

# 30 days of healthy eats and fitness cheat sheets

## *Ready for a reset?*

This plan was put together to amp up your fitness routine and clean up eating strategy. Even if you're already eating clean and working out, it can help you out of a rut or encourage the ability to try something new! Changing up your diet and fitness routine can also be an effective method to bust through a plateau.

## *Some disclaimers before we begin:*

As always, check with a doctor before making any fitness or nutrition changes. Always honor your body and modify as needed.

While I am a certified personal trainer and weight loss specialist, I am not a Registered Dietitian. If you have any specific questions related to diet, please consult an RD in your area. Please keep in mind that these are healthy food suggestions, but portions and serving sizes should be adjusted to fit your unique needs. These workout plans were designed with the typical gym-going Jane in mind, who is comfortable lifting weights and already has a solid fitness foundation. If you are recovering from an injury, or just getting started with fitness, emphasize clean eats and meet with a local personal trainer or exercise physiologist to set up a specific plan.

## *Let's get started!*

You know you want to make a change and are ready to shake things up or take them to the next level. Make sure you have these building blocks established before you start your 30 days:

**Make an inspiration board.** Even if it's a quick board on Pinterest or one with magazine clippings on sparkly paper (you can take a wild guess at which type I enjoy making), create a visual reminder of what you want to accomplish in the next 30 days. Want to run a faster 5k? Feel confident in your skinny jeans? Power through a fitness benchmark (like a plank for "x" amount of seconds, increase strength training weights)? Discover new zest and enjoyment in your lifestyle? Feel a new sense of calm energy from clean eats and powerful workouts? **Put this inspiration board in a spot where you'll see it each day and remain mindful of your goals.** When you keep your goals in the forefront of your mind, you're more likely to take action each day to achieve them.

**Gather your support team.** Determine who you'll be able to turn to for words of encouragement during the next 30 days. Even better: find a workout buddy to join you! The more, the merrier, and the most accountable you feel, the more likely you'll be to stick with it.

**Create your accountability method.** You can easily print this out to cross off your workouts and write in your eats. I've included a grocery template along with staple items.

**Assess your gear.** Make sure you have good, supportive sneakers, a comfortable and supportive sports bra, in addition to anything else you need to complete your workouts. Almost all of these can be completed at home with minimal equipment.

**Meal prep tips:**

If you see anything for the week that you can make in advance, do so, and freeze in single portions. This way, when you see it again you'll already have it in the freezer. I set this up so that each week, you only have a few batches of extra recipes to make that you'll be prepping ahead for future meals. They're indicated with "\*" next to the menu item.

## 30 days of workouts and clean eats:

Feel free to shuffle around as needed according to your preferences and schedule. Remember to alternate intensity levels, avoid working the same muscle groups on consecutive days, and allow at least 1-2 full days of rest each week.

**Day 1:**

Breakfast: Breakfast cookie

Lunch: Warm tempeh salad with mustard vinaigrette

Dinner: Grilled salmon with steamed asparagus and sweet potato\* (make a large batch of sweet potatoes)

Dessert: baked apple with cinnamon, 1 tablespoon nut butter and 1 tablespoon chocolate chips

Snack: 2 amazeballs

Workout: Upper body and HIIT, plank challenge: set a timer for 3 minutes and see how long you can hold a plank. We will compare your strength again at the end of 30 days!

**Day 2:**

Breakfast: Breakfast cookie dough cereal

Lunch: Mexican stuffed sweet potato\* (add any leftover tempeh from yesterday)

Dinner: Slow cooker chicken coconut curry served atop salad greens, quinoa or roasted veggies (save one serving for lunch and freeze the rest)

Snack: 2 amazeballs

Workout: Lower body (x2-3) and steady state (20 minutes moderate)



**Day 3:**

Breakfast: Perfect protein pancakes\* (make a large batch and freeze extras), top with a serving of nut butter and/or pure maple syrup (1-2 tablespoons)

Lunch: Large salad with chicken, sweet potato and chopped fresh veggies; dressing can be a serving of any salad dressing you know and love

Dinner: Turkey burger topped with guacamole, salsa and chopped fresh veggies

Snack: Protein froyo

Workout: OFF

**Day 4:**

Breakfast: Egg and veggie scramble (2 eggs scrambled with your favorite veggies), side of avocado and/or fresh fruit

Lunch: Leftover slow cooker coconut curry\* atop quinoa

Dinner: Chicken caprese salad

Snack: Small smoothie (1 scoop of your favorite protein powder, 1 cup milk of choice, 1 cup fresh or frozen berries, cinnamon, blended up!)

Workout: Total body circuit + 15 minutes steady state

**Day 5:**

Breakfast: Apple pie oats

Lunch: Quesadilla with grilled chicken or tempeh, cheese of choice, chopped veggies

Dinner: Slow cooker turkey, veggie and feta lasagna

Snack: 2 scrambled or hard boiled eggs

Workout: HIIT challenge, 25 minutes. Warm up for about 5 minutes, and then complete 25 rounds of 30 seconds hard, 30 seconds easy. During the hard portion, push your pace, and during the recovery sessions, stop or go slowly. You can

do this with any mode of cardio you enjoy, like running, jump roping, Stair Mill, or plyometrics.



**Day 6:**

Breakfast: Grain-free banana bread\* with an egg

Lunch: Leftover slow cooker turkey, veggie and feta lasagna  
(freeze any portion sized servings that are left over)

Dinner: Tempeh taco lettuce wraps\* (save leftovers for  
dinner tomorrow)

Snack: Fresh fruit cup topped with one serving of yogurt,  
cinnamon and a drizzle of honey

Workout: OFF

**Day 7:**

Breakfast: Protein fruit yogurt (one serving of plain yogurt mixed with 1/2 scoop of your favorite protein powder. Top with cinnamon and fresh fruit)

Lunch: Quick hummus and veggie pizza

Dinner: Tempeh taco lettuce wraps (leftover)

Snack: Turkey muffins\* (freeze the rest)

Workout: Upper body + steady state (20 minutes moderate)

**Day 8:**

Breakfast: Quinoa pancakes

Lunch: Healthy egg salad atop salad greens, fresh fruit

Dinner: Goat cheese, beet and jalapeño flatbread with chopped salad

Snack: Hummus and chopped veggies

Workout: Lower body + Hills (25 minutes). For your hills, use any cardio mode and crank the resistance each minute until you hit your personal max. Hold it here for 1-2 minutes before decreasing the resistance and repeating until your 25 minutes are over

**Day 9:**

Breakfast: Vegan peach baked oatmeal (make and freeze portions)

Lunch: Slow cooker coconut curry (heated from freezer) atop quinoa

Dinner: Hemp and almond crusted chicken with baked sweet potato and a green salad

Snack: Small smoothie with one scoop protein powder, one cup milk of choice, a handful of spinach and one cup fresh berries

Workout: OFF



**Day 10:**

Breakfast: Bowl of the Gods

Lunch: Cranberry avocado salad

Dinner: Tempeh taco lettuce wraps

Snack: Hummus and chopped veggies

Workout: Short steady state (20-30 minutes, moderate intensity)

**Day 11:**

Breakfast: Breakfast cookie

Lunch: Leftover tempeh taco lettuce wraps

Dinner: Leftover slow cooker turkey, veggie and feta lasagna (from freezer)

Snack: Fresh fruit cup and one serving of yogurt

Workout: Total body circuit + 15 min HIIT (40 seconds HARD, 20 seconds easy x 15)

**Day 12:**

Breakfast: Vegan peach baked oatmeal (from freezer)

Lunch: Large green salad with any leftovers you'd like to use from the freezer

Dinner: Slow cooker butter chicken

Snack: 2 amazeballs

Workout: Long steady state (long run or cardio class)

**Day 13:**

Breakfast: Baked breakfast cookie (2)\* (freeze the rest)

Lunch: Leftover slow cooker butter chicken

Dinner: Spicy shrimp noodle bowls

Snack: Protein fruit yogurt (one serving of plain yogurt mixed with half a scoop of your favorite protein powder. Top with fresh berries)

Workout: Flexibility. Take a yoga or Pilates class, or enjoy a long stretch

**Day 14:**

Breakfast: Baked breakfast cookie (2)\* from freezer

Lunch: Spicy chopped salad

Dinner: Shrimp with diced tomatoes, basil and feta (save leftovers for lunch tomorrow) atop quinoa or roasted zucchini

Snack: 2 amazeballs



Workout: Upper body + 15 min tempo (Warm up, and then get into your 15 minutes of cardio. Increase your pace every minute so that you finish the 15 minutes in a sprint.)

**Day 15:**

Breakfast: Banana almond muffins (2; freeze the rest) and one egg

Lunch: Leftover shrimp with diced tomatoes, basil and feta atop quinoa or roasted zucchini

Dinner: Salmon in parchment with asparagus and basil

Snack: Turkey muffins (from freezer)

Workout: Legs + core (no cardio)

**Day 16:**

Breakfast: Vegan peach baked oatmeal (from freezer)

Lunch: Leftover salmon with asparagus and basil atop salad greens + baked sweet potato

Dinner: Healthy hearty chili

Snack: Protein fluff

Workout: HIIT and Steady 40 minutes

**Day 17:**

Breakfast: Egg scramble with guacamole and toast

Lunch: Leftover chili and a large salad

Dinner: Roasted vegetable risotto (make as much as you need for yourself or family for the evening)

Snack: Small smoothie with 1 scoop protein powder, 1 cup frozen berries and 1 serving of your favorite milk

Workout: OFF

**Day 18:**

Breakfast: Breakfast cookie dough cereal

Lunch: Quick hummus and veggie pizza

Dinner: Salmon cakes

Snack: Homemade trail mix (1 serving of nuts, 1 of dried fruit and a tablespoon of chocolate chips)

Workout: Upper body + HIIT (Warm up, then 20 minutes of HIIT. 1 minute hard, 1 minute easy x 10)



**Day 19:**

Breakfast: Egg and veggie burrito. Scramble two eggs with your favorite veggies and wrap in a whole-grain tortilla

Lunch: Leftover salmon cakes

Dinner: Black bean quinoa burgers\* with sweet potato fries and salad (freeze any extra burgers for later)

Snack: Hummus and chopped veggies

Workout: Steady state (40 minutes, moderate)

**Day 20:**

Breakfast: Baked breakfast cookie\* (2, from freezer)

Lunch: Protein fruit yogurt (one serving of yogurt with 1/2 scoop of your favorite protein powder, topped with cinnamon and fresh fruit)

Dinner: Slow cooker shredded Mexican chicken tacos (save leftovers for dinner tomorrow night)

Snack: Turkey muffins\* (freeze the rest)

Workout: Lower body + HIIT Blitz

**Day 21:**

Breakfast: Banana almond muffins (from freezer) and yogurt

Lunch: Black bean quinoa burger (from the freezer) atop a salad

Dinner: Slow cooker Shredded Mexican chicken quesadilla (use the leftover chicken with your favorite cheese in between one tortilla with guacamole and lots of veggies)

Snack: Turkey muffins\* (from freezer)

Workout: OFF

**Day 22:**

Breakfast: Acai bowl

Lunch: Club wrap with your favorite wrap, mustard, avocado, tempeh bacon and veggies

Dinner: Dijon chicken with sundried tomatoes and quinoa

Snack: Hummus and chopped veggies

Workout: Total body + 10 min steady (moderate)

**Day 23:**

Breakfast: Breakfast cookie

Lunch: Leftover Dijon chicken and a large fresh salad

Dinner: Lentil quinoa chopped salad\*

Snack: Banana with almond butter and cinnamon

Workout: HIIT and steady (30 minutes total)



**Day 24:**

Breakfast: Banana split protein shake

Lunch: Leftover lentil quinoa chopped salad

Dinner: Lavender and honey salmon with roasted veggies

Snack: Yogurt and fruit

Workout: Total body (no cardio)

**Day 25:**

Breakfast: Baked breakfast cookie\* (2, from freezer)

Lunch: Spicy chopped salad

Dinner: Grilled protein of choice, salad and sweet potato

Snack: Turkey muffins\* (from freezer)

Workout: OFF

**Day 26:**

Breakfast: Egg sandwich with tempeh or turkey bacon on whole grain bread

Lunch: Blended salad with a side protein of choice

Dinner: Indian spiced chickpeas and potatoes\* (save leftovers for lunch tomorrow) with roasted veggies

Snack: Superfood snack bites\* (store the rest in fridge)

Workout: Long steady state (long run or a cardio class)

**Day 27:**

Breakfast: Quinoa pancake (make enough quinoa to have left over from day 29)

Lunch: Leftover Indian spiced chickpeas and potatoes with a green salad

Dinner: Quick chicken cacciatore over brown rice pasta or zucchini noodles

Snack: Superfood snack bites

Workout: Lower body + sprints

**Day 28:**

Breakfast: Banana almond muffins (2 from freezer) with fresh fruit

Lunch: Leftover chicken cacciatore with a fresh salad and one serving of your favorite vinaigrette

Dinner: Sweet potato and black bean chili, side salad

Snack: Protein fudge

Workout: Upper body + steady (20 minutes, moderate)

**Day 29:**

Breakfast: Quinoa pancakes

Lunch: Leftover sweet potato and black bean chili

Dinner: Liv's favorite soup\* (save leftovers in fridge)

Snack: Protein fudge

Workout: OFF

**Day 30:**

Breakfast: Cherry bomb smoothie

Lunch: Leftover soup + chopped fresh salad and your favorite dressing

Dinner: Out to celebrate a successful 30 days!

Snack: Hummus and chopped veggies

Workout: Total body circuit + plank challenge. Set that timer and see how long you can plank. Compare it to your Day 1 plank challenge, and see how much your strength has improved!

I hope you enjoyed these ideas to change up your meals and fitness routine.

For more workout tips including full workout and meal plans according to diet specifications (Vegan, Paleo, gluten-free, etc.), prep strategies, exercise how-tos, and fitness advice, please check out my book, "HIIT IT!"

Lots of happiness and health to you.

XOXO,

Gina

## Grocery list template with staple items:

### **Fresh:**

Salad greens (I like to mix kale and spinach)

Salad veggies (chop in advance)

Fruit (bananas, apples, grapes, seasonal finds)

Sweet potatoes

Zucchini

Citrus

Herbs

Dates

### **Frozen:**

Berries

Smoothie add-ins

Broccoli and other veggies

### **Meat and substitutes:**

Chicken

Tempeh

Deli meat

Fish (purchase immediately before using, or go for frozen)

### **Dairy:**

Milk of choice

Eggs

Plain yogurt

### **Pantry:**

Quinoa  
Brown rice  
Canned or dry beans  
Almond meal  
Oats  
Olive oil  
Vinegar  
Your favorite salad dressing  
Nuts and seeds (and nut butter)  
Protein powder  
Honey and/or maple syrup