

# Fit + Healthy 365



**7 DAY HEALTH KICKSTART**

---

**LYDIA DI FRANCESCO**

# Fit + Healthy 365

Copyright 2020-2022 All rights reserved.

No portion of this manual may be reproduced or transmitted in any form or by any means, electronic or mechanical. This includes, but is not limited to faxing, photocopying, recording or any digital information storage and retrieval system, except for the following exceptions:

A purchaser may photocopy pages for personal use.

A reviewer may quote brief passages in connection with a review written for inclusion in a magazine, newspaper, or online publication with written approval from the authors prior to publishing.

**DISCLAIMER** Not all programs are appropriate for everyone. Consult your doctor before starting this program. This manual and program are not intended as medical advice and do not take the place of medical advice or treatment from your doctor. The authors shall not be held liable or responsible for any misuse of this information or any loss, damage, injury caused or alleged to be caused directly or indirectly by any use of this information or these workouts. This information is not intended to diagnose, treat, cure or prevent any disease or illness.

# Fit + Healthy 365

## Welcome To Your 7 Day Health Kickstart!

I'm excited you are making steps towards healing your body and learning how to live a healthy lifestyle. There are many aspects related to good health, which fall under these four pillars.

### Four Pillars of Health

- Sleep
- Nutrition
- Movement
- Mindset

Over the week, our goal together is for you to:

- Start your journey towards healing your body
- Develop some new, permanent healthy habits
- Sleep better
- Have more energy

These next 7 days will be used to prepare your body and mind and set you on the path to your desired wellness goals.

This kickstart program will help you build a solid foundation of sleep hygiene, nutritional habits, daily movement, and positive mindset practices.

### **WARNING!**

Most of the habits you will be asked to do may appear too simple to be effective.

But the truth is they are SIMPLE! and EFFECTIVE!

Most people don't know that it's the simple little changes that bring about the most significant results.

Keep reading for all the details.

If you have any questions, contact me by emailing [lydia@fitthehealthy365.com](mailto:lydia@fitthehealthy365.com)

Coach Lydia

# Fit + Healthy 365

## SLEEP

There are many strategies to improve sleep, but for these 7 days I'm only going to ask you to do 3 things:

- Dim house lights around 8:30pm
- No electronics (phone, tv) after 9:30pm
- In bed, lights out, by 10:00pm, 10:30pm absolute LATEST

## NUTRITION

For nutrition, one new habit is to drink 2-3L of water per day AND choose ONE of the following:

<b>Option A:</b> Breakfast – Smoothie Lunch – your choice Dinner – Protein, Veggies, and Fats <i>Recipes will be provided.</i>	<b>Option B:</b> Breakfast – Smoothie Lunch – Protein Salad Dinner – your choice <i>Recipes will be provided.</i>
--	---

### Morning Smoothie

Breakfast is the most challenging meal to get right. Until now. Smoothies pack a nutrient punch, they're quick and easy to prepare and they taste delicious. I've programmed a breakfast smoothie every day for the next 7 days. I have provided you my favorite recipes.

### Lunch Salad

Do you feel the after-lunch energy crash? This is usually caused from eating a lunch high in processed carbohydrates (breads, pastas, crackers). Sticking to fresh veggies and protein will not only give you extra energy to get through the second half of the day, you'll also feel lighter and thinner. Like your morning smoothies, I've provided you with my favorite salad recipes that you can experiment with or stick to the ones you like best.

### High-Protein Dinner

Get ready for your favorite part of the day - dinner time! Dinner time is where you get to relax and enjoy a delicious healthy meal. Each of the recipes are high in protein and designed to switch on your body's fat burning engines while you sleep. Pretty cool huh? If you're hungry for seconds, feel free to have extra servings, without the guilt. But do NOT add in additional carbs that aren't listed.

# Fit + Healthy 365

## DAILY MOVEMENT AND EXERCISE

Since I want you to focus most of your energy on the sleep and nutritional part of this program, your daily exercise is easy and enjoyable.

For your movement this week, choose between

Option A:	Option B:	Option C:
Daily 30 minute morning walk	Three 15 minute at-home workouts <i>Workout videos will be provided.</i>	Daily 30 minute morning walk AND Three 15 minute at-home workouts

*Note: If you already have a fitness plan in place, continue doing that.*

### Why a 30 minute morning walk?

**Take back your mornings.** You probably start your day with STRESS. Taking the first 30-45 minutes of each day for yourself will increase your mood, circulation and dramatically cut down on the stress you'll experience at work.

**Rev up your metabolism.** Sitting at your desk for 8 hours doesn't burn much fat. But starting your day with exercise does. Studies show that people who got in as little as 20 minutes of exercise first thing in the day kept weight off longer than those who exercised in the evening.

### Why 15 minute at-home workouts?

The 15 minute workouts are designed so that you get the most bang for your buck. You will primarily use big, compound exercises, including squats, deadlifts, single leg exercises, push-ups, rows, presses, and other exercises. These exercises help you build a better, stronger body in the least amount of time. You may think 15 minute is too short, but I guarantee you'll get a great workout and feel amazing afterwards.

## MINDSET

Did you know that daily expressing gratitude and affirmations will change your brain/neural pathways?! So cool! You can actually become a happier person and be more mentally well.

As well, starting the day more slowly and with intention leads to a more productive day.

To start developing your mindset, each day spend 5 minutes in the morning and 5 minutes in the evening to answer a few prompts. Print 7 copies of the journal on the next page.

# Fit + Healthy 365

## 5 Minute Journal

*Every morning...*

**I am grateful for:**

- 1.
- 2.
- 3.

**What would make today great?**

- 1.
- 2.
- 3.

**Daily Affirmation:**

*I am...*

*Before bed...*

**3 Amazing things that happened today:**

- 1.
- 2.
- 3.

**How could have I made today better?**

# Fit + Healthy 365

## Kickstart Checklist

- Schedule your start date. Decide when you will begin the program. Having a date set and making these preparations is the first thing you can do to ensure your success! **Don't delay the start date because you are waiting for the perfect time.** (There's never a perfect time!) Just pick a date and DO IT!
- Choose Nutrition Plan Option A or B and plan your meals using the Recipe Book
- Write your grocery list for the week, based on menu selections
- Go shopping and get grocery items
- Set your alarm to wake you up 45 minutes earlier to drink some water and do your morning walk/workout + gratitude journal.

## Summary of New Habits

### SLEEP

- Dim house lights around 8:30pm
- No electronics (phone, tv) after 9:30pm
- In bed, lights out, by 10:00pm, 10:30pm absolute LATEST

### NUTRITION

- Drink 2-3L of water per day
- Choose ONE of the following:

Option A:	Option B:
Breakfast – Smoothie Lunch – your choice Dinner – Protein, Veggies, and Fats	Breakfast – Smoothie Lunch – Protein Salad Dinner – your choice

### DAILY MOVEMENT AND EXERCISE

Choose ONE of the following:

- Daily 30 minute morning walk
- Three 15 minute at-home workouts
- Daily 30 minute morning walk AND Three 15 minute at-home

### MINDSET

- Spend 5 minutes in the morning and 5 minutes in the evening answering a few prompts

# Fit + Healthy 365

## NUTRITION

One new habit is to drink 2-3L of water per day AND choose ONE of the following:

### Option A:

Breakfast – Smoothie

Lunch – your choice

Dinner – Protein, Veggies, and Fats

### Option B:

Breakfast – Smoothie

Lunch – Protein Salad

Dinner – your choice

## BREAKFAST – SMOOTHIES

For protein powder, try to purchase one that is dairy-free, soy-free, such as rice protein, pea protein, or pumpkin seed protein.

All smoothie recipes make 2 servings.

### Almond Butter and “Jelly” Smoothie

#### INGREDIENTS

- 1-2 scoops protein powder
- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 cups red grapes
- 4 tbsp almond butter

#### DIRECTIONS

Blend spinach, protein powder and almond milk until smooth. Next add the remaining fruits and blend again. Freeze your grapes overnight to chill this green smoothie.

---

### Berry Cherry Jubilee

#### INGREDIENTS

- 1-2 scoops protein powder
- 2 cups spinach, fresh
- 2 cups water
- 1 cup cherries, pitted
- 1 cup mixed frozen berries
- 1 banana
- ½ avocado

#### DIRECTIONS

Blend spinach, protein powder and water until smooth. Next add the remaining fruits and blend again.

TIP: Make sure to remove cherry pits before blending.

---

### Chocolate Avocado Bliss

#### INGREDIENTS

- 1-2 scoops protein powder
- 2 cups unsweetened almond milk
- 1 avocado
- 1 Tbsp cocoa powder
- 1 drop liquid stevia OR 1 Tbsp honey

#### DIRECTIONS

Blend all ingredients until smooth.

## LUNCH – PROTEIN SALADS

### Grilled Chicken Salad

#### INGREDIENTS

- 1 Celery, stalk, chopped
- 1 head Broccoli, chopped
- 1 Tomato, cubed
- 1/2 Cucumber, chopped
- 1/2 Red Onion, thinly sliced
- 1/2 Jicama, julienned
- 1/3 cup Black Olives
- 2 Chicken Breast, sliced
- 5 cup Spring Mix Salad Greens Lettuce

#### INSTRUCTIONS

1. Preheat grill to medium-high heat.
  2. Grill chicken breasts for 7–10 minutes per side on medium-high heat, flipping once.
  3. Slice chicken into 1/4-inch strips, set aside.
  4. Rinse and chop all vegetables.
  5. Toss vegetables with spring salad greens.
  6. Top with grilled chicken, drizzle with dressing, and serve.
  7. Serve with a Balsamic Vinaigrette.
- 

### Greek Salad with Salmon

#### INGREDIENTS

- 1 cup Cucumber, sliced
- 1 Green Bell Peppers, thinly sliced
- 1/2 cup Black Olives, or Kalamata
- 1/2 Red Onion, thinly sliced
- 1/4 cup Capers
- 3 Roma Tomato, sliced
- 5 cup Spring Mix Salad Greens Lettuce
- 2 Tbsp Greek Salad Dressing

#### SALAD INSTRUCTIONS

1. Toss spring greens with Roma tomatoes, green bell pepper, red onion, and sliced cucumber.
2. Top salad with capers and olives and Greek salad dressing
3. Serve with baked salmon.

#### For the Greek Salad Dressing

- 1 Lemon, juice
- 1/4 cup Extra Virgin Olive Oil
- 1 clove Garlic, minced
- 1 tsp dried Oregano
- 1/2 tsp Salt
- 1/2 tsp Black Pepper

#### DRESSING INSTRUCTIONS

1. Squeeze the juice of 1 lemon into a small mixing bowl.
  2. Whisk in olive oil, minced garlic, and oregano.
  3. Add salt and pepper to taste.
  4. Toss with Greek salad.
- 

### Bacon, Lettuce, and Tomato (BLT) Salad

#### INGREDIENTS

- 3 pieces Bacon, cooked and crumbled
- 2 cup Spring Mix Salad Greens Lettuce
- 1 Tbsp Cilantro, torn
- 1/4 cup Kalamata Olives
- 1 Tomato, sliced thin

#### INSTRUCTIONS

1. Cook bacon in skillet over medium heat until crispy.
2. Allow bacon to cool, crumble.
3. Assemble salad and crumble bacon over salad.
4. Top with kalamata olives and torn cilantro leaves.

## DINNER – PROTEIN, VEGGIES + FATS

### Simply Grilled Salmon

Serve with roasted broccoli and cauliflower

#### INGREDIENTS

- 1 lb Wild Caught Salmon Filet
- 1 tsp dried Basil
- 1 tsp dried Oregano
- 1 tsp Black Pepper
- 1 tsp Salt
- 1/4 cup Extra Virgin Olive Oil
- 2 cloves Garlic, minced
- 1 Lemon, juice

#### INSTRUCTIONS

1. In a glass jar, combine olive oil, fresh lemon juice, garlic, basil, oregano, salt, and pepper.
  2. Seal jar and shake vigorously to combine.
  3. Place salmon in a container to marinate, pour marinade over salmon, and toss.
  4. Marinate in the refrigerator for up to 1 hour.
  5. Preheat the grill to medium-high heat.
  6. Grill salmon 4 minutes per side over medium-high heat.
- 

### Garlic Ginger Chicken

Serve with steamed green beans and roasted sweet peppers

#### INGREDIENTS

- 4 whole Chicken Leg Quarter
- 2 Tbsp Coconut Oil
- 5 cloves Garlic, smashed and minced
- 1 Tbsp Ginger Root, minced
- 1/4 cup Coconut Aminos (soy sauce substitute)
- 1/4 tsp Fish Sauce
- 1 tsp Black Pepper
- 1 tsp Salt

#### INSTRUCTIONS

1. Preheat the oven to 425.
  2. In a small saucepan, heat coconut oil on low.
  3. Turn heat to medium and add the ginger, garlic, fish sauce, and coconut aminos to the oil.
  4. Allow mixture to come to a bubble, stirring for a minute or two, then remove from heat.
  5. Place chicken legs in a baking dish.
  6. Pour sauce over each chicken leg.
  7. Sprinkle each leg with salt and pepper.
  8. Bake chicken at 425 for 45 minutes.
- 

### Garlicky Bacon & Avocado Burgers

Serve with large side salad

#### INGREDIENTS

- 8 pieces Bacon, thick-sliced
- 1 1/4 lb Ground Beef, 80-85% lean
- 2 Tbsp Garlic Spread
- 1 whole Avocado, sliced
- 1 bunch Romaine Lettuce, or red leaf lettuce

#### INSTRUCTIONS

1. In a large skillet, cook the bacon until crisp.
2. Divide beef into 4 patties.
3. Make a deep indent in each piece and fill each with 1/2 tablespoon of Garlic Spread.
4. Gently fold the meat over the garlic and shape each piece into a thin, flat patty.
6. Oil the grill and cook the patties about 3 minutes a side for medium.
7. Serve the burgers on lettuce with the avocado and bacon.

# Fit + Healthy 365

## DAILY MOVEMENT AND EXERCISE

Since I want you to focus most of your energy on the sleep and nutritional part of this program, your daily exercise is easy and enjoyable.

For your movement this week, choose ONE of the following:

- Daily 30 minute morning walk
- Three 15 minute at-home workouts
- Daily 30 minute morning walk AND Three 15 minute at-home

*Note: If you already have a fitness plan in place, continue doing that.*

For the workouts all you will need is a resistance band or dumbbells. You can do the workouts on back-to-back days or leave a day of rest in between.

### Workout A: Full Body Workout

Complete each exercise one after the other, for 1 minute each. Repeat two more times, for a total of 3 rounds equalling 15 minutes. Rest only if/when you need.

Step Ups  
Lateral Walking Plank  
Lateral Jumps  
Tricep Pushups  
Moving Scissor Kick

You can do today's workout with no equipment or use a stool, bench, chair, or stair.

Watch this short video ([https://youtu.be/Pke\\_iT5DgkE](https://youtu.be/Pke_iT5DgkE)) for exercise demonstrations and explanations.

### Workout B: Upper Body Workout

We're doing an upper body Tabata workout. Tabata is a style of training where you do each exercise for 20 seconds (at maximum effort) followed by 10 seconds of rest.

Using a resistance band, hand weights, or even soup cans, do 5 rounds of the circuit.

Push Ups  
Row  
Shoulder Press  
Triceps Extension  
Plank Taps  
Biceps Curls

# Fit + Healthy 365

Watch this video (<https://youtu.be/wEK-DyVdBwc>) for more explanations and demonstrations. Remember, you want to give a FULL effort during the 20 seconds of work!

To make the 20s/10s easier to keep track of, I recommend downloading a timer to your phone. I've tried a bunch and I really like Seconds (free version is good).

## **Workout C: Lower Body Workout**

We're doing this workout in a pyramid style. Do all four exercises back to back starting with 1 rep of each, then do 2 reps of each, 3, all the up to 7 reps of each. Then decrease by 1 rep, down to 1 rep. Rest only when you need. You'll need 2 rags or 2 paper plates.

Circuit:

Lateral lunges

Hip raise with slide

Pulse squat

Superman

Watch this video (<https://youtu.be/PFZYGg6bRTg>) for more explanations and demonstrations.