

# LEAN FORWARD

## 90-DAY WEIGHT LOSS AND FITNESS PROGRAM

Here's an expanded 90-day weight loss and fitness program, structured in 3 phases, with progressions every 3 weeks. Each phase increases intensity, variety, and complexity to keep the group motivated and progressing.

Phase 1 (Weeks 1-3): Foundation Building

Focus: Developing baseline fitness, mastering form, and building consistency.

Day 1: Cardio and Core

- Warm-Up: Treadmill brisk walk or light jog (5 minutes).
- Main Workout:
  - a. Cardio Intervals (8 minutes):
    - Treadmill or bike: 1 min moderate pace, 30 sec sprint, repeat.
  - b. Core Circuit (12 minutes, 2 rounds):
    - Plank (20-30 seconds).
    - Russian twists (10 each side).
    - Bicycle crunches (20 reps).
    - Mountain climbers (20 reps).
- Cool-Down: Core and leg stretches.

Day 2: Strength Training

- Warm-Up: Bodyweight squats, arm circles (5 minutes).
- Main Workout:
  - Lower Body: Dumbbell goblet squats (12 reps), resistance band glute bridges (15 reps), bodyweight lunges (10 reps/leg).
  - Upper Body: Dumbbell bent-over rows (12 reps), shoulder presses (12 reps), resistance band chest press (15 reps).
- Cool-Down: Lower body stretches.

Day 3: Functional and Flexibility

- Warm-Up: Dynamic stretches, jog in place (5 minutes).
- Main Workout:
  - Functional: Medicine ball slams (10 reps), lateral resistance band steps (10 each side), dumbbell deadlifts (12 reps).
  - Flexibility: Yoga flow (Cat-Cow, Downward Dog to Cobra, seated twists).
- Cool-Down: Gentle stretching.

Phase 2 (Weeks 4-6): Strength and Endurance

Focus: Building strength and improving endurance with increased intensity and new movements.

Day 1: Cardio and Core

- Add 5-10 seconds to sprints and hold planks longer (30-45 seconds).
- Replace Russian twists with dumbbell side bends (10 each side).

Day 2: Strength Training

- Incorporate new exercises:
  - Lower Body: Weighted step-ups with dumbbells, side lunges.
  - Upper Body: Dumbbell push presses, renegade rows.

Day 3: Functional and Flexibility

- Functional: Add balance-focused exercises like single-leg dumbbell deadlifts and resistance band kicks.
- Flexibility: Introduce pigeon pose and thread-the-needle stretch.

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## 90-DAY WEIGHT LOSS AND FITNESS PROGRAM

Phase 3 (Weeks 7-9): Peak Intensity

Focus: Higher intensity intervals, increased weights, and combining strength with cardio.

Day 1: Cardio and Core

- Increase intervals to 45 seconds high-intensity, 30 seconds recovery.
- Core circuit: Add weighted planks and stability ball rollouts.

Day 2: Strength Training

- Use heavier weights for compound lifts:
  - Squats with added resistance bands.
  - Chest presses and rows using a heavier dumbbell.

Day 3: Functional and Flexibility

- Combine functional and strength:
  - Medicine ball throws and catches, weighted resistance band squats.
  - Flexibility: Add dynamic yoga flow (Sun Salutation variations).

Phase 4 (Weeks 10-12): Consolidation and Maintenance

Focus: Balancing all elements, maintaining intensity, and celebrating progress.

Day 1: Cardio and Core

- Add a challenge: Longer sprint intervals (1 min high-intensity, 30 sec recovery).
- Core: Full circuits with minimal rest.

Day 2: Strength Training

- Pyramid sets (increase, then decrease weights/reps):
  - Example: Dumbbell squats 12 reps, 10 reps heavier, 8 reps heaviest, repeat lighter.

Day 3: Functional and Flexibility

- Functional: Include partner exercises for fun and motivation.
- Flexibility: Extended yoga sessions to promote recovery.

Additional Notes:

- Adjust weights and reps based on progress and comfort.
- Incorporate group challenges (e.g., step goals or tracking workout attendance).
- Include recovery weeks with lighter intensity after each phase to avoid burnout.

# 7- DAY MEAL PLAN

MONDAY



Protein shake (unsweetened almond milk, 1 scoop protein powder, spinach, 1 tbsp almond butter, ice)



Grilled chicken breast (4 oz), roasted Brussels sprouts (8 oz), and 1 tbsp olive oil



small green apple



Baked salmon (6 oz), steamed asparagus (8 oz), and 1/4 avocado

TUESDAY



Scrambled eggs (2 whole, 2 whites) with sautéed spinach and 1 tsp coconut oil



Turkey burger patty (4 oz, no bun), mixed greens (2 cups) with balsamic vinegar dressing



Handful of fresh raspberries



Grilled shrimp (6 oz), roasted zucchini and yellow squash (8 oz), and 1 tbsp tahini

WEDNESDAY



Protein shake (unsweetened almond milk, 1 scoop protein powder, 1/2 cucumber, ice)



Grilled cod (6 oz), steamed green beans (8 oz), with lemon juice

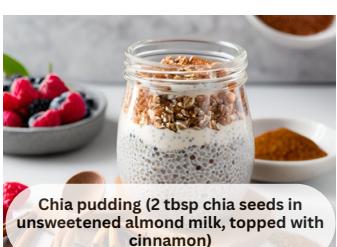


small orange



Herb-roasted chicken thighs (4 oz, skinless), sautéed mushrooms and kale (8 oz)

THURSDAY



Chia pudding (2 tbsp chia seeds in unsweetened almond milk, topped with cinnamon)



Roasted turkey breast (4 oz), grilled eggplant and bell peppers (8 oz)



1 cup strawberries



Baked cod (6 oz) with roasted broccoli and cauliflower (8 oz)

FRIDAY



Protein shake (unsweetened almond milk, 1 scoop protein powder, frozen berries, ice)



Grilled chicken breast (4 oz), steamed carrots and green beans (8 oz)



1 small pear



Grilled mahi-mahi (6 oz), sautéed spinach and mushrooms (8 oz)

SATURDAY



Chia pudding (2 tbsp chia seeds in unsweetened almond milk, topped with cinnamon and berries)



Grilled turkey breast (4 oz), steamed spinach (8 oz), and fresh lemon juice



small green apple



Grilled chicken thighs (4 oz, skinless), roasted broccoli and cauliflower (8 oz)

SUNDAY



Protein shake (unsweetened almond milk, 1 scoop protein powder, 1/2 banana, ice)



Pan chicken breast (4 oz) with roasted bell peppers and zucchini (8 oz)



Handful of fresh raspberries



Herb-roasted tilapia (6 oz), sautéed kale and mushrooms (8 oz)

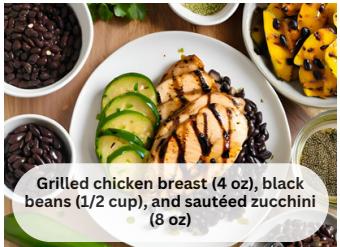
# 7- DAY MEAL PLAN

## THE LATIN AMERICAN WAY

MONDAY



Scrambled eggs with diced tomatoes and onions, 1 small corn tortilla



Grilled chicken breast (4 oz), black beans (1/2 cup), and sautéed zucchini (8 oz)



1 small mango or 1/2 cup papaya slices



Grilled tenderloin (4 oz) with roasted sweet potatoes (1/2 cup) and sautéed kale

TUESDAY



Avocado toast on 1 slice of whole-grain bread with lime and 2 boiled eggs



Roasted turkey breast (4 oz) with rice and pigeon peas (1/2 cup), and a mixed green salad



1 small handful of almonds (10 pcs)



Fish tacos with grilled white fish (6 oz) in lettuce wraps with lime and cilantro

WEDNESDAY



Protein shake (unsweetened almond milk, 1 scoop protein powder, 1/2 banana, ice)



Grilled mahi-mahi (6 oz) with steamed yuca (1/2 cup) and roasted asparagus



small orange



Chicken soup with shredded chicken (4 oz), yuca, and vegetables (carrots, celery)

THURSDAY



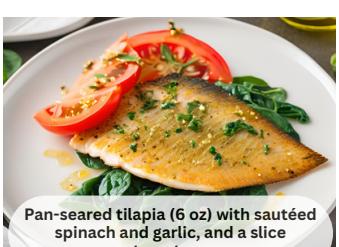
Chia pudding (2 tbsp chia seeds in coconut milk, topped with mango cubes)



Beef picadillo (lean ground beef, 4 oz) with cauliflower rice and small side salad



small green apple



Pan-seared tilapia (6 oz) with sautéed spinach and garlic, and a slice tomatoes

FRIDAY



Omelet with bell peppers and spinach, served with a slice of papaya



Baked tilapia (6 oz) with quinoa (1/2 cup) and sautéed green beans



1 cup strawberries or blueberries



Grilled steak (4 oz) with roasted peppers and onions (8 oz)

SATURDAY



Protein shake (unsweetened almond milk, 1 scoop protein powder, 1/4 cup pineapple, ice)



Herb-marinated chicken thighs (4 oz) with arroz con gandules (1/2 cup) and a cucumber salad



1 small handful of walnuts (10 pcs)



(6 oz) Shrimp ceviche with a side of cucumber slices and lime

SUNDAY



Sweet plantain slices with cottage cheese (1/2 cup)



Grilled shrimp (6 oz) with roasted plantains (1/2 cup) and a side of sautéed spinach



1 small pear or guava slices



Grilled chicken breast (4 oz) with steamed broccoli and cauliflower (8 oz)

# LEAN FORWARD

## GROCERY LIST FOR THE FIRST 7-DAY MEAL PLAN

### PROTEINS:

- Chicken breast
- Salmon fillets
- Cod fillets
- Mahi-mahi fillets
- Shrimp (peeled)
- Turkey burger patties
- Herb-roasted chicken thighs (skinless)
- Protein powder (unsweetened)
- Eggs (whole and whites)

### VEGETABLES:

- Spinach (fresh)
- Brussels sprouts
- Asparagus
- Zucchini
- Yellow squash
- Green beans
- Mushrooms
- Kale
- Broccoli
- Cauliflower
- Carrots

### FRUITS:

- Green apples
- Raspberries
- Small oranges
- Strawberries
- Frozen berries
- Bananas
- Pears

### HEALTHY FATS:

- Almond butter
- Coconut oil
- Tahini
- Olive oil
- Avocados

### PANTRY ESSENTIALS:

- Chia seeds
- Unsweetened almond milk
- Cinnamon
- Balsamic vinegar

### SUPPLEMENT RECOMMENDATIONS

- **Multivitamin:** high-quality multivitamin to cover potential micronutrient gaps.
- **Probiotics:** Support gut health through fermented foods or supplements.
- **Magnesium & Zinc:** Enhance muscle relaxation and recovery.
- **Omega-3s:** Encourage consumption of fatty fish like salmon or supplementation with fish oil.
- **Anti-Inflammatory Spices:** Incorporate turmeric, ginger, and garlic into meals.

# LEAN FORWARD

## GROCERY LIST FOR THE LATIN AMERICAN 7-DAY MEAL PLAN

### PROTEINS:

- Chicken breast
- Turkey breast
- White fish (e.g., tilapia or mahi-mahi)
- Lean ground beef
- Grilled tenderloin (beef)
- Shrimp (for ceviche)

### GRAINS &

### STARCHES:

- Corn tortillas
- Whole-grain bread
- Yuca
- Rice
- Pigeon peas
- Quinoa
- Plantains

### VEGETABLES:

- Bell peppers
- Tomatoes
- Onions
- Zucchini
- Sweet potatoes
- Kale
- Mixed greens
- Carrots
- Celery
- Green beans
- Cucumber
- Garlic

### FRUITS:

- Papaya
- Mango
- Strawberries or blueberries
- Pineapple
- Guava

### HEALTHY FATS:

- Almond butter
- Coconut oil
- Tahini
- Avocados
- Walnuts (small handful)

### PANTRY

### ESSENTIALS:

- Coconut milk
- Lime
- Cilantro
- Olive oil

### SUPPLEMENT RECOMMENDATIONS

- **Multivitamin:** high-quality multivitamin to cover potential micronutrient gaps.
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## GRILLED CHICKEN BREAST WITH ROASTED BRUSSELS SPROUTS

### Ingredients:

- 5 oz grilled chicken breast
- 8 oz Brussels sprouts
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Wash and trim the Brussels sprouts, cutting larger ones in half.
3. Toss Brussels sprouts with olive oil, salt, and black pepper in a bowl.
4. Spread the Brussels sprouts on a baking sheet and roast for 20-25 minutes, stirring halfway through, until golden brown and tender.
5. While the Brussels sprouts roast, season the chicken breast with a pinch of salt and pepper.
6. Heat a grill pan or skillet over medium-high heat and cook the chicken breast for 6-8 minutes per side or until the internal temperature reaches 165°F (75°C).
7. Plate the grilled chicken with roasted Brussels sprouts and serve immediately.

### Nutritional Breakdown (per serving):

- Calories: 320 kcal
- Protein: 42 g
- Carbohydrates: 10 g
- Fat: 12 g
- Micronutrients:
  - Vitamin C: 85 mg
  - Vitamin K: 150 mcg
  - Iron: 2 mg
  - Fiber: 5 g

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## BAKED SALMON WITH STEAMED ASPARAGUS AND AVOCADO

### Ingredients:

- 6 oz baked salmon
- 8 oz steamed asparagus
- 1/4 avocado (sliced)
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 lemon wedge



### Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Wash and trim the Brussels sprouts, cutting larger ones in half.
3. Toss Brussels sprouts with olive oil, salt, and black pepper in a bowl.
4. Spread the Brussels sprouts on a baking sheet and roast for 20-25 minutes, stirring halfway through, until golden brown and tender.
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## SCRAMBLED EGGS WITH SPINACH AND COCONUT OIL

### Ingredients:

- 2 whole eggs
- 2 egg whites
- 1 cup fresh spinach
- 1 tsp coconut oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Heat a non-stick skillet over medium heat and add the coconut oil.
2. Once the oil is melted, add the spinach and sauté for 1-2 minutes until wilted.
3. In a bowl, whisk together the eggs and egg whites with salt and black pepper.
4. Pour the egg mixture into the skillet with the spinach.
5. Stir gently with a spatula, cooking the eggs until they are softly set, about 2-3 minutes.
6. Serve hot with an optional slice of whole-grain toast or avocado on the side.

### Nutritional Breakdown (per serving):

- Calories: 180 kcal
- Protein: 15 g
- Carbohydrates: 2 g
- Fat: 12 g
- Micronutrients:
  - Vitamin A: 200 mcg
  - Vitamin D: 25 IU
  - Iron: 2 mg
  - Magnesium: 50 mg

# LEAN FORWARD

## TURKEY BURGER PATTY WITH MIXED GREENS AND BALSAMIC DRESSING

### Ingredients:

- 4 oz turkey burger patty (no bun)
- 2 cups mixed greens (spinach, arugula, lettuce)
- 1 tbsp balsamic vinegar
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Heat a grill pan or skillet over medium-high heat and cook the turkey burger patty for 4-5 minutes on each side or until the internal temperature reaches 165°F (75°C).
2. In a large bowl, toss the mixed greens with balsamic vinegar, olive oil, salt, and black pepper.
3. Plate the cooked turkey patty alongside the dressed mixed greens and serve immediately.

### Nutritional Breakdown (per serving):

- Calories: 250 kcal
- Protein: 32 g
- Carbohydrates: 5 g
- Fat: 10 g
- Micronutrients:
  - Vitamin K: 120 mcg
  - Iron: 2.5 mg
  - Potassium: 500 mg
  - Fiber: 2 g

# LEAN FORWARD

## CHIA PUDDING WITH CINNAMON AND BERRIES

### Ingredients:

- 2 tbsp chia seeds
- 1/2 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1/4 cup mixed fresh berries
  - (blueberries, raspberries, or strawberries)
- 1/2 tsp honey (optional)



### Cooking Instructions:

1. In a small bowl or jar, combine chia seeds, almond milk, and cinnamon. Stir well.
2. Cover and refrigerate for at least 4 hours or overnight until the chia seeds absorb the liquid and form a pudding-like texture.
3. Before serving, stir the chia pudding again to ensure a smooth consistency.
4. Top with fresh berries and drizzle with honey, if desired.

### Nutritional Breakdown (per serving):

- Calories: 140 kcal
- Protein: 4 g
- Carbohydrates: 10 g
- Fat: 8 g
- Micronutrients:
  - Omega-3 Fatty Acids: 2.5 g
  - Fiber: 6 g
  - Calcium: 150 mg
  - Vitamin C: 15 mg

# LEAN FORWARD

## BAKED COD WITH GREEN BEANS AND LEMON JUICE

### Ingredients:

- 6 oz cod fillet
- 1 cup steamed green beans
- 1 tbsp lemon juice
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Preheat your oven to 375°F (190°C).
2. Place the cod fillet on a baking sheet lined with parchment paper. Drizzle with olive oil, lemon juice, salt, and black pepper.
3. Bake for 10-12 minutes, or until the fish is opaque and flakes easily with a fork.
4. While the cod bakes, steam the green beans for 4-6 minutes or until tender.
5. Plate the baked cod alongside the steamed green beans and serve immediately.

### Nutritional Breakdown (per serving):

- Calories: 210 kcal
- Protein: 32 g
- Carbohydrates: 6 g
- Fat: 6 g
- Micronutrients:
  - Vitamin A: 350 IU
  - Vitamin C: 25 mg
  - Potassium: 700 mg
  - Selenium: 55 mcg

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## GRILLED SHRIMP WITH ROASTED ZUCCHINI AND YELLOW SQUASH

### Ingredients:

- 6 oz shrimp (peeled and deveined)
- 1 cup zucchini (sliced)
- 1 cup yellow squash (sliced)
- 1 tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Preheat your grill or grill pan to medium-high heat.
2. Toss the shrimp with half of the olive oil, garlic powder, paprika, salt, and black pepper.
3. In a separate bowl, toss the zucchini and yellow squash with the remaining olive oil, salt, and pepper.
4. Grill the vegetables for 3-4 minutes per side until tender and slightly charred.
5. Grill the shrimp for 2-3 minutes per side until pink and opaque.
6. Plate the shrimp with the roasted zucchini and yellow squash and serve immediately.

### Nutritional Breakdown (per serving):

- Calories: 240 kcal
- Protein: 30 g
- Carbohydrates: 8 g
- Fat: 10 g
- Micronutrients:
  - Vitamin C: 25 mg
  - Vitamin A: 400 IU
  - Iron: 3 mg
  - Magnesium: 60 mg

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## OMELET WITH BELL PEPPERS AND SPINACH

### Ingredients:

- 2 whole eggs
- 2 egg whites
- 1/2 cup bell peppers (diced, any color)
- 1 cup fresh spinach
- 1 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add the diced bell peppers and sauté for 2-3 minutes until tender.
3. Add the spinach and cook for 1-2 minutes until wilted.
4. In a bowl, whisk together the eggs and egg whites with salt and black pepper.
5. Pour the egg mixture over the vegetables in the skillet.
6. Cook for 3-4 minutes until the edges begin to set, then carefully fold the omelet in half.
7. Cook for an additional 1-2 minutes until fully set.
8. Serve hot with slice of papaya.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 190 kcal
- Protein: 15 g
- Carbohydrates: 5 g
- Fat: 12 g
- Micronutrients:
  - Vitamin A: 800 IU
  - Vitamin C: 35 mg
  - Calcium: 100 mg
  - Iron: 2.5 mg

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## BAKED TILAPIA WITH QUINOA AND GREEN BEANS

### Ingredients:

- 6 oz tilapia fillet
- 1/2 cup cooked quinoa
- 1 cup steamed green beans
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp lemon juice



### Cooking Instructions:

1. Preheat your oven to 375°F (190°C).
2. Place the tilapia on a baking sheet lined with parchment paper. Drizzle with olive oil, lemon juice, salt, and black pepper.
3. Bake for 12-15 minutes, or until the fish is opaque and flakes easily with a fork.
4. Cook the quinoa according to package instructions.
5. Steam the green beans for 4-6 minutes until tender.
6. Plate the baked tilapia with cooked quinoa and green beans. Serve immediately.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 300 kcal
- Protein: 35 g
- Carbohydrates: 22 g
- Fat: 8 g
- Micronutrients:
  - Vitamin C: 20 mg
  - Selenium: 55 mcg
  - Magnesium: 70 mg
  - Fiber: 3 g

# LEAN FORWARD

## GRILLED STEAK WITH ROASTED PEPPERS AND ONIONS

### Ingredients:

- 4 oz lean steak (sirloin or flank)
- 1 cup bell peppers (sliced, any color)
- 1 cup onions (sliced)
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Preheat your grill or grill pan to medium-high heat.
2. Toss the bell peppers and onions with olive oil, salt, and black pepper.
3. Grill the vegetables for 5-7 minutes, turning occasionally, until tender and charred.
4. Season the steak with salt and black pepper. Grill for 4-5 minutes per side or until the desired doneness is achieved.
5. Let the steak rest for 5 minutes before slicing.
6. Plate the grilled steak with the roasted peppers and onions. Serve immediately.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 340 kcal
- Protein: 38 g
- Carbohydrates: 8 g
- Fat: 17 g
- Micronutrients:
  - Vitamin C: 90 mg
  - Iron: 4 mg
  - Potassium: 800 mg
  - Fiber: 2 g

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## GRILLED MAHI-MAHI WITH SAUTÉED SPINACH AND MUSHROOMS

### Ingredients:

- 6 oz mahi-mahi fillet
- 1 cup fresh spinach
- 1/2 cup mushrooms (sliced)
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



### Cooking Instructions:

1. Preheat your grill or grill pan to medium-high heat.
2. Season the mahi-mahi with salt and black pepper. Grill for 3-4 minutes per side or until cooked through.
3. Heat the olive oil in a skillet over medium heat. Sauté the mushrooms for 2-3 minutes until tender.
4. Add the spinach to the skillet and cook for 1-2 minutes until wilted.
5. Plate the grilled mahi-mahi with the sautéed spinach and mushrooms and serve immediately.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 260 kcal
- Protein: 38 g
- Carbohydrates: 5 g
- Fat: 8 g
- Micronutrients:
  - Vitamin D: 400 IU
  - Selenium: 65 mcg
  - Iron: 2.5 mg
  - Potassium: 700 mg

# LEAN FORWARD

## PAN-SEARED TILAPIA WITH SAUTÉED SPINACH AND GARLIC

### Ingredients:

- 6 oz tilapia fillet
- 2 cups fresh spinach
- 1 clove garlic (minced)
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 lemon wedge



### Cooking Instructions:

1. Heat half of the olive oil in a non-stick skillet over medium heat.
2. Season the tilapia with salt and black pepper on both sides.
3. Cook the tilapia for 3-4 minutes per side until golden brown and cooked through. Remove and set aside.
4. In the same skillet, heat the remaining olive oil and sauté the garlic for 30 seconds.
5. Add the spinach and cook for 1-2 minutes until wilted.
6. Plate the tilapia with the sautéed spinach and squeeze a lemon wedge over the dish before serving.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 220 kcal
- Protein: 34 g
- Carbohydrates: 4 g
- Fat: 7 g
- Micronutrients:
  - Vitamin A: 1200 IU
  - Iron: 3 mg
  - Magnesium: 90 mg
  - Selenium: 55 mcg

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## BEEF PICADILLO WITH CAULIFLOWER RICE AND SIDE SALAD

### Ingredients:

- 4 oz lean ground beef
- 1/2 cup tomato sauce (low sodium)
- 1/4 cup diced onions
- 1/4 cup diced bell peppers (any color)
- 1/2 cup cauliflower rice
- 1/2 tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 cup mixed greens (for the side salad)
- 1/2 tbsp olive oil (for the salad dressing)
- 1/2 tbsp balsamic vinegar



### Cooking Instructions:

1. Heat olive oil in a skillet over medium heat. Add diced onions and bell peppers, and sauté for 2-3 minutes until softened.
2. Add the lean ground beef to the skillet and cook for 5-6 minutes, breaking it into small pieces, until browned.
3. Stir in the tomato sauce, garlic powder, cumin, salt, and black pepper. Simmer for 5-7 minutes until the flavors combine and the mixture thickens slightly.
4. In a separate skillet, heat 1/2 tbsp olive oil over medium heat. Add cauliflower rice and sauté for 3-4 minutes until tender. Season with a pinch of salt and pepper.
5. Prepare the side salad by tossing the mixed greens with olive oil and balsamic vinegar in a bowl.
6. Plate the beef picadillo alongside the cauliflower rice and serve with the side salad.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 300 kcal
- Protein: 25 g
- Carbohydrates: 10 g
- Fat: 15 g
- Micronutrients: Vitamin C: 30 mg, Iron: 4 mg, Potassium: 700 mg, Fiber: 3 g

# LEAN FORWARD

## GRILLED MAHI-MAHI WITH STEAMED YUCA AND ROASTED ASPARAGUS

### Ingredients:

- 6 oz mahi-mahi fillet
- 1/2 cup yuca (peeled and cut into chunks)
- 1 cup asparagus spears (trimmed)
- 1 tbsp olive oil (divided)
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 lemon wedge



### Cooking Instructions:

1. Prepare the Yuca:
  - a. Bring a pot of water to a boil and add the yuca chunks with a pinch of salt.
  - b. Cook for 20-25 minutes or until tender. Drain and set aside.
2. Roast the Asparagus:
  - a. Preheat your oven to 400°F (200°C).
  - b. Toss the asparagus with 1/2 tbsp olive oil, salt, and black pepper.
  - c. Spread the asparagus on a baking sheet and roast for 12-15 minutes until tender and slightly charred.
3. Grill the Mahi-Mahi:
  - a. Preheat your grill or grill pan to medium-high heat.
  - b. Season the mahi-mahi with garlic powder, salt, and black pepper.
  - c. Drizzle with the remaining 1/2 tbsp olive oil.
  - d. Grill the mahi-mahi for 3-4 minutes per side or until cooked through.
4. Plate and Serve:
  - a. Plate the grilled mahi-mahi alongside the steamed yuca and roasted asparagus.
  - b. Squeeze a lemon wedge over the fish and vegetables for added flavor.

### Nutritional Breakdown (per serving) papaya not included:

- Calories: 350 kcal
- Protein: 38 g
- Carbohydrates: 22 g
- Fat: 10 g
- Micronutrients: Vitamin C: 25 mg, Selenium: 60 mcg, Potassium: 800 mg, Fiber: 3 g

# LEAN FORWARD

## HERB-MARINATED CHICKEN THIGHS WITH ARROZ CON GANDULES AND CUCUMBER SALAD

### Ingredients:

#### For the Herb-Marinated Chicken Thighs:

- 4 oz chicken thighs (skinless, boneless)
- 1 tbsp olive oil
- 1 clove garlic (minced)
- 1 tsp dried oregano
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- Juice of 1/2 lemon



#### For the Arroz con Gandules:

- 1/2 cup cooked white rice
- 1/4 cup gandules (pigeon peas, canned or cooked)
- 1/2 tbsp olive oil
- 1/4 tsp turmeric (optional, for color)
- 1/4 tsp garlic powder
- Pinch of salt

#### For the Cucumber Salad:

- 1/2 cup cucumber (sliced)
- 1/4 cup cherry tomatoes (halved)
- 1/2 tbsp olive oil
- 1/2 tbsp apple cider vinegar
- Pinch of salt and pepper

### Cooking Instructions:

#### Step 1: Marinate the Chicken

1. In a small bowl, mix olive oil, garlic, oregano, paprika, salt, black pepper, and lemon juice.
2. Coat the chicken thighs in the marinade and let them sit for at least 30 minutes (or overnight in the fridge for more flavor).

#### Step 2: Cook the Chicken

1. Heat a skillet over medium heat and cook the marinated chicken thighs for 5-7 minutes per side or until fully cooked (internal temperature of 165°F).

# LEAN FORWARD

## HERB-MARINATED CHICKEN THIGHS WITH ARROZ CON GANDULES AND CUCUMBER SALAD

### Cooking Instructions:

#### Step 3: Prepare the Arroz con Gandules

1. Heat olive oil in a skillet over medium heat.
2. Add the gandules and sauté for 2-3 minutes.
3. Stir in the cooked white rice, turmeric, garlic powder, and salt. Mix well and heat through for 3-5 minutes.

#### Step 4: Make the Cucumber Salad

1. In a small bowl, combine sliced cucumber, cherry tomatoes, olive oil, apple cider vinegar, salt, and pepper. Toss gently to coat.

#### Step 5: Plate and Serve

1. Plate the herb-marinated chicken thighs with the arroz con gandules and cucumber salad.
2. Serve immediately and enjoy!

### Nutritional Breakdown (per serving):

- Calories: 410 kcal
- Protein: 32 g
- Carbohydrates: 25 g
- Fat: 20 g
- Micronutrients:
  - Vitamin C: 20 mg
  - Iron: 3 mg
  - Potassium: 700 mg
  - Fiber: 4 g



# MEAL- TRACKER

## MONDAY

— / — / —

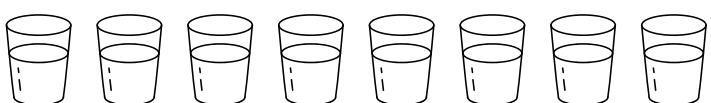
### TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		<p><b>Protein:</b> Include 4-6 oz of lean protein per meal.</p>
LUNCH		<p><b>Vegetables:</b> 8 oz of non-starchy vegetables.</p>
SNACK		<p><b>Low-Sugar Fruits</b> (1/2 cup per serving).</p>
DINNER		

### NOTE/ SUPPLEMENTS

### EXERCISES:

### WATER



### MOOD:



## TUESDAY

— / — / —

### TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		<p><b>Protein:</b> Include 4-6 oz of lean protein per meal.</p>
LUNCH		<p><b>Vegetables:</b> 8 oz of non-starchy vegetables.</p>
SNACK		<p><b>Low-Sugar Fruits</b> (1/2 cup per serving).</p>
DINNER		

### NOTE/ SUPPLEMENTS

### EXERCISES:

### WATER



### MOOD:



# MEAL- TRACKER

## WEDNESDAY

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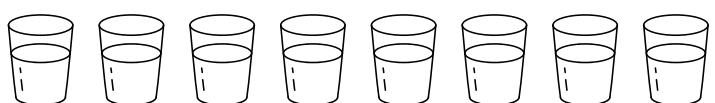
### TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		Protein: Include 4-6 oz of lean protein per meal.
LUNCH		Vegetables: 8 oz of non-starchy vegetables.
SNACK		Low-Sugar Fruits (1/2 cup per serving).
DINNER		

### NOTE/ SUPPLEMENTS

### EXERCISES:

### WATER



### MOOD:



## THURSDAY

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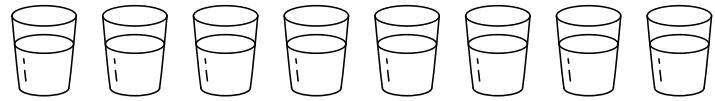
### TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		Protein: Include 4-6 oz of lean protein per meal.
LUNCH		Vegetables: 8 oz of non-starchy vegetables.
SNACK		Low-Sugar Fruits (1/2 cup per serving).
DINNER		

### NOTE/ SUPPLEMENTS

### EXERCISES:

### WATER



### MOOD:



# MEAL- TRACKER

FRIDAY

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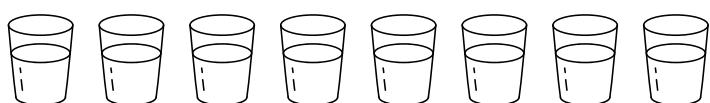
## TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		Protein: Include 4-6 oz of lean protein per meal.
LUNCH		Vegetables: 8 oz of non-starchy vegetables.
SNACK		Low-Sugar Fruits (1/2 cup per serving).
DINNER		

## NOTE/ SUPPLEMENTS

### EXERCISES:

### WATER



### MOOD:



SATURDAY

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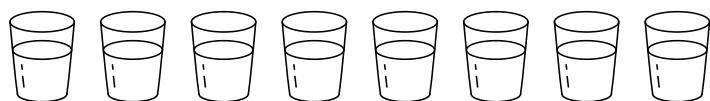
## TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		Protein: Include 4-6 oz of lean protein per meal.
LUNCH		Vegetables: 8 oz of non-starchy vegetables.
SNACK		Low-Sugar Fruits (1/2 cup per serving).
DINNER		

## NOTE/ SUPPLEMENTS

### EXERCISES:

### WATER



### MOOD:



# MEAL- TRACKER

SUNDAY

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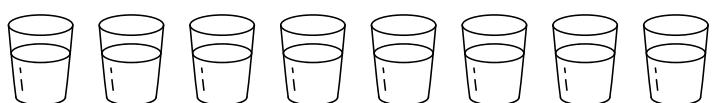
## TRACK TODAY

	BEFORE	GUIDELINE
BREAKFAST		<p><b>Protein:</b> Include 4-6 oz of lean protein per meal.</p>
LUNCH		<p><b>Vegetables:</b> 8 oz of non-starchy vegetables.</p>
SNACK		<p><b>Low-Sugar Fruits</b> (1/2 cup per serving).</p>
DINNER		

## NOTE/ SUPPLEMENTS

## EXERCISES:

## WATER



## MOOD:



## WEEKLY SUMMARY