a new workout DVD, or purchased the latest fitness infomercial product. Each time, I swore I was going to finally start working out consistently, and get in shape once and for



all. Similarly, I would make it through one workout with each of my shiny new products, only to let it sit in the corner, collecting dust or become totally unused. It wasn't until I learned how to jump start my fitness program that I finally was able to make it a part of my life-for good. There are several key components to making this happen.

Plan Ahead

How many times have you had every intention of waking up early to work out before heading to work, only to run out of time and have to promise yourself you would do it after work instead? Doesn't usually turn out the way we think it will. We find ourselves famished after a long day of work, so we head home to make dinner and that elusive idea of working out fades away. This is primarily due to lack of preparation, not bad intentions. To plan ahead, take a look at your planner on Sunday night, and decide which days you can work out, and at what time. If you will be doing a morning workout, have your gym bag ready to go the night before, or clothes laid out if you are working out at home. An after-work workout will require a good quality snack to be packed and brought with you to work. Let any family members know your plans so they can start dinner without you or make other arrangements. This is your time-treasure and protect it at all costs.

Accountability

This may not be required for the rest of your life, but in the beginning, having someone hold you accountable is essential. When getting into a fitness program, it is so easy to talk ourselves out of working out or pushing hard. Our motivation is a bit weak at this point, so get some help. Your best options are going to be a personal trainer or a good friend. The most effective decision I ever made was to work with my personal trainer, Dana. She helped me



learn how to incorporate weight training along with my intense running and cycling schedule. A good friend can be just as beneficial-as long as they are right on board with your goals, or are

already consistently working out. Be wary of your friends who aren't quite ready yet-they will talk you right out of it! Having accountability will ensure you stick to your scheduled workouts and overcome any obstacles that may come your way.

Variety

When I work with clients and we begin discussing exercise, many of them will say things such as, "Ugh, I hate running!" I am always surprised to find that they tried one way of exercising, didn't like it, and wrote off exercise forever. There are SO many different styles of exercises, sports, and group exercise classes these days; I don't think it is even possible to run out of ideas anymore. Try different things until you find out what you like, and bring a friend to make it even more fun! At a minimum, change up your fitness program every four weeks, and even sooner than that if you need more variety. I rarely do the same thing twice-that's just my style. Find out yours.

Learning how to jump start your fitness program is a lot easier than you think. Make sure you plan ahead, have someone who can hold you accountable, and incorporate variety to keep things interesting. Not only will you be able to stick with your fitness program, but you will find yourself having fun, getting more fit, and finally reaching your goals.

Fitness Basics

If possible, I am a strong believer in joining a gym or working with a personal trainer when beginning a fitness program. But if that is not an option, watch my videos on www.youtube.com/FitKimTV to see what you will need to get started at home:

Weekly Workouts

It is important to have a weekly plan of when you will be working out and what type of exercise you will be doing. I can design a program for you if you want, just email me at Kim@FitKim.com.



First Time Fueling

While beginning a fitness program, the quality of food you put in your body can greatly impact not only your training workouts, but also those coveted long-term results. We all put so much focus on planning when our workouts will be, how long they will be, and the type of workout we will do. But we often don't take nearly the same amount of effort to plan what fuel we will need before, during and after our fitness workouts. For example, have you ever been subject to Ramen noodles or Mac n' Cheese after a grueling workout because you didn't have anything ready to go in the fridge? Or worse, decided to swing by McDonald's for a large fry to "replenish" after a big workout? Uh, huh-I can see you shaking your head yes right now.

We've all shamefully been there to one degree or another. And looking back, it was mainly due to poor planning, not wrong intentions. So give yourself a break and get ready to learn the keys to quick and simple ways to make sure you are never a drive-thru victim again.

The first component to proper fueling techniques is pre-workout snacks. Timing is definitely based on individual preferences, but shoot for your snack to be consumed 45 minutes to two hours before your workout. Your snack should consist of mainly carbs, some protein and a low amount of fat. My favorites

are:

- ✚ 1 packet oatmeal with $\frac{1}{2}$ a banana and a few walnuts
- ✚ $\frac{1}{2}$ a frozen banana, $\frac{1}{2}$ a cup of frozen fruit, 1 scoop of whey protein, ice and water (blended)
- ✚ 1 rice cake with almond butter and banana slices
- ✚ $\frac{1}{2}$ cup trail mix
- ✚ Sliced veggies with hummus
- ✚ Salad with a lean protein (turkey breast, fish, etc.) and mostly veggies

As for water, first determine how much you will need-up to 1 ounce for every minute of working out. Drink $\frac{1}{3}$ of that beforehand.

The next component's importance varies based on the length of the workout. I opt to stick with only drinking another $\frac{1}{3}$ of water with 8 oz. of any sports drink if my workout is less than an



hour. Beyond that, I consume 1 sports gel every 90 minutes. If my workout is over 2 ½ hours, I will eat a granola bar that is high in carbs after about two hours. Consuming gels or food varies by the person, so experiment a bit and see what works best for you. If you will be regularly capping out at an hour, you do not have to incorporate gels or food during this time.

Now for my favorite part, and probably the most important, is what you need to eat to re-fuel your body after your intense training workout. Choose an evenly balanced carb-protein snack with a small amount of healthy fats. Since your muscles have been depleted of their stored glycogen levels, it is critical to take in your post workout snack within 30-45 minutes to maximize results. And don't forget that last 1/3 of your required water needs! Great options:

- ✚ Protein shake with ½ a banana
- ✚ Yogurt with granola and berries
- ✚ ½ a tuna sandwich on whole or sprouted wheat
- ✚ Turkey and cheese with apple slices
- ✚ Baked red potatoes with a side of low-fat cottage cheese
- ✚ Whole grain cereal with organic milk

If you are serious about hitting your goals and improving your health, you will definitely be off to a great start by turning these tips into a regular routine. If you are a seasoned veteran, give them a try-who knows, you may finally reach beyond a plateau or receive

that PR you have been wanting for so long. Either way, you are ensured to enjoy more energetic workouts, quicker recovery time, and unprecedented results. Go get em'!

Super Supplements

There are so many different opinions on supplements we need to take, that before you know it, you will have several pill boxes full! I would start with a few basics to get started so you don't feel overwhelmed:

- ✓ Multi-vitamin and multi-mineral-Think of this as your “insurance” for anything that may be lacking in your diet. As I mentioned early, I love Genesis Today's 4 Total Nutrition.
- ✓ Omega 3's-As discussed in a section earlier, the American diet is lacking in enough Omega 3 Fatty Acids, and we must get them from food or supplements.
- ✓ Antioxidants-If your multi doesn't include antioxidants, I would take a supplement. Exercise, among many other factors, produces free radicals in the body, which can cause



disease. Antioxidants clean them up!

- ✓ 100% Whey-If you exercise or need more protein in your diet, this is a great “whey” to supplement. Whey has all of the essential amino acids, helps with muscle repair and also growth.

Cellulite

Cellulite affects 90% of women, and can be the biggest contributor to body issues. Cellulite is a term to describe the dimpled appearance of skin caused by fat deposits that are just below the surface of the skin. Cellulite is caused by many factors such as stress, diet, lifestyle, hormones and genetics. There are several stages of cellulite development, and many women are surprised to “see” cellulite on their legs even though it’s been



underneath the surface for many years. Although it's very hard to get rid of cellulite, you can reduce it greatly by following these tips:

- ✚ Follow the nutrition guidelines in this book and make sure to eat plenty of fruits and vegetables at every meal.
- ✚ Drink at least half your weight in water to flush out the toxins within the cells.
- ✚ Exercise consistently 3-4 times per week.
- ✚ Take an antioxidant to counteract free radical skin damage.
- ✚ Use a dry brush for a few minutes before showering on the affected area.
- ✚ Apply firming cream immediately after showering. I love Dr. Mirad's-he wrote **The Cellulite Solution**, which is an awesome book!



Ways to Well-Being

When we think about taking care of ourselves, it somehow always finds its way to the bottom of our list. The to-do's of the day, demands at work and the needs of others are screaming for our attention every day. But what we need to realize is that if we learn to take care of ourselves, we will do an even better job of being there for others.

The Purpose Driven Life

Have you ever talked to someone who is excitedly sharing with you their new business, side hobby or future plans? They become very animated and their enthusiasm is contagious. These are people with a purpose-driven life.

Having a purpose gets you out of bed in the morning, puts a spring in your step and adds a spark to your life. Those that have a purpose report lower stress levels, higher well-being and an optimistic outlook on the future.

So how do you find your purpose? There are many different methods, but my favorite is through journaling. Write down different ideas until you find one that feels good. Think big-don't limit yourself. In Parker Palmer's book, **Let Your Life Speak**, he describes it as your deepest gladness meeting the world's greatest need. Isn't that beautiful?



The Confidence Cure

I know men deal with body image issues as well, but this is definitely prevalent in most women that I consult with. A struggle with the way we feel about ourselves can usually be connected to a lack of confidence. Although it does not happen overnight, there are three simple keys to the confidence cure.

If you don't take care of your body,
how do you expect it to take care of you?
~~ Marie T. Freeman



Healthy Eating

Of course you know eating healthy is important for preventing disease, avoiding sickness, and managing your weight. But did you know that it also impacts how you feel about yourself? Poor food choices and carrying extra weight directly correlates to a negative or positive self-image. The confidence cure is to learn

how to develop a healthy lifestyle of eating, instead of bouncing from one diet to another. When you learn to eat properly and manage your weight, you feel on top of the world.

Treat Your Body Good

I know what it feels like to not be happy with the way your body looks, and hastily decide to get into a fitness routine. I also know what it feels like to give up after a few days and lament to having to accept the way you look forever. I definitely agree you should be kind to yourself, but if you want to improve your physical fitness, you can do it with some help. It may take investing in a personal trainer to ensure you stick with it, but this is a confidence cure that is well worth the money. Seeing how your hard work can actually change your body will give you the motivation needed to keep going.

Take Baby Steps

Confidence does not happen in one day; it takes time. Start with a small step, and then another after that. Instead of trying to imagine accomplishing your entire goal (i.e. a super fit body!), break it down into smaller steps. Pick the step you feel most confident in achieving, and go from there. You will get stronger with each step, gain momentum, and soon be well on your way to your goal.

The confidence cure is available to everyone. If you put in

the effort to learn healthy eating habits and maintain a fitness program, you will gradually gain more and more confidence. With a bit of hard work and dedication, a positive and healthy body image will be yours before you know it!

What is Your Vision?

When it comes to reaching your health goals, being clear on what you want is really important. Having images in your mind gets you ready to see them actualize in real life.

One of the greatest tools for manifesting your dreams into reality is by creating a vision board or journal. A vision board is made by gathering pictures, quotes, phrases or whatever else you want, and putting them on poster board or in a notebook. You can cut your images out of magazines or print them off of the internet.

Place your board where you will see it every day or flip through your book every morning. As you see the images of health, fitness, wellness and happiness, feel what it will be like when you achieve them. It is the coolest thing

Go confidently
in the direction
of your dreams!
Live the life
you've imagined.

-Thoreau

ever when you start seeing them become reality!

Too Blessed to be Stressed

A lot of studies have shown that stress is the biggest contributor to most health ailments over all other contributors. That's insane! Stress causes anxiety, tension and panic that can cause weight gain, illness and personality changes. Learning how to manage stress is one of the best things you can do for your health.

Everyone is very different on the best ways to manage stress, but here are my top ten:

1. Set clear timelines and priorities to eliminate unexpected complications.
2. Exercise regularly to receive invaluable physical and mental benefits.
3. Get “you time” every day, even if for just a few minutes.
4. Take a nap to recharge your batteries.
5. Call a friend that will lift up your spirits.
6. Get regular massages to therapeutically relieve stress (find massage schools for discounts).
7. Focus on what you are grateful for and develop the mantra: “I’m too blessed to be stressed.”
8. Follow a balanced diet that involves a lot of fresh, whole foods.

9. Find a hobby you enjoy that will provide a positive outlet for you.
10. Take an inventory of what's currently on your plate and make changes to eliminate the biggest stressors.

Sensational Sleep

Getting enough sleep is one of those hidden culprits that negatively impact us without us realizing it. One night of poor sleep isn't the end of the world, but anything beyond that can greatly reduce your quality of life. How are your energy levels, ability to focus and moods affected by a lack of sleep? It's not a pretty picture!



I know some people who need ten hours per night, others who can go on five hours and I personally thrive on about eight hours of sleep. Your biggest indicator will be how you feel upon waking. You should feel well-rested and ready for the day.

Adequate sleep helps manage your stress levels and also your weight. To improve your sleep habits:

- ✚ Avoid caffeine near bed time
- ✚ Go to bed around the same time each night

- ✚ Eat protein if you have a night time snack
- ✚ Turn off the TV before you go to bed
- ✚ Write down any to-do's for the next day

The Joys of Journaling

I started journaling in my early 20's and have blown through at least 15 journals since then. Journaling is a fantastic way to get in touch with your inner self and get clear on what you want in life.

I love to use my journal to write down what I'm grateful for, make prayer requests and to set my intentions for the day. You can even go online and search for journal exercises if you need some inspiration to get started. Choose a journal that fits your personality and treasure this sacred time just for you.

Super Support

When my clients have a good support system in place, whether it be a spouse or close friend, they are much more likely to reach their goals. Having support will help keep you motivated and on track.

When choosing your support structure, think of someone who will help keep you going if you become derailed or discouraged. This could be a family member, workout partner, friend, personal trainer, nutritionist or other participants of a group

exercise class. The best thing you can do is to seek support when you need it-they will keep you going!



RECIPE INDEX



Better-for-You Breakfast

FitKim's Easy Omelet

FitKim's Easy Oatmeal

Oatmeal Muffins

Oatmeal Pancakes

Breakfast in a Blender

Strawberry Banana Smoothie



Superb Soups & Salads

Mexican Chicken Soup

Grilled Chicken & Blackberry Salad

Greek Salad

Healthy Tuna Salad

Macaroni Salad Makeover



Splendid Sides

Baked Pita Chips

FitKim's Easy Hummus
FitKim's Easy Salsa
Chunky Guacamole
Bread Dipping Oil
Oven-Baked French Fries
Roasted Red Potatoes
Asparagus with Salsa



Marvelous Meals

Turkey Burgers
Chicken Florentine
His & Her Pizza
Macadamia Nut Tilapia with Summer Salsa
Baked Enchilada Casserole
Shrimp Pasta
Spicy Black Bean & Chicken Burritos
Grilled Coconut Shrimp



Delectable Desserts

No Bake Protein Bars
Trail Mix
Banana Ice Cream
Oatmeal Raisin Cookies
Peanut Butter Cookies

FitKim's Easy Omelet

Ingredients:

Extra Virgin Olive Oil spray

1 Egg

1/4 cup Egg Whites

1 Tsp. Oregano (or any other seasoning)

1 handful of spinach leaves, torn into pieces

1 heaping Tbsp. of any leftover item you have (couscous, mixed veggies, beans, cheese, etc.)

2 Tbsp. Salsa

Directions:

1. Heat a small pan over medium heat.
2. Mix the egg, egg whites and oregano together; pour mixture into pan.
3. Give the pan a quick spray of olive oil and pour egg mixture on top.
4. After one minute, place the spinach leaves over the eggs.
5. Once the omelet starts to form, spread out the leftover item of your choice (optional).
6. Let cook for 3 minutes (or until all liquid has become firm) and then remove from heat.
7. Fold half of omelet over, move to a plate, and then top with fresh salsa.

Nutritional Content

Servings: 1 Prep Time: 2 minutes
minutes

Cook Time: 5

Nutritional Content per serving:

Calories: 161 Protein: 15g Carbs: 11g Fats: 6g Sugar: 2g Fiber: 1g



FitKim's Easy Oatmeal

Ingredients:

- 1 cup of Milk (I prefer Almond Milk)
- ½ banana, sliced
- ½ cup old fashioned Oats
- 1 Tbsp. Almonds, sliced (optional)
- 1 Tsp. Cinnamon

Directions:

1. Bring milk to a rolling boil over high heat.
2. Mash banana slices with a fork in the bottom of a bowl.
3. Once milk begins boiling, stir in oats. Lower heat a bit and let cook approximately 5 minutes or until liquid is absorbed.
4. Remove pan from burner, cover and let stand 1 minute.
5. Place oats on top of mashed banana. Sprinkle with cinnamon and top with almonds or other nuts. Mix well. Yum!

Nutritional Content

Servings: 1 Prep Time: 2 minutes Cook Time: 8 minutes

Nutritional Content per serving:

Calories: 277 Protein: 8g Carbs: 42g Fats: 10g Sugar: 7g Fiber: 7g



Oatmeal Muffins

Ingredients:

2 ¾ cups of rolled Oats, ground in a food processor (makes 2 ¼ cups)
1 Tbsp. Baking Powder
¼ cup Sugar and/or Maple Syrup
2 Tbsp. Almonds, chopped
Handful of Raisins and/or Blueberries
¼ cup Shredded Coconut (optional)
1¼ cup Milk (Almond, Rice, etc.)
1 Egg
2 Bananas or 1 can of Pumpkin
Extra Virgin Olive Oil spray

Directions:

1. Preheat oven to 450 degrees.
2. Combine the first six ingredients in a medium sized bowl and stir gently.
3. Place the milk, egg and banana in a food processor or blender and blend into a puree consistency. Add to dry ingredients and mix thoroughly to combine.
4. Spray a muffin tin with olive oil spray and fill each about 2/3rd's full.
5. Bake for about 15 minutes or until tops of muffins are golden brown and a fork can come out clean when inserted.
6. Allow to cool. Can be stored in the freezer for a quick treat as needed.

Nutritional Content

Servings: 12
15 minutes

Prep Time: 5 minutes

Cook Time:

Nutritional Content per serving:

Calories: 122 Protein: 4g Carbs: 22g Fats: 2g Sugar: 8g Fiber: 3g



Oatmeal Pancakes

Ingredients:

6 Egg Whites, combined (or $\frac{3}{4}$ cups liquid egg whites)

$\frac{1}{2}$ cup low-fat Cottage Cheese

1 scoop Whey Protein, chocolate or vanilla

$\frac{1}{2}$ cup quick-cooking Oats

$\frac{1}{4}$ cup Wheat Germ or Hempseed

$\frac{1}{4}$ cup Flaxseed

1 Tsp. Baking Powder

1 Tbsp. Extra Virgin Olive oil

$\frac{1}{2}$ Tsp. Cinnamon

Extra Virgin Olive Oil spray

Directions:

1. Place all ingredients (except egg whites) in a food processor or blender and blend thoroughly. Place in a medium-sized bowl.
2. Add egg whites to mixture and mix until blended.
3. Spray a muffin tin with olive oil spray and fill each about $\frac{2}{3}$ rd's full.
4. Heat a large pan over medium heat. Spray with olive oil and add pancake mixture immediately. Cook each side for 2-3 minutes or until golden brown.
5. Serve with mixed berries or maple syrup (optional).

Nutritional Content

Servings: 6
minutes

Prep Time: 4 minutes

Cook Time: 6

Nutritional Content per serving:

Calories: 212 Protein: 16g Carbs: 18g Fats: 8g Sugar: 0g Fiber: 4g



Breakfast in a Blender

Ingredients:

Ice Cubes (3 or more)

¼ cup Milk (I use Almond Milk)

½ Banana (fresh or frozen)

½ cup Frozen Berries or other fruit

¼ cup Oats

1 Tbs. Hempseed, Flaxseed or Almond Butter

1 scoop 100% Whey Protein Powder

Water

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to cover almost all of the dry ingredients.
3. Blend for 30-45 seconds and enjoy!

Nutritional Content

Servings: 1
minutes

Prep Time: 3 minutes

Cook Time: 0

Nutritional Content per serving:

Calories: 373 Protein: 29g Carbs: 47g Fats: 9g Sugar: 19g Fiber:
7g



Strawberry Banana Smoothie

Ingredients:

1/2-1 scoop 100% Whey Protein Powder (I used chocolate)
2/3 cup fresh or frozen Strawberries
4 Ice Cubes
1/2 fresh or frozen Banana
Water

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to cover 2/3 of the ingredients.
3. Blend for 30-45 seconds, pour in a glass and enjoy!

Nutritional Content

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 191 Protein: 25g Carbs: 21g Fats: 0g Sugar: 11g Fiber: 3g



Super Soups & Salads

Mexican Chicken Soup

Ingredients:

1 cup cooked Chicken (I baked mine), chopped
1 cup chipotle Salsa
1 can Black Beans (15 oz.), drained and rinsed
1 cup frozen Corn, thawed
1 can (14.5 oz.) Chicken Broth
1 Tsp. Black Pepper
½ Tsp. Sea Salt
Handful Cilantro, torn

Directions:

1. Place cooked chicken, salsa, black beans, corn, and chicken broth in a large sauce pan. Season with black pepper and sea salt.
2. Bring to a boil over medium-high heat. Reduce and let simmer for five minutes.
3. Garnish each serving with cilantro. Freezes well!

Nutritional Content

Nutritional Content

Servings: 4
minutes

Prep Time: 5 minutes

Cook Time: 5

Nutritional Content per serving:

Calories: 157 Protein: 15g Carbs: 23 g Fats: 1g Sugar: 3g Fiber: 2g



Grilled Chicken & Blackberry Salad

Ingredients:

2 Chicken Breasts, 1/2" strips
1 Tbsp. Extra Virgin Olive Oil
1 Lemon
1 Tsp. Black Pepper
1/2 Tsp. Sea Salt
1 sprig Rosemary
4 Basil leaves (fresh)
10 oz. Spinach leaves
2 Tomatoes, chopped
1 cup Blackberries
1/2 Avocado, diced
1/4 cup slivered Almonds, toasted
1 Tbsp. Coconut Oil

Directions:

1. Slice thawed chicken breasts into 1/2" strips and place in a bowl. Top with olive oil, the juice of 1/2 a lemon, black pepper, sea salt, rosemary and basil. Marinate in the refrigerator for at least one hour or overnight.
2. Place spinach leaves in a large salad bowl and squeeze remaining lemon juice over the leaves. Add chopped tomatoes, blackberries, avocado and slivered almonds to the salad greens. Toss gently.
3. Heat pan on medium heat for 1 minute. Pour coconut oil in pan and then place the chicken strips in the pan. Grill each side 3-4 minutes or until cooked thoroughly.
4. Place grilled chicken strips over the spinach salad and serve. Enjoy!

Nutritional Content

Servings: 8
minutes

Prep Time: 1 hour

Cook Time: 8

Nutritional Content per serving:

Calories: 113 Protein: 8g Carbs: 6g Fats: 7g Sugar: 2g Fiber: 3g



Greek Salad

Ingredients:

- 2 large Tomatoes, cut into chunks
- 1 large Cucumber, cut into chunks
- 2 stalks of Green Onion, diced
- 1 Tbsp. fresh Cilantro, finely chopped
- 2 Tbsp. low-fat Feta Cheese, crumbled
- 2 Tbsp. pitted Black Olives, sliced
- 1 Garlic clove, finely chopped
- 1 Tbsp. Lemon juice
- ½ Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. dried Oregano
- ½ Tsp. Sea Salt
- 1 Tsp. Black Pepper

Directions:

1. Place the first seven ingredients in a large salad bowl and toss gently.
2. Drizzle the lemon juice and olive oil over the salad.
3. Sprinkle the oregano, sea salt and black pepper on top.
4. Gently stir all items again to ensure seasoning is distributed evenly and serve.

(Optional: lay over a bed of romaine)

Nutritional Content

Servings: 4
minutes

Prep Time: 10 minutes

Cook Time: 0

Nutritional Content per serving:

Calories: 96 Protein: 4g Carbs: 7g Fats: 5g Sugar: 3g Fiber: 2g



Healthy Tuna Salad

Ingredients:

- 1 can of Albacore Tuna (in water)
- 2 Tbsp. Hummus
- 1 Tsp. Curry powder
- 1 stalk of Celery, diced
- 1 Tomato, diced
- 1 Tbsp. Black Olives, sliced
- 1 Tsp. Black Pepper
- ½ Tsp. Sea Salt
- 4 cups of Romaine, roughly chopped or torn
- ½ Avocado, diced
- 1 hard-boiled Egg, quartered
- ½ lemon or 1 Tbsp. lemon juice

Directions:

1. Mix tuna and hummus in a small bowl. Add curry powder to tuna mixture and mix well.
2. Add celery, ½ of the diced tomato, and black olives to the tuna mixture and stir. Sprinkle with black pepper and sea salt (save a little bit!). Set aside.
3. Place romaine in a large bowl (or 2 storage containers). Toss in remaining tomato pieces, avocado slices and egg. Add the rest of your black pepper and sea salt on top.
4. Place tuna mixture on top of salad and serve. Enjoy this delicious tuna salad!

Nutritional Content

Servings: 2
minutes

Prep Time: 8 minutes

Cook Time: 0

Nutritional Content per serving:

Calories: 240 Protein: 22g Carbs: 14g Fats: 12g Sugar: 4g Fiber:
7g



Macaroni Salad Makeover

Ingredients:

- 4 cups Spinach, torn
- 1 cup whole wheat Macaroni Noodles
- ¼ feta Cheese, crumbled
- 2 Tbsp. Hummus
- 2 Tomatoes, chopped
- 1 slice Green Pepper, diced
- 1 Jalapeno, finely diced
- ¼ cup Black Olives, sliced
- ½ cup Crab Meat, shredded (optional)
- 1 handful Parsley, chopped
- 1 Tsp. Black Pepper
- ½ Tsp. Sea Salt

Directions:

1. Place 1 cup of spinach and the noodles in 4 cups of water and bring to a boil. Cook noodles for 8 minutes. Drain and place noodles in a bowl.
2. Add cheese and hummus to noodles and mix to coat evenly.
3. Add tomatoes, green pepper, jalapeno, black olives, crab and parsley. Toss gently. Season with black pepper and sea salt.
4. Lay pasta over a bed of fresh spinach and serve.

Nutritional Content

Servings: 4 Prep Time: 4 minutes Cook Time: 8 minutes

Nutritional Content per serving:

Calories: 180 Protein: 7g Carbs: 27g Fats: 6g Sugar: 2g Fiber: 4g



Splendid Sides

Baked Pita Chips

Ingredients:

2 100% Whole Wheat Tortillas
1 Tbsp. Extra Virgin Olive Oil
Olive Oil Spray

Directions:

1. Preheat oven to 400 degrees.
2. Place tortillas on top of each other and slice across to make 8 pita pieces.
3. Drizzle half the olive oil on top of the first tortilla and spread with a brush to distribute evenly.
4. Spray a large baking sheet with olive oil spray and place tortilla pieces on top. Use rest of olive oil for remaining tortilla and repeat directions.
5. Bake tortilla pieces for about 8-10 minutes, flip half way through if needed. Serve with salsa!

Nutritional Content

Servings: 4 Prep Time: 2 minutes Cook Time: 10 minutes

Nutritional Content per serving:

Calories: 95 Protein: 2g Carbs: 13g Fats: 4g Sugar: 1g Fiber: 2g



FitKim's Easy Hummus

Ingredients:

- 1 can Garbanzo Beans (aka: chickpeas), rinsed (reserve a couple of tablespoons of the bean juice)
- 1 Tbsp. Extra Virgin Olive
- 2 Tbsp. Lemon Juice
- 2 Tbsp. Tahini Sauce
- 1 Tsp. Cumin
- 1 Tsp. Paprika
- 1 Tsp. Chili Powder
- 1 Tsp. Black Pepper
- ½ Tsp. Sea Salt

Directions:

1. Place all ingredients in a food processor or blender and mix until smooth and creamy. Add bean juice to reach desired consistency and blend again. Great served with **Baked Pita Chips**.

Nutritional Content

Servings: 14
minutes

Prep Time: 3 minutes

Cook Time: 0

Nutritional Content per serving:

Calories: 50 Protein: 2g Carbs: 5g Fats: 3g Sugar: 0g Fiber: 2g



FitKim's Easy Salsa

Ingredients:

- 3 Tomatoes, chopped and seeded
- 3 Stalks green onion, diced
- ½ Avocado, sliced
- 1 Jalapeno, finely chopped
- ¼ cup Parsley, diced (can use cilantro or any other fresh herb)
- 1-3 Garlic cloves (based on preference)
- 1 Lime, halved
- ½ Tsp. Sea Salt
- 1 Tsp. Black Pepper

Directions:

1. Place the first six ingredients in a large salad bowl and toss gently.
2. Squeeze the lime juice over the salsa mixture.
3. Sprinkle the sea salt and black pepper on top.
4. Gently stir all items again to ensure seasoning is distributed evenly and serve.

Nutritional Content

Servings: 6
minutes

Prep Time: 8 minutes

Cook Time: 0

Nutritional Content per serving:

Calories: 34 Protein: 1g Carbs: 3g Fats: 2g Sugar: 1g Fiber: 2g



Chunky Guacamole

Ingredients:

- 2 Avocados, seed and skin removed
- 1 Lemon, halved
- ½ - 1 Jalapeno, seeded and diced
- 1 Roma Tomato, seeded and chopped
- ¼ cup frozen Corn, thawed
- 1 handful Cilantro, chopped
- 1 Tsp. Black Pepper
- ½ Tsp. Sea Salt

Directions:

1. Place avocado in a small bowl. Mash avocado with a masher or spoon.
2. Drizzle lemon juice over avocado. Add jalapeno, tomato, corn and cilantro. Toss gently.
3. Season with black pepper and sea salt. Serve with **Baked Pita Chips**.

Nutritional Content

Servings: 12
minutes

Prep Time: 6 minutes

Cook Time: 0

Nutritional Content per serving:

Calories: 56 Protein: 1g Carbs: 4g Fats: 5g Sugar: 0g Fiber: 2g



Bread Dipping Oil

Ingredients:

- 1 Garlic clove, minced
- ½ Tsp. Sea Salt
- 1 Tsp. Black Pepper
- 1 Tsp. Rosemary
- 1 Tsp. Oregano or Basil
- 1 Tsp. Red Pepper Flakes
- ¼ to ½ cup Extra Virgin Olive Oil
- 1 loaf of 100% whole wheat French baguette, cut in ½" slices

Directions:

1. Preheat oven to 400 degrees or preheat your broiler.
2. Place the garlic on a serving dish. Sprinkle the salt, pepper, rosemary, oregano, and red pepper flakes all over the dish.
3. Drizzle olive oil over seasoning to cover completely. Let sit at room temperature until ready to serve.
4. Place the baguette slices on a baking sheet and bake for 4-6 minutes. If you are going to broil them, they only need to be broiled for about a minute on each side.
5. Dip the bread in the oil and enjoy!

Nutritional Content

Servings: 10
minutes

Prep Time: 4 minutes

Cook Time: 6

Nutritional Content per serving:

Calories: 107 Protein: 2g Carbs: 12g Fats: 6g Sugar: 0g Fiber: 1g



Oven-Baked French Fries

Ingredients:

2 baking Potatoes
3 Tbsp. Extra Virgin Olive Oil
4 Basil leaves torn or 2 Tsp. dry
2 sprigs Rosemary chopped or 2 Tsp. dry
2 Tsp. Paprika
2 Tsp. Chili powder
2 Tsp. Black Pepper
1 Tsp. Sea Salt
Extra Virgin Olive Oil cooking spray

Directions:

1. Preheat oven to 425 degrees.
2. Slice potatoes into sections lengthwise and continue to slice until they are in long strips 1/3" in width.
3. Place potato slices in a bowl and drizzle olive oil over them to coat. Sprinkle basil, rosemary, paprika, chili powder, black pepper and sea salt. Toss gently.
4. Spread potato slices onto 1-2 greased baking sheets and make sure they are in a single layer. (Note: I use aluminum foil for easy clean up).
5. Bake for about 15 minutes and turn slices over. Continue baking for an additional 15-20 minutes or until slices are slightly crunchy.
6. Remove from the oven and allow to cool for one minute. Serve with ketchup if desired. Enjoy!

Nutritional Content

Servings: 4 Prep Time: 3 minutes
35 minutes

Cook Time:

Nutritional Content per serving:

Calories: 177 Protein: 2g Carbs: 13g Fats: 2g Sugar: .5g Fiber: 2g



Roasted Red Potatoes

Ingredients:

6-8 red Potatoes, cut into large chunks

1 Tbsp. Extra Virgin Olive Oil

1 Tsp. Black Pepper

½ Tsp. Sea Salt

1 Tsp. Rosemary

1 Tsp. Turmeric, Cayenne, and/or Paprika (your choice!)

Extra Virgin Olive Oil cooking spray

Directions:

1. Preheat oven to 400 degrees.
2. Boil potatoes in water for 10 minutes.
3. Place potatoes onto a greased baking sheet and season with black pepper, sea salt, rosemary and other seasonings.
4. Bake for 10 minutes, turn over, and cook for an additional 10-12 minutes. Serve with ketchup.

Nutritional Content

Servings: 8 Prep Time: 4 minutes Cook Time: 30 minutes

Nutritional Content per serving:

Calories: 107 Protein: 2g Carbs: 20g Fats: 1g Sugar: 1g Fiber: 2g



Asparagus with Salsa

Ingredients:

- 1 lb. Asparagus, stems removed and cut in halves
- 1 ½ Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. Pine Nuts
- ¼ cup Parsley or Basil
- 1 clove Garlic, chopped
- 1 Tbsp. Lemon juice
- 2 Tomatoes, chopped
- ¼ cup Black Olive slices
- 2 Tbsp. Feta, crumbled
- ½ Tsp. Sea Salt
- 1 Tsp. Black Pepper

Directions:

1. Preheat oven to 400 degrees.
2. Place asparagus onto an ungreased baking sheet. Drizzle 1 Tbsp. olive oil over asparagus and then sprinkle with lemon juice. Season with black pepper and sea salt. Bake for 8-10 minutes.
3. Place remaining olive oil, pine nuts, parsley or basil, and garlic in a chopper or food processor. Pulse lightly until blended into chunks.
4. Add chopped tomatoes, black olives and feta to mixture. Serve over asparagus.

Nutritional Content

Servings: 4
10 minutes

Prep Time: 7 minutes

Cook Time:

Nutritional Content per serving:

Calories: 85 Protein: 4g Carbs: 7g Fats: 5g Sugar:
4g Fiber: 3g



Marvelous Meals

Turkey Burgers

Ingredients:

1 ¼ pounds lean ground Turkey
½ cup Salsa
2 stalks Green Onions, diced
Handful fresh Cilantro, chopped
2 Tbsp. Extra Virgin Olive Oil
1 Tbsp. Whole Wheat Bread Crumbs (or more if needed)
1 Tbsp. Hot Sauce
1 Tsp. Cumin and 1 Tsp. Black Pepper
½ Tsp. Sea Salt
1 Tbsp. Coconut Oil
4-6 Whole Wheat Sandwich Rounds
Desired condiments such as Lettuce, Mustard, Ketchup, etc.

Directions:

1. In a large bowl, combine ground turkey, salsa, onions, and cilantro. Add olive oil, bread crumbs and hot sauce on top, then season with cumin, pepper and salt. Mix everything together and form 4-6 patties (depending on how big you want them).
2. Heat a large grill pan or saucepan over medium heat. Add coconut oil to pan. Place all patties on pan and indent the middle of each one with your thumb. Cook for about 4-5 minutes on each side or until cooked through.
3. Place each patty on a sandwich round and top with desired condiments.

Nutritional Content

Servings: 6 Prep Time: 5 minutes Cook Time:
10 minutes

Nutritional Content per serving:

Calories: 262 Protein: 27g Carbs: 20g Fats: 9g Sugar: 4g Fiber: 5g



Chicken Florentine

Ingredients:

- 4 boneless, skinless Chicken Breasts (thawed)
- 1 Tsp. Black Pepper
- 1/2 Tsp. Sea Salt
- 1 can crushed Tomatoes (14.5 oz.)
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tsp. dried Oregano
- 1 Tsp. dried or fresh Basil
- ¼ cup shredded Mozzarella Cheese (optional)
- 1 bag of Spinach (10 oz.)

Directions:

1. Preheat oven to 425 degrees.
2. Season chicken with black pepper and sea salt. Bake in the oven for 40-45 minutes or until the inside is no longer pink.
3. Remove chicken from the oven. Heat a pan on medium heat and then add olive oil to pan. Place chicken breasts in pan.
4. Pour crushed tomatoes over and around chicken. Add dried basil, oregano and spinach. Let spinach wilt before adding the rest if it does not fit in the pan. Cover and cook for 15 minutes. Stir occasionally.
5. Top with shredded mozzarella and serve hot!

Nutritional Content

Servings: 4
hour

Prep Time: 5 minutes

Cook Time: 1

Nutritional Content per serving:

Calories: 255 Protein: 36g Carbs: 11g Fats: 5g Sugar: 4g Fiber: 4g



His & Her Pizza

Ingredients:

- 1 Chicken Breast, cooked and diced
- 1 Whole Wheat 12" Pizza Crust
- 2 Tbsp. Extra Virgin Olive Oil
- 3 Tbsp. BBQ Sauce
- 1 Tbsp. Jalapenos, diced
- 1 Tbsp. Black Olives, sliced
- 1 Tbsp. Mushrooms, roughly chopped
- ¼ cup Pizza or Spaghetti sauce
- 1 Tsp. Pesto sauce
- 1 Artichoke heart, sliced
- 1 Tbsp. Sun-dried Tomatoes, rinsed and chopped
- 1 handful Cilantro, chopped
- 1/4-1/2 cup shredded Mozzarella or Feta
- 1 Tsp. Red Pepper flakes
- 1 Tsp. Oregano (fresh or dried), chopped
- 1 Tsp. Garlic powder

Directions:

1. Bake chicken breasts per package instructions. Dice into bite-sized pieces and set aside. Keep oven at temperature required by pizza crust instructions.
2. Spread olive oil on top of entire pizza crust. Put BBQ sauce on ½ of pizza crust, and use pizza sauce on the other ½. Drizzle a bit of pesto on top of pizza sauce.
3. Spread chicken, olives, red pepper flakes, garlic powder, oregano, and cheese over the entire pizza.
4. For the BBQ side, add jalapenos and mushrooms. On the pesto side, add the artichokes, sun-dried tomatoes, and cilantro.
5. Bake in the oven per pizza crust instructions. Remove from oven when you see cheese bubbling and edges are slightly brown. Let cool for one minute and serve.

Nutritional Content

Servings: 6 Prep Time: 25 minutes Cook Time: 15 minutes

Nutritional Content per serving:

Calories: 308 Protein: 11g Carbs: 32g Fats: 16g Sugar: 7g Fiber: 2g



Macadamia Nut Tilapia with Summer Salsa

Macadamia Nut Tilapia Ingredients:

- 4 Tilapia fillets (trout or a similar fish can be used)
- 2 Lemons, halved
- 1 Tsp. Black Pepper
- 1/2 Tsp. Sea Salt
- 1 Tsp. Garlic salt
- 1 cup Whole Wheat Bread Crumbs
- 1 ½ cups Macadamia Nut, finely chopped or food-processed
- 1 Egg
- ¼ cup Egg Whites
- 1 Tsp. Paprika

Summer Salsa Ingredients:

- 1 Tomato, chopped
- 1 cup fresh or thawed Frozen Fruit (pineapples, mangos, peaches, grapes), chopped
- ¼ cup frozen Corn, thawed
- ¼ Green Pepper, finely chopped
- 1 Jalapeno, seeded and finely chopped
- ½" Ginger root, peeled and diced
- ¼ cup Edamame, steamed (optional)
- ¼ cup Cilantro, diced
- 2 stalks Green Onion, diced
- 1 Lime, halved
- 1 Tsp. Black Pepper
- ½ Tsp. Sea Salt

Directions:

1. Season fish with lemon, black pepper, sea salt and garlic salt. Marinate for 20 minutes at room temperature or in the refrigerator for 1-12 hours.
2. Preheat oven to 375 degrees. Place the bread crumbs, egg and egg whites, and macadamia nuts in three separate shallow dishes.
3. Prepare Summer Salsa by placing the first 9 ingredients in a bowl. Drizzle with lime juice and season with black pepper and sea salt. Set aside.
4. Dip each fillet first in the bread crumbs, next in the egg mixture,

and last in the macadamia nut mixture.

5. Bake fish in oven for about 20-25 minutes or until fish flakes with a fork.

6. Top fish with summer salsa and serve.

Nutritional Content

Servings: 5
minutes

Prep Time: 10 minutes

Cook Time: 25

Nutritional Content per serving:

Calories: 413 Protein: 30.5g Carbs: 21g Fats: 25g Sugar: 4g Fiber: 6g



Baked Enchilada Casserole

Ingredients:

1 Tbsp. Extra Virgin Olive Oil
½ Onion, diced
1 Zucchini, grated
1 15 oz. can Black Beans, drained and rinsed
1 ½ cups frozen Corn, thawed
1 can diced or stewed Tomatoes, drained
¼ cup Black Olives, sliced
2 Tsp. Hot Sauce
1 cup Salsa
1 Tsp. Cumin
1 Tsp. Black Pepper
½ Tsp. Sea Salt
Extra Virgin Olive Oil spray
12 Corn Tortillas, torn into pieces
Handful of Cilantro, torn
½ cups shredded Mozzarella

Directions:

1. Preheat oven to 375 degrees.
2. Add extra virgin olive oil to a large pan over medium heat. Sauté' onions for four minutes. Add zucchini, black beans, corn, tomatoes, olives, hot sauce, salsa and season with cumin, pepper and sea salt.
3. Cook for an additional 4-5 minutes.
4. Spray a 9x13 baking dish with extra virgin olive oil spray. Place ½ of tortillas at the bottom of dish. Layer ½ of pan mixture and cheese on top. Repeat this step to use the remaining tortillas, pan mixture and cheese.
5. Cover dish with aluminum foil. Bake for 15 minutes, remove foil and bake for an additional 10 minutes. Top with cilantro.

Nutritional Content

Servings: 9 Prep Time: 5 minutes
35 minutes

Cook Time:

Nutritional Content per serving:

Calories: 115 Protein: 5g Carbs: 17g Fats: 4g Sugar: 6g Fiber: 2g



Shrimp Pasta

Ingredients:

8 oz. Whole Wheat Pasta (I used Capellini)
1 ½ cups Pasta sauce
3 pcs. sun-dried Tomatoes, diced (optional)
½ cup Frozen Veggies (stir-fry mix is great), thawed
½ cup Salsa
Handful Cilantro, torn
2 Tsp. Black Pepper
1 Tsp. Sea Salt
18-24 Shrimp, thawed, peeled and deveined
¼ cup Lime juice
1 Tsp. Red Pepper flakes
1 Tbsp. Coconut Oil
1 stalk Green Onions, diced
1 Garlic clove, minced
Parmesan Cheese, as needed (optional)

Directions:

1. Place shrimp in a bowl and drizzle with lime juice. Season and marinate for several minutes.
2. Boil ½ a pot of water. Add whole wheat pasta and cook 8-10 minutes.
3. Place pasta sauce, sun-dried tomatoes, veggies, salsa, and cilantro in a small sauce pan. Simmer until pasta is ready.
4. While water is boiling, bring a grill pan to medium heat and add coconut oil. Add shrimp and grill each side until cooked through.
5. Add shrimp to pasta. Drain pasta and place on a plate. Top with pasta sauce and enjoy!

Nutritional Content

Servings 4: Prep Time: 4 minutes Cook Time: 20 minutes

Nutritional Content per serving:

Calories: 163 Protein: 9g Carbs: 22g Fats: 5g Sugar: 4g Fiber: 2g



Spicy Black Bean & Chicken Burritos

Ingredients:

2 Chicken Breasts, thawed
2 Tsp. Black Pepper
1 Tsp. Sea Salt
1 Tsp. Cumin
1 Tsp. Chili powder
1 cup Black Beans
1 cup Tomatoes, chopped
1 cup Spinach or Romaine, chopped
1 Tbsp. Olive Oil
¼ cup Onion, diced
1 Garlic clove, diced
1 Tbsp. Hot Sauce
2 Tbsp. spicy BBQ Sauce
4 9" Whole Wheat Tortillas

Directions:

1. Preheat oven to 425 degrees. Season chicken with 1 Tsp. of the following: black pepper, sea salt, cumin, and chili powder. Bake in the oven for about 35 minutes and make sure it is cooked through.
2. Remove chicken from oven and let cool slightly. Dice into bite-sized pieces and set aside.
3. Heat a large pan to low-medium heat. Add olive oil, chicken, hot sauce, onion, garlic, black beans, and BBQ sauce. Add more BBQ sauce based on preference. Mix to evenly coat chicken. Sauté' for 3-5 minutes and stir periodically.
4. Turn oven on to 350 degrees, but place tortillas in immediately before oven is completely pre-heated. Let them warm up for about three minutes or until they start to curl.
5. With each tortilla on a plate, place chicken and black bean mixture down the center, as well as spinach and tomatoes. Fold sides in and roll tortilla to form a yummy burrito!

Nutritional Content

Servings: 4
38 minutes

Prep Time: 4 minutes

Cook Time:

Nutritional Content per serving:

Calories: 317 Protein: 21g Carbs: 37g Fats: 8g Sugar: 3g Fiber: 7g



Grilled Coconut Shrimp

Ingredients:

- 1 pound large Shrimp, peeled and deveined
- 1 cup Oats, ground in a food processor
- ¼ cup unsweetened shredded Coconut Flakes
- 1 Egg
- ½ cup Egg Whites
- 1-2 Tbsp. Coconut Oil
- 2 Green Onion stalks, diced
- ¼ cup Thai Sweet Chili sauce
- ¼ cup Tahini Sauce

Directions:

1. Place the oats and coconut in a shallow bowl and stir gently. In another shallow bowl, mix the egg and egg whites together.
2. Dip the shrimp first in the oats and then in the egg mixture.
3. Heat a pan over medium heat for 1-2 minutes. Add the coconut oil and shrimp to a grill pan, and grill for 4-5 minutes on each side or until surface is golden brown.
4. Mix chili and tahini sauce in a small serving bowl.
5. Remove shrimp and top with onions. Serve with sauce.

Nutritional Content

Servings: 8
10 minutes

Prep Time: 5 minutes

Cook Time:

Nutritional Content per serving:

Calories: 191 Protein: 18g Carbs: 14g Fats: 7g Sugar: 0g Fiber: 2g



Delectable Desserts

No Bake Protein Bars

Ingredients:

- 2 cup Oats (quick cooking)
- $\frac{3}{4}$ cup natural Peanut Butter
- 3 scoops Whey Protein powder (chocolate or vanilla)
- 1 Tbsp. ground Flaxseeds
- $\frac{1}{2}$ cup Water
- 1 Tbsp. Honey

Directions:

1. Place first 5 ingredients in a large bowl. Knead into a dough-like consistency.
2. Place mixture in a large storage container and press down so the top surface is consistently flat.
3. Place in the freezer for 30 minutes.
4. Remove container from freezer and drizzle with honey. Cut into squares and enjoy!

Nutritional Content

Servings: 12 Prep Time: 35 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 99 Protein: 9g Carbs: 10g Fats: 2g Sugar: 1g Fiber: 2g



Trail Mix

Ingredients:

¼ cup each of Almonds, Cashews, Pistachios, and Walnuts (or any other nuts)

¼ cup Sunflower Seeds or Pumpkin Seeds

¼ cup dried Cranberries or Raisins

¼ cup Dark Chocolate chips (optional)

Directions:

1. Mix all ingredients and place in a zip lock bag.

Nutritional Content

Servings: 12

Prep Time: 4 minutes

Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 92 Protein: 3g Carbs: 6g Fats: 7g Sugar: 3g Fiber: 1g



Banana Ice Cream

Ingredients:

- 2 Bananas, sliced
- 1 cup Milk (almond, rice, soy, etc.)
- 2 Tbsp. Almond butter or natural Peanut Butter

Directions:

1. Put banana slices in the freezer for about two hours.
2. Place all of the banana slices in a blender.
3. Add milk and almond/peanut butter to the blender.
4. Blend for 30-45 seconds, and add more milk if desired.
5. Serve immediately. Enjoy!

Nutritional Content

Servings: 3 Prep Time: 2 hours Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 128 Protein: 3g Carbs: 17g Fats: 6g Sugar: 9g Fiber: 3g



Oatmeal Raisin Cookies

Ingredients:

Extra Virgin Olive Oil spray
2/3 cups Brown Sugar
½ cup cane Sugar
¾ cup Extra Virgin Olive Oil
¼ cup Water
1 Egg
1 Tsp. Vanilla Extract
3 cups quick cooking Oats
1 cup Whole Wheat Flour
½ Tsp. Baking Soda
2/3 cups Raisins
1 Tsp. Cinnamon

Directions:

1. Preheat oven to 375 degrees. Spray extra virgin olive oil spray onto a baking sheet.
2. In a medium-sized bowl, combine brown sugar, cane sugar, oil, water, egg, vanilla, oats, flour, baking soda, raisins, and cinnamon. Mix until just blended and evenly coated.
3. Use a glass of water to prevent sticking. Dip tablespoon measuring unit into water and drop oatmeal into balls onto baking sheet.
4. Bake for 14-16 minutes or until golden brown.

Nutritional Content

Servings: 4 dozen
Time: 16 minutes

Prep Time: 8 minutes

Cook

Nutritional Content per serving:

Calories: 41 Protein: 1g Carbs: 8g Fats: 1g Sugar: 4g Fiber: 1g



Peanut Butter Cookies

Ingredients:

1 cup natural Peanut Butter
 $\frac{3}{4}$ cup pure cane Sugar
1 whole Egg
1 Tsp. Vanilla or Almond Extract
Extra Virgin Olive Oil spray
1 Glass of lukewarm Water
Sea Salt (as needed)

Directions:

1. Preheat oven to 350 degrees.
2. Place peanut butter, sugar, egg, and almond/vanilla extracts in a medium sized bowl and mix thoroughly.
3. Place 18 balls of the dough on a greased baking sheet using a tablespoon measuring item. Dip the measuring spoon in a glass of lukewarm water if needed to prevent sticking.
4. Take a fork and press it down on top of each ball in two directions to form criss-cross marks. Sprinkle with sea salt.
5. Bake for 10-12 minutes or until cookies are golden brown.

Nutritional Content

Servings: 18 Prep Time: 5 minutes Cook Time: 12 minutes

Nutritional Content per serving:

Calories: 86 Protein: 3g Carbs: 10g Fats: 22g Sugar: 7g Fiber: 0g



The FitKim Philosophy

When you first start making changes to live a healthier lifestyle, you may be bombarded with all of the things you are told to avoid in order to prevent disease. If you find yourself overwhelmed or discouraged, take heart. Over the years, I have developed what I like to call The FitKim Philosophy. It has really helped me and I hope it will help you too.

First, take any negative health news with a grain of salt in regards to efforts you are currently making to be healthier. For example, say you have incorporated



olive oil into your cooking methods, and then you hear that you shouldn't cook with olive oil. Instead of taking this information at face value, do some research and make your own decision. There is a ton of "bad" information out there as well as good quality evidence. Sift through and choose wisely.

Next, I have shifted my focus to be on what I can do to improve my health, not so much on what to avoid. Some will tell you to not eat any processed foods, and all of your food must be organic. Yes, this is definitely ideal, but is it that realistic for everyone? The FitKim Philosophy is to eat as much fresh, whole foods as possible, and make sure you enjoy it. If you occasionally want to treat yourself, do it. You can have a piece of your cake on your birthday, just not on everyone else's birthday too.

And lastly, be easy on yourself and take baby steps. Think of learning to be healthy as similar to peeling back the layers of an onion. Your first layer may be packing a lunch daily instead of eating fast food, then drinking water instead of soda, and so on. If you have a setback, move on, and acknowledge yourself for your successes. There is nothing better than rewarding yourself with a cute outfit or a relaxing massage!

I am so excited to embark on this journey of health with you. Keep your perspective on the positive changes you are making, and don't let anything get in the way of your path to health. This is the FitKim Philosophy-I hope you find it encouraging!



About the Author

Kimberly Coventry, MS, CNC, CPT, is the creator of **FitKim**, a nutrition and fitness blog that teaches people how easy it is to be healthy. She has completed her Master's Degree in Holistic Nutrition, become a Certified Nutritional Consultant & ACE Personal Trainer, Certified NASM dotFIT Coach, marathoner, duathlete and triathlete. She has been consulting clients for over ten years, and has developed a passion for combining nutrition and fitness.



She lives in Austin, Texas with her husband, Scott. They thoroughly enjoy experiencing everything the beautiful hill country has to offer. To date, Scott is Kim's official taste-tester, and typically gives her five stars.

Her upcoming goals are to publish a Cook Book and complete her PhD. She would love to audition for The Next Food Network Star. Wouldn't that be cool?

She can be contacted at **Kim@FitKim.com** for freelance and consulting inquiries.