



Complete Fitness
Results Fat Loss
Success System

Complete Fitness Results Fat Loss Success System

Welcome to Complete Fitness Results! You have taken a great first step in your journey to a healthier you. This is by no means an easy journey, but if you are willing to put in the time and effort you will see results. CFR promotes and teaches a healthy lifestyle, it is not something you do for a month and then quit. We want to thank you for choosing our program, and trusting us to help you with your fitness and nutrition goals.

This Success System is our guide to you in your fitness and fat loss journey. We hope to cover every bit of information that we have covered with our long term members and we have compiled the most effective and useful information and tips here.

There are a few simple things that you have to do to make sure that you are successful in your fat loss journey:

- 1) You need to make sure you are eating the right things.
- 2) You need to make sure you are exercising the right way.
- 3) You need to make sure you are consistently applying the knowledge that you have.

Now, there are obviously a lot of factors and things to think about that fall under these three items, but that pretty much covers it all. People who have the most success follow all of those things. There is no half way. If you go half way you get half way results. Prioritize the things in your life, and your health and well-being should be at the top. Dive right in and make the commitment to yourself to look and feel better!

In this success system we will lay out every single item that you will need to make sure that you have a successful Complete Fitness Results experience. We want to give you the tools to accomplish your goals and make you successful for life.

There is no one perfect way to eat or exercise for fat loss. This system is as close to the perfect roadmap for success that I can give you. A lot of things work, but these things work really, really well when put together and used on a regular basis.

Our goal is to give you the simplest and most effective nutrition plan, workout plan and goal setting and motivation tools that I can so that you get some crazy results and tell all your friends how great the Complete Fitness Results training system is and what it has done for you.

If you are a new member you WILL experience some soreness and discomfort during your workouts and after your workouts. This is normal. Our goal is not pain, but if we are going to see great results we have to put forth great effort. If you are a veteran member you already know about the soreness after your first workouts and have not been scared off by the soreness. Congrats! Also, changing some of your eating habits may be challenging, but it is a definite must if you want the best results. We understand that Complete Fitness Results is not for everyone and not everyone is suited for Complete Fitness Results.

We ONLY want the hardest working and most dedicated individuals in our facility. The group camaraderie and support that you get at Complete Fitness Results is second to none. It will help you reach your goals, and to reach them faster. Get to know your fellow members and develop supportive relationships with them that will help drive the success of the entire group. We will provide you with the support you need, challenging workouts, and help develop a great sense of accomplishment when you are done with your workouts.

Those of you that fight through the workouts and see success will have a boost in confidence and self-esteem. This won't come easy, but it will happen if you stick out the workouts and follow develop healthy eating habits. Not only will you gain confidence, but you will become stronger and you will see some amazing changes in your body.

We only ask a few things of you during your workouts.

- 1) Be consistent. You have to show up to get the benefits of training. You can't sign up and expect things to change without putting in the work. Show up to as many sessions as possible and make it worth your while. We shoot for 90% compliance for optimal results. So you need to show up 90% of the time!
- 2) Effort, effort, effort. You have to put forth a great effort at every training session. Don't expect to show up and half ass your way through the workouts and get something out of them. You have to make yourself work and take yourself out of your comfort zone. If you do this you will always be making progress towards your goal. I can tell you that these workouts work and you don't need to do any more than the 30-45 minutes of hard work that we do each day to see incredible results. I know this because I do these workouts myself and I have seen the incredible results that our members get.
- 3) Get better every day. Don't settle for doing the same level of work at each and every session. It is really easy to get comfortable and stick with exercises that don't make you a bit uncomfortable. Try to move up in your progressions of the movements that we are doing each day and work as hard as you possibly can. If you aren't sweating, breathing hard, and hopefully making a lot of grunting and moaning sounds during your workout you might not be working hard enough. (Honestly, I don't expect you to make funny noises, but if it happens I know you are working hard ☺)

How do we measure progress?

We will be measuring your progress during the assessment and reassessment process throughout your training. Your coach will decide which tests need to be completed and make recommendations for your program based on your progress, or lack thereof...

We will be doing some or all of the following: movement screens, postural assessments, body fat tests, circumference measurements, body weight and nutrition assessments.

There are numerous ways to measure progress with your workouts and nutrition. First and foremost are you feeling better? If so that is the first step. If you feel better you can

work harder and get even better results. Take a look at things like sleep, mood, and energy level during the day to see if you are feeling better after doing your workouts.

If you are a stickler for the scale you should weigh yourself only once per week on the same day. I prefer Monday weigh ins because it makes you be accountable for the weekend. If you have to think about weighing in on Monday you might not grab that double cheeseburger and a few beers on Saturday night. You should also weigh in under the same circumstances each and every time. So same time, same day, after not eating much. The best time to weigh in is right after waking and using the restroom with the same or no clothes on. Keeping a log is a great way to track progress.

There are also some measurements that we generally take to check for progress. We measure the upper right arm, waist, chest, hips and thigh.

Check your clothes! How are your normal jeans or shirts fitting? What about your belt? Are you noticing clothes getting loose or your belt needing tightened? If so you are losing fat. That is what we are really after.

Finally, everyone's favorite: Before pictures. If you take a good before picture you will be able to compare photos and have a great success story ready to go when you lose all your fat and look great! To take a good before photo wear something that shows off your faults and bad areas. You want to take it in as little clothing as possible. Most likely a swim suit or something that shows your stomach. This way you can get an accurate assessment. You will want to stand tall and look straight ahead. Take one photo from the front and one from the side.

We are after healthy fat loss at Complete Fitness Results so if the clothes are fitting better or more loosely, your measurements are headed in the right direction and the photos are showing changes I could really care less about what the scale says.

Goal Setting

It is important to know where you are starting and where you want to go to make great progress. These starting measurements will help you to set a goal for yourself.

Many people don't know how to accurately set goals. If you don't know where you want to go how are you going to know what to do to get anywhere? Pick a goal or two and make a plan to get there.

We want to give you a chance to sit down and set your goals with a Registered Dietitian so please contact us if you would like to go over your goals with us. We are there to help you, but it's also important to be able to set goals on your own. Below you will learn how to set and accomplish your goals.

Goals need to be SMART-specific, measurable, achievable, relevant, and include a timeframe. They don't have to be a weight goal, but they should be something that has a set end point for you. Such as fitting back into my size 8 jeans or losing 3" off my waist in 6 months. If you know you have a deadline you will be much more likely to actually accomplish the goal.

Use the following to help you set your goals:

- 1) I want to..... (Write down your goal. What do you want?)
- 2) I want to accomplish this by.... (How long will this take you?)
- 3) To fulfill my goal I will.... (What actions will you take to reach your goal?)
- 4) I can visualize myself..... (What do you see when you accomplish your goal?)
- 5) I believe and expect... (Restate your goal and give yourself positive affirmation that you will accomplish it!)

Now that you have your goal make sure that you know the steps you are going to take to achieve your goal. This will be different for everyone, but we will help you develop plan. We will lay out exactly what you need to do for your exercise, nutrition and attitude to make sure that you are on point to meet your goals.

You are obviously in the Complete Fitness Results training program for the awesome workouts, great nutrition programs and constant support. There are so many other factors that go into your success that we are going to provide you with as well. The basic things that you need to remember is making sure that you attend each and every workout session that you possibly can and giving it your best effort. Make it worth your while for showing up and get in a great workout.

During your workouts we ask that you challenge yourself and push yourself to new heights. Don't settle for being average. Do the absolute best that you possibly can and make sure that you are doing the work to get results. If you could just show up and get great results everyone would be in great shape. The people that see great results are those that put forth the effort required to earn those results.

Nutrition 101

In order to lose weight you have to consume fewer calories than you are expanding. In order to do this and be satisfied you may have to change some of the foods you are eating. Focus on adding nutrient dense foods, which are foods that have a lot of nutritional value. They include lean proteins, fruits, veggies...

Here are a few rules that I like to start with:

- 1) **Eat breakfast.** It's the most important meal of the day. Breaking the fast gets your metabolism going and gives your body the nutrients it needs to focus. Studies have shown skipping breakfast is associated with a higher BMI and increased obesity risk. Other studies have shown that breakfast eaters have a greater reduction in impulsive snacking and ate less at later times.
- 2) **Eat four to five meals/snacks a day.** This will keep your metabolism high and you satisfied. You can do this a few different ways. You can eat three meals a day and have one or two snacks a day or you can eat four to five small meals a day. If you are currently eating less than four meals/snacks a day, add one meal/snack a month until you reach 4-5 meals/snacks a day.
- 3) **Aim for a balanced meal.** Make sure to have a lean protein with each meal. A majority of your plate should be fruits and/or veggies. You also need to make sure you have a little healthy fat.
- 4) **Don't be afraid of fats.** They keep you full and help your body to absorb fat soluble vitamins. Choose heart healthy fats like olive oil, avocado, fish, nuts, and flax seed.
- 5) **Choose whole grain/ high fiber carbs!** Replace white breads and potatoes with whole grains and fruits and veggies (high fiber foods).
- 6) **Eliminate drinks with calories** with the exception of protein shakes and meal replacements. Think about what is added to all of your drinks: Starbucks, Coke, Juice, etc.
- 7) **Follow your plan 90% of the time and allow yourself 10% to do whatever you want.** This allows you to plan the meals you choose to eat whatever you want. If you eat five meals a day that equals thirty-five meals each week. This means that you have three in a half, or let's say 3 meals that you don't have to adhere to the plan. You can choose to do whatever you want with this meal: you can skip it, eat something not on the plan or do whatever you would like, but you have to get right back on the plan. You can spread those 3 meals out over a week or use them all in one day. It's up to you; just make sure it's only 3 meals per week!
- 8) **Keep a food journal for at least 1 week each month for 3 months.** You would be surprised how much food you don't realize you eat. If you are wondering why you aren't seeing the results you think you should, a food journal is a great tool for the RD to look at to help brainstorm solutions. **I've seen close to an 80% higher success rate with clients who write down their fitness goals and track their diet and progress on achieving those goals!**

The easiest way to tackle the task of mastering all of these rules is to implement one new rule each week. Focus on just one item and make it work for you each and every week. This way you are constantly working towards achieving success.

Most people don't even know where to begin with picking out good foods to eat and where to find them. First of all let me tell you that picking fat free is not necessarily the best way to go. Don't fall for gimmicky marketing tactics of food manufacturers. If it seems too good to be true it probably is! Try to eat as many natural things as you possibly can.

Eating right doesn't have to be expensive either. I understand that not everyone can eat all organic and fresh from the garden foods. Do your best to pick the healthiest options that you can and you will be fine. I would rather pay my grocer than my doctor!

Next you will find our Complete Fitness Results Done for You Meal Plan. All you have to do is follow the plan and get your results.

Complete Fitness Results Done For You Meal Plan

How To Use The Meal Plan

This meal plan is extremely simple and easy to use! Simply follow the guidelines for eating as outlined above. You will find when to eat and what sections you are able to pick from in the top table. You will find foods that you should focus on eating most of the time in the middle table. You will find items that you should eat sparingly if at all in the bottom table.

Once you have figured out what healthier meal options and when you will eat, then go through the corresponding section to pick an item for that meal. Pick the appropriate menu item, look at the CFR Approved Meal Recipes if needed, and simply prepare the meal.

An easy way to do this is to sit down on a Sunday and plan out your meals for the week. You can pick which selection you are planning to eat and then head to grocery store that morning or afternoon to collect all the items that you will need. We even included a guided shopping list for you.

If you plan your week out and prepare your meals there is absolutely no excuse for not following the meal plan. Set aside two hours on a Sunday and do the prep! Make it a family event and pick meals together, shop together, and prepare the food together. It is a great way to try new things and get everyone involved.

A few tips for success:

- 1) Plan, Plan, Plan, and Plan some more!!!!
- 2) Prepare large batches of chicken, beef, and other protein items ahead of time.
- 3) Cut and prep all fruits and veggies ahead of time.
- 4) Have plenty of storage containers handy!
- 5) Have a few healthy snack items from the list at work or in the car in case you get in a bind!
- 6) When going out to eat for a meeting or work always choose a lean protein source and veggies. Skip on the white bread, chips, and fries!
- 7) Use smaller dinner plates and eat slowly enjoying your food.
- 8) Pay attention to your hunger signals. Stop eating when you are satisfied as it takes the body fifteen to twenty minutes to catch up to what you just put in it.

After a few weeks you should be pretty comfortable with the meal planning and you start to venture out on your own with some creative ideas. Just don't get too crazy and start adding in the items on the "Things to Avoid" list. Remember the perfect plate and have a lean protein, whole grain and fruits/veggies with meals.

If you do slip and do not adhere to your meal planning, don't beat yourself up! Simply get back on the wagon and start again with the next meal. Starving yourself or punishing yourself is not a good way to make up for a poor meal choice. You are allowed to have some fun and live life, but you have to make a commitment to your health and fat loss.

Follow the 90% rule!!!! Eat right 90% of the time and make 90% of your workouts! Be honest with yourself and finally do what it takes to get lean and sexy!

Complete Fitness Results Eating For Fat Loss Made Simple

Start these meals immediately upon waking and then every three to four hours follow for a total of four to five meals each day. You should start each day with the Prograde VGF+ 25 multivitamin ([Men's](#) or [Women's](#)) and [EFA ICON](#) for best results. * Meals times may be adjusted for our schedule, but should be 3-4 hours apart.

Meal #	Meal Time	Menu
1	6am	-Drink 16-48 oz of cold water -Take VGF+ 25 and EFA ICON - Select any Breakfast Meal
2	Optional if needed	-Drink 16-32oz of cold water -Select any Snack
3	12pm	-Drink 16-48 oz of cold water -Select any Lunch/Dinner Meal
4	Optional if needed	-Drink 16-32 oz of cold water -Select any Snack
5	6pm	-Drink 16-48 oz of cold water -Select any Lunch/Dinner Meal
6	Optional if needed	-Select any Pre Bed Snack

Foods To Focus On:

- **Vegetables:** All of them. It's extremely difficult to eat too many. In fact there are a few people who eat enough. If you are not eating at least 5 servings of veggies per day you should definitely look into taking Prograde VGF 25. It's the best multi vitamin you can get for a good price, and it's made from whole foods not synthetic vitamins.
- **Lean meats:** Turkey, fish, chicken, venison, lean cuts of beef and pork. Red meat has a bad rap, but it's not the meat, it's the saturated fat that is the problem. If it has round or loin in the name that means that it is a leaner cut of meat. Choose lean cuts of meat to help build muscle and prevent muscle break down.
- **Beans and Legumes:** Black, pinto, green, split, refried, lima, etc. Lentils also. Include plenty.
- **Fruits:** Eat a wide variety of fruits daily.
- **Nuts and Seeds:** A great way to get fats that are heart healthy. Watch out for portion sizes as they are calorie dense. Small amounts only.
- **Water:** Make sure you are drinking plenty of water. Thirst can be confused with hunger so it's important that you stay hydrated. A good indicator is your urine. It should be light yellow to clear. If your urine is dark yellow drink more water.
- Protein shakes are a great idea for a snack or meal replacement. You should ALWAYS have a Prograde Workout or Optimum Nutrition 2:1:1 recovery shake or at least a glass of kefir or yogurt after a workout.
- All natural whole foods: Clean foods are always your best choice whenever you can. Try to watch out for preservatives, and things like high fructose corn syrup and partially hydrogenated oils.

Foods To Avoid:

1. **Alcohol**
2. **Sugary drinks or drinks with calories-** Absolutely no soda. This means diet too.
3. **Processed or packaged foods**
4. **Refined sugars/white bread**
5. **Fried foods**
6. **Fast Food.** Try to limit fast food to a maximum of two times a month if ever.

7. Fried food, Margarine, and other saturated and trans fats.

Complete Fitness Results Approved Meals

Breakfast Foods

Spinach Feta Omelet*	High Fiber Cereal with Almond or Coconut Milk*
Black Bean-Salsa-Egg-Cheese Scramble*	Eggs-Refried Beans- Guacamole-Salsa *
Prograde Lean Meal Replacement Shake*	Easy Breakfast Frittata*
Cottage Cheese with Fruit*	High Protein Fruit Smoothie*
Eggs- Turkey Bacon-Lentils*	Healthy Breakfast Sandwich*

Snacks

Mixed Nuts	Fruit Varieties – Berries Priority
String Cheese	Carrot Sticks/Raw Veggies
Lunchmeat and Cheese Rollup*	Yogurt/Keefir*
Lara Bar, Kind Bar, Craver*	Prograde Lean Shake*
Cottage Cheese – Nuts – Fruit*	Egg Whites
Trail Mix	Pumpkin –Sunflower or other Seeds
Cheese and Fruit	Protein Pudding*
Whole Grain Chips – Salsa – Guacamole	Mini Meat Loaf*

Lunch /Dinners

Cilantro Lime Avocado Chicken Burger or Wrap*	Various Soups*
Healthy Chicken or Beef Quesadillas or Fajitas*	Almond Chicken Salad*
Turkey Chili*	Tuna Cucumber Lettuce Wraps*

Turkey Meatloaf	Salad – Grilled Chicken Breast- Balsamic
Feta Stuffed Mushrooms*	Grilled or Baked Chicken, Fish, or Steak with any Veggie
BBQ Chicken Pizza	Chicken, Beef, or Shrimp Stir-fry
Salsa Chicken	Bison Burger (Bun optional)
Kabobs	Grilled Salmon Caesar Salad

Pre Bed Snacks

Nuts or Nut Butter on Celery	Veggies
Cheese Stick	Lunchmeat and Cheese Rollup*
Cottage Cheese and Crushed Nuts	Veggies with Hummus

* Ask about vegetarian options

CFR Approved Recipes

Breakfast Recipes

Spinach Feta Omelet

2-3 Eggs

1 handful Fresh Baby Spinach

¼ cup Feta Cheese

- Prepare Omelet with fresh baby spinach and small amount of feta inside then top with feta.

Black Bean-Salsa-Egg Scramble

2-3 Eggs

½ cup Canned Black Beans

4 Tbsp Salsa

¼ cup Shredded Cheddar (optional)

- Scramble eggs in pan and lightly coated with olive or oil.
- Push eggs to side of pan when almost done, and add washed and strained black beans. Heat in pan.
- When beans are heated gently stir eggs and beans together. Plate food.
- Top with salsa and light amount of shredded cheese.

Prograde Lean Meal Replacement Shake

There are many ways to make delicious shake varieties, but the simplest way is to:

- Mix 1 scoop powder with 8oz coconut milk and 4 oz water(substitute coconut milk for almond milk or cow milk) and shake in a shaker. You can also mix 2 scoops with water. Try the Magic Bullet for even better shakes.

Cottage Cheese with Fruit

- Simply combine 1 serving Cottage Cheese with your favorite fruit such as peaches, pineapple, or berries.

Eggs- Turkey Bacon-Lentils

2 Eggs

2-3 pieces Turkey Bacon

Lentils

- Combine 2 poached or over easy eggs with 2-3 pieces turkey bacon and lentils.
- Stack eggs over lentils to flavor lentils.

High Fiber Cereal with Almond or Coconut Milk

Choose cereals like Kashi or Natures Path that are high in fiber and protein. Use skim milk or almond or coconut milk.

Eggs-Refried Beans- Guacamole-Salsa

- Just like the black bean scramble, but add guacamole and use refried beans for a little variety.

Easy Breakfast Frittata

2-3 Eggs

Beans

Veggies

¼ cup Shredded Cheddar Cheese

- Mix up 2-3 eggs and any seasoning in a bowl.
- Add beans and/or fresh cut up veggies.
- Add shredded cheddar cheese.
- Cover and microwave on med for 3-4 minutes until eggs are cooked.

High Protein Fruit Smoothie

5-6 Ice Cubes

½ cup Fresh Berries or Fruit

1 scoop Vanilla Prograde Protein

1 cup Cold Water

1 Tbsp Flax Oil

- Combine all ingredients into Magic Bullet or blender and mix until smooth.

Healthy Breakfast Sandwich

1 Whole Grain English Muffin

1 slice Turkey or Ham

1 Over Medium Egg or Egg White

Pepper Slices or Baby Spinach

- Toast English muffin (with turkey or ham on top with toaster oven).
- Prepare egg in pan or microwave.
- Add egg and pepper/spinach to muffin and assemble sandwich.

Snacks

Mixed Nuts

Choose your favorite variety, but almonds and walnuts have lots of great benefits.

String Cheese

Organic and low fat is best and make this an occasional snack.

Lunchmeat and Cheese Rollup

Part-Skim Cheese

Turkey or Chicken Breast

- Just wrap up a piece of cheese in a piece of turkey or chicken breast and enjoy for a quick tasty snack. Boars Head or organic is best.

Meal Bar

- Lara Bars
- Kind Bars
- Prograde Cravers

Cottage Cheese Nuts Fruit

$\frac{3}{4}$ cup Cottage Cheese

$\frac{1}{2}$ serving Crushed Walnuts

1 serving Fresh Fruit

- Combine all ingredients

Trail Mix

Avoid the mixes that are mostly dried fruit and chocolate chips and M&M's. Its fine to have a little of this but get blends with mostly different nuts and berries.

Cheese and Fruit

Combining a string cheese stick with your favorite fruit is a great balanced snack.

Whole Grain Chips – Salsa – Guacamole

Salsa and Guacamole are great. Make sure you get whole grain chips and make this an occasional snack. Watch the calories on this one!

Fruit Varieties

Fruit is healthy and portable. Take advantage of it. Try many different kinds of fruit, but know that berries have the most benefit and the least amount of sugar.

Veggie Varieties

Cut up mixes veggies or buy them at the store pre-cut. Eat raw veggies as a snack as much as you want. Try new stuff each week.

Yogurt/ Keefir

Greek yogurt blended with fresh fruit is always best. Try to find yogurt that has less than 10 grams of sugar per serving and more than 5 grams of protein. Keefir is great for a quick snack or to mix with smoothies.

Prograde Lean Shake

See recipe above in snacks

Egg Whites

Hardboiled egg whites are great to snack on and are all quality protein.

Pumpkin – Sunflower or other Seeds

Try different seeds for a great snack.

Protein Pudding

Protein Pudding is great for people that have issues with drinking shakes. Simply add 1 scoop Prograde Protein or Prograde Workout to the pudding mix in the recipe and you have high protein pudding.

Mini Meat Loaf

See the recipe for Turkey Meatloaf ahead. Experiment with different meatloaf recipes, but the point with this recipe is to make a bunch of small meatloaves so you can have them later for small high protein snacks.

Lunch/Dinner Options

(R) = Good Restaurant Option

Cilantro Lime Avocado Chicken Burger

Fresh Cilantro

1 Lime Wedge

¼ Avocado

1 Chicken Breast

1 Whole Grain Bun (optional)

- Cut up a few sprigs of cilantro.
- Mash the avocado with a fork.
- Add the cilantro.
- Squeeze the lime over the avocado.
- Grill or bake chicken.
- Place avocado mix on chicken.
- Place chicken on bun, if desired.

Healthy Chicken or Beef Quesadillas or Fajitas (R)

½ -1 Chicken Breast, cut into strips

¼ Green Pepper, cut into strips

¼ Red Pepper, cut into strips

1/8 Onion, cut into strips

1-2 cloves Garlic, minced

1 Tbsp Olive Oil

Low-Fat Cheese

- In a sauté pan over medium heat, pour about 1 Tbsp olive oil and add garlic.
- Next add chicken.
- Once chicken is almost done add the peppers and onions.
- Cook until veggies are soft, but still have a crunch to them and chicken does not have any pink in it.
- Place ingredients in the whole grain tortilla. Add salsa if desired
- For a quesadilla: In a separate sauté pan turn on med heat and spray with Pam.
- Lay tortilla flat in sauté pan.
- Add ingredients to half of the tortilla.
- Fold the opposite side over.

- Flip the quesadilla after a few minutes. Add salsa.
- If using beef, brown beef in separate pan and drain grease.

Turkey Chili

- 1 1/2 Tsp Olive Oil
- 1 lb Ground Turkey
- 1 Onion, chopped
- 2 cups Water
- 1 (28 ounce) can Canned Crushed Tomatoes
- 1 (16 ounce) can Canned Kidney Beans - drained, rinsed, and mashed
- 1 Tbsp Garlic, minced
- 2 Tbsp Chili Powder
- 1/2 tsp Paprika
- 1/2 tsp Dried Oregano
- 1/2 tsp Cayenne Pepper, ground
- 1/2 tsp Cumin, ground
- 1/2 tsp Salt
- 1/2 tsp Black Pepper, ground

- Heat the oil in a large pot over medium heat.
- Place turkey in the pot, and cook until evenly brown.
- Stir in onion, and cook until tender.
- Pour water into the pot.
- Mix in tomatoes, kidney beans, and garlic.
- Add chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper.
- Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

This recipe is from allrecipes.com.

Feta Stuffed Mushrooms

- 1/8 cup Tomatoes, chopped
- 1/8 cup Spinach, cooked
- 1/2 Tbsp olive oil
- 1/4 tsp basil
- 1 clove Garlic, minced
- 1 Portabella Mushroom
- Feta cheese

- Preheat oven to 350° F
- Spray pan with Pam.
- Add oil and garlic to a sauté pan.
- Add tomatoes and basil.
- Once the tomatoes are heated, remove from heat.
- Mix with spinach.
- Stuff mushroom.
- Top with a little feta cheese.
- Cook for about 12 min.

Turkey Meatloaf

3 cups Yellow Onions, chopped (2 large onions)

2 Tbsp Olive Oil

2 tsp Kosher Salt

1 tsp Black Pepper, ground

½ tsp Thyme, dried

1/3 cup Worcestershire Sauce

3/4 cup Chicken Stock

1 1/2 tsp Tomato Paste

5 lbs Ground Turkey Breast

1 1/2 cups Dry Bread Crumbs, plain

3 Extra-Large Eggs, beaten

3/4 cup Ketchup

- Preheat oven to 325° F.
- In a medium sauté pan, over medium-low heat, cook the onions, olive oil, salt, pepper, and thyme until translucent, but not browned, approximately 15 minutes.
- Add the Worcestershire sauce, chicken stock, and tomato paste and mix well.
- Allow to cool to room temperature.
- Combine the ground turkey, bread crumbs, eggs, and onion mixture in a large bowl and mix well.
- Shape into a rectangular loaf on an ungreased sheet pan.
- Spread the ketchup evenly on top.
- Bake for 1 1/2 hours until the internal temperature is 160° F and the meatloaf is cooked through. (A pan of hot water in the oven under the meatloaf will keep the top from cracking.)

This recipe is from allrecipes.com

BBQ Chicken Pizza (R)

Pre-made thin whole grain pizza crust

Barbeque sauce

Chicken, grilled or baked cut into strips

Part-skim cheese

Veggies

- Brush the barbeque sauce on the pizza.
- Sprinkle cheese on pizza. (Don't overdo it on the cheese.)
- Add the chicken and veggies.
- Cook according to directions on pizza crust package.

Salsa Chicken (R)

Chicken Breast

Salsa

- Bake or grill chicken breast.
- Lightly cover chicken with salsa.

Kabobs (R)

Meat of choice, cubed

Onions, cut into larger pieces
Peppers, cut into larger pieces knowledgeable
Nectarines (if in season), cut into larger pieces
Pineapple (optional), cut into larger pieces
Skewers

- Turn on grill
- Put onion and meat on the skewers alternating onion and meat.
- Put the rest of the veggies on the meat.
- Cook on preheated grill turning to ensure even cooking.
- Cook meat to level of desired doneness.
- Veggies should be tender yet crisp.

Various Soups (R)

Choose soups that are low in sodium. Also try to avoid cream based soups.

Almond Chicken Salad

1 Chicken Breast
1 handful of Almonds
½ handful of Crasins
Mayo made with olive oil
Salt and pepper to taste
Whole grain bread

- Bake chicken breast.
- Let cool slightly and tear apart.
- Let cool completely.
- Add the rest of the ingredients. (Add just enough mayo to barely coat the chicken.)
- Place on whole grain bread.

Tuna Cucumber Lettuce Wraps (R)

½-1 can Tuna, stored in water
½ Red Apple, chopped
¼ Cucumber, chopped
1 Tbsp Mayo, made with olive oil
1 Romaine leaf

- Combine all the ingredients besides the lettuce in a bowl and mix.
- Spread mix on lettuce leaf.
- Fold hot dog style and enjoy.

Salad – Grilled Chicken Breast- Balsamic (R)

Romaine lettuce
Grilled chicken breast
Strawberries
Blueberries
Mandarin oranges
Balsamic dressing

- Combine all ingredients and enjoy.

Grilled or Baked Chicken, Fish, or Steak with any Veggie (R)

The chicken, fish and steak are all great sources of protein. When picking out steak try to pick a cut with round or loin in the name as those are leaner cuts of meat.

Chicken, Beef, or Shrimp Stir-fry (R)

Peppers

Broccoli

Pineapple

1 Tbsp Olive Oil

Chili Garlic Sauce

Brown Rice

- Cook brown rice according to the directions.
- Add oil to sauté pan or wok.
- Turn heat to medium.
- Add veggies.
- Cook until veggies are tender yet crisp.
- Add 1 spoonful of chili garlic sauce.
- Serve over brown rice.

Bison Burger (Optional Bun) (R)

5oz Ground Bison

Mushrooms, chopped (optional)

Onions, chopped (optional)

1 Whole Grain Bun

1-2 Tomato Slices

1 Lettuce Leaf

- If deciding to use the mushrooms and onions, sauté them until slightly cooked. Drain extra oil.
- Mix meat and mushroom/onion mix and form patty.
- Grill (on preheated grill) 6 minutes on first side and 5 minutes on the other.
- Remove from grill and place on the bun.
- Add lettuce and tomato.

Grilled Salmon Caesar Salad (R)

3oz grilled Salmon

Romaine Lettuce

Parmesan Cheese

Caesar Dressing

- Place romaine lettuce in the bowl/plate you are going to eat out of.
- Remove skin from salmon and cut into bite-size pieces.
- Sprinkle with parmesan cheese.
- Place Caesar dressing in a very small side bowl.

- Dip tip of fork into dressing and then get a bite of salad.
- Alternate: Measure out 2 Tbsp of dressing and mix with salad or use a few spritz of Caesar salad spritzer.

Pre Bed Snack

Nuts or Nut Butter on Celery

This snack has protein and heart healthy fats.

Cheese Stick

See snacks

Cottage Cheese with Nuts

See snacks

Veggies

See snacks

Lunchmeat Rollup

See snacks

Veggies with Hummus

Hummus is a great way to make veggies more flavorful with fewer added calories than Ranch dressing.

Super Simple Meal Plan

For those of you that have a lot of trouble sticking to anything or who are in a hurry most days of the week, here is a very simple meal plan that you can stick with by rotating three meals plans.

Day One	
Female Servings	Male Servings
1 serving Prograde Lean 1 medium Apple	1 serving Prograde Lean 1 large Apple
1 Scoop Prograde Protein Powder 1 cup Unsweetened Almond Milk or Water ¼ cup Blueberries	2 scoops Prograde Protein Powder 1 cup Unsweetened Almond Milk or Water ½ cup Blueberries
3-4 oz of Chicken Breast 2 cups Spinach or Romaine Lettuce 4 Cherry Tomatoes 2 Tbsp Blue Cheese or other hard cheese 1 Tbsp Olive Oil Salt and Pepper	4-6 Ounces of Chicken Breast 2 cups Spinach 4 Cherry Tomatoes 2 Tbsp Blue or other hard cheese 1 Tbsp Olive Oil Salt and Pepper
2 pieces Low Fat String Cheese	3 pieces Low Fat String Cheese
3-4 oz of Lean Beef 2 cups Broccoli ½ medium Sweet Potato	6-8 oz of Lean Beef 2 cups Broccoli ½ medium Sweet Potato
Day Two	
Female Servings	Male Servings
2 Omega-3 Eggs ½ Red Pepper ¼ cup Onions ¼ cup Shredded Cheese	2 Omega-3 Eggs 2 Egg Whites ½ Red Pepper ¼ cup Onions ¼ cup Shredded Cheese
1 cup Greek Yogurt	1 cup Greek Yogurt
3-4 oz of Tuna or other white fish ½ cup Garden Salsa Romaine Lettuce/Spinach	6 oz of Tuna or other white fish ½ cup Garden Salsa Romaine Lettuce/Spinach

1 scoop Prograde Protein Powder 1 Tbsp Natural Peanut Butter 1 cup Unsweetened Almond Milk	2 scoops Prograde Protein Powder 1 Tbsp Natural Peanut Butter 1 cup Unsweetened Almond Milk
3-4 oz of Chicken Breast 6-8 Asparagus Spears 1/3 cup Parmesan Cheese	4-6 oz of Chicken Breast 8-12 Asparagus Spears 1/3 cup Parmesan Cheese
Day Three	
Female Servings	Male Servings
3 Omega-3 Eggs 1 cup Spinach ½ cup Garden Salsa	2 Omega-3 Eggs 2 Egg Whites 1 cup Spinach ½ cup Garden Salsa
¾ cup Fat Free Cottage Cheese 1 scoop Prograde Protein Powder	1 ½ cup Fat Free Cottage Cheese 1 scoop Prograde Protein Powder
3-4 oz Turkey Breast Zucchini Strips	4-6 oz Turkey Breast Zucchini Strips
1 Serving Prograde Lean	1 Serving Prograde Lean
3-4 oz Salmon Any Green Veggie of Choice	4-6 oz of Salmon Any Green Veggie of Choice

Grocery Store Tips

Shop the perimeter; the healthiest food is there!

Produce Section- Fruits and Vegetables*

- ✓ Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- ✓ Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)
- ✓ Fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit (frozen is most convenient)
- ✓ Mixed Nuts: Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or raw)
- ✓ Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood

- ✓ Extra Lean Meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)
- ✓ Extra Lean Deli Cuts (unsweetened, low in salt)
- ✓ Extra Lean Skinless, Boneless Chicken Breasts
- ✓ Extra Lean Turkey or Extra Lean Ground Turkey
- ✓ Extra Lean Pork
- ✓ Fish: Salmon, Tuna, Tilapia, Mackerel, etc.
- ✓ Seafood: Shrimp, Mussels, Squid, Scallops, etc.

Dairy Section

- ✓ 2-4 Cartons of eggs (preferably omega-3 eggs for yolks: Private Select Brand)
- ✓ Low Fat Yogurt
- ✓ Low-Fat Cottage Cheese
- ✓ Part-Skim String Cheese, Part-Skim Mozzarella Cheese, or 2% Shredded Cheeses of Choice

Grains

- ✓ Whole Grain Bread or Tortilla

Miscellaneous

- ✓ 100% Natural Peanut Butter/Nut Butter (no sugar added, unroasted, low in salt)
- ✓ Non-Fat cooking spray (extra virgin olive oil spray) and calorie free spray butter
- ✓ Extra Virgin Olive Oil
- ✓ Salad Dressings: Ken's Steakhouse Fat Free Balsamic Vinaigrette , Ken's Steakhouse Healthy Options Olive Oil and Vinegar, Ken's Steakhouse Healthy Options Spray On Raspberry Vinaigrette
- ✓ Vinegars: apple cider or red wine (great for salads)
- ✓ 1 package of organic ground flax meal (contains added fiber/omega 3's to throw in meal replacement shakes)
- ✓ Condiments: Mustard, No Sugar-Added Tomato Sauce, etc.

Take a look at each of the programs and figure out what might work for you. If you need some flexibility and want to choose some of your own foods the done for you plan will work best. If you are in a hurry and need to have a simple, but effective plan the Simple Three Day Rotation Meal Plan will work best for you. It is also easy to go from one to the other and switch things up to keep it interesting. They all have the same principles but different methods of delivery.

One very important part of this program is finding meals that aren't boring that you can stick too! I have found the best resource for that to be Prograde Nutrition's 197 Healthy Recipes

Go to <http://completefitnessresults.getprograde.com/prograderecipebook.html>

No matter what program you pick just STICK TO IT 90% of the time!

Supplements 101

The world of nutritional supplementation is confusing. There are so many items to choose from and all of them claim to be the very best. We are going to make things very simple for you! You only need a few items to have great success!

The first two things that everyone in our program should get is a multivitamin and fish oil supplement. These are basic items that you need to make sure you are in the best health possible. We don't recommend just any however! We find the best for you and use it.

We are partnered with Prograde Nutrition to offer you the best supplements that you can find on the market! They have some very simple and effective products that we trust. I can promise you that we use them on a daily basis and wouldn't use anything else.

The most basic package that we recommend is the Health+ Combo Package. This package includes the VGF 25+ Multivitamin and the EFA Icon (fish oil supplement). They have a special formula for men and women for the multivitamin to meet the needs of each. This is not just your everyday over the counter vitamin.

We also ask that each client uses Prograde Workout post workout recovery shake. We will talk more about the importance of proper post workout nutrition coming up soon.

A lot of you will probably say, "Well, I already have a vitamin and fish oil or protein powder that I use, can't I keep using that?" Sure, you can keep using that but I can promise you that it isn't of the same quality or value of Prograde products. Are they certified and pharmaceutically grade tested for quality? Are they all-natural? I can tell you that our best clients use Prograde products and the members that get the best results all use Prograde.

You can read more about each of the products by visiting <http://completefitnessresults.getprograde.com/>.

You can place the order online by following one of the links or you can have us place the order for you. Don't hesitate to ask if you have any questions!

Are You Wasting Your Workouts? The Importance of Post Workout Nutrition

One of the most major things that people do not know about or look past when it comes to fitness is post workout nutrition. Most of us are not bodybuilders or athletes, but there are some things that bodybuilders and athletes do that will help us in our training. If you ask any bodybuilder in the world if they have a post workout shake I would bet that 99.9% would say yes. If you ask any professional athlete if they have a post workout shake after their workouts and I'm sure the numbers would be just as high. Regardless if you are a pro athlete, a gym rat, a weekend warrior, or just someone that works hard in

the gym for the best results, post workout nutrition is a must.

After an intense workout your body is in a different state than when at rest. It is starving for nutrients and is depleted of energy. Muscle glycogen stores are depleted and your protein balance is at a negative. Cortisol is released which is catabolic, meaning muscle will be broken down. You have basically just injured your body and set yourself up to lower metabolism.

Now that you have injured your body, how do you fix it? That's where post workout nutrition comes into play. Sure you could leave the gym and go home and eat a sandwich and that would be decent. You could grab a bar from the gym and that would be better than nothing. If you are like me however, you want the best possible results from your efforts. I don't go to the gym to get so-so results; I go to get the best results possible for the effort I put in. I put in a lot of effort so I want a lot of results. I don't want to waste that effort with so-so post workout nutrition. So how do you get the best post workout nutrition and the best possible results?

There are many theories and studies that debate the perfect post workout nutrition and I think that falls out of the scope of this article. There are many different combinations of supplements that can be used and different macronutrient ratios and things of that nature, but my goal is to make fitness simple. So simply, you want to have a certain ratio of carbohydrates to protein, you want it to digest fast and you want it to be immediately after your workout.

* I recommend that you have your post workout shake in the form of liquid. Liquid absorbs faster and will get the nutrients into the muscles before your window of opportunity closes.

* You have roughly a 30-45 minute window of time to reverse the negative effects and replace them with good effects so make sure that you have your shake immediately after your workout.

* It's best to have a 2:1 ratio of carbs to protein for your average person. For an extreme bout of exercise like distance running or bodybuilding you may increase the carbs to 3:1 carbs to protein.

There is much more that can be taken into account when deciding what kind of PWO to have. There are products on the market which have the perfect ratios and types of carbs and protein in them to choose from. In a pinch, skim milk is a good option, but it takes a

lot of milk to get the amount of protein that would be ideal after your workout. It is up to you to find what kind of PWO you want to use, but to get best possible results and make it easy, I recommend “**Workout**” by **Prograde Nutrition**. It’s what I use and I love it. It mixes easy, tastes great, has a 2:1 ratio, and has the best quality protein on the market. I know and trust the guys who own and operate the company and I know that when they say something is in a product that it is true. I can’t say that about any other company on the market.

How Often Should I Work Out?

One of the most common questions we get is how many days per week does a person need to work out to get best results.

I am here to tell you that you really don't need any more than 3 days of training and some active recovery work on the off days. This will get you great results, especially if you are a beginner. Complete Fitness Results has people training two days per week that get great results and those that train five or six days that get great results. It really comes down to your experience level, intensity and nutrition.

If your nutrition is on track and targeted towards your goal you are winning the battle. Without nutrition you have to work twice as hard to get any results and you might not see any!

With a solid eating plan you can hit the gym and train three times per week for optimal results. If you are performing our fast paced, high intensity, full body workouts three times per week you will need the recovery time in between training days and it will only help you in the long run. This will create the metabolic demand (increase burning of calories) that your body needs to get results. If you train in the gym twice per week you have to hit it really hard and probably need to do some activity outside of the gym or on your own.

As you become more experienced you will be able to increase the intensity of the workouts and still get results. You don't always have to add in more time or more days. It might come to a point to see quick results you have to jump start the body again and shock it into fat loss by knocking out an extra workout or two.

If you are training more than three days per week a few of these days need to be either solely interval based training days blended with strength days. If you are getting in three days per week of training you should be doing strength based training at a fast pace on those days with some metabolic conditioning or intervals on that day as well. If you can only get into the gym twice you need to hit it hard and cover all aspects of your training.

We often talk about active recovery and this term can mean a lot of different things. It first and foremost means RECOVERY!!!! You should be doing the activities to get in some extra activity but you should be helping the recovery process. This could mean intense foam rolling, stretching, a light jog or interval sprint workout, a light bodyweight circuit or other circuit or just a walk or game of soccer/football. The more active you are the better, as long as you are recovering in between workouts.

The time needed to get results really comes down to supportive nutrition and intensity of your workouts. I would say that Complete Fitness Results members do more work than 99% of the gym goers and exercisers in the world during one session and they do it in less time. We get more done in 45 minutes than the normal person does in 2 hours. It isn't because we are special it is because of the way our programs are designed and the effort that you put in to it!