

Are you ready to take on the #HotGirlSummerSculpt?

It's a 14 day workout program and meal plan to get you lean, sculpted and strong for the summer! But it's not just about getting fit, it's about feeling CONFIDENT like the hot girl that you already are!

Over these next 2 weeks, I'm going to be putting your body and your mind through a transformation that will make you feel so unstoppable - so powerful that you'll be able to take that infectious energy let it drive you to crush all your goals!

Let's do this.

@blogilates



YOUR PREP CHECKLIST

☐ Take a before photo in a bikini or sports	
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☐ Print out your calendar and tape it to	
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☐ Make sure you have a refillable	
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water bottle, yoga mat, sneakers, water bottle, yoga mat, sneakers, booty bands* and a pair of 5-8 lb weights*	
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Ask one friend to do this program you. Accountability partners make things	
you. Accountability partitional! way more fun and motivational!	
*optional, but good if you want to focus on building more muscle.	
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The Rules

- 1. Be active for at least 30 min a day, everyday.
- Check off every workout that you finish, everyday.
- 3. Share your check mark and/or post workout pic with me everyday so I can check in on you!
- Follow the meal plan. If you have specific dietary needs, please tweak.
- Drink at least 64 fl oz of water a day.
- 6. After you finish Day 14, take an after photo and post your before & after so we can celebrate your transformation!

Now, ready to see your 14 Day Workout Program?









*HOT GIRL POWERWALK: Prep a playlist that empowers you (music, podcasts, or audiobooks are all good) and go on a powerwalk (or hike) as you imagine your dream life and all the things you're going to do to get there. Are there things holding you back? Be honest. Dig deep. Get uncomfortable. Work through it. You'll see how transformative this will be for your inner growth. Plus, it's a great low impact cardio workout!







Here is your suggested meal plan for the 14 Day #HotGirlSummerSculpt. These recipes are gluten free, dairy free, and added sugar free, which will help with increasing your energy, giving you better skin, debloating your belly, and overall fat loss. They come directly from my 90 Day Journey Omnivore Meal Plan which is Registered Dietitian approved.

This meal plan is a suggestion, but you should always consult your doctor or nutritionist before starting any new eating program.

1 Week Shopping List

Produce	Pantry		
7 Bananas	1 Jar Salsa		
☐ 1 Package Mushrooms	1 Can White Beans		
2 Boxes Spinach	1 Can Black Beans		
1 Onion	1 Can Corn		
1 Red Onion	16oz Can Crushed Tomatoes		
1 Pint Blueberries	1 Jar Sugar-Free Pasta Sauce		
1 Pint Raspberries	1 Bag Plantain Chips		
2 Heads Lettuce	1 Bag Cacao Nibs		
1 Pint Grape Tomatoes	1 Container Dates		
3 Avocados	Quinoa		
5 Bell Peppers	Peanut and/or Almond Butter		
1 Bunch Cilantro	Cocoa Powder		
6 Zucchinis	Monk Fruit Sweetener (or stevia)		
1 Lemon	Monk Fruit Syrup (optional)		
2 Heads Broccoli	Pistachios		
3 Apples	Flaxseed Meal		
☐ 1 Bag Grapes	Hemp Seeds		
Small Bag Celery	Ground Cinnamon		
Garlic	Taco Seasoning		
	Olive Oil		
Meat/Eggs/"Dairy"	Red Wine Vinegar		
☐ 1 Dozen Eggs			
Almond Milk	Freezer		
3.5 lb Ground Turkey (or chicken)	☐ 1 Bag Berries		
2 Cans Tuna In Water			
12 oz Salmon			
2 Large Containers Coconut Yogurt			

YOUR MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS	DAILY MACROS
DAY 1	PB + J Smoothie Bowl	Taco Salad	Zoodles with Meat Sauce	Apple + Plantain Chips + Salsa	Calories: 1978 Fat: 113 Carbs: 161 Protein: 93
DAY 2	Banana Pancakes	Tuna Spinach Salad	Stuffed Pepper Skillet	Pistachios + Stuffed Dates	Calories: 1969 Fat: 93 Carbs: 190 Protein: 112
DAY 3	Veggie Omelette	Turkey Chili	Garlicky Baked Salmon	Celery + PB 3-Ingredient Mug Cake	Calories: 2055 Fat: 114 Carbs: 138 Protein: 115
DAY 4	PB + J Smoothie Bowl	Taco Salad	Zoodles with Meat Sauce	Apple + Nut Butter Chips + Salsa	Calories: 1978 Fat: 113 Carbs: 161 Protein: 93
DAY 5	Banana Pancakes	Tuna Spinach Salad	Stuffed Pepper Skillet	Pistachios + Grapes Stuffed Dates	Calories: 1969 Fat: 93 Carbs: 190 Protein: 112
DAY 6	Veggie Omelette	Turkey Chili	Garlicky Baked Salmon	Celery + PB 3-Ingredient Mug Cake	Calories: 2055 Fat: 114 Carbs: 138 Protein: 115
DAY 7	PB + J Smoothie Bowl	Taco Salad	Zoodles with Meat Sauce	Apple + Plantain Chips + Salsa	Calories: 1978 Fat: 113 Carbs: 161 Protein: 93

Breakfast Recipes

PB+J Smoothie Bowl

Banana Pancakes

Veggie Omelette



PB+J Smoothie Bowl

What you'll need:

- · 1c frozen berries
- 1 small 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:

 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: 13g | Fiber: 15g



Banana Pancakes

What you'll need:

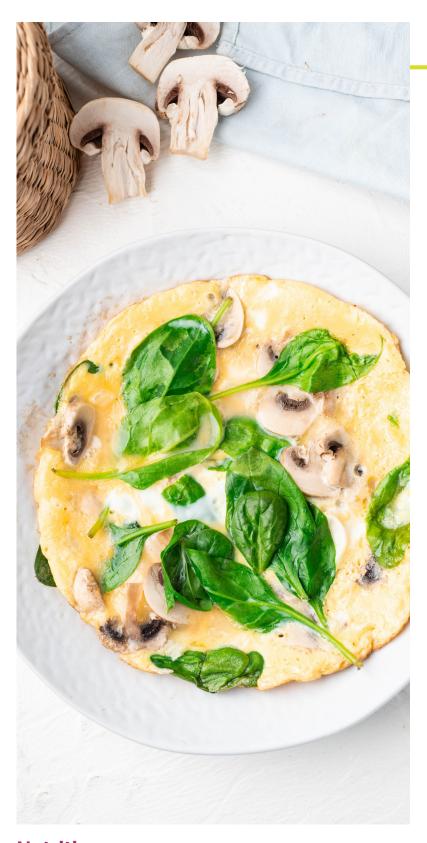
- · 1 banana, peeled and sliced
- · 2 eggs
- 1/2 tsp cinnamon (optional)
- 1/4 c blueberries (fresh or frozen)
- 2 Tbsp almond butter (or other nut butter)
- 8 oz coconut yogurt, unsweetened
- OPTIONAL drizzle finished pancakes with with monk fruit syrup

Directions:

- Mash the banana and egg together in a medium bowl. Your batter will be runny and will have a few chunks of banana left! Stir in cinnamon.
- 2. Heat a griddle or pan over medium heat. Melt 1/4 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!)
- Cook for about a minute on each side. Serve warm drizzled with almond butter and yogurt.

Nutrition:

Yields: 1 serving | Calories: 566 | Fat: 38g | Carbs: 48g | Protein: 21g | Fiber: 10g



Veggie Omelette

What you'll need:

- · 3 eggs
- · 1/4 c mushrooms, diced
- · 1c spinach
- · 1/4 c onion, diced
- · 1 Tbsp olive or avocado oil
- 1/3 ripe avocado sliced
- salt and pepper

Directions:

 In a medium pan, heat oil over medium-high heat. Add egg and veggies (except avocado) to pan, and cook until egg is cooked through. Gently fold omelette in half and serve topped with avocado slices.

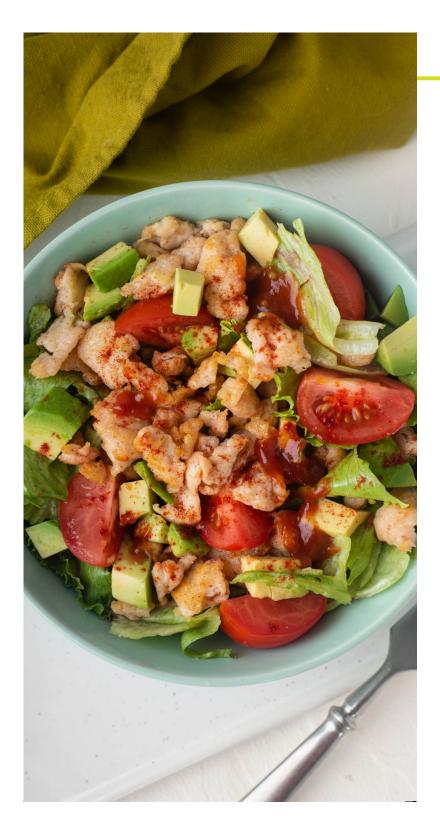
TIP - sub your favorite veggies!

Nutrition:

Yields: 1 serving | Calories: 435 | Fat: 36g | Carbs: 10g | Protein: 20g | Fiber: 5g

Lunch Recipes

Taco Salad
Tuna Spinach Salad
Turkey Chili



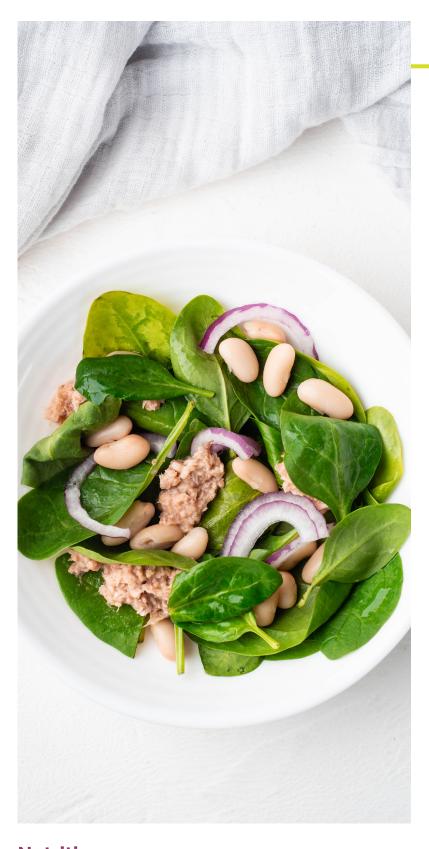
Taco Salad

What you'll need:

- 1/2 lb Ground turkey
- · 1Tbsp olive oil
- · 3 c Lettuce, washed and dried
- 1/4 c Grape tomatoes, quartered
- · 1/2 Avocado, cubed
- · 1/4 c Salsa
- · 1 Tbsp Taco seasoning

Directions:

- 1. Brown turkey and stir in taco seasoning.
- 2. Assemble your salad! Start with your lettuce, and top with remaining ingredients.



Tuna Spinach Salad

What you'll need:

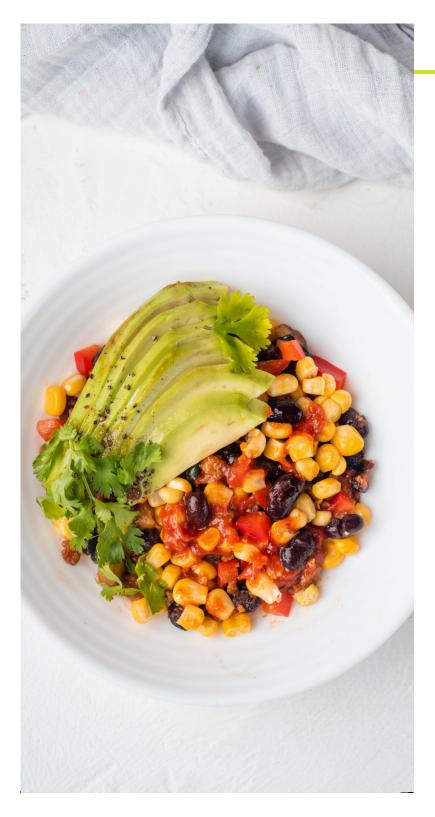
- · 2 c baby spinach
- · 1 can tuna (canned in water)
- 1/2 c white beans (canned)
- · 1/4 thinly sliced red onion
- 1Tbsp olive oil
- · 1 Tbsp red wine vinegar
- · 2 Tbsp hemp seeds
- salt and pepper

Directions:

 Toss spinach, tuna, white beans and onion together. Toss with olive oil, red wine vinegar and a pinch of salt and pepper. Top with hemp seeds.

Nutrition:

Yields: 1 serving | Calories: 528 | Fat: 25g | Carbs: 28g | Protein: 49g | Fiber: 14g



Turkey Chili

What you'll need:

- 1/4 lb ground turkey
- 1/2 Tbsp olive oil
- 1/4 c canned black beans, rinsed and drained
- 1/2 Bell pepper, diced
- 1/4 c canned corn
- · 8 oz canned crushed tomatoes
- · 1/2 c water (more as needed)
- · 1/4 Avocado
- · Cilantro (optional)

Directions:

- Heat oil in a pot over medium-high heat. Add turkey and cook and crumble until browned all the way trhough. Add bell pepper and cook for a few more minutes, until softened. Feel free to add garlic or whatever seasoning you like here.
- 2. Add black beans, corn, crushed tomatoes, and water. Bring to a boil, and then simmer for 15-20 min.
- 3. Top with cilantro and avocado.

Nutrition:

Yields: 1 serving | Calories: 455 | Fat: 22g | Carbs: 37g | Protein: 32g | Fiber: 13g

Dinner Recipes

Zoodles with Meat Sauce Stuffed Pepper Skillet Garlicky Baked Salmon



Zoodles with Meat Sauce

What you'll need:

- · 2 medium zucchini, spiralized
- 1Tbsp olive oil
- 1/4 lb lean ground turkey
- 1/2 c Sugar Free Pasta sauce (Like Rao's)
- · 1c broccoli florets
- · salt and pepper to taste

Directions:

- Peel and thinly slice zucchini into noodles using mandolin or spiralizer. Sauté zucchini noodles with olive oil over medium heat until tender, around 1-3 min.
- 2. Meanwhile, brown ground turkey over medium heat in a separate pan. Also boil broccoli for ~7min, until tender. Drain.
- 3. Combine sauce with cooked turkey and serve over zoodles.

TIP: If you don't have a spiralizer, you can serve the meat sauce over sauteéd zucchini slices!

Nutrition:

Yields: 1 serving | Calories: 409 | Fat:25g | Carbs: 20g | Protein: 27g | Fiber: 7g



Stuffed Pepper Skillet

What you'll need:

- · 2 bell peppers, thinly sliced
- 1/4 lb ground chicken or turkey
- · 3 c spinach
- 1/2 c corn
- · 1/4 c quinoa, dry
- · 1Tbsp taco seasoning

Directions:

- Over a medium pan, cook ground chicken (or turkey) over medium-high heat until cooked through. Add taco seasoning.
- 2. While chicken is cooking, cook quinoa per instructions.
- 3. When chicken is cooked through, add peppers, spinach and corn and cook until veggies are soft.
- 4. Add cooked quinoa to chicken/veggie mixture and serve.



Garlicky Baked Salmon

What you'll need:

- · 6 oz Salmon
- 1 Tbsp olive oil
- · 1tsp minced garlic
- Juice of 1/2 lemon
- · Salt and pepper to taste
- · 1/2 c quinoa
- · 1c broccoli, chopped

Directions:

- Preheat oven to 400 degrees F. Stir olive oil, garlic and lemon juice together. Place salmon on a greased cookie sheet. Spoon olive oil mixture over salmon. Bake 15-18 min., until opaque and flaky.
- While salmon bakes, cook quinoa according to package directions and boil broccoli for ~7 min. Season to taste.
- Season salmon with salt and pepper to taste and serve with serve with quinoa and broccoli.

Snack Recipes

Apple + Nut Butter

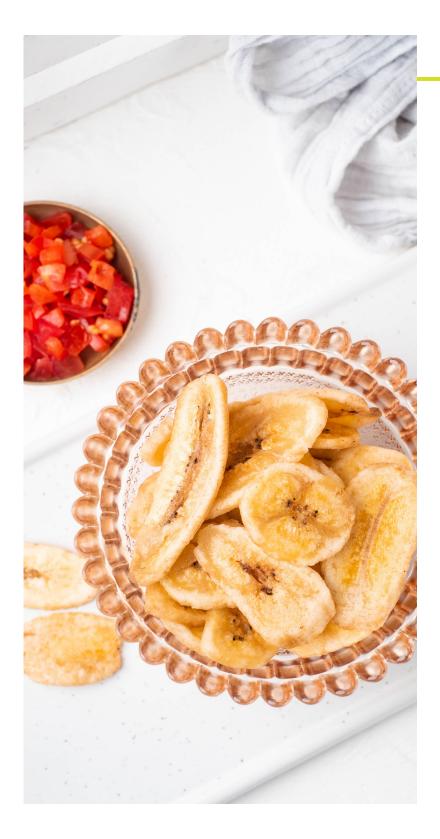
Pistachios + Grapes

Celery + PB

Plantain Chips

Stuffed Dates

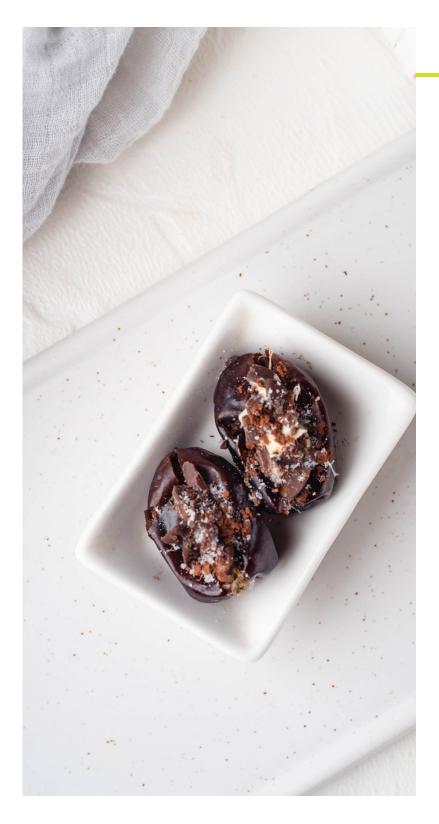
Chocolate Mug Cake



Plantain Chips

What you'll need:

- 1 oz Plantain chips
- 1/4 c salsa



Stuffed Dates

What you'll need:

- · 2 dates, destoned
- · 1Tbsp 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.



3-Ingredient Mug Cake

What you'll need:

- · 1 small extra ripe banana
- · legg
- · 2 Tbsp dark cocoa powder
- 1-2 Tbsp monk fruit sweetener
- 1/4 c unsweetened almond milk
- 1/2 c raspberries

Directions:

- 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

TIP: If you prefer to use an oven, bake in an oven-safe dish at 350 degrees F for 10-12 min.

Nutrition:

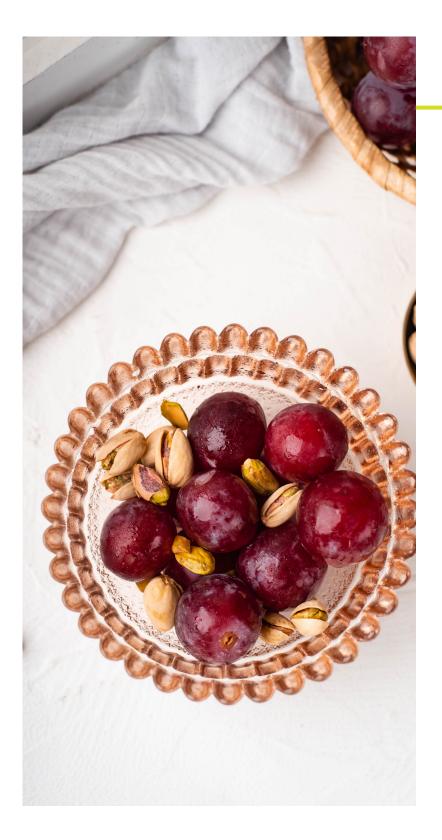
Yields: 1 serving | Calories: 204 | Fat: 7g | Carbs: 27g | Protein: 10g | Fiber: 7g



Apple With Nut Butter

What you'll need:

- · 1 medium apple, sliced
- 1 Tbsp peanut butter



Pistachios + Grapes

What you'll need:

- · 1/4 c pistachios
- · 1c grapes



Celery w/PB

What you'll need:

- · 1 celery stalk
- · 2 Tbsp peanut butter

End of Week 1!

Repeat this meal plan for week 2!

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

Looking for vegan or vegetarian swaps? Here are some of our faves!



Tofu 100 Cals 16g protein



Seitan 104 Cals 21g protein



Edamame 110 Cals 10g protein



Lentils 110 Cals 10g protein



Split Peas 118 Cals 8g protein



Beans ~140 Cals 9g protein



Tempeh 200 Cals 14g protein



Quinoa 368 Cals 14g protein



Nut Butter 588 Cals 25g protein



You've got this!

The next 14 days are going to be a roller coaster of triumphs and struggles, but the journey will transform you from the inside out. Make sure to document your journey with pictures, videos, and journal entries! If there's anything you want to share, tag @blogilates and #hotgirlsummersculpt so that we can all leave words of encouragement on each other's posts! Have fun!

