

Tough *Love*



Valentines Nutrition and Training Plan

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Valentines Nutrition/Training Plan

Tough Love Training & Nutrition Guide

*How To Turn Heads And Keep Your Date's Eyes Locked On
You This Valentine's Day...*

Without Missing Sweet And Unforgettable Treats And Meals...

The holidays as we know them (at least, for 2018) are over. You've survived—and hopefully enjoyed—Thanksgiving, Christmas and New Year's Eve... But now there's another date on the calendar—*Valentine's Day*.

Valentine's Day is the one day on the calendar when we know that love will be in the air. Everyone who's single will be looking for love and everyone who's "paired up" will make plans for two and keep a slice of those Valentine's Day feelings for themselves. Still, it's not enough to just "feel the love" this Valentine's Day. Because...

You want to look great while you're at it—and show off a body that turns every head in the room and keeps your date's eyes locked on you. So whether you're trying to fit into the little black dress that'll show off what you're working with, or you're hoping to put on a little muscle and fill out the sleeves of your pressed Polo shirt—this Tough Love Training & Nutrition Guide will give you the lean and, dare I say, sexy look that you crave this Valentine's Day...

Own this guide for the next 2-months—nutrition, training, supplementation—and you'll (without question) enjoy a *sizzling* Valentine's Day!

Tough Love Nutrition Plan

You'd be surprised at how quickly locking into healthy eating habits can transform your body. Because eating the right blend of the right foods can kickstart and sustain everything that's good in your body—and make you feel and look better than you ever could while your nutrition is “off track.”

So to keep you motivated to stick to the Tough Love Nutrition Plan, I'm going to make it as user-friendly as possible—and even give you a little wiggle room to enjoy a cupcake or a small box of chocolates from your sweetie this year...

Over the next 2-months, you'll pack your plate with plenty of protein and 2 handfuls of green vegetables. Eat fruits sparingly (but consistently). And keep your fat intake to a minimum... If you want to have a sweet treat here and there—enjoy it guilt free! Because the Tough Love Nutrition Plan leaves room for foods you love...

And helps you lose fat and build muscle while you're at it...

Starting today, you'll begin shaping your body the way *you want it to look*. Just implement the full-proof plan listed out for you below and you'll be in great shape for a hot Valentine's Day.

High Protein

Protein is your ticket to turning heads (and keeping your date's eyes on you) this Valentine's Day. Not only does protein build muscle—but it also kickstarts your metabolism and fires up your fat burning hormones so you can shed pounds around the clock...

On top of those impressive benefits, protein has been scientifically proven to balance your hunger hormones. A single serving of protein has the unique ability to eliminate sugar cravings for hours after you eat *and* keep your stomach satisfied for longer periods of time... So you're not tempted by the candy dish at the office...

In fact, one study published in the *Journal of the American College of Nutrition*, discovered that after eating protein, you'll feel **fuller** with **less food** compared to other food options [1]. The reason being that protein reduces hunger hormone (ghrelin) levels, while also increasing your satiety hormone (peptide YY) which makes you feel full, satisfied, and invincible against temptation that could detour you from showing off your best body this Valentine's Day.

To let you in on how powerful filling your plate with protein is, let's take a look at a 2005 study that included 19 overweight women. Over the course of 12-weeks, women were placed on 2 separate diets—one in which protein made up 15% of their daily caloric intake and another which made up 30% of their daily caloric intake. When they transitioned to making 30% of their daily caloric intake protein, the women consumed on average *441 fewer calories* each day without intentionally restricting any other food group [2]...

These women ate over 400 fewer calories daily and didn't even realize it! That's how helpful a protein-packed plate can be. But that's not all protein will do for you...

Protein works as a dual muscle-building and fat-burning solution—containing amino acids that kickstart your metabolism and help you slim down and get ripped so you can look and feel great leading up to and on the big day. According to a large study on the relationship between muscle mass and metabolism, the more lean muscle you have, the faster your metabolism is going to run – and that, of course will lead to more fat burning over the next couple months [3].

Plus, a study found in the *Journal of the American College of Nutrition*, discovered that your body uses more effort to metabolize protein than it does other food sources such as carbohydrates. And as a result, increasing thermogenesis 100% in high protein diets when compared to low-fat diets [4]. This heightened thermogenesis will skyrocket your ability to burn fat around the clock so that you get the body you want this Valentine's Day...

The bottom line—you don't want to miss out on all the benefits that protein has to offer you over the next 2-months (*and beyond!*)... Fill every meal with at least 20 grams of protein (the full size of your hand) to experience these exciting benefits.

Some of the best protein sources you can eat are:

- Eggs
- Chicken breast
- Lean ground beef
- Salmon
- Tuna
- Turkey
- Bison
- Protein shake

And speaking of *the best* protein sources you can eat, I also want to shed light on *the most convenient* protein sources as well. See, you don't have to spend hours slaving away in the kitchen to get your protein "fix" every day. In fact, you can prepare a high-quality protein meal (or snack) in less than 1-minute using an elite protein powder.

Protein shakes and smoothies are a quick and easy way to fill up on protein that'll build muscle, burn fat, satisfy your stomach and help you look your best this Valentine's Day. But not all protein shakes are created equally. Some protein powders you'll find at the local retail or health store are packed with additives and "filler ingredients" that won't do what you want your protein to do for you...

So instead of settling for a "run of the mill" protein powder that won't meet your expectations, get your hands on high-quality protein powder that'll last you weeks and won't break the bank. After all, Valentine's Day isn't the cheapest holiday of the bunch...

To meet your protein requirement leading up to Valentine's Day and reach your dream body over the next 2-months, check out the protein powders I've listed below. Each powder is the cleanest, non-hormonal, non-GMO blend available. Every serving is packed with 25 grams of protein that'll add muscle, torch fat, and keep your stomach satisfied for hours.

Mix and match for a delicious variety of protein shakes this holiday season:

- **MyoFX Chocolate Whey Protein Isolate (Grab some here:**
<http://www.myosport.com/isofx/>
- **MyoFX Cinnabon Whey Protein Isolate (Grab some here:**
<http://www.myosport.com/isofx/>
- **MyoFX Vanilla Whey Protein Isolate (Grab some here:**
<http://www.myosport.com/isofx/>
- **MyoFX Chocolate Peanut Butter Protein Isolate (Grab some here:**
<http://www.myosport.com/isofx/>

Green Veggies And Berries

Next to your pile of protein (or even blended in with your protein shake), make some room on your plate for two servings (size of your fist) of green vegetables.

Green vegetables are packed with benefits for you leading up to Valentine's Day. They're loaded with vitamins, minerals, antioxidants and fiber—all of which play a unique role in keeping your stomach healthy, your face clear, skin firm and much more...

After a series of research, there's a new saying floating around the health industry today. *You're only as healthy as your gut.* Meaning that if your digestive tract isn't clean and healthy, the rest of your body—from the inside-out—is going to suffer for it. But the good news is green veggies can save the day...

Green vegetables are loaded with fiber that keeps your digestive tract running at its best. See, your gut contains both good bacteria and bad bacteria. Good bacteria can have a wide range of positive effects on the body – everything from regulating blood sugar, to immunity, healthy brain function to weight control. Bad bacteria, on the other hand can cause inflammation, disease, and loads of stomach issues. But the good news is...

Green vegetables mostly contain insoluble fiber, meaning that it stays intact as it passes through the digestive tract, and as a result pushes other food through your digestive tract and out of your body more quickly than other fiber sources. Also, because insoluble fiber remains in your stomach intact, your good bacteria ends up digesting it and using it as fuel for survival – which is exactly what you want... Because the more friendly bacteria you have in your gut, the better off your health will be.

To sweeten the pot even more, because leafy green fiber is an insoluble fiber source, it takes longer to digest, and as a result, keeps you fuller for longer periods of time—just like protein does. When you pair protein and leafy green veggies together, you won't have to worry a bit about pesky cravings, hunger pangs or late-night snacking.

On top of these benefits, one study, published in the *Journal of Nutrition*, discovered that the high vitamin and mineral content of leafy greens can also improve fat burning altogether—and help you burn fat around the clock... even when you strategically plan to “sneak” a chocolate or two into your lunch [5].

The best leafy greens to fill your plate with over the next 2-months are:

- Spinach
- Kale
- Broccoli
- Brussels sprouts
- Cabbage

With leafy greens and protein on your plate, you're going to be in great shape—from the inside-out—this Valentine's Day. And when you get these two food groups in place, you can feel free to add a fistful of your favorite berries to your plate...

Berries are packed with antioxidants that reduce stress in your body, balance hormones and make your skin clear and healthy. And by adding berries to a meal or even as a mid-afternoon snack, you'll earn all of the above benefits—plus an extra punch of vitamins and minerals to keep your body functioning at its best...

Some of the best berries you can eat are:

- Blueberries
- Raspberries
- Blackberries
- Goji berries
- Cranberries

And with your high protein, high green, moderate berry plan in place, I want you to keep another important fact in mind that'll ensure your diet does what you need it to do for you this Valentine's Day...

Remember that if your body doesn't *absorb* the nutrients from these foods, then, they've essentially done you no good – except fill up your belly a little bit...

And that's why you want to keep the 3 organs that are primarily responsible for nutrient absorption (kidney, liver and colon) as clean as possible. When the "Big-3" are functioning at their best, you'll receive the incredible benefits of top-notch nutrient uptake – increased vitamin absorption, antioxidant activity and hormonal balance that'll naturally blast away body fat while you're enjoying 'all the good stuff.'

To keep your kidney, liver and colon healthy and maximize your results over the next couple of months, check out the simple and electrifying MyoFX Detox supplement by going here:

<http://www.myosport.com/21-day-detox/>.

This kidney, liver and colon cleanse provides you with 21 separate, easy-to-use capsule packets that make all-around health easier than ever:

- Grab the MyoFX Detox here: <http://www.myosport.com/21-day-detox/>

BONUS: Foods That'll Boost Libido (Both Male And Female)

Valentine's Day is going to be filled with special moments. And in those intimate moments between you and your partner, you'll want to be ready to "feel the heat" (if you know what I mean).

An interesting fact about food is that there are certain kinds of food that'll instantly turn up the temperature on your sex-drive. And if you enjoy some of the following foods, leading up to and on Valentine's Day, you'll be in for a night of passion.

Peppers

Peppers have loads of health benefits for men and women. They're especially good at revving-up your metabolism so that your body burns fat faster than it could without the help of this spicy food. And as great as peppers are for your health, they also do wonders for your sex-drive.

Peppers stimulate endorphins (your happy hormones that increase attraction between a couple). They also raise your heart beat and cause your lips to "plump," making you "more kissable" after a few bites. Peppers also increase blood flow throughout your body, including your sex organs to stimulate sexual desire.

Dark Chocolate

If you're going to share any chocolate this Valentine's Day, make it *dark chocolate*. Chocolate increases both serotonin and dopamine levels in the brain which makes you both happy and relaxed at the same time. Both emotions will "set the mood" for the evening and stimulate desire between you and your date.

Like peppers, dark chocolate also increases blood flow throughout the body—and to all the right places to put intimacy on the mind of both parties.

Bananas

If you happen to have chocolate fondue this Valentine's Day, make sure bananas are on the plate to dip into the chocolate. Bananas are an excellent source of potassium—a nutrient that counteracts the effects of high sodium, one of them being, diminishing blood flow to your sex organs.

Mix bananas with dark chocolate and you won't have to worry about a flat-lining sex-drive.

Pomegranate

Pomegranate is a fruit that's loaded with antioxidants—which will prove beneficial for a romantic night of fun. Antioxidants lower inflammation and stress in your body to improve blood flow throughout your body.

Plus, pomegranates have been known to relieve erectile dysfunction in men. All in all, pomegranate is a good fruit to set the mood for both parties this Valentine's Day.

Putting It All Together

This Valentine's Day, add some of these yummy foods to your evening for an exciting night of romance. For some fun ways to add them into your night, check out the ***Sweetheart Recipe Book*** at the end of this guide.

BONUS: Spices That'll Spice Up Your Evening

Add some spice into your coffee, on your dinner dish or even with dessert and you can instantly improve the chemistry between you and your date. Each one of the following spices can heat up the passion of the evening. Sprinkle them on top of your dish of choice to keep the mood at its peak.

Cinnamon Bark

Cinnamon bark is an ancient spice that's used throughout history as an aphrodisiac—a food that stimulates desire.

Cinnamon bark is a vasodilator, meaning that it improves blood flow throughout the body and stimulates libido. It's also been known to improve skin complexion and even promote a rosy glow after you've consumed it for a period of time.

Ginger Root

Ginger root is a sweet, tangy and spicy combination rolled into one amazing herb with a multitude of medicinal benefits.

Ginger root has also been used for centuries to treat low libido and low sperm motility. It's also an antifungal and a circulatory stimulant which improves blood flow into the pelvis when the body prepares for "special moments." Use a few slices of ginger root in a morning or afternoon tea to warm the body and boost libido for an evening of fun.

Curry

Curry is a common spice used in West Indian and Mediterranean dishes to spice them up and would taste great dashed on fish or chicken.

This warming spice is known to improve circulation which is good for facilitating blood flow to sex organs. Curry can be a strong spice that some people love and some aren't big fans of. So use it conservatively at first if you haven't dashed curry on a meal before.

Putting It All Together

To spice up your Valentine's evening add some of these spices to any dish, your coffee and even a dessert. When you do, you'll be all set for a night of passion and fun.

BONUS: Wine, Love And Heart Health

According to the *Mayo Clinic*, red wine can improve heart health...

The alcohol and resveratrol content in red wine contain antioxidants that help prevent heart disease. Antioxidants increase HDL (good) cholesterol in your body, which has been proven to protect against cholesterol buildup—and keep your heart healthy.

Also, red wine boosts libido and decreases stress, making it the perfect way to wind down after an evening of fun. In fact, a study published in the *Journal of Sexual Medicine* found that women who drank 1-2 glasses of wine had heightened sexual desire compared to ladies who didn't [6].

Red wine also increases nitric oxide production in the body, improving blood flow and sex-drive for men and women. So this Valentine's Day enjoy a glass of wine or two to wind down a romantic night. Feel the love while you improve heart health and ignite a spark of desire between you and your date.

Training Plan

Your show off your best body this Valentine's Day (while enjoying treats you love) is going to require a little "leg work"... Particularly, HIIT (High Intensity Interval Training).

This type of training has proven time and again to be the most effective method for burning fat, building muscle, and regulating your sex-hormones, which have a profound effect on your body's ability to burn fat around the clock [7].

High Intensity Interval Training is a training method in which you give your all-out, 100% effort during quick bursts of exercise. After each burst of exercise, you'll have short recovery periods—and burn more fat in less time, no questions asked. Even more impressive is the fact that HIIT creates an "afterburn" effect, meaning that you'll continue to burn calories hours after you've finished your training, around the clock.

Some of the other benefits of High Intensity Interval Training are:

- Increases your metabolism...
- Doesn't require equipment...
- Can be done anywhere...
- Quick workouts that won't keep you in the gym for hours...

For even more impressive results from HIIT, I recommend that you train *while fasted*—meaning that if you work out in the morning, you should do so *before* you eat, not after.

One study, published in the *American Journal of Physiology*, tested the effects of pre-exercise meals on fat burning during exercise in a small group of men. Six healthy and active men were tested for fat oxidation both after an overnight fast followed by exercise and a small breakfast followed by exercise. Researchers concluded that the subjects burned more fat after exercising in a fasted state instead of a fed state [8].

Essentially, when you train in a fasted state, your body breaks down fat cells for energy, and mobilizes it for optimal fat burning—which is a must-have when you're trying to keep a peak physique while still being able to enjoy a sweet treat or two.

Another study published in *Acta Physiologica (Oxford)*, discovered that when you train in a fasted state, blood flow increases in your abdominal region and as a result, burns more fat in those stubborn stomach fat areas [9]. This way, you can show off a slim stomach when you go out with that someone special to enjoy your treats.

As an added benefit, specifically for Valentine's Day, when you train in a fasted state, your glycogen stores become depleted. Your glycogen stores are those deposits in your body where glycogen is saved for future use. Particularly, when you train...

Which is actually a problem if you want to keep your lean physique this season...

See, when your glycogen stores are loaded up with glycogen (no surprise), your body burns the glycogen for fuel instead of burning fat for fuel. However, when you train in a fasted state, you deplete your glycogen stores and your body mobilizes and uses fat for energy instead. Which ensures that every workout is a fat-burning one.

HIIT cardio is one of the best fat-burning forms of training on the planet (if not, the most). Plus, if you use this training method while in a fasted state, you'll burn more stomach fat than ever before, which will pay off big time when you want to look lean and ripped on your Valentine's Day date.

If you aren't used to training in a fasted state and you're worried about feeling a little sluggish on your way to the gym, check out the [PRE-WORKOUT SUPPLEMENT](#) that'll increase energy, improve mental focus, boost endurance and maximize strength in the gym.

It's also packed with beta-alanine, a natural amino acid that's been proven to enhance performance in the gym.

- Check out the MyoFX pre-workout supplement here:
<http://www.myosport.com/pre-fx/>

So with the training, fasting, and supplement settled, what are some examples of HIIT that you can add into your workout this week?

Here are some suggestions:

H.I.I.T. Circuit Workout Examples

Bodyweight HIIT Workout #1 (repeat this circuit 3 times):

- 50 sit-ups
- 40 jump squats
- 30 lunges (15 per leg)
- 20 push-ups
- 10 tricep dips
- 30 second burpees

Bodyweight HIIT Workout #2 (3 rounds, 45 seconds per exercise, 15 seconds of rest):

- Crunches (45 seconds)
- Push-ups (45 seconds)
- Scissor kicks (45 seconds)
- Tricep dips (45 seconds)
- Side lunges (45 seconds)

Bodyweight HIIT Workout #3 (Repeat this circuit 4 times, 15 seconds of rest between exercises)

- Mountain climbers (45 seconds)
- Jump squats (45 seconds)
- Front Plank (45 seconds)
- Jump rope (45 seconds)

Bodyweight HIIT Workout #4 (Repeat this circuit 5 times, 15 seconds rest between exercises)

- Sprint (30 seconds)
- Squat jump (30 seconds)
- Side-lunges (30 seconds)
- Scissor kicks (30 seconds)

Bodyweight HIIT Workout #5 (Repeat this circuit 8 times, 30 second rest between exercises)

- All-out sprint (45-seconds)

HIIT is a dynamic form of exercise because all it really requires to succeed is a plan and dedication. The ones I've given you above are physically and mentally challenging so make sure you stretch your muscles and your mind beforehand! You can also perform HIIT on a stationary bike, with hill sprints, or even kettlebell swings. If you're stale on HIIT ideas, just type HIIT workouts into your internet browser and you'll have plenty of other recommendations to work off of.

BONUS: Exciting Partner Workouts

In the spirit of Valentine's Day, give partner workouts a try! Try them out with a loved one or friend for a fun and exciting new way to train. The following exercise will use training bands and a medicine ball. Call up your friend or bring your partner along to the gym and put these workouts into practice...

With Resistance Bands

Partner Heel Taps: Partner A lies faceup, with Partner B standing at A's head. Partner A brings feet into table-top position (shins parallel to the ground). Partner B holds both ends of the resistance band and with A's help, carefully loops the band around Partner A's feet. Throughout the movement, Partner B should be standing, core tight, knees slightly bent, arms holding the ends of the band. Once in position, Partner A should contract core and slowly lower both heels toward the ground, taping heels, then returning to table-top position. Make sure the band is securely looped at the center of A's feet, so it won't snap back and hit your partner.

Tricep Kickbacks: Stand facing each other with knees slightly bent, hips back, core engaged. Each partner should hold one side of a resistance band on the same side (so right hand for one partner, left hand for the other). Hinge slightly toward each other from the waist. Both partners should bend elbows 90 degrees and hug elbow and biceps to their sides. Now extend the arm, using triceps to push the band away from your partner, keeping elbow hugged into side throughout the movement. Slowly re-bend the arm and return to the 90-degree angle and repeat.

Chest Press: Partner A holds both ends of the resistance band, with the loop hanging loosely behind body. Partner B will act as the anchor, holding the loop and stepping back until there is tension. From here, Partner A raises both hands to sides of body, elbows bent 90-degrees so elbows, biceps, and forearms are parallel to the ground. For balance, she can step right foot forward into a slight lunge. With core tight and a slight bend in the right knee, Partner A pushes forward, fully extending both arms, then slowly bends at the elbows to return to start. Repeat for 8 to 12 reps, then switch roles.

Band Jumps: Begin with Partner A standing in front of Partner B, facing away. Loop the resistance band around A's waist, with B holding one end in each hand. Partner A steps forward until there's light tension in the band. Now with B's knees slightly bent, and hips slightly back for stability, A will jump forward as far as possible. Jump by bending the knees, sending hips back, keeping core tight, and then exploding up and forward. Swing arms naturally for added momentum. Land lightly on toes, then take a few steps back to return to start position. Repeat quickly for 8 to 12 reps, then switch roles.

With Medicine Ball

Squat With Rotational Pass: Stand back-to-back and drop into a low squat so thighs are parallel to floor. Hold this position throughout the exercise. Partner A should hold the medicine ball at chest and rotating from the upper torso, hand the ball to Partner B over left side. Partner B should rotate right to take the ball and then quickly pass it over left side, so Partner A can accept the ball once again at his right side. Repeat for 8 to 12 reps in one direction, then change directions.

Lunge-To-Chest-Pass: Face your partner standing at least 5 feet apart. Hold the medicine ball at chest, and step forward into a lunge, bending front and back leg 90 degrees, keeping your core tight and back straight. Your partner will also step forward into a lunge so now you're closer together. Chest pass the medicine ball to your partner by pushing it out from the center of your chest (similar to the chest press movement mentioned above with the resistance band). Your partner should catch the ball at chest level before stepping back to return to start position as you do the same. Repeat for 8 to 12 reps, then switch sides on the lunge.

High-Low Twist And Pass: Stand back to back with your partner. Holding the medicine ball overhead on a right diagonal, pass the ball over your right shoulder where your partner will take the ball, and draw it down and across his body, as his knees bend into a squat. He'll pass the ball back to you low by his left shins, where you'll grab it and draw it up and across your body to the upper right diagonal to repeat. The 'orbit' of the ball should be an oval. Repeat for 10-15 reps, then switch directions.

Lateral Lunge And Throw: Stand facing each other about 3 feet apart. Partner A can take one step to his left, while partner B takes one step to his left so that you are staggered. Holding the medicine ball at chest, Partner A takes a wide step to the right, sending hips back and keeping abs tight while lowering into a low lateral lunge and bringing the medicine ball down to right side on a slight diagonal. The left leg should be straight. Simultaneously, Partner B takes a wide step to the right (away from partner), and also comes into a low lateral lunge (without the medicine ball). Now in one smooth movement, both partners push off their right foot, and as they return to start position, Partner A throws the medicine ball laterally to Partner B. Partner B catches the ball and immediately steps out with the right foot into a right lateral lunge, allowing the ball to come down on the same right diagonal. Partner A does the same, sans ball. Repeat for 8 to 12 reps, then switch sides.

Tough Love Supplement Guide

Supplements were never meant to be an end-all-be-all solution to looking great...

But they're definitely helpful *tools* to chisel out a head-turning body this Valentine's Day—so you put your best face and physique forward on your special night. Plus, I'm sure you'll find that some of these supplements will be helpful to look great—not only this Valentine's Day—but all year round...

So which supplements are the best ones to optimize your health this Valentine's Day?

Let's find out...

MyoFX 21-Day Detox

You're only as healthy as your gut...

And because this eating plan may be a far stretch from any diet you've been used to in the past, you want to help your digestive tract adjust as smoothly as possible while ensuring it's as healthy as can be.

For that reason, I recommend getting your hands on [MyoFX 21 Day Detox](#), a 3-week herbal supplement with vitamins that'll cleanse your kidney, liver and colon – the three most important organs for nutrient absorption in your body.

This is the easiest detox supplement on the planet... It contains 21 *separate* packets, each with 6 capsules (the daily dosage) so you don't miss out on a single day of your detox.

Get your hands on MyoFX 21-Day Detox here: <http://www.myosport.com/21-day-detox/>.

MyoFX EFA Complex

While on your Tough Love Training & Nutrition Plan, you run the risk of missing out on essential polyunsaturated fatty acids, essential nutrients that cannot be manufactured in your body and can only be obtained through your diet. In fact, these fatty acids are the building blocks that other fatty acids and sex hormones need in order to thrive.

In short, you don't want to miss out on PUFAs... They're essential to the very hormonal functions that keep your fat-burning furnace firing around the clock. Some of the other perks include:

- Increased metabolic rate because EFA's increase energy levels
- Increased insulin sensitivity by delaying stomach emptying time; This allows the digestive system to absorb carbohydrates more slowly resulting in a decreased insulin response
- Decreased blood pressure due to its blood thinning abilities
- Are converted into prostaglandins (natural anti-inflammatory agent produced in the body) that help decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time
- Increased brain function, mood and intelligence; the brain is 60 percent fat and needs omega-3s to function properly
- Improved stamina and endurance due to optimal production of hormones
- Reliable source of energy without increasing bodyfat
- Increased production of hormones

The bottom line is that you don't want to miss out on the essentially fatty acids that your body needs to thrive this Valentine's Day. Cover all your bases with one simple supplement.

- **Grab your MyoFX EFA Complex supplement here:** <http://www.myosport.com/efa-fx/>

Glutamine FX

After training, you want to make recovery as quick as possible by packing your muscles with the essential amino acid that makes up more than 70% of your muscle tissue...

Introducing [GLUTAMINE FX...](#)

A study published in the *International Journal of Nutrition and Exercise Metabolism* discovered the undoubted effectiveness of L-Glutamine on muscle recovery and reduced muscle soreness, indicating that you won't find a better supplement on the planet to help you rejuvenate after a workout [11].

On top of this extraordinary benefit, Glutamine FX will hand deliver:

- Better brain function – Is an essential neurotransmitter in the brain and helps with memory, focus and concentration.
 - Build and keep muscle – Promotes muscle growth and decreases muscle wasting
 - Improved athletic performance and recovery from endurance exercise
 - Curbed cravings for sugar and alcohol
 - Healthy blood sugar level support
- **Don't miss out on this game-changing supplement. Grab Glutamine FX here:** <http://www.myosport.com/glutamine/>

MyoFX Whey Protein Powder

When your goal is to consume plenty of protein that'll build muscle, torch fat, and curb hunger cravings throughout the day, look no further than the highest-quality whey isolate you can get your hands on.

[MyoFX Whey Protein Isolate](#) is conveniently packed with 25 grams of high-powered protein per serving so you can make sure you're consuming enough protein this holiday season to look and feel your best...

Your physique will be 'untouchable' with a couple scoops of your favorite flavors each day. Plus MyoFX Whey Protein Isolate contains:

- Fast acting protein – Great for post workout! Quickly get the muscle back in a positive nitrogen state for optimal recovery.
- No Lactose – Great for clients who are lactose intolerant and cannot take other milk derived proteins.
- Non-Hormonal – Our protein comes from cows that are grass fed and not loaded with hormones!
- Non-GMO – The acronym GMO stands for Genetically Modified Organisms, which refers to any food product that has been altered at the gene level
- Less than 1g of sugar and fat
- Gluten Free
- 5 grams of BCAA per serving – an added bonus to increase post workout recovery
- 5 delicious flavors – Chocolate, Vanilla, Cinnabon, Natural Chocolate, Natural Vanilla.

Mix and match your favorite flavors so you get plenty of delicious varieties from your protein leading up to your big day. Grab MyoFX Whey here: <http://www.myosport.com/isofx/>

LipoFX

Do you want a little extra help burning the fat off before Valentine's Day? Look no further than the supplement that'll help you torch fat 24/7...

With its unique blend of Green Tea Extract and Caffeine, [LipoFX](#) is the supplement that'll give you a leg up on the competition. This supplement has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

For over-the-top benefits for your physique, LipoFX also:

- Contains Glucomannan which takes up space in the stomach and promotes a feeling of fullness (satiety), reducing food intake at a subsequent meal.

- Valerian root which aids in calming of the nerves and relaxation of the muscle for improved rest
- Increases metabolism of fat by using L-Carnitine Tartrate and Guggul Lipid Extract
- Increases mood and relaxation with 5HTP
- Chromium Picolinate to help regulate normal blood glucose levels

To burn fat around the clock this holiday season (while indulging on the foods and treats you love) get your hands on LipoFX here <http://www.myosport.com/lipofx/>

PreFX

If you need a little “pick-me-up” before your workouts, don’t miss out on a pre-workout supplement that’ll send a surge of electric energy through your veins and help you achieve a pumping workout.

PreFX has been scientifically developed and is packed with high-powered ingredients that’ll give you plenty of sustainable energy throughout your workout while also improving your fat-burning and muscle building capabilities. PreFX promises to:

- Increase energy – PREFX is powered with 120mg of Caffeine Anhydrous the purest form of caffeine. We have added just enough caffeine to give you that pre-workout boost without over stimulating your nervous system.
- Increase mental focus – DMAE has been added to sharpen your focus while training and has also been shown to stimulate the nervous system as well for added energy.
- Increase endurance – Over 1000 mg of Beta Alanine has been added to help lessen the lactic acid burn while increasing muscle endurance and firing power.
- Increase strength – 1000 mg of Creatine HCL has been added as well to increase strength and muscle volume

Get your hands on this unbeatable pre-workout supplement here:

<http://www.myosport.com/isofx/>

Now What?

Don’t start your Tough Love Training & Nutrition protocol without at least browsing through the supplements I’ve listed for you above. They’ll prove to be incredible allies to keep you looking and feeling your best this Valentine’s Day and beyond.

Treat yourself to these high-powered supplements for maximal results.

Sweetheart Recipe Book (Recipes Good For Your Heart)

Cinnamon Beet Pancakes

What You Need:

- 150 g cooked beets (about 3 small)
- ½ cup Greek yogurt
- 1 cup milk
- 2 extra large eggs
- ½ teaspoon cinnamon
- pinch cloves
- 3 tablespoons light brown sugar
- 1 ¼ cup flour
- 2 teaspoons baking powder
- Olive oil for the pan

How-To Make It:

1. Puree the beets in a food processor until very smooth.
2. In a large bowl whisk together the beet puree, Greek yogurt, and milk.
3. Add the eggs and whisk until combined.
4. Add the cinnamon, cloves, and sugar. Whisk well.
5. Add the flour and baking powder and mix with a spatula until the flour disappears but the batter is still lumpy. Batter will be on the thinner side. If you feel that it's too thin, add another 1/4 cup of flour.
6. Let stand for half an hour to an hour.
7. Heat the pan on medium and brush oil on it.
8. Once the oil is hot, pour generous tablespoons of batter on the pan and fry the pancakes for about 3 minutes until bubbles start to appear on top. Since the batter is pretty thin, it'll spread, so leave enough space between the pancakes and don't over crowd the pan.

9. Once the bubbles appear and the top gets matt in color, flip and cook for another 3-4 minutes.
10. Keep the pancakes in a 200F oven while cooking the other batch.

Nutritional Content:

Calories (per pancake): 70

Protein: 3g

Carbohydrates: 8g

Fat: 2g

Sodium: 170mg

Baked Sweet Potato Pancakes With Orange Cranberry Topping

What You Need:

For Sweet Potato Pancake

- 70 g (2.5oz) plain flour
- 120 ml (0.5 cup) milk
- 3 eggs
- 3 tablespoons sweet potato puree
- 1 teaspoon vanilla
- ½ teaspoon nutmeg
- Pinch of salt
- 1 teaspoon melted butter

For Orange Cranberry Topping

- 100 g (3.5oz) cranberries
- 3 tablespoons orange juice
- 30 g (1oz) sugar

How-To Make It:

1. Preheat oven to fan-assisted 425F and let the pan heat up in the oven.
2. Add all the ingredients for the pancake into a blender and blend into a smooth batter.
3. Transfer the batter into the preheated pan and bake for 20-25 mins until the pancake is golden and puffed.
4. Make the orange cranberry topping:
5. To make the orange cranberry topping, add the ingredients in a small saucepan. Heat to a simmer and simmer away for 8-10 mins until the topping has thickened. You can serve it warm or chilled for later.
6. Quarter the pancake and serve with the orange cranberry topping.

Nutritional Content:

Calories (per pancake): 100

Protein: 3g

Carbohydrates: 13g

Fat: 4g

Sodium: 100mg

White Chocolate Raspberry Smoothie

What You Need:

- ½ cup nonfat vanilla Greek yogurt
- ¾ cup frozen raspberries
- 1 cup almond milk or milk of choice
- ½ cup ice (only if using fresh raspberries)
- Fresh raspberries for garnish (optional)
- 1 Scoop MyoFX Chocolate or Whey Protein Powder (<http://www.myosport.com/isofx/>)

How-To Make It:

1. Add all ingredients, including MyoFX protein powder to a blender (or bullet, food processor, etc). Blend until smooth.
2. Pour into glasses and top with fresh berries. Enjoy!

Nutritional Content:

Calories: 200

Protein: 27g

Carbohydrates: 30g

Fat: 4g

Sodium: 0g

Beet Blueberry Ginger Smoothie Bowl

What You Need:

- 1 small beet - peeled and cubed
- ¼ cup blueberries - frozen or fresh
- 1 tablespoon fresh ginger
- 1 cup coconut milk - you can use any choice of milk
- ½ cup ice
- 2 tablespoons flax seeds - optional
- ¼ cup water - optional - for a thinner smoothie

How-To Make It:

1. Add all the smoothie ingredients in a blender or mixer and pulse to form a smoothie. (you may add water if you want it slightly thinner).
2. Pour in 2 serving bowls.
3. Top with blueberries, coconut flakes and pistachio.
4. Shred some dark chocolate and Enjoy

Nutritional Content:

Calories: 130

Protein: 6g

Carbohydrates: 12g

Fat: 7g

Sodium: 0g

Filet Mignon and Sweet(ie) Potato**What You Need:***For Filet Mignon*

- 2 4-ounce filet mignon steaks
- 4 teaspoons extra virgin olive oil
- $\frac{3}{4}$ teaspoon ground pepper

For Sweet Potato

- 1 medium sweet potato (split in half)
- $\frac{1}{2}$ teaspoon minced garlic
- 1 teaspoon chopped fresh herbs

How-To Make It:

1. Preheat oven to 425°F.
2. Combine garlic and herbs in a small bowl. Set aside.

3. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add sweet potato, cover and steam until tender, about 10 minutes. Transfer to a medium bowl. Add $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt. Mash with a large fork or potato masher to desired consistency. Cover and keep warm.
4. Pat steaks dry with paper towel and season both sides with $\frac{1}{4}$ teaspoon each salt and pepper. Heat the remaining 2 teaspoons oil in a medium skillet over medium-high heat. Cook the steaks, turning once, until browned on both sides, 1 to 2 minutes per side. Place the seared steaks on the empty half of the baking sheet. Return to the oven and roast until the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Transfer each steak to a plate and top each one with 1 teaspoon of the herbs. Serve with mashed sweet potato. Add broccoli or other greens if you'd like.

Nutritional Content:

Calories: 450

Protein: 30g

Carbohydrates: 30g

Fat: 20g

Sodium: 725mg

Balsamic Pork And Strawberry Salad

What You Need:

- 1 pound natural pork tenderloin
- $\frac{1}{2}$ cup balsamic vinegar
- 2 tablespoons Dijon-style mustard
- 1 tablespoon olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 cups torn romaine lettuce
- 2 cups quartered fresh strawberries
- $\frac{1}{2}$ cup shredded Manchego cheese (2 ounces)

How-To Make It:

1. Trim fat from meat. Place meat in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl whisk together balsamic vinegar and mustard. Set aside 3 tablespoons of the marinade. Pour the remaining marinade over meat. Seal bag, turn to coat meat. Marinate in the refrigerator 15 minutes.
2. Preheat oven to 425°F. Line a shallow roasting pan with foil. Drain meat, discarding marinade. Place meat in the prepared roasting pan. Roast 25 to 30 minutes or until an instant-read thermometer inserted in meat registers 145°F. Remove from oven; let stand 3 minutes.
3. Meanwhile, for salad, in a large bowl whisk together the reserved 3 tablespoons marinade, the oil, salt and pepper. Add lettuce and strawberries; toss gently to coat.
4. Arrange salad on a serving platter; sprinkle with cheese. Slice meat and arrange on top of salad.

Nutritional Content:

Calories: 275 (3 ounces cooked meat and 1.5 cups salad)

Protein: 28g

Carbohydrates: 13g

Fat: 12g

Sodium: 500mg

Roasted Red Pepper And Tomato Pasta For Two

What You Need:

- 4 large tomatoes
- 1 red bell peppers
- ½ red onion
- ½ clove garlic
- ½ tablespoon balsamic vinegar
- 175 grams dry whole wheat Pasta

How-To Make It:

1. Preheat the oven to 180 degrees Celsius. Roughly chop the tomatoes, bell peppers and red onion into 1-inch chunks and lay on a flat baking sheet lined with parchment paper. Roast for 20-25 minutes until soft.
2. Add all the roasted vegetables to a blender with the garlic clove and balsamic vinegar. Blend until completely smooth.
3. Cook the pasta according to the packet instructions and drain. Add back into the saucepan and add the pasta sauce. Cook until hot through and serve.

Nutritional Content:

Calories: 225

Protein: 9g

Carbohydrates: 32g

Fat: 2g

Sodium: 10mg

Healthy Stuffed Chicken Breast**What You Need:**

- 1 chicken breast
- 1 oz. low-fat mozzarella
- 1 artichoke heart (from a can)
- 1 tsp. sundried tomato, chopped
- 5 large basil leaves
- 1 clove garlic
- ¼ tsp. curry powder
- ¼ tsp. paprika
- Pinch of pepper
- Toothpicks

How-To Make It:

1. Preheat the oven to 365 F (185 C).
2. Cut the chicken breast almost halfway through with a sharp knife.
3. Chop up the mozzarella, artichoke, basil, tomato, and garlic. Mix to combine and stuff it into the cut chicken breast.
4. Use a few toothpicks to close the chicken breast around the stuffing (you can see how in the video above).
5. Place the chicken breast on a baking sheet or aluminum foil, and season it with pepper, curry powder, and paprika.
6. Bake for around 20 minutes (depending on the size of the chicken breast).
7. Remember to remove the toothpicks before serving, and you're done!

Nutritional Content:

Calories: 260

Protein: 46g

Carbohydrates: 8g

Fat: 4g

Sodium: 330mg

Chocolate-Beet Cupcakes With Cream Cheese Frosting

What You Need:

- 2 cups diced peeled beets (½-inch; about 2 medium)
- ⅔ cup buttermilk
- 1½ cups white whole-wheat flour
- ½ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¼ cup canola oil or grapeseed oil
- 1¾ cups packed confectioners' sugar, divided
- 2 teaspoons vanilla extract
- 5 ounces reduced-fat cream cheese, at room temperature

How-To Make It:

1. Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.
2. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam until tender, 10 to 12 minutes. Transfer to a blender. Add buttermilk and puree until smooth. Reserve 2 tablespoons of the beet puree. Pour the rest into a large bowl.
3. Whisk flour, cocoa, baking soda, baking powder and salt in a medium bowl. Whisk egg, oil, 1 cup confectioners' sugar and vanilla into the beet puree in the large bowl. Stir in the dry ingredients until just combined. Spoon the batter into the prepared muffin cups.
4. Bake the cupcakes until a toothpick inserted into the center comes out clean, 18 to 20 minutes. Transfer to a wire rack and let cool completely.
5. To prepare frosting: Combine the remaining ¾ cup confectioners' sugar and cream cheese with the reserved beet puree in a medium bowl. Beat with an electric mixer until smooth. Top each cooled cupcake with a generous 1 tablespoon frosting.
6. Make Ahead Tip: Store unfrosted cupcakes at room temperature for up to 1 day; refrigerate frosting for up to 1 day.

Nutritional Content:

Calories: 220 (per cupcake)

Protein: 5g

Carbohydrates: 34g

Fat: 8g

Sodium: 260mg

Healthy Chocolate Truffles**What You Need:**

- ½ cup ripe avocado
- 6 ounces dark chocolate
- 1 tablespoon coconut sugar
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened cocoa powder on the side, for dusting

How-To Make It:

1. Puree the avocado in a food processor or blender until smooth.
2. In a separate bowl melt the chopped dark chocolate. Be careful not to burn the chocolate, you can stir it every 20 seconds.
3. When chocolate is completely melted, stir in the coconut sugar and vanilla. Whisk until dissolved/combined.
4. Pour chocolate mixture into food processor with pureed avocado and pulse again to combine.
5. Put in the fridge for about 20-30 minutes to cool and set aside small bowl of cocoa powder.
6. Once truffles have cooled, roll the truffles into small balls. Lightly dust in cocoa powder.
7. Keep the truffles in the refrigerator for up to one week.

Nutritional Content:

Calories (per truffle): 45

Protein: 1g

Fat: 3g

Carbohydrates: 3g

Sodium: 2mg

Salted Dark Chocolate With Pomegranate And Almonds**What You Need:**

- 8 ounces dark chocolate (at least 72% cacao), chopped
- 1/4 cup chopped almonds, toasted
- 1/4 cup unsweetened large coconut flakes, toasted
- 1/4 cup pomegranate seeds
- Pinch flaked sea salt

How-To Make It:

1. Line 15×10-inch baking sheet with parchment paper; set aside.
2. Place chocolate in a medium heatproof bowl set over (not in) a saucepan of gently simmering water. Stir chocolate occasionally just until melted, 4 to 5 minutes. Spread chocolate evenly in a thin layer on the prepared baking sheet.
3. Sprinkle with almonds, coconut and pomegranate seeds and sea salt, pressing gently into the chocolate. Refrigerate 20 minutes or until set. Store covered in the refrigerator for up to 2 days.

Nutritional Content:

Calories: 80

Protein: 2g

Fat: 6g

Carbohydrates: 5g

Sodium: 14mg

Paleo Strawberry Cream Pie

What You Need:

For Filling

- 13.5 oz. coconut milk 1 can, chilled for several hours
- 10 strawberries large
- 2 tablespoons gelatin
- 3 tablespoons honey

For Crust

- 10 dates, pitted
- 1 ¼ cup shredded coconut

How-To Make It:

1. Soak the dates in a glass of water while you gather the rest of your ingredients.
2. Add the shredded coconut to a food processor and begin to process it until the coconut begins to stick together.
3. Drain and add the dates to the food processor, one at a time, and continue to process the mixture until the dates are well chopped and a paste is formed.
4. Press the coconut date mixture into the bottom of your pan(s). I was able to make two 6 inch pies with mine, but you can probably make one larger, 8-9 inch pie with the same ingredients. I pressed some of the mixture up the sides of the pan, which is a good idea the first time you try the recipe with a new type of coconut milk. (Some coconut milks set more solid in the refrigerator than others, in which case you would need to add more gelatin to make a pie that holds its shape when sliced.)
5. Remove your can of coconut milk from the refrigerator and scoop the solidified cream off the top and put into a blender.
6. Pour the remaining liquid in the bottom of the can into a saucepan along with the gelatin, and heat over low to medium heat, stirring constantly until the gelatin is well dissolved. If your can of coconut milk was mostly coconut cream and there was very little liquid left, you may need to add a couple of tablespoons of water to fully dissolve the gelatin.

7. Once the gelatin is dissolved, add the honey to the warm gelatin mixture and stir until it is completely incorporated.
8. Add the gelatin, honey mixture to the blender with the strawberries and coconut cream and process until it's a smooth puree.
9. Pour the filling mixture into your prepared crusts and refrigerate until set. (It's best to give yourself at least an hour, but it does tend to set pretty quickly.)
10. Slice, serve, and enjoy!

Nutritional Content:

Calories: 125

Protein: 2g

Fat: 9g

Carbohydrates: 8g

Sodium: 9mg

References:

- [1] <https://www.ncbi.nlm.nih.gov/pubmed/15466943>
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