



21 Day Summer Shred Carb Cycling Program

How To Melt Fat And Reveal Toned Muscle So You Can Show Off Your Best Body This Summer... And Feel Great On Vacation, At The Beach And Everywhere In Between!

You've gotten a small taste of beautiful weather during the spring season. And in the blink of an eye it'll be beach season. But before we get there, it's important to take advantage of the next 3-weeks to get your body in top shape (so you can enjoy summer to the full).

Summer is an exciting time for exercise fanatics... Because you'll be more active than any other season of the year. And can add hikes, bike rides, walks on the beach and swimming to your daily exercise.

And in order to soak up the summer for all it's worth, it'll be important that you spend the next 21-days working towards your best body, higher energy levels, and, with both of those in place, giving you loads of confidence to enjoy during the most revealing season of the year.

Use this guide over the next three weeks—nutrition, training and supplementation—and you'll experience your most fun summer season yet!

Summer Shred Nutrition Plan

When you think about a “shred” plan, you may start thinking of boring diets or extreme meal plans with little more than greens and water. But the problem is—the “rabbit” diet of carrots and lettuce isn't sustainable. And you'll actually lose muscle if you take that route...

And that's why the *21 Day Summer Shred* nutrition plan is a cut above any other “get shredded quick” plan out there. This is one that's meant to last. And you'll see incredible benefit from it, not only 3 weeks from now—but for the entire summer.

Over the next few weeks, you'll pack your plate with plenty of high-quality protein, fresh vegetables, yummy starches and just the right supplements that'll accelerate your results and

taste great! Plus, you'll drink plenty of water throughout this plan that pushes nutrients to your muscles and improves blood flow throughout your body, so you burn as much fat as possible.

Starting today, you'll gain incredible control over your body. And will shape your physique the way you want it to look. Plus, as you get leaner and dial in your nutrition, you'll pour fresh energy into your body so you can enjoy new adventures this summer.

The 21 Day Summer Shred is a set up differently than other programs you've tried before at The Camp. Because this Super Shred program is set up in a 5:2 protocol...

For 5 days you'll eat only protein, greens and vegetables (without starches). You'll also use the supplements featured in this packet over these 5 days.

For 2 days you'll eat protein, greens, vegetables and clean starches. You don't need to use supplements during these 2 days.

You can choose how you separate the 5:2 ratio over the course of any week. We suggest that Monday-Friday you'll stick on the "no starches" part of the plan. We suggest you then take the weekend to add starches into the diet.

Stick with this 5:2 plan and you'll see incredible results over the next 21-days!

5 days (no starches). Every meal looks like this:

Women: 5-7 oz. protein per meal, unlimited vegetables

(drink protein shakes whenever you'd like)

Men: 7-9 oz. protein per meal, unlimited vegetables

(drink protein shakes w/water whenever you'd like)

2 days (with starches). Every meal looks like this:

Women: 5-7 oz. protein per meal, unlimited vegetables, 4-6 ounces clean starches

Men: 7-9 oz. protein per meal, unlimited vegetables, 7-10 ounces clean starches

Portion sizes at Hand

Whole vegetables:

Size of a fist

Cooked starches/grains:

Modest handful

Cooked protein/meat:

Size of the palm

Fats/oils:

Size of a finger tip



Supplement Spotlight *LipoFX AM & PM*

Before starting the 21 Day Summer Shred nutrition plan, we want to let you in on a supplement that'll help you get the very best results over the next few weeks. By adding it to your day-to-day, you instantly accelerate results and show off a great physique this beach season.

LipoFX AM & PM

With the unique blend of Green Tea Extract and Caffeine, LipoFX is the supplement that'll help you see the best results in the shortest amount of time possible.

LipoFX AM has been created to kick start your metabolism first thing in the morning so you burn more fat all day long.

LipoFX PM has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

With the combination of the two, you simply can't go wrong this summer. Pick up LipoFX Am & PM today to achieve unbeatable results.

5 Days Only Protein and Vegetables (Monday-Friday)

Greens and Vegetables

Greens and vegetables are the best way to flood your body with invigorating nutrients that help your body heal, reverse aging and prepare your body for top-notch fat loss and muscle growth—both of which automatically improve your body composition, so you look and feel better than ever.

Plus, they're packed with fiber, which is an important nutrient for keeping your stomach satisfied around the clock, so you don't experience pesky cravings or fall prey to late night snacking. Plus, good bacteria in your gut loves to feed on fiber—meaning that every bit of fiber will keep the greatest allies in your stomach working hard for you. See...

After years of dedicated 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 greens and veggies can save the day...

Greens and vegetables are loaded with fiber that keeps your digestive tract running at its best. Remember the good gut bacteria I mentioned earlier? Well, 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...

Greens and 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...

Really, throughout your summer shred, you can't go wrong with any kind of vegetable. Here's a full list of everyone you'll want to enjoy over the next several weeks while you gain these incredible benefits:

- Spinach
- Kale
- Broccoli
- Brussels Sprouts
- Cabbage
- Asparagus
- Green Beans
- Peas
- Cucumbers
- Celery
- Cauliflower
- Carrots
- Beetroot
- Zucchini
- Bell Peppers
- Chiles

With these greens and vegetables packed onto your plate, blended into smoothies and filling up your salad bowl, you'll instantly improve every function in your body. Because every time you dig into healthy portions of these wholesome foods, you'll fill up on time-reversing and skin clearing antioxidants. And load up on vitamins and minerals that stoke your metabolism and help your body burn fat and build muscle around the clock—even when you aren't near the gym.

High Protein

With your greens, vegetables and fruits in place, it's now time to get some meat on your plate...

Protein is your most important macronutrient for building lean muscle that keeps you looking and performing your best everywhere you go.

Not only does protein build muscle—but it also kickstarts your metabolism and fire's up your fat burning hormones so you can shed pounds around the clock...

On top of that, protein has been scientifically proven to balance your hunger hormones. In fact, 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 "taboo" foods like candy bars and cupcakes...

One exciting study published in the *Journal of the American College of Nutrition*, discovered that after eating protein, you'll feel **fuller** with **less food** when compared to other food options. The reason is this—protein reduces hunger hormone (ghrelin) levels, while also increasing your satiety hormone (peptide YY) which makes you feel full and satisfied around the clock.

To let you in on how powerful filling your plate with protein is, let's 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...

These women ate over 400 fewer calories daily and didn't even realize it! That's how helpful protein will be during your *Summer Shred Detox*. But that's not all protein will do for you...

Protein works as a 1-2 punch for your body—building muscle and burning fat without costing you any extra effort. Protein contains amino acids that kickstart your metabolism and help you slim down and fuel up on energy so you can look and feel great all spring season long. In fact, a large study which measured the relationship between muscle mass and metabolism, found that the leaner muscle you have, the faster your metabolism is going to run—and that, of course will lead to more fat burning over the next several weeks.

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, eating protein increases thermogenesis 100% in high protein diets when compared to low-fat diets. This heightened thermogenesis will melt unwanted body fat all over, so you show off the lean look you desire...

The bottom line—you don't want to miss out on all the benefits that protein has to offer you over the next several weeks (*and beyond!*)... Fill larger meals 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 and feel your best around the clock. 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.

To meet your protein requirement this spring, 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 season.

2 Days Protein and Clean Starches (Saturday-Sunday)

High Protein (refer to benefits above)

For all the perks on protein, look again at the section above!

Clean Starches

Think of these two days per week like a treat. On these days, you'll enjoy clean starches (carbohydrates) that you forego the rest of the week...

Clean starches are important for building lean muscle, regulating your metabolism and keeping your hormones balanced. So, it's critical that you eat plenty of them during these 2 days of the typical summer shred week.

Because you won't be able to burn the most fat if your metabolism isn't functioning at its best or if your hormones are all out of whack. However, it's important to note that over the next several weeks you won't eat clean starches every single day—even though they'll still benefit your physique when restricted to a weekend.

The reason we've cut down your carbohydrate intake during the 5:2 cycle is because when you eat carbohydrates (even clean starches) your body uses the glucose produced from those foods as fuel for your body. Plus, when you eat too many carbohydrates, your body no longer uses those foods for fuel, but instead they're stored on the body as fat.

However, when you cut them out for days on end, you force your body to burn fat as fuel.

See, when you increase your carbohydrates after restricting them, you keep your body from going into starvation mode and as a result, your metabolism runs at top speed. In fact, a study published in the *Journal of the International Society of Sports Medicine*, found that this carb cycling technique can be an incredibly effective strategy for getting the lean and mean body you desire.

Plus—clean starches (like the ones listed below) have been shown in animal studies to reduce body fat by a whopping 45%. They also stay longer in your belly without being digested, which feeds the good bacteria in your gut.

And by feeding the good bacteria in your gut, you'll naturally improve digestive health—which is another important aspect of getting lean and showing off a physique you love.

Some of the best clean starches you can eat are:

- Sweet potatoes
- White potatoes
- Red potatoes
- Yams
- Oats
- Slow cooked brown rice
- Black beans
- White beans
- Lentils
- 100% whole grain bread
- 100% grain cold cereals
- 100% whole grain cook cereals

Summer Shred Training Plan

To show off your best body and most thriving energy levels during the *21 Day Summer Shred*, you're going to put in a little "leg work" this season... Mainly, HIIT (High Intensity Interval Training).

This type of training is proven to be the most effective method for burning fat, building muscle, and regulating your sex-hormones, which have a profound effect on achieving your best body.

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.

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 more impressive results from HIIT, we 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.

Essentially, when you train in a fasted state, your body breaks down fat cells for energy, and mobilizes it for top-notch fat burning—which is a must-have when you’re trying to get your best-looking body this summer.

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. This way, you can show off a slim stomach when you head to the beach or go to a pool party.

As an added benefit, 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 a problem if you want to get and keep your lean physique this season...

See, when your glycogen stores are loaded up with glycogen, 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.

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 **PreFX** (our 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.

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: Descending Ladder

- 10 pushups, 10 crunches, 10 burpees, 10 pullups
- 9 pushups, 9 crunches, 9 burpees, 9 pullups
- 8 pushups, 8 crunches, 8 burpees, 8 pullups
- 7 pushups, 7 crunches, 7 burpees, 7 pullups
- 6 pushups, 6 crunches, 6 burpees, 6 pullups
- 5 pushups, 5 crunches, 5 burpees, 5 pullups
- 4 pushups, 4 crunches, 4 burpees, 4 pullups
- 3 pushups, 3 crunches, 3 burpees, 3 pullups
- 2 pushups, 2 crunches, 2 burpees, 2 pullups
- 1 pushup, 1 crunch, 1 burpee, 1 pullup

Bodyweight HIIT Workout #2: Power Pyramid

(Repeat this circuit 3 times)

- 50 sit-ups
- 40 jump squats
- 30 lunges (15 per leg)
- 20 push-ups
- 10 bodyweight squats

Bodyweight HIIT Workout #3: Wild Card Dash

(Repeat this circuit 10 times, 30 second rest between exercises)

- All-out sprint/row/bike (45-seconds)

Bodyweight HIIT Workout #4: Ab Shredder Circuit

(Repeat this circuit 10 times, 30 second rest between each circuit)

- 50 step-ups (25 per leg while holding two kettlebells)

- 25 sit-ups on a decline bench pad

Bodyweight HIIT Workout #5:

(Repeat this circuit 10 times with 30 seconds rest in between each circuit)

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

HIIT is a dynamic form of exercise. There's never a dull-moment when performing HIIT. And all you need to succeed in this training plan is dedication and your best effort. With those two ingredients combined, you won't fail to unlock an incredible body with a steady flow of energy throughout the day.

The workouts 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.

Body By The Beach Workout

The next time you find yourself at the beach with a cool coastal breeze and beautiful sunrise, try this Body By The Beach Workout to get your heart rate up, melt fat and build lean muscle... while enjoying the view!

Body By The Beach Workout

(Repeat this circuit 3 times with 1-minute rest between each circuit)

- Jump squat (30-jumps)
- Plyometric pushup (15) *NOTE: Can substitute with regular or knee push-ups*
- Jump lunge (30-jumps)
- Alternating shoulder tap planks (15 taps per side)
- Burpees (15)
- Lateral plank walk (15 per side)

When finished with your all three circuits, cool down with a jog along the shore!

Summer Shred Supplement Guide

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

But they're definitely helpful *tools* to carve out lean body with pulsing energy levels—so you can live life to the fullest this summer (and stay a few steps ahead of everyone else this bathing suit season).

So which supplements are the best ones to optimize your health during your *Summer Shred*?

Let's find out...

MyoFX 21-Day Detox

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

And because this eating plan may be a 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 getting and staying lean this summer.

MyoFX EFA Complex

While on your *Summer Shred*, 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 body fat
- 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 year-round. Cover all your bases with one simple supplement.

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.

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

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 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 this summer.

LipoFX

Do you want a little extra help burning the fat off before a day at the beach? 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

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

Now What?

Don’t start your *Summer Shred* 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 beach season and beyond.

Treat yourself to these high-powered supplements for unbeatable results that you’d otherwise miss out on.

Summer Shred Recipe Book

12 Recipes That Fill You Up And Get You Shredded

Low Carb Sausage & Egg Breakfast Cups

What You Need: (makes 4)

- 1 lb lean ground chicken, or turkey
- salt, to taste
- pepper, to taste
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon dried parsley
- 6 eggs

How To Make It:

1. Mix sausage, salt, pepper, garlic powder, onion powder, paprika, and dried parsley in a bowl until well combined.
2. Grease a muffin tin and start to form shells with the sausage mix. Cover the sides and leave room in the middle for the eggs.
3. In a separate bowl, mix the eggs, salt, and pepper.
4. Pour egg mixture into the middle of each cup.
5. Top with shredded cheese, tomatoes, spinach, or toppings of your choice.
6. Bake at 350°F (180°C) for 30 minutes. Enjoy!

Nutritional Content: (one serving)

Calories: 140

Protein: 15g

Carbohydrates: 2g

Fat: 6

Low Carb Egg & Bacon Casserole

What You Need: Makes 4 servings

- 4 bacon strips
- 18 large eggs
- 1 cup whole milk
- 1 cup shredded cheddar cheese
- 1 cup sour cream
- 1/4 cup sliced green onions
- 1 to 1-1/2 teaspoons salt
- 1/2 teaspoon pepper

How To Make It:

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towel to drain.
2. In a large bowl, beat eggs. Add milk, cheese, sour cream, onions, salt and pepper.
3. Pour into a greased 13x9-in. baking dish. Crumble bacon and sprinkle on top. Bake, uncovered, at 325° for 40-45 minutes or until knife inserted in center comes out clean. Let stand for 5 minutes.

Nutritional Content:

Calories: 145

Protein: 8g

Carbohydrates: 1.5g

Fat: 11g

Low Carb Protein Pumpkin Pie

What You Need:

- 2 Large Eggs
- 1 ½ cup Nonfat Plain Greek Yogurt
- 1 can (15oz) Pure Pumpkin (not pie filling)
- 4 scoops MyoFX Cinnabon whey protein powder
- 2 Tbsp. Pumpkin Pie Spice

- Sweetener, optional

How-To Make It:

1. Preheat oven to 325 degrees
2. Spray a pie dish with nonstick spray
3. Add all ingredients of a bowl and mix well
4. Place an oven safe dish full of water on rack below where pie will go (this prevents cracking on the top of the pie)
5. Pour mixture into dish and bake for ~45-50 minutes or until just set
6. Mixture will seem soft at first. Place in refrigerator to set for 4-6 hours or preferably, overnight.
7. Top with a drizzle of fresh maple syrup or whipped cream, if desired.

Nutritional Content:

Calories: 170

Protein: 26g

Carbohydrates: 11g

Fat: 3g

Low Carb Chicken Carbonara

What You Need:

- 6 oz chicken breast
- ½ cup spaghetti squash, cooked
- 1 oz mushrooms
- ¼ cup tomatoes
- 1 oz white wine
- 2 Tbsp arrowroot starch
- ½ cup whole milk
- ¼ cup snow peas
- 1 tsp garlic
- 1 tsp thyme

- 1 Tbsp olive oil
- Sea Salt & Pepper to taste

How-To Make It:

1. Preheat oven to 300F
2. Add oil to saute pan and set on medium-high heat
3. Season chicken with salt, pepper and desired seasonings. Italian seasoning is my personal choice!
4. Once oil is close to reaching its smoke-point (or when you see ripples in oil), add chicken and sear each side until golden brown. Remove from pan and put on baking sheet and into the oven
5. Place saute pan back onto heat and start deglazing pan with tomatoes. After a few seconds, add garlic, mushrooms, and snow peas. Saute until fragrant and mushrooms are golden brown. Deglaze again with white wine and let cook until all wine has dissipated
6. Add milk and reduce by half, then add Arrowroot (mixed into a slurry with some water) and thicken until desired consistency is reached
7. Remove chicken from oven when internal temperature of 160F is reached. Let rest until it reaches 165F
8. While chicken rests, toss spaghetti squash into sauce
9. Serve baked chicken on top of sauced spaghetti squash and enjoy!

Nutritional Content:

Calories: 320

Protein: 47g

Carbohydrates: 10g

Fat: 4g

Low Carb High Protein Breakfast Pizza

What You Need:

- 1 large egg
- 5 egg whites
- 1 Tbsp coconut flour
- ¼ cup zucchini, grated
- Pizza seasoning (or Italian Herbs) to taste
- ⅓ cup low sodium pasta sauce
- 2 tsp grated parmesan cheese

How-To Make It:

1. Coat a 9 inch skillet with nonstick spray
2. Whisk together egg, egg whites, zucchini, coconut flour and pizza seasoning
3. Pour mixture into pan and set over medium heat
4. Cover pan and allow to cook until eggs are set and edges become slightly golden
5. Top with pasta sauce and grated cheese

Nutritional Content:

Calories: 238

Protein: 30g

Carbohydrates: 10g

Fat: 9g

Low Carb Madras Chicken & Broccoli Skewers

What You Need:

- 2 lbs chicken breast, cut into chunks
- 2 cups broccoli florets
- ½ cup Madras seasoning
- Paprika

How-To Make It:

1. Combine chicken, broccoli and madras seasoning in a bowl
2. Cover with a lid and allow it to sit for 20 minutes in the refrigerator
3. While meat is marinating, heat up grill
4. Gently add chicken cubes and broccoli to skewers
5. Place skewers on grill
6. Discard remaining marinade
7. Cook skewers until chicken is cooked through

Nutritional Content:

Calories: 285

Protein: 60g

Carbohydrates: 8g

Fat: 3g

Low Carb Vanilla Chai Protein Muffins

What You Need:

- 2 scoops of MyoFX vanilla whey protein
- 1/2 c unsweetened almond milk
- 2 eggs
- 2 egg whites
- 1/4 c low fat cottage cheese

- 1/4 c coconut flour
- 1 tsp baking powder
- 1 tsp cinnamon

How-To Make It:

1. Preheat oven to 325 degrees. Mix all the ingredient together. Place 7 baking cups into muffin tray and pour in your batter.
2. Bake muffins for 20-22 minutes or until a toothpick inserted into the center of the muffins come out clean.

Topping

3. Mix together 1 packet of stevia, 1 tsp of cocoa powder & 1 tsp of cinnamon. Press top of each muffin into your cocoa/cinnamon/sugar mix.

Nutritional Content:

Calories: 77

Protein: 9g

Carbohydrates: 6g

Fat: 2g

Post Workout Salmon, Wild Rice & Mushroom Meal

What You Need:

- 4 scallions (white part only), minced
- 1 clove garlic, minced
- 1/2 lb. button mushrooms, in thick slices
- 1/2 lb. oyster mushrooms, thick stems removed, caps split lengthwise if large
- 1 tsp. minced savory or 1/4 tsp. crumbled dried savory
- 2 cups cooked, cooled wild rice or a blend of wild rice and fragrant brown rice
- Salt and freshly ground black pepper to taste
- 4 pieces salmon fillet, 4 to 6 oz. each
- (cook with non-fat cooking spray)

How To Make It:

1. Heat the oven to 450°.

2. Melt the butter in a skillet over medium heat. When the foam subsides, add the scallions and garlic and cook until fragrant. Add the mushrooms and savory and cook, stirring or shaking the pan, until the mushrooms have rendered a lot of liquid. Turn the heat to high and cook until the liquid is nearly evaporated. Season the mushrooms to taste and set aside to cool.
3. Spread 1/2 cup of the rice on one side of a sheet of parchment. Lay a portion of fish over the rice and top with a quarter of the mushrooms. Repeat with the remaining portions. Seal the packages and bake on a sheet pan until puffy and browned, about 8 min. Serve in the papers or carefully transfer the contents to a dinner plate.

Nutritional Content:

Calories: 300

Protein: 26g

Carbohydrates: 29g

Fat: 8g

Post Workout Steak, Asparagus & Quinoa Bowl**What You Need:**

- 2 sliced favorite Low Carb Bread
- 6oz Leftover Turkey (or cooked chicken) Breast
- 1 slice Bacon
- 1 Lettuce Leaf
- ¼ cup Fresh Cranberries
- 2 Tbsp. Nonfat Plain Greek Yogurt
- Onion and Garlic Powder, to taste

How-To Make It:

1. Cook quinoa according to package directions. Meanwhile, spray large skillet with cooking spray; heat over medium-high heat.
2. Sprinkle beef with steak seasoning; add to skillet and cook 2 to 3 minutes.
3. Add onion and bell pepper; cook 2 to 3 minutes more or until beef is browned, stirring occasionally. Add asparagus; cover and cook 3 to 4 minutes or until asparagus is hot.

4. Toss quinoa with beef mixture. Enjoy!

Nutritional Content:

Calories: 240

Protein: 30g

Carbohydrates: 20g

Fat: 7g

Post Workout Crockpot Turkey Meatballs With Green Peppers**What You Need: makes 8 servings**

- 4 pounds lean ground turkey
- 2 eggs
- 2 tbsp coconut flour (optional)
- Chopped onions (optional, I don't use onion)
- 2 bags chopped green peppers
- 1 bag cauliflower
- 1 bottle chili sauce
- 1 can jelly cranberry sauce
- ½ cup Worcestershire sauce
- Cajun seasoning, black pepper, garlic salt, Lawry's seasoned salt

How-To Make It:

1. Cook cauliflower in microwave until very tender and can be chopped into fine pieces, set aside. Thaw green peppers in microwave and set aside.
2. Mix turkey, eggs, coconut flour (if you use it), and onions if you are using them, worchester sauce, pepper, and all other seasonings you would like to use.
3. Start rolling meatballs about this size of a golf ball and cover bottom of crock pot, layer some green peppers and cauliflower on them. Continue layering meatballs and peppers and cauliflower mix.
4. After you get everything in take the cranberry sauce and run a knife through it to chop it up and distribute over meatballs. Pour the bottled chili sauce over everything.
5. Cover and cook on high for 6 or 7 hours, depending on you crock pot.

Nutritional Content: per serving

Calories: 440

Protein: 50g

Carbohydrates: 18g

Fat: 18g

Post Workout Protein Smoothie

What You Need:

- 1 scoop MyoFX whey protein powder (you choice of flavor)
- 2 Tbsp. Greek Yogurt
- 1 medium banana
- ½ cup blueberries
- 3 medium strawberries
- 1 cup spinach
- 1 Tbsp honey
- 1 cup almond milk

How-To Make It:

1. Add all ingredients into a blender
2. Mix for 30 seconds

Nutritional Content:

Calories: 225

Protein: 20g

Carbohydrates: 30g

Fat: 3g