



Spring Shape Up

6 RECIPES

NO-EQUIPMENT WORKOUT VIDEOS

FULL MEAL PLAN & SHOPPING LIST

ONE HEALTHY BODY!

Are you ready for Spring?

The weather is warming up, and many of us are heading out on spring break, vacations and weekend getaways in the coming weeks.

With beach season just around the corner, keeping on track with your healthy body goals has never been more important.

That's why we've created our Spring Shape Up, a one-week meal and exercise plan that you can follow anywhere, anytime.

SPRING SHAPE UP:
1 WEEK MEAL AND EXERCISE PLAN

2 EQUIPMENT-FREE WORKOUTS
YOU CAN DO ANYWHERE

A WEEK'S WORTH OF RECIPES
YOU CAN TAKE ON-THE-GO

THE PERFECT WAY TO STAY FIT WHILE TRAVELING
(OR JUST DURING A BUSY WEEK!)

Let's take this journey together!
Share your meals, workout sessions and
progress with us by using the hashtag #vitalspringshapeup.

#VITALSPRINGSHAPEUP

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How to Use this Guide

We created our Spring Shape Up to help you stay fit on-the-go. Whether you're spending a week in the tropics for spring break or simply have a lot going on, every recipe in this guide is designed to be fully prep-friendly, so you can heat your meals up as you go throughout the week. Similarly, both of the workouts we've included in our plan require no equipment and are easy to do whenever, wherever.

Here's a quick list of everything you need to do to complete the plan:

EVERYTHING YOU NEED TO DO TO COMPLETE THE PLAN

- 1 Go shopping! Print out the shopping list on page 5 and pick up everything you need.
- 2 Take a look at the weekly plan on page 6. It includes everything you need to know, from which workouts to do when to what recipes to eat each day.
- 3 Meal prep! We recommend prepping everything on Sunday so it's ready for the week.

#VITALSPRINGSHAPEUP

Shopping List

Produce

- Garlic
- Avocado
- Red onion
- Carrots
- Green onions
- Yellow onion
- Sweet potato
- Your favorite fruit
- Green chilis
- Butter lettuce
- Cauliflower
- Cilantro
- Lime
- Mint
- Spaghetti squash
- Spinach
- Blueberries
- Apples

Meat

- 1 lb ground chicken
- 1 lb grass-fed beef
- Chicken breasts

Dairy/Eggs

- Vanilla Greek Yogurt
- Eggs

Nuts/Seeds/Snacks

- Almond Butter
- Almonds

Grains

- Oats
- Gluten-free bread crumbs
- Gluten-free bread

Spices/Baking Supplies

- Coconut oil
- Tahini
- Olive oil
- Honey
- Sesame oil
- Garlic powder
- Coconut sugar
- Coconut aminos
- Coconut vinegar
- Ground ginger
- Chili powder
- Sriracha
- Nutritional yeast
- Turmeric
- Curry Powder
- Sea salt
- Pepper
- Almond flour

Other

- Frozen Mixed Berries
- Tomato paste
- 1 can diced tomatoes
- Your favorite healthy salad dressing

Supplements

- **Collagen Sports Greens**
- **Vanilla & Coconut Water Collagen Peptides**
- **Chicken Bone Broth Collagen**
- **Marine Collagen or Collagen Peptides**
- **Collagen Creamer (optional)**
- **Collagen Veggie Blend**
- **Beef Liver**

Weekly Guide

	MON	TUE	WED	THUR	FRI	SAT	SUN
AM ACTIVITY	Workout 1	Workout 2	Rest day	Workout 1	Workout 2	Workout 1	Rest day
AM SUPPL	Collagen Peptides or Collagen Creamer in coffee or tea	Beef Liver before workout	Collagen Peptides or Collagen Creamer in coffee or tea	Collagen Peptides or Collagen Creamer in coffee or tea	Beef Liver before workout	Collagen Peptides or Collagen Creamer in coffee or tea	Collagen Peptides or Collagen Creamer in coffee or tea
BREAKFAST	Healthy Breakfast Smoothie	Slice of gluten-free bread + almond butter with an apple	Healthy Breakfast Smoothie	Slice of gluten-free bread + almond butter with an apple	Post-Workout Protein Bars	Two eggs your way plus steamed spinach and a bowl of blueberries	Healthy Breakfast Smoothie
LUNCH	Pesto Chicken Zoodle Soup in a Jar	Healthy Lettuce Wraps	Pesto Chicken Zoodle Soup in a Jar	Healthy Lettuce Wraps	Pesto Chicken Zoodle Soup in a Jar	Healthy Lettuce Wraps	Salad with spinach, avocado, 4 oz. of your favorite protein, carrots, red onions and your favorite healthy dressing
DINNER	Cauliflower Bites	Spaghetti Squash Casserole	Cauliflower Bites	Spaghetti Squash Casserole	Cauliflower Bites	Buddha bowl with avocado, chicken breast, sweet potatoes and spinach, drizzled with lime	Leftover stir fry: Add all leftovers and saute with avocado and sesame oil
SNACK	Your favorite fruit + a handful of almonds	Post-Workout Protein Bars	Your favorite fruit + a handful of almonds	Post-Workout Protein Bars	Post-Workout Protein Bars	Your favorite fruit + a handful of almonds	Your favorite fruit + a handful of almonds
PM SUPPL	Beef Gelatin 20 minutes before bed						
PM ACTIVITY	20 minute after-dinner walk	10 minute gentle stretching before bed	20 minute after-dinner walk	10 minute gentle stretching before bed	20 minute at-home dance party! Dance to your favorite music. Do this at least 30 minutes after dinner.	20 minute after-dinner walk	10 minute gentle stretching before bed

Workout 1

Get ready to get busy with a full body workout with Vital Proteins' fitness ambassador, Sarah Machemer. Sarah shows you how to stay in tip top shape this spring or any time of year. No need for a single piece of equipment.

Click on the video below to get moving.



*Sarah
Machemer*

WORKOUT SUMMARY

- 10 seconds arm circles
- 10 seconds upper body twists
- 10 seconds run in place to high knees
- 10 seconds butt kickers
- 10 seconds jumping jacks
- 10 5-second isometric squats
- 5 3-count push-ups
- 5 burpees with mountain climbers
- 10 supermans
- 20 curtsy squats
- 5 walk-out push-ups to jumping jacks
- 15 seconds forearm plank
- 20 seconds squat twists

Workout 2

Vital Proteins' fitness ambassador, Joe Nicastro, is ready to bring your fitness up a notch with this short, sweet, do-anywhere workout that will have your heartbeat up and sweat dripping in no time. It's time to unleash your inner fitness guru!

Click on the video below to get moving.



Joe
Nicastro

WORKOUT SUMMARY

- 8 jump squats
- 8 plank elbow raises
- 8 plank jump to squats
- 4 front lunges
- 8 jumping lunges
- 8 tricep push-ups
- 8 boat crunches

Pesto Chicken

ZOODLE SOUP IN A JAR



SERVINGS: 1

INGREDIENTS:

For the base

- 2 T pesto (recipe & ingredients below)
- 1 **Bone Broth Collagen stick pack (beef or chicken)**
- ¼ t sea salt
- ¼ t black pepper
- 1 zucchini, spiralized into noodles
- 6 ounces grilled chicken breast or pulled rotisserie chicken meat
- ¼ C diced tomatoes
- ¼ C diced mushrooms
- 2-3 sliced green onions
- 8 ounces freshly boiled water

For the pesto

- 1 C packed fresh basil leaves
- Juice of half a lemon
- ⅓ C olive oil
- ½ t sea salt
- ⅓ C pine nuts
- 1 garlic clove

DIRECTIONS:

For the base

1. In a large mason jar, travel mug or soup bowl, add in pesto, Bone Broth Collagen stick pack, sea salt and pepper. Stir together with spoon or chopsticks.
2. Layer in the zoodles, chicken breast, tomatoes, mushroom and green onions.
3. When ready to eat, top with fresh boiled water and let sit for 5 minutes. Stir it until combined or shake with a tightly sealed lid on top.
4. Serve immediately.

For the pesto

1. In a food processor, add basil, lemon juice, olive oil, salt, pine nuts and garlic and pulse until well-combined.



RECIPE ESSENTIALS:

Vital Proteins Chicken or
Beef Bone Broth Collagen Stick Pack

Post-Workout PROTEIN BARS



SERVINGS: 8

INGREDIENTS:

- 4 scoops **Collagen Sports Greens**
- 2 C oats
- 1 C almond butter
- 3 T coconut oil
- ¼ C honey

DIRECTIONS:

1. Mix together the wet ingredients until combined.
2. Mix in the oats and Sports Greens until combined.
3. Press into pan and chill for 1 hour.
4. Keep in fridge for up to 5 days.



RECIPE ESSENTIAL:

Dark Chocolate
Collagen Sports Greens

Vanilla Berry PROTEIN SMOOTHIE



SERVINGS: 1

INGREDIENTS:

- 1 scoop **Vanilla & Coconut Water Collagen Peptides**
- $\frac{2}{3}$ C vanilla Greek yogurt
- $\frac{1}{2}$ C frozen mixed berries
- 2-3 ice cubes
- 1 $\frac{2}{3}$ T water

DIRECTIONS:

1. Blend ice, yogurt, berries and water in a blender until smooth.
2. Add Collagen Peptides and blend again before enjoying!



RECIPE ESSENTIAL:

Vanilla and Coconut Water Collagen Peptides

Chicken and Veggie LETTUCE WRAPS



SERVINGS: 6

INGREDIENTS:

- 1 pound ground chicken
- 2 T coconut oil
- 1 garlic clove, minced
- 1 t garlic powder
- 2 scoops **Chicken Bone Broth Collagen**
- ½ red onion, diced
- ¼ c coconut sugar
- 2 T coconut aminos
- 1T coconut vinegar
- 1 t ground ginger
- 1-2 t sriracha
- 2 C shredded carrots
- ½ C chopped green onions
- 1 head butter lettuce

DIRECTIONS:

1. In a large pan, melt coconut oil over medium-high heat.
2. Place ground chicken in hot pan and break up meat until no more pink remains, about 5 minutes.
3. Add in minced garlic and garlic powder and saute for another minute or so.
4. Add in Bone Broth Collagen, diced onion, coconut sugar, coconut aminos, coconut vinegar, ground ginger and sriracha and continue cooking until onion is softened.
5. Add in shredded carrots and green onions and saute for 2-3 more minutes until vegetables are softened and sauce is thickening up.
6. Serve chicken in butter lettuce leaves.



RECIPE ESSENTIAL:

Vital Proteins Chicken Bone Broth Collagen

Cauliflower Bites

WITH MINT TAHINI DRESSING



SERVINGS: 5-8

INGREDIENTS:

Cauliflower bites

- 2 C cauliflower rice
- 1 scoop **Vital Proteins Marine Collagen**
- 3 T nutritional yeast
- 1 t turmeric
- 1 t curry powder
- dash of sea salt
- few dashes of pepper
- ½ C cilantro
- ½ C almond flour

- ½ C bread crumbs*

- 1 egg or flax egg

Mint Tahini Dressing

- ½ C tahini
- ¼ C olive oil
- ½ water or enough for desired consistency
- 3 T chopped mint leaves *more for more mint taste
- ¼ t ginger powder

DIRECTIONS:

1. For the cauliflower rice, pulse chopped cauliflower in your food processor until minced and looks like "rice." Set aside. Make enough for 2 cups.
2. Pre-heat your oven to 400 degrees and line a baking sheet with parchment paper. Set aside.
3. In your food processor add all of the ingredients except the cauliflower rice. Mix until well combined.
4. Once combined, add the cauliflower rice and pulse a few times until combined.
5. Roll the mixture into balls, about golf ball size and place them on the parchment paper.
6. Bake at 400 degrees for 20 minutes, then flip/turn and bake for another 15 minutes or so. They will spend a total of about 35 minutes in the oven. Crispy on the outside and tender in the middle. Drizzle with dressing.

NOTES:

1. Add in any spices of preference: cumin, garlic cloves, chopped onion (maybe ¼ cup- ½ cup) etc.
2. For the breadcrumbs, consider using flavors of garlic, onion, rosemary, sea salt, and pepper.
3. To reheat the cauliflower bites, place them under the broiler for a few minutes or heat the oven at 400 degrees until warm (about 5-8 minutes).
4. You can sub the egg for a flax egg. To make a flax egg use 1 tbsp. ground flaxseeds and 3 tbsp. water. Let the mixture sit for 10 minutes.
5. Store in an air-tight container until you're ready to eat



BLAIR: @BALANCE WITH B

Blair is the lifestyle and wellness/food blogger behind Balancewithb and is also a certified yoga instructor. Her recipes focus on the idea of simplicity, a non-complicated way to approaching cooking and eating healthy, but focus on wholesome and healing foods for not only the body but for the mind as well. She loves sharing with her readers, that eating healthy doesn't have to be difficult or intimidating and her goal is to inspire others to embrace a healthy lifestyle in order to feel their best.



RECIPE ESSENTIAL:
Marine Collagen

Healthy Beef & Spaghetti Squash

CASSEROLE



SERVINGS: 7-8

INGREDIENTS:

- 1 large spaghetti squash
- 1 pound ground grass-fed beef
- 1 T avocado or coconut oil
- ½ yellow onion, chopped
- 1 large sweet potato, cubed
- 7 ounces tomato paste
- 1 C diced tomatoes, drained
- ½ C green chilies
- ¼ cup chili powder
- 1 t garlic powder
- 2 scoops **Collagen Veggie Blend**
- 2 t sea salt
- ½ t black pepper
- 3 eggs
- 1 bunch green onions, sliced (optional)*

DIRECTIONS:

1. Preheat oven to 400 degrees F. Cut spaghetti squash in half, lengthwise, and scoop out seeds. Place spaghetti squash face down on a baking sheet lined with parchment paper. Bake for 20 minutes, or until the outside skin is fork tender. Leave the oven preheated for baking the casserole.
2. While the squash is baking, heat a large skillet to medium-high heat and brown the ground beef until no more pink remains. Drain the fat and set aside.
3. In the same skillet, heat the oil over medium-high heat and saute onions and sweet potatoes until onions are translucent and sweet potatoes are softened, about 20 minutes or so. Add salt and pepper as needed.
4. In a large mixing bowl, add in cooked beef, onions, sweet potatoes, tomato paste, tomatoes and green chilies and mix well.
5. In a small bowl, mix together chili powder, garlic powder, Collagen Veggie Blend, sea salt and black pepper. Pour over beef mixture, then stir again.
6. Scrape spaghetti squash into the mixing bowl and mix well, then add in the eggs and mix until well-combined.
7. Pour casserole mixture into a greased 9X13 baking dish and bake for 35-40 minutes.
8. Top with sliced green onions, if desired.



RECIPE ESSENTIAL:
Collagen Veggie Blend