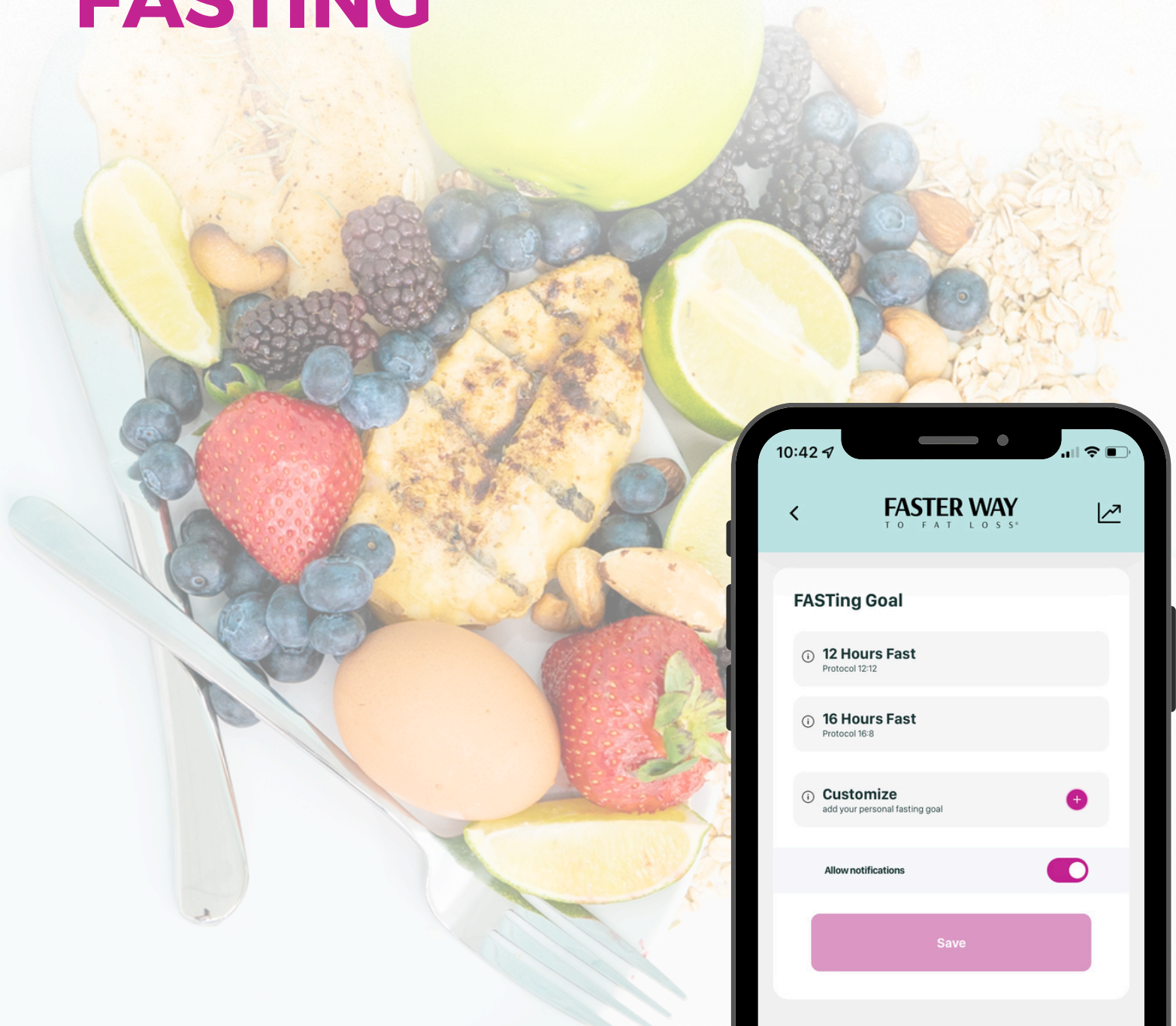


FASTER WAY

T O F A T L O S S [®]

GUIDE TO INTERMITTENT FASTING



WELCOME

Unlock Your Body's Natural Power

We're so glad you want to learn more about Intermittent Fasting! Thanks for downloading our free guide.

Intermittent fasting isn't just another diet trend – it's the cornerstone of the FASTER Way to Fat Loss, and for good reason. This science-backed approach can transform how your body burns fat, builds strength, and maintains energy throughout the day.

Forget complicated meal plans and restrictive diets that leave you tired and hungry. The truth is, you can revolutionize your health by making a few strategic shifts in when and what you eat. This guide breaks down our proven approach (customized to your needs) into clear, practical steps that fit into your real life.

If you're tired of feeling exhausted, fighting stubborn weight gain, or bouncing between the latest health fads, you're in the right place. We'll show you why intermittent fasting works, how to get started without feeling overwhelmed, and the exact strategies our clients use to succeed. This isn't about quick fixes – it's about giving you the tools to feel energized, strong, and confident for life.

Ready to discover what your body is truly capable of? Let's get started.



The Science-Backed Power of Intermittent Fasting

The research is clear: intermittent fasting goes far beyond weight loss. Leading medical institutions, including Johns Hopkins and the Cleveland Clinic, have documented its wide-ranging impact on health and longevity. Studies show that intermittent fasting can help protect against serious health conditions like type 2 diabetes, heart disease, and even neurodegenerative disorders such as Alzheimer's and Parkinson's.

But the benefits don't stop there. Research has revealed that intermittent fasting can:

- Optimize your hormone balance for better overall health
- Preserve and protect lean muscle mass
- Enhance your body's natural fat-burning processes
- Improve insulin sensitivity and blood sugar control
- Boost growth hormone production, supporting muscle maintenance and recovery
- Support brain health and cognitive function
- Potentially extend lifespan by slowing cellular aging

The Truth About Fasting and Metabolism

Let's bust a persistent myth: eating small meals throughout the day doesn't "rev up" your metabolism. Despite what many health gurus claim, research tells a different story. Your metabolic rate is primarily driven by one key factor – your lean muscle mass.

When you maintain adequate calorie intake, fasting periods don't slow down your metabolism. This was confirmed by the American Journal of Clinical Nutrition, and subsequent research continues to support this finding.

What matters isn't how often you eat, but rather:

1. Building and maintaining lean muscle mass to support a healthy metabolism
2. Consuming enough total calories to fuel your body
3. Eating nutrient-dense foods during your eating windows

This means you can harness the benefits of intermittent fasting without worrying about metabolic slowdown. Your body is remarkably adaptable – it's designed to thrive during both feeding and fasting periods, as long as you're providing it with proper nutrition when you eat.

Understanding this relationship between fasting and metabolism is crucial because it frees you from the burden of constant eating and helps you focus on what truly matters: quality nutrition and muscle preservation.

Your Quiz Results: Getting Started with

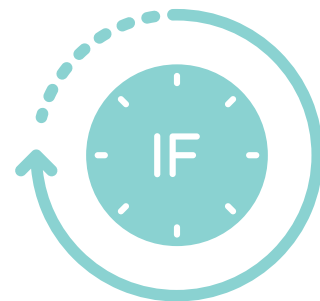
12:12 Fasting

Based on your quiz results, we recommend starting with a 12:12 fasting protocol. This balanced approach is perfect for fasting beginners, those with specific schedule requirements, or health conditions best suited to a 12 hour fast.

With 12:12 fasting, you'll fast for 12 hours and eat within a 12-hour window.

For example:

- Last meal ends at 7:00 PM
- First meal begins at 7:00 AM the next day



TIPS FOR 12:12 SUCCESS:

1. Choose a window that fits your schedule. If you eat dinner with family at 7 PM, plan your breakfast for 7 AM.
2. Start with your current eating pattern. Most people naturally fast for 10 hours overnight, so extending to 12 hours is a gentle adjustment.
3. Have a light snack before your fasting window if needed. This helps prevent late-night hunger while you adjust.
4. Focus on protein-rich breakfasts to maintain stable energy when you resume eating.
5. Keep your eating window consistent on weekends to maintain momentum.

BONUS TIP: Our app's fasting timer helps you keep track of your daily fasting window for a super convenient way to stay consistent!

The 12:12 protocol offers a gentle but effective introduction to intermittent fasting. As you settle into this rhythm, you'll likely notice improved energy levels, better digestion, and fat loss. Remember, consistency beats perfection – focus on making this work for your lifestyle, and the benefits will follow naturally. Many of our clients find that 12:12 becomes second nature within a week, setting them up for sustainable success.

Transform Your Body and Life with the FASTER Way

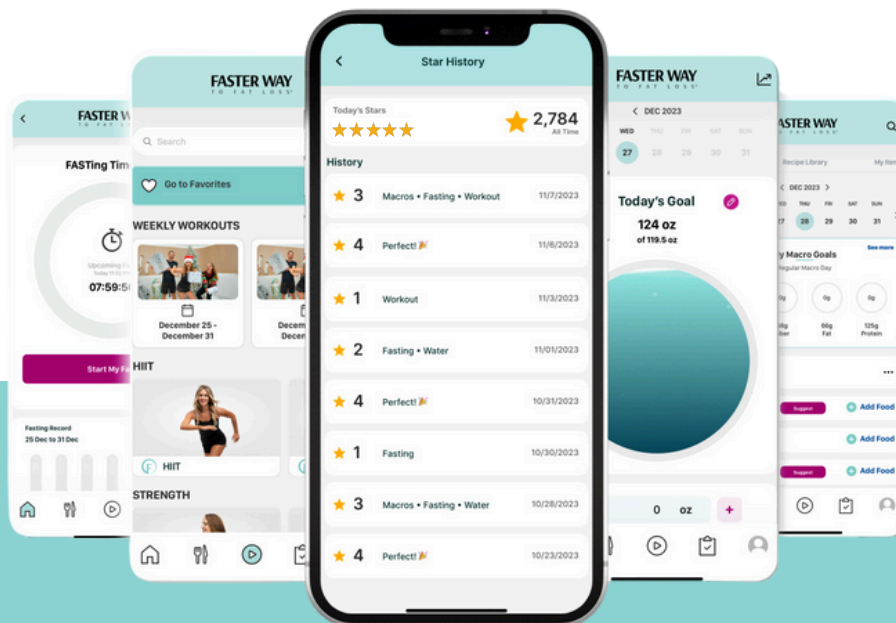
The results speak for themselves. Across the country, hundreds of thousands of FASTER Way clients are experiencing transformations that go far beyond the scale:

- Waking up energized and ready to conquer each day
- Losing inches and dropping clothing sizes
- Crushing workouts with stronger muscles
- Eating with confidence, not guilt
- Thriving with renewed confidence

We combine intermittent fasting with targeted nutrition and 30-minute workout videos that fit your busy lifestyle. Each week, you'll get clear guidance on when to eat, what to eat, and follow along to our trainer-guided workouts. Plus, you'll join a supportive community of people on the same journey and have EVERYTHING you need in our comprehensive app.

Join our next 6-week Challenge to experience it for yourself

 JOIN NOW



FASTER WAY

T O F A T L O S S [®]

SAMPLE MEAL PLAN



SAMPLE MEAL PLAN

DAY 01

- Meal 1 BLT Salad Bowls
- Meal 2 Turkey Taco Lettuce Wraps
- Meal 3 Zucchini Noodles with Salmon

DAY 02

- Meal 1 Bell Pepper Egg Cups
- Meal 2 Grilled Shrimp Salad
- Meal 3 Steak with Chimichurri Sauce
Steamed Green Beans

DAY 03

- Meal 1 Blackened Fish Taco Bowls
- Meal 2 Grilled Mediterranean Chicken
Kabobs Brown Rice
- Meal 3 One Pan Chicken Thighs, Green
Beans & Sweet Potato

DAY 04

- Meal 1 Overnight Vanilla Oats
- Meal 2 Juicy Baked Chicken Breast
Pressure Cooker Whole Sweet Potato
- Meal 3 White Bean Chicken Chili

DAY 05

- Meal 1 Raspberry Açaí Bowl
- Meal 2 Greek Chicken Bowl
- Meal 3 Baked Salmon with
Broccoli & Quinoa

SHOPPING LIST

FRUITS

<input type="checkbox"/> 3 Avocados	<input type="checkbox"/> 2 Lemons	<input type="checkbox"/> 1½ cups Raspberries
<input type="checkbox"/> 1 Banana	<input type="checkbox"/> ¼ cup Lemon Juice	<input type="checkbox"/> 1 Unsweetened Açai Packet
<input type="checkbox"/> 2 Tbsp Blueberries	<input type="checkbox"/> 2 Limes	

VEGETABLES

<input type="checkbox"/> 6 cups Arugula	<input type="checkbox"/> ½ cup Frozen Corn	<input type="checkbox"/> 1½ cups Red Onion
<input type="checkbox"/> 2 cups Basil Leaves	<input type="checkbox"/> 5½ Garlic Cloves	<input type="checkbox"/> ⅔ Sweet Onion
<input type="checkbox"/> 8 cups Broccoli	<input type="checkbox"/> 8 cups Green Beans	<input type="checkbox"/> 3 Sweet Potatoes
<input type="checkbox"/> ¼ head Cauliflower	<input type="checkbox"/> ⅛ Green Bell Pepper	<input type="checkbox"/> 1 Tomato
<input type="checkbox"/> ¾ cups Cherry Tomatoes	<input type="checkbox"/> ¼ head Iceberg Lettuce	<input type="checkbox"/> 1 Yellow Bell Pepper
<input type="checkbox"/> ¾ cup Cilantro	<input type="checkbox"/> 1 Jalapeño Pepper	<input type="checkbox"/> ¼ Yellow Onion
<input type="checkbox"/> 1 cup Coleslaw Mix	<input type="checkbox"/> 1½ cups Parsley	<input type="checkbox"/> 3 Zucchini
<input type="checkbox"/> ¼ Cucumber	<input type="checkbox"/> 2 Red Bell Peppers	

NUTS, SEEDS, SPICES

<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Cumin	<input type="checkbox"/> Paprika
<input type="checkbox"/> Black Pepper	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Red Pepper Flakes
<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Greek Seasoning	<input type="checkbox"/> Sea Salt
<input type="checkbox"/> Chia Seeds	<input type="checkbox"/> Italian Seasoning	<input type="checkbox"/> Smoked Paprika
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Oregano	

PANTRY / CONDIMENTS

<input type="checkbox"/> Apple Cider Vinegar	<input type="checkbox"/> Extra Virgin Olive Oil	<input type="checkbox"/> Rice Vinegar
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Gluten-Free Oats	<input type="checkbox"/> Salsa
<input type="checkbox"/> 2 oz can Anchovies	<input type="checkbox"/> Gluten-Free Soy Sauce	<input type="checkbox"/> Unsweetened Almond Milk
<input type="checkbox"/> 2 cans Black Beans	<input type="checkbox"/> Honey	<input type="checkbox"/> White Rice
<input type="checkbox"/> Bourbon	<input type="checkbox"/> Hot Sauce	<input type="checkbox"/> 2 cans White Navy Beans
<input type="checkbox"/> Brown Rice	<input type="checkbox"/> 3 cups Organic Chicken Broth	
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Quinoa	
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Red Wine Vinegar	

PROTEIN

<input type="checkbox"/> 1½ lbs Chicken Breast	<input type="checkbox"/> 2 lbs Salmon Fillet	<input type="checkbox"/> 2 slices Organic Bacon
<input type="checkbox"/> 10½ oz Chicken Thighs	<input type="checkbox"/> 4 oz Extra Lean Ground Turkey	<input type="checkbox"/> 8 oz Shrimp
<input type="checkbox"/> 8 oz Chicken Thighs With Skin	<input type="checkbox"/> 1 lb NY Striploin Steak	<input type="checkbox"/> ½ Tilapia Fillet

BLT SALAD BOWLS

1 SERVING | 15 MINUTES

MACROS

carbs - **9g** | fiber - **5g** | fat - **33g** | protein - **15g**

INGREDIENTS

1 egg
2 slices organic bacon
2 cups arugula
½ cup cherry tomatoes (halved)
¼ avocado (sliced)
1 Tbsp extra virgin olive oil
sea salt and black pepper (to taste)

INSTRUCTIONS

HARD BOIL eggs by placing them in a small pot and fill with enough cold water to cover them by 1 inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.

COOK bacon in a pan over medium heat until crispy. Remove from pan and pat excess grease away with paper towel. Once cool, chop them up.

ASSEMBLE the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper.

ENJOY!



TURKEY TACO LETTUCE

1 SERVING | 25 MINUTES

MACROS

carbs - **23g** | fiber - **12g** | fat - **29g** | protein - **27g**

INGREDIENTS

¾ tsp avocado oil	¼ lime (juiced)
¼ yellow onion (diced)	¾ tomato (finely chopped and divided)
4 ounces extra lean ground turkey	¼ jalapeño pepper (seeds removed and chopped)
1½ tsp chili powder	¼ head iceberg lettuce (leaves pulled apart and washed)
¾ tsp cumin	½ avocado (diced)
½ tsp smoked paprika	
¼ tsp garlic powder	
¼ tsp sea salt	
⅛ tsp red pepper flakes	

INSTRUCTIONS

HEAT oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.

ADD ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.

ADD the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeño. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.

ASSEMBLE the tacos: divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado.

ENJOY!



ZUCCHINI NOODLES WITH SALMON

4 SERVINGS | 20 MINUTES

MACROS

carbs - **5g** | fiber - **2g** | fat - **33g** | protein - **20g**

INGREDIENTS

12-ounce salmon fillet
2 cups basil leaves
½ cup extra virgin olive oil
2 garlic cloves (minced)
2 anchovies

1 tsp lemon juice
¼ tsp sea salt
4 cups arugula
2 large zucchini (spiralized into noodles)

INSTRUCTIONS

PLACE the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.

ADD the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt to a blender or food processor. Blend until smooth.

ADD the arugula to a pan over medium heat and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top.

ENJOY!



BELL PEPPER EGG CUPS

1 SERVING | 20 MINUTES

MACROS

carbs - **8g** | fiber - **3g** | fat - **10g** | protein - **14g**

INGREDIENTS

1 red bell pepper

2 eggs

sea salt and black pepper (to taste)

INSTRUCTIONS

PREHEAT oven to 425°F (218°C).

SLICE pepper in half and carve out the seeds.

CRACK an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper.

ENJOY!



GRILLED SHRIMP SALAD

1 SERVING | 25 MINUTES

MACROS

carbs - **16g** | fiber - **7g** | fat - **22g** | protein - **57g**

INGREDIENTS

2 Tbsps parsley (chopped and packed)
¾ lime (juiced)
1 Tbsp extra virgin olive oil
½ tsp chili powder
8 ounces shrimp (raw, peeled and deveined)
1 cup coleslaw mix
¼ cup cherry tomatoes (halved)
¼ avocado (peeled and diced)
sea salt & black pepper

INSTRUCTIONS

CREATE dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.

PLACE shrimp in a large zip-top baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.

HEAT the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side, depending on size of shrimp.

DIVIDE coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top.

ENJOY!



STEAK WITH CHIMICHURRI SAUCE

4 SERVINGS | 20 MINUTES

MACROS

carbs - **7g** | fiber - **4g** | fat - **35g** | protein - **34g**

INGREDIENTS

- 1 avocado
- 1 cup parsley
- ½ cup cilantro
- ¼ cup lemon juice
- 2 garlic cloves
- 1 tsp sea salt (divided)
- ¼ cup extra virgin olive oil
- 1 tsp avocado oil
- 1 lb New York striploin steak

INSTRUCTIONS

ADD the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt to a blender. Blend together while slowly adding the extra virgin olive oil.

BLEND until smooth and creamy. Set aside.

HEAT a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.

ADD the steak to the pan once it is hot. Cook for 3 to 4 minutes per side. Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top.

ENJOY!



STEAMED GREEN BEANS

4 SERVINGS | 10 MINUTES

MACROS

carbs - **10g** | fiber - **4g** | fat - **0g** | protein - **3g**

INGREDIENTS

6 cups green beans (trimmed, fresh or frozen)

INSTRUCTIONS

BRING ½ inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.

REMOVE green beans with a slotted spoon and serve.

ENJOY!



BLACKENED FISH TACO BOWL

1 SERVING | 30 MINUTES

MACROS

carbs - **36g** | fiber - **14g** | fat - **20g** | protein - **24g**

INGREDIENTS

¼ head cauliflower	⅛ tsp sea salt
⅓ avocado (pit removed and peeled)	⅛ tsp black pepper
1 Tbsp extra virgin olive oil	½ tilapia fillet
¼ lemon (juiced)	1 Tbsp red onion (finely diced)
1 Tbsp water	⅓ green bell pepper (finely diced)
¾ tsp chili powder	½ cup black beans (drained and rinsed)
¾ tsp cumin	¼ lime wedges
⅓ tsp cayenne pepper	
¼ tsp paprika	

INSTRUCTIONS

MAKE cauliflower rice: chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: if you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer to a bowl and set aside.

MAKE avocado dressing by combining avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer to a jar and set aside.

COMBINE chili powder, cumin, cayenne, paprika, sea salt, and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillet.

GREASE a large cast iron skillet with a bit of olive oil and place it over medium-high heat. Add tilapia fillet. Sear for 3 to 4 minutes per side, or until fish is completely cooked through. (Note: fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.

ADD cauliflower rice to a bowl and top with red onion, green pepper, and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges.

ENJOY!

BROWN RICE

4 SERVINGS | 45 MINUTES

MACROS

carbs - **35g** | fiber - **2g** | fat - **1g** | protein - **3g**

INGREDIENTS

1 cup brown rice (uncooked)

2 cups water

INSTRUCTIONS

COMBINE the brown rice and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid.

SIMMER for 40 minutes or until water is absorbed.

REMOVE lid and fluff with a fork.

ENJOY!



GRILLED MEDITERRANEAN CHICKEN KABOBS

4 SERVINGS | 30 MINUTES

MACROS

carbs - **12g** | fiber - **3g** | fat - **11g** | protein - **37g**

INGREDIENTS

1 lemon (juiced)	1 zucchini (large)
1 Tbsp red wine vinegar	1 yellow bell pepper
1 Tbsp oregano (dried)	1 cup red onion
2 Tbsp extra virgin olive oil (divided)	2 cups cherry tomatoes
1 pound chicken breast (boneless, skinless, diced into cubes)	8 barbecue skewers

INSTRUCTIONS

COMBINE the lemon juice, red wine vinegar, oregano and half of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.

DICE the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.

SLIDE the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.

PREHEAT the grill to medium heat.

GRILL the kabobs for 8 to 10 minutes per side or until chicken is cooked through.

REMOVE the kabobs from the grill and divide onto plates.

ENJOY!



ONE PAN CHICKEN THIGHS, GREEN BEANS AND SWEET POTATO

2 SERVINGS | 45 MINUTES

MACROS

carbs - **33g** | fiber - **g** | fat - **19g** | protein - **30g**

INGREDIENTS

8 ounces chicken thighs with skin
2 sweet potatoes (medium, cut into wedges)
1 tsp avocado oil
sea salt and black pepper (to taste)
½ tsp paprika
½ tsp thyme (dried)
2 cups green beans (trimmed)

INSTRUCTIONS

PREHEAT the oven to 350°F (177°C). Line a baking sheet with parchment paper.

PLACE the chicken thighs and sweet potatoes on the baking sheet and drizzle with avocado oil. Season with salt, pepper, paprika, and thyme. Bake for 30 minutes.

REMOVE from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through.

ENJOY!



OVERNIGHT VANILLA OATS

1 SERVING | 8 HOURS

MACROS

carbs - **37g** | fi **8g** | fat - **11g** | protein - **18g**

INGREDIENTS

½ cup oats (quick or traditional)
1 t bsp chia seeds
1¼ cups unsweetened almond milk
½ serving collagen peptides
2 cup raspberries
2 cup blueberries
1 t bsp almond butter

INSTRUCTIONS

COMBINE the oats, chia seeds, and milk in a large bowl or container. Stir to combine. Place in the fridge for 8 hours, or overnight.

REMOVE from the fridge after the oats have set, and add the collagen peptides. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.

DIVIDE the oats into bowls or containers and top with raspberries, blueberries, and almond butter.

ENJOY!



JUICY BAKED CHICKEN BREAST

1 SERVING | 35 MINUTES

MACROS

carbs - **0g** | fiber - **0g** | fat - **11g** | protein - **43g**

INGREDIENTS

5 ounces chicken breast (boneless, skinless)

1½ tsp extra virgin olive oil

⅓ tsp sea salt

¼ tsp Italian seasoning

INSTRUCTIONS

PREHEAT oven to 400°F (204°C). Line a baking dish with parchment paper.

PLACE chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.

REMOVE the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.

REMOVE the foil carefully and slice the chicken before serving.

ENJOY!



PRESSURE COOKER WHOLE SWEET POTATO

1 SERVING | 35 MINUTES

MACROS

carbs - **34g** | fiber - **11g** | fat - **0g** | protein - **2g**

INGREDIENTS

1 sweet potato (medium)

½ cup water

INSTRUCTIONS

PLACE the metal rack in your pressure cooker along with the water. Place the sweet potatoes on top of the rack and cook for 30 minutes on high pressure. For smaller potatoes, set for 15 minutes. For larger potatoes, set for 45 minutes.

ALLOW the pressure to release naturally. Carefully remove the lid and remove the sweet potatoes.

ENJOY!



WHITE BEAN CHICKEN CHILI

4 SERVINGS | 40 MINUTES

MACROS

carbs - **26g** | fiber - **4g** | fat - **10g** | protein - **28g**

INGREDIENTS

2 tsp extra virgin olive oil	2 cups organic chicken broth (divided)
$\frac{3}{4}$ sweet onion (medium, chopped)	2 cups white navy beans (cooked and divided)
$\frac{3}{4}$ jalapeño pepper (seeded and chopped)	10 $\frac{3}{4}$ ounces chicken thighs (boneless, skinless)
$\frac{3}{4}$ red bell pepper (chopped)	$\frac{1}{3}$ cup frozen corn
1 $\frac{1}{2}$ cloves garlic (minced)	$\frac{1}{3}$ cup cilantro (chopped)
1 tsp cumin	1 lime
2 tsp chili powder	
$\frac{1}{2}$ tsp sea salt	

INSTRUCTIONS

HEAT oil in a large pot with a lid over medium-high heat. Add onion, jalapeño and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.

ADD a third of the stock and half of the beans to a food processor or blender and purée the beans.

ADD the remaining stock and puréed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.

REMOVE the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels, and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.

DIVIDE the chili into bowls and serve with a lime wedge.

ENJOY!



RASPBERRY AÇAÍ BOWL

1 SERVING | 5 MINUTES

MACROS

carbs - **48g** | fiber - **14g** | fat - **7g** | protein - **4g**

INGREDIENTS

- 1 banana (frozen)
- 1 unsweetened açai packet
- 1 cup raspberries (frozen)
- ¼ cup unsweetened almond milk (or other nut milk)

INSTRUCTIONS

ADD the banana, açai packet, raspberries, and milk to a high-powered blender.

BLEND until completely smooth (if necessary, add up to ¼ cup more milk to blend smooth).

POUR into a bowl and top with raspberries, cacao nibs, strawberries, and shredded coconut.

ENJOY!



GREEK CHICKEN BOWL

1 SERVING | 50 MINUTES

MACROS

carbs - **43g** | fiber - **3g** | fat - **12g** | protein - **39g**

INGREDIENTS

½ cup water

¼ cup brown rice (dry)

4 ounces chicken breast (skinless,
boneless)

1½ tsp Greek seasoning

¼ cucumber (diced)

2 Tbsp diced red onion

½ cup cherry tomatoes

1½ tsp extra virgin olive oil

1½ tsp red wine vinegar

sea salt and black pepper (to taste)

INSTRUCTIONS

PREHEAT the oven to 350°F (177°C) and line a baking sheet with parchment paper.

BRING the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.

LAY the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.

DICE the cucumber and red onion and add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt, and pepper. Mix well.

ENJOY!



BAKED SALMON WITH BROCCOLI AND QUINOA

4 SERVINGS | 20 MINUTES

MACROS

carbs - **40g** | fiber - **8g** | fat - **19g** | protein - **39g**

INGREDIENTS

1¼ pounds salmon fillets	1 cup quinoa (uncooked)
sea salt and black pepper (to taste)	1½ cups water
8 cups broccoli (sliced into small florets)	½ lemon (sliced into wedges)
2 Tbsp extra virgin olive oil	

INSTRUCTIONS

PREHEAT the oven to 450°F (232°C) and line a baking sheet with parchment paper.

PLACE the salmon fillets on the baking sheet and season with sea salt and black pepper.

TOSS the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.

COMBINE the quinoa and water together in a saucepan while the salmon cooks. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.

REMOVE the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil, if desired.

ENJOY!



FOOD SWAPS

Beans Instead of Beef: Similar to lentils, beans are a good swap for beef in many recipes. Beans deliver around 8 grams of protein and 8 grams of fiber per ½-cup serving, though it may vary slightly depending on the type of bean. Top your salad with beans, use them in a vegetarian chili, or in place of meat in tacos and vegetarian taco salad.

Cauliflower Instead of Chicken or Eggs: Cauliflower is a mild vegetable and has a reputation for being able to stealthily replace certain foods, such as potatoes and even pizza crust. Cauliflower also replaces the chicken in buffalo bite recipes and makes a healthy choice for "meatballs."

Jackfruit Instead of Chicken or Fish: It seems strange to think of a fruit as a substitute for meat, but the texture of jackfruit is actually quite similar to shredded chicken (and also works well in place of pulled pork). Though this tropical fruit looks intimidating from the outside, it's sold in supermarkets in cans and in the refrigerated section with other meat substitutes.

Tempeh Instead of Fish: This soy-based protein is similar to tofu (which is also a great substitute for fish), but usually has a firmer texture, a darker brown color and a nutty flavor. Tempeh contains all the essential amino acids so it's a great vegetarian protein source, and because it's fermented, it delivers probiotics (good bacteria essential for gut health). Tempeh is great grilled or pan fried!

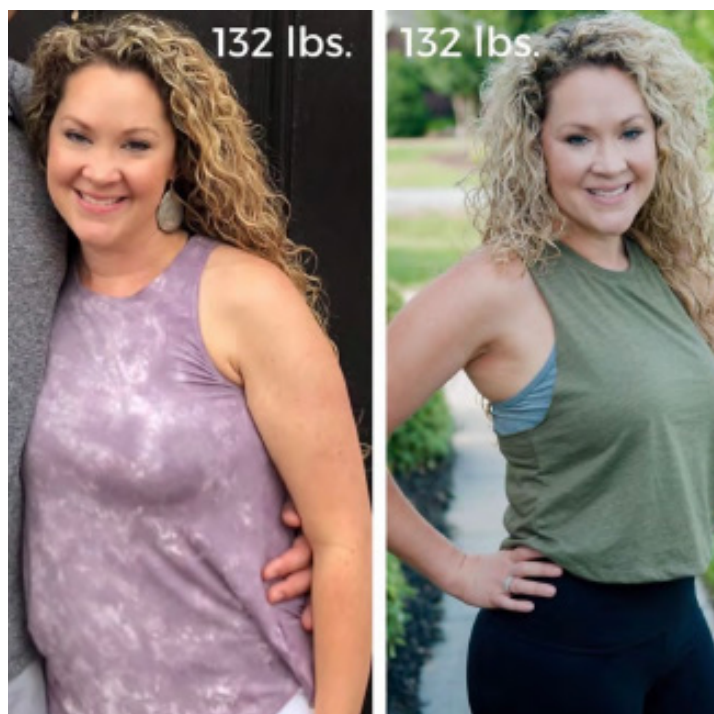


Lentils Instead of Beef: These legumes are surprisingly high in protein, with 9 grams per $\frac{1}{2}$ cup (cooked). Their hearty texture and peppery flavor make them a good stand-in for ground beef in many recipes, such as vegetarian shepherd's pie, lentil burgers, and stew. Lentils come in a variety of colors including red, brown, black, and green and ounce for ounce cost less than meat.

Mushrooms Instead of Red Meat: It's become quite popular to use portobello mushrooms as a substitute for a burger, but mushrooms can do so much more. Chopped, sliced, or ground mushrooms provide a meaty texture and earthy, smoky flavor that works well in the place of meat. Try your hand at subbing in mushrooms for meat in sandwiches, stews, main dishes, and appetizers!

Tofu Instead of Chicken or Eggs: Similar to chicken, this soy-based vegetarian protein takes on the flavors of what it is seasoned and cooked with. This makes tofu an excellent canvas for introducing all types of flavors and a perfect swap in just about any chicken dish. Also a great substitute for scrambled eggs. Plus, a 3-ounce serving of tofu packs in 9 grams of protein.

**“Y’ALL...
THIS IS
WHY
SCALES
DON’T
MATTER.”**



“The goal is FAT LOSS. Sure you could do a deprivation diet and lose muscle mass. The scale would be amazing but would you FEEL and LOOK your best? No! Why not eat to fuel your body and specifically lose fat? I couldn’t be more thankful for the FASTER Way for teaching me the correct way to eat. These days there are so many people telling you to eat this or not eat that and to cut your calories really low to see results. Sorry but I’ve never eaten this many calories per day in my life! Before the FASTER Way, no matter how hard I tried to eat “healthy” I never felt or looked my best. I wore cover ups all summer long and felt insanely frustrated with not knowing WHAT to do anymore! If you feel like you’ve tried it all and nothing is working... the FASTER Way is for you.”

ASHLEY

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