

FASTER WAY

T O F A T L O S S [®]



5-DAY BELLY BLAST GUIDE

FASTER WAY

T O F A T L O S S ®

Welcome to the FASTER Way 5-Day Belly Blast!

Welcome! I am so thrilled you are joining us in this 5 day program guaranteed to whittle your waist, increase your energy, and skyrocket your confidence.

By participating, you receive exclusive access to the FASTER Way App, along with a private community forum, a delicious meal plan, effective workouts, and bonus trainings from our team of experts.

Congratulations on taking this important step in your health and wellness journey. We are cheering you on and cannot wait to hear of your success.

Let's begin!

Amanda Tress

Founder and CEO
FASTER Way to Fat Loss®





Follow These **5 Steps For 5 Days** To Achieve Best Results!

1. Complete Daily Workouts

Our workouts are strategically programmed with our nutrition cycle for increased fat burning and strength using minimal equipment in just 30 minutes. Our Pro Trainers also demonstrate low impact modifications in every workout.

2. Implement Intermittent Fasting

Intermittent Fasting allows digestive rest and encourages your body to burn fat for fuel. Read more about Intermittent Fasting in the next section! It may be an adjustment at first, but your body will thrive with our fasting protocol!

3. Join the LIVE Trainings

Throughout the week, we'll host live trainings with our founder and CEO Amanda Tress, FASTER Way Pro Trainers, and special guests such as Alex De Oliveira, APRN.

4. Follow the Meal Guide

Our Registered Dietitians create expert meal guides with just the right proportions of carbs, fats and protein. You'll follow daily plans to maximize fat loss, especially around the waist! And, you WON'T be left starving!

5. Enjoy Support & Accountability

Track your success with the STARS feature in our clinically proven app to help you stay focused. Earn stars for every workout, sip of water, and fasting day! And engage in our online commUNITY to connect with people on a health journey just like yours.





5-Day Belly Blast - Checklist

✓ MONDAY - DAY 1

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the expert training to learn the keys to lasting fat loss
- Bonus Workout:** Join us for our bonus core circuit

✓ TUESDAY - DAY 2

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the expert training to learn the secrets to blasting belly fat
- Bonus Workout:** Join us for our bonus core circuit

✓ WEDNESDAY - DAY 3

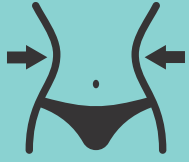
- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the Pro Trainer Q+A for top tips to burn fat
- Bonus Workout:** Join us for our bonus core circuit

✓ THURSDAY - DAY 4

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the Pro Trainer Q+A for top tips to burn fat
- Bonus Workout:** Join us for our bonus core circuit

✓ FRIDAY - DAY 5

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the Pro Trainer Q+A for top tips to burn fat
- Bonus Workout:** Join us for our bonus core circuit



BENEFITS OF A STRONG CORE

Beyond Toned Abs: Discover the Hidden Benefits of a Strong Core

We know you want a trim tummy so you can step out in your bathing suit with confidence (and we're here for it), but let's explore the incredible advantages of having a strong core that extends far beyond aesthetics.

1. Improves posture and alignment:

Helping to maintain proper posture and alignment, reducing discomfort and improving the way your body functions as a unit.

2. Reduces back pain: By providing essential support to your lower back, a well-conditioned core can alleviate or prevent back pain.

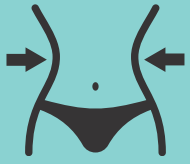
3. Supports injury resilience: Reducing the likelihood of injuries during workouts and daily physical activities - we're talking to you too, busy moms! Lifting those kids requires strong abs!

4. Boosts athletic performance: Whether you're a pro athlete or simply have a regular workout routine, a strong core can elevate your athletic capabilities.





5-Day Belly Blast - **Busting Belly Fat Myths**



BELLY BUSTING - MYTHS vs FACTS

There's a sea of misinformation about how to blast belly fat. Move over, crunches! Our protocol gets to the ROOT of belly fat - and helps you release it for good!. Move over, crunches! Our protocol gets to the ROOT of belly fat - and helps you release it for good!

Myth: More crunches are the answer.

Fact: Crunches strengthen your abs, but they won't target and burn belly fat.

Myth: Ultra-low calorie diets supercharge fat burning.

Fact: Severely restricting calories can trigger a "famine" response, causing your body to hold onto fat.

Myth: Spot-reducing belly fat is possible.

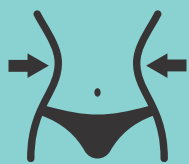
Fact: While you can't choose where your body loses fat, the right nutrition paired with strategic workouts torches fat all over, especially from the tummy.

(Hello 5 Day Belly Blast!)

Myth: Cardio is king to lose belly fat.

Fact: Muscle is the currency of fat loss - so, the right combination of targeted core moves, total-body strength training, and high intensity interval training is the belly fat-blasting combination that will cinch your waistline.





EXERCISE FORM AND FAVORITES

Proper form is crucial for effective core workouts, especially for the highly effective ones you'll be doing in this program. While traditional core exercises like crunches primarily target the rectus abdominis, focusing on deep core muscles like the transverse abdominis is key for tightening the tummy. Read on for your form cues!

Breathing Pattern: Inhale through your nose during the easier part of the exercise (think: the lowering or drawing inward part of the movement) and exhale forcefully through your mouth during the more challenging phase (think: lifting and extending). This helps stabilize your core and engage the proper muscles.

Core Engagement: Before starting any exercise, engage your core by gently drawing your belly button towards your spine. This activates the deep abdominal muscles, providing stability and support to your spine. Maintain this engagement throughout the exercise to maximize effectiveness and reduce the risk of injury.

Back Form: Pay close attention to your back alignment to prevent hyperextension or excessive lowering. Keep your spine neutral and avoid arching or rounding your back during exercises. This helps protect your spine and reduces the risk of strain or injury.

FASTer Way Favorite Core Exercises:

- Plank
- Russian Twists
- Bicycle Crunches
- Mountain Climbers
- Side Plank
- Bird Dogs
- Leg Lifts
- Dead Bugs
- Sprints
- Stability Exercises
- Plyometric Exercises
- Stomach Vacuum

Now that you know more about how the core muscles function and what really attacks abdominal fat, let's go over Intermittent Fasting - your secret weapon for a slender stomach!





INTERMITTENT FASTING

What is Intermittent Fasting?

Intermittent fasting is a powerful tool because it aids in burning fat and balancing hormones, such as insulin, which directly influences your ability to burn fat and lose weight.

Intermittent Fasting, or IF, isn't a new concept (it's actually been around for thousands of years). Intermittent Fasting is one of the cornerstones of our program because it's 1) simple to do 2) completely free 3) is one of the most effective ways to lose fat and improve overall health.

The key is to implement the right IF protocol for you under the guidance of a professional to ensure you're fasting safely and effectively - hooray, that's what you're doing by participating in this program!

How does Intermittent Fasting help me drop belly fat?

Intermittent Fasting allows your body to engage in a period of digestive rest (aka a break from eating and digesting food). During this crucial period, your body is working hard to heal, repair, and restore balance, which results in natural fat loss and improved overall health.

So, Intermittent Fasting is a way for me to eat less every day?

Intermittent Fasting is not a calorie cutting tool. We customize nutrition to ensure you're eating enough each day. The body NEEDS fuel, and under eating is an easy way to undermine your internal systems and metabolic processes.

Under-eating can damage your metabolism and prevent you from seeing the results you want. Our meal guides provide nourishing foods to fuel you at full throttle by providing you with the proper foods - within the right feeding window!

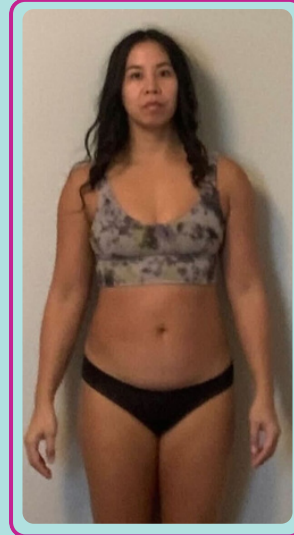


5-Day Belly Blast Intermittent Fasting

Take it from this happy client!

“As a full time working mom, time is of the essence. Having a plan WILL help you and take things off your plate. This program has changed my life. I regained my energy and confidence in myself and got into the best shape of my life with this program!”

Allyson Burns, Certified FASTER Way Coach



Overall IF Health Benefits:

- ✓ Increased Cellular Repair
- ✓ Improved Brain Health
- ✓ Lowered Inflammation and Oxidative Stress
- ✓ Decreased Risk of Diseases Like Cancer and Alzheimer's
- ✓ Reduced Insulin Resistance



5-Day Belly Blast - Intermittent Fasting

Intermittent Fasting Guidelines

Aim for a 16-hour fast every day. Most of that time is spent sleeping! Example: You can break your fast at 11am and eat your last meal at 7pm. Then, eat at 11am again the next day!

It's okay if you don't start with a 16-hour fast immediately. Gradually extend the time before your first meal each morning by thirty minutes to an hour.

PRO TIP - Use the Fasting Timer in our clinically proven app to monitor your fast!

What Can I Have During My Fast?

Black coffee, tea, and water are all fair game during your fasting window. A splash of non-dairy creamer is fine - keep your TOTAL calories under 50!

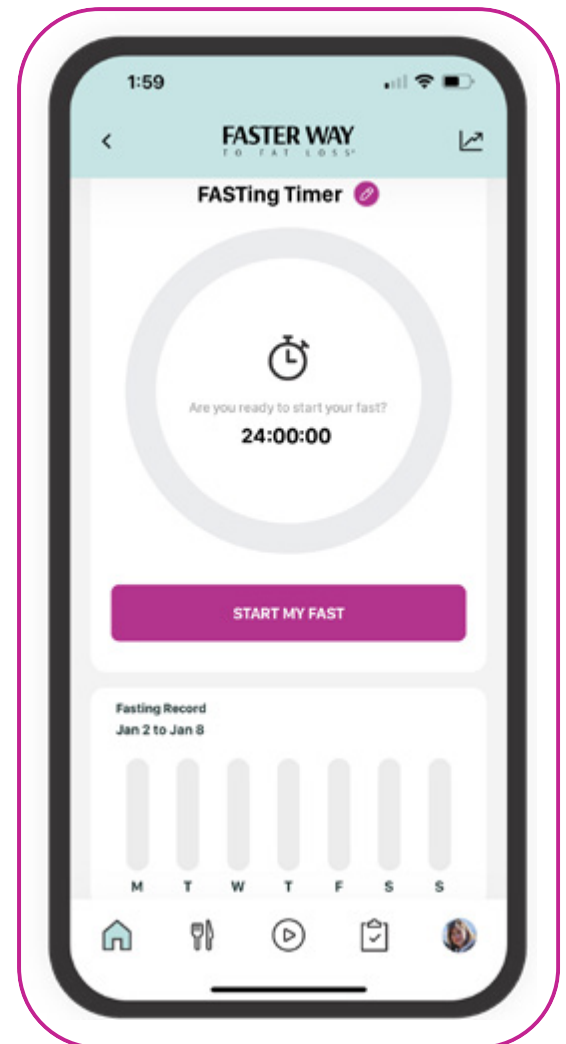
Do not attempt a 16-hour fast if:

- You have Diabetes
- You have a thyroid condition
- You have adrenal fatigue
- You are pregnant
- You are 6 weeks postpartum and breastfeeding

Always consult with your doctor prior to starting.



APP FASTING Timer





Take It to the next level!

CLINICALLY PROVEN

When you join a New Client round of the FASTER Way, you'll get:

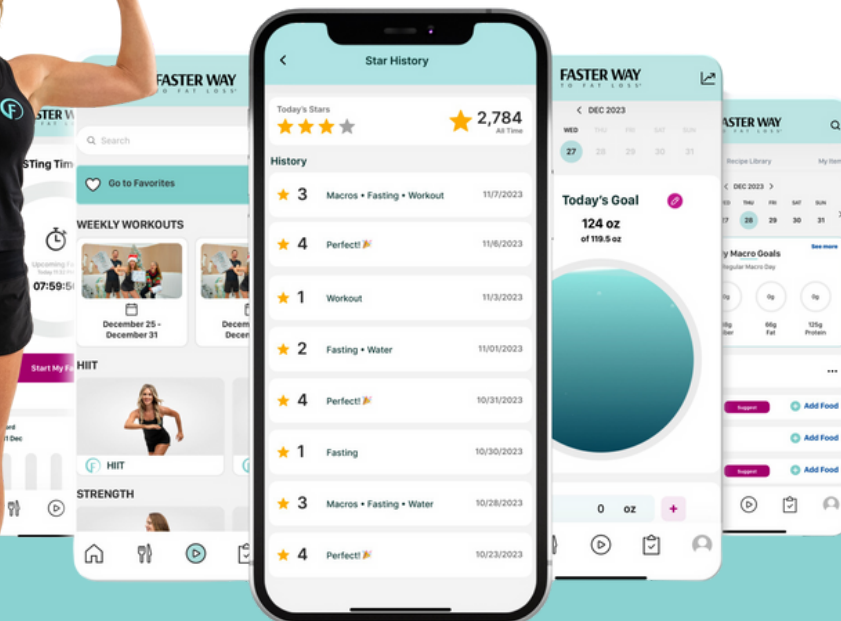
- A personalized intermittent fasting and nutrition plan to maximize fat-burning.
- Weekly workouts that boost metabolism and maintain muscle mass.
- Guilt-free, tasty meal guide recipes and guides to stay on track.
- Expert coaching and access to our private community for motivation and accountability.
- The FASTER Way app with additional resources, tools and tracking.

Our program is backed by science and combines intermittent fasting, strategic exercise, and healthy eating for safe, sustainable fat loss.

Hundreds of thousands have lost 10 pounds or more in just 6 weeks.

If you're ready to take your health and fat loss to the next level, the next FASTER Way round is for you!

We can't wait to build a fit, lean body the FASTER Way with you!



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MEAL GUIDE
5-Day Belly Blast



FRUITS

- 2 Apples
- 3 Bananas
- 1/4 cup Blueberries
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 1/2 cup Pineapple
- 1 1/2 cups Raspberries
- 1/4 cup Seedless Grapes
- 2 1/2 cups Strawberries

SEEDS, NUTS & SPICES

- 2 1/2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/4 tsp Black Pepper
- 1/4 tsp Cinnamon
- 1 1/2 tsps Dried Oregano
- 1/8 tsp Ground Cinnamon
- 1 tbsp Ground Flax Seed
- 1/2 tsp Italian Seasoning
- 1 tsp Onion Powder
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)
- 2 tbsps Pecans
- 1/2 tsp Poppy Seeds
- 1/2 tsp Sea Salt
- 1 tbsp Sunflower Seed Butter (no Added Sugar Or Oil)

VEGETABLES

- 4 1/2 cups Broccoli
- 1 stalk Celery
- 1 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 1/2 tsp Fresh Ginger
- 2 Garlic Cloves
- 1 cup Green Beans
- 2 stalks Green Onion
- 2 cups Mixed Greens
- 1 Red Bell Pepper
- 3/4 cup Red Onion
- 2 cups Romaine
- 8 leaves Romaine
- 2 stalks Scallion
- 1/3 cup Spinach
- 1 1/4 Sweet Potatoes
- 1/2 Yellow Bell Pepper
- 1/2 Zucchini

BOXED & CANNED

- 2/3 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 3/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 1/4 cup Granola

BAKING

- 2 tbsps Coconut Sugar
- 1/2 tsp Honey
- 2 Pitted Medjool Dates
- 1/3 cup Rolled Oats
- 1/4 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 5 1/3 slices Bacon
- 1 1/2 lbs Chicken Breast (boneless, skinless)
- 10 ozs Extra Lean Ground Beef (93/7)
- 4 ozs Extra Lean Ground Turkey (93/7)
- 3 ozs Rotisserie Chicken Breast
- 4 ozs Salmon Fillet
- 2 slices Turkey Bacon
- 1 1/3 ozs Turkey Sausage

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 3/4 tsp Avocado Oil
- 1 tbsp Coconut Oil
- 1 1/8 tbsps Dijon Mustard
- 1 1/2 tsps Dill Pickle Juice
- 1/4 cup Dill Pickles
- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Ketchup (no Corn Syrup Or Artificial Sugar)
- 3 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 1 1/2 tsps Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 2 tbsps Tamari

COLD

- 8 Egg(s)
- 3 cups Unsweetened Almond Milk

OTHER

- 4 Barbecue Skewers
- 2 tbsps Bourbon (or Apple Cider Vinegar)
- 3 scoops Faster Way Unflavored Collagen
- 4 scoops Faster Way Vanilla Protein Powder



DAY
01

- Meal 1** 3 Eggs your Way with Bacon, Raspberries
 - Meal 2** Sonoma Chicken Salad
 - Meal 3** Burger in a Bowl
 - Snack** FASTER Way Strawberry Almond Smoothie
-

DAY
02

- Meal 1** 3 Eggs your Way with Bacon, Raspberries
 - Meal 2** Cobb Salad
 - Meal 3** One Pan Hawaiian Salmon
 - Snack** FASTER Way Blueberry Smoothie
-

DAY
03

- Meal 1** Raspberry Protein Overnight Oats, Banana
 - Meal 2** Ground Turkey, Broccoli & Sweet Potato
 - Meal 3** Chicken Kabobs, Steamed White Rice
 - Snack** Dates with Peanut Butter
-

DAY
04

- Meal 1** FASTER Way Strawberry Banana Smoothie
 - Meal 2** Chicken Kabobs, Steamed White Rice
 - Meal 3** Bourbon Chicken, Quinoa
 - Snack** Apple Nachos
-

DAY
05

- Meal 1** Sweet Potato Egg Bake, Turkey Bacon
- Meal 2** Bourbon Chicken, Quinoa
- Meal 3** Ground Beef, Green Beans & Rice, Apple
- Snack** Banana with Cinnamon & Almond Butter

3 Eggs Your Way with Bacon



1 SERVING

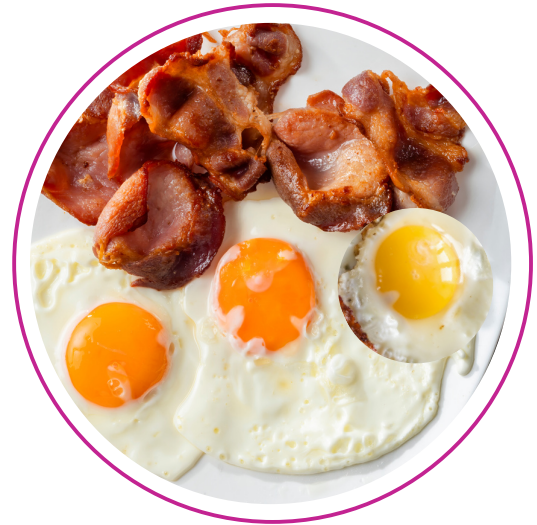


5 MINUTES

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!

Raspberries



1 SERVING



3 MINUTES

Calories - 32 Fat - 0g Carbs - 7g Fiber - 4g Sugar - 3g Protein - 1g
Cholesterol - 0mg Sodium - 1mg Vitamin C - 16mg Vitamin D - 0IU
Magnesium - 14mg Zinc - 0mg

INGREDIENTS

½ cup Raspberries (60 grams)



INSTRUCTIONS

- Wash berries and 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
- 1/4 cup Seedless Grapes
- 2 tbsps Pecans
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 tsp Onion Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Poppy Seeds
- 1/2 tsp Honey
- 1 tbsp Apple Cider Vinegar
- 2 cups Mixed 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, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Avocado Oil Mayo, 1 1/3 tbsps Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tpsps Poppy Seeds, 2 tpsps Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

Burger in a Bowl



1 SERVING



20 MINUTES

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

INGREDIENTS

- 6 oz Extra Lean Ground Beef (93/7)
- 2 cups Romaine
- 1/2 cups Cherry Tomatoes
- 1/4 cup Dill Pickles
- 2 tbsp Red Onion
- 2 tbsp Mayonnaise (Made wth olive or avocado oil)
- 1 ½ tsp Ketchup (No corn syrup or artificial sugar)
- 1/4 cup Dill Pickle Juice
- 1 ½ tsp 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, chopped red onion, cherry tomatoes.
- In a small bowl, whisk together mayo, ketchup, pickle juice, 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 1/2 lbs Extra Lean Ground Beef (93/7), 8 cups Romaine (chopped), 2 cups Cherry Tomatoes, 1 cup Dill Pickles, 1/2 cup Red Onion, 1/2 cup Mayonnaise (Made with olive or avocado oil), 2 tbsps Ketchup (No corn syrup or artificial sugar), 1 cup Dill Pickle Juice, 2 tbsps Red Onion

FASTER Way Strawberry Almond Smoothie



1 SERVING



5 MINUTES

Calories - 385 **Fat** - 18g **Carbs** - 23g **Fiber** - 8g **Sugar** - 12g **Protein** - 28g
Cholesterol - 3mg **Sodium** - 340mg **Vitamin C** - 127mg **Vitamin D** - 126IU
Magnesium - 116mg **Zinc** - 1mg

INGREDIENTS

- 1 1/2 cups Strawberries (frozen)
- 1 1/2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen
- 1 1/4 cups Unsweetened Almond Milk



INSTRUCTIONS

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

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
- 1 slices Bacon
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 8 leaves Romaine (chopped)
- 4 oz Chicken Breast (chopped)
- 1/2 Cucumber (150 grams, sliced)
- 2 stalks Green Onion (chopped, greens parts only)



INSTRUCTIONS

- Bake or grill chicken until internal temperature reaches 165 degrees.
- 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 Egg, 4 slice Bacon, ¼ cup Extra Virgin Olive Oil, 1/2 cup Lemon Juice, 2 tsp Dijon Mustard, 32 leaves Romaine (chopped), 1 lb Chicken Breast (chopped), 2 Cucumber (600 grams, sliced), 8 stalks Green Onion (chopped, greens parts only)

One Pan Hawaiian Salmon



1 SERVING



35 MINUTES

Calories - 263. Fat - 11g. Carbs - 18g. Fiber - 4g. Sugar - 13g. Protein 24g
Cholesterol 62mg. Sodium 203mg. Vitamin C 191mg. Vitamin D 0IU
Magnesium 57mg. Zinc 1mg

INGREDIENTS

- 1 Red Bell Pepper (119 grams)
- 3/4 tsp Extra Virgin Olive Oil
- 4 ozs Salmon Fillet
- 1/2 cup Pineapple (83 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Slice the red bell pepper. Core and slice the pineapple into rounds.
- Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- After 30 minutes, plate, and enjoy!
- Note: For four servings follow these measurements - 4 Red Bell Pepper (476 grams), 1 tbsp Extra Virgin Olive Oil, 1 lb Salmon Fillet, 2 cups Pineapple (332 grams), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)

FASTer Way Blueberry Smoothie



1 SERVING



5 MINUTES

Calories - 422. **Fat** - 38g. **Carbs** - 10g. **Fiber** - 1g. **Sugar** - 6g. **Protein** - 22g
Cholesterol - 3mg. **Sodium** - 173mg. **Vitamin C** - 4mg. **Vitamin D** - 0IU
Magnesium - 2mg. **Zinc** - 0mg

INGREDIENTS

- 2/3 cup Canned Coconut Milk (full fat)
- 1/4 cup Blueberries (39 grams, fresh or frozen)
- 1/4 tsp Vanilla Extract
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen



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 it is not factored into the total protein of this recipe.

Raspberry Protein Overnight Oats



1 SERVING



8 MINUTES

Calories - 282. Fat - 7g. Carbs- 29g. Fiber - 9g. Sugar - 3g. Protein - 27g
Cholesterol - 3mg. Sodium - 258mg. Vitamin C - 16mg. Vitamin D - 76IU
Magnesium - 64mg. Zinc - 1mg

INGREDIENTS

- 1/3 cup Oats (27 grams, rolled, dry)
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed (7 grams)
- 1/4 tsp Cinnamon
- 1/2 cup Raspberries (60 grams, fresh or frozen, thawed)
- 1 scoop Faster Way Vanilla Protein Powder



INSTRUCTIONS

- Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- Remove the oats from the fridge. Top with raspberries & enjoy!

Banana

 **1 SERVING**

 **1 MINUTES**

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!
-

Ground Turkey, Broccoli & Sweet Potato



1 SERVING



25 MINUTES

Calories - 372. Fat - 13g. Carbs - 38g. Fiber - 8g. Sugar - 9g Protein - 28g
Cholesterol - 84mg. Sodium - 459mg. Vitamin C - 127mg. Vitamin D - 16IU
Magnesium - 88mg. Zinc - 4mg

INGREDIENTS

- 1 Sweet Potato (133 grams)
- 2 tbsps Chicken Broth
- 3/4 tsp Avocado Oil
- 1 1/2 cups Broccoli (105 grams)
- 4 ozs Extra Lean Ground Turkey (93/7)
- 2 tbsps Red Onion (13 grams)
- 1 Garlic Clove
- 1/2 tsp Italian Seasoning
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Peel and cube the sweet potato. Cut the broccoli into florets. Finely chop the red onion. Mince the garlic.
- Boil the sweet potato for seven to 10 minutes or until fork-tender. Drain the sweet potato and place it back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- Plate and enjoy!

Chicken Kabobs

 1 SERVING

 30 MINUTES

Calories - 287. Fat - 11g. Carbs - 13g. Fiber - 3g. Sugar - 5g Protein - 37g
Cholesterol - 118mg. Sodium - 217mg. Vitamin C - 112mg. Vitamin D - 1IU
Magnesium - 68mg. Zinc - 1mg

INGREDIENTS

- ¼ Lemon
- ¾ tsp Red Wine Vinegar
- ¾ tsp Dried Oregano
- 1 ½ tsps Extra Virgin Olive Oil (divided)
- 4 ozs Chicken Breast (boneless, Skinless)
- ¼ Zucchini (49 grams)
- ¼ Yellow Bell Pepper (30 grams)
- ¼ cup Red Onion (26 grams)
- ½ cup Cherry Tomatoes (74 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 2 Barbecue Skewers



INSTRUCTIONS

- Prep note: Juice the lemon. Cut the chicken breast into cubes.
- Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers. Season with salt and pepper.
- Preheat the grill to medium heat.
- Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- Remove the kabobs from the grill and enjoy!
- Note: For four servings follow these measurements - 1 Lemon, 1 tbsp Red Wine Vinegar, 1 tbsp Dried Oregano, 2 tsps Extra Virgin Olive Oil (divided), 1 lb Chicken Breast (boneless, skinless), 1 Zucchini (196 grams), 1 Yellow Bell Pepper (120 grams), 1 cup Red Onion (104 grams), 2 cups Cherry Tomatoes (298 grams), ¼ tsp Sea Salt (to taste), ¼ tsp Black Pepper (to taste), 8 Barbecue Skewers

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

- 1/2 cup Water
- 1/4 cup Jasmine Rice (dry, rinsed)



INSTRUCTIONS

- 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 use these measurements - 2 cup Water, 1 cup Jasmine Rice (dry, rinsed)

Dates with Peanut Butter



1 SERVING



0 MINUTES

Calories - 324. Fat - 17g. Carbs - 43g. Fiber - 5g. Sugar - 35g Protein - 8g
Cholesterol - 0mg. Sodium - 6mg. Vitamin C - 0mg. Vitamin D - 0IU
Magnesium - 54mg. Zinc - 1mg

INGREDIENTS

- 2 Pitted Medjool Dates (48 grams)
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)



INSTRUCTIONS

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

FASTER Way Strawberry Banana Smoothie



1 SERVING



5 MINUTES

Calories - 313. **Fat** - 4g. **Carbs** - 40g. **Fiber** - 7g. **Sugar** - 21g **Protein** - 23g
Cholesterol - 3mg. **Sodium** - 298mg. **Vitamin C** - 95mg. **Vitamin D** - 101IU
Magnesium - 67mg. **Zinc** - 0mg

INGREDIENTS

- 1 scoop Faster Way Vanilla Protein Powder
- 1 Banana (100 grams without peel)
- 1 scoop Faster Way Unflavored Collagen
- 1 cup Strawberries (frozen)
- 1 cup Unsweetened Almond Milk



INSTRUCTIONS

- Add all ingredients to a blender; blend until smooth. Add water (or preferred non-dairy milk) as needed.
- Note: Collagen is not a complete protein therefore it is not factored into the total protein of this recipe.

Bourbon Chicken



1 SERVING



40 MINUTES

Calories - 419 Fat - 12g. Carbs - 19g. Fiber - 4g. Sugar - 12g Protein - 48g
Cholesterol - 124mg. Sodium - 1219mg. Vitamin C - 131mg. Vitamin D - 2IU
Magnesium - 44mg. Zinc - 2mg

INGREDIENTS

- 1 tbsp Tamari (or coconut aminos)
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 tbsp Coconut Sugar
- 1 1/2 tsps Rice Vinegar
- 1/4 tsp Fresh Ginger
- 1/2 Garlic Clove
- 1 1/2 cups Broccoli
- 6 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Chicken Broth (low-sodium)
- 1 stalk Scallion
- 1 1/2 tsps Coconut Oil



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 tamari (or 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 - 1/4 cup Tamari (or coconut aminos), 1/4 cup Bourbon (or apple cider vinegar), 1/4 cup Coconut Sugar, 2 tsps Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 1/2 lbs Chicken Breast (boneless, skinless), 1/4 cup Chicken Broth (low-sodium), 4 stalks Scallion, 2 tbsp Coconut Oil
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

Quinoa

 **1 SERVING** |  **15 MINUTES**

Calories - 156. Fat - 3g. Carbs - 27g. Fiber - 3g. Sugar - 0g. Protein - 6g
Cholesterol - 0mg. Sodium - 4mg. Vitamin C - 0mg. Vitamin D - 0IU
Magnesium - 86mg. Zinc - 1mg

INGREDIENTS

- 1/4 cup Quinoa (uncooked)
- 1/3 cup Water



INSTRUCTIONS

- Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!
- Note: For four servings follow these measurements - 1 cup Quinoa (uncooked), 1 1/2 cups Water

Apple Nachos

 **1 SERVING** |  **5 MINUTES**

Calories - 343. Fat - 17g. Carbs - 45g. Fiber - 8g. Sugar - 27g Protein - 7g
Cholesterol - 0mg. Sodium - 10mg. Vitamin C - 9mg. Vitamin D - 0IU
Magnesium - 110mg. Zinc - 2mg

INGREDIENTS

- 1 Apple (100 grams including core)
- 1 tbsp Sunflower Seed Butter (no Added Sugar Or Oil)
- 1/4 cup Granola (gluten free, low fat)



INSTRUCTIONS

- Prep note: Slice the apple.
- Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola overtop. Enjoy!
- Note: either make homemade granola without nuts or look for a cleaner kind made with maple syrup or honey. For this recipe and macros, look for a lower in fat granola.

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 1/3 ozs Turkey Sausage
- 1/3 slice Bacon
- 1/3 cup Spinach
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Soften the sweet potato in the microwave. Peel and shred the sweet potato.
- Preheat the oven at 350 degrees Fahrenheit.
- 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 degrees Fahrenheit. This recipe makes about 2 muffins (1 serving). Enjoy!
- Note: Feel free to make a whole batch (12 servings, approximately 24 muffins) 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 Friday, 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!

Ground Beef, Green Beans & Rice



1 SERVING



30 MINUTES

Calories - 390. Fat - 12g. Carbs - 45g. Fiber - 4g. Sugar - 3g. Protein - 27g
Cholesterol - 73mg. Sodium - 356mg. Vitamin C - 12mg. Vitamin D - 3IU
Magnesium - 48mg. Zinc - 6mg

INGREDIENTS

- 1/4 cup Jasmine Rice (dry)
- 4 ozs Extra Lean Ground Beef (93/7)
- 1 cup Green Beans
- 1/8 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Cook the jasmine rice according to the directions on the package.
- Meanwhile, trim the tips of the green beans and boil until desired tenderness.
- Cook ground beef over medium heat, breaking it up as it browns. Season meat to your preference (garlic powder, Italian seasoning, chili powder, etc) and drain any excess liquid.
- Plate the rice, green beans, and ground beef. Season with salt and pepper to taste. Enjoy!
- Note: For four servings follow these measurements - 1 cup Jasmine Rice (dry), 1 lb Extra Lean Ground Beef (93/7), 4 cups Green Beans, 1/2 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)

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 (100 grams)



INSTRUCTIONS

- Slice into wedges or enjoy whole.

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 without peel)
- 1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
- 1/8 tsp Sea Salt
- 1/8 tsp Ground Cinnamon



INSTRUCTIONS

- Slice banana.
- Dip in almond butter.
- Sprinkle with cinnamon and sea salt.

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