

Fit with Deb

FIT WITH DEB

5-DAY MENU + WORKOUT PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<ul style="list-style-type: none">☐ BREAKFAST: CHOCOLATE CHIP PUMPKIN BREAD☐ LUNCH: BERRY PROTEIN SHAKE☐ DINNER: ALMOST SPAGHETTI☐ 12+ CUPS OF H₂O☐ WORKOUT #1: BUNS & GUNS☐ RECORD MEASUREMENTS	<ul style="list-style-type: none">☐ BREAKFAST: OVERNIGHT BLUEBERRY OATMEAL BAKE☐ LUNCH: LEFTOVERS☐ DINNER: CRANBERRY CHICKEN SALAD WRAPS☐ 12+ CUPS OF H₂O	<ul style="list-style-type: none">☐ BREAKFAST: CHORIZO EGG SKILLET☐ LUNCH: LEFTOVERS☐ DINNER: THAI PEANUT BUTTER BEEF WITH BROCCOLI☐ 12+ CUPS OF H₂O☐ WORKOUT #2: CORE	<ul style="list-style-type: none">☐ BREAKFAST: ROCKY ROAD CHIA PUDDING☐ LUNCH: LEFTOVERS☐ DINNER: PISTACHIO-CRUSTED SALMON WITH SAUTEED SPINACH☐ 12+ CUPS OF H₂O	<ul style="list-style-type: none">☐ BREAKFAST: PEANUT BUTTER CHOCOLATE CHIP BLENDER MUFFINS☐ LUNCH: LEFTOVERS☐ DINNER: SLOW COOKER CHILI VERDE☐ 12+ CUPS OF H₂O☐ WORKOUT #3: THIGHS☐ RECORD MEASUREMENTS

Welcome to your 5-day Fit With Deb Menu + Workout Plan! This will provide you the structure you need to stay on track with your nutrition goals. I've taken the guesswork out of fitness and nutrition for an entire week!

Recipes are simple and tested by my very own family of picky eaters. Some recipes are my own and some I have found. And your grocery list is ready to print to make your shopping easy!

Each day you can snack on protein smoothies, protein bars, fruits and nuts, or vegetables. You'll see that lunch is always leftovers from the night before. Enjoy the "autopilot" lifestyle!

Be sure to print this for your fridge to keep you on track and motivated!

I hope you enjoy your 5-day plan as much as I enjoyed creating it. Optimal nutrition is worth the investment of time and energy.

This is no diet, friend. This is a forever lifestyle of using food to enhance your life.

Find even more goodness you'll love at www.fitwithdeb.com

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WORKOUTS

Each written workout has a corresponding private YouTube video.

Thank you for not sharing these unlisted YouTube links.

These YouTube links are listed at the end of this document.

★ Spend 3-5 minutes warming up before *and* cooling down after (I have a “Fit With Deb” YouTube Warm-Up video and Cool-Down video) ★

REST-BASED WORKOUTS: You will take rests as often as you need for as long as you’d like. Modify moves as needed for comfort and to safety.

WHAT YOU’LL NEED: A Mat and challenging dumbbells

OPTIONAL: BCAA’s (Branch Chain Amino Acids).

BCAA powder can be found at: <http://shop.mymomsanity.com/>

You also use challenging dumbbells and/or ankle weights for each workout to boost your metabolism and tone muscles while burning fat.

WORKOUTS: Your workouts are designed to be **repeated** for 4 weeks. That means you will do workouts 1, 2, and 3 each week for 4 weeks. You will end up doing each workout a total of 4 times. The intention is strength training, so enjoy getting stronger and more confident with each move. You should notice that each week you are stronger and more confident. You should still need to rest throughout each workout.

These workouts are formatted to be completed every Monday, Wednesday and Friday OR Tuesday, Thursday, and Saturday (unless you are too sore and need to take 2 rest days instead of 1 rest day). If you can only do 1 or 2 workouts a week, that’s great too! It’s important to take at least 1 rest day in between if you can for complete recovery, repair, and muscle building (and to prevent dreading exercise).

These workouts have been taken from my website’s “Online Fitness” options to give you a sample of other programs you may want.



YOUTUBE VIDEO LINKS

★ Please respect the privacy of these YouTube videos by not sharing these links publicly ★



WORKOUT #1: BUNS & GUNS

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LINK: <https://youtu.be/3dwmjijH7zk>

WARM UP: 3-5 MINUTES

Each move is 35 seconds. Use 2 heavy weights. Rest as needed.

Complete 4 Rounds:

1. Deadlift + hammer curl
2. 1 weight: Reverse lunge to weighted high knee (alternate legs)
3. Tricep push-ups
4. Star Jumps

Rest 35 seconds between circuits

Complete 4 Rounds:

1. Side plank leg circle (right leg)
2. Side plank leg circle (left leg)
3. Wide squat + "kettlebell" swing
4. Deep frog Jumps

COOL DOWN: 3-5 MINUTE



WORKOUT #2: CORE

WORKOUT #2: CORE

LINK: https://youtu.be/i_wiRyM3ZT0

WARM UP: 3-5 MINUTES

Each move is 60 seconds. Use 2 heavy weights. Rest as needed.

Complete 2 Rounds:

1. Russian Twist (modification: no weight)
2. Chest press + crunch (modification: 1 weight)
3. Renegade rows (modification: on knees)
4. Skull-crusher sit-up (modification: no weight; use arms to assist)
5. Side reach (right side)
6. Side reach (left side)
7. Kneeling squat lean (modification: no weight)
8. Deadlifts
9. V-sit + bicep curl (modification: 1 weight or 1 arm at a time)
10. Rest

COOL DOWN: 3-5 MINUTE

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WORKOUT #3: THIGHS

WORKOUT #3: THIGHS

LINK: https://youtu.be/eI2BChDVX_c

WARM UP: 3-5 MINUTES

Each move is 40 seconds. Use 2 heavy weights. Rest as needed.

Complete 4 Rounds:

1. Transformer squats
2. Side lunge (right leg)
3. Side lunge (left leg)
4. Narrow stance squat
5. Low duck walks

40 second finisher: wide squat jumps

COOL DOWN: 3-5 MINUTE

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RECIPES – DAY 1

CHOCOLATE CHIP PUMPKIN BREAD (6 servings)

INGREDIENTS:

- ½ cup pumpkin puree
- ⅓ cup maple syrup
- ¼ cup coconut oil, melted
- 3 eggs, whisked
- 1 teaspoon vanilla extract
- ¼ cup coconut flour
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon ground cloves
- ⅛ teaspoon powdered ginger
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- Pinch of salt
- ½ cup Enjoy Life Mini Chocolate Chips



DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix together wet ingredients in a bowl: pumpkin puree, maple syrup, coconut oil, eggs, and vanilla extract.
3. In another bowl, whisk together coconut flour, cinnamon, nutmeg, ground cloves, powdered ginger, baking soda, baking powder, and salt.
4. Pour dry ingredients into wet ingredients and mix well.
5. Fold in chocolate chips.
6. Grease a large glass baking dish. Pour in mix.
7. Bake for 35-40 minutes, or until an inserted toothpick is clean.

BERRY PROTEIN SHAKE (1 serving)

INGREDIENTS:

- 1 cup dairy-free milk
- 1 scoop dairy-free protein powder
- 1 handful spinach
- 1 Tbsp peanut butter
- ½ cup berries
- Ice

DIRECTIONS:

Blend until smooth.



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RECIPES – DAY 1

ALMOST SPAGHETTI (3-4 servings)

INGREDIENTS:

- 1 lb spicy breakfast sausage
- 1 package sliced bell peppers (or slice 1 red/ 1 yellow/1 orange bell pepper)
- 1 jar low-sodium low-sugar spaghetti sauce



DIRECTIONS:

1. In a medium pan, cook breakfast sausage on medium heat, breaking into crumbles. Cook until cooked through.
2. Add sliced bell peppers to pan. Cook 5 minutes or until peppers soften slightly.
3. Pour in jar of spaghetti sauce. Warm. Serve hot. Makes 3 servings.



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RECIPES – DAY 2

OVERNIGHT BLUEBERRY OATMEAL BAKE (5-7 servings) (refrigerate overnight)

INGREDIENTS:

- ½ c grapeseed oil
- 1/8 swerve sweetener (or stevia)
- 2 eggs
- 1 c unsweetened almond milk
- 1 tbsp baking powder
- 3 c oats
- 1 c fresh blueberries
- 2 tbsp brown sugar
- ½ tsp ground cinnamon



DIRECTIONS:

1. Beat together oil and swerve. Mix in eggs, almond milk, baking powder, oatmeal. Beat well then stir in berries. Pour into a lightly greased pie pan. Sprinkle with brown sugar and cinnamon.
2. **Refrigerate overnight.**
3. The next morning, preheat oven to 350 degrees. Bake in preheated oven until firm, 30-35 minutes. Serve hot.



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RECIPES – DAY 2

CRANBERRY CHICKEN SALAD WRAPS (serves 2-4)

INGREDIENTS:

- 2 chicken breasts (about 1 pound), cooked and shredded
- 1/4 cup dried cranberries
- 3/4 cup celery, chopped
- 1/2 cup slivered almonds
- 1 cup of mayonnaise/hummus/vegenaise
- 1 tablespoon lemon juice
- Romaine leaves for wraps

DIRECTIONS:

Shred the chicken breast and put into a large bowl. Add the raisins, celery, and almonds and toss together. Add the mayonnaise and lemon juice and mix until combined. You may want to add a little more mayo, depending on your taste. Spoon into Romaine leaves, wrap, and serve.



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RECIPES – DAY 3

CHORIZO EGG SKILLET (serves 5)

INGREDIENTS:

- Chorizo Sausage (approximately 8 links, removed from casings)
- 1/2 chopped onion
- 10 eggs
- Fresh basil, chopped
- Fresh cilantro, chopped
- Sliced Avocado
- Scallions (optional)



DIRECTIONS:

1. Add onions and sausage to pan, cook about 5 minutes (and break up the sausage). Crack eggs on top. Cover and allow to cook until eggs are set.
2. While eggs are cooking, chop basil and cilantro (and scallions, if using) and slice avocado, set to the side. Once eggs are cooked, top with herbs and avocado.



THAI PEANUT BUTTER BEEF WITH BROCCOLI (5 servings)

INGREDIENTS:

ROASTED BROCCOLI

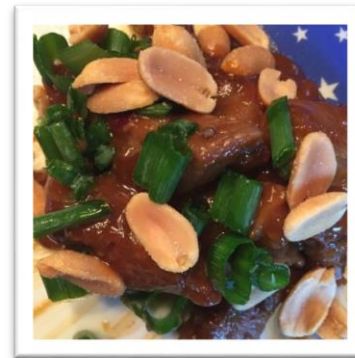
- bags fresh broccoli florets
- Tbsp coconut oil, melted

THAI PEANUT BEEF

- 1-2 lbs beef, cut into thin strips
(suggestion: flank steak or stir fry beef strips)
- 2-3 tsp coconut oil

SAUCE

- ½ cup creamy peanut butter
- 4 tsp liquid aminos OR low-sodium soy sauce
- 2 Tbsp brown sugar
- 4 teaspoons siracha hot sauce/seasoning
- optional: ¼-1/2 cup peanuts, chopped
- optional: green onions



DIRECTIONS:

1. Preheat oven to broil. Place broccoli in baking dish. Drizzle oil on top. Roast until edges turn brown.
2. Whisk together all sauce ingredients excluding peanuts, set aside.
3. Add oil to large pan or skillet and heat over medium high heat until hot. Add beef strips and cook 8-10 minutes, stirring throughout to ensure even cooking. When Beef has browned around edges and cooked to desired doneness. Add ½ of the sauce to the pan. Stir and cook 1-2 minutes longer. Serve beef hot and top with remaining sauce and chopped peanuts. Garnish with sliced green onions if desired.

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RECIPES – DAY 4

ROCKY ROAD CHIA PUDDING (1-2 servings) (make night before)

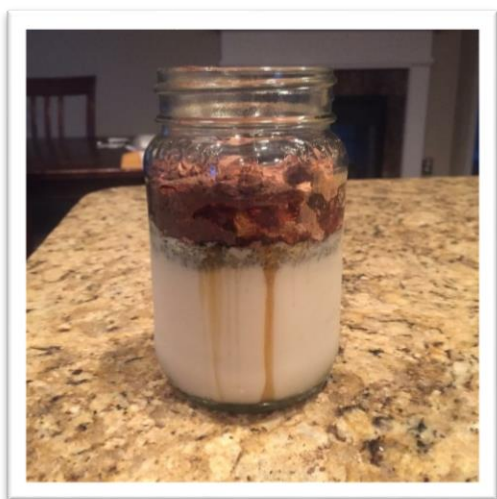
INGREDIENTS:

- 1 cup almond milk
- 4 tbsp of chia seeds
- 2 tbsp PB2 (powdered peanut butter) or regular peanut butter
- 2 tsp cocoa powder
- drizzle of maple syrup or Nature's Hollow syrup substitute
- dash of cinnamon



DIRECTIONS:

1. Put all ingredients in a jar and shake vigorously.
2. Place in the refrigerator for one hour minimum. I typically return and re-shake a time or two then let sit overnight.
3. Enjoy chilled.



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RECIPES – DAY 4

PISTACHIO-CRUSTED SALMON WITH SAUTEED SPINACH (4 servings)

INGREDIENTS:

- Parchment paper
- 4 pieces of wild-caught salmon fillet
- 1 Tablespoon coconut oil or grapeseed
- 2 Tablespoons Dijon mustard
- 1 Tablespoon fresh lemon juice
- ½ cup raw, shelled unsalted pistachios, chopped finely



SAUTEED SPINACH

- 1 large bag fresh spinach
- 2 Tbsp minced garlic (I buy jarred)

DIRECTIONS:

1. Preheat oven to 375F.
2. Rinse salmon, pat dry. Remove pin bones and cut into serving pieces. Place skin side down on parchment paper-lined baking sheet.
3. Brush with a little oil and sprinkle with salt and pepper.
4. Whisk together Dijon mustard and lemon juice and spread on top of salmon.
5. Gently press the chopped pistachios into the mustard spread.
6. Bake at 375 for 15 - 20 min or until fish flakes easily with a fork.
7. Heat skillet to medium-high heat. Add spinach and garlic. Cook until spinach is wilted.



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RECIPES – DAY 5

PEANUT BUTTER CHOCOLATE CHIP BLENDER MUFFINS (makes 9)

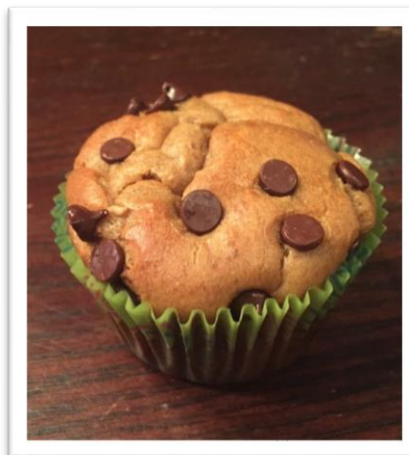
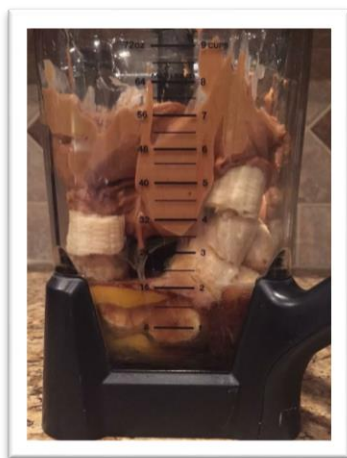
INGREDIENTS:

- 1 cup natural peanut butter
- 2 medium sized bananas
- 2 large eggs
- ½ teaspoon baking soda
- 1 teaspoon apple cider vinegar
- 2 tablespoons Nature's Hollow honey substitute, optional
- dash of vanilla, optional
- Enjoy Life mini chocolate chips, optional



DIRECTIONS:

1. Preheat your oven to 400 degrees. Lightly grease your muffin pan.
2. Put all the ingredients into a blender except the chocolate chips (if using) and blend until well mixed. Do not over blend or batter will become gummy.
3. Stir in chocolate chips.
4. Pour batter into muffin pan.
5. Drop a couple of chocolate chips onto the top of each muffin.
6. Bake 13-15 minutes. Muffins will puff up quite a bit but will level after cooling.



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RECIPES – DAY 5

SLOW COOKER CHILI VERDE (8 servings) (requires 6+ hours to cook)

INGREDIENTS:

- 1 large jar salsa VERDE
- 3 lbs ground turkey or ground beef
- 2 yellow onions, chunked
- 5 garlic cloves, chopped
- 1 tsp oregano
- 1 Tbsp cumin
- ½ tsp paprika
- ½ tsp chili powder
- 1 bunch cilantro, stems cut off, chopped
- 4 oz can green chilis
- 2 ½ cups low-sodium chicken broth
- Avocado slices, to garnish



DIRECTIONS:

1. Place all ingredients in slow cooker except avocado.
2. Cook on high 4 hours or low 6-8 hours. Garnish with avocado slices.



GROCERY SHOPPING LIST

PRODUCE

- ☐ ½ c favorite berries
- ☐ 1 c fresh blueberries
- ☐ 2 bananas
- ☐ 2+ Avocados
- ☐ 1-2 bunches cilantro
- ☐ Fresh basil
- ☐ 1 stalk celery
- ☐ 2 bags spinach
- ☐ Romaine leaves for wraps
- ☐ 1 package sliced bell peppers (or slice 1 red/1 yellow/1 orange bell pepper)
- ☐ 2 bags fresh broccoli florets
- ☐ 3 onions, chopped
- ☐ Scallions (optional)
- ☐ Minced garlic (I buy jarred)

PANTRY

- ☐ Gluten-free oats
- ☐ Dried cranberries
- ☐ Maple syrup or Nature's Hollow syrup substitute
- ☐ Peanut butter
- ☐ Optional: powdered peanut butter
- ☐ 1 jar low-sodium low-sugar spaghetti sauce
- ☐ Healthy mayonnaise / hummus / veganaise
- ☐ Lemon juice
- ☐ Liquid aminos OR low-sodium soy sauce
- ☐ Sracha hot sauce/seasoning
- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ 1 large jar salsa VERDE

BAKING AISLE

- ☐ Chia seeds
- ☐ Optional: ½ cup peanuts
- ☐ ½ Cup raw, shelled unsalted pistachios
- ☐ 1/2 cup slivered almonds
- ☐ 1 can pumpkin puree
- ☐ Gluten-free coconut flour
- ☐ Swerve sweetener (or stevia)
- ☐ Brown sugar
- ☐ Cocoa powder
- ☐ Enjoy Life mini chocolate chips, optional
- ☐ Coconut oil / grapeseed oil
- ☐ Baking soda
- ☐ Baking powder
- ☐ Enjoy life chocolate chips
- ☐ Vanilla extract
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Ground cloves
- ☐ Powdered ginger
- ☐ Oregano
- ☐ Cumin
- ☐ Paprika
- ☐ Chili powder

MISCELLANEOUS

- ☐ Parchment Paper
- ☐ Dairy-Free Protein Powder

MEAT, EGGS, MILK

- ☐ 4 pieces of wild-caught salmon fillet
- ☐ 1 lb spicy breakfast sausage
- ☐ Chorizo Sausage (approx.. 8 links)
- ☐ 3 lbs ground turkey or ground beef
- ☐ 1-2 lbs beef, cut into thin strips (suggestion: flank steak or stir fry beef strips)
- ☐ 2 chicken breasts (about 1 pound) (short on time = rotisserie)
- ☐ 17 eggs
- ☐ Dairy-free milk

