




A DAY WITH THE
FASTER WAY[®]
MEAL GUIDE



WELCOME TO A DAY WITH THE FASTER WAY!

The FASTER Way is a one-of-a-kind program designed to deliver maximum fat loss and optimal health through sustainable strategies, comprehensive resources, and expert coaching. It's our mission to help you get well, prevent disease, and fulfill your purpose with energy!

Our clients achieve exceptional results by applying our FASTER Way Fundamentals:

- Whole food nutrition includes foods that come from the ground or from an animal to rid the body of toxins and thrive with energy.
- Intermittent Fasting is a simple eating schedule to ignite fat loss and promote cellular repair.
- Macronutrient Tracking prioritizes the amount of carbs, protein, and fat you consume to create a balanced body and enjoy food freedom.
- Carb Cycling is an intentional variation of carbohydrate intake throughout the week to train your metabolism to use stored fat for fuel.
- Strategic Workouts that focus on strength training, HIIT, and recovery in only 30 minutes to improve fitness and carve lean, calorie building muscle.

Designed by our RD to promote fat loss and enhance wellness, our recipes feature key vitamins and minerals and a well rounded macronutrient profile of protein, carbs, and fats! Each recipe is curated with our FASTER Way fundamentals in mind.

Our delicious meals will satisfy even the most refined palates, yet are simple enough to customize and make meal planning a breeze. Our meal guides provide the flexibility you need to seamlessly implement the FASTER Way fundamentals into your life using ingredients you already have.

If you're looking for an easy way to amplify your results, our healthy and delicious FASTER Way recipes are in your corner. Our clients thrive with our guides and we know you will, too!

A note on Intermittent Fasting:

The method utilized in the FASTER Way is a 16:8 protocol. The eight hours of the day when food is consumed is termed the "feeding window" and the 16 hours of the day when you're not eating (including overnight when you are sleeping!) is termed the "fasting window." In the fasting window, positive cellular changes occur because your system is at digestive rest and can conduct a "deep clean." This is also when your body

relies on fat stores for fuel - and you train your metabolism to become a pro fat burner! In the FASTER Way, we use fasting as a flexible tool, not a rigid rule, which means there's room for you to determine your fasting schedule based on your preferences and needs!

Health Benefits of Intermittent Fasting

Researchers, along with hundreds of thousands of our clients, have found many benefits to this fasting protocol including:

- Reduced inflammation.
- Improved sleep.
- Greater mental clarity, increased neuron development in the brain.
- Better digestion, improved gut health biodiversity.
- Decreased blood glucose levels.
- Improved hormone profile - lowers insulin, improves insulin sensitivity, increases human growth hormone, increase norepinephrine.
- Maintenance of skeletal muscle mass.
- Enhanced fat burning.

During your fasting window, enjoy water and black coffee and teas! Your body was designed to be able to fast - you've got this!

We hope you enjoy this "taste" of the FASTER Way lifestyle! Read on for your day of FASTER Way meals!



WELCOME TO A DAY WITH THE FASTER WAY!

I am thrilled that you are joining the FASTER Way Community for a workout, meal guide, and bonus training.

Whether your goal is to get leaner than ever before, balance your hormones, carve lean muscle, or simply enhance your overall health, it is our mission to provide you with an outstanding experience and deliver results.

A few event highlights to look forward to:

You'll burn fat and develop strength in our FASTER Way signature HIIT workout. Bring a pair of light dumbbells and a can-do attitude. All fitness levels are welcome here!

You'll learn my top secrets to banish belly fat during my LIVE training at 12 p.m. ET. I can't wait to share this information with you and you may be quite surprised at what I have to say!

We're so excited for you to spend the day living the FASTER Way lifestyle! Now you get to discover what the FASTER Way is all about...from the inside!

Thank you for being here.

XO,
Amanda Tress,
FASTER WAY FOUNDER AND CEO



DISCLAIMER

This content was developed solely for your personal use. It may not be distributed or reproduced for publication, whether for personal or commercial use, without written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only.

Please note that no information has been customized for you and some modifications may be needed for your individual use. While we have tested these recipes for accuracy, results may vary and adherence to the suggestions made herein do not guarantee results.

Please note that this information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, seek advice from a licensed professional.

Tress Marketing Solutions is not responsible for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the content herein.



MEAL GUIDE



MEAL ONE

Avocado, Egg Bacon Cups



MEAL TWO

Chicken with Broccoli & Strawberries,
Sliced Avocado



SNACK ONE

Macadamia Nuts

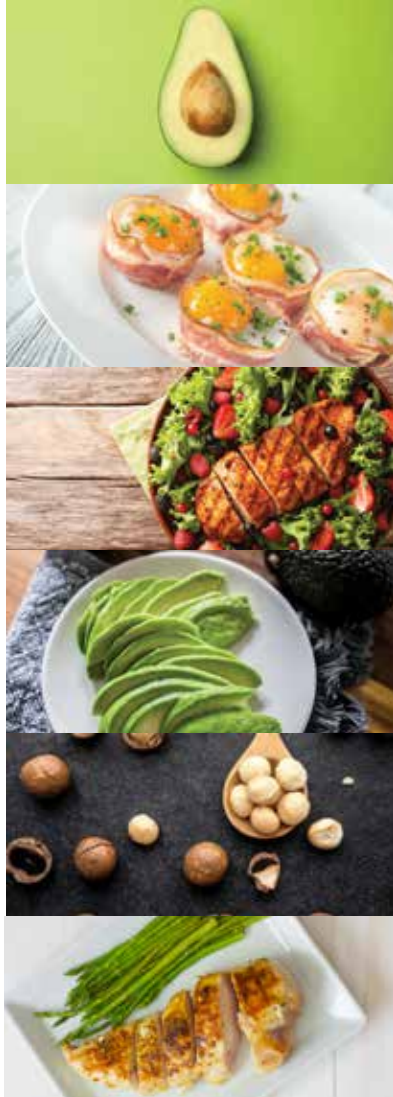


MEAL THREE

Sheet Pan Chicken & Asparagus



Shopping list and ingredients



FRUITS

- 150g avocado
- 1 cup strawberries
- 1 1/2 tbsp lemon juice

VEGETABLES

- 1 cup broccoli
- 1 garlic clove
- 1/4 cup mini potatoes
- 1/4 bunch asparagus

BREAD, FISH, MEAT, CHEESE

- 2 slices organic bacon
- 10 oz chicken breast

COLD

- 3 eggs

CONDIMENTS AND OILS

- 1 1/2 tsp extra virgin olive oil

SEEDS/NUTS/SPICES:

- 1/8 tsp dried rosemary
- 1/4 tsp parsley (dried or fresh)
- Sea salt and black pepper



Egg Bacon Cups

1 SERVING 5 MINUTES



INGREDIENTS

3 Eggs
2 slices Organic Bacon, Cooked

NUTRITION

AMOUNT PER SERVING

Calories	303	Protein	25g
Fat	21g	Cholesterol	575mg
Carbs	1g	Sodium	568mg
Fiber	0g	Calcium	86mg
Sugar	1g	Iron	3mg

DIRECTIONS

- 01 Whisk eggs in a bowl and add seasonings as desired (salt, pepper, Italian seasoning or chives). Set aside.
- 02 Cook bacon per directions on package or to liking. Crumble into pieces.
- 03 In muffin tins lined with parchment paper, add the crumbled bacon pieces evenly between cups. Pour the eggs over top. Bake at 350 degrees until the center is set, about 15-20 minutes. Let cool completely. Can be stored up to 4 days in the refrigerator or 1 week frozen.



Avocado

1 SERVING 5 MINUTES



INGREDIENTS

3 1/2 ozs Avocado (100 grams)

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	160	Protein	2g
Fat	15g	Cholesterol	0mg
Carbs	9g	Sodium	0mg
Fiber	7g	Calcium	0mg
Sugar	0g	Iron	0mg



Chicken with Broccoli & Strawberries

1 SERVING 15 MINUTES



INGREDIENTS

6 ozs Chicken Breast
 1 cup Broccoli (chopped)
 1 cup Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	280	Protein	42g
Fat	5g	Cholesterol	124mg
Carbs	17g	Sodium	108mg
Fiber	5g	Calcium	74mg
Sugar	9g	Iron	2mg

DIRECTIONS

- 01 Bake or grill chicken until internal temperature reaches 165 degrees.
- 02 Steam Broccoli and season with herbs and spices as you like! Consider Cajun (paprika, garlic, onion powder), Italian (oregano, sage, rosemary, basil) or Mexican flavors (cumin, chipotle, chili powder).
- 03 Serve chicken with sides and enjoy!



Sliced Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/3 Avocado (50 grams)

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	107	Protein	1g
Fat	10g	Cholesterol	0mg
Carbs	6g	Sodium	5mg
Fiber	4g	Calcium	8mg
Sugar	0g	Iron	0mg



Macadamia Nuts

1 SERVING 2 MINUTES



INGREDIENTS

1/3 cup Macadamia Nuts

DIRECTIONS

01 Portion into a cup and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	321	Protein	4g
Fat	34g	Cholesterol	0mg
Carbs	6g	Sodium	2mg
Fiber	4g	Calcium	38mg
Sugar	2g	Iron	2mg



Sheet Pan Chicken & Asparagus

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
 1 1/2 tsps Lemon Juice
 1 minced Garlic Clove
 1/4 tsp Parsley (dried or fresh)
 1/8 tsp Dried Rosemary
 1/8 tsp Sea Salt & Black Pepper
 1/4 cup Mini Potatoes (sliced in half)
 4 oz Chicken Breast (sliced in half lengthwise)
 1/4 bunch Asparagus

- 01 Preheat oven to 425 F. In a small bowl, mix olive oil, lemon juice, garlic, parsley, and rosemary together.
- 02 Add baby potatoes and chicken to a parchment-lined baking sheet and toss with lemon mixture. Bake for 15 minutes.
- 03 Meanwhile, trim ends of asparagus. When chicken and potatoes come out at the 15-minute mark, add asparagus to the pan and bake for 8-10 minutes until tender. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Protein	31g
Carbs	8g
Fiber	1g
Fat	19g



FASTER WAY[®]

If you want to turn your body into a pro fat burner and join the over 210,000 people we have helped burn fat, build lean muscle, and live their best, healthiest lives ... join us!

We will pair you with a certified professional in the cutting-edge FASTER Way to Fat Loss[®] program. You'll also get incredible support and accountability through our online community. You won't be alone on this journey! Click below to join us for our next round today!

[REGISTER NOW](#)

