

**BBX**

**HARDCORE**

**90 DAY PROGRAM**

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## **INTRO | A WORD FROM DEDE**

No, I'm not perfect and contrary to popular belief, I am not a machine. I am a regular mom who has suffered hard times, been blessed with good and has dealt with the same life struggles that you have. Nothing was handed to me; I had to work my butt off just like everybody else. After my divorce, I had to learn how to balance work and survive as a single mother. I fought hard to make ends meet. I battled to find the person I was before I got married and who I wanted to be again. I lost my sense of self-worth and became depressed because I was lonely, stressed and overweight. Through it all, I have learned one important lesson...You can't focus on the negative. You can't dwell on the wrong that you have done, or what other people have done to you; how crappy you feel, or how bad you think you look, or how nothing ever goes right for you. By focusing on the negative, you keep yourself there and so continues a very vicious cycle. Change begins with, ends with, and can only happen within you.

My programs are not just about losing weight and getting ripped; they are about being the best YOU possible in EVERY SINGLE WAY! I'm not trying to get all spiritual on you but I want you to find your power...mind and body! No one can bring you true happiness, no one can make you lose weight, no one can wave a magic wand and poof you are ripped. No one can take control of your life and make things happen for you. Your life and your decisions are 100% in your hands.

The program you are beginning is probably the most difficult workout ever put on DVD and yes I'm speaking to you avid fitness buffs too! Trust me when I say I will challenge everyone's fitness levels whether you are a beginner or advanced. When you complete this 90 day program, you will be a different person...inside and out! I am going to push you to limits you never thought possible and you will like it. "Love the Pain" - that's my motto! There is some truth to the saying "no pain, no gain" but one thing is for certain... if you commit yourself 100% to my program and my rules, you will see changes you never dreamed possible. I am a fitness and life coach, and from this moment on I want you to get into the proper mind set. I don't care what your goal is, whether it's to lose weight or to get shredded. You are my athlete and I will drive and push you to achieve those goals.

**REMEMBER, YOUR SUCCESS RELIES 100% ON YOU.  
MAKE THE CHOICE, COMMIT AND JUST DO IT!**

## HOW TO USE THE PROGRAM

This is not the type of program that you can use whenever you want; there is a method to the madness. I need you to commit to sticking to the program exactly as I've shown it below. It's only 90 days so you CAN do it!

There are 3 levels (9) workouts in all:

BBX Hardcore (Levels 1, 2 & 3) – This is a full hour workout consisting of cardio and body weight strength training intervals.

BBX Body (Levels 1, 2 & 3) – This is a 30 minute workout of pure body weight strength training exercises and stretching.

BBX Burn (Levels 1, 2 & 3) – This is a 30 minute workout consisting of high intensity cardio intervals.

On this program, you will alternate BBX Hardcore, BBX Body and BBX Burn for five (5) days then allow yourself a two (2) day recovery period. Your week should look like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hardcore	Body	Hardcore	Burn	Hardcore	Rest	Rest

You will maintain this schedule for 90 days beginning with Level 1 for Month 1, Level 2 for Month 2 and Level 3 for Month 3. I have included a tracking calendar that you can hang on your refrigerator with the full 90 day breakdown.

Before you begin, I need you to do one very important thing.....

Do not, I repeat, DO NOT start this program until you have studied "The Moves". The Moves is a tutorial on how to properly execute each of the body weight strength exercises for each level. So before you begin Level 1, watch The Moves for Level 1. Before you move to Level 2, watch The Moves for Level 2 and same for Level 3. I am a stickler for technique, form and proper execution. You can do 100 sit-ups but if you aren't doing them properly, what's the point? Not only do you risk injuring yourself, you are wasting your time and energy. It is critical that you know how to do each move and how to do it properly BEFORE you begin!

## **BBX NUTRITION**

I wish I could say that you can wave a magic wand and poof you'll get the perfect body by eating chocolate cake and pizza. But we don't live in a fairytale and I'm not the type of person to fill your head with stories to make you feel better. With me you're going to get the God's honest truth, nothing more, nothing less! And here it is... diets don't work! The minute you go back to eating like a normal human being all the weight will come right back. As for diet pills and all the other weight loss products they have on the market, long story short...they will destroy your metabolism and are extremely dangerous - period!! Being healthy and achieving your perfect body takes hard work and dedication. You have to make a decision right now and commit yourself to adapting new healthy eating habits if you really want to achieve lasting success. I am your coach and you are my athlete and together we are going to kick some booty! What I am going to teach you is what kind of foods, in what combination and amounts you need to eat in order to accelerate your metabolism and burn fat. On this program you will have to eat more food, more often! Yes, you read it right, more food more often!! But most importantly, I'm going to teach you that your state of mind is the foundation and key to true success in any exercise, diet and nutrition plan.

On my program we won't be looking at fat and you will notice that you don't count calories. The truth is fat has gotten a bad rap; everyone needs a little fat in their diet. However, there is a huge difference between good fat and bad fat. So what type of fat can you eat? Polyunsaturated or monounsaturated fats are good and can be found in foods such as nuts, fish, avocados, canola or olive oil. What types of fat should you stay away from? Saturated fat, trans fat and labels that say partially-hydrogenated oils. The bottom line is do not cut fat from your diet completely, just eat the right kind of fat in moderation.

And as for calorie counting...blah! Too much work, too much math! It's all common sense people. Make smart choices; eat the right combination of foods in smaller portions more often...period!

No matter what body type you are, the key to weight loss is accelerating your metabolism. Think of your metabolism as a bonfire and the food that you eat are logs you put into that fire. If the bonfire is burning big and hot, it has no problem consuming the wood that you put into it. You put a giant log in and it burns in minutes. Your metabolism works the same way. If you have a very fast metabolism your body can easily burn whatever you feed it. That's why some people seem to be able to eat anything they want and never gain weight. Their metabolism is moving so fast it literally consumes whatever they feed it.

Conversely, if the fire begins to die out and burn slowly, it doesn't burn the new wood you put into it as quickly. It may take all night for it to slowly burn away. Again, your metabolism works the same way. If your metabolism is very slow it can't burn all the calories you feed it. The food you eat just sits there and gets stored as fat.

This fact is key to my entire nutritional program. The slower your metabolism, the less quickly your body will convert food into energy, and the food that doesn't get burned your body stores as fat....and you gain weight!!

In most cases the biggest factor affecting your metabolic rate is what you eat. Unfortunately, many of the foods that are staples in our diets these days have the ability to significantly slow or even stop the metabolic process. Foods with lots of simple sugars like soda, fruit juice, and other sweets, as well as many processed foods like breads and pasta, particularly when consumed in the wrong combination with other foods, will release a hormone in your body that essentially tells your body to stop converting food into energy and start storing everything as fat.

The hormone that controls this process in your body is insulin, and it is directly responsible for regulating the amount of sugar in your body and converting it into energy. Much of this program is geared towards controlling the levels of sugar in your blood stream. Now I know this sounds like a lot of scientific mumbo jumbo, but it's important that you understand this...so please pay attention!

Another big problem that affects almost everyone that is significantly overweight is the "D" word, dieting...yes, I said it! Once you start radically reducing the amount of calories you eat, your metabolism starts to shut down. That is why every single time you follow a starvation type diet, and you go off of it and start eating normally again, you gain all the weight back ... and usually more. You have literally killed your metabolism, and with it, any hope of lasting weight loss! Conventional diets don't work! Once you begin to starve your body with a reduced calorie diet, two things happen that assure no matter how much weight you lose, you will gain back every pound and often more. Remember fat is a survival mechanism developed by our body to keep us from starving to death during long periods without food. Going on a reduced calorie diet kicks this survival mechanism into gear and virtually assures your failure. Even though you are consuming less food, your body begins to metabolize that food slower. Burning less for energy and storing more as fat. On my plan you will be eating more food, more often. Basically, every time you are hungry, you will eat. In fact in the very beginning, you may not even be hungry because you're full from eating so much, but you're still going to have to stick to the plan and eat! So instead of your body thinking you are starving it; it will begin to realize that food is plentiful. Whenever it is hungry, it gets fed, so the survival mechanism never kicks in. On this plan you'll eat real, natural, good food. And you'll never go hungry. Once you get into the swing of things you will find this plan is easy to follow; you just have to re-program yourself. Plus, it's easier to stick to something when you aren't miserable doing it!

## **THE RULES**

As your coach, it's my job to push you to limits you never thought possible, to believe in you when you are ready to give up and to encourage you to take risks. I will also teach you to love the pain; because without pain there is no change. I tell my clients that there are two types of pain .... one is "Oh my God I just broke my leg I have to get to a hospital!" And then there is the pain and discomfort of muscle fatigue. The latter of course, is the pain you need to love and embrace because without it there is no real change. Think about it, if you always stay within your comfort zone how will you achieve the goals you have set for yourself?

Once you begin to see the results, you'll get hooked. Looking hot is hard work people!! It's sweaty, grimy, tough and fierce. It takes hard work to check yourself before you stuff your face with that piece of pizza but the rewards are huge, so learn to love the pain!! Before starting this program, there are a few very important points I need to go over with you; I simply call them.... The rules!

### **Don't make excuses. Change your frame of mind**

This is definitely the foundation and most important aspect of my entire program. What you think and how you feel trickles down into every aspect of your life. I am a huge believer that whatever you think, you bring into your life.

After reading the plan you may ask yourself, how do I find the time to do all of this? I'm too busy with work, kids, I'm tired, I get so bored, sometimes it's just easier to eat what my kids eat, sometimes it's just faster to go through a drive thru because I'm in a hurry. I totally understand - remember I was in your shoes. I was over 200 lbs. and a working single mother of 3. However, I achieved success because I learned the secret, so here it is...are you ready? STOP MAKING EXCUSES! If it's truly important to you then make the time. How can you be the best mother, father or friend if you are not happy with who you are inside and out? Nobody is going to hold your hand and do this for you, but you CAN do it. You are capable of more than you think; you alone hold the key to your success or failure. Set your goal, put your blinders on and keep your eyes on the prize!

### **Eat every 2-3 hours**

Even if you don't feel hungry, never let more than 3 hours pass before you have your next meal. If you skip a meal it will slow your metabolism. If you miss a meal try to get to it as soon as possible. Do not eliminate the missed meal; it will further slow your weight loss. Remember too much food = fat. Not enough food = fat! Carry some protein bars in your purse or car just in case...be prepared!

**Don't eat foods you don't like**

This is NOT a diet and if you don't like what you are eating, you are setting yourself up for failure. Play around with the suggestions and tips I give you to find your likes and dislikes.

**Stay away from sodium**

This will cause you to retain water and cause your metabolism to slow down. It may seem inconvenient to eliminate salt but it is vitally important to your weight loss success. Don't worry about the flavor; after a couple of days of eating without salt, you'll start to realize much of the food's natural flavor is masked by salt. A great alternative is "Mrs. Dash" which offers several different seasoning options without sodium.

**Stay away from pre-packaged foods**

The easiest way to guard against sodium and other culprits that cause weight gain and water retention is to avoid pre-packaged and processed foods completely. The simple rule is: if it comes in a can, frozen box or has been through some kind of process, it's not good for weight loss. And yes I'm talking about Lean Cuisine and all those other boxed so-called-low calorie/ low fat pre-packaged meals.

**Drink lots of water**

Water is one of the most important elements of any weight loss program. Drinking water helps you eliminate water and cleans out your system, a key factor in accelerating your metabolism. Drink at least 8-10 (10 oz.) glasses a day. Or better yet, buy a gallon of water in the morning and drink it throughout the day. Stay away from sodas, diet sodas, alcohol and fruit juices; they all contain way too much sugar.

If you require more variety, supplement your water intake with these ideas:

- Water flavored with fresh lemons (acts as a natural diuretic)
- Ice tea (Unsweetened/No sugar; Stevia sweetener is ok)
- Lemonade made from fresh lemons with Stevia to sweeten
- Black coffee or tea
- Low or no sodium sparkling flavored water



### **Portion control**

Because you will be eating approximately every 3 hours to speed up your metabolism, you must eat smaller portions. From now on, eat all of your meals on a dessert plate. Too much food at a meal will overwhelm your digestive system and slow your metabolism down. Smaller portions of food, more often speeds it up. It's that simple!

### **Write it down**

For the next 90 days keep a daily journal of absolutely everything you put in your mouth; food and liquids. Not only will this help you understand your eating patterns, it will make you think twice before you eat something bad. Remember, you are breaking old habits and change doesn't happen overnight - it's not easy! For the first 30-60 days you will have to think about everything you drink and eat, how much of it, how often, etc. It is work... but I promise it will get easier as time progresses. One day you won't even have to think twice about it. Why? Because you have reprogrammed yourself and have adapted new healthy eating habits.

### **Protein & Fiber**

On my program you are working your body harder than you ever have before. Not only are you getting a great cardio workout but you are getting intense strength training. Protein is needed to help the body build strong muscles, repair tissues and maintain an effective immune and hormonal system. Excellent sources of protein are lean meats, poultry, fish, eggs and dairy products followed by soy products, grains, nuts, seeds, vegetables and fruits. Please remember that by eating more protein you must drink more water in order for your kidneys to function properly. I recommend that you also visit your nearest nutrition center and find a good protein shake that is low in carbohydrates. I prefer a whey shake because it has quick release proteins that will reach your muscles faster. Please drink at least one a day as your snack, just before or preferably after your workout; No ifs, ands or buts, this is a must!

### **Sugars**

Stay away from artificial sweeteners such as Splenda, Sweet 'n' Low and Equal. Not only do they make you bloated and retain water; they are dangerous. (Educate yourself by looking up the dangers of artificial sweeteners online) A healthy alternative is Stevia or Truvia; they can be found at any grocery or health food store.

### **Stay away from starch**

Let's keep this plain and simple...if it's made with white flour, run! No white breads, pastas or cereals either. Stick with whole grains and foods that are high in fiber. Not only does fiber help cleanse your system; it will also make you feel fuller, longer.

### **Get on a multi-vitamin**

It is important to take a multi-vitamin. Modern day food practices account for measurable losses of necessary nutrients; therefore, most of us do not get the recommended daily allowance of vitamins from our foods.

### **Eat well balanced meals**

I've seen too many people go overboard and replace all their meals with protein shakes or bars...that's a big no-no! It is essential that you are getting proper nutrition. Breakfast, lunch and dinner should consist of protein, a cup of veggies and half a serving of complex carbohydrates. Save the shakes and bars for your snacks only.

### **Good Morning/Good Night**

Never skip breakfast and eat your last meal 3 hours before you go to sleep. A good breakfast is key to getting your metabolism revved up for the day. Remember the bonfire analogy? Finally, eat your last meal at least 3 hours before you go to bed. Short and simple...you don't want a bunch of food sitting in your stomach when you sleep!

## **TIPS ON KEEPING IT SIMPLE**

Cook and prepare your meals in advance once or twice a week. On this plan we want to mainly stick with lean meats (chicken, turkey, and fish). If you are vegetarian, good options are tofu, soy products and beans. I also like to marinate my chicken and meats (this is a great way to add flavor) on a Friday night and prepare my foods for the week on Sunday; it's actually fun! Just beware of high sodium marinades sold in markets!

Anyone who knows me knows that I love food, I mean love food! Coming from a Hispanic and Italian background, my food has to have lots and lots of flavor. So please keep in mind we only want to remove fat, NOT FLAVOR! We want to incorporate healthy nutrition that we enjoy so we stick to the plan!

Stay away from fried foods!! Try using no/low sodium vegetable or chicken broth, lemon juice, orange juice and low sodium soy sauce to sauté your foods.

There are many wonderful seasonings that you can safely add to your foods without the worry of weight gain, so why would you want to add salt and ruin your weight loss goals? Try these options to spice up your food and add flavor:

onion powder	fresh garlic	garlic powder	oregano
cilantro	turmeric	paprika	all spice
Mrs. Dash	marjoram	sage	chives
coriander	rosemary	nutmeg	cayenne
curry	chili powder	cloves	dill
thyme	mint	tarragon	ginger
basil	parsley	chervil	pepper

Also low sugar/low sodium salad spritzers are a great way to add flavor to any sandwich wrap.

If you are a butter fiend like me....try "I Can't Believe It's Not Butter" spray. JUST DON'T GO OVERBOARD! Almond butter is another great alternative.

Cook your food using a non-stick cooking spray like Pam. Butter or olive oil flavored sprays are among my personal favorites.

Remember there are also several websites and free online resources where you can find healthy recipes.

## **PORTION SIZES TO STICK WITH**

- Proteins - 4-5 oz of protein. (about the size of the palm of your hand)
- Fruits - 1 cup of fruit (alone or with protein only)
- Common (complex) carbohydrates - Try to stick with ½ cup
- Veggies - 1 cup

*The following are lists of foods that are safe to eat while achieving your weight loss goals:*

### **Fruits:**

Raspberries, blueberries, blackberries, peaches, pineapple, strawberries, bananas, apples, cantaloupe, honeydew, papaya, pears and plums are all low in sugar.

### **Complex Carbs:**

Jicama, parsnips, turnips, potatoes, sweet potatoes, yams, squash, rutabaga, barley, millet, oatmeal, brown rice, rice noodles, dried (not canned) beans that you cook yourself.

### **Veggies:**

Artichoke, asparagus, beets, bell peppers, bok choy, broccoli, brussel sprouts, cabbage, carrots, celery, cauliflower, cucumbers, eggplant, green beans, greens, lettuce, mushrooms, snow peas, spinach, sprouts, tomatoes, tomato sauce, squash, zucchini

### **Proteins:**

Egg whites, fish, chicken breast, turkey breast, scallops, shrimp, tuna, tofu, soy, ham, beef round, lean pork chops.

### **Snacks:**

Protein shake, protein bar, 1 cup of fruit, low fat cottage cheese, 20 raw almonds, Greek yogurt, turkey wrapped in lettuce, apples or celery dipped in peanut butter, whole wheat tortilla dipped in hummus, unlimited veggies, hard boiled egg with pepper to taste.

**Sweets:**

If you have a sweet tooth like me and just have to have something sweet, you can find really good recipes for homemade sorbets. Other good alternatives are: sugar free Jello cups, sugar free popsicles, Skinny Cow ice cream sandwiches or 100 calorie snack packs. Another one of my favorites is mix ½ cup low fat/low sodium cottage cheese with ½ banana and top with a little bit of honey YUM! It curbs the sweet tooth and cottage cheese is an excellent source of slow release protein to help repair muscle tissue while you sleep.

## **BBX 30 DAY MENU | EATING PLAN**

The following is a sample 30 day meal plan. You can find great recipes in the next chapter or search the internet for "**healthy low calorie recipes.**" Many of these recipes are meant to be shared with the family or will allow for leftovers. Please choose your snacks from the list we provided. If you do not like a meal suggestion, feel free to replace it with any other meal provided in this guide. The whole point is to eat healthy dishes that you actually enjoy. Once you have completed your first 30 days, go back and start it all over for month 2 and 3.

Remember eat every 2-3 hours, even if you don't feel hungry. NO EXCEPTIONS! Drink a lot of water and remember your portion control.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Day 1	1 cup oatmeal w/ 1/2 cup Mixed berries	*	4oz turkey breast wrapped in lettuce w/ unlimited veggies. Salad spritzer to taste.	*	Baked Chicken Teriyaki (see recipe)
Day 2	Herbed Egg White Omelet (see recipe)	*	4oz grilled chicken breast wrapped in a whole wheat tortilla, 2 slices of Avocado, tomato and lettuce.	*	Garlic Pepper Steak (see recipe)
Day 3	1 cup Fiber One cereal w/ skim Skim milk, 1 egg fried in butter Flavored spray	*	3oz. ham, 1 slice low fat cheese 2 slices of rye bread, brown mustard 1 medium piece of fruit	*	BBQ Pork Chops (see recipe)
Day 4	Breakfast Rice (see recipe)	*	Turkey burger w/ slices of avocado, tomato, wrapped in lettuce.	*	Thai Chicken & Rice (see recipe)
Day 5	4 egg white omelet w/ basil & Feta cheese 1 slice of rye toast	*	3oz beef round, 1 cup of broccoli 1/2 cup brown rice	*	Chicken Parmesan (see recipe)
Day 6	2 Whole Grain Pancakes	*	1 cup low fat refried beans on whole wheat tortilla sprinkled w/ low fat cheese and salsa to flavor	*	Black Bean Pizza (see recipe)
Day 7	1 cup of Fiber one cereal w/ skim milk	*	4 oz grilled chicken on top of 1 cup Mixed baby greens. Add unlimited veggies and spritzer.	*	Chicken Enchilada (see recipe)
Day 8	Tropical Smoothie (see recipe)	*	4 oz Tuna salad w/ 1tsp non-mayo on top of whole wheat slice of bread. 1 cup of veggies	*	Spice Rubbed Pork Chops (see recipe)
Day 9	Egg whites flavored w/ low sodium salsa, 1 slice wheat toast spray w/ I can't believe it's not butter.	*	3 oz. tuna, 1 Tbsp. nonfat mayo 1 slice whole wheat bread 1 cup steamed veggies	*	Chicken & Sausage Pizza (see recipe)
Day 10	1 cup oatmeal w/ 1/2 cup Mixed berries Salad spritzer to taste	*	4oz turkey breast wrapped in lettuce w/ unlimited veggies.	*	Baked Chicken Teriyaki (see recipe)
Day 11	Bacon & Cheese Sandwich (see recipe)	*	1/2 cup of low sodium black beans 2 oz grilled chicken strips sprinkled w/ low fat cheese wrapped in a whole wheat tortilla.	*	Beef & Bean Chili Verde (see recipe)
Day 12	4 egg whites scrambled & Topped w/ salsa and 1/2 a Grapefruit	*	4oz. turkey topped w/ one slice of low fat mozzarella cheese & 2 slices of rye bread toast in oven until cheese melts. Add lettuce and tomato if desired.	*	4oz. of chicken season as desired baked, 1 cup of steamed veggies 1/2 cup of brown rice
Day 13	Veggie Frittata (see recipe)	*	4 oz. of turkey meatballs topped w/ low sodium marinara OR teriyaki sauce and 1 cup of mixed baby greens	*	Mexican chicken bake (see recipe)
Day 14	Southwestern Quesadilla (see recipe)	*	4oz of turkey sausage sprinkled w/ low fat mozzarella and pineapples on top of a whole wheat pita. Bake in oven @ 350 until cheese is melted	*	Fiesta chicken (see recipe)
Day 15	Herbed Egg White Omelet (see recipe)	*	4oz grilled chicken breast wrapped in a whole wheat tortilla, 2 slices of Avocado, tomato and lettuce.	*	Garlic Pepper Steak (see recipe)

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Day 16	Breakfast Rice (see recipes) tomato, wrapped in lettuce.	*	Turkey burger w/ slices of avocado	*	Thai Chicken & Rice (see recipes)
Day 17	4 egg white omelet w/ basil & feta cheese 1 slice of rye toast	*	3oz beef round, 1 cup of broccoli ½ cup brown rice	*	Chicken Parmesan (see recipes)
Day 18	2 Whole Grain Pancakes	*	1 cup low fat refried beans in whole wheat tortilla sprinkled w/ low fat cheese and salsa to flavor	*	Black Bean Pizza (see recipes)
Day 19	1 cup of Fiber one cereal w/ skim milk	*	4 oz grilled chicken on top of 1 cup Mixed baby greens. Add unlimited veggies and spritzer.	*	Chicken Barchoda (see recipes)
Day 20	Tropical Smoothie (see recipes)	*	4 oz Tuna salad w/ 1 tsp non-mayo on top of whole wheat slice of bread. 1 cup of veggies	*	Spicy Rubbed Pork Chops (see recipes)
Day 21	Egg whites flavored w/ low sodium salsa. 1 slice wheat toast spray w/ 1 can't believe it's not butter.	*	3 oz. tuna, 1 Tbsp. nonfat mayo 1 slice whole wheat bread 1 cup steamed veggies	*	Chicken & Sausage Pizza (see recipes)
Day 22	Bacon & Cheese Sandwich (see recipes)	*	½ cup of low sodium black beans 2 oz grilled chicken strips sprinkled w/ low fat cheese wrapped in a whole wheat tortilla.	*	Beef & Bean Chili Verde (see recipes)
Day 23	1 cup oatmeal w/ ½ cup mixed berries sald spritzer to taste	*	4oz turkey breast wrapped in lettuce w/ unlimited veggies.	*	Baked Chicken Teriyaki (see recipes)
Day 24	Bacon & Cheese Sandwich (see recipes)	*	½ cup of low sodium black beans 2 oz grilled chicken strips sprinkled w/ low fat cheese wrapped in a whole wheat tortilla.	*	Beef & bean chili verde (see recipes)
Day 25	Veggie Fritata (see recipe)	*	4 oz. of turkey meatballs topped w/ low sodium marinara OR teriyaki sauce and 1 cup of mixed baby greens	*	Mexican chicken bake (see recipe)
Day 26	4 egg whites scrambled & Topped w/ salsa and ½ a Crapefruit	*	4oz. turkey topped w/ one slice of low fat mozzarella cheese & 2 slices of rye bread toast in oven until cheese melts. Add lettuce and tomato if desired	*	4oz. of chicken season as desired baked. 1 cup of steamed veggies ½ cup of brown rice
Day 27	Southwestern Quesadilla (see recipe)	*	4oz of turkey sausage sprinkled w/ low fat mozzarella and pineapples on top of a whole wheat pita. Bake in oven @ 350 until cheese is melted	*	Fiesta chicken (see recipes)
Day 28	Herbed Egg White Omelet (see recipes)	*	4oz grilled chicken breast wrapped in a whole wheat tortilla, 2 slices of Avocado, tomato and lettuce	*	Garlic Pepper Steak (see recipes)
Day 29	Breakfast Rice (see recipes) tomato, wrapped in lettuce.	*	Turkey burger w/ slices of avocado	*	Thai Chicken & Rice (see recipes)
Day 30	1 cup Fiber One cereal w/ skim skim milk. 1 egg fried in butter flavored spray	*	3oz. ham, 1 slice low fat cheese 2 slices of rye bread, brown mustard 1 medium piece of fruit	*	BBQ Pork Chops (see recipes)

## RECIPES

### **BLACK BEAN PIZZA**

1 plum tomato, diced  
1 cup canned black beans, rinsed  
1 cup fresh corn kernels, (about 2 ears)  
2 tablespoons cornmeal  
1 pound prepared whole-wheat pizza dough  
1/3 cup barbecue sauce  
1 cup shredded mozzarella, preferably smoked mozzarella

Preheat grill to medium. Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough. Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 minutes.

Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 minutes.

### **CHICKEN ENCHILADAS**

4 corn tortillas  
1 1/2 cups shredded cooked chicken (skinless, white meat)  
1/2 cup black beans  
1/2 cup sweet corn  
1 cup medium or hot salsa  
1 cup plain low fat yogurt  
1/2 cup reduced fat sour cream  
1/2 cup reduced fat shredded Jack cheese

Preheat oven to 350 degrees. Coat an 8-inch by 8-inch baking dish with nonstick cooking spray. Warm tortillas according to instructions on package. Combine shredded chicken with black beans and sweet corn. Mix salsa, yogurt and sour cream and spoon half the salsa mixture into the chicken, beans and corn. Blend well. Divide chicken mixture among the tortillas. Carefully roll tortillas and place them seam down in the baking dish. Spoon remaining salsa mixture over the tortillas. Sprinkle cheese on top. Cover with foil and bake for 30 minutes.

### **BLACKENED CHICKEN**

4 skinless, boneless chicken breasts  
Cooking spray  
4 tbsp salt-free Cajun seasoning

Remove tenderloins from chicken and reserve for another use. Place chicken breasts between two sheets of plastic wrap and flatten to a 1/4-inch thickness with a rolling pin. Preheat broiler. Spray both sides of chicken with cooking spray then sprinkle with Cajun seasoning and rub in. Broil (or grill) chicken breasts 5 minutes each side. Serve whole with skinny mashed potatoes (use fat free milk or fat free chicken broth instead of regular milk and butter) and sweet corn or slice chicken and use on top of pizza, or in a salad.



### **BAKED CHICKEN TERIYAKI**

- 8 chicken thighs
- 1/2 cup teriyaki marinade
- 2 tsp of fresh grated ginger
- 1 tbsp clear honey
- 4 chopped scallions
- 2 medium red peppers, quartered and seeded
- 3 small zucchini, cut into quarters lengthwise

Preheat the oven to 400 degrees. Place chicken thighs in a roasting tin in a single layer. Combine teriyaki marinade with ginger, honey and scallions. Pour over chicken; turn the pieces to coat them evenly. Bake chicken for 25 minutes, turning once halfway through. Add vegetables, coating them in the marinade. Bake for a further 15-20 minutes until chicken and vegetables are tender.

### **CHICKEN AND SAUSAGE PIZZA**

- 1 Turkey sausage link and 1 chicken sausage link (Aidelle's makes great ones)
- 1 cup sliced mushrooms
- 1 ready-to-bake pizza dough (such as Trader Joe's Almost Whole Wheat Pizza Dough)
- 1/4 cup store-bought pizza sauce (such as Trader Joe's)
- 1 7-ounce jar roasted red peppers, drained and cut into strips
- 3/4 cup reduced fat shredded mozzarella cheese

Preheat oven to 450 degrees. Spray a pizza pan with nonstick cooking spray. Remove casings from sausage links. Crumble sausage meat into a small nonstick skillet placed on medium heat. No oil should be necessary. Add mushrooms and sauté for 5 minutes until sausage pieces are browned. Remove with slotted spoon and rest on kitchen paper to drain of any fat. Roll out pizza dough to a 12-inch circle on a floured surface and place on nonstick or lightly oiled pizza sheet. Spread tomato sauce thinly on base. Lay roast peppers on top. Add sausage and mushroom mixture and sprinkle with cheese. Bake for 10 minutes.

### **MEXICAN CHICKEN BAKE**

- 1 tbsp canola oil
- 1/2 red onion, sliced
- 1/2 yellow or red pepper, cut into strips
- 1 jalapeno pepper, deseeded and finely chopped
- 1 tbsp cumin
- 1 14.5-ounce can recipe-ready Mexican style tomatoes (reserve 1/4 cup)
- 1 1/2 cups shredded cooked white-meat chicken
- 2 6-inch corn tortillas
- 2 tbsp chopped cilantro
- 1/2 cup reduced fat shredded Jack cheese

Preheat oven to 350 degrees. Heat oil in a large nonstick skillet. Sauté onion, pepper strips and jalapeno for 3-4 minutes. Sprinkle cumin and stir well. Add tomatoes, except 1/4 cup, and simmer for 5 minutes. Add shredded chicken and cook for 2 minutes. Spray a 9-inch pie dish with nonstick cooking spray. Place one tortilla on the bottom. Spoon the chicken mixture on top. Cover with other tortilla. Spoon remaining tomatoes over top, followed by cilantro and cheese. Bake for 15-20 minutes. Cut into wedges and serve with beans and rice or a green salad.

### **THAI CHICKEN AND RICE**

Boil-in-bag brown rice  
1 tablespoon cornstarch  
1 tablespoon fish sauce (or use soy sauce)  
1 tablespoon water  
3 garlic cloves, minced and divided  
1-1/4 pounds chicken-breast tenders  
4 teaspoons canola oil, divided  
3/4 cup sliced green onions  
2 teaspoons grated ginger  
1/2 cup light coconut milk  
1 tablespoon lime juice  
2 teaspoons sugar  
1 teaspoon Tabasco green sauce, optional  
Cilantro, optional

#### **Directions**

Prepare rice according to package directions and keep warm. Combine cornstarch, fish sauce, the water, and one minced garlic clove in a shallow bowl. Toss mixture with chicken tenders, coating evenly. Heat 2 teaspoons oil in a large nonstick skillet on medium-high. Add chicken and cook 3 minutes per side. Remove chicken from pan. Heat remaining oil in pan and sauté green onions for a minute. Add the remaining garlic and the ginger and cook another minute. Return chicken to pan for 1 to 2 minutes, or until it's cooked. Stir in coconut milk, lime juice, sugar, and, if you're using it, green sauce. Cook about a minute until heated through. Serve over brown rice with chopped cilantro, if using.

### **CHICKEN PARMESAN**

4oz chicken breast (boneless skinless)  
1/2 cup of low sodium marinara sauce  
1 oz low fat mozzarella  
Garlic Powder, salt and pepper to taste

Preheat broiler. Coat a nonstick pan with cooking spray and heat over medium heat. Season chicken and cook until golden brown. Transfer chicken into a baking pan, cover with sauce and sprinkle with cheese and place under broiler until cheese is bubbly.

### **FIESTA CHICKEN**

1 8-ounce can tomato sauce  
1/2 cup orange juice  
1/2 cup finely chopped onion  
2 tablespoons raisins  
2 tablespoons chopped pimiento  
1/2 teaspoon dried oregano, crushed  
1/2 teaspoon chili powder  
1 clove garlic, minced  
Several dashes bottled hot pepper sauce  
12 ounces boned skinless chicken breast halves, cut into 1-inch pieces  
2 teaspoons cornstarch  
1 tablespoon water  
1/4 cup snipped parsley  
3 cups hot cooked rice

In a large skillet combine tomato sauce, orange juice, onion, raisins, pimiento, oregano, chili powder, garlic, and hot pepper sauce. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Stir in chicken; return to boiling. Cover and simmer 12 to 15 minutes more or until chicken is tender and no longer pink. Meanwhile combine cornstarch and water. Stir into skillet. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Toss parsley with rice. Serve chicken mixture over rice. Makes 6 servings.

#### **BBQ PORK CHOPS**

- 1/3 cup ketchup
- 1 tbsp cider vinegar
- 1 tbsp brown sugar
- 2 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 4 lean loin pork chops, trimmed of fat

Combine ketchup, cider vinegar, brown sugar, Worcestershire sauce and chili powder. Place pork chops in a large re-sealable plastic bag. Pour barbecue sauce into bag and cover chops with it. Marinate for 4-6 hours. Preheat grill or broiler. Spray grill with high-temperature nonstick cooking spray before heating; or spray broiler rack while broiler is heating. Place marinated chops on grill or broiler and cook until done, about 5 minutes per side.

#### **SPICED RUBBED PORK CHOPS**

- 2 tbsp chili powder
- 1 tbsp paprika
- 1 tbsp brown sugar
- 1 tbsp cumin
- Freshly ground black pepper
- 4 4-5 ounce 1/2-3/4 inch boneless pork loin chops, trimmed of all visible fat

Combine spices in a small bowl using a small whisk. Rub spice mixture on both sides of each pork chop. Transfer chops to a dish large enough to accommodate chops in one layer, and cover; or place pork chops in a gallon-size re-sealable storage bag and lay flat on a plate. Refrigerate and allow spices to penetrate the chops for 6-8 hours. Preheat broiler. Place chops on a lightly oiled broiler rack and broil 5 minutes each side until done. These work equally well on the grill.

#### **BEEF AND BEAN CHILI VERDE**

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper, or to taste
- 1 6-ounce jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-ounce can pinto or kidney beans, rinsed

Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.

#### **GARLIC PEPPER STEAK**

- 1 tablespoon olive oil
- 2 cloves garlic, peeled and crushed
- 1 tablespoon coarsely ground black pepper
- 2 pounds round steak, 1 1/2 inches thick

Preheat broiler. In a small bowl, mix together olive oil, garlic and pepper. Score steak and rub with the olive oil mixture. Place steak in broiler and cook to desired doneness, turning once.

## **BREAKFAST DISHES**

### **HERBED EGG WHITE OMELET**

- 3 egg whites
- 1 tablespoon nonfat milk
- 1/2 tsp dried mixed herbs
- Freshly ground black pepper
- 3/4 cup chopped fresh baby spinach
- 1 tablespoon reduced-fat shredded sharp cheddar or grated parmesan

Combine egg whites, milk and herbs in a small bowl. Coat a small nonstick skillet with cooking spray. Heat the skillet on medium to low heat. Add chopped spinach. As it wilts, pour egg white mixture over the spinach and allow to set around the edges. As the edges set, lift them gently with a spatula and tip the skillet to allow remaining liquid underneath. When the egg whites are set, sprinkle the cheese on top, then fold the omelet in half. Serve immediately.

### **TROPICAL FRUIT SMOOTHIE**

- 2 frozen bananas, sliced
- 1 8-ounce can crushed pineapple
- 1 large mango, chopped
- 2 kiwifruit
- Juice of 1 large orange
- 1 cup low-fat buttermilk

Preparation:

Put all the ingredients into a blender and blend until smooth.

### **YUMMY BREAKFAST RICE**

- 1/4 teaspoon ground cinnamon
- 1 tablespoon brown sugar
- 2/3 cup 1%, 2% or whole milk
- 1 cup cooked brown or white rice
- Fresh blueberries, raspberries or strawberries\*

Combine rice, milk, brown sugar and cinnamon in small saucepan. Cook over medium heat until thick and creamy, about 10 minutes. Spoon into serving bowl, let cool 3 minutes. Top with fresh berries.

\*Or use sliced peaches or bananas, if desired.

### **SPICY BACON AND CHEDDAR EGGWICH**

- 1 cup (8 ounces) Better'n Eggs
- 1/4 teaspoon cayenne hot pepper sauce
- 1/8 cup (0.5 ounce) shredded Cheddar cheese
- 2 slices turkey bacon, cut in half crosswise
- 2 whole-wheat English muffins, split

Spray 10-inch nonstick skillet with nonstick cooking spray. Heat over medium heat. Add Better'n Eggs and stir in hot pepper sauce. As eggs start to set, use spatula to lift edge, letting uncooked eggs flow to bottom of skillet. Cook until Better'n Eggs are set but still moist. Sprinkle shredded cheese on top and then fold over the Better'n Eggs so cheese melts in the middle. Place turkey bacon on microwave-safe plate. Cover with paper towel. Microwave on HIGH 30 to 40 seconds or until warmed.

Toast each half English muffin in toaster. Spoon about 1/2 cup Better'n Eggs mixture on top of two toasted muffins. Top each with one piece cooked bacon. Top with remaining toasted muffins.

### **VEGGIE FRITTATA**

- 2 tablespoons extra virgin olive oil
- 1/2 cup onion, chopped
- 1/2 cup red pepper, chopped
- 2 cloves garlic, minced
- 1 teaspoon thyme
- 2 cups of broccoli, cut into small pieces (no stems)
- 8 large eggs
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2 cup reduced-fat Marble Jack cheese, shredded (any cheese will work)

Heat 1 tablespoon of olive oil over medium heat in a 9 to 10-inch skillet. Add the onion, red pepper, garlic and thyme. Sauté until onion is soft. Microwave covered broccoli for 2 minutes on high. Remove the vegetable from the skillet and add to broccoli.

Turn on the broiler. While broiler is heating, beat the eggs, salt and pepper together. Put the remaining 1 tablespoon of olive oil in the skillet on medium heat. Pour the egg mixture into the pan and scatter the vegetables on top. Turn the heat to low and cook until the frittata is golden brown on the bottom and the egg is beginning to set, approximately 7 minutes. Oven proof the skillet handle by wrapping it in aluminum foil. Place frittata under the broiler and cook until it is almost firm. Add cheese to the top and again put under broiler until completely set and cheese is melted. Slide onto a plate and cut into wedges.

### **SOUTHWESTERN EGG WHITE QUESADILLA**

- 1 cup (8 ounces) AllWhites, 100 percent liquid egg whites
- 1/2 cup black beans, drained, rinsed
- 1/3 cup grape tomatoes, quartered
- 1/4 teaspoon ground cumin
- 2 (7 or 8-inch) whole-wheat tortillas, cut in half
- 1/4 cup (1 ounce) Pepper Jack cheese, shredded

Spray 10-inch nonstick skillet with nonstick cooking spray. Heat over medium heat. Add AllWhites. As eggs start to set, use spatula to lift edge, letting uncooked eggs flow to bottom of skillet. Cook until AllWhites are set but still moist. Stir in black beans. Cook one to two minutes or until beans are heated through. Sprinkle on tomatoes and cumin once eggs are cooked. Spray one side of each tortilla half with nonstick cooking spray. Place tortilla on cookie sheet, sprayed side down. Spoon about 1/2 cup All-Whites mixture on one side of each tortilla. Top each with 1 tablespoon cheese. Fold other half tortilla over mixture, pressing lightly to create quesadilla sandwich (quesadillas will be full). Heat broiler on HIGH. Broil two minutes, with quesadillas four to six inches from heat, or until tops are lightly browned. Carefully turn quesadillas over. Continue to broil one to two minutes or until other side is light golden brown.

## MEAL TRACKER

	Breakfast	Snack	Lunch	Snack	Dinner
<b>DAY 1 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 2 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 3 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 4 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 5 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 6 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 7 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					

## MEAL TRACKER

	Breakfast	Snack	Lunch	Snack	Dinner
<b>DAY 8 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 9 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 10 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 11 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 12 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 13 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 14 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 15 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					

## MEAL TRACKER

	Breakfast	Snack	Lunch	Snack	Dinner
<b>DAY 16 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 17 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 18 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 19 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 20 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 21 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 22 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 23 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					



## MEAL TRACKER

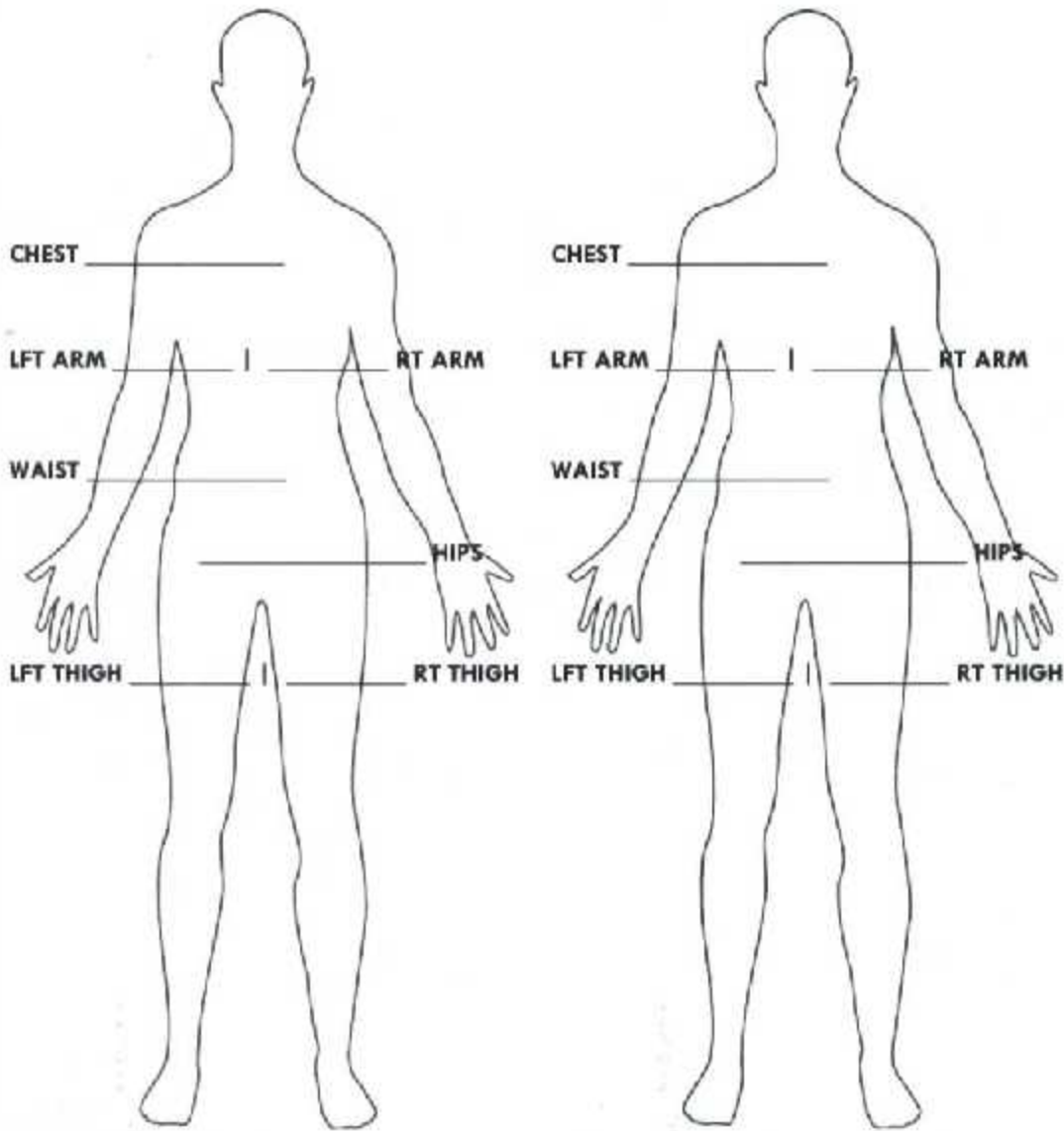
	Breakfast	Snack	Lunch	Snack	Dinner
<b>DAY 24 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 25 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 26 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 27 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 28 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 29 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					
<b>DAY 30 –</b> Meals, snacks and liquids I consumed today. Please record the time of day					

Copy this chart and use again for months 2 and 3  
 feel free to use additional sheets of paper if you need it!

# BODY MEASUREMENTS

START DATE \_\_\_\_\_

MONTH ONE \_\_\_\_\_

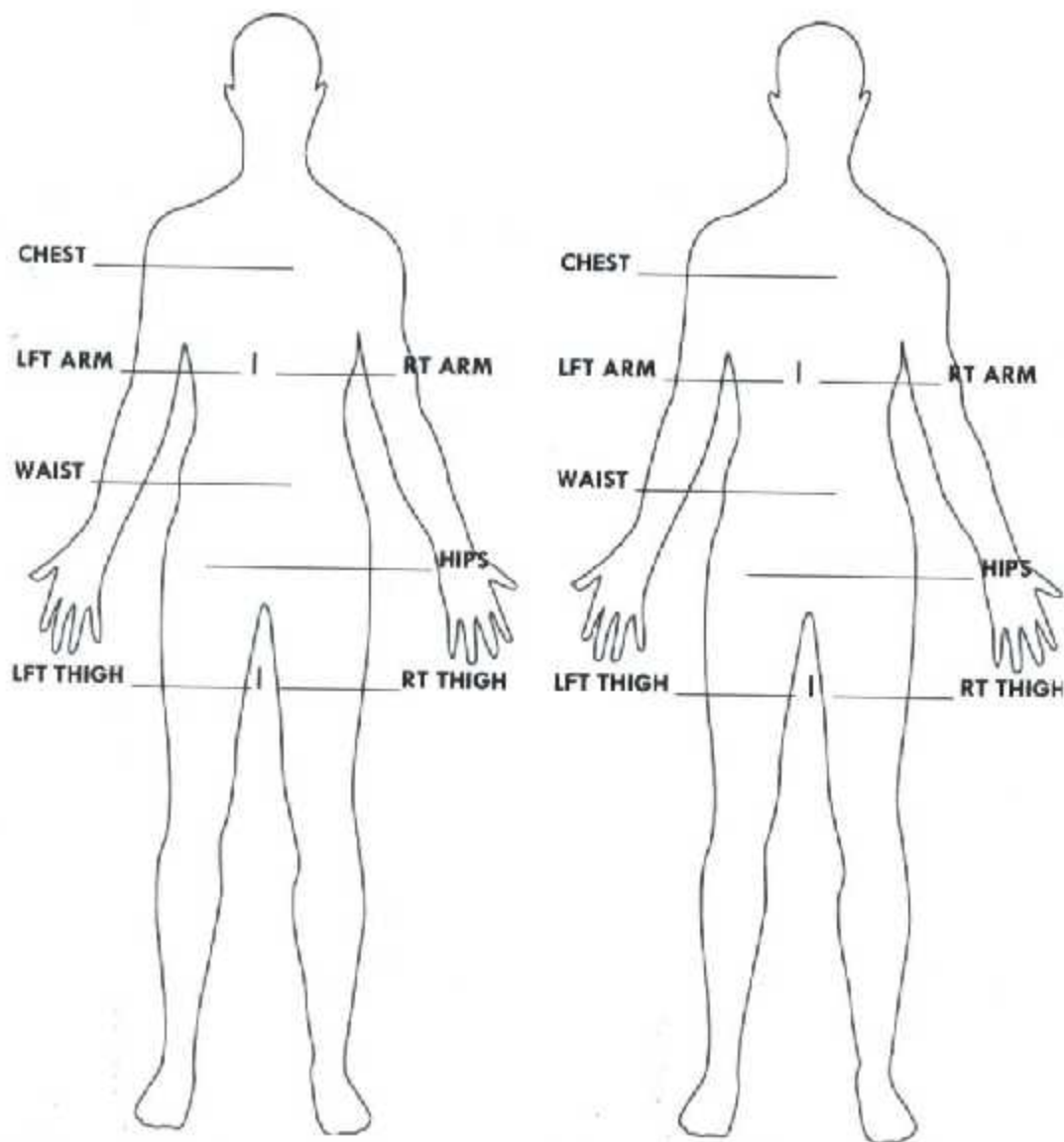


Please be sure to weigh and measure yourself before you begin the program, then again at the end of month one, month two and month three. Nothing will motivate you more than seeing results! Please be consistent with your weigh-ins and measurements as well.

## BODY MEASUREMENTS

MONTH TWO \_\_\_\_\_

MONTH THREE \_\_\_\_\_



Always weigh yourself on the same scale at the same time of the day and measure yourself in the same spot each time. Take pictures as well so you can see your transformation firsthand! If you have tremendous results with BBX HARDCORE (and we know you will), we'd love to hear from you!

**LOVE THE PAIN!**

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