

14-Day Transformational NUTRITION PLAN

Revitalize Your Health, Meal Prep Guide

Meal Plan: Week one: rejuvenate

Essential Smoothies Guide and Recipes

Meal Plan: Week Two: Balance and Strength

Vitality Berry Smoothie
Berries are nature's superfoods, packed with antioxidants that promote health and longevity. Blend together a mix of blueberries, strawberries, raspberries, and a splash of coconut water for a delicious smoothie that's as good for you as it tastes.

Tropical Immunity Boost
Give your immune system a tropical lift with a smoothie made from frozen mango, coconut milk, and a dash of turmeric. This sunny blend is not only delicious but also packed with vitamin C and anti-inflammatory benefits.

Post-Workout Recovery Smoothie
After a rigorous workout, your body needs nutrients to recover and build muscle. Our recovery smoothie combines banana, peanut butter, and a scoop of plant-based protein powder for a delicious and satisfying post-workout meal.

More-Live
All the nutrition your body needs in one product
50 Organic Superfoods Plus Probiotics & Enzymes

MORE-ENERGY
Cash Pine Whole Food Nutrition
LIFE ON THE GO

MORE-CLEAN
Colony Support
LIFE ON THE GO



TABLE OF CONTENTS:

Your Transformation Plan

- The Power of Nutrition • 4
- Preparing for Success • 5

The 14-Day Plan

Week One: Rejuvenate

- Energize Your Mornings • 6
- Midday Meals for Wellness • 7
- Nourishing Nights • 8

Week Two: Balance and Strength

- Balance and Strength • 9
- Recovery and Immunity • 10

Essential Smoothies Guide and Recipes

- Quick and Nutritious • 11

Journey Beyond

- Sustainable Habits for Life • 12
- Tips for incorporating the principles of the plan into your lifestyle beyond the initial 14 days.

Your Transformation Plan

The Power of Nutrition

More Fit Nutrition: We believe the journey to wellness begins on your plate. Our mission is not only to offer guidance; is to share the transformation we have experienced firsthand through the power of nutrition. Food is more than fuel: it is the basis of our health, energy and the vitality with which we live our lives.

Understanding the role of nutrition is not about following the latest dietary trends; It's about connecting with your body and nourishing it with what it really needs. We've seen the impact mindful eating can have: clearer minds, more stable energy levels, and an overall sense of well-being that permeates all aspects of life.

In this guide, we delve into how making informed decisions about your diet can be a game-changer. It's not just about the foods you eat, but how you eat them and the intention behind each meal. We invite you to join us on this journey, one meal at a time.



Setting yourself up for success

Embarking on this transformative journey requires more than just the willingness to change; It requires preparation and perseverance. At More Fit Nutrition, we've walked this path, faced its challenges, and emerged stronger, healthier, and happier than ever.

Start by setting clear, achievable goals. What does success look like to you? Is it more energy, better sleep or perhaps a stronger immune system, more endurance, less pain? Define it, write it down and let yourself be guided.

My goal is:

Next, equip your kitchen. It is where the transformation begins. Pack it with whole foods, fresh produce, and nutritious snacks. Plan your meals with this guide, but leave room for flexibility. Life is unpredictable and your diet must be adaptable.

Remember, this journey is yours and it is unique. There is no one-size-fits-all solution when it comes to nutrition. Listen to your body, adjust as you go, and embrace the learning process. We are here to guide you, share our stories, and celebrate your victories, big and small.

Welcome to a healthier and more vibrant life. Welcome to More Fit Nutrition.



The 14 day plan

Week one: rejuvenate

Welcome to the first week of your transformation with More Fit Nutrition. This week is all about rejuvenation: a reset for your body and mind. Our approach is based on our experiences and those of our community, showing the transformative power of proper nutrition.

Energize your mornings

Start each day with intention and vitality. Our breakfasts are designed to energize your body and also inspire your spirit. Start your days with superfood smoothies that give you energy, health and the right start to a great day. We'll introduce you to breakfasts that are as delicious as they are nutritious, powering you through the morning with sustained energy.



Midday meals for well-being

As the day progresses, it's essential to maintain your morning momentum. Our midday meals focus on balance and well-being, so you're energized but not overwhelmed. We have selected recipes that transformed our lunch hour into a moment of joy and health. From vibrant salads to hearty plant-based bowls, these meals are a testament to how the right lunch can lift your mood and keep you focused.



Nourishing nights

The evenings are a time to relax and prepare so that your body has adequate rest, it sounds incredible but the right diet can make a big change in your sleeping hours. Our dinner suggestions are an opportunity to nourish your body with what it needs to recover and rejuvenate overnight.

This week is your foundation, built on the principles that have shaped More Fit Nutrition and transformed our lives. It's about more than just meals; It's about establishing a blueprint for a life full of energy, well-being and nutrition. Join us on this journey and let's embrace the power of nutrition together.

Meal Plan:

Week one: rejuvenate

	Breakfast	Midday Meal	Nourishing Night	Snacks
Day 1	 Smoothie Bowl	 Overnight oats with fruits	 Grilled Vegetables	 Hummus & Veggie Sticks
Day 2	 Avocado Toast	 Vegetable Stir-Fry	 Stuffed Bell Peppers	 Fruit Salad
Day 3	 Oatmeal	 Chickpea Salad	 Sweet Potato Bowl	 Nut Butter on Rice Cakes
Day 4	 Chia Pudding	 Lentil Soup	 Detox Soup	 Mixed Nuts
Day 5	 Egg Muffins	 Wraps	 Zucchini Noodles	 Overnight oats with fruits
Day 6	 Yogurt Parfait	 Buddha Bowls	 Cauliflower Rice Stir-Fry	 Energy Balls
Day 7	 Oatmeal pancakes	 Pasta Salad	 Baked Salmon	 Kale Chips

The 14 day plan

Week Two: Balance and Strength

As we enter the second week of our transformative journey with More Fit Nutrition, our focus shifts toward cultivating balance and building strength. It's a testament to our belief that true wellness is about harmony: between physical vigor and inner peace, between pushing your limits and honoring your body's need for rest.

This week's meal plan is meticulously crafted to reflect this balance. Each recipe is a symphony of nutrients designed to build your body's strength and endurance. Imagine dishes that are not only a feast for your palate, but also the foundation for your body's strength, since there is an undeniable connection between what we eat and how we perform. From protein-packed mornings to antioxidant-rich dinners, we guide you through meals that power your workouts and daily activities.

Recovery and immunity

Taking advantage of the best of nature, we bring you meals rich in vitamins, minerals and antioxidants. Foods that calm, heal and protect. From turmeric-infused dishes known for their anti-inflammatory properties to citrus-packed salads packed with vitamin C, every meal is a step toward a stronger, more immune-resilient you.



Meal Plan:

Week Two: Balance and Strength

Breakfast

Midday Meal

Nourishing Night

Snacks

Day 8



Protein-Packed Smoothie with Spinach, Banana, and Almond Butter



Quinoa and Black Bean Salad with Avocado and Lime Dressing



Turmeric Grilled Chicken with Steamed Broccoli



Greek Yogurt with Honey and Walnuts

Day 9



Scrambled Eggs with Spinach and Feta



Lentil Soup with Carrots and Celery



Baked Salmon with Lemon and Dill, served with a side of Asparagus



Sliced Cucumber with Hummus

Day 10



Oatmeal topped with Chia Seeds, Blueberries, and a Splash of Almond Milk



Grilled Veggie Wrap with Hummus and Sprouts



Stir-Fried Tofu with Mixed Bell Peppers and Brown Rice



Apple Slices with Almond Butter

Day 11



Cottage Cheese with Pineapple Chunks and Flaxseed



Chickpea and Cucumber Salad with a Tahini Dressing



Sweet Potato and Black Bean Chili



Carrot Sticks and Guacamole

Day 12



Whole Grain Toast with Avocado and Poached Egg



Tomato and Basil Soup with a Side of Whole Grain Bread



Grilled Portobello Mushrooms with Quinoa Salad



Mixed Nuts and Dried Cranberries

Day 13



Greek Yogurt Parfait with Granola and Mixed Berries



Tuna Salad Stuffed Avocado



Zucchini Noodles with Pesto and Cherry Tomatoes



Rice Cakes topped with Cottage Cheese and Sliced Peaches

Day 14



Banana and Almond Butter Smoothie



Roasted Beet and Goat Cheese Salad with Walnuts



Lemon Garlic Shrimp over a Bed of Spinach



Dark Chocolate and Almonds

Essential Smoothies Guide and Recipes

Quick and Nutritious

At More Fit Nutrition, we understand that a busy lifestyle doesn't have to be an obstacle to maintaining a healthy diet. That's why we've curated a selection of smoothie recipes that blend convenience with nutrition. Each recipe is designed to support different aspects of your well-being, from energizing your mornings to detoxifying your system.

Energizing Morning Smoothie

Energizing Morning Smoothie Jumpstart your day with a blend of spinach, banana, almond butter, and a scoop of your favorite protein powder. This smoothie is perfect for those mornings when you need an extra boost to tackle your day with vitality.



Detox Green Smoothie

For those times when you feel the need to cleanse and rejuvenate, our Detox Green Smoothie is the answer. Kale, cucumber, green apple, and lemon come together to create a refreshing drink that helps flush toxins from your body.

Essential Smoothies Guide and Recipes

Vitality Berry Smoothie

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Tropical Immunity Boost

Give your immune system a tropical treat with a smoothie made from pineapple, mango, coconut milk, and a dash of turmeric. This sunny blend is not only delicious but also packed with vitamins and anti-inflammatory benefits.

Post-Workout

Recovery Smoothie After a rigorous workout, your body needs nutrients to recover and build muscle. Our recovery smoothie combines banana, peanut butter, oats, and chocolate protein powder for a deliciously satisfying post-exercise drink.



Sustainable Habits for Life

As we close this chapter of our 14-day transformational journey, the story of your well-being is just beginning. More Fit Nutrition is honored to guide you through these initial steps, sharing not only our experience but the very essence of our personal journeys toward health and vitality.

The path to lasting well-being is paved with habits that go far beyond any structured plan. It's about making decisions that align with your well-being every day, at every meal, and in every moment of self-care.

Embrace Whole Foods

Let the vibrant colors and textures of whole foods be your palette for creating meals. Every fruit, vegetable, grain and nut has potential for health and healing.

Listen to your body

Your body speaks a language of signs and subtle cues. Learn to listen. Hunger, satiety, energy, and mood can guide your nutritional choices more precisely than any external plan.

Find joy in movement

Exercise should not be a chore but rather a celebration of what your body can do. Find activities that bring you joy and you will find that you will want to move your body every day.

Cultivate mindfulness

Eating is not just about nutrition; It's an experience. Practice mindful eating to improve your relationship with food and transform meals into moments of gratitude and presence.

Keep hydrated

Water is the essence of life. Make hydration a priority and you'll notice a profound difference in your energy levels, skin health, and overall bodily functions.

Build a supportive community

Wellbeing thrives in community. Share your journey, learn from others and find strength in the collective pursuit of health, join our community at

<https://morefitnutrition.com/community/>

Be kind to yourself

Your journey will have ups and downs. Celebrate your successes, learn from your challenges, and always approach your health journey with kindness and compassion.

This is not the end; It is the beginning of a lifestyle where well-being is at the forefront.

More Fit Nutrition is here to continue to support you, with resources, recipes and inspiration to propel your journey forward. Embrace these principles and watch them transform not only your health, but your life.



Thank You & Welcome to the More Fit Community

We're so grateful you joined us on this 14-day journey towards a healthier you. Remember, this is just the beginning. There's so much more to explore, learn, and experience in your wellness journey.

Stay Connected

Dive deeper into wellness on our website, explore our carefully selected products, and join our vibrant community for ongoing support and inspiration.

Join Our Rewards Program

Don't miss out on the exclusive perks and rewards waiting for you. It's our way of saying thanks for being part of the More Fit family.

Visit morefitnutrition.com

Together, let's continue to thrive and transform.

With heartfelt thanks,

The More Fit Nutrition Team

Be part of our community

