



Recipes

Chocolate Raspberry ON Oats

Ingredients:

Oats - 1/2 cup
Unsweetened Almond Milk - 1/2 cup
Cinnamon - 1 tsp
PB Powder - 1 Tbsp
FNX Chocolate Malt Protein - 1 scoop
Unsweetened Cocoa Powder - 1 tsp
*Raspberries - 25g

Instructions:

Mix together & place in refrigerator overnight.
*I personally put the fruit in the morning of.

Macros:

Calories - 338, Protein - 32g, Carbs - 41g, Fat - 7g



Kicking Ranch Chicken Strips

Ingredients:

Chicken - 2 lbs
Sriracha - 2 Tbsp (or to taste)
Olive Oil - 1 Tbsp
Lime Juice - 2 tsp
Ranch Seasoning Packet - 2
*Makes 6 servings



Instructions:

1. In a bowl mix: Sriracha, Olive Oil and Lime Juice
2. Cut Chicken into strips and toss with mixture
3. Add Ranch packet and mix evenly
4. Bake for about 20-25 min @ 375

Macros:

Calories - 181, Protein - 29g, Carbs - 3g, Fat - 5g

Tuna Stuffed Avocado

Ingredients:

Avocado - 1 medium
Tuna - 1 can
Greek Yogurt - 2 Tbsp
Dill



Instructions:

1. Cut open Avocado and remove seed
2. Mix Tuna and Greek Yogurt
3. Stuff into Avocado and top with Dill

Macros:

Calories - 362, Protein - 27g, Carbs - 13g, Fat - 23g

Strawberry Kiwi Protein Shake

Ingredients:

Unsweetened Coconut Milk - 1 cup
FNX Vanilla Milkshake Protein - 1 scoop
Strawberries - 1 cup
Kiwi - 1
Chia Seeds - 1/2 Tbsp
Honey - 1 tsp

Macros:

Calories - 306, Protein - 28g, Carbs - 34g, Fat - 7g



Double Chocolate Chip Banana Bread

Ingredients:

Eggs (large) - 3
Almond Flour (Full Circle) - 2 1/2 cups
Unsweetened Cocoa Powder (Hershey's) - 1/2 cup
Baking Powder - 1 tsp
Maple Syrup (Wagner's) - 1/4 cup
Vanilla Extract (McCormick) - 1 tsp
Bittersweet Chocolate Chips (Ghirardelli) - 60g
Bananas (mashed) - 150g
Stevia (Sweet Drops) - 10 Drops

*Makes 12 servings

Instructions:

1. Combine: mashed Bananas, Eggs, Maple Syrup, Stevia, and Vanilla Extract
2. Add in: Almond Flour, Cocoa Powder, and Baking Soda
3. Add in Chocolate Chips
4. Spray a Loaf Pan generously with Cooking Spray, then add in mixture
5. Bake at 350 for about 50 min

Macros:

Calories - 155, Protein - 5g, Carbs - 15g, Fat - 10g



Workouts

Zachary Tellier

1. 10 Burpees

2. 10 Burpees
25 Push-Ups

3. 10 Burpees
25 Push-Ups
50 Lunges

4. 10 Burpees
25 Push-Ups
50 Lunges
100 Sit Ups

5. 10 Burpees
25 Push-Ups
50 Lunges
100 Sit Ups
150 Squats

“Murph”

1 Mile Run
100 Pull Ups
200 Push Ups
300 Squats
1 Mile Run

*Pull Up options: Assisted, Single Weight Pull Over, Bentover Row (100 each arm), TRX Rows.

**Perform with weighted vest to make even more challenging.

WOD:

– Rower

1. 15 DB Front Squats
2. 15 DB RDL
3. 15 DB Chest Press
4. 15 DB Push Press
5. 15 DB Row

*Row starts at 100m and increases by 100m each round

- Round 1 = Rower (100m) + 1
- Round 2 = Rower (200m) + 1,2
- Round 3 = Rower (300m) +1,2,3
- Round 4 = Rower (400m) +1,2,3,4
- Round 5 = Rower (500m) +1,2,3,4 & 5

WOD:

Ladder – 5 Sets of Descending Reps

Pull Ups – 10/8/6/4/2

Push Ups – 20/18/16/14/12

Squats – 50/40/30/20/10

Cardio – 500m/400m/300m/200m/100m

*Pull Up options: Assisted, Single Weight Pull Over,
Bent Row (each arm), Slow TRX Rows

Coach Walter

3 Rounds of:

400m Run

40 Walking Lunges

30 Sit Ups

20 Push Ups

10 Burpees