



FIT FAST CHALLENGE

30 DAYS TO HEALTHIER HABITS

POWERED BY OSNAP ACTIVE LIFESTYLE

WAKE UP



RISE + DRINK A BIG
GLASS OF WATER...
TIME TO SURGE!

PICK ONE OF THE FOLLOWING
NOW GET ACTIVE!



WORKOUT
VIRTUALLY WITH AN
OSNAP TRAINER



20 MIN INTENSE
CARDIO (HIIT, STAIR
MASTER, JOG)



40 MIN LOW
INTENSITY WALK
OR BIKE RIDE

EAT A HEALTHY, BALANCED BREAKFAST
BREAKFAST



TAKE YOUR
REVERSE IN A SNAP
WITH BREAKFAST

GO THROUGHOUT YOUR DAY
TOOLS FOR THE JOB



RECIPES



COMMUNITY

COMPLETE IN A SNAP
IS A GREAT MID DAY
VITAMIN BOOST
TAKE IT WITH LUNCH!



RELAX AND UNWIND



TAKE YOUR SLEEP IN A SNAP
APPROXIMATELY 30 MINS
BEFORE BED

FIT FAST CHALLENGE

KEY FACTORS

Please read through everything before starting your schedule. It's very important to understand your body and the factors that play into your results.

This program guide is for individuals who want to take the next step in their lives and lead a healthier, active lifestyle!

In this guide you will find...

- **Suggested Daily Schedule**... including the BEST way to use our O'SNAP Core Four supplements to maximize your results and overall quality of life!
- **Recipe Ideas** - all meal Ideas contains similar caloric content so if you don't feel like a shake in the morning, you can have something else without breaking the calorie bank.
- **Water Tracker!** Proper hydration is essential to your results! Make sure you pay attention to your water consumption.
- **Shopping List** - with a vegan friendly option to make sure you are set up for success!
- **Private Facebook Community** with LIVE workouts being streamed in weekly!





TIPS FOR WEIGHT LOSS

O'SNAP ACTIVE LIFESTYLE

1. **Eat a high-protein breakfast.** Eating a high-protein breakfast has been shown to reduce cravings and calorie intake throughout the day.
2. **Avoid sugary drinks and fruit juice.** These are the most fattening things you can put into your body, and avoiding them can help you lose weight.
3. **Drink water a half hour before meals.** One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months.
4. **Choose weight loss-friendly foods** (see list). Certain foods are very useful for losing fat.
5. **Eat soluble fiber.** Studies show that soluble fibers may reduce fat, especially in the belly area. Fiber supplements like glucomannan can also help.
6. **Take our all natural energy booster** - with organic green coffee extract, niacin and S7. The naturally occurring caffeine may help to boost your metabolism by 3-11% .
7. **Eat mostly whole, unprocessed foods.** Base most of your diet on whole foods. They are healthier, more filling and much less likely to cause overeating.
8. **Eat your food slowly.** Fast eaters gain more weight over time. Eating slowly makes you feel more full and boosts weight-reducing hormones.
9. **Get a good night's sleep,** every night. Poor sleep is one of the strongest risk factors for weight gain, so taking care of your sleep. If you need a good sleep aid, our Sleep In a Snap product is perfect to take 30 minutes before bed!



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MEAL PREP & NUTRITION

Here are some simple, helpful tips to becoming a meal prep pro:



Make lists: Make a list of meals you would like to cook for the week and a separate list of the groceries that need to be bought.

Plan out your recipes ahead of time

Invest in quality Tupperware®.

Purchase a food scale: Portion control, portion control, portion control! Electronic scales are simple to zero-out so you can portion your foods directly into the Tupperware.

Eat with your eyes: Get a variety of fruits and vegetables so your food is full of color, its appeal is more important than you think.

Stay simple: Simplicity is key. Just remember, proteins and vegetables!

Incorporate tasty spices like paprika, cumin, cayenne pepper, dill & more.

Cook foods that will last: Chicken breast and lean beef are a great food that will last. If you're considering making seafood remember to eat it in the first couple of days of the week.

Sit back & enjoy your week. No need to stress, lunch is cooked for the week!

Pick one day early in the week (such as Sunday) to plan, then purchase and prepare.

Plan: Make a list of meals to make during the week and a list of items that need to be purchased.

Purchase: Make a grocery store run and don't stray from your shopping list.

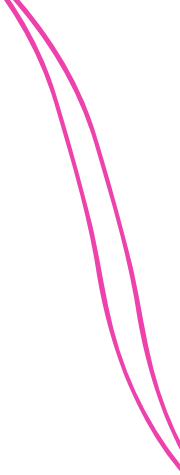

Avoid the junk food aisle!






Prepare: Peel, chop, cut and pack all raw vegetables that you'll have to snack on (and repeat for fruits). Next, place the raw protein on the scale to separate into the correct portion sizes. Cook protein as desired and place in Tupperware® containers.

In no time your meals will be made for the week and you'll have more time to relax after a long day rather than worry about cooking. You might even find that prepping your meals can be fun!

PORTION CONTROL

QUICK GUIDE



	FIST	1 CUP
	PALM	3 OUNCES
	HANDFUL	½ CUP
	POINTER FINGER	1½ OUNCES
	THUMB	1 TABLESPOON



RECIPES

BREAKFAST OPTIONS

PROTEIN-PACKED RAINBOW COTTAGE CHEESE BREAKFAST BOWLS

CALORIES: 270
PREP TIME: 5 Mins



INGREDIENTS

- 1/2 cup low fat cottage cheese
- 1/4 cup your favorite granola (I like Purely Elizabeth)
- 1/2 banana
- 1/2 cup sliced strawberries
- 1/2 kiwi, sliced
- 1/4 cup blueberries
- 1 tablespoon chia seeds
- Sprinkle of cinnamon

INSTRUCTIONS

Add cottage cheese to a bowl or place in a jar. Then add granola, fruit and chia seeds. Serves 1. Enjoy!

WINTER CITRUS & HONEY POWER BREAKFAST

CALORIES: 340
PREP TIME: 5 Mins



INGREDIENTS

- 1/4 C. Plain Greek Yogurt
- 1/4 C. Homemade or Grain-Free Granola
- 1/4 Grapefruit, Peeled & Segmented
- 1/4 Blood Orange, Peeled & Segmented
- 1/2 Banana, Peeled & Sliced
- Slice of Honeycomb (Optional)
- Drizzle of Local Honey
- Sprinkle of Bee Pollen (Optional)

INSTRUCTIONS

Place plain Greek Yogurt and homemade or Grain-Free Granola together on a bowl or plate. Arrange the Grapefruit, Blood Orange, and Banana over the yogurt and granola. Finally, add your choice of Honey, and Sprinkle of Bee Pollen. Enjoy!

RECIPES

APPLE CINNAMON PEANUT BUTTER BREAKFAST TOAST

CALORIES: 268

PREP TIME: 5 Mins



INGREDIENTS

4 slices sprouted grain bread or any type of healthy bread
4 Tbsp peanut butter
1 apple thinly sliced
2 tsp cinnamon
1/4 cup granola
2 Tbsp pecan halves (Optional)
1 Tbsp crushed pistachios optional

INSTRUCTIONS

Toast the bread. While the bread is in the toaster, thinly slice the apple. Top each piece of toast with 1 Tbsp peanut butter, apple slices, 1/2 tsp cinnamon, 1 Tbsp granola, 1/2 Tbsp pecan halves. Enjoy!

STRAWBERRIES & CREAM OVERNIGHT OATS

CALORIES: 165

PREP TIME: 5 Mins



INGREDIENTS

1/2 scoop lean vanilla protein powder
1/3 cup Clover Sonoma Organic Greek Yogurt OR Cream on Top Yogurt
1/2 cup milk, or unsweetened almond milk
1/2 cup rolled oats
2 tsp honey
Strawberries

INSTRUCTIONS

Mix all of the ingredients (except for the strawberries) in two jars before going to bed. Place in refrigerator overnight. In the morning, top the oats with strawberries. Enjoy!

RECIPES

A FRUIT SMOOTHIE

CALORIES: 275
PREP TIME: 5 Mins



INGREDIENTS

- 2 cups frozen fruit (I usually use mixed berries)
- 1 cup plain greek yogurt
- 2 scoops protein powder (about 1/4 cup)
- 1 cup milk of choice (I use Almond milk)
- 1 banana (Optional)

INSTRUCTIONS

In a blender, combine all frozen fruit, greek yogurt (or a banana), protein powder, and milk of choice. Blend until smooth. Enjoy!



Try Adding COMPLETE In a Snap to any smoothie for added greens!

THE FAST GRAB & GO BREAKFAST

CALORIES: 350
PREP TIME: 2-5 Mins

INGREDIENTS

- 2 Hard boiled egg
- 1 Banana or orange
- 1 protein shake of choice

DO NOT do the grab & go breakfast everyday! This is ONLY for when you are extremely late and absolutely have no time to eat breakfast. Only do the grab & go maximum once a week. Remember breakfast is the most important meal of the day!

RECIPES

LUNCH OPTIONS

BROCCOLI AND CHICKPEA RICE BOWL

CALORIES: 315

PREP TIME: 10 Mins



INGREDIENTS

- 4 cups broccoli florets
- 2 cups cooked brown rice
- 1 15 oz. can garbanzo beans (chickpeas)
- ½ cup sliced green onions
- ¼ cup sliced almonds
- ¼ cup chopped cilantro

INSTRUCTIONS

Steam broccoli for 3 to 5 minutes, just until tender. Add broccoli, rice, chickpeas, green onions and almonds to a large bowl. Set aside. Add all dressing ingredients to a small bowl and whisk with a fork until well combined. Drizzle dressing over rice mixture and toss to coat. Season with salt and pepper as desired. Sprinkle chopped cilantro on top and serve warm. Enjoy!

EGG SALAD SANDWICH

CALORIES: 300

PREP TIME: 5 Mins



INGREDIENTS

- 1 tsp Dijon mustard
- 2 slices multigrain bread
- 1 hard-boiled egg, sliced
- 2 Tbsp shredded cheddar cheese
- ¼ cup chopped scallion
- ¼ cup raw spinach
- Juice of ¼ lemon

INSTRUCTIONS

Spread mustard onto bread slices, then layer egg, cheese, scallion, and spinach on top. Drizzle with lemon juice. Enjoy!

RECIPES

TUNA-AVOCADO SANDWICH

CALORIES: 350

PREP TIME: 10 Mins



INGREDIENTS

- 1/3 avocado, mashed
- 1/2 Tbsp lemon juice
- 4 oz white albacore tuna, drained
- 1 thick slice tomato
- 1 piece butter lettuce
- 1 slice red onion
- 1 slice whole-grain bread

INSTRUCTIONS

Combine avocado with lemon juice, and fold in tuna. Stack tomato, lettuce, onion, and avocado and tuna mixture on bread for an open-face sandwich. Enjoy!

TOFU SALAD

CALORIES: 330

PREP TIME: 5 Mins



INGREDIENTS

- 1 Tbsp soy sauce
- 1 Tbsp almond butter
- 1/8 tsp minced garlic
- 4 oz tofu, extra firm, thinly sliced
- 1 cup snow peas, slivered
- 1/2 tsp sesame seeds
- 2 Scandinavian crisp bread crackers

INSTRUCTIONS

Whisk soy sauce, almond butter, and garlic. Toss with tofu and snow peas. Top with sesame seeds, and serve with crackers. Enjoy!

RECIPES

CHICKEN PANINI SANDWICH

CALORIES: 290

PREP TIME: 10 Mins



INGREDIENTS

2 fillets smoked haddock
1 tsp. Coconut Oil
1 white onion (finely chopped)
1 tsp. turmeric
1 tsp. ground coriander
1 tsp. medium curry powder
3 hard-boiled eggs (peeled and quartered)
150g cooked wholemeal rice or Zero Rice
Handful fresh coriander

INSTRUCTIONS

1. Place the smoked haddock into a large frying pan over a medium heat. Cover with an inch of water. Bring to the boil then turn the heat down and simmer for 5 minutes. Once cooked, remove from the heat and break apart into chunks. Set aside. Pour the water out of the pan and add the coconut oil. Add the chopped onion and simmer over a medium to low heat for 5 minutes until golden. Add the turmeric, ground coriander and curry powder and cook for a further 30 seconds, stirring occasionally. Add the cooked rice and haddock and stir. Heat through, then add the boiled eggs and stir again. Transfer to meal-prep containers and serve with your choice of vegetables. and serve with marinara sauce for dipping. Enjoy!

MOZZARELLA AND TOMATO SALAD

CALORIES: 243

PREP TIME: 5 Mins



INGREDIENTS

1 medium tomato, cubed
1 oz fresh part-skim mozzarella cheese, cubed
1 cup fresh spinach leaves
1 clove garlic, pressed
1 1/2 tsp olive oil
2 tbsp balsamic vinegar
2 tsp sunflower seeds
1/4 tsp black pepper

INSTRUCTIONS

Combine, and toss all ingredients. Enjoy!

RECIPES

DINNER OPTIONS

WHITE BEAN AND TUNA SALAD WITH BASIL VINAIGRETTE

CALORIES: 340

PREP TIME: 10 Mins



INGREDIENTS

Kosher salt and pepper
12 oz. green beans, trimmed and halved
1 small shallot, chopped
1 c. lightly packed basil leaves
3 tbsp. olive oil
1 tbsp. red wine vinegar
4 c. torn lettuce
1 15-oz can small white beans, rinsed
2 5-oz cans solid white tuna in water, drained
4 soft-boiled eggs, halved

INSTRUCTIONS

Boil in a large pot of water. Add 1 tablespoon salt, then green beans, and cook until just tender, 3 to 4 minutes. Drain & rinse under cold water to cool. Meanwhile, in a blender, puree shallot, basil, oil, vinegar, and 1/2 teaspoon each salt and pepper until smooth. Transfer half of dressing to large bowl and toss with green beans. Fold in lettuce, white beans, and tuna and serve with remaining dressing and eggs. Enjoy!

VEGAN DINNER BOWL

CALORIES: 350

PREP TIME: 5-10 Mins



INGREDIENTS

1/2 cup microwave in-bag brown rice
1/2 cup shelled frozen edamame
1/2 cup baby carrots
1/2 cup snow peas
1 cup broccoli florets
1/4 cup preferred teriyaki sauce (25 Calories or less per 1 tbsp)

INSTRUCTIONS

Prepare rice and edamame to package directions. Steam carrots, snow peas, and broccoli in microwave steam bag or on stove with steam pot attachment. Toss together all ingredients and mix well to serve.

RECIPES

GRILLED PORK WITH CHARRED HARISSA BROCCOLI

CALORIES: 330

PREP TIME: 10-15 Mins



INGREDIENTS

2 lemons
1 1/2 lb. pork tenderloin
3 tbsp. plus 1 tsp olive oil
Kosher salt
Pepper
1 large head broccoli (about 1 1/4 lbs), trimmed and cut into large florets
2 tbsp. harissa

INSTRUCTIONS

Heat grill to medium-high. Finely grate zest of 1 lemon and set aside, then cut both lemons in half. Brush pork with 1 teaspoon oil and season with 1/2 teaspoon salt. Grill pork, turning occasionally, until it reaches 140°F on instant-read thermometer, 18 to 20 minutes. Transfer to cutting board and let rest at least 5 minutes. Meanwhile, coat broccoli with 1 tablespoon olive oil and grill along with pork, turning often, until just tender and charred. Grill lemon until charred, 1 to 2 minutes. Mix harissa with remaining 2 tablespoon oil and toss with broccoli; sprinkle with lemon zest. Squeeze lemon halves over pork, then slice pork. Serve with broccoli and grilled lemon wedges. Enjoy!

THE LOADED SPAGHETTI

CALORIES: 420

PREP TIME: 5 Mins



INGREDIENTS

1 cup sliced bell pepper
1/2 cup sliced red onion
1 tsp olive oil
1 cup cooked whole-wheat spaghetti
2/3 cup cooked edamame

INSTRUCTIONS

Sauté peppers and onions in oil until onions are translucent. Toss with pasta and edamame. Enjoy!

RECIPES

PORK WITH VEGGIES

CALORIES: 370

PREP TIME: 10 Mins



INGREDIENTS

- 1 pork tenderloin (4 oz)
- 1 cup steamed green beans
- 2 Tbsp sliced almonds
- 1 baked sweet potato

INSTRUCTIONS

Season pork with salt and pepper, sear in an ovenproof skillet coated with cooking spray, and transfer to a 450°F oven for 15 minutes. Slice and serve with green beans topped with almonds, and a sweet potato. Enjoy!

SHRIMP CEVICHE

CALORIES: 430

PREP TIME: 5 Mins



INGREDIENTS

- 1/2 cup chopped cucumber
- 1/3 cup chopped jicama
- 1/3 cup chopped mango
- 1 Tbsp chopped onion
- 1/4 cup sliced avocado
- 1 tomato, sliced
- 1 cup cooked shrimp
- 1/4 cup lemon juice
- 1 tsp red pepper

INSTRUCTIONS

Toss together, and dress with lemon juice. Enjoy!

SHOPPING LIST

Proteins

- Boneless, Skinless Chicken Breast
- Tuna (water packed) • Fish (salmon, seabass, halibut)
- Shrimp • Extra Lean Ground Beef
- Protein Powder • Egg Whites or Eggs
- Ribeye Steaks or Roast
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Top Loin (NY Strip Steak)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round , 96% LeandGround Round)
- Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

Complex Carbs

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Brown Rice
- Multigrain Cereal
- Whole wheat Pasta

Fibrous Carbs

- Lettuce (Green Leaf, Red, Leaf, Romaine)

SHOPPING LIST

- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery

Healthy Fats

- Peanut Butter
- Olive Oil or Safflower Oil
- Nuts (peanuts, almonds
- Flaxseed Oil • Avocado

Dairy & Eggs

- Low-fat cottage cheese
- Eggs
- Low or Non-Fat Milk
- Greek Yogurt

Other Produce & Fruits

- Cucumber
- Green or Red Pepper
- Onions

SHOPPING LIST

- Garlic
- Tomatoes
- Zucchini
- bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
- Lemons or Limes

Condiments & Others

- Balsamic Vinegar
- Chili powder
- Mrs. Dash
- Steak Sauce
- Sugar Free Maple Syrup
- Chili Paste
- Mustard
- Extracts (vanilla, almond, etc)
- Sea Salt

VEGAN SHOPPING LIST

Plant-Based Meat Substitutes

Tempeh

Seitan

Chickpeas - Although not a meat substitute, chickpeas are definitely a protein substitute

Legumes

Lentils & Beans are a high source of protein! Try to include them in your diet every day. They are also high in fiber, calcium, and iron.

Complex carbs/ Whole Grains

Quinoa

Sweet potatoes (yams)

Beans (black, kidney, pinto)

Brown Rice

Farro

Bulgur

Barley, Millet, Teff, Wild Rice, Wheat, Buckwheat, Amaranth, Buckwheat, Bulgur, Kamut, Oats, Freekeh, and Spelt are also considered whole grains.

SHOPPING LIST

Vegetables /Fibrous Carbs

- Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery

Healthy Fats

- Peanut Butter
- Olive Oil or Safflower Oil
- Nuts (peanuts, almonds
- Flaxseed Oil • Avocado

Other Produce & Fruits

- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes