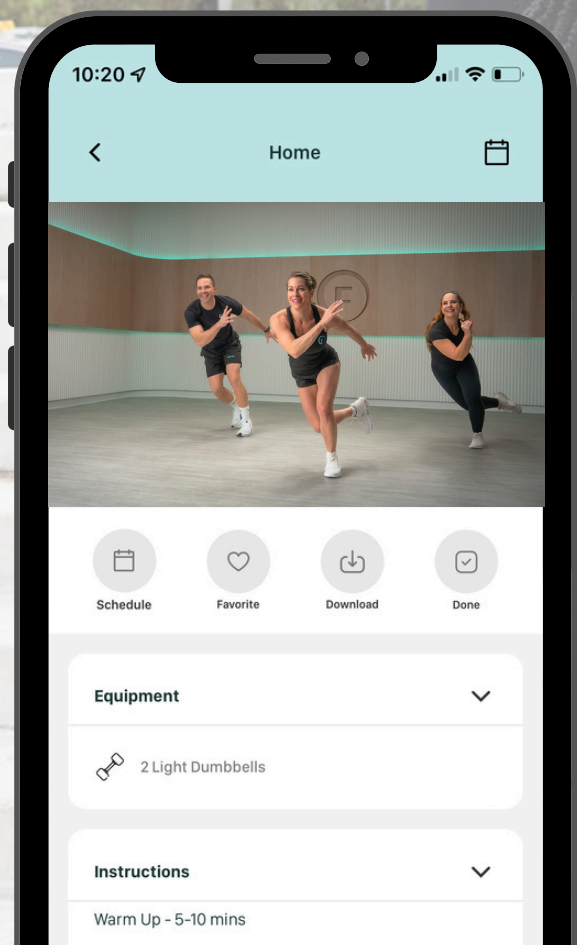


FASTER WAY

T O F A T L O S S [®]

NEW CLIENT PROGRAM GUIDE



Program Guide

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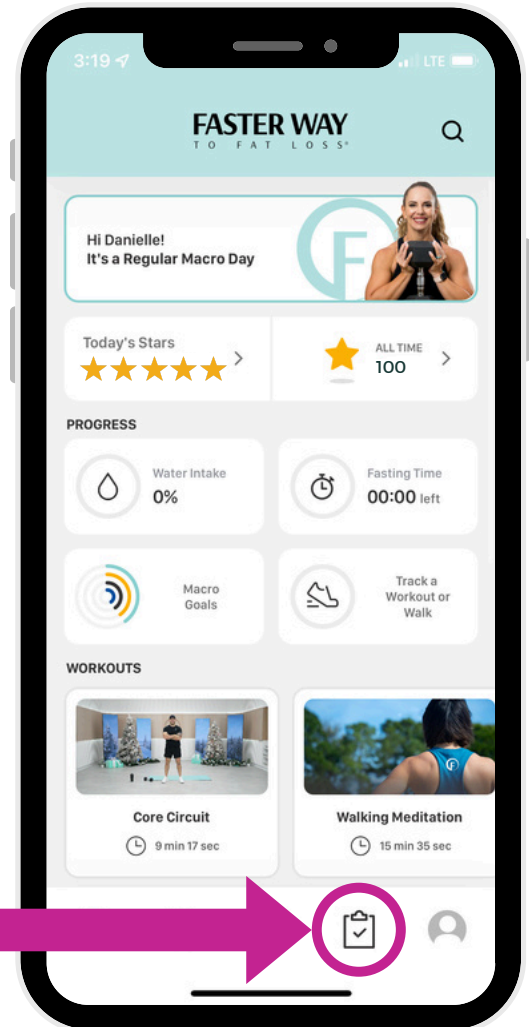
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FASTER WAY

T O F A T L O S S[®]

Hello, friend!

Congratulations on making an exciting investment in your health! We are THRILLED to have you in the FASTER Way to Fat Loss Program.

Included in this New Client Program Guide, you will see information regarding the FASTER Way Fundamentals – five science-backed nutrition and fitness strategies that make the FASTER Way the most effective fat loss program on the market. You will also see a roadmap with details summarizing each week of the New Client 6-Week Program, tips to thrive through the FASTER Way, and your first two weeks of meal plans. We trust you will find this guide helpful as you begin your journey with the FASTER Way community.

In the FASTER Way to Fat Loss program you will also receive:

- Access to our FASTER Way App to help keep you accountable and motivated
- Daily workouts with our incredible cast of Pro Trainers
- Weekly meal guides with healthy (and most importantly, DELICIOUS) meals designed by our Registered Dietitians
- Support and all the tools you need to reach your goals

...and so much more!

Through the FASTER Way to Fat Loss, you will practice a healthy, sustainable lifestyle that will allow you to confidently thrive through your day and fulfill your purpose with energy.

That's the FASTER Way.

We couldn't be more grateful to have you in the program and cannot wait to see you succeed!

XO

Amanda Tress

Founder and CEO



Program Communication and Delivery

As a FASTER Way Client, you can look forward to weekly education, daily support, and community connection.

Here's how!



EDUCATION

You'll be equipped to make healthy lifestyle changes through our world-class fat loss curriculum! Find priceless information on the WHY behind our strategies, priority action items, and top tips for success in the following three ways:

1. Weekly Sunday emails detailing priorities for the upcoming week.
2. Regular texts and emails from our team and your coach to keep you accountable and engaged.
3. Comprehensive training content for convenient learning categorized by week (found in the "resources" section of the mobile or desktop app).



CONNECTION

When you join the FASTER Way, you're welcomed into our family. You now have a built-in support system to champion your goals!

1. Community forum where you can interact with fellow group members for an additional layer of accountability and encouragement each day. We elevate by uplifting others!
2. Your coach will also be available via email, text and video meetings. There's no question too small - your coach's mission is to help YOU thrive!

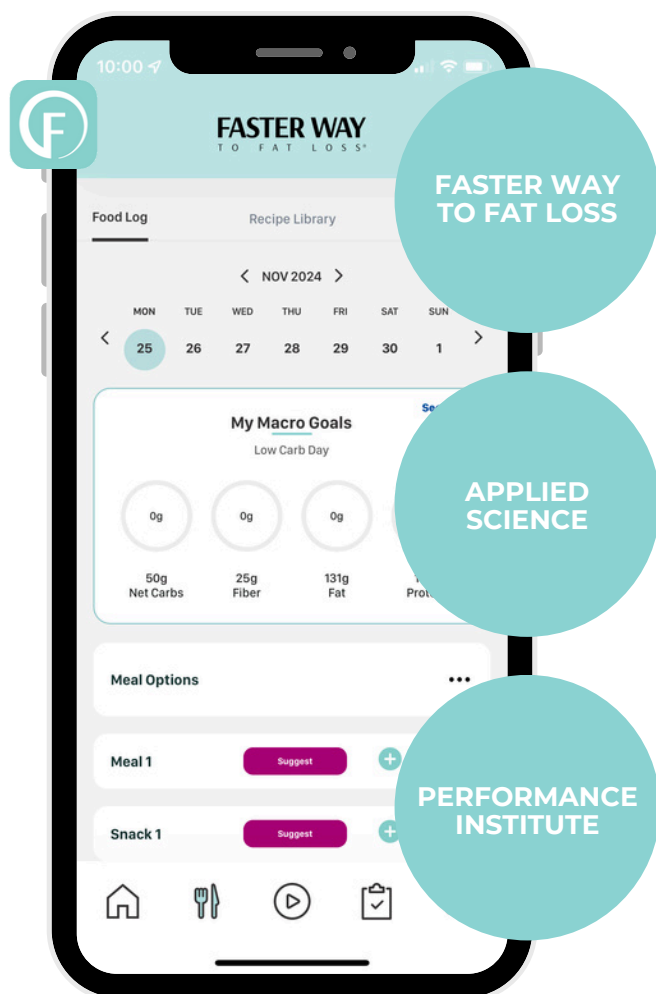


Unlock Real Results with Clinical Proof!

At FASTER Way, we take your fitness journey to the next level by providing you with a program that's not only effective but also backed by clinical evidence.

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials.

This means that our program is clinically proven to burn fat and build muscle. Our commitment to your success goes beyond words – it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations. **So, get ready to experience the difference that clinical proof can make on your fitness journey!**



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SCIENTIFICALLY
PROVEN THIS
APP WORKS!

ASPI
LABS

EARN STARS IN THE APP!

Stars in the App: Your Motivation and Accountability Boosters!

Every day in our program, you have the fantastic opportunity to earn stars in the app and keep your motivation sky-high! Here's how you can collect them:

- **Workout Wonder:** Complete a workout and earn a shining star.
- **Fasting Tracker:** Use the fasting timer daily to snag a star.
- **Hydration Hero:** Log at least 55 oz of water and add another star to your collection.
- **Nutrition Navigator:** Log 3 or more meals in your food log to earn a star. Our AI Nutrition Feature makes it super easy!
- **Walking Warrior:** Log a 20 minute or longer walk and a star is yours!

Start accumulating these stars as a fun way to stay consistent and motivated throughout your FASTER Way journey. Watch your progress grow with each star you earn!

NEW! Track Your Meals with Ease Using AI Nutrition



AI MEAL TRACKING

Hitting your macro goals is a key part of your success in the FASTER Way. That's why we've introduced AI Nutrition, our latest app feature that makes food tracking simple, fast, and stress-free. In addition to logging meals manually, you can now:

- Snap a photo of your meal, and AI will identify the foods and estimate your macros.
- Speak into your phone to instantly log your foods and serving sizes.

To get started, tap "Add Food" in the app, select Photo Logging or Voice Logging, review the results, and confirm.

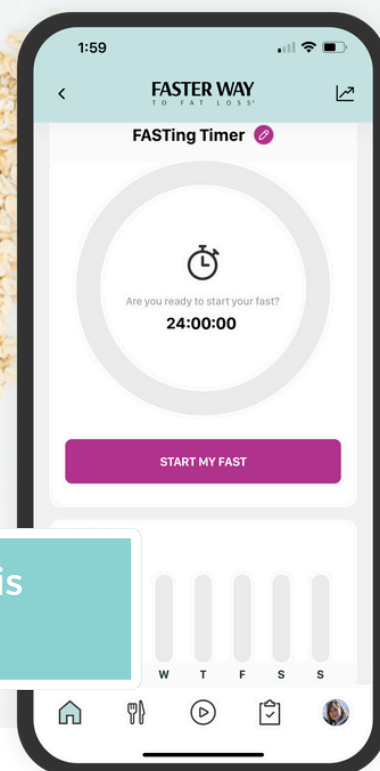
Pro Tip: For meals with multiple ingredients—like a smoothie—take photos of each item before blending for the most accurate tracking.

It's a quick and effortless way to stay on track with your nutrition, so you can focus on feeling amazing, hitting your goals, and thriving every day.

***Stars feature available
on mobile app only**

FASTer Way to Fat Loss Fundamental #1: Intermittent Fasting

One of the core components of the FASTer Way to Fat Loss is intermittent fasting.



What Is Intermittent Fasting?

Intermittent fasting is not a diet. It's simply an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it difficult to burn fat. However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

While eating several small meals per day can lead to weight loss (calorie deficits always do – at least initially), you will likely lose both muscle and fat. When you lose calorie-burning muscle, you lower metabolic rate and make it harder for your body to burn fat and lose weight. That's why intermittent fasting is such an effective fat loss strategy!



In the FASTer Way to Fat Loss App, you will utilize the intermittent Fasting Timer on a daily basis!

How to Get Started

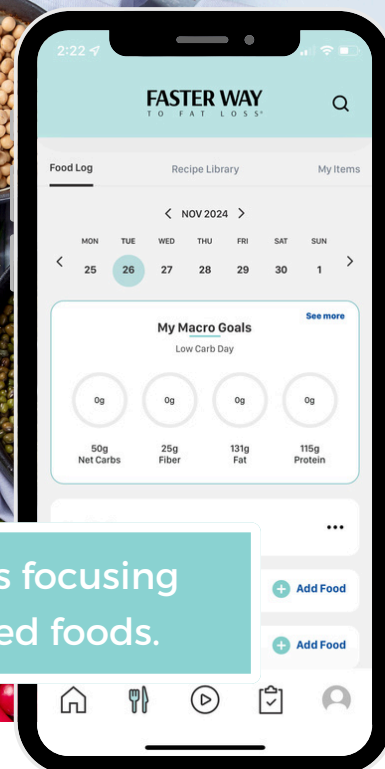
Choose one day this week to skip breakfast – don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10 a.m., then keep moving it back until you've reached a 16-hour fasting window.

Implementing this strategy (which will become a habit over time) is a key aspect of your success in the FASTer Way lifestyle. We make it as simple as possible by providing a fasting timer within the FASTer Way to Fat Loss App.

FASTer Way to Fat Loss Fundamental #2: Whole Food Nutrition

Another important element of the FASTer Way to Fat Loss is focusing on whole food nutrition and therefore eliminating processed foods.



What Are Whole Foods?

In the FASTer Way, we define whole foods as foods that either come from the ground or have a mother. Meat, vegetables, fish, fruits, and plant-based proteins are all whole foods. Focusing on whole food nutrition eliminates processed foods including those with gluten, dairy, and added sugars (things that cause inflammation and zap you of all your energy) from your diet.

Why Whole Foods Matter

Inflammation causes things like brain fog, headaches, lethargy, achy joints and muscles, bloating, digestive and gut issues, and so much more. When you focus on whole foods and rid your body of inflammation, you allow it to function as it was intended. You'll be more focused and have more energy to work out, burn fat, play with your kids, knock out your to-do list, run your business, be a badass CEO... whatever your thing is, starting with a whole food diet as a foundation will position you to THRIVE.

As part of this program, you will receive a Regular and Vegan Meal Guide each week with healthy, delicious meals designed by our Registered Dietitians. You'll find the first two weeks of sample meal plans at the end of this guide. Enjoy them! We know you'll find new favorites quickly.

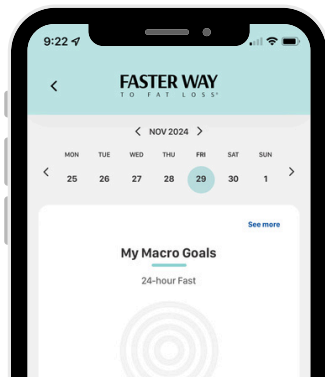


In the FASTer Way to Fat Loss App, you will utilize the meal guide on a daily basis! You'll also find the meal guide for Prep Week and Week 2 of the program in this New Client Program Guide.

FASTER Way to Fat Loss Fundamental #3: Macronutrients



In the FASTER Way to Fat Loss App, you will log your FASTER Way meals and track your macros on a daily basis!



A third element of your success in the FASTER Way to Fat Loss will be tracking macronutrients. In the FASTER Way, we track macros versus counting calories.



You may not be sure what “macros” are or why they should matter to you. Eating the proper macros for you is a powerful strategy to help you leverage better nutrition for better results, and it’s a key component of the FASTER Way lifestyle.

So, What Are Macros?

Macronutrients (macros) are the molecules our bodies need to function. They are broken down into three basic categories: carbohydrates, protein, and fats. We use these as energy to help us break down nutrients, repair damaged cells, grow new cells, and more.

How Do Macros Work?

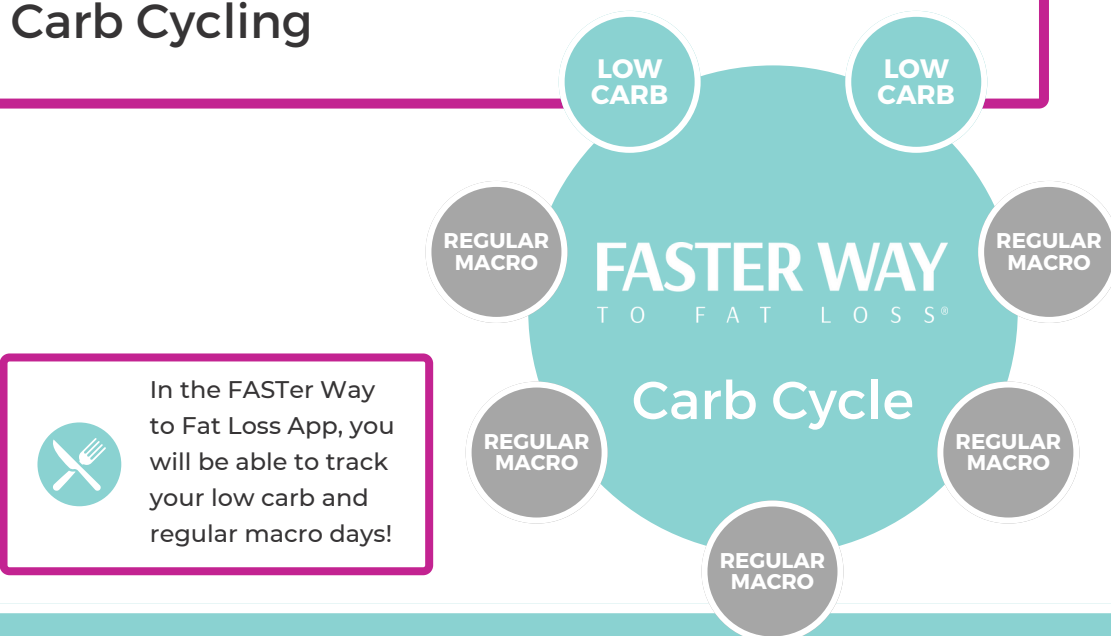
The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

We’ve all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That’s where macros come in. Each gram of protein and carbohydrates is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories.

If you’ve been counting calories, shifting to a macros-based approach is a major nutritional upgrade that results in a leaner, fitter, healthier body – and FOOD FREEDOM!

For more information on macros, download our macro cheat sheets to help you identify the different macros in your favorite foods.

FASTer Way to Fat Loss Fundamental #4: Carb Cycling



In the FASTer Way to Fat Loss we leverage a strategy called Carb Cycling.

Carb Cycling is a winning strategy because it's simple to do and gives big results WITHOUT depressing metabolism or compromising nutrient intake. In other words, carb cycling is an easy, healthy way to burn fat and lose weight!

Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is then stored as glycogen in the muscles. Glycogen is used for fuel because it's quick energy. But when there's no glycogen in the body to use for fuel, it has to use something else, and that something is FAT!

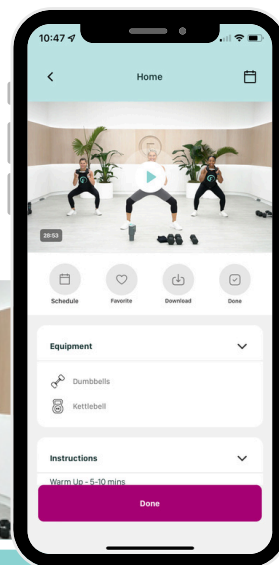
When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start to using stored fat to fuel your body.

Pretty simple, right?

When you practice carb cycling, you leverage carb depletion strategies to burn fat in the most effective way possible.

The final element that makes the FASTer Way to Fat Loss the most effective program on the market is our daily workouts.

FASTER Way to Fat Loss Fundamental #5: Strategic Workouts



By strategically pairing our workouts with carb cycling, intermittent fasting, whole food nutrition, and macro tracking, the FASTer Way will turn your body into a fat-burning machine!

At FASTer Way, we strategically pair our science-backed food cycle with effective 30-minute workouts. We provide new workouts to our community every day, 365 days a year.

On low carb days, we focus on HIIT workouts. HIIT stands for High-Intensity Interval Training. It's a type of exercise performed in short bursts, or intervals, at high intensity to increase your heart rate. HIIT is an anaerobic type of exercise that, on its own, has several benefits, including increased fat metabolism, increased muscle strength, cellular repair, and much more. By pairing HIIT workouts with low carb days, we deplete your glycogen (stored carbs that have been turned to glucose to be used as energy). By depleting your glycogen stores, your body is forced to burn fat for fuel.

We also implement strength training to help you build muscle (which also helps burn fat). We pair these workouts with regular macro days to make sure you're giving your body the fuel it needs to crush your strength training workouts! We also include active recovery days because REST is critical, too! Rest in the right dosage propels results and enhances your overall wellness.

Foundations Workouts

If you're a beginner, returning from injury, or even easing back into exercise postpartum or otherwise, don't miss our Foundations workouts! These workouts will equip you with the skills and confidence needed for long-term fitness success. Designed with comprehensive cues, modifications, and a manageable pace perfect for beginners or for a reminder on form. Find them in your daily workout carousel.



In the FASTer Way to Fat Loss App, you will access the daily workouts easily and conveniently!

See below for your roadmap through the first 6 weeks of your FASTER Way to Fat Loss journey.

Prep Week – Intermittent Fasting, Whole Food Nutrition, and Water Intake

Action Items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Complete the workouts
- Embrace progress, not perfection

Week 2 – Macro Tracking and Carb Cycling

Action Items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log and AI Nutrition feature to track your meals from the FASTER Way Meal Guides
- Complete the workouts

Week 3 – Daily Workouts with the Nutrition Cycle

Action Items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts

Week 4 – Prepare for your 24-Hour Fast

Action Items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Complete your first 24-Hour Fast

Week 5 – Implement the FASTER Way

Action Items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts

Week 6 – Transition to VIP

Action Items:

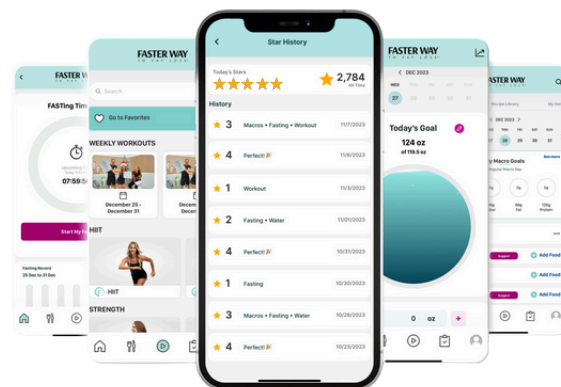
- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Transition to VIP

TIPS TO THRIVE THROUGH THE 6 WEEKS

Now that you have a better understanding of the program, here are a few tips to get you started:

Download the FASTER Way App! With this app, we make it easy for you to record your fasts, access your workouts and meal guides, and so much more. The FASTER Way App has everything you need to thrive through the program!

When you first open the app, you'll be asked to enter your information. Follow the prompts to set up your baselines. We'll share tutorial videos in the coming days and weeks to show you how to get the most out of the app and make it work for you!



Take your measurements and before photos (bust, biceps, butt, waist, hips, thighs, calves) so you can chart your results later.



Weigh yourself today, then ditch the scale! Bury the scale in your closet, and don't step on it again until after six weeks. You are not permitted to step on the scale through the first six weeks of the FASTER Way to Fat Loss. Non compliance could cause removal from the program. The scale shows weight loss, not FAT loss. We focus on the latter. The scale also can't measure overall health and fitness, and it definitely can't measure the gains in energy and confidence we KNOW you will enjoy!



Check in daily with your FASTER Way Certified Coach. Tell them how your workouts are going. Interact with our community forum on Facebook. There's additional accountability there, and constant reminders that you are NOT alone, and whatever your goal is ... you've got this! We require that you check in. We are passionate about your success and it's important to us that we hear from you on a consistent basis.



Trust the process. At the FASTER Way, we value progress over perfection. We have helped over 502,700 clients burn fat, gain confidence, and feel more energized. If you follow the meal plan, do the workouts, fast intermittently ... in short, if you follow the FASTER Way – you WILL enjoy these same benefits and live your best, healthiest life!

WHAT YOUR FASTER WAY JOURNEY WILL LOOK LIKE

Week 1: Prepare

Ease into the FASTER Way lifestyle with simple action items that lay the foundation for success.

Week 3 + 4: Progress

Experience the array of benefits that protocols such as Intermittent Fasting, Macro Tracking, and Carb Cycling offer you.

Weeks 7+ 8: Transition

Graduate from your first six weeks as you're welcomed into our all-inclusive VIP Membership.

Month 6: New Possibilities

Sail toward your goals and even surpass them - you're in awe of the new you and the possibilities that lie ahead.



Weeks 2 + 3: Practice (and Proclaim!)

Implement our fundamental strategies under the guidance of your coach and the app. Share your love for the FASTER Way with others!

Weeks 5 + 6: Precision

Master the tools for fat loss and hone in on transformational results.

Week 12: Transformation

Achieve wow-factor results and love what you see when you look in the mirror.

Month 12: Your Healthiest Self The new you is confident, healthy, and bursting with the energy to fulfill your purpose.

TIPS AND TRICKS FOR FOLLOWING THE MEAL GUIDE



1. Any proteins like meat or fish on Low Carb Day can be interchanged with proteins in the same box on that respective day. For example, if a recipe calls for salmon, but you prefer ground beef, substitute for the same ounces. Note: Wild-caught salmon has a similar fat content as 85/15 ground beef.
2. Fat options are interchangeable. If you don't like cashew butter but like peanut butter, feel free to change these. Do you prefer to cook with olive oil instead of avocado oil? Substitute this 1:1.
3. Starchy carbohydrates, like potatoes and rice, are easy to batch cook. While you may not want to eat rice multiple days in a row, it is easy to cook a big pot, cool it and freeze for later in the week. The same applies to baked potatoes and sweet potatoes. Cook off a few at once in the oven or instant pot. They can keep in the refrigerator for up to 4 days.
4. Non-starchy vegetables, like the ones listed in the “carbohydrate options for low carb days above” are easily interchangeable and substituted. They are very similar in macronutrients and can be swapped 1:1.
5. All grains like oats, rice, and cream of rice are dry unless otherwise indicated. Any item marked with an * requires a recipe which is posted within this guide.
6. All protein measurements in recipes are raw unless otherwise specified. If you choose to measure your protein once it's cooked, 4 oz of raw protein is approximately 3.3 ounces of cooked protein.
7. Serving sizes should be used as a guideline and you may need more or less depending on if you are male or female and your customized macros.


USE THE FOLLOWING OPTIONS TO CUSTOMIZE YOUR PLATE

The following chart can be used to help you make substitutions for foods that suit your specific taste preferences.


PROTEIN OPTIONS FOR LOW CARB DAYS:	PROTEIN OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> • Ground Beef • Pork Chop • Rack Ribs • Boston Butt or Pork Shoulder Roast Ribeye or NY Strip Steak • Burger Patty • Salmon, Mahi Mahi, Tuna • Eggs • 2-6 pieces Bacon • 3-5 oz. Dark or Light Meat Poultry, skin on 	<ul style="list-style-type: none"> • Lean Ground Turkey • Chicken Breast OR Tenderloin, skin removed • Pork Tenderloin • Center Cut Pork Chop, boneless Tuna, canned light • Cod or Flounder • Barramundi or Haddock • Lean Chicken Sausage • Shrimp • Egg Whites
CARBOHYDRATE OPTIONS FOR LOW CARB DAYS:	CARBOHYDRATE OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> • 2-4 c. Leafy greens (Kale, Collards, Spinach, Lettuces, Chard) • 203 c. Broccoli or Cauliflower • 1-2 c. Green Beans or Haricot Verts 1-2 c. Asparagus • 1 c. Zucchini or Yellow Squash ½ - 1 c. Brussels Sprouts • 6-8 Baby Carrots 	<ul style="list-style-type: none"> • ½ - 1 ½ c. Rice, cooked, any kind 150g (1 medium) White Potato = Sweet Potato • ½ - 1 c. Quinoa, cooked • 1 c. Edamame, shelled • ½ - 1.5 c. Beans, any kind • 1 c. of Blueberries = 1 c. Strawberries; 1 Banana = 1 Pear
FAT OPTIONS:	EACH DAY REACH FOR 25 GRAMS OF FIBER
<ul style="list-style-type: none"> • 1 oz. Nuts and Nut Butters, natural • ½ Avocado • 1 oz. Olives (Green, Black, Kalamata) • 2 tbsp. Oils (Olive, Avocado, Coconut) • 1 oz. Seeds (Sunflower, Pumpkin, Chia, Flax) 	

NEW CLIENT Q&A FREQUENTLY ASKED QUESTIONS


What equipment do I need for the workouts?

 Our at-home workouts can be done with minimal equipment like dumbbells, resistance bands, and stability balls. Our FASTER Way shop has equipment options that you will see our trainers using in workouts, along with apparel and other items to support you on your journey. The gym workouts include equipment often found at most gyms!


What supplements do I need and how and when do I use them?

 At FASTER Way, we prioritize real food for fuel, requiring only dedication, effort, and a positive mindset. While our program centers on this principle, we recognize the benefits of supplements like probiotics, FASTER Way protein, collagen, creatine, and BCAAs to optimize results. Explore our top-tier supplement line to fill nutritional gaps or boost your progress.


When/how do I get my custom macros?

 Your custom macros are established once you input your individual details into the app. Rest assured, your personalized journey begins right there. Additionally, your coach is available to review your macros with you, ensuring they align with your goals and preferences. Be sure to watch the Macro Training Tutorial in your App to ensure your macros are set correctly.

What foods aren't allowed?


 On our program, we focus on abundance rather than restriction. While we enjoy a wide variety of whole foods, there are a few exclusions. We steer clear of dairy, gluten, processed food and processed sugar, to promote optimal health and well-being.

What can I have during a fast?


 Feel free to enjoy anything under 50 calories without fiber or sugar, sweetened with stevia or monk fruit. This includes beverages like black coffee, herbal tea, and water. For an added boost, consider incorporating FASTER Way BCAAs, which can support your goals while keeping your fast intact.

NEW CLIENT Q&A FREQUENTLY ASKED QUESTIONS CONTINUED


Is the meal guide specific to my macro goals?

 The meal guide is designed to support you in reaching your macro goals but may require adjustments to align perfectly with your targets. You'll learn to use it as a base, modifying serving sizes or incorporating snacks as necessary to match your unique macros.


When do I eat my first meal?

 You'll typically delay your first meal until your fasting window of around 16 hours has closed, but remember, flexibility is key. Adjust your meal timing based on what feels best for your body, your specific situation, and what fits with your schedule.


Will I have to do my workout during my fast?

 The best time to work out is the time that works best for you! You can do your workouts anytime as they are all conveniently located in the client app.


What counts towards my water goal?

 Simply put, when we talk about water intake, we mean plain water — no additives or flavorings. Use the water tracker in the app to meet your daily water goal with ease and make proper hydration a habit!

Can I have alcohol?

 For optimal results, we suggest avoiding alcohol as it can disrupt your body's fat-burning process by diverting focus towards processing alcohol instead. Minimizing alcohol intake helps maximize fat-burning potential and boosts overall progress on the program.

How do I know whether the Foundations workout is right for me?

 The Foundations track is ideal if you're new to exercise or returning after time away. We introduce essential movements in a safe, supportive format, and then build on that base with progressive challenges to prepare you for the regular FASTER Way workouts. If the Standard Workouts feel too advanced right now, Foundations Workouts are your strategic first step. Not sure where to begin? Your FASTER Way Coach will help you identify the right starting point and guide you through each phase of your progression.

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
PREP WEEK

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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.

PLEASE NOTE: All PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

IMPORTANT: Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving. Keep in mind that in the FASTER Way APP recipes reflect 1 serving because it is only tracking one person's macros.

FASTER WAY
T O F A T L O S S ®



MON



MEAL ONE
3 Eggs your Way with Bacon, Mixed Berries



MEAL TWO
Cobb Salad



MEAL THREE
Bourbon Chicken



SNACK
Macadamia Nuts with Raspberries

TUE



MEAL ONE
3 Eggs your Way with Bacon



MEAL TWO
Cobb Salad



MEAL THREE
Burger in a Bowl



SNACK
FASTer Way Chunky Monkey Protein Smoothie

WED



MEAL ONE
Vanilla & Berry Overnight Oats



MEAL TWO
Ground Beef, Asparagus & Mashed Sweet Potatoes



MEAL THREE
Chicken with Broccoli & Jasmine Rice



SNACK
Nut Butter Stuffed Dates

THU



MEAL ONE
Vanilla & Berry Overnight Oats, Sliced Almonds



MEAL TWO
Chicken with Broccoli & Jasmine Rice, Apple



MEAL THREE
Turkey & Quinoa Zucchini Boats



SNACK
Banana with Cinnamon & Almond Butter

FRI



MEAL ONE
Scrambled Eggs with Peppers & Kale, Cinnamon & Banana Oatmeal



MEAL TWO
Turkey & Quinoa Zucchini Boats, Apple



MEAL THREE
Honey Sesame Chicken with Peas & Quinoa



SNACK
FASTer Way Tropical Fruit Protein Smoothie

SAT



MEAL ONE
Sweet Potato Egg Bake, Turkey Bacon



MEAL TWO
Honey Sesame Chicken with Peas & Quinoa



MEAL THREE
Turkey Tacos, Cilantro Lime Rice



SNACK
Nut Butter Stuffed Dates

SUN



MEAL ONE
Sweet Potato Egg Bake, Turkey Bacon



MEAL TWO
Turkey Tacos, Cilantro Lime Rice



MEAL THREE
One Pan Teriyaki Chicken, Mixed Berries



SNACK
Banana with Cinnamon & Almond Butter

FRUITS

- 2 Apples
- 1 3/4 Avocados
- 4 3/4 Bananas
- 1/4 cup Blueberries
- 2/3 Lemon
- 1/4 Lime
- 1 1/2 tsps Orange Zest
- 3/4 cup Raspberries

SEEDS, NUTS & SPICES

- 2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/3 tsp Cinnamon
- 3/4 tsp Dried Oregano
- 1/8 tsp Garlic Powder
- 3/4 tsp Ground Coriander
- 2 1/4 tsps Ground Cumin
- 1 tbsp Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/3 cup Macadamia Nuts
- 1/2 tsp Masala Chai Spice
- 3 tbsps Peanut Butter (no Added Sugar Or Oil)
- 1 1/8 tsps Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 3/4 tsp Sesame Seeds

FROZEN

- 1 Brown Rice Tortilla
- 1 cup Frozen Cauliflower Rice
- 1/2 cup Frozen Edamame
- 1/3 cup Frozen Spinach
- 1 cup Frozen Strawberries
- 1 cup Frozen Tropical Fruit

VEGETABLES

- 1 1/2 cups Asparagus
- 1/2 cup Baby Carrots
- 1/2 cup Bean Sprouts
- 4 cups Broccoli
- 1 cup Brussels Sprouts
- 1/2 Carrot
- 4 cups Coleslaw Mix
- 2 3/4 tsps Fresh Ginger
- 4 Garlic Cloves
- 3 cups Green Beans
- 1 Green Bell Pepper
- 4 stalks Green Onion
- 5 Heirloom Carrots
- 1/16 head Lettuce
- 2 1/4 tsps Parsley
- 1 stalk Scallion
- 1/2 Spaghetti Squash
- 2/3 cup Spinach
- 1 1/4 Sweet Potatoes
- 1/4 Tomato
- 1 Yellow Bell Pepper
- 2 1/4 Yellow Onions
- 3/4 Zucchini

BOXED & CANNED

- 1 tbsp Chicken Broth
- 1 cup Jasmine Rice

BAKING

- 1 tbsp Coconut Sugar
- 2 Pitted Medjool Dates
- 1 1/2 cups Rolled Oats
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 4 2/3 slices Bacon
- 2 1/2 lbs Chicken Breast
- 1 1/2 ozs Chicken Breast, Cooked
- 4 Corn Tortillas
- 8 ozs Extra Lean Ground Beef (93/7)
- 1 1/8 lbs Extra Lean Ground Turkey (93/7)
- 2 ozs Mozzarella Cheese
- 5 ozs Salmon Fillet
- 5 slices Turkey Bacon
- 2 2/3 ozs Turkey Sausage

CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 2 tsps Coconut Oil
- 3 2/3 tbsps Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 tbsp Miso Paste
- 3/4 tsp Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 1/2 tsp Sesame Oil
- 1/3 cup Tamari
- 3/4 cup Tomato Sauce

COLD

- 12 Egg(s)
- 1 tbsp Orange Juice
- 7 1/4 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconutmilk Yogurt
- 1 tbsp Vegan Parmesan Cheese

OTHER

- 2 Barbecue Skewers
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 scoop Faster Way Chocolate Protein Powder
- 4 scoops Faster Way Unflavored Collagen
- 3 3/4 scoops Faster Way Vanilla Protein Powder



3 Eggs your Way with Bacon



1 SERVING



5 MINUTES

Calories - 303 Fat - 21g Carbs - 1g Fiber - 0g Sugar - 1g Protein - 25g
Cholesterol - 575mg Sodium - 568mg Vitamin C - 0mg Vitamin D - 123IU
Magnesium - 23mg Zinc - 2mg

INGREDIENTS

- 3 Egg(s)
- 2 slices Bacon



INSTRUCTIONS

- Cook eggs to your desire.
- Cook bacon per directions on package or to liking.
- Serve and enjoy!



Mixed Berries



1 SERVING



5 MINUTES

Calories - 109 Fat - 1g Carbs - 25g Fiber - 11g Sugar - 13g Protein - 3g
Cholesterol - 0mg Sodium - 3mg Vitamin C - 116mg Vitamin D - 0IU
Magnesium - 47mg Zinc - 1mg

INGREDIENTS

- ½ cup Blackberries (72 grams)
- 1 cup Strawberries (176 grams)
- ½ cup Raspberries (60 grams)



INSTRUCTIONS

- Wash berries and serve as a side dish.



Cobb Salad



1 SERVING



25 MINUTES

Calories - 513 Fat - 33g Carbs - 17g Fiber - 6g Sugar - 7g Protein - 40g
Cholesterol - 287mg Sodium - 385mg Vitamin C - 28mg Vitamin D - 47IU
Magnesium - 98mg Zinc - 3mg

INGREDIENTS

- 1 Egg(s)
- 1 slice Bacon
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- ½ tsp Dijon Mustard
- 8 leaves Romaine
- 4 ozs Chicken Breast (boneless, skinless)
- ½ Cucumber (150 grams)
- 2 stalks Green Onion



INSTRUCTIONS

- Prep note: Chop the romaine lettuce. Slice the cucumber. Chop the green onion and use the green parts only.
- Bake or grill chicken until internal temperature reaches 165 degrees. Once cooled, chop the chicken breast.
- Place the egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- To a jar add the oil, lemon juice, and mustard. Shake to combine.
- To serve, lay down the Romaine Lettuce top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!
- Note: For four servings follow these measurements - 4 Eggs, 4 slices Bacon, ¼ cup Extra Virgin Olive Oil, ½ cup Lemon Juice, 2 tsps Dijon Mustard, 32 leaves Romaine, 1 lb Chicken Breast, 2 Cucumber (600 grams), 8 stalks Green Onion



Bourbon Chicken



1 SERVING



40 MINUTES

Calories - 423 Fat - 12g Carbs - 22g Fiber - 4g Sugar - 14g Protein - 46g
Cholesterol - 124mg Sodium - 631mg Vitamin C - 131mg Vitamin D - 2IU
Magnesium - 77mg Zinc - 2mg

INGREDIENTS

- 1 tbsp Coconut Aminos
- 1 tbsp Bourbon (or apple cider vinegar)
- 1 tbsp Coconut Sugar
- 1 ½ tps Rice Vinegar
- ¼ tsp Fresh Ginger
- ½ Garlic Clove
- 1 ½ cups Broccoli
- 6 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Chicken Broth (low-sodium)
- 1 stalk Scallion
- 1 ½ tps Coconut Oil
- ⅛ tsp Sea Salt (to taste)
- ⅛ tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Peel and grate the fresh ginger. Mince the garlic. Cut the chicken into bite size pieces. Cut the broccoli into florets. Slice the scallion.
- Mix together coconut aminos, bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- Top with sliced scallions.
- Note: For four servings follow these measurements - ¼ cup Coconut Aminos, ¼ cup Bourbon (or apple cider vinegar), ¼ cup Coconut Sugar, 2 tbsps Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 ½ lbs Chicken Breast (boneless, skinless), ¼ cup Chicken Broth (low-sodium), 4 stalks Scallion, 2 tbsp Coconut Oil, ¼ tsp Sea Salt (to taste), ¼ tsp Black Pepper (to taste)



Macadamia Nuts with Raspberries



1 SERVING



2 MINUTES

Calories - 353 Fat - 34g Carbs - 14g Fiber - 8g Sugar - 5g Protein - 4g
Cholesterol - 0mg Sodium - 3mg Vitamin C - 17mg Vitamin D - 0IU
Magnesium - 72mg Zinc - 1mg

INGREDIENTS

- $\frac{1}{3}$ cup Macadamia Nuts (42 grams)
- $\frac{1}{2}$ cup Raspberries (60 grams)

INSTRUCTIONS

- Enjoy!





Burger in a Bowl



1 SERVING



20 MINUTES

Calories - 543 Fat - 39g Carbs - 10g Fiber - 4g Sugar - 4g Protein - 36g
Cholesterol - 121mg Sodium - 845mg Vitamin C - 20mg Vitamin D - 5IU
Magnesium - 60mg Zinc - 9mg

INGREDIENTS

- 6 oz Lean Ground Beef (93/7)
- 2 cups Romaine
- ½ cups Cherry Tomatoes
- ¼ cup Dill Pickles
- 2 tbsp Red Onion
- 2 tbsp Mayonnaise (made with Olive or Avocado Oil)
- 1 ½ tsp Ketchup (no Corn Syrup or Artificial Sugar)
- 1 ½ tsps Dill Pickle Juice
- 1 ½ tsps Red Onion



INSTRUCTIONS

- In a medium skillet, cook ground beef until cooked throughout over medium to high heat.
- Chop romaine lettuce and add to bowl. Top with half of the pickles, ¼ cup of chopped red onion, and cherry tomatoes.
- In a small bowl, whisk together mayo, ketchup, pickle juice, 1 ½ tsp diced onions, and remaining diced pickle chip until smooth.
- Add cooked ground beef to bowl. Top with sauce and serve.
- Note: For four servings follow these measurements - 1 ½ lbs Lean Ground Beef (93/7), 8 cups Romaine (chopped), 2 cups Cherry Tomatoes, 1 cup Dill Pickles, ½ cup Red Onion, ½ cup Mayonnaise (Made with olive or avocado oil), 2 tsps Ketchup (No corn syrup or artificial sugar), 2 tbsp cup Dill Pickle Juice, 2 tsps Red Onion



FASTer Way Chunky Monkey Protein Smoothie



1 SERVING



5 MINUTES

Calories - 364 Fat - 19g Carbs - 16g Fiber - 6g Sugar - 6g Protein - 26g
Cholesterol - 3mg Sodium - 302mg Vitamin C - 8mg Vitamin D - 101IU
Magnesium - 66mg Zinc - 1mg

INGREDIENTS

- ¼ Avocado (36 grams)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Peanut Butter (no added sugar or oil) (16 grams)
- ¼ Banana (25 grams without peel)
- 1 scoop FASTer Way Chocolate Protein Powder
- 1 scoop FASTer Way Unflavored Collagen



INSTRUCTIONS

- Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!
- Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.



Vanilla & Berry Overnight Oats



1 SERVING



8 HOURS

Calories - 391 Fat - 15g Carbs - 41g Fiber - 10g Sugar - 6g Protein - 25g
Cholesterol - 2mg Sodium - 266mg Vitamin C - 12mg Vitamin D - 10IU
Magnesium - 127mg Zinc - 2mg

INGREDIENTS

- ½ cup Rolled Oats (40 grams)
- 1 cup Unsweetened Almond Milk
- ½ tsp Vanilla Extract
- ¾ scoop Faster Way Vanilla Protein Powder
- ¼ cup Raspberries (30 grams)
- ¼ Blueberries (48 grams)
- 1 tbsp Almond Butter (no added sugar or oil) (16 grams)



INSTRUCTIONS

- Mix the oats, vanilla extract and milk in a container. Place in the fridge for 8 hours, or overnight.
- Before eating top with raspberries, blueberries and almond butter. Enjoy!



Ground Beef, Asparagus & Mashed Sweet Potatoes



1 SERVING



30 MINUTES

Calories - 309 Fat - 12g Carbs - 25g Fiber - 6g Sugar - 6g Protein - 27g
Cholesterol - 74mg Sodium - 426mg Vitamin C - 10mg Vitamin D - 3IU
Magnesium - 65mg Zinc - 6mg

INGREDIENTS

- $\frac{3}{4}$ Sweet Potato (100 grams)
- 8 Asparagus Spears (96 grams)
- $\frac{1}{8}$ tsp Sea Salt (divided)
- 4 ozs Lean Ground Beef (93/7)



INSTRUCTIONS

- Prep note: Peel and chop the sweet potato. Trim the woody ends of the asparagus and cut in half.
- Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- Add half the salt to the sweet potatoes and mash until creamy.
- In a large pan over medium heat, cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- Place mashed sweet potato, asparagus and beef onto a plate or into a container. Enjoy!
- Note: For four servings follow these measurements - 3 Sweet Potato (100 grams), 32 Asparagus Spears (384 grams), $\frac{1}{2}$ tsp Sea Salt (divided), 1 lb Lean Ground Beef (93/7)



Chicken with Broccoli & Jasmine Rice



1 SERVING



15 MINUTES

Calories - 428 **Fat** - 6g **Carbs** - 44g **Fiber** - 3g **Sugar** - 2g **Protein** - 50g
Cholesterol - 144mg **Sodium** - 119mg **Vitamin C** - 81mg **Vitamin D** - 2IU
Magnesium - 74mg **Zinc** - 2mg

INGREDIENTS

- 7 ozs Chicken Breast (boneless, skinless)
- 1 cup Broccoli (70 grams)
- ¼ cup Jasmine Rice (35 grams, dry)



INSTRUCTIONS

- Season the chicken as you like with dry seasoning. Consider Cajun (paprika, garlic, onion powder), Italian (oregano, sage, rosemary, basil) or Mexican flavors (cumin, chipotle, chili powder).
- Grill or bake chicken until the internal temperature is 165°F (74°C).
- Steam broccoli and cook rice according to package directions.
- Serve cooked chicken with steamed broccoli and rice. Enjoy!
- Note: For four servings follow these measurements - 1 ¾ lbs Chicken Breast (boneless, skinless), 4 cups Broccoli (280 grams), 1 cup Jasmine Rice (140 grams, dry)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

Nut Butter Stuffed Dates



1 SERVING



5 MINUTES

Calories - 396 Fat - 18g Carbs - 60g Fiber - 8g Sugar - 49g Protein - 8g
Cholesterol - 0mg Sodium - 3mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 89mg Zinc - 1mg

INGREDIENTS

- 3 Pitted Medjool Dates (72 grams)
- 2 tbsps Almond Butter (no added sugar or oil) (32 grams)



INSTRUCTIONS

- Spoon an even amount of nut butter into the center of each date. Enjoy!



Sliced Almonds



1 SERVING



1 MINUTE

Calories - 105 Fat - 9g Carbs - 4g Fiber - 2g Sugar - 1g Protein - 4g
Cholesterol - 0mg Sodium - 0mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 0mg Zinc - 0mg

INGREDIENTS

- 2 tbsps Sliced Almonds (8.7 grams)



INSTRUCTIONS

- Add on top of your dish and enjoy!



Apple



1 SERVING



2 MINUTES

Calories - 95 Fat - 0g Carbs - 25g Fiber - 4g Sugar - 19g Protein - 0g
Cholesterol - 0mg Sodium - 2mg Vitamin C - 8mg Vitamin D - 0IU
Magnesium - 9mg Zinc - 0mg

INGREDIENTS

- 1 Apple (105 grams)



INSTRUCTIONS

- Slice into wedges, or enjoy whole.



Turkey & Quinoa Zucchini Boats



1 SERVING



45 MINUTES

Calories - 374 Fat - 17g Carbs - 30g Fiber - 6g Sugar - 9g Protein - 29g
Cholesterol - 84mg Sodium - 1533mg Vitamin C - 74mg Vitamin D - 16IU
Magnesium - 124mg Zinc - 4mg

INGREDIENTS

- 2 tbsps Quinoa (dry)
- ¼ cup Water
- 1 Zucchini (196 grams)
- ¾ tsp Extra Virgin Olive Oil
- ¼ Yellow Onion (37 grams)
- 4 ozs Lean Ground Turkey (93/7)
- ¼ Red Bell Pepper (30 grams)
- 2 tbsps Frozen Corn
- ⅛ tsp Black Pepper
- ½ tsp Sea Salt (divided)
- ¾ tsp Tamari
- 1 ½ tps Almond Flour
- ⅓ tsp Nutritional Yeast



INSTRUCTIONS

- Prep note: Dice the yellow onion and red bell pepper.
- Preheat oven to 350°F (177°C).
- Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside. Note: 2 tbsp dry quinoa is about 1/3 cup cooked quinoa.
- Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- Remove from oven and let cool for 5 to 10 minutes before serving.
- Note: For four servings follow these measurements - ½ cup Quinoa (dry), 1 cup Water, 4 Zucchini (196 grams each), 1 tbsp Extra Virgin Olive Oil, 1 Yellow Onion (148 grams), 1 lb Lean Ground Turkey (93/7), 1 Red Bell Pepper (120 grams), ½ cup Frozen Corn, ½ tsp Black Pepper, 2 tps Sea Salt (divided), 1 tbsp Tamari, 2 tbsps Almond Flour, 1 ½ tps Nutritional Yeast
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Banana with Cinnamon & Almond Butter



1 SERVING



2 MINUTES

Calories - 204 **Fat** - 9g **Carbs** - 30g **Fiber** - 5g **Sugar** - 15g **Protein** - 5g
Cholesterol - 0mg **Sodium** - 297mg **Vitamin C** - 10mg **Vitamin D** - 0IU
Magnesium - 77mg **Zinc** - 1mg

INGREDIENTS

- 1 Banana (100 grams peeled)
- 1 tbsp Almond Butter (no added sugar or oil) (16 grams)
- $\frac{1}{8}$ tsp Sea Salt
- $\frac{1}{8}$ tsp Cinnamon

INSTRUCTIONS

- Slice banana
- Spread some almond butter on top of each banana slice
- Sprinkle with cinnamon and sea salt





Scrambled Eggs with Peppers & Kale



1 SERVING



15 MINUTES

Calories - 268 Fat - 18g Carbs - 6g Fiber - 2g Sugar - 3g Protein - 20g
Cholesterol - 558mg Sodium - 374mg Vitamin C - 96mg Vitamin D - 123IU
Magnesium - 32mg Zinc - 2mg

INGREDIENTS

- $\frac{3}{4}$ tsp Extra Virgin Olive Oil
- $\frac{1}{2}$ Red Bell Pepper
- 1 cup Kale
- 3 Egg(s)
- $\frac{1}{16}$ tsp Sea Salt (to taste)
- $\frac{1}{16}$ tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Slice the bell pepper. Chop the kale.
- Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and sauté until softened, about 5 to 7 minutes.
- While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- Plate and enjoy!



Cinnamon & Banana Oatmeal



1 SERVING



15 MINUTES

Calories - 288 **Fat** - 6g **Carbs** - 56g **Fiber** - 8g **Sugar** - 15g **Protein** - 8g
Cholesterol - 0mg **Sodium** - 164mg **Vitamin C** - 10mg **Vitamin D** - 10IU
Magnesium - 105mg **Zinc** - 2mg

INGREDIENTS

- 1 cup Unsweetened Almond Milk
- ½ cup Rolled Oats
- ⅛ tsp Cinnamon
- 1 Banana (100 grams without peel)



INSTRUCTIONS

- In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- Stir in the cinnamon. Add a splash of water or more milk if needed for desired consistency.
- Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Honey Sesame Chicken with Peas & Quinoa



1 SERVING



20 MINUTES

Calories - 352 Fat - 8g Carbs - 35g Fiber - 6g Sugar - 12g Protein - 34g
Cholesterol - 83mg Sodium - 894mg Vitamin C - 8mg Vitamin D - 1IU
Magnesium - 107mg Zinc - 2mg

INGREDIENTS

- 1 ½ tsps Chicken Broth
- 2 ¼ tsps Tamari
- ¼ tsp Sesame Oil
- ⅓ tsp Coconut Oil
- 1 ½ tsps Honey
- 4 ozs Chicken Breast (boneless, skinless)
- 2 tsps Quinoa (dry)
- ⅓ cup Frozen Peas
- ¾ tsp Sesame Seeds
- ¼ tsp Red Pepper Flakes



INSTRUCTIONS

- Prep note: Dice the chicken into cubes. Thaw the peas.
- In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and sauté for about 5 minutes. Add the tamari-based sauce and the honey. Sauté for another 5 minutes or until the chicken is cooked through.
- While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside. Note: 2 tbsp dry quinoa is about ½ cup cooked quinoa.
- Warm the green peas.
- Plate the chicken, green peas and quinoa. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!
- Note: For four servings follow these measurements - 2 tsps Chicken Broth, 3 tsps Tamari, 1 tsp Sesame Oil, 1 ½ tsps Coconut Oil, 2 tsps Honey, 1 lb Chicken Breast (boneless, Skinless), ½ cup Quinoa (dry), 1 ½ cups Water, 2 cups Frozen Peas, 1 tbsp Sesame Seeds, 1 tsp Red Pepper Flakes
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



FASTer Way Tropical Fruit Protein Smoothie



1 SERVING



5 MINUTES

Calories - 232 Fat - 4g Carbs - 18g Fiber - 1g Sugar - 0g Protein - 22g
Cholesterol - 3mg Sodium - 296mg Vitamin C - 0mg Vitamin D - 101IU
Magnesium - 17mg Zinc - 0mg

INGREDIENTS

- 1 cup Frozen Tropical Fruit (148 grams)
- 1 cup Unsweetened Almond Milk
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen



INSTRUCTIONS

- Prep note: Tropical fruit variety should consist of pineapple, mango and banana.
- Add all ingredients to a blender until smooth and enjoy!
- Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.



Sweet Potato Egg Bake



1 SERVING



45 MINUTES

Calories - 175 **Fat** - 9g **Carbs** - 7g **Fiber** - 1g **Sugar** - 2g **Protein** - 15g
Cholesterol - 217mg **Sodium** - 380mg **Vitamin C** - 4mg **Vitamin D** - 41IU
Magnesium - 30mg **Zinc** - 2mg

INGREDIENTS

- ¼ Sweet Potato (50 grams)
- 1 Egg(s)
- 1 ½ ozs Turkey Sausage
- ½ Slice Bacon
- ½ cup Spinach



INSTRUCTIONS

- Prep note: Soften the sweet potato in the microwave. Peel and shred the sweet potato.
- Preheat the oven at 350°F (177°C).
- Cook and chop the turkey sausage.
- Cook (almost all the way) and piece apart the bacon.
- Whisk the egg.
- Combine everything. Place in a greased pan or muffin tins and bake for 30 min at 350°F (177°C). This recipe makes about 2 muffins (1 serving). Enjoy!
- Note: Feel free to make a whole batch (12 servings) and freeze for later use! -3 Sweet Potato, 12 Eggs, 1 lb Turkey Sausage, 4 slices Bacon, 4 cups Spinach
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Turkey Bacon



1 SERVING

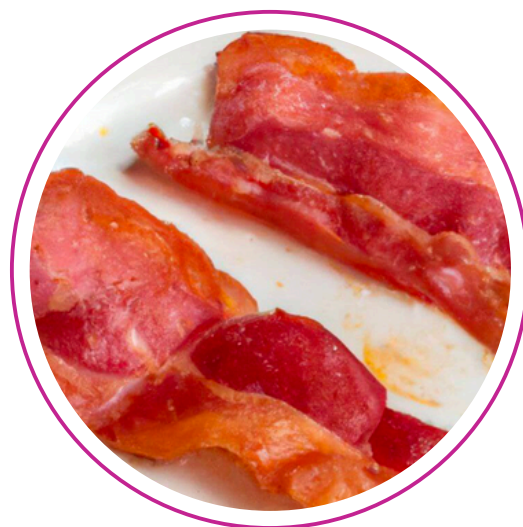


5 MINUTES

Calories - 90 Fat - 4g Carbs - 0g Fiber - 0g Sugar - 0g Protein - 12g
Cholesterol - 20mg Sodium - 270mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 0mg Zinc - 0mg

INGREDIENTS

- 2 slices Turkey Bacon



INSTRUCTIONS

- Add turkey bacon to skillet
- Cook on medium to high heat for 2-3 minutes each side
- Let cool and enjoy!



Turkey Tacos



1 SERVING



25 MINUTES

Calories - 441 **Fat** - 19g **Carbs** - 31g **Fiber** - 3g **Sugar** - 0g **Protein** - 35g
Cholesterol - 125mg **Sodium** - 734mg **Vitamin C** - 10mg **Vitamin D** - 24IU
Magnesium - 44mg **Zinc** - 4mg

INGREDIENTS

- 2 Soft Corn Tortillas
- $\frac{3}{4}$ tsp Avocado Oil
- 6 ozs Lean Ground Turkey (93/7)
- $\frac{1}{4}$ tsp Onion Powder
- $\frac{1}{4}$ tsp Garlic Powder
- $\frac{1}{4}$ tsp Sea Salt
- $\frac{1}{4}$ tsp Ground Cumin
- $\frac{1}{4}$ head Green Lettuce (41 grams)
- $\frac{1}{2}$ Tomato (66 grams)



INSTRUCTIONS

- Prep note: Finely chop the green lettuce. Dice the tomato.
- Heat a large skillet over medium heat. Add the avocado oil and the turkey, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the turkey is cooked through, remove from heat.
- Heat a second skillet over low heat. Place the tortillas in the skillet and heat for a 1-2 minutes on each side.
- Add the ground turkey, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.
- Note: Feel free to top your tacos with salsa or hot sauce.
- Note: For four servings follow these measurements - 8 Soft Corn Tortillas, 1 tbsp Avocado Oil, 1 $\frac{1}{2}$ lbs Lean Ground Turkey (93/7), 1 tsp Onion Powder, 1 tsp Garlic Powder, 1 tsp Sea Salt, 1 tsp Ground Cumin, 1 head Green Lettuce (163 grams), 2 Tomato (246 grams)



Cilantro Lime Rice



1 SERVING



15 MINUTES

Calories - 268 **Fat** - 18g **Carbs** - 6g **Fiber** - 2g **Sugar** - 3g **Protein** - 20g
Cholesterol - 558mg **Sodium** - 374mg **Vitamin C** - 96mg **Vitamin D** - 123IU
Magnesium - 32mg **Zinc** - 2mg

INGREDIENTS

- ¼ cup Jasmine Rice (dry)
- 1 tbsp Cilantro
- 1 tbsp Lime Juice



INSTRUCTIONS

- Prep note: Chop the cilantro.
- Cook the rice according to the package directions. Note: ¼ cup dry rice is equal to about ¾ cup cooked rice.
- Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!
- Note: For four servings follow these measurements - 1 cup Jasmine Rice (dry), ¼ cup Cilantro, 4 tbsp Lime Juice



One Pan Teriyaki Chicken



1 SERVING



40 MINUTES

Calories - 467 **Fat** - 20g **Carbs** - 45g **Fiber** - 8g **Sugar** - 27g **Protein** - 34g
Cholesterol - 82mg **Sodium** - 1137mg **Vitamin C** - 120mg **Vitamin D** - 1IU
Magnesium - 113mg **Zinc** - 2mg

INGREDIENTS

- 4 ozs Chicken Breast (boneless, skinless)
- 1 cup Broccoli (70 grams)
- 1 Carrot (61 grams)
- 1 cup Snap Peas (98 grams)
- 1 tbsp Tamari
- 1 tbsp Sesame Oil
- ¼ Navel Orange
- 1 tbsp Honey
- 1 tbsp Rice Vinegar
- 2 Garlic Clove
- 1 ½ tsps Fresh Ginger
- 1 ½ Sesame Seeds



INSTRUCTIONS

- Prep note: Chop broccoli into florets. Peel and slice the carrot on the diagonal. Juice the orange. Mince the garlic. Peel and grate the ginger.
- Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- In a small bowl, whisk together the tamari, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Plate and enjoy!
- Note: For four servings follow these measurements - 1 lb Chicken Breast (boneless, Skinless), 4 cups Broccoli (280 grams), 4 Carrot (244 grams), 4 cups Snap Peas (392 grams), ¼ cup Tamari, ¼ cup Sesame Oil, 1 Navel Orange, ¼ cup Raw Honey, ¼ cup Rice Vinegar, 8 Garlic Clove, 2 tsps Fresh Ginger, 2 tsps Sesame Seeds

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK TWO

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PLEASE NOTE: All PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

IMPORTANT: Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving. Keep in mind that in the FASTER Way APP recipes reflect 1 serving because it is only tracking one person's macros.

FASTER WAY
T O F A T L O S S ®

MON



MEAL ONE
Sausage Egg Muffins, Strawberries



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables



SNACK
FASTER Way Almond Butter Smoothie

TUE



MEAL ONE
Sausage Egg Muffins, Strawberries



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Egg Roll in a Bowl



SNACK
Almonds

WED



MEAL ONE
Cookie Dough Overnight Oats, Mixed Berries



MEAL TWO
Egg Roll in a Bowl



MEAL THREE
Teriyaki Chicken & Edamame Quinoa Bowl



SNACK
Banana with Cinnamon & Almond Butter

THU



MEAL ONE
Cookie Dough Overnight Oats, Strawberries



MEAL TWO
Teriyaki Chicken & Edamame Quinoa Bowl



MEAL THREE
Spicy Sweet Potato, Turkey & Kale Bowl



SNACK
FASTER Way Masala Chai Smoothie

FRI



MEAL ONE
Oil-Free Scrambled Egg Whites with Turkey Bacon, Banana



MEAL TWO
Spicy Sweet Potato, Turkey & Kale Bowl, Mixed Berries



MEAL THREE
Beef Bolognese with Roasted Broccoli and Spaghetti Squash



SNACK
Dates, Almond Butter

SAT



MEAL ONE
Apple Pie Protein Pancakes, Bell Pepper & Spinach Egg White Omelette



MEAL TWO
Beef Bolognese with Roasted Broccoli and Spaghetti Squash, Apple



MEAL THREE
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



SNACK
Mixed Berries with Almond Butter

SUN



MEAL ONE
Cinnamon & Banana Protein Oatmeal, Sliced Almonds



MEAL TWO
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



MEAL THREE
One Pan Beef & Broccoli, Steamed White Rice



SNACK
Banana with Cinnamon & Almond Butter

FRUITS

- 2 Apples
- 5 Bananas
- 1/2 cup Blackberries
- 1 cup Blueberries
- 3 tbsps Lemon Juice
- 1 Medjool Date
- 1 Pear
- 2 cups Raspberries
- 1/4 cup Seedless Grapes
- 3 cups Strawberries

SEEDS, NUTS & SPICES

- 3 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/4 cup Almonds
- 1 1/3 tps Black Pepper
- 1/2 tsp Cayenne Pepper
- 1 1/4 tps Chili Flakes
- 1 tbsp Chili Powder
- 2 1/2 tps Cinnamon
- 1 1/3 tbsps Dried Basil
- 1 1/2 tps Dried Parsley
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/3 tsp Ground Sage
- 2 tbsps Hemp Seeds
- 1/3 cup Macadamia Nuts
- 1 tbsp Onion Powder
- 1 tsp Oregano
- 1 1/2 tps Paprika
- 2 1/4 tbsps Peanut Butter (no Added Sugar Or Oil)
- 2 tbsps Pecans
- 1/2 tsp Poppy Seeds
- 1 1/4 tps Raw Peanuts
- 2 1/16 tps Sea Salt

FROZEN

- 3/4 cup Frozen Edamame

VEGETABLES

- 1/4 cup Baby Carrots
- 1/4 cup Bean Sprouts
- 3 cups Broccoli
- 1/3 head Cauliflower
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1 1/2 tps Cilantro
- 2 cups Coleslaw Mix
- 1 Cucumber
- 1/2 Eggplant
- 1 tsp Fresh Ginger
- 1 Garlic Clove
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 4 cups Kale
- 2 cups Mixed Greens
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 10 leaves Romaine
- 1/2 Spaghetti Squash
- 2 Sweet Potato
- 1 Tomato
- 3/4 White Onion
- 2/3 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 2 2/3 tbsps Canned Coconut Milk
- 1/4 cup Coffee
- 1/2 cup Jasmine Rice
- 1 cup Quinoa

BAKING

- 1/2 tsp Baking Powder
- 1 tbsp Cocoa Powder
- 1 3/4 tbsps Dark Chocolate Chips
- 1/2 tsp Honey
- 1/3 cup Oat Flour
- 1 Pitted Medjool Dates
- 2 tbsps Powdered Peanut Butter
- 1 1/3 cups Rolled Oats
- 3 tbsps Unsweetened Applesauce
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 3 slices Bacon
- 12 ozs Chicken Breast
- 6 ozs Chicken Sausage
- 8 ozs Chicken Thighs
- 1 lb Extra Lean Ground Beef (93/7)
- 15 ozs Extra Lean Ground Turkey (93/7)
- 4 slices Ham
- 3 ozs Rotisserie Chicken Breast
- 4 slices Salami

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Avocado Oil
- 1 2/3 tps Coconut Oil
- 1 3/4 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Honey
- 2 tps Maple Syrup
- 1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
- 2 tbsps Red Wine Vinegar
- 2 tbsps Tahini
- 2 tbsps Tamari
- 1 tbsp Teriyaki Sauce
- 1 1/16 cups Tomato Sauce

COLD

- 5 Egg(s)
- 5 3/4 cups Unsweetened Almond Milk

OTHER

- 2 scoops Faster Way Chocolate Protein Powder



Sausage Egg Muffins



1 SERVING



30 MINUTES

Calories - 337 **Fat** - 23g **Carbs** - 8g **Fiber** - 0g **Sugar** - 2g **Protein** - 24g
Cholesterol - 474mg **Sodium** - 1169mg **Vitamin C** - 0mg **Vitamin D** - 82IU
Magnesium - 24mg **Zinc** - 4mg

INGREDIENTS

- ¼ tsp Extra Virgin Olive Oil
- 3 ozs Chicken Sausage (casing removed)
- 2 Egg(s)
- ⅛ tsp Sea Salt



INSTRUCTIONS

- Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil. In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks.
- In a mixing bowl whisk the eggs together with sea salt.
- Divide the sausage mixture evenly into the muffin tins and pour the whisked eggs over. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy! 1 serving makes 2 egg muffins.
- This would be a great recipe to make a full batch to save for later (12 egg cups or 1 dozen; 1 serving = 2 muffins): 1 ½ tsp Extra Virgin Olive Oil, 1 ⅛ lbs Chicken Sausage (bulk, casing removed, or ground chicken), 12 Eggs, ⅓ tsp Sea Salt
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Strawberries



1 SERVING



5 MINUTES

Calories - 46 **Fat** - 0g **Carbs** - 11g **Fiber** - 3g **Sugar** - 7g **Protein** - 1g
Cholesterol - 0mg **Sodium** - 1mg **Vitamin C** - 85mg **Vitamin D** - 0IU
Magnesium - 19mg **Zinc** - 0mg

INGREDIENTS

- 1 cup Strawberries (176 grams)



INSTRUCTIONS

- Wash strawberries under cold water and remove the stems. Dry well. Enjoy!



Sonoma Chicken Salad



1 SERVING



20 MINUTES

Calories - 429 Fat - 31g Carbs - 14g Fiber - 4g Sugar - 8g Protein - 22g
Cholesterol - 91mg Sodium - 954mg Vitamin C - 10mg Vitamin D - 1IU
Magnesium - 30mg Zinc - 1mg

INGREDIENTS

- 3 ozs Rotisserie Chicken Breast
- 1 stalk Celery
- ¼ cup Seedless Grapes
- 2 tbsps Pecans
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise (made with avocado or olive oil)
- 1 tsp Onion Powder
- ⅛ tsp Sea Salt (to taste)
- ⅛ tsp Black Pepper (to taste)
- ½ tsp Poppy Seeds
- ½ tsp Honey
- 1 tbsp Apple Cider Vinegar
- 2 cups mMixed Greens



INSTRUCTIONS

- Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- In a medium bowl, whisk together Dijon mustard, mayo, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- Note: For four servings follow these measurements - 12 ozs Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, ½ cup Pecans, ¼ cup Dijon Mustard, ¼ cup Avocado Oil Mayo, 1 ½ tbsps Onion Powder, ¼ tsp Sea Salt (to taste), ¼ tsp Black Pepper (to taste), 2 tsps Poppy Seeds, 2 tsps Honey, ¼ cup Apple Cider Vinegar, 8 cups Mixed Greens



Meatloaf Muffins with Mashed Cauliflower



1 SERVING



30 MINUTES

Calories - 275 **Fat** - 15g **Carbs** - 8g **Fiber** - 4g **Sugar** - 4g **Protein** - 25g
Cholesterol - 73mg **Sodium** - 751mg **Vitamin C** - 43mg **Vitamin D** - 3IU
Magnesium - 37mg **Zinc** - 6mg

INGREDIENTS

- 4 ozs Lean Ground Beef (93/7)
- 1/8 Yellow Onion (18 grams)
- 1 tsp Dijon Mustard
- 1/8 tsp Ground Sage
- 1/4 tsp Sea Salt (divided)
- 3/4 cup Frozen Cauliflower (33 grams)
- 1 1/3 tbsps Canned Coconut Milk (full fat)
- 2 tps Tomato Sauce (no added sugar)



INSTRUCTIONS

- Prep note: Chop yellow onion. Shake the can of coconut milk before using.
- Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups (1 serving is approximately 2 muffins) and bake for 20 minutes or until an internal temperature of 155 degrees F.
- Meanwhile, cook cauliflower according to package instructions.
- Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth. This can be done in a food processor, a high speed blender or an immersion blender.
- When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!
- Note: For four servings follow these measurements - 1 lb Lean Ground Beef (93/7), 1/2 Yellow Onion (74 grams), 2 tbsp Dijon Mustard, 1/2 tsp Ground Sage, 1 tsp Sea Salt (divided), 3 cups Frozen Cauliflower (132 grams), 1/3 cup Canned Coconut Milk (full fat), 2 2/3 tbsps Tomato Sauce (no added sugar)



Grilled Vegetables



1 SERVING



10 MINUTES

Calories - 163 **Fat** - 10g **Carbs** - 18g **Fiber** - 7g **Sugar** - 12g **Protein** - 4g
Cholesterol - 0mg **Sodium** - 169mg **Vitamin C** - 114mg **Vitamin D** - 0IU
Magnesium - 62mg **Zinc** - 1mg

INGREDIENTS

- 1 Zucchini (196 grams)
- ½ Red Bell Pepper (60 grams)
- ¼ Eggplant
- 2 tsps Extra Virgin Olive Oil
- ⅛ tsp Sea Salt (to taste)
- ⅛ tsp Black Pepper (to taste)



INSTRUCTIONS

- Slice zucchini and eggplant about ¼-½" thick in rounds. Cut pepper in half and remove stem and seeds. Reserve half for another use. Slice half into 2 pieces.
- Gently rub vegetables with olive oil. Sprinkle with salt and pepper.
- Grill over medium heat or sauté in a pan over medium heat until tender.
- Serve as a side. Enjoy!
- Note: For four servings follow these measurements - 4 Zucchini (784 grams, sliced), 2 Red Bell Pepper (200 grams), 1 Eggplant (548 grams), ½ cup Extra Virgin Olive Oil, ¼ tsp Sea Salt (to taste), ¼ tsp Black Pepper (to taste)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



FASTer Way Almond Butter Smoothie



1 SERVING



5 MINUTES

Calories - 335 Fat - 17g Carbs - 13g Fiber - 4g Sugar - 5g Protein - 26g
Cholesterol - 3mg Sodium - 298mg Vitamin C - 3mg Vitamin D - 101IU
Magnesium - 92mg Zinc - 1mg

INGREDIENTS

- 1 ½ tbsps Almond Butter (no added sugar or oil) (24 grams)
- ¼ Banana (25 grams peeled, frozen)
- 1 cup Unsweetened Almond Milk
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen



INSTRUCTIONS

- Add all ingredients to blender until mixed. Add ice to reach desired consistency and enjoy!
- Note: Collagen is not a complete protein therefore it is not factored into the total protein of this recipe.



Egg Roll in a Bowl



1 SERVING



30 MINUTES

Calories - 525 Fat - 26g Carbs - 28g Fiber - 10g Sugar - 13g Protein - 50g
Cholesterol - 146mg Sodium - 2382mg Vitamin C - 82mg Vitamin D - 28IU
Magnesium - 86mg Zinc - 6mg

INGREDIENTS

- 1 ½ tsps Avocado Oil
- ¼ Yellow Onion (37 grams)
- 2 stalks Green Onion
- 1 Garlic Clove
- 1 tsp Fresh Ginger
- 7 ozs Extra Lean Ground Turkey (93/7)
- 2 cups Coleslaw Mix
- ¼ cup Bean Sprouts
- 2 tbsps Tamari (or coconut aminos)
- ¼ cup Baby Carrots
- ¼ cup Frozen Edamame (44 grams, shelled, thawed)



INSTRUCTIONS

- Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Grate the carrots.
- Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 ½ tbsp Fresh Ginger, 1 ¾ lbs Extra Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, ½ cup Tamari (or coconut aminos), 1 cup Baby Carrots, 1 cup Frozen Edamame (shelled, thawed)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



Almonds



1 SERVING



1 MINUTE

Calories - 207 Fat - 18g Carbs - 8g Fiber - 4g Sugar - 2g Protein - 8g
Cholesterol - 0mg Sodium - 0mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 97mg Zinc - 1mg

INGREDIENTS

- ¼ cup Almonds (37 grams)



INSTRUCTIONS

- Enjoy!



Cookie Dough Overnight Oats



1 SERVING



3 HOURS

Calories - 394 **Fat** - 10g **Carbs** - 49g **Fiber** - 9g **Sugar** - 13g **Protein** - 28g
Cholesterol - 3mg **Sodium** - 261mg **Vitamin C** - 0mg **Vitamin D** - 76IU
Magnesium - 110mg **Zinc** - 2mg

INGREDIENTS

- $\frac{3}{4}$ cup Unsweetened Almond Milk
- $\frac{1}{2}$ cup Rolled Oats (40 grams)
- 1 tbsp Chia Seeds
- 1 tsp Vanilla Extract
- $\frac{1}{2}$ tsp Ground Cinnamon
- $\frac{1}{8}$ tsp Nutmeg
- 1 scoop Faster Way Vanilla Protein Powder



INSTRUCTIONS

- Combine all the ingredients into a small mixing bowl.
- Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Teriyaki Chicken & Edamame Quinoa Bowl



1 SERVING



25 MINUTES

Calories - 368 **Fat** - 12g **Carbs** - 32g **Fiber** - 5g **Sugar** - 2g **Protein** - 33g
Cholesterol - 107mg **Sodium** - 458mg **Vitamin C** - 2mg **Vitamin D** - 1IU
Magnesium - 140mg **Zinc** - 4mg

INGREDIENTS

- ¼ cup Quinoa (42 grams, dry)
- ½ tsp Extra Virgin Olive Oil
- 4 ozs Chicken Thighs (boneless, skinless)
- ¼ cup Frozen Edamame (42 grams, shelled, thawed)
- 1 ½ tsps Teriyaki Sauce
- 1 tbsp Water
- ¾ tsp Cilantro
- ⅛ tsp Chili Flakes



INSTRUCTIONS

- Prep note: Mince the cilantro. Cook the quinoa according to package directions. In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken. Cook for three to five minutes on each side.
- Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan.
- Place the quinoa, chicken, and edamame in a bowl. Garnish with the cilantro and chili flakes. Enjoy!
- Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 tsp Extra Virgin Olive Oil, 1 lb Chicken Thighs (boneless, skinless), 1 cup Frozen Edamame (170 grams, shelled, thawed), 2 tsps Teriyaki Sauce, ¼ cup Water, 1 tbsp Cilantro, ½ tsp Chili Flakes
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Banana with Cinnamon & Almond Butter



1 SERVING



2 MINUTES

Calories - 204 **Fat** - 9g **Carbs** - 30g **Fiber** - 5g **Sugar** - 15g **Protein** - 5g
Cholesterol - 0mg **Sodium** - 297mg **Vitamin C** - 10mg **Vitamin D** - 0IU
Magnesium - 77mg **Zinc** - 1mg

INGREDIENTS

- 1 Banana (100 grams peeled)
- 1 tbsp Almond Butter (no added sugar or oil) (16 grams)
- 1/8 tsp Sea Salt
- 1/8 tsp Cinnamon

INSTRUCTIONS

- Slice banana
- Spread some almond butter on top of each banana slice
- Sprinkle with cinnamon and sea salt





Spicy Sweet Potato, Turkey & Kale Bowl



1 SERVING



25 MINUTES

Calories - 411 Fat - 21g Carbs - 33g Fiber - 8g Sugar - 7g Protein - 25g
Cholesterol - 84mg Sodium - 583mg Vitamin C - 45mg Vitamin D - 16IU
Magnesium - 80mg Zinc - 4mg

INGREDIENTS

- 1 Sweet Potato (133 grams)
- 1 ½ tsps Extra Virgin Olive Oil
- 1 ½ tsps Chili Powder
- ¼ tsp Cayenne Pepper (optional)
- ¾ tsp Coconut Oil
- ¼ White Onion (37 grams)
- 4 ozs Extra Lean Ground Turkey (93/7)
- ½ tsp Sea Salt
- ½ Black Pepper (optional)
- 2 cups Kale (134 grams)



INSTRUCTIONS

- Prep note: Dice the white onion. Finely dice the kale. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and sauté just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!
- Note: For four servings follow these measurements - 4 Sweet Potato (532 grams), 2 tsps Extra Virgin Olive Oil, 2 tsps Chili Powder, 1 tsp Cayenne Pepper(optional), 1 tbsp Coconut Oil, 1 White Onion (148 grams), 1 lb Extra Lean Ground Turkey, ½ tsp Sea Salt, ½ tsp Black Pepper (optional), 8 cups Kale (536 grams)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



FASTer Way Masala Chai Smoothie



1 SERVING



5 MINUTES

Calories - 357 Fat - 7g Carbs - 46g Fiber - 7g Sugar - 22g Protein - 24g
Cholesterol - 3mg Sodium - 351mg Vitamin C - 16mg Vitamin D - 126IU
Magnesium - 70mg Zinc - 0mg

INGREDIENTS

- 1 ¼ cups Unsweetened Almond Milk
- 1 ½ Banana (150 grams without peel, frozen)
- ¼ cup Unsweetened Coconut Milk Yogurt
- 1 scoop Faster Way Unflavored Collagen
- ½ tsp Masala Chai Spice
- 1 scoop Faster Way Vanilla Protein Powder
- Ice Cubes



INSTRUCTIONS

- Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
- Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.



Oil-Free Scrambled Egg Whites with Turkey Bacon



1 SERVING

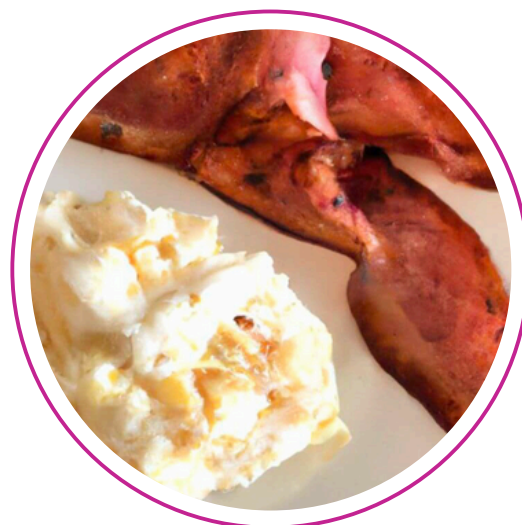


10 MINUTES

Calories - 206 **Fat** - 3g **Carbs** - 4g **Fiber** - 0g **Sugar** - 2g **Protein** - 38g
Cholesterol - 40mg **Sodium** - 803mg **Vitamin C** - 0mg **Vitamin D** - 0IU
Magnesium - 27mg **Zinc** - 0mg

INGREDIENTS

- 1 cup Egg Whites
- 2 slices Turkey Bacon



INSTRUCTIONS

- Spray a saucepan with cooking spray.
- Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes. While eggs cook, cook turkey bacon in separate pan.
- Transfer to a plate and enjoy!



Banana



1 SERVING



1 MINUTE

Calories - 105 Fat - 0g Carbs - 27g Fiber - 3g Sugar - 14g Protein - 1g
Cholesterol - 0mg Sodium - 1mg Vitamin C - 10mg Vitamin D - 0IU
Magnesium - 32mg Zinc - 0mg

INGREDIENTS

- 1 Banana (100 grams without peel)



INSTRUCTIONS

- Peel and enjoy!



Mixed Berries



1 SERVING



5 MINUTES

Calories - 109 Fat - 1g Carbs - 25g Fiber - 11g Sugar - 13g Protein - 3g
Cholesterol - 0mg Sodium - 3mg Vitamin C - 116mg Vitamin D - 0IU
Magnesium - 47mg Zinc - 1mg

INGREDIENTS

- ½ cup Blackberries (72 grams)
- 1 cup Strawberries (176 grams)
- ½ cup Raspberries (60 grams)



INSTRUCTIONS

- Wash berries and serve as a side dish.



Beef Bolognese with Roasted Broccoli & Spaghetti Squash



1 SERVING



35 MINUTES

Calories - 486 Fat - 27g Carbs - 31g Fiber - 8g Sugar - 7g Protein - 33g
Cholesterol - 92mg Sodium - 942mg Vitamin C - 143mg Vitamin D - 8IU
Magnesium - 118mg Zinc - 7mg

INGREDIENTS

- 1 ½ cups Broccoli (105 grams)
- ¼ tsp Sea Salt
- ¼ tsp Black Pepper
- 1 tsp Extra Virgin Olive Oil
- ½ tsp Garlic Powder
- ½ cup Tomato Sauce (no added sugar)
- ½ tsp Dried Basil
- ½ tsp Oregano
- ¾ tsp Dried Parsley
- 1 slice Bacon
- 4 ozs Extra Lean Ground Beef (93/7)
- ½ tsp Chili Flakes (optional garnish)
- ¼ Spaghetti Squash (174 grams)



INSTRUCTIONS

- Prep note: Cut the broccoli into florets. Dice the bacon. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in quarters as you will only need 1/4 of the squash for one serving. Remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through.
- Add broccoli florets on the baking sheet and massage with olive oil, salt & pepper. Roast in the oven for 20-25 minutes or until broccoli is tender and desired crispiness, tossing at the halfway point.
- When the spaghetti squash is done, remove from the oven and let it cool slightly. *You can always cook the entire spaghetti squash and use the rest on a later date as it fits in your macros!
- Meanwhile, heat a medium saute pan over medium heat. Add diced pancetta and cook for 3-4 minutes or until it begins to get crispy. Add ground beef and cook until browned. Season with herbs, spices, salt and pepper.
- Reduce heat to low and stir in tomato or clean marinara sauce. Simmer for 5 minutes. Note: if preparing ahead of time, skip the additional 5 minute simmer and place in a bowl to cool. Mixture can be refrigerated for 4 days or frozen for 2 weeks.
- Scoop out the spaghetti squash into noodles using a fork and add it to a plate.
- Remove broccoli from the oven, add on the side of the spaghetti squash.
- Top with bolognese sauce and optional fresh cracked pepper or chili flakes. Enjoy!
- Note: For four servings follow these measurements - 6 cups Broccoli (420 grams), 1 tsp Sea Salt, 1 tsp Black Pepper, 1 ½ tbsps Extra Virgin Olive Oil, 2 tps Garlic Powder, 1 ½ tbsps Onion Powder, 2 cups Tomato Sauce (no added sugar), 2 tps Dried Basil, 2 tps Oregano, 1 tbsp Dried Parsley, 4 slices Bacon, 1 lb Extra Lean Ground Beef (93/7), 2 tps Chili Flakes (optional garnish), 1 Spaghetti Squash (698 grams)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



Dates



1 SERVING



1 MINUTE

Calories - 200 Fat - 0g Carbs - 54g Fiber - 5g Sugar - 48g Protein - 1g
Cholesterol - 0mg Sodium - 1mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 0mg Zinc - 0mg

INGREDIENTS

- 3 Pitted Medjool Dates (72 grams total)



INSTRUCTIONS

- Enjoy!



Almond Butter



1 SERVING



1 MINUTE

Calories - 98 Fat - 9g Carbs - 3g Fiber - 2g Sugar - 1g Protein - 3g
Cholesterol - 0mg Sodium - 1mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 45mg Zinc - 1mg

INGREDIENTS

- 1 tbsp Almond Butter (no added sugar or oil)



INSTRUCTIONS

- Add to your favorite recipe!



Apple Pie Protein Pancakes



1 SERVING



25 MINUTES

Calories - 316 Fat - 5g Carbs - 42g Fiber - 5g Sugar - 12g Protein - 27g
Cholesterol - 3mg Sodium - 422mg Vitamin C - 0mg Vitamin D - 25IU
Magnesium - 10mg Zinc - 0mg

INGREDIENTS

- ⅓ cup Oat Flour
- 1 scoop Faster Way Vanilla Protein Powder
- ⅓ tsp Cinnamon
- ½ tsp Baking Powder
- 3 tbsps Unsweetened Applesauce
- ¼ cup Unsweetened Almond Milk
- 2 tsps Maple Syrup



INSTRUCTIONS

- In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, oat milk, and maple syrup.
- Heat a nonstick pan over medium-low heat. Spray with non stick spray.
- Spoon the batter into the pan in ⅓ cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- Note: For four servings follow these measurement - 1 ⅓ cup Oat Flour, 4 scoop Faster Way Vanilla Protein Powder, 1 ⅓ tsp Cinnamon, 2 tsp Baking Powder, ¾ cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 ⅔ tbsps Maple Syrup



Bell Pepper & Spinach Egg White Omelette



1 SERVING



20 MINUTES

Calories - 166 **Fat** - 5g **Carbs** - 15g **Fiber** - 3g **Sugar** - 4g **Protein** - 16g
Cholesterol - 0mg **Sodium** - 369mg **Vitamin C** - 178mg **Vitamin D** - 0IU
Magnesium - 46mg **Zinc** - 0mg

INGREDIENTS

- ½ cup Egg Whites
- ½ tsp Garlic Powder
- ⅛ tsp Sea Salt (to taste)
- ⅛ Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- ¼ cup Shallot
- ½ Orange Bell Pepper (60 grams)
- ½ cup Spinach



INSTRUCTIONS

- Prep note: Dice the shallot and orange bell pepper.
- In a bowl, whisk together the egg whites, garlic powder, salt, and pepper until frothy. Set aside.
- Heat the oil in a pan over medium heat. Add the diced shallot and bell pepper. Sauté for three to four minutes or until the veggies begin to soften.
- Add the spinach and sauté until slightly wilted.
- Add the egg whites on top and move the pan around so that the egg whites fill the pan. Reduce the heat to medium-low.
- As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over. Remove from the heat and enjoy!



Apple



1 SERVING



2 MINUTES

Calories - 95 Fat - 0g Carbs - 25g Fiber - 4g Sugar - 19g Protein - 0g
Cholesterol - 0mg Sodium - 2mg Vitamin C - 8mg Vitamin D - 0IU
Magnesium - 9mg Zinc - 0mg

INGREDIENTS

- 1 Apple (105 grams)



INSTRUCTIONS

- Slice into wedges, or enjoy whole.



Roasted Chicken, Veggies & Quinoa with Tahini Sauce



1 SERVING



30 MINUTES

Calories - 427 Fat - 14g Carbs - 41g Fiber - 7g Sugar - 2g Protein - 36g
Cholesterol - 82mg Sodium - 225mg Vitamin C - 184mg Vitamin D - 1IU
Magnesium - 153mg Zinc - 3mg

INGREDIENTS

- ¼ cup Quinoa (42 grams, dry)
- 4 ozs Chicken Breast (boneless, skinless)
- ½ Orange Bell Pepper (60 grams)
- 1 tbsp Tahini
- 1 tbsp Water
- 1 ½ tsps Lemon Juice
- ¾ tsp Paprika
- ⅛ tsp Sea Salt (to taste)
- ⅛ tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Chop the orange bell pepper. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!
- Note: For four servings follow these measurements - 1 cup Quinoa (170 grams, dry), 1 lb Chicken Breast (boneless, skinless), 2 Orange Bell Pepper (240 grams), 2 cups Cherry Tomatoes (296 grams), ¼ cup Tahini, ¼ cup Water, 2 tsps Lemon Juice, 1 tbsp Paprika, ¼ tsp Sea Salt (to taste), ¼ tsp Black Pepper (to taste)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Cinnamon & Banana Protein Oatmeal



1 SERVING



15 MINUTES

Calories - 433 Fat - 11g Carbs - 57g Fiber - 9g Sugar - 15g Protein - 31g
Cholesterol - 3mg Sodium - 300mg Vitamin C - 10mg Vitamin D - 101IU
Magnesium - 175mg Zinc - 3mg

INGREDIENTS

- 1 cup Unsweetened Almond Milk
- ½ cup Rolled Oats
- 1 scoop Faster Way Vanilla Protein Powder
- ⅛ tsp Ground Cinnamon
- 1 Banana (100 grams peeled)



INSTRUCTIONS

- In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!



Sliced Almonds



1 SERVING



1 MINUTE

Calories - 105 Fat - 9g Carbs - 4g Fiber - 2g Sugar - 1g Protein - 4g
Cholesterol - 0mg Sodium - 0mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 0mg Zinc - 0mg

INGREDIENTS

- 2 tbsps Sliced Almonds



INSTRUCTIONS

- Add on top of your dish and enjoy!



One Pan Beef & Broccoli



1 SERVING



15 MINUTES

Calories - 276 Fat - 13g Carbs - 11g Fiber - 2g Sugar - 5g Protein - 30g
Cholesterol - 77mg Sodium - 1445mg Vitamin C - 63mg Vitamin D - 8IU
Magnesium - 59mg Zinc - 5mg

INGREDIENTS

- 4 ozs Flank Steak
- 1 tbsp Tamari (divided)
- $\frac{3}{4}$ tsp Coconut Sugar (divided)
- $\frac{3}{4}$ tsp Avocado Oil (divided)
- 1 $\frac{1}{2}$ tsps Water
- $\frac{3}{4}$ tsp Fish Sauce
- $\frac{1}{4}$ tsp Arrowroot Powder
- $\frac{3}{4}$ cup Broccoli (53 grams)
- 2 $\frac{1}{2}$ Cremini Mushrooms (50 grams)
- $\frac{3}{4}$ Garlic Clove
- $\frac{1}{4}$ tsp Fresh Ginger



INSTRUCTIONS

- Add the beef, $\frac{3}{4}$ tsp of the tamari, $\frac{3}{8}$ tsp of the coconut sugar, and $\frac{1}{4}$ tsp of the oil to a large bowl. Gently toss to combine and set aside.
- Whisk the remaining tamari, remaining coconut sugar, water, fish sauce, and arrowroot powder in a small bowl. Set aside.
- Prep note: Thinly slice the flank steak going against the grain. Chop the broccoli into florets. Slice the mushrooms. Thinly slice the garlic. Mince the ginger.
- Heat a large wok or pan over medium-high heat. Add the remaining oil.
- Once hot, add the beef in a single layer and cook for two minutes, flipping once. Remove with a slotted spoon and set aside on a plate. If needed, repeat with any remaining beef.
- Add the broccoli and cook for one minute. Add the mushrooms and cook for one to two minutes, stirring often until the mushrooms are softened. Add a splash of water if needed to avoid sticking.
- Reduce the heat to medium. Add the garlic and ginger and return the beef to the pan. Add the sauce and cook for one to two minutes, until everything is well coated and the sauce has thickened. Plate and enjoy!
- Note: For four servings follow these measurements - 1 lb Flank Steak, $\frac{1}{4}$ cup Tamari (divided), 1 tbsp Coconut Sugar (divided), 1 tbsp Avocado Oil (divided), 2 tsps Water, 1 tbsp Fish Sauce, 1 tsp Arrowroot Powder, 3 cup Broccoli (212 grams), 10 Cremini Mushrooms (200 grams), 3 Garlic Cloves, 1 tsp Fresh Ginger



Steamed White Rice



1 SERVING



15 MINUTES

Calories - 160 Fat - 0g Carbs - 38g Fiber - 1g Sugar - 0g Protein - 3g
Cholesterol - 0mg Sodium - 2mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 2mg Zinc - 0mg

INGREDIENTS

- ½ cup Water
- ¼ cup Jasmine Rice (35 grams, dry)



INSTRUCTIONS

- Rinse the rice. Bring water to a boil in a medium saucepan. Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer. Enjoy! Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)
- **TIME SAVING TIP - Cook Once, Eat Twice:** Double this recipe. Use half on Saturday, half on Sunday.



FASTER WAY

T O F A T L O S S [®]

We trust you enjoyed this New Client Program Guide

We know this guide contains a lot of information. If you feel overwhelmed or anxious, don't worry! That's perfectly normal when starting something new. If you have any questions or concerns, feel free to reach out to your coach. We will be here for you every step of the way, and we will guide you through the program and set you up to succeed for the next six weeks, and beyond!

It is truly our honor and privilege to work with you. Thank you for investing in yourself, for taking the initiative in your health and fitness journey, and for being a part of our FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

But most of all, we can't wait to watch you THRIVE!

LET'S DO THIS!!

XO

Amanda Tress

Founder and CEO

