

MASTER BOXING FITNESS

4 WEEK BOX & SHRED TRAINING CAMP

Intermittent Fasting Recipe Collection



By: Staci Cloninger



Hello girlfriend,
Welcome to the **4 Week BOX & SHRED Training Camp**.

We are super excited to have you with us and pumped about the experience that you will have over the next 30 days. So, let's get started!

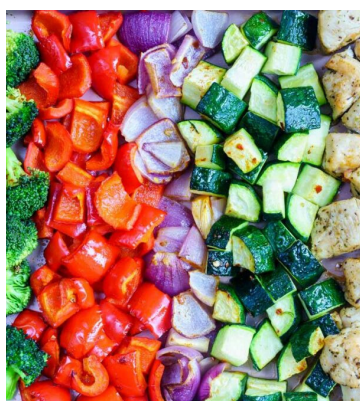
Ok, let's be straight, there is no question, your workouts are going to be **AMAZING** but how you eat & fuel your body is a **HUGE** part of the results you will get. And since I know you are looking for maximum results, we are going to make sure that you know what to eat during the challenge. So there is no need to stress about the eating. We have you covered!

We have sent you the meal plan prior to camp starting. This was intentional. We highly encourage you to take an immediate and honest look at what you are currently eating. Go ahead and get fresh & nutritious food in your kitchen and start transitioning to the meal plan today. This will allow you to get your head in the game and be able to get your system in check.

For the next 4 weeks, we are inviting you to embrace intermittent fasting. Be sure to ready the Intermittent Fasting dedicated section in this book for all of the details.

You are going to be challenged to drink 3/4 to 1 gallon of water every day. Do your very best to drink quality alkaline water as well as a quality mineral water. Fortunately today, you can easily find both in your local grocery store. Just say "no" to boring water by adding citrus & herbs to keep it loaded with flavor!

MAKE TIME TO BATCH COOK TO BE ABLE TO GRAB & GO!



KEEP IT REAL, CLEAN & SIMPLE



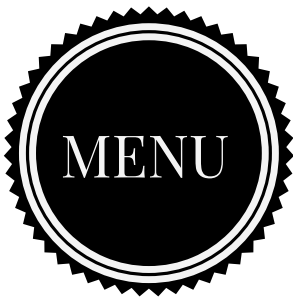
During the next 4 weeks, you will be avoiding the following. Trust us. You can do it!

**Processed Sugar
High Fructose Corn
Syrup
Artificial Sweeteners
Processed Foods
Coffee
Alcohol
Soda
Refined Flour**



There are a few things to keep front and center as you dive into Training Camp.

1. Your goal is drink **1 gallon of alkaline water a day**. You are asked to add lemon to your water at your lunchtime meal to act as an astringent to aid the body in releasing unwanted toxins. Remember, drinking water does not have to be tasteless and boring!
2. You will be having a **"shot" of Apple Cider Vinegar** in the morning with Breakfast as well as with your Dinner meal. Be sure that when you select your Apple Cider Vinegar, you go for a brand such as *Braggs* that possesses the "mother" in the bottle.
3. Use this Challenge as a way to bring **structure & organization** to your daily life. Select your day to go grocery shopping for the week so it saves you time & stress during the week. Make time to meal prep & batch cook as much as you can so you can have the nutritious meals you need in a snap. Go ahead and pre-cook your meats, slice your veggies, make your Overnight Oats and even go ahead and make the salads and you will be so ahead of the game that you will be high-fiving yourself! Being organized will bring confidence and ownership to
4. **Limit eating out**. Trust us, we love going out to eat as much as anyone but let's face it, it is not friendly to the waistline or the booty for that matter! Take the time during this Challenge to slow things down a bit. Give yourself permission to be good to you. Honor the hard work that you will be putting in daily with making the right decisions when it comes to eating. If you do not have an **insulated bag or little cooler**, GET ONE! Packing up your food daily will keep temptations at bay and leave no room for excuses when it comes to eating well and fueling your workouts for the maximum results we know you are dreaming about.
5. Go ahead and **identify 2 or 3 snacks** that you can have ready and at your fingertips for when one of those nasty hunger pains strikes. Having a plan is everything!
6. Are you a Vegetarian? No worries. Be sure to check out our Plant Protein Substitutions!



****1 oz of diluted Apple Cider Vinegar with Breakfast**



1. Overnight Oats:

Combine 1/4 Cup of Rolled Oats 3/4 Cup Plain Greek Yogurt & 1 Cup Fruit in sealable container and refrigerate overnight

2. Nutty Banana Protein Shake:

Blend together: 3/4 Cup Almond Milk, 1/2 Banana, 2 tsp of Natural Nut Butter of choice & ice. Optional: 1 scoop of powdered protein of choice.

3. Spinach, Tomato & Basil Frittata (Serves 2):

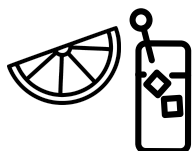
4 large eggs, 1 Tbsp low-fat milk, 2 tsp olive oil, 1 Cup baby spinach, packed, 2 oz Feta crumbled cheese, 1 plum sliced tomato, 1/4 tsp salt,

Freshly ground pepper to taste & 1 Tbsp chopped basil

1. Preheat oven to broiler setting and set rack about 5 inches below the heat.
2. In a medium bowl, whisk together the eggs and milk.
3. Heat oil in a small (8-inch) nonstick, oven-safe skillet over medium-high heat. Add spinach and sauté until just wilted.
4. Reduce heat to medium-low and add egg mixture. Cook, stirring occasionally, until egg is somewhat cooked, but still runny.
5. Top with the cheese and the sliced tomatoes. Transfer skillet to the oven and broil for 2-4 minutes, until top is set and slightly browned.
6. Let stand for 5 minutes and sprinkle with basil. Season with salt and pepper.

4. Fruit & Nut Toast with an Orange:

2 slices of toasted Ezekiel Bread with 2 Tbsp of Natural Nut Butter and topped with 1 small slice banana and 4 strawberries.



****8 oz of lemon water with Lunch**



1. Tuna Nicoise Lettuce Wraps:

Place 1/2 Cup Frozen Green Beans thawed, 1/2 Cup Cherry Tomatoes, 1 Can of Tuna in water & 5 Olives in 4 Bibb or Romaine lettuce leaves.

Drizzle with 1 Tbsp Dressing: 2 Tbsp. chopped red onion, 1 Tbsp. red wine vinegar, 2 tsp. Dijon mustard, 1 tsp. olive oil, 1/4 tsp. dried dill weed, 1/4 tsp. honey & 1/8 tsp. pepper

2. Grilled Chicken Salad:

2 Cups of Mixed Greens, 4 oz of cooked chicken breast, 1/2 medium sliced red pepper, 1/4 Cup grated Carrots and 2 Tbsp of dressing.

3. Turkey & Sweet Potato Slider:

4 oz 99% lean ground turkey, 2 sweet potato slices, 1/4 Cup Arugula &/or spinach
BBQ sauce (low sodium)

paprika, cayenne pepper, garlic, pepper, diced bell peppers

Set oven to 405F.

Slice sweet potato horizontally to create thick wedges. Place these on a baking sheet and lightly spray with olive oil. Bake in the oven for 17-20 min. You want the wedges to be soft but firm. In a bowl, mix ground turkey with bell peppers and the seasonings.

Form small meat patties, about 1.5oz each. Spray a skillet with olive oil and set on medium heat. Place the patties in the skillet and cook. Assemble the sliders.

4. Black Bean Quesadilla:

Lightly mash 1 cup of black beans. Add garlic powder, salt, pepper and cumin to taste.

Mash Avocado. Add juice of 1/2 lime along with garlic powder and salt & pepper to taste.

Fill 1/2 of 1 Ezekiel Tortilla with bean & avocado mix and fold over. Saute on each side in pan with 1 tsp of olive oil. Top with 1/4 Cup Plain Greek Yogurt.



****1 oz of diluted Apple Cider Vinegar with Dinner**



1. Mediterranean Shrimp & Broccoli Pasta Salad :

4 oz Cooked Shrimp, 1/2 Cup Cooked Whole-Wheat Elbow Macaroni, 1/2 Cup Steamed Broccoli, 4 Sun-dried Tomatoes, halved, 1 tsp Capers, 1 Tbsp Fresh Lemon juice, 2 tsp Olive Oil, 2 Tbsp Red Wine Vinegar, 1/4 tsp Onion Powder, 1/2 tsp Oregano. Gently toss all ingredients together & enjoy!

2. Roasted Wild Salmon With Brussel Sprouts & Quinoa:

Drizzle 4 oz of Salmon and 1 Cup of Brussel Sprouts with Olive Oil, Salt and Pepper.

Roast at 450 until sprouts are tender and Salmon is flakey. Serve over 1/2 Cup Quinoa.

Drizzle with fresh lemon juice and salt and pepper.

3. Ginger Pork & Broccoli Stir Fry:

Stir Fry 4 oz. Pork Tenderloin and 2 Cups Broccoli with 1/2 tsp minced garlic and 1 tsp minced ginger in 2 tsp Avocado Oil. Season with 2 tsp low sodium Soy Sauce. Serve over 1/2 Cup Quinoa.

4. Mexicali Tempeh Quinoa Bowl:(Recipe makes 4 servings)

1 Cup Quinoa, 2 Cups Water, 1 Tbsp olive oil, 1/2 Onion, chopped, 1 Red Pepper, diced, 1 (8-oz.) package Tempeh, diced into bite-size pieces, 1 Cup salsa, Juice from one Lime, 1 tsp cumin, 1/4 tsp cayenne pepper,

1/4 tsp Salt & Pepper, 1 (15-oz.) can Black Beans, drained and rinsed, 1 Cup fresh Corn (or frozen), 1/2 Cup Cherry tomatoes, halved, 2 Tbsp fresh Cilantro, Salt and pepper, to taste, 1 Avocado diced.

Combine Quinoa & boiling Water and simmer for 20 mins or until fluffy. While quinoa is cooking, prep Tempeh by heating oil in a pan on medium heat, and add the chopped onion. Cook for 5 minutes.

Add the diced red pepper, tempeh, salsa, lime juice, cumin, cayenne pepper, and salt and pepper. Cook the tempeh mixture, stirring occasionally, for about 15 minutes.

Once the quinoa and tempeh are cooked, pour both into a glass bowl and mix together. Add the beans, corn, tomatoes, cilantro, and a little salt and pepper, and mix well. Serve and top with a few pieces of diced avocado.



Let's face it, sometimes a between meal hunger pain can strike. You can feel a drop in energy, a sudden headache as well as the good ol' tummy growl. It's better to have a high nutrient snack then wait and go totally overboard at your next meal.

Here are some of our favorite Cuter Booty Challenge approved snacks. You can find more at www.ishapenshred.com.

Greek yogurt & Berries

Edamame,

Hummus & Veggies

Beef Jerky

Apple & Natural Nut Butter



*For vegetarian options, see the following page.

PRODUCE:

- Mixed Berries
- Banana
- Oranges
- Lemons & Limes
- Avocados
- Spinach
- Red & Green Peppers
- Sweet Potatoes
- Bibb / Romaine Lettuce
- Arugula or Spinach
- Broccoli
- Cherry Tomatoes
- Brussel Sprouts
- Onion
- Fresh Salsa
- Fresh Herbs: Basil, Garlic, Ginger & Cilantro
- Tempeh

PANTRY:

- Natural Nut Butter
- Black Beans
- Quinoa
- Rolled Oats
- Olive / Avocado Oil
- Low Sugar BBQ Sauce
- Low Sodium Soy Sauce
- Olives
- Sundried Tomatoes
- Capers
- Red Wine Vinegar
- Honey
- Dried Herbs: Paprika, Cayenne, Garlic Powder, Salt & Pepper, Cumin, Onion Powder, Oregano

GRAIN:

- Ezekiel Sprouted Grain Bread
- Ezekiel Sprouted Tortillas
- Whole Wheat or Gluten Free Elbow Macaroni

MEATS:

- Organic Chicken Breasts
- Organic Ground Turkey Breast
- Cooked Fresh Shrimp
- Organic Pork Tenderloin

DAIRY:

- Plain Greek Yogurt
- Almond Milk
- Eggs
- Feta Cheese

FROZEN

- Green Beans
- Corn

PROTEIN RICH PLANT FOODS

FOOD

SERVING

CALORIES

PROTEIN (G)

LEGUMES (cooked)

Lentils	½ cup	101	9
Black Beans	½ cup	114	8
Pinto Beans	½ cup	123	8
Red Kidney Beans	½ cup	112	8
Black-eyed Peas	½ cup	100	7
Chickpeas	½ cup	134	7

SOY FOODS

Tempeh	½ cup	160	16
Veggie burger	70 grams	124	11
Tofu	½ cup	94	10
Soy milk	1 cup	132	8

VEGETABLES

Peas, cooked	½ cup	67	5
Artichoke, cooked	1 medium	100	4
Spinach, cooked	½ cup	41	3

GRAINS

Kamut	½ cup	126	6
Wheat Berries	½ cup	151	6
Quinoa	½ cup	111	4
Oatmeal	½ cup	79	3

PROTEIN RICH PLANT FOODS CONT'D

FOOD	SERVING	CALORIES	PROTEIN (G)
SEEDS			
Pumpkin Seeds	1 ounce	159	9
Flax Seeds	1 ounce	140	6
Sunflower Seeds	1 ounce	140	6
Chia Seeds	1 ounce	138	5
NUTS			
Peanut Butter	2 tablespoon	188	7
Almonds	1 ounce	163	6
Pistachios	1 ounce	160	6
Hazelnuts	1 ounce	181	4
Walnuts	1 ounce	185	4

SPECIAL NOTE:

Since chicken is a go-to source of protein in many households, it's a great reference point for figuring out how much vegetarian-sourced protein is needed to take that chicken's place on your plate. Most people normally eat a **3-oz. portion** during a meal. This equals roughly **21 grams of protein**. So to get the same amount of protein from a **3-oz. serving of chicken you would need:**

1 cup, plus 2.5 tablespoons of lentils. These little legumes pack quite a protein punch. If eating a lentil soup, stew or veggie burger, this quantity can be easily consumed.

OR

1-1/3 cups of black beans. Black beans might not be as powerful as those small lentils, but black beans are often times paired with rice, which helps equip you with a complete protein.

OR

1-1/2 cups (just a little less than this, actually) of chickpeas. Chickpeas are a versatile ingredient and become a complete protein when served as hummus with tahini (sesame paste).



Enjoy & Good Luck!

DISCLAIMER:

This 4 Week Box & Sculpt Training Camp meal plan does not provide medical advice.

Results May Vary: Causes for being overweight or obese vary from person to person. Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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