# 5 Day Mini Glow Up Plan

EATING HEALTHY DOESN'T MEAN SACRIFICING TASTE & SATISFACTION



THIS HEALTHY MEAL GUIDE WAS PUT TOGETHER WITH SIMPLICITY IN MIND!
WE HOPE THE RECIPES INSPIRE YOU TO KNOW THAT THIS LIFESTYLE IS NOT
ONLY ACHIEVABLE, BUT ONE YOU CAN GENUINELY ENJOY!



# PEPTIDE POWER PAIR

The Muscle & Metabolic Collection

### *Iam* LEAN

- Ol Eliminates food cravings, hunger pains and balances hunger hormone by modulating the gut-brain axis.
- Targets visceral fat, the stubborn fat that hides deep within your body, increases fat burning and prevents fat storage
- Promotes the conversion of body fat into energy, ensuring that you are burning fat while keeping muscle intact
- Works synergistically with FIT to decrease stored body fat while increasing muscle mass and improving metabolic fitness

### I am FIT

- Builds, repairs and retains lean muscle and reduces muscle soreness
- O2 Lowers inflammation after exercise by 47% reducing muscle fatigue and inhibits muscle breakdown
- 4x more effective than whey for muscle protein synthesis and enhances cellular engird
- O4 Supports health aging, brain function, muscle function and supports cardiovasular health

### Add Hydrated to maximize absorption of these powerful peptides!

These super supplements are designed to work from the inside out-supporting your body at a cellular level to optimize metabolism, energy, hydration, recovery, and lean muscle tone. But real results require real consistency! For best results, commit to 90 days of daily use alongside a clean, balanced diet and active lifestyle.

## MAKE WELLNESS

WHEN TO TAKE YOUR PEPTIDES



Lean

BEST TO USE FIRST THING IN THE MORNING OR SPLIT DOSAGE AND TAKE ONE IN THE MORNING & ONE 30 MINUTES PRIOR TO LUNCH. MOST IMPORTANT FACTOR IS DAILY CONSISTENCY.



TAKE WITH FIRST MEAL OF THE DAY TO ENHANCE MUSCLE PROTEIN SYNTHESIS OR AFTER WORKOUTS FOR ENHANCED RECOVERY (PROTIP: TASTES LIKE SUNNY DELIGHT WHEN MIXED WITH HYDRATED!)...





Hydrated

I LOVE HYDRATED FIRST THING IN THE MORNING TO HELP WITH DEHYDRATION AND THE ABSORPTION OF ALL OTHER SUPPLEMENTS. CAN BE TAKEN MULTIPLE TIMES PER DAY.



USE TO COUNTER FATIGUE, MOOD, AND LOW ENERGY. TAKE MID-MORNING/MID-AFTERNOON AS A PICK-ME-UP OR PRE-WORKOUT BOOST.





Tocused

30-60 MINUTES BEFORE BEGINNING A MENTALLY CHALLENGING PROJECT OR AS SOON AS YOU ARE LOSING FOCUS.
BEST TAKEN ON AN EMPTY STOMACH.



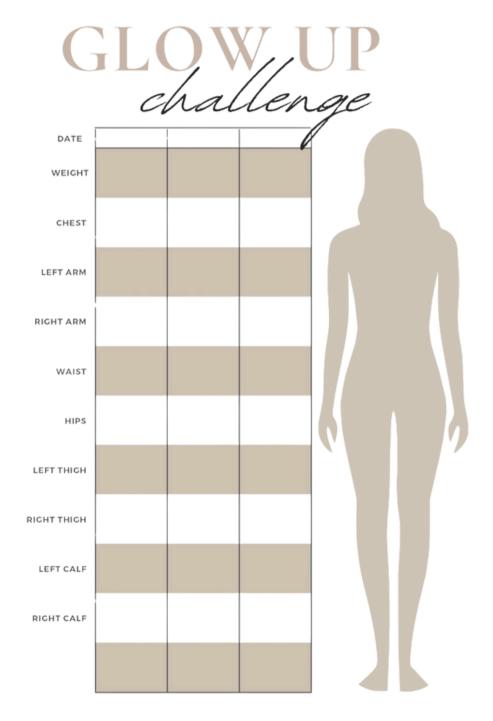
USE ANY TIME OF DAY WHEN YOU ARE FEELING OVERWHELMED OR ANXIOUS. USE TO ENHANCE RELAXATION OR PREPARE FOR SLEEP.

(NON-DROWSY)



# Time to say Goodbye!

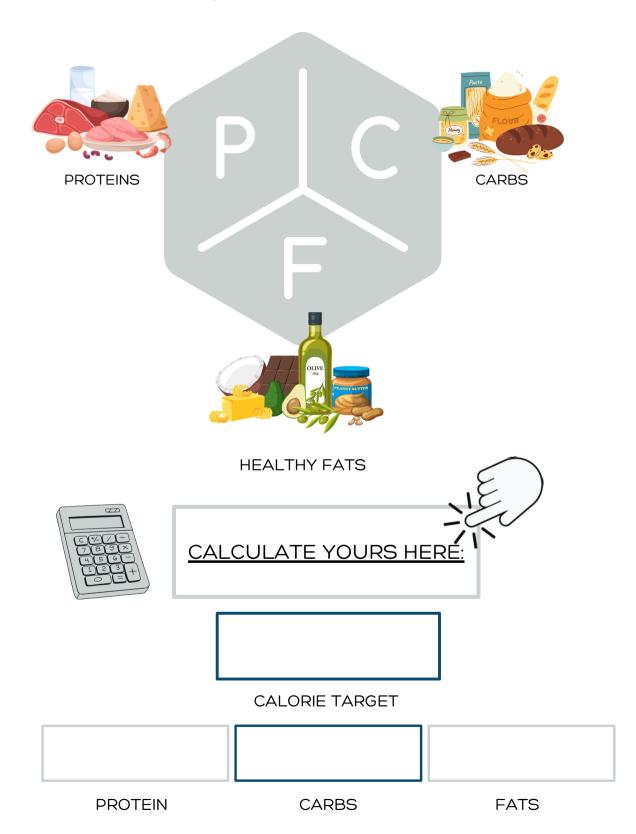
SAY GOODBYE TO THE OLD & HELLO TO NEW POSSIBILITIES



Measuring your success starts with drawing a line in the sand and giving yourself a solid place to START from! Before you begin your Glow Up journey, take a moment to document your GOODBYE stats & snap pictures of your personal starting line! (Trust us, you will want these as bragging rights longterm!) We even like to take a video to get a more 3 dimensional view to look back on later!

## Know Your Macros

ONE OF THE KEYS TO SUCCESS IS GETTING THE RIGHT AMOUNT OF PROTEIN, HEALTHY FATS AND CARBS!



CLICK TO FOLLOW THE 45/25/30 PLAN

### DAY 1 - Monday

#### Supplements:

- LEAN: AM + 30 min before lunch
- FIT: With breakfast or post-workout
- HYDRATED: AM + PM



#### **Breakfast:**

3 eggs + avocado + asparagus

#### Snack 1:

Chomps + 10 almonds

#### Lunch:

Rotisserie Chicken Salad

#### Snack 2:

Protein shake with water + 1 boiled egg

#### Dinner:

Maple Soy Salmon

Based on Calories: 1550 |





### DAY 2 - Tuesday

#### Supplements:

- LEAN: AM + 30 min before lunch
- FIT: With breakfast or post-workout
- HYDRATED: AM + PM



#### **Breakfast:**

Healthy Baked Egg Cups

#### Snack 1:

Chomps + 10 almonds

#### Lunch:

Cottage Cheese Wrap

#### Snack 2:

2 boiled eggs + 3 slices turkey roll-ups

#### Dinner:

Pesto Chicken

Based on Calories: 1550 |





### DAY 3 - Wednesday

#### Supplements:

- LEAN: AM + 30 min before lunch
- FIT: With breakfast or post-workout
- HYDRATED: AM + PM



#### **Breakfast:**

#### <u>Protein Pancakes</u>

#### Snack 1:

Greek yogurt + berries

#### Lunch:

**Turkey Taco Bowl** 

#### Snack 2:

Unsweetened Greek yogurt (¾ cup) + 1 tsp honey + ¼ cup berries

#### Dinner:

Chicken Enchiladas

Based on Calories: 1550 |





### DAY 4 - Thursday

#### Supplements:

- LEAN: AM + 30 min before lunch
- FIT: With breakfast or post-workout
- HYDRATED: AM + PM



#### **Breakfast:**

#### **Avocado Toast**

#### Snack 1:

Greek yogurt + berries

#### Lunch:

Pear Chicken Salad

#### Snack 2:

Protein shake with banana + almond milk

#### Dinner:

Sheet Pan Chicken Fajitas

Based on Calories: 1550 |





### DAY 5 - Friday

#### Supplements:

- LEAN: AM + 30 min before lunch
- FIT: With breakfast or post-workout
- HYDRATED: AM + PM



#### **Breakfast:**

### Overnight Oats

#### Snack 1:

Greek yogurt + berries

#### Lunch:

Cottage Cheese Wrap

#### Snack 2:

Tuna packet (in water) + celery sticks + 1 rice cake

#### Dinner:

Poke Bowl

Based on Calories: 1550 |





## 5 Day Glow Up Grocery List

#### Meat / Fish / Protein

Eggs

Rotisserie chicken

Chicken breast

Ground turkey

Salmon filets

Pesto chicken or chicken for pesto

Canned tuna (in water)

Chomps beef sticks

Deli turkey or sliced turkey

Protein powder



#### Fruits & Veggies

**Avocados** 

**Asparagus** 

Spinach

Zucchini

Broccoli or broccolini

Mixed bell peppers

Onion

Tomatoes or cherry tomatoes

Lettuce or spring mix

Celery

Cucumber

Bananas

Berries (strawberries, blueberries)

Pear

Lemons



Cottage cheese

Greek yogurt (unsweetened)

Feta or goat cheese

Shredded cheese (for enchiladas)

Almond milk (unsweetened)

#### Bread / Cereal / Carbs

Sourdough or sprouted grain bread

Old-fashioned oats

Brown rice or microwaveable rice

Whole wheat tortillas

Quinoa (optional swap)

Rice cakes



#### 🏅 Canned / Packaged / Frozen

Canned tuna (in water)

Brown rice or microwaveable rice

Quinoa (optional swap)

Frozen broccoli or veggie stir-fry mix

(optional)



#### 👗 Sauces / Spices / Condiments

Olive oil

Nut butter or PB2

Salsa

Mustard

Honey

Balsamic vinegar or glaze

Seasonings: cumin, garlic powder, chili

powder, salt, pepper, etc.



### 🗑 Other / Optional Snacks

**Hummus** 

String cheese

Almonds

Chomps sticks or turkey jerky



# Simple Snacks

GRAB & GO

\*I buy most of these staples in bulk at costco to have on hand at all times!\*

HARD BOILED EGGS



**NUTS** 



**BEEF STICKS** 



**DELI ROLL UPS** 



APPLES & PB



SKINNY DIPPED PB CUPS



**VEGGIES & HUMMUS** 



SHRIMP COCKTAIL



**GRANOLA + YOGURT** 



## 30 Minute Meals



SHEET PAN FAJITAS

VEGAN PENNE ALLE VODKA

EGGROLL IN A BOWL



CHICKEN TACOS



CHICKEN CLUB LETTUCE WRAP



**ZUCCHINI BOATS** 



CHIPOLTE TURKEY BURGERS



HONEY TERIYAKI SALMON



DIJON PORK CHOPS







## **Sweet Treats**



CINNAMON ROLL CLOUD BREAD

CHICKPEA COOKIE DOUGH

CHICKPEA BROWNIES

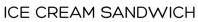






CHOCOLATE CHEESECAKE CHOCOLATE CHIP NICE CREAM STRAWBERRY SEMIFREDDO







CARROT CAKE MUG CAKE



PUMPKIN PIE CUPS







#### **⚠** DISCLAIMER

THIS 5-DAY LEAN DOWN MEAL PLAN IS FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS MEDICAL OR NUTRITIONAL ADVICE. WHILE THIS SAMPLE PLAN IS DESIGNED TO SUPPORT GENERAL HEALTH AND WELLNESS GOALS, INDIVIDUAL NUTRITIONAL NEEDS VARY, AND RESULTS ARE NOT GUARANTEED.

#### WE RECOMMEND THAT YOU:

CONSULT YOUR PHYSICIAN OR A REGISTERED DIETITIAN BEFORE
BEGINNING ANY NEW NUTRITION OR FITNESS PROGRAM –
ESPECIALLY IF YOU HAVE EXISTING HEALTH CONDITIONS OR
DIETARY RESTRICTIONS.

ADJUST PORTION SIZES AND MEAL COMPONENTS TO FIT YOUR CUSTOM MACRO AND CALORIE TARGETS BASED ON YOUR BODY, ACTIVITY LEVEL, AND PERSONAL GOALS.

THIS PLAN IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALWAYS LISTEN TO YOUR BODY, PRIORITIZE NOURISHMENT, AND HONOR YOUR UNIQUE HEALTH JOURNEY.

## It's Your Time to Glow!

It's a simple as that—you're officially equipped to jumpstart your glow-up journey! This guide isn't just about checking boxes or following a meal plan... it's about stepping into a lifestyle that prioritizes strength, confidence, and total body wellness. By fueling your body with whole foods, strategically cycling your macros, and consistently using your peptides—LEAN, FIT & HYDRATED—you're setting the stage for real, visible results from the inside out.

Remember, transformation begins with a single decision—and you've already made it. So lean in, stay consistent, and let this be the start of something powerful. Your health is an investment, not an expense—and the return is a stronger, more energized YOU. Let's GLOW!



