



LOGILATES

# Glow Up Sessions

# Glow Up Sessions

I am so excited that you have this workbook in your hands. You've taken the first and most important step towards embarking on your Glow Up journey! Over the next 2 weeks, we are going to tackle three specific areas as we work towards sculpting the best version of you. Each of these elements are related and must be worked on together if you want a real, lasting transformation:

## 1. Fitness

Your movement focus. I am going to train you to get stronger, leaner, and more flexible with workouts that will target and challenge every muscle in your body 6 days of the week. Then you get a day to rest and destress before we do it all over again for week 2. My goal is to sculpt you into your best physical shape.

## 2. Food

Your nourishment focus. Fueling your body with the right things will not only give you more energy, it'll give you that glow from the inside out. For the first time, I am asking you to join me on a 2 week plant based reset. I know that sounds scary, but that's the beauty of trying something new. Maybe start with 1 meal a day, then try 2, and see how you feel! I noticed that the more plants I ate, the better my digestion was. My RD will talk about the benefits of plant based eating later in this e-book.

## 3. Feelings

Your mental wellness focus. This is the culmination of everything you're doing. If in the end, you don't feel good, does it matter? At the start of this Glow Up journey, I am going to ask you to announce your "Why" and get real honest about your purpose. We're going to set the stage mentally, so that you're ready for whatever challenges you're going to encounter. And yes, you will encounter them. I have some journaling worksheets at the end of this e-book that will help you process your progress and setbacks.

In this workbook, you will find everything you need to successfully complete your 2 week Glow Up. There is nothing that can hold you back but yourself. So, make a commitment to yourself right now.

Are you ready to transform into the strongest, happiest, most confident version of yourself just 14 days from today?

Yes. You are.

We're going to do this together.

Let's Glow Up!



  
@blogilates

PS: When posting, please use #glowupsessions so we can see everyone who is doing this together!

# GlowUp Sessions

## The Rules

- Take a before pic in a sports bra and shorts and save to your phone.
- Follow the workout calendar and check off every workout that you complete.
  - Follow the meal plan. If you have specific dietary needs, feel free to tweak.
  - Drink at least 64 fl oz of water a day.
- After you finish Day 14, take an after pic in a sports bra and shorts.
- Post your before and after photo, tag @blogilates and #glowupsessions





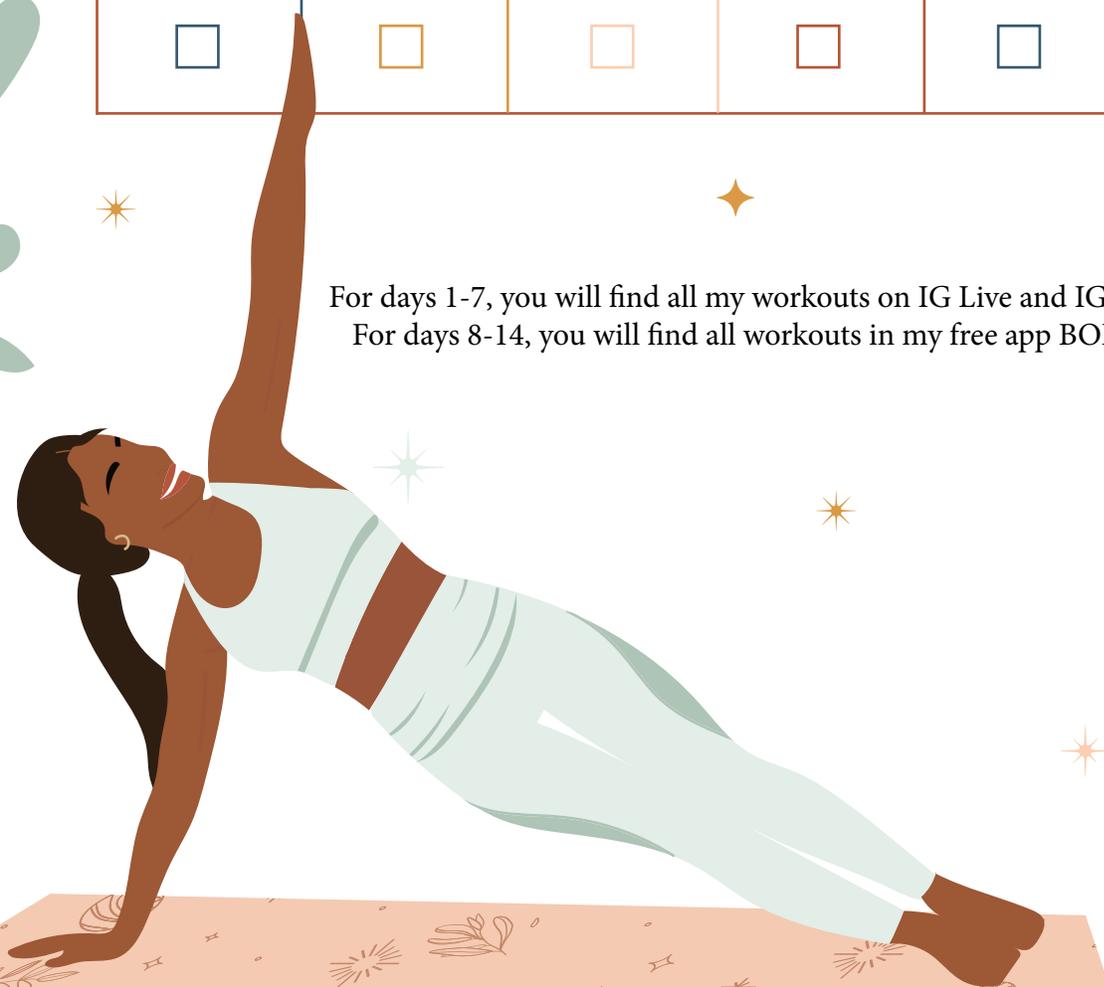
**Fitness**

# GlowUp Sessions

## Your 2 Week Program

WEEK 1						
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Sleek Body Sculptor	Abdominal Destruction	Bombshell Bootification	Lean Body Meltdown	A+ Arms	Long, Lean + Lit Leg Day	Stretch + Destress
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WEEK 2						
<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
Sleek Body Sculptor	Abdominal Destruction	Bombshell Bootification	Lean Body Meltdown	A+ Arms	Long, Lean + Lit Leg Day	Stretch + Destress
<input type="checkbox"/>						

For days 1-7, you will find all my workouts on IG Live and IGTV at @Blogilates  
 For days 8-14, you will find all workouts in my free app BODY by Blogilates



# Food

Spoiler alert: there's no single "best" diet for everyone. However, everyone can benefit from eating more plant-based foods. Long term, it's good for heart health, lowers inflammation, and can help prevent diseases like diabetes and cancer. But even eating this way on a short term basis does amazing things for your body. Here's why:

If you stick to the vegan meal plan during this challenge, you will broaden your horizons. You'll be filling your plate with variety and color, including more veggies, fruit, legumes, nuts, and seeds. You'll nourish your body with more fiber, healthy fats, and antioxidants.

Things we could all use more of.

After spending a week or two incorporating these recipes into your life, a few things will happen. First, you'll experience how your body feels when you eat this way. Maybe you'll notice better digestion, or you'll feel more satiated throughout the day. Second, you'll feel fueled and energized to crush your workouts and the rest of your day. Finally, you'll have some new delicious recipes to add to your arsenal of healthy meals! The goal isn't to go "all in" on a vegan diet after the challenge is over. The goal is to explore and grow the way you nourish your body.

Breanna Woods, R.D.

## Getting Started - Pantry Staples

### SPICES

- Ground Cinnamon
- Salt & Pepper
- Garlic Powder
- Onion Powder
- Taco Seasoning
- Chili Powder
- Dried Oregano
- Dried Basil
- Paprika
- Ground Cumin
- Cayenne Pepper
- Italian Seasoning
- Nutritional Yeast

### BAKING

- Quinoa
- Ground Flaxseed
- Walnuts
- Pecans
- Almonds
- Pistachios
- Lentils
- Sesame Seeds
- Chia Seeds
- Hemp Seeds
- Sunflower Seeds

### BAKING

- Baking Powder
- Baking Soda
- Cocoa Powder
- Vanilla Extract
- Almond Flour
- Monk Fruit Sugar
- Tapioca Flour

### SAUCES AND OILS

- Olive or Avocado Oil
- Monk Fruit Syrup
- Red Wine Vinegar
- Balsamic Vinegar
- Soy Sauce or Coconut Aminos
- Sriracha (optional)
- Sesame Oil
- Coconut Oil
- Tahini
- Peanut or Almond Butter
- Unsweetened Tomato Sauce
- Apple Cider Vinegar

### MISCELLANEOUS

- Garlic (minced or fresh)

## Days 1 to 7 - Grocery List

### PRODUCE

- 9 Bananas
- 1 Pint Blueberries
- 2 Heads Lettuce
- 2 Pints Grape Tomatoes
- 2 Avocados
- 1 Box Spinach or Arugula
- 1 Red Onion
- 3 Bell Peppers
- 1 Bunch Cilantro
- 6 Zucchini
- 3 Apples
- 1 Bag Grapes
- Small Bag Celery
- 1 Pint Raspberries
- 1 Medium Sweet Potato
- 2 Heads Broccoli

### PROTEIN & VEGAN “DAIRY”

- Almond Milk
- 2 Large Containers Coconut Yogurt
- 2 lb Firm Tofu

### FREEZER

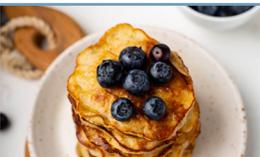
- Large Bag Mixed Berries
- Bag Corn
- 2 Bags Cauliflower Rice
- Bag Edamame

### PANTRY

- 2 Cans Black Beans
- 1 Jar Salsa
- 1 Large Bag Plantain Chips
- 1 Can White Beans
- 1 Can Corn
- 1 Can Fire Roasted Tomatoes
- 1 Jar Pasta Sauce
- Dates
- Cacao Nibs

*If you don't want to go 100% plant based, you can totally swap the protein in each meal for a protein of your choice. Swaps listed after recipe section.*

# Days 1 to 7 - Meals at a Glance

	BREAKFAST	LUNCH	DINNER	SNACKS	DAILY MACROS	
DAY 1	 PB&J Smoothie Bowl	 Veggie Taco Salad	 Lentil Zoodles + Crispy Broccoli	 Apple + Nut Butter	 Plantain + Salsa	Calories: 1996 Fat: 109 Carbs: 212 Protein: 67
DAY 2	 Banana Pancakes	 White Bean Spinach Salad	 Veggie Stuffed Pepper Skillet	 Pistachios + Grapes	 Stuffed Dates	Calories: 2023 Fat: 111 Carbs: 196 Protein: 84
DAY 3	 Coconut Berry Smoothie	 Veggie Burrito Bowl	 Garlicky Baked Tofu	 Celery + PB	 Mug Cake	Calories: 2024 Fat: 90 Carbs: 217 Protein: 75
DAY 4	 PB&J Smoothie Bowl	 Veggie Taco Salad	 Lentil Zoodles + Crispy Broccoli	 Apple + Nut Butter	 Plantain + Salsa	Calories: 1996 Fat: 109 Carbs: 212 Protein: 67
DAY 5	 Banana Pancakes	 White Bean Spinach Salad	 Veggie Stuffed Pepper Skillet	 Pistachios + Grapes	 Stuffed Dates	Calories: 2023 Fat: 111 Carbs: 196 Protein: 84
DAY 6	 Coconut Berry Smoothie	 Veggie Burrito Bowl	 Garlicky Baked Tofu	 Celery + PB	 Mug Cake	Calories: 2024 Fat: 90 Carbs: 217 Protein: 75
DAY 7	 PB&J Smoothie Bowl	 Veggie Taco Salad	 Lentil Zoodles + Crispy Broccoli	 Apple + Nut Butter	 Plantain + Salsa	Calories: 1996 Fat: 109 Carbs: 212 Protein: 67

# Week 1

## Breakfast Recipes

PB+J Smoothie Bowl

Banana Pancakes

Coconut Berry Smoothie



## PB+J Smoothie Bowl

### What you'll need:

- 1 c frozen berries
- 1 ripe banana, sliced and frozen
- 2-3 Tbsp unsweetened almond milk
- 2 Tbsp almond butter (or nut butter of choice!)
- 2 Tbsp flaxseed meal
- 1 c unsweetened coconut yogurt
- Ice as needed

### Directions:

1. Add ingredients to blender, blend until smooth. Add ice as needed until smoothie is as thick as you like!

### Nutrition:

Yields: 1 serving | Calories: 556 | Fat: 31g | Carbs: 64g | Protein: 15g | Fiber: 13g

**OPTION!**

Try 2 eggs and 1 banana. Mash it up and treat the batter like normal pancake batter! Spray pan with oil on medium heat, pour batter on, and flip when the bottom solidifies after a couple minutes.

## Banana Pancakes

### What you'll need:

- 1 banana, peeled and sliced
- 2 TBSP flaxseed meal or Bob's Red Mill Egg Replacer
- ¼ c almond flour
- 1 Tbsp tapioca flour
- 5 Tbsp water
- ½ tsp cinnamon (optional)
- ¼ c blueberries (fresh or frozen)
- 1 Tbsp almond butter
- OPTIONAL - drizzle finished pancakes with with monk fruit syrup

### Directions:

1. Mash the banana in a medium bowl. In a separate small bowl, mix flaxseed meal and water together to make "flax eggs."
2. Let your flax egg sit for 10-15 min so it gelatinizes.
3. In a separate bowl, mix together almond flour, tapioca and mashed banana.
4. Add flax eggs to the mixture. Your batter will be runny and will have a few chunks of banana left! Stir in cinnamon.
5. Heat a griddle or pan over medium heat. Melt ¼ tsp dairy-free butter on the pan. Drop pancakes on the hot griddle, using about 2 Tbsp of batter for each pancake. (these hold together better if they are small!)
6. The batter will be thick and will need to flatten to "pancake" on the pan.
7. Cook 2 to 3 minutes on each side, medium to medium-high heat in a pan coated with coconut oil. The key is to cook low and slow to avoid a raw center.
8. Serve warm, drizzled with almond butter.

### Nutrition:

Yields: 1 serving | 491 calories | 29g fat | 52g carb | 10g fiber | 14g protein



## Coconut Berry Smoothie

### What you'll need:

- 6oz container unsweetened coconut yogurt
- 1 c frozen berries
- 1 medium banana, sliced and frozen
- ½ c non-dairy milk of choice
- 1 Tbsp flaxseed meal
- 2 tsp chia seeds
- Ice as needed to thicken

### Directions:

1. Combine all ingredients in a blender, blend until smooth.

### Nutrition:

Yields: 1 serving | Calories: 406 | Fat: 16g | Carbs: 61g | Protein: 7g | Fiber: 16g

# Week 1

## Lunch Recipes

Veggie Taco Salad

White Bean Spinach Salad

Veggie Burrito Bowl

**OPTION!**

Feel free to swap the tofu for any protein of your choice. Chicken is a great choice.

## Veggie Taco Salad

### What you'll need:

- ½ c black beans
- 4 oz tofu
- 1 Tbsp olive oil
- 3 c lettuce, washed and dried
- ¼ c grape tomatoes, quartered
- ½ avocado, cubed
- ¼ Tbsp Salsa
- ½ Tbsp Taco seasoning
- ¼ c plantain chips

### Directions:

1. In a pan over medium-high heat, cook tofu with olive oil and taco seasoning. Heat beans.
2. Assemble your salad! Start with your lettuce, and top with remaining ingredients.

### Nutrition:

Yields: 1 serving | Calories: 606 | Fat: 33g | Carbs: 59g | Protein: 23g | Fiber: 13g



## White Bean Spinach Salad

### What you'll need:

- 2 c baby spinach or arugula
- ½ c white beans (canned)
- ¼ c quinoa
- ¼ thinly sliced red onion
- ½ c grape tomatoes, halved
- 1 ½ Tbsp olive oil
- 1 Tbsp red wine vinegar
- salt and pepper
- 2 Tbsp hemp seeds

### Directions:

1. Cook quinoa.
2. Toss spinach, white beans, quinoa, onion and tomato together. Toss with olive oil, red wine vinegar and a pinch of salt and pepper.

#### OPTION!

You can swap the white beans for any protein of your choice. Try fish, chicken, or beef!

### Nutrition:

Yields: 1 serving | Calories: 624 | Fat: 33g | Carbs: 58g | Protein: 26g | Fiber: 17g

**OPTION!**

It is ok to throw on some extra protein, like chicken or beef on top of this.

## Veggie Burrito Bowl

### What you'll need:

- 2 c cauliflower rice
- 1 Tbsp olive oil
- 1 Tbsp taco seasoning (or mixture of cumin, chili powder, garlic powder, salt, pepper)
- ½ c canned black beans, rinsed and drained
- ½ medium sweet potato, cubed
- 1 tsp olive oil
- ½ Bell pepper, diced
- ¼ c canned corn
- ½ Avocado
- Cilantro (optional)

### Directions:

1. Preheat oven to 400 degrees F. Line baking pan with parchment and toss sweet potato in 1 tsp olive oil. Season with salt and pepper and roast for 15-20 min.
2. Meanwhile, sauté cauliflower rice with 1 Tbsp olive oil and taco seasoning until softened. In a separate pan, heat black beans, bell pepper and corn until heated through and peppers are soft.
3. Build your bowl with seasoned cauli rice, beans, sweet potato, bell pepper, corn and avocado. Top with cilantro.

### Nutrition:

Yields: 1 serving | Calories: 551 | Fat: 31g | Carbs: 49g | Protein: 16g | Fiber: 18g

# **Week 1**

## **Dinner Recipes**

Zoodles with Lentil Sauce

Stuffed Pepper Skillet

Garlicky Baked Tofu

**OPTION!**

You may swap the lentils for any protein of choice. Chicken, beef, or fish would be delicious here.

## Zoodles with Lentil Sauce

### What you'll need:

- 2 medium zucchini, spiralized
- 2 Tbsp olive oil, divided
- ½ c lentils
- ½ c Sugar free pasta sauce (Rao's)
- 1 cup broccoli florets
- garlic powder, salt, pepper to taste

### Directions:

1. Sauté zoodles in 1 Tbsp olive oil until softened and slightly crisp, seasoning to taste.
2. Meanwhile, cook lentils and combine with sauce until heated through.
3. Heat olive oil in a pan over medium-high heat and sauté broccoli with garlic powder, salt and pepper until softened.
4. Serve sauce over noodles and broccoli.

### Nutrition:

Yields: 1 serving | Calories: 474 | Fat:30g | Carbs: 40g | Protein: 16g | Fiber: 15g

**OPTION!**

Feel free to swap the tofu for any protein of your choice. Ground turkey or beef would be nice here.

## Stuffed Pepper Skillet

### What you'll need:

- 1 bell pepper, diced
- 4 oz tofu
- ½ Tbsp olive oil
- 3 c Spinach
- ½ c frozen corn
- 1 c cauliflower rice
- 1 Tbsp taco seasoning
- ½ c canned fire roasted tomatoes

### Directions:

1. Over a medium pan, cook tofu with 1 tsp olive oil and taco seasoning over medium-high heat until cooked through.
2. While tofu is cooking, cook cauliflower rice per instructions.
3. When tofu is cooked through, add tomatoes, peppers, spinach and corn and cook until veggies are soft.
4. Serve pepper mixture with cauliflower rice.

### Nutrition:

Yields: 1 serving | Calories: 497 | Fat: 27g | Carbs: 38g | Protein: 31g | Fiber: 9g

**OPTION!**

You can sub the tofu for any protein of your choice. Fish would be so nice here.

## Garlicky Baked Tofu

### What you'll need:

- 6 oz extra firm tofu, cut into cubes
- 2 cloves garlic, minced
- 2 tsp low-sodium soy sauce (or coconut aminos)
- ¼ tsp onion powder
- 1 tsp monk fruit sweetener
- 1 tsp sriracha
- ½ c quinoa
- ½ c frozen edamame, shelled
- 1 tsp sesame seeds

### Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Bake tofu on prepared baking sheet for ~30 min, or until it starts to get crispy. Toss tofu halfway through baking.
2. While the tofu bakes, make your sauce. Combine the garlic, soy sauce, onion powder, monk fruit sweetener and sriracha. Heat in a small sauce pan over medium heat.
3. Prepare quinoa and heat edamame. Serve tofu over quinoa and broccoli, drizzled with sauce. Sprinkle with sesame seeds.

### Nutrition:

Yields: 1 serving | Calories: 627 | Fat: 20g | Carbs: 73g | Protein: 38g | Fiber: 13g

# Week 1

## Snack Recipes

Apple + Nut butter

Plantain Chips + Salsa

Stuffed Dates

Celery + PB

3- Ingredient Mug Cake

Pistachios + Grapes



## Apple With Nut Butter

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### What you'll need:

- 1 medium apple, sliced
- 1 Tbsp Peanut butter
- 1 tsp chia seeds (or hemp seeds)

### Nutrition:

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Yields: 1 serving | Calories: 200 | Fat: 7g | Carbs: 27g | Protein: 4g | Fiber: 5g



## Pistachios + Grapes

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### What you'll need:

- 2 Tbsp pistachios
- 1/2 cup grapes

### Nutrition:

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Yields: 1 serving | Calories: 165 | Fat: 9g | Carbs: 21g | Protein: 4g | Fiber: 15g



## Celery + PB

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### What you'll need:

- 1 celery stalk
- 2 Tbsp peanut butter

### Nutrition:

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Yields: 1 serving | Calories: 200 | Fat: 16g | Carbs: 7g | Protein: 4g | Fiber: 3g



## Plantain Chips + Salsa

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### What you'll need:

- 1oz Plantain chips
- 1/4 c salsa

### Nutrition:

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Yields: 1 serving | Calories: 160 | Fat: 8g | Carbs: 22g | Protein: 1g | Fiber: 4g



## Stuffed Dates

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### What you'll need:

- 2 dates, destoned
- 1 Tbsp peanut butter
- 1 Tbsp cacao nibs, chopped
- sprinkle of salt

### Directions:

1. Stuff dates with peanut butter and sprinkle with chopped cacao nibs, sprinkle of salt.

### Nutrition:

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Yields: 1 serving | Calories: 235 | Fat: 10g | Carbs: 35g | Protein: 5g | Fiber: 4g



## 3-Ingredient Mug Cake

### What you'll need:

- 1 small extra ripe banana
- 1 flax egg (1 Tbsp flaxseed meal, 3 Tbsp water)
- 2 Tbsp dark cocoa powder
- 1-2 Tbsp monk fruit sweetener
- 1/4 cup unsweetened almond milk
- 1/2 c raspberries

### Directions:

1. Combine all ingredients in a blender and mix until a batter forms. Pour into a greased mug or small bowl.
2. Microwave for 60 seconds.
3. Top with berries (If you prefer to use an oven, bake in an oven-safe dish at 350 degrees F for 10-12 min).

### Nutrition:

Yields: 1 serving | Calories: 204 | Fat: 7g | Carbs: 27g | Protein: 10g | Fiber: 7g

# Swaps

Repeat this meal plan for week 2!

If you have specific dietary restrictions or specific macronutrient/calorie goals, feel free to tweak the recipes to your needs. Or you may visit [the90dayjourney.com](https://the90dayjourney.com) to check out my full 30 Day and 90 Day Meal Plans which offer many more delicious recipes.

**Not ready to go 100% plant based? It's ok!  
Here are some of our favorite protein swaps:**

(info. per 100g of each source raw)



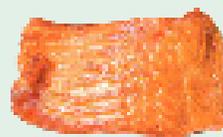
**Egg**

58 Cals  
63g protein



**Chicken**

110 Cals  
25g protein



**Salmon**

250 Cals  
50g protein



**Pork**

270 Cals  
18g protein



**Ground Turkey**

115 Cals  
25g protein



**Shrimp**

144 Cals  
26g protein



**Beef**

220 Cals  
24g protein



# Feelings

## Set the Stage

### Day 1 Worksheet

Why do I want this Glow Up?

After 2 weeks, I hope to feel:

I am most excited for:

I am most scared about:

To get to the best version of me, I must let go of:

If I ever want to quit, I must remember:

If I complete this Glow Up, I will celebrate by:

## Mid-Way Check-In Day 7 Worksheet

How am I feeling today?

What's working so far?

What's not working?

What can I allow myself to let go of?

This past week, I was proud of:

Next week, I can work on:

Next week, I am excited for:

Next week, I am scared about:

## Final Reflection

### Day 14 Worksheet

How am I feeling today?

Is it how I expected to feel?

The highlight of the past 2 weeks was:

The hardest part of the past 2 weeks was:

Something that I discovered about myself:

What worked for me that I can keep?

What didn't work for me that I can drop?

What can I allow myself to let go of?

I will now celebrate by:

**Congrats! You successfully completed your Glow Up!**