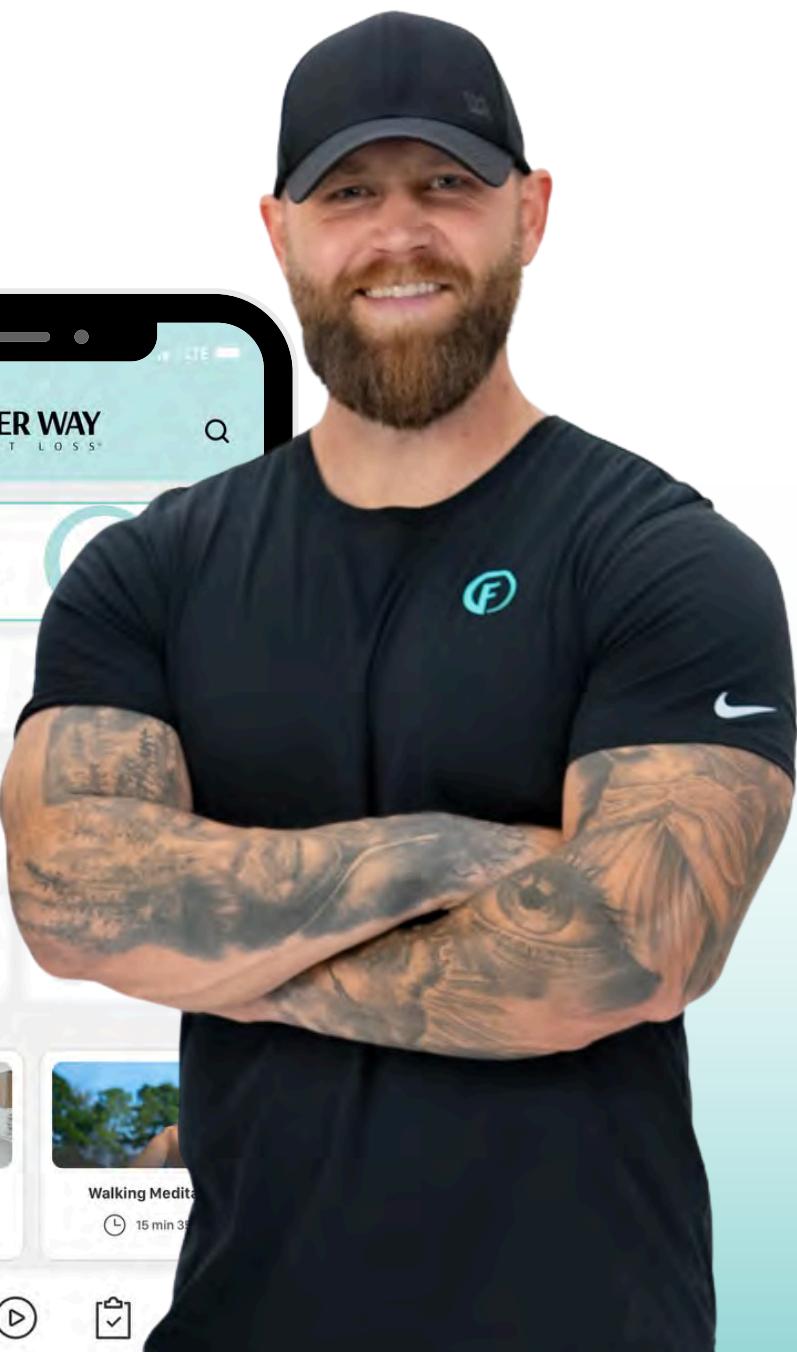


FASTER WAY

T O F A T L O S S®

NEW CLIENT PROGRAM GUIDE



The image shows a man with a beard and tattoos standing next to a smartphone. The man is wearing a black t-shirt with a teal 'F' logo on the chest. The smartphone screen displays the 'FASTER WAY TO FAT LOSS' app. The app interface includes a 'Men's Recipes' section with various meal options like 'Men's Air Fryer Meatloaf', 'Men's Italian Chicken Bowls', and 'Men's Air Fryer Turkey Meatballs'. It also shows a 'Today's Stars' rating of 5 stars, a 'PROGRESS' section for water intake (0%), and a 'Macro Goals' section. The 'WORKOUTS' section features 'Core Circuit' and 'Walking Medita' (partially visible). The phone's status bar shows the time as 10:42 and 3:19 AM.

Program Guide

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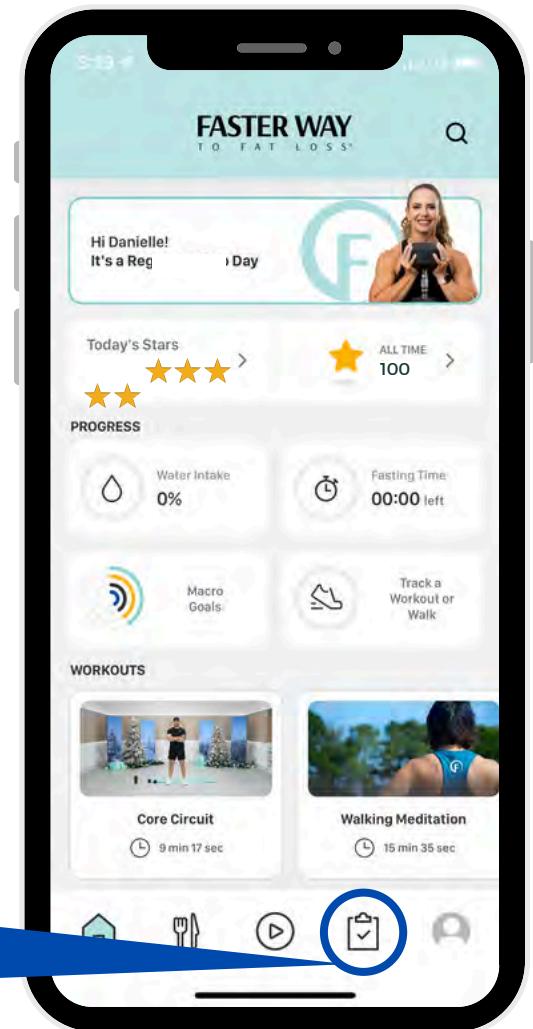
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FASTER WAY

T O F A T L O S S®

Hello,

Congratulations on making a strong investment in your health! We are THRILLED to have you in the FASTER Way to Fat Loss Program.

This New Client Program Guide contains everything you need to succeed, including the FASTER Way Fundamentals—five proven nutrition and fitness strategies that make the FASTER Way the most effective fat-loss program available. You'll also find a roadmap detailing each week of the New Client 6-Week Program, tips to thrive, and your first two weeks of meal plans. This guide is designed to equip you with the knowledge and tools to hit the ground running and achieve results.

Here's what you'll get with the FASTER Way to Fat Loss:

- Access to our FASTER Way App to help keep you accountable and focused.
- Daily workouts led by our Pro Trainers.
- Weekly meal guides with healthy, satisfying meals designed by our Registered Dietitians.
- All the tools and support you need to hit your goals.

...and much more.

Through the FASTER Way to Fat Loss, you'll master a sustainable lifestyle that fuels your energy, sharpens your focus, and helps you show up at your best—every day.

Welcome to the FASTER Way. Let's get to work!

In health,

Amanda Tress

Founder and CEO



Program Communication and Delivery

As a FASTER Way Client, you can look forward to weekly education, daily support, and community connection.

Here's how!



EDUCATION

You'll be equipped to make healthy lifestyle changes through our world-class fat loss curriculum! Find priceless information on the WHY behind our strategies, priority action items, and top tips for success in the following three ways:

1. Weekly Sunday emails detailing priorities for the upcoming week.
2. Regular texts and emails from our team and your coach to keep you accountable and engaged.
3. Comprehensive training content for convenient learning categorized by week (found in the "resources" section of the mobile or desktop app).



CONNECTION

When you join the FASTER Way, you're welcomed into our family. You now have a built-in support system to champion your goals!

1. Community forum where you can interact with fellow group members for an additional layer of accountability and encouragement each day. We elevate by uplifting others!
2. Your coach will also be available via email, text and video meetings. There's no question too small - your coach's mission is to help YOU thrive!

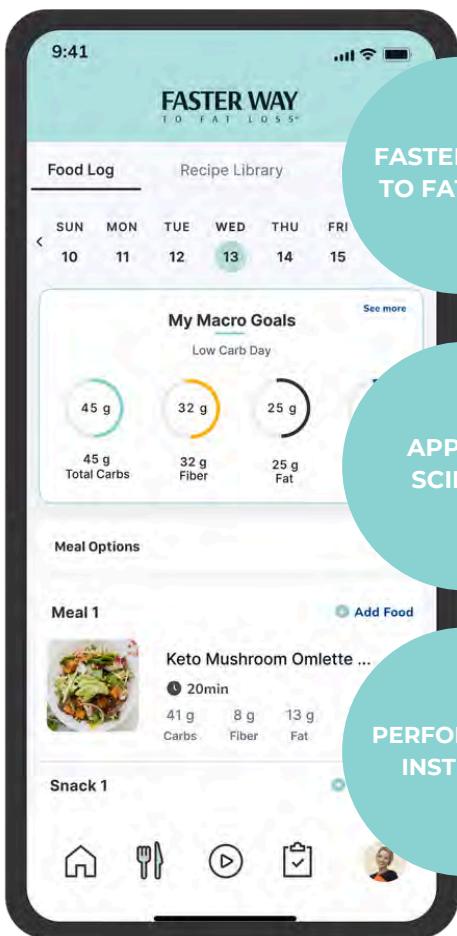


Unlock Real Results with Clinical Proof!

At FASTER Way, we take your fitness journey to the next level by providing you with a program that's not only effective but also backed by clinical evidence.

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials.

This means that our program is clinically proven to burn fat and build muscle. Our commitment to your success goes beyond words – it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations. **So, get ready to experience the difference that clinical proof can make on your fitness journey!**



FASTER WAY
TO FAT LOSS

APPLIED
SCIENCE

PERFORMANCE
INSTITUTE

=

SCIENTIFICALLY
PROVEN:
THIS APP WORKS!

ASPI
LABS

EARN STARS IN THE APP!

EARN YOUR STARS: DAILY PERFORMANCE TRACKING

Hit these daily targets to track your progress:

Training: Complete the scheduled workout

Fasting: Log fasting window

Hydration: Hit 75 oz

Nutrition: Log 3+ meals using AI tracking

Movement: Get moving and add a 20 minute walk

Each achievement earns a star. Stack them daily. Watch your consistency build. Let's get after it.

Track. Perform. Progress.

NEW! AI NUTRITION TRACKING: BUILT FOR EFFICIENCY

Fuel your results with smarter, faster tracking. Hitting your macros has never been easier with the latest feature in the FASTER Way app.

Two ways to track, zero excuses:

- **Snap a photo:** AI analyzes your meal and logs your macros in seconds.
- **Voice dictation:** Speak your meals and portions to track instantly.

How it works:

- Open the app and tap “Add Food.”
- Choose Photo Logging or Voice Logging.
- Review and confirm your entries.

Pro Tip: For meals with multiple ingredients—like a smoothie or salad—snap individual photos of each ingredient before mixing for the most accurate tracking.

***Stars feature available
on mobile app only**



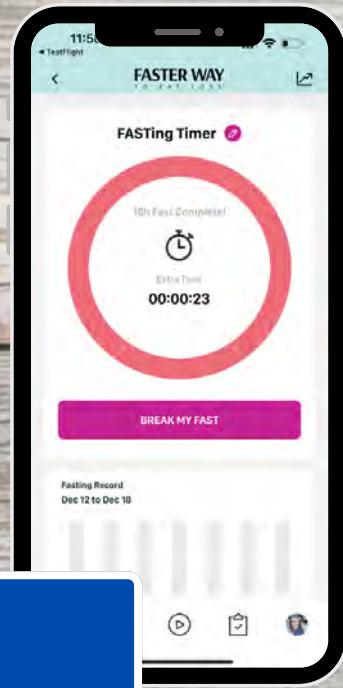
AI MEAL TRACKING

FASTER Way to Fat Loss Fundamental #1:

Intermittent Fasting



One of the core components of the FASTER Way to Fat Loss is intermittent fasting.



What Is Intermittent Fasting?

Intermittent fasting is not a diet. It's simply an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it difficult to burn fat.

However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

While eating several small meals per day can lead to weight loss (calorie deficits always do — at least initially), you will likely lose both muscle and fat. When you lose calorie-burning muscle, you lower your metabolic rate and make it harder for your body to burn fat and lose weight. That's why intermittent fasting is such an effective fat loss strategy!

How to Get Started

Choose one day this week to skip breakfast — don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

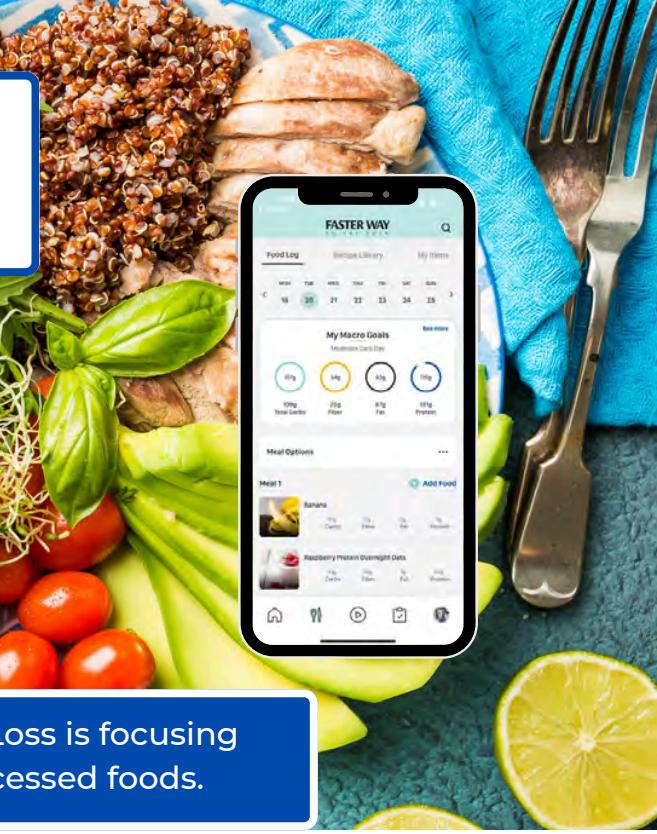
Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10 a.m., then keep moving it back until you've reached a 16-hour fasting window.

Implementing this strategy (which will become a habit over time) is a key aspect of your success in the FASTER Way lifestyle. We make it as simple as possible by providing a fasting timer within the FASTER Way to Fat Loss App.



In the FASTER Way to Fat Loss App, you will utilize the intermittent Fasting Timer on a daily basis!

FASTER Way to Fat Loss Fundamental #2: Whole Food Nutrition



Another important element of the FASTER Way to Fat Loss is focusing on whole food nutrition and therefore eliminating processed foods.

What Are Whole Foods?

In the FASTER Way, we define whole foods as foods that either come from the ground or have a mother. Meat, vegetables, fish, fruits, and plant-based proteins are all whole foods. Focusing on whole food nutrition eliminates processed foods including those with gluten, dairy, and added sugars (things that cause inflammation and zap you of all your energy) from your diet.

Why Whole Foods Matter

Inflammation causes things like brain fog, headaches, lethargy, achy joints and muscles, bloating, digestive and gut issues, and so much more. When you focus on whole foods and rid your body of inflammation, you allow it to function as it was intended. You'll be more focused and have more energy to work out, burn fat, play with your kids, knock out your to-do list, run your business, be a badass CEO...whatever your thing is, starting with a whole food diet as a foundation will position you to THRIVE.

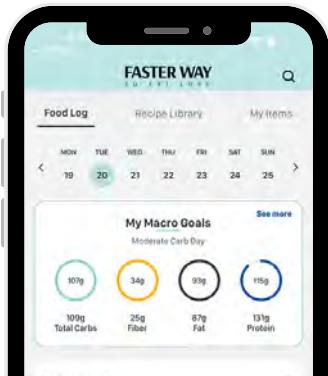
As part of this program, you will receive a Regular and Vegan Meal Guide each week with healthy, delicious meals designed by our Registered Dietitians. You'll find the first two weeks of sample meal plans at the end of this guide. Enjoy them! We know you'll find new favorites quickly.



In the FASTER Way to Fat Loss App, you will utilize the meal guide daily! This New Client Program Guide also includes the meal guide for Prep Week and Week 2 of the program.

FASTER Way to Fat Loss Fundamental #3:

Macronutrients



In the FASTER Way to Fat Loss App, you will log your FASTER Way meals and track your macros on a daily basis!

A third element of your success in the FASTER Way to Fat Loss will be tracking macronutrients. In the FASTER Way, we track macros versus counting calories.

You may not be sure what “macros” are or why they should matter to you. Eating the proper macros for you is a powerful strategy to help you leverage better nutrition for better results, and it’s a key component of the FASTER Way lifestyle.



So, What Are Macros?

Macronutrients (macros) are the molecules our bodies need to function. They are broken down into three basic categories: carbohydrates, protein and fats. We use these as energy to help us break down nutrients, repair damaged cells, grow new cells, and more.

How Do Macros Work?

The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

We've all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That's where macros come in. Each gram of protein and carbohydrates is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories.

If you've been counting calories, shifting to a macros-based approach is a major nutritional upgrade that results in a leaner, fitter, healthier body - and FOOD FREEDOM!

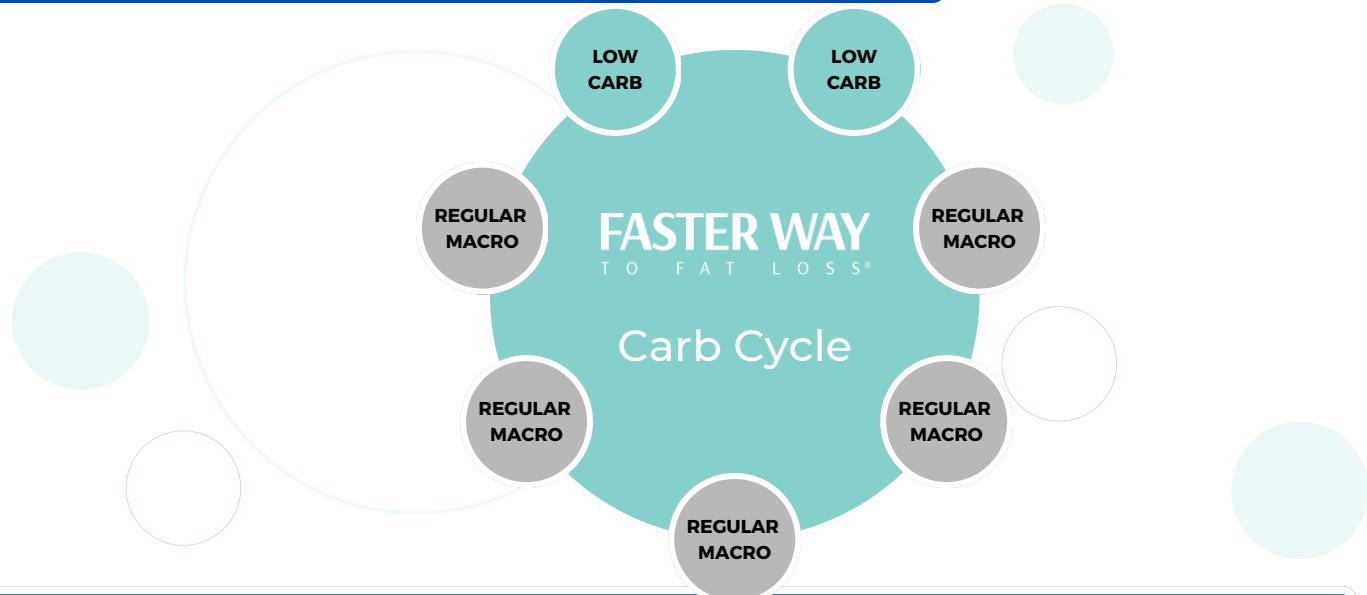
For more information on macros, download our macro cheat sheets to help you identify the different macros in your favorite foods.

FASTER Way to Fat Loss Fundamental #4:

Carb Cycling



In the FASTER Way to Fat Loss App, you will be able to track your Low Carb and Regular Macro days!



In the FASTER Way to Fat Loss we leverage a strategy called Carb Cycling.

Carb cycling is a winning strategy because it's simple to do and gives big results WITHOUT depressing metabolism or compromising nutrient intake. In other words, carb cycling is an easy, healthy way to burn fat and lose weight!

Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is then stored as glycogen in the muscles. Glycogen is used for fuel because it's quick energy. But when there's no glycogen in the body to use for fuel, it has to use something else, and that something is FAT!

When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start using stored fat to fuel your body.

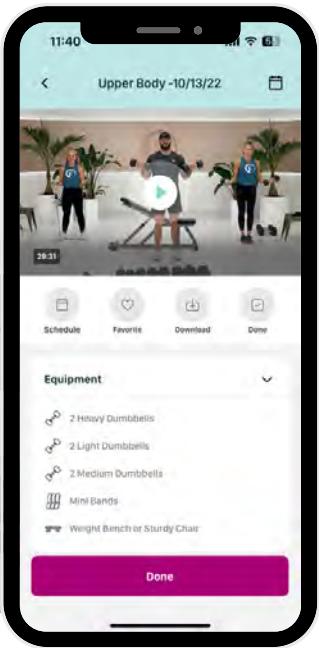
Pretty simple, right?

When you practice carb cycling, you leverage carb depletion strategies to burn fat in the most effective way possible.

The final element that makes the FASTER Way to Fat Loss the most effective program on the market is our daily workouts.

FASTER Way to Fat Loss Fundamental #5:

Strategic Workouts



By strategically pairing our workouts with carb cycling, intermittent fasting, whole food nutrition, and macro tracking, the FASTER Way will turn your body into a fat-burning machine!

At FASTER Way, we strategically pair our science-backed food cycle with effective and efficient workouts. We provide new workouts to our community every day, 365 days a year.

On Low Carb days, we focus on HIIT workouts. HIIT stands for High-Intensity Interval Training. It's a type of exercise performed in short bursts, or intervals, at high intensity to increase your heart rate. HIIT is an anaerobic type of exercise that, on its own, has several benefits, including increased fat metabolism, increased muscle strength, cellular repair, and much more. By pairing HIIT workouts with Low Carb days, we deplete your glycogen (stored carbs that have been turned to glucose to be used as energy). By depleting your glycogen stores, your body is forced to burn fat for fuel.

We also implement strength training to help you build muscle (which also helps burn fat). We pair these workouts with Regular Macro days to make sure you're giving your body the fuel it needs to crush your strength training workouts! We also include active recovery days because REST is critical, too! Rest in the right dosage propels results and enhances your overall wellness.



In the FASTER Way to Fat Loss App, you will access the daily workouts easily and conveniently!

See below for your roadmap through the first 6 weeks of your FASTER Way to Fat Loss journey.

Prep Week - Intermittent Fasting, Whole Food Nutrition, and Water Intake

Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Complete the workouts
- Embrace progress, not perfection

Week 2 - Macro Tracking and Carb Cycling

Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log and AI Nutrition feature to track your meals from the FASTER Way Meal Guides
- Complete the workouts

Week 3 - Daily Workouts with the Nutrition Cycle

Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

Week 4 - Prepare for your 24-Hour Fast

Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts
- Complete your first 24-Hour Fast

Week 5 - Implement the FASTER Way

Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

Week 6 - Transition to VIP

Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Transition to VIP

TIPS TO THRIVE THROUGH THE 6 WEEKS

Now that you have a better understanding of the program, here are a few tips to get you started:

Download the FASTER Way App! With this app, we make it easy for you to record your fasts, access your workouts and meal guides, and so much more. The FASTER Way App has everything you need to thrive through the program!

When you first open the app, you'll be asked to enter your information. Follow the prompts to set up your baselines. We'll share tutorial videos in the coming days and weeks to show you how to get the most out of the app and make it work for you!



A big part of thriving in the FASTER Way is tracking your transformation. Here's how to measure progress and stay on track for the next six weeks:



Initial Stats: Take your measurements and before photos—biceps, chest, waist, hips, thighs, calves. Document your starting point so you can track real progress over time.



Scale Protocol: Weigh yourself today, then lock the scale away for six weeks. The FASTER Way is about fat loss and performance, not just numbers on a scale. The scale can't show the full picture—it won't reflect fat loss, muscle gains, or the energy and strength you're building. Non-compliance with this rule may result in removal from the program. Trust the process and focus on the progress that truly matters.



Daily Check-Ins:

- Report to your FASTER Way Certified Coach daily. Keep them updated on your workouts, nutrition, and progress.
- Engage with the FASTER Way community for added accountability and support.
- Share your wins, questions, and challenges—it's all part of the process.



Trust the System: Over 502,700 clients have transformed with The FASTER Way. By following the program—training, nutrition, and fasting—you'll build sustainable habits that deliver results. Stay consistent, trust the process, and focus on becoming the strongest, healthiest version of yourself.

WHAT YOUR FASTER WAY JOURNEY WILL LOOK LIKE

Week 1: Prepare

Ease into the FASTER Way lifestyle with simple action items that lay the foundation for success.



Weeks 2 + 3: Practice (and Proclaim!)

Implement our fundamental strategies under the guidance of your coach and the app. Share your love for the FASTER Way with others!



Week 3 + 4: Progress

Experience the array of benefits that protocols such as Intermittent Fasting, Macro Tracking, and Carb Cycling offer you.



Weeks 5 + 6: Precision

Master the tools for fat loss and hone in on transformational results.



Weeks 7+ 8: Transition

Graduate from your first six weeks as you're welcomed into our all-inclusive VIP Membership.



Week 12: Transformation

Achieve wow-factor results and love what you see when you look in the mirror.



Month 6: New Possibilities

Sail toward your goals and even surpass them - you're in awe of the new you and the possibilities that lie ahead.



Month 12: Your Healthiest Self

The new you is confident, healthy, and bursting with the energy to fulfill your purpose.



TIPS AND TRICKS FOR FOLLOWING THE MEAL GUIDE



1. Any proteins like meat or fish on Low Carb Day can be interchanged with proteins in the same box on that respective day. For example, if a recipe calls for salmon, but you prefer ground beef, substitute for the same ounces. Note: Wild-caught salmon has a similar fat content as 85/15 ground beef.
2. Fat options are interchangeable. If you don't like cashew butter but like peanut butter, feel free to change these. Do you prefer to cook with olive oil instead of avocado oil? Substitute this 1:1.
3. Starchy carbohydrates, like potatoes and rice, are easy to batch cook. While you may not want to eat rice multiple days in a row, it is easy to cook a big pot, cool it and freeze for later in the week. The same applies to baked potatoes and sweet potatoes. Cook off a few at once in the oven or instant pot. They can keep in the refrigerator for up to 4 days.
4. Non-starchy vegetables, like the ones listed in the "carbohydrate options for low carb days above" are easily interchangeable and substituted. They are very similar in macronutrients and can be swapped 1:1.
5. All grains like oats, rice, and cream of rice are dry unless otherwise indicated. Any item marked with an * requires a recipe which is posted within this guide.
6. All protein measurements in recipes are raw unless otherwise specified. If you choose to measure your protein once it's cooked, 4 oz of raw protein is approximately 3.3 ounces of cooked protein.
7. Serving sizes should be used as a guideline and you may need more or less depending on if you are male or female and your customized macros.

USE THE FOLLOWING OPTIONS TO CUSTOMIZE YOUR PLATE

The following chart can be used to help you make substitutions for foods that suit your specific taste preferences. If you would like to substitute an item on the meal guide, use the appropriate boxes and servings below to guide your food selections.

PROTEIN OPTIONS FOR LOW CARB DAYS:	PROTEIN OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> • Ground Beef • Pork Chop • Rack Ribs • Boston Butt or Pork Shoulder Roast Ribeye or NY Strip Steak • Burger Patty • Salmon, Mahi Mahi, Tuna • Eggs • 2-6 pieces Bacon • 3-5 oz. Dark or Light Meat Poultry, skin on 	<ul style="list-style-type: none"> • Lean Ground Turkey • Chicken Breast OR Tenderloin, skin removed • Pork Tenderloin • Center Cut Pork Chop, boneless Tuna, canned light • Cod or Flounder • Barramundi or Haddock • Lean Chicken Sausage • Shrimp • Egg Whites
CARBOHYDRATE OPTIONS FOR LOW CARB DAYS:	CARBOHYDRATE OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> • 2-4 c. Leafy greens (Kale, Collards, Spinach, Lettuces, Chard) • 203 c. Broccoli or Cauliflower • 1-2 c. Green Beans or Haricot Verts 1-2 c. Asparagus • 1 c. Zucchini or Yellow Squash $\frac{1}{2}$ - 1 c. Brussels Sprouts • 6-8 Baby Carrots 	<ul style="list-style-type: none"> • $\frac{1}{2}$ - 1 $\frac{1}{2}$ c. Rice, cooked, any kind 150g (1 medium) White Potato = Sweet Potato • $\frac{1}{2}$ - 1 c. Quinoa, cooked • 1 c. Edamame, shelled • $\frac{1}{2}$ - 1.5 c. Beans, any kind • 1 c. of Blueberries = 1 c. Strawberries; 1 Banana = 1 Pear
FAT OPTIONS:	EACH DAY REACH FOR 25 GRAMS OF FIBER
<ul style="list-style-type: none"> • 1 oz. Nuts and Nut Butters, natural • $\frac{1}{2}$ Avocado • 1 oz. Olives (Green, Black, Kalamata) • 2 tbsp. Oils (Olive, Avocado, Coconut) • 1 oz. Seeds (Sunflower, Pumpkin, Chia, Flax) 	

NEW CLIENT Q&A

FREQUENTLY ASKED QUESTIONS

 **What equipment do I need for the workouts?**

A Our at-home workouts can be done with minimal equipment like dumbbells, resistance bands, and stability balls. Our FASTER Way shop has equipment options that you will see our trainers using in workouts, along with apparel and other items to support you on your journey. The gym workouts include equipment often found at most gyms!

 **What supplements do I need and how and when do I use them?**

A At FASTER Way, we prioritize real food for fuel, requiring only dedication, effort, and a positive mindset. While our program centers on this principle, we recognize the benefits of supplements like probiotics, FASTER Way protein, collagen, creatine, and BCAAs to optimize results. Explore our top-tier supplement line to fill nutritional gaps or boost your progress.

 **When/how do I get my custom macros?**

A Your custom macros are established once you input your individual details into the app. Rest assured, your personalized journey begins right there. Additionally, your coach is available to review your macros with you, ensuring they align with your goals and preferences. Be sure to watch the Macro Training Tutorial in your App to ensure your macros are set correctly.

 **What foods aren't allowed?**

A On our program, we focus on abundance rather than restriction. While we enjoy a wide variety of whole foods, there are a few exclusions. We steer clear of dairy, gluten, processed food and processed sugar, to promote optimal health and well-being.

 **What can I have during a fast?**

A Feel free to enjoy anything under 50 calories without fiber or sugar, sweetened with stevia or monk fruit. This includes beverages like black coffee, herbal tea, and water. For an added boost, consider incorporating FASTER Way BCAAs, which can support your goals while keeping your fast intact.

 **Is the meal guide specific to my macro goals?**

A The meal guide is designed to support you in reaching your macro goals but may require adjustments to align perfectly with your targets. You'll learn to use it as a base, modifying serving sizes or incorporating snacks as necessary to match your unique macros.

 **When do I eat my first meal?**

A You'll typically delay your first meal until your fasting window of around 16 hours has closed, but remember, flexibility is key. Adjust your meal timing based on what feels best for your body, your specific situation, and what fits with your schedule.

 **Will I have to do my workout during my fast?**

A The best time to work out is the time that works best for you! You can do your workouts anytime as they are all conveniently located in the client app.

 **What counts towards my water goal?**

A Simply put, when we talk about water intake, we mean plain water—no additives or flavorings. Use the water tracker in the app to meet your daily water goal with ease and make proper hydration a habit!

 **Can I have alcohol?**

A For optimal results, we suggest avoiding alcohol as it can disrupt your body's fat-burning process by diverting focus towards processing alcohol instead. Minimizing alcohol intake helps maximize fat-burning potential and boosts overall progress on the program.

FASTER WAY

TO FAT LOSS®



**MEN'S NEW CLIENT
MEAL GUIDE**
PREP WEEK

DISCLAIMER

This content was developed solely for your personal use. It may not be distributed or reproduced for publication, whether for personal or commercial use, without written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only.

Please note that no information has been customized for you and some modifications may be needed for your individual use. While we have tested these recipes for accuracy, results may vary and adherence to the suggestions made herein do not guarantee results.

Please note that this information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, seek advice from a licensed professional.

Tress Marketing Solutions is not responsible for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the content herein.

PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under "Notes."

IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTER Way APP recipes reflect 1 serving because it is only tracking one person's macros.

MON

	MEAL ONE 3 Eggs your Way with Bacon, Mixed Berries
	MEAL TWO Men's Cobb Salad, Almonds
	MEAL THREE Bourbon Chicken, Hemp Seeds
	SNACK Macadamia Nuts with Raspberries
	SNACK 2 FASTER Way Chocolate Avocado Smoothie

TUE

	MEAL ONE 3 Eggs your Way with Bacon
	MEAL TWO Men's Cobb Salad, Almonds
	MEAL THREE Burger in a Bowl
	SNACK FASTER Way Chunky Monkey Protein Smoothie, Protein Powder
	SNACK 2 Macadamia Nuts with Raspberries

WED

	MEAL ONE Vanilla & Berry Overnight Oats, Oil-Free Scrambled Egg Whites
	MEAL TWO Men's Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple with...
	MEAL THREE Chicken with Broccoli & Jasmine Rice
	SNACK Nut Butter Stuffed Dates
	SNACK 2 FASTER Way Masala Chai Smoothie

THU

	MEAL ONE Vanilla & Berry Overnight Oats, Oil-Free Scrambled Egg Whites
	MEAL TWO Chicken with Broccoli & Jasmine Rice, Apple
	MEAL THREE Men's Turkey & Quinoa Zucchini Boats, Hemp Seeds
	SNACK Banana with Cinnamon & Almond Butter
	SNACK 2 FASTER Way Snickerdoodle Smoothie

FRI

	MEAL ONE Scrambled Eggs with Peppers & Kale, Cinnamon & Banana Oatmeal
	MEAL TWO Men's Turkey & Quinoa Zucchini Boats
	MEAL THREE Men's Honey Sesame Chicken with Peas & Quinoa
	SNACK FASTER Way Cinnamon Roll Smoothie, Protein Powder
	SNACK 2 3 Hard Boiled Eggs, Apple

SAT

	MEAL ONE Sweet Potato Egg Bake, 3 Slices Turkey Bacon
	MEAL TWO Men's Honey Sesame Chicken with Peas & Quinoa, Strawberries
	MEAL THREE Turkey Tacos, Cilantro Lime Rice
	SNACK Nut Butter Stuffed Dates
	SNACK 2 FASTER Way Snickerdoodle Smoothie, Protein Powder

SUN

	MEAL ONE Sweet Potato Egg Bake, Oil-Free Scrambled Egg Whites with Turkey...
	MEAL TWO Turkey Tacos, Cilantro Lime Rice
	MEAL THREE Men's One Pan Teriyaki Chicken, Steamed White Rice
	SNACK Banana with Cinnamon & Almond Butter
	SNACK 2 FASTER Way Oatmeal Cookie Smoothie



FRUITS

- 3 Apple
- 1/2 Avocado
- 8 3/4 Banana
- 1/2 cup Blackberries
- 1/2 cup Blueberries
- 1/4 cup Lemon Juice
- 2 tbsps Lime Juice
- 1/4 Navel Orange
- 2 cups Raspberries
- 2 cups Strawberries

SEEDS, NUTS & SPICES

- 1 cup Almond Butter (no Added Sugar Or Oil)
- 1/2 cup Almonds
- 1/2 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 2 2/3 tsps Ground Cinnamon
- 1/2 tsp Ground Cumin
- 1/3 cup Hemp Seeds
- 2/3 cup Macadamia Nuts
- 1/2 tsp Masala Chai Spice
- 1/2 tsp Onion Powder
- 1 tbsp Peanut Butter (no Added Sugar Or Oil)
- 1/2 tsp Red Pepper Flakes
- 2 1/8 tsps Sea Salt
- 1 tbsp Sesame Seeds

FROZEN

- 1/4 cup Frozen Corn
- 1 cup Frozen Peas

VEGETABLES

- 8 Asparagus Spears
- 4 1/2 cups Broccoli
- 1 Carrot
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1 Cucumber
- 1 3/4 tsps Fresh Ginger
- 2 1/2 Garlic Clove
- 1/2 head Green Lettuce
- 4 stalks Green Onion
- 1 cup Kale
- 1 Red Bell Pepper
- 2 1/2 tbsps Red Onion
- 8 cups Romaine
- 1 stalk Scallion
- 1 cup Snap Peas
- 1 2/3 cups Spinach
- 1 1/4 Sweet Potato
- 1 Tomato
- 1/2 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 2 tbsps Chicken Broth
- 1 1/4 cups Jasmine Rice
- 1/2 cup Quinoa

BAKING

- 1 tbsp Almond Flour
- 1 tbsp Coconut Sugar
- 2 tbsps Honey
- 2/3 tsp Nutritional Yeast
- 8 Pitted Medjool Dates
- 2 1/8 cups Rolled Oats
- 1 1/4 tbsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 6 2/3 slices Bacon
- 3 lbs Chicken Breast (boneless, Skinless)
- 12 ozs Lean Ground Beef (93/7)
- 1 1/2 lbs Lean Ground Turkey (93/7)
- 4 Soft Corn Tortillas
- 5 slices Turkey Bacon
- 2 2/3 ozs Turkey Sausage

CONDIMENTS & OILS

- 1 1/2 tsps Avocado Oil
- 1 tbsp Coconut Aminos
- 2 1/8 tsps Coconut Oil
- 1 tsp Dijon Mustard
- 1 1/2 tsps Dill Pickle Juice
- 1/4 cup Dill Pickles
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Ketchup (no Corn Syrup Or Artificial Sugar)
- 1 tbsp Maple Syrup
- 2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 1 1/2 tbsps Rice Vinegar
- 1 1/8 tbsps Sesame Oil
- 3 tbsps Tamari

COLD

- 3 cups Egg Whites
- 16 Egg(s)
- 9 cups Unsweetened Almond Milk
- 3/4 cup Unsweetened Coconut Milk Yogurt

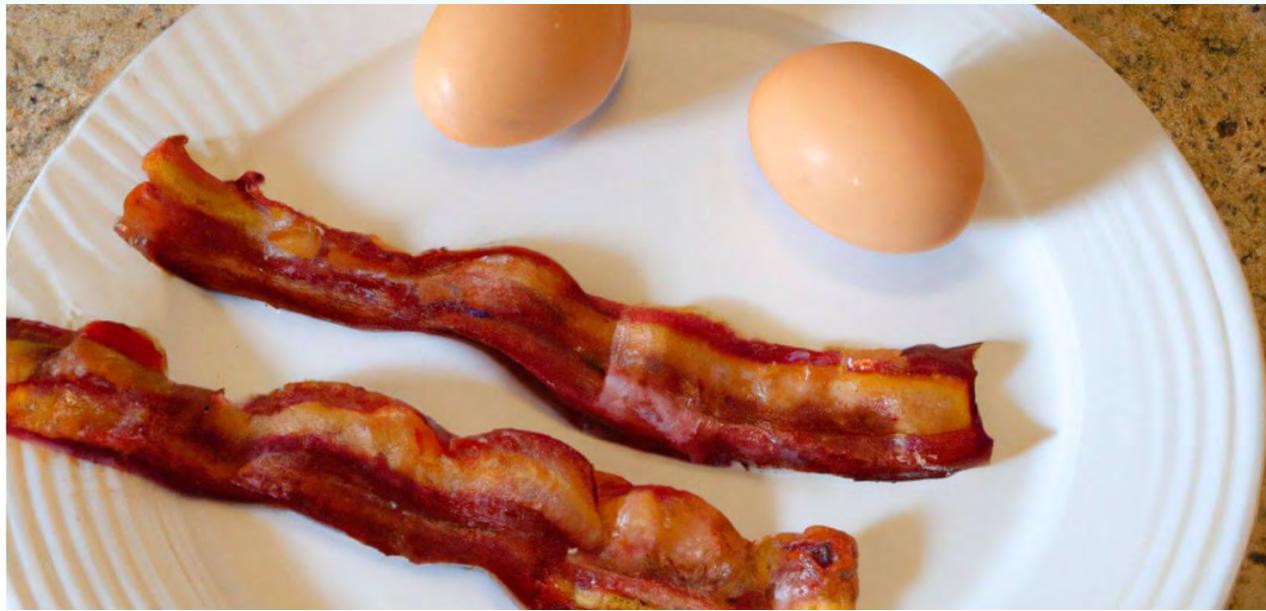
OTHER

- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 2 scoops Faster Way Chocolate Protein Powder
- 7 scoops Faster Way Unflavored Collagen
- 10 scoops Faster Way Vanilla Protein Powder



3 Eggs your Way with Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 Egg(s)
2 slices Bacon

NUTRITION

AMOUNT PER SERVING

Calories	303	Cholesterol	575mg
Fat	21g	Sodium	568mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	123IU
Sugar	1g	Magnesium	23mg
Protein	25g	Zinc	2mg

DIRECTIONS

- 01 Cook eggs to your desire.
- 02 Cook bacon per directions on package or to liking.
- 03 Serve and enjoy!



Mixed Berries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (72 grams)

1 cup Strawberries (176 grams)

1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Wash berries and serve as a side dish.

NUTRITION

AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg



Men's Cobb Salad

1 SERVING 25 MINUTES



INGREDIENTS

1 Egg(s)
1 slice Bacon
1 tbsp Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Dijon Mustard
3 cups Romaine
6 ozs Chicken Breast (boneless, Skinless)
1/2 Cucumber (150 grams)
2 stalks Green Onion
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	566	Cholesterol	328mg
Fat	33g	Sodium	547mg
Carbs	14g	Vitamin C	25mg
Fiber	4g	Vitamin D	47IU
Sugar	6g	Magnesium	83mg
Protein	51g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Chop the romaine lettuce. Slice the cucumber. Chop the green onion and use the green parts only.
- 02 Season chicken with salt and pepper. Bake or grill until internal temperature reaches 165 degrees. Once cooled, chop the chicken breast.
- 03 Place the egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 04 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 05 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 06 To serve, lay down the Romaine Lettuce top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!
- 07 Note: For four servings follow these measurements - 4 Eggs, 4 slices Bacon, 1/4 cup Extra Virgin Olive Oil, 1/2 cup Lemon Juice, 2 tbsps Dijon Mustard, 12 cups Romaine, 1 1/2 lb Chicken Breast, 2 Cucumber (600 grams), 8 stalks Green Onion, 1/4 tsp Sea Salt, 1/4 tsp Black Pepper
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Almonds

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Almonds (37 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin C	0mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	97mg
Protein	8g	Zinc	1mg



FASTER WAY TO FAT LOSS [HTTP://WWW.FASTERWAYTOFATLOSS.COM](http://WWW.FASTERWAYTOFATLOSS.COM)

Bourbon Chicken

1 SERVING 40 MINUTES



INGREDIENTS

1 tbsp Coconut Aminos
1 tbsp Bourbon (or Apple Cider Vinegar)
1 tbsp Coconut Sugar
1 1/2 tsps Rice Vinegar
1/4 tsp Fresh Ginger
1/2 Garlic Clove
1 1/2 cups Broccoli
6 ozs Chicken Breast (boneless, Skinless)
1 tbsp Chicken Broth (low-sodium)
1 stalk Scallion
1 1/2 tsps Coconut Oil
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

DIRECTIONS

- 01 Prep note: Peel and grate the fresh ginger. Mince the garlic. Cut the chicken into bite size pieces. Cut the broccoli into florets. Slice the scallion.
- 02 Mix together coconut aminos, bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- 03 Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- 04 Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- 05 Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- 06 Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- 07 Top with sliced scallions.
- 08 Note: For four servings follow these measurements - 1/4 cup Coconut Aminos, 1/4 cup Bourbon (or apple cider vinegar), 1/4 cup Coconut Sugar, 2 tsbps Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 1/2 lbs Chicken Breast (boneless, skinless), 1/4 cup Chicken Broth (low-sodium), 4 stalks Scallion, 2 tbsp Coconut Oil, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	423	Cholesterol	124mg
Fat	12g	Sodium	631mg
Carbs	22g	Vitamin C	131mg
Fiber	4g	Vitamin D	2IU
Sugar	14g	Magnesium	77mg
Protein	46g	Zinc	2mg



Hemp Seeds

1 SERVING 1 MINUTE



INGREDIENTS

3 tbsps Hemp Seeds (25 grams)

DIRECTIONS

01 Sprinkle on top or blend in your meal. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	166	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	3g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	210mg
Protein	9g	Zinc	3mg



Macadamia Nuts with Raspberries

1 SERVING 2 MINUTES



INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)

1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	34g	Sodium	3mg
Carbs	14g	Vitamin C	17mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	72mg
Protein	4g	Zinc	1mg



FASTER Way Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado (38 grams)
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1 cup Spinach (31 grams)
1 scoop Faster Way Chocolate Protein Powder
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01** Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02** Note: Collagen is not a complete protein, therefore it is not factored into total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	3mg
Fat	20g	Sodium	324mg
Carbs	10g	Vitamin C	13mg
Fiber	7g	Vitamin D	101IU
Sugar	1g	Magnesium	100mg
Protein	26g	Zinc	1mg



Burger in a Bowl

1 SERVING 20 MINUTES



INGREDIENTS

6 ozs Lean Ground Beef (93/7)
2 cups Romaine
1/2 cup Cherry Tomatoes
1/4 cup Dill Pickles
2 tbsps Red Onion
1 1/2 tsps Ketchup (no Corn Syrup Or Artificial Sugar)
2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
1 1/2 tsps Dill Pickle Juice
1 1/2 tsps Red Onion

NUTRITION

AMOUNT PER SERVING

Calories	530	Cholesterol	122mg
Fat	38g	Sodium	830mg
Carbs	10g	Vitamin C	20mg
Fiber	4g	Vitamin D	7IU
Sugar	4g	Magnesium	60mg
Protein	36g	Zinc	9mg

DIRECTIONS

- 01 Prep note: Chop the romaine lettuce and pickles. Dice the red onion.
- 02 In a medium skillet, cook ground beef until cooked throughout over medium to high heat.
- 03 Chop romaine lettuce and add to bowl. Top with pickles, 2 tbsp diced red onion, cherry tomatoes.
- 04 In a small bowl, whisk together mayo, ketchup, pickle juice and 1 1/2 tsp diced red onions until smooth.
- 05 Add cooked ground beef to bowl. Top with sauce and serve.
- 06 Note: For four servings follow these measurements - 1 1/2 lbs Lean Ground Beef (93/7), 8 cups Romaine, 2 cups Cherry Tomatoes, 1 cup Dill Pickles, 1/2 cup Red Onion, 1/2 cup Mayonnaise (Made with olive or avocado oil), 2 tbsps Ketchup (No corn syrup or artificial sugar), 2 tbsp Dill Pickle Juice, 2 tbsps Red Onion



FASTER Way Chunky Monkey Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado (36 grams)
1 cup Unsweetened Almond Milk
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)
1/4 Banana (25 grams peeled, frozen)
1 scoop Faster Way Chocolate Protein Powder
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

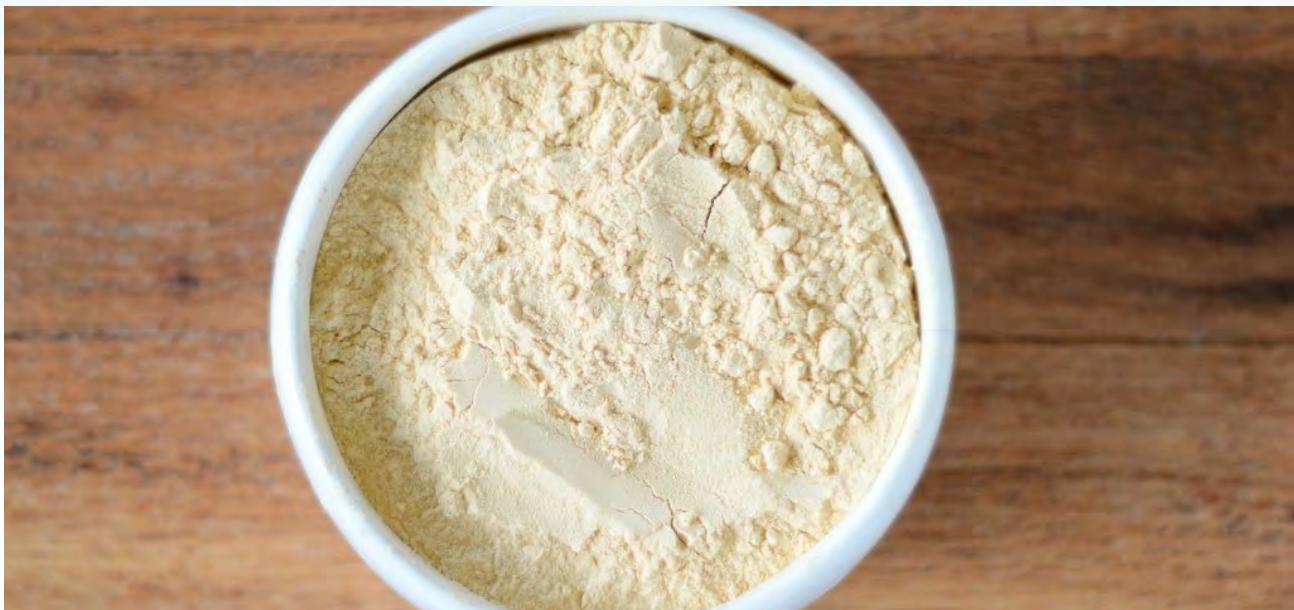
AMOUNT PER SERVING

Calories	364	Cholesterol	3mg
Fat	19g	Sodium	302mg
Carbs	16g	Vitamin C	8mg
Fiber	6g	Vitamin D	101IU
Sugar	6g	Magnesium	66mg
Protein	26g	Zinc	1mg



Protein Powder

1 SERVING 1 MINUTE



INGREDIENTS

1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

01 Feel free to add to your smoothie for some additional protein!

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	3mg
Fat	1g	Sodium	135mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	20g	Zinc	0mg



Vanilla & Berry Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/2 cup Rolled Oats (40 grams)
1 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract
1 scoop Faster Way Vanilla Protein Powder
1/4 cup Raspberries (30 grams)
1/4 cup Blueberries (48 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

DIRECTIONS

- 01** Mix the oats, vanilla extract and milk in a container. Place in the fridge for 8 hours, or overnight.
- 02** Before eating, top with raspberries, blueberries and almond butter. Enjoy!
- 03** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	414	Cholesterol	3mg
Fat	15g	Sodium	300mg
Carbs	41g	Vitamin C	12mg
Fiber	10g	Vitamin D	101IU
Sugar	6g	Magnesium	127mg
Protein	30g	Zinc	2mg



Oil-Free Scrambled Egg Whites

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	126	Cholesterol	0mg
Fat	0g	Sodium	403mg
Carbs	2g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	2g	Magnesium	27mg
Protein	26g	Zinc	0mg

DIRECTIONS

- 01 Spray a saucepan with cooking spray.
- 02 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 03 Transfer to a plate and enjoy!



Men's Ground Beef, Asparagus & Mashed Sweet Potatoes

1 SERVING 30 MINUTES



INGREDIENTS

3/4 Sweet Potato (100 grams)
8 Asparagus Spears (96 grams)
1/8 tsp Sea Salt (divided)
6 ozs Lean Ground Beef (93/7)

NUTRITION

AMOUNT PER SERVING

Calories	408	Cholesterol	110mg
Fat	17g	Sodium	463mg
Carbs	25g	Vitamin C	10mg
Fiber	6g	Vitamin D	5IU
Sugar	6g	Magnesium	76mg
Protein	38g	Zinc	9mg

DIRECTIONS

- 01 Prep note: Peel and chop the sweet potato. Trim the woody ends of the asparagus and cut in half.
- 02 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 03 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 04 Add half the salt to the sweet potatoes and mash until creamy.
- 05 In a large pan over medium heat, cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 06 Place mashed sweet potato, asparagus and beef onto a plate or into a container. Enjoy!
- 07 Note: For four servings follow these measurements - 3 Sweet Potato (100 grams), 32 Asparagus Spears (384 grams), 1/2 tsp Sea Salt (divided), 1 1/2 lb Lean Ground Beef (93/7)



Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (105 grams)
2 tbsps Almond Butter (no Added Sugar
Or Oil)

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin C	8mg
Fiber	8g	Vitamin D	0IU
Sugar	20g	Magnesium	96mg
Protein	7g	Zinc	1mg



Chicken with Broccoli & Jasmine Rice

1 SERVING 15 MINUTES



INGREDIENTS

6 ozs Chicken Breast (boneless, Skinless)
1 cup Broccoli (70 grams)
1/4 cup Jasmine Rice (35 grams, dry)

NUTRITION

AMOUNT PER SERVING

Calories	394	Cholesterol	124mg
Fat	5g	Sodium	106mg
Carbs	44g	Vitamin C	81mg
Fiber	3g	Vitamin D	2IU
Sugar	2g	Magnesium	67mg
Protein	44g	Zinc	2mg

DIRECTIONS

- 01 Season the chicken as you like with dry seasoning. Consider Cajun (paprika, garlic, onion powder), Italian (oregano, sage, rosemary, basil) or Mexican flavors (cumin, chipotle, chili powder).
- 02 Grill or bake chicken until the internal temperature is 165 degrees.
- 03 Steam broccoli and cook rice according to package directions. Note: 1/4 cup dry rice is about 3/4 cup cooked rice.
- 04 Serve cooked chicken with steamed broccoli and rice. Enjoy!
- 05 Note: For four servings follow these measurements - 1 3/4 lbs Chicken Breast (boneless, skinless), 4 cups Broccoli (280 grams), 1 cup Jasmine Rice (140 grams, dry)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Nut Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

3 Pitted Medjool Date (72 grams)
2 tbsps Almond Butter (no Added Sugar
Or Oil) (32 grams)

DIRECTIONS

01 Spoon an even amount of nut butter into the center of each date. Enjoy!

NUTRITION

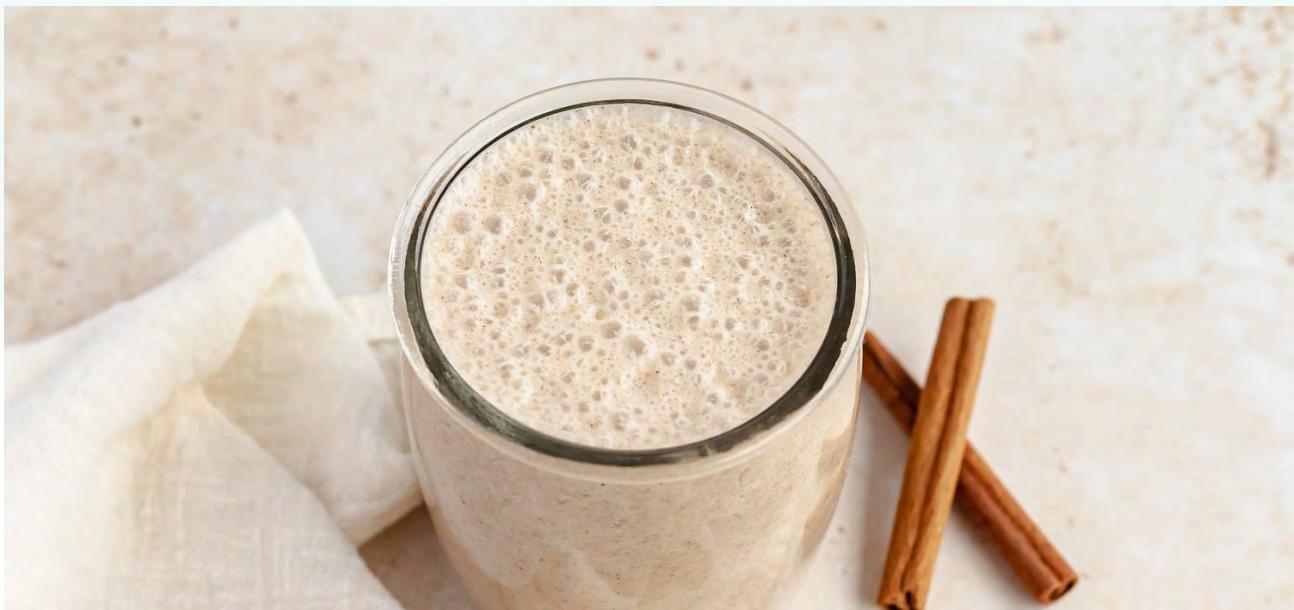
AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	60g	Vitamin C	0mg
Fiber	8g	Vitamin D	0IU
Sugar	49g	Magnesium	89mg
Protein	8g	Zinc	1mg



FASTER Way Masala Chai Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1 1/2 Banana (150 grams peeled, frozen)
1/4 cup Unsweetened Coconut Milk
Yogurt
1 scoop Faster Way Unflavored Collagen
1/2 tsp Masala Chai Spice
1 scoop Faster Way Vanilla Protein
Powder

DIRECTIONS

- 01 Add all of the ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	357	Cholesterol	3mg
Fat	7g	Sodium	351mg
Carbs	46g	Vitamin C	16mg
Fiber	7g	Vitamin D	126IU
Sugar	22g	Magnesium	70mg
Protein	24g	Zinc	0mg



Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple (105 grams)

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg



Men's Turkey & Quinoa Zucchini Boats

1 SERVING 45 MINUTES



INGREDIENTS

2 tbsps Quinoa (dry)
1/4 cup Water
1 Zucchini (196 grams)
3/4 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (37 grams)
6 ozs Lean Ground Turkey (93/7)
1/4 Red Bell Pepper (30 grams)
2 tbsps Frozen Corn
1/8 tsp Black Pepper
1/2 tsp Sea Salt (divided)
3/4 tsp Tamari
1 1/2 tbsps Almond Flour
1/3 tsp Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	459	Cholesterol	125mg
Fat	21g	Sodium	1572mg
Carbs	30g	Vitamin C	74mg
Fiber	6g	Vitamin D	24IU
Sugar	9g	Magnesium	136mg
Protein	40g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Dice the yellow onion and red bell pepper.
- 02 Preheat oven to 350°F (177°C).
- 03 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside. Note: 2 tbsp dry quinoa is about 1/3 cup cooked quinoa.
- 04 Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- 05 In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- 06 When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- 07 Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- 08 Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- 09 Remove from oven and let cool for 5 to 10 minutes before serving.
- 10 Note: For four servings follow these measurements - 1/2 cup Quinoa (dry), 1 cup Water, 4 Zucchini (196 grams each), 1 tbsp Extra Virgin Olive Oil, 1 Yellow Onion (148 grams), 1 1/2 lb Lean Ground Turkey (93/7), 1 Red Bell Pepper (120 grams), 1/2 cup Frozen Corn, 1/2 tsp Black Pepper, 2 tbsps Sea Salt (divided), 1 tbsp Tamari, 2 tbsps Almond Flour, 1 1/3 tbsps Nutritional Yeast
- 11 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana (100 grams peeled)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/8 tsp Sea Salt
1/8 tsp Ground Cinnamon

DIRECTIONS

- 01 Slice banana.
- 02 Spread some almond butter on top of each banana slice.
- 03 Sprinkle with cinnamon and sea salt.

NUTRITION

AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg



FASTER Way Snickerdoodle Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Faster Way Vanilla Protein Powder
1 Pitted Medjool Date (24 grams)
1 tsp Vanilla Extract
1 Banana (100 grams peeled, frozen)
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter (no Added Sugar Or Oil)
1/2 tsp Ground Cinnamon
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01** Add all ingredients to blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02** Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	447	Cholesterol	3mg
Fat	13g	Sodium	299mg
Carbs	51g	Vitamin C	10mg
Fiber	8g	Vitamin D	101IU
Sugar	32g	Magnesium	95mg
Protein	26g	Zinc	1mg



Scrambled Eggs with Peppers & Kale

1 SERVING 15 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
1/2 Red Bell Pepper
1 cup Kale
3 Egg(s)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	268	Cholesterol	558mg
Fat	18g	Sodium	374mg
Carbs	6g	Vitamin C	96mg
Fiber	2g	Vitamin D	123IU
Sugar	3g	Magnesium	32mg
Protein	20g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Slice the bell pepper. Chop the kale.
- 02 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 03 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 04 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 05 Plate and enjoy!



Cinnamon & Banana Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 cup Rolled Oats (40 grams)
1/8 tsp Ground Cinnamon
1 Banana (100 grams peeled)

NUTRITION

AMOUNT PER SERVING

Calories	288	Cholesterol	0mg
Fat	6g	Sodium	164mg
Carbs	56g	Vitamin C	10mg
Fiber	8g	Vitamin D	101IU
Sugar	15g	Magnesium	105mg
Protein	8g	Zinc	2mg

DIRECTIONS

- 01 In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- 02 Stir in the cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!



Men's Honey Sesame Chicken with Peas & Quinoa

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tsps Chicken Broth
2 1/4 tsps Tamari
1/4 tsp Sesame Oil
1/3 tsp Coconut Oil
1 1/2 tsps Honey
6 ozs Chicken Breast (boneless, Skinless)
2 tbsps Quinoa (dry)
1/3 cup Water
1/2 cup Frozen Peas
3/4 tsp Sesame Seeds
1/4 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	420	Cholesterol	124mg
Fat	10g	Sodium	920mg
Carbs	35g	Vitamin C	8mg
Fiber	6g	Vitamin D	2IU
Sugar	12g	Magnesium	123mg
Protein	47g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Dice the chicken into cubes. Thaw the peas.
- 02 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 03 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 04 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside. Note: 2 tbsp dry quinoa is about 1/3 cup cooked quinoa.
- 05 Warm the green peas.
- 06 Plate the chicken, green peas and quinoa. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!
- 07 Note: For four servings follow these measurements - 2 tbsps Chicken Broth, 3 tbsps Tamari, 1 tsp Sesame Oil, 1 1/3 tsps Coconut Oil, 2 tbsps Honey, 1 1/2 lb Chicken Breast (boneless, Skinless), 1/2 cup Quinoa (dry), 1 1/3 cups Water, 2 cups Frozen Peas, 1 tbsp Sesame Seeds, 1 tsp Red Pepper Flakes
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



FASTER Way Cinnamon Roll Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Rolled Oats (40 grams)
1/2 tsp Vanilla Extract
1 tsp Ground Cinnamon
1/2 cup Unsweetened Coconut Milk
Yogurt
1 tbsp Maple Syrup
1 scoop Faster Way Vanilla Protein Powder
1 Banana (100 grams peeled, frozen)
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01** Add all ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02** Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	511	Cholesterol	3mg
Fat	8g	Sodium	166mg
Carbs	77g	Vitamin C	10mg
Fiber	10g	Vitamin D	0IU
Sugar	28g	Magnesium	94mg
Protein	27g	Zinc	2mg



3 Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

3 Egg(s)

NUTRITION

AMOUNT PER SERVING

Calories	215	Cholesterol	558mg
Fat	14g	Sodium	213mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	123IU
Sugar	1g	Magnesium	18mg
Protein	19g	Zinc	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Sweet Potato Egg Bake

1 SERVING 45 MINUTES



INGREDIENTS

1/4 Sweet Potato (50 grams)
1 Egg(s)
1 1/3 ozs Turkey Sausage
1/3 slice Bacon
1/3 cup Spinach
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	175	Cholesterol	217mg
Fat	9g	Sodium	392mg
Carbs	7g	Vitamin C	4mg
Fiber	1g	Vitamin D	41IU
Sugar	2g	Magnesium	30mg
Protein	15g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Soften the sweet potato in the microwave. Peel and shred the sweet potato.
- 02 Preheat the oven at 350 degrees Fahrenheit.
- 03 Cook and chop the turkey sausage.
- 04 Cook the bacon (almost all the way), let cool and piece apart.
- 05 Whisk the egg.
- 06 Combine everything including the salt and pepper. Place in a greased pan or muffin tins and bake for 30 min at 350 degrees Fahrenheit. This recipe makes about 2 muffins (1 serving). Enjoy!
- 07 Note: Feel free to make a whole batch (12 servings, approximately 24 muffins) and freeze for later use! -3 Sweet Potato, 12 Eggs, 1 lb Turkey Sausage, 4 slices Bacon, 4 cups Spinach
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



3 Slices Turkey Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	135	Cholesterol	30mg
Fat	6g	Sodium	405mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	18g	Zinc	0mg

DIRECTIONS

- 01 Add turkey bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Let cool and enjoy!



Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries (176 grams)

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin C	85mg
Fiber	3g	Vitamin D	0IU
Sugar	7g	Magnesium	19mg
Protein	1g	Zinc	0mg



Turkey Tacos

1 SERVING 25 MINUTES



INGREDIENTS

2 Soft Corn Tortillas
3/4 tsp Avocado Oil
6 ozs Lean Ground Turkey (93/7)
1/4 tsp Onion Powder
1/4 tsp Garlic Powder
1/4 tsp Sea Salt
1/4 tsp Ground Cumin
1/4 head Green Lettuce (41 grams)
1/2 Tomato (66 grams)

NUTRITION

AMOUNT PER SERVING

Calories	441	Cholesterol	125mg
Fat	19g	Sodium	734mg
Carbs	31g	Vitamin C	10mg
Fiber	3g	Vitamin D	24IU
Sugar	0g	Magnesium	44mg
Protein	35g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Finely chop the green lettuce. Dice the tomato.
- 02 Heat a large skillet over medium heat. Add the avocado oil and the turkey, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the turkey is cooked through, remove from heat.
- 03 Heat a second skillet over low heat. Place the tortillas in the skillet and heat for a 1-2 minutes on each side.
- 04 Add the ground turkey, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.
- 05 Note: Feel free to top your tacos with salsa or hot sauce as desired.

Note: For four servings follow these measurements - 8 Soft Corn Tortillas, 1 1/2 tbsps Avocado Oil, 1 1/2 lbs Lean Ground Turkey (93/7), 1 tsp Onion Powder, 1 tsp Garlic Powder, 1 tsp Sea Salt, 1 tsp Ground Cumin, 1 head Green Lettuce (163 grams), 2 Tomato (246 grams)

- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Cilantro Lime Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Jasmine Rice (dry)

1 tbsp Cilantro

1 tbsp Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	39g	Vitamin C	5mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	1mg
Protein	3g	Zinc	0mg

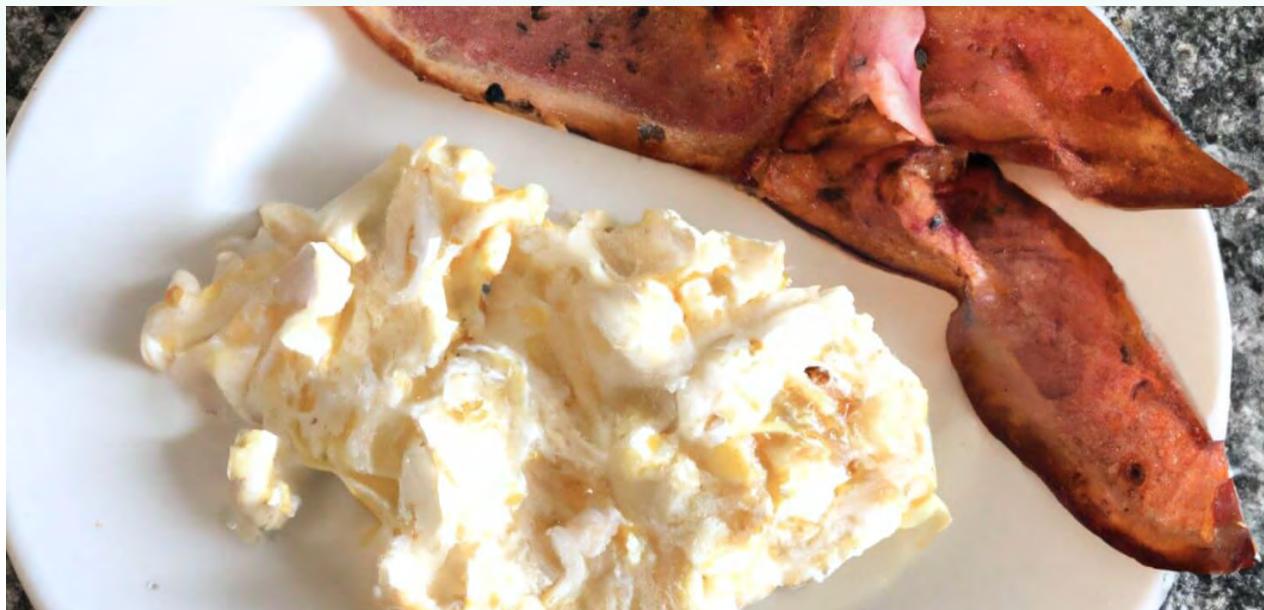
DIRECTIONS

- 01 Prep note: Chop the cilantro.
- 02 Cook the rice according to the package directions. Note: 1/4 cup dry rice is equal to about 3/4 cup cooked rice.
- 03 Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!
- 04 Note: For four servings follow these measurements - 1 cup Jasmine Rice (dry), 1/4 cup Cilantro, 4 tbsp Lime Juice
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Oil-Free Scrambled Egg Whites with Turkey Bacon

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Egg Whites
2 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	40mg
Fat	3g	Sodium	803mg
Carbs	4g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	2g	Magnesium	27mg
Protein	38g	Zinc	0mg

DIRECTIONS

- 01 Spray a saucepan with cooking spray.
- 02 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes. While eggs cook, cook turkey bacon in separate pan.
- 03 Transfer to a plate and enjoy!



Men's One Pan Teriyaki Chicken

1 SERVING 40 MINUTES



INGREDIENTS

6 ozs Chicken Breast (boneless, Skinless)
1 cup Broccoli (70 grams)
1 Carrot (61 grams)
1 cup Snap Peas (98 grams)
1 tbsp Tamari
1 tbsp Sesame Oil
1/4 Navel Orange
1 tbsp Honey
1 tbsp Rice Vinegar
2 Garlic Clove
1 1/2 tsps Fresh Ginger
1 1/2 tsps Sesame Seeds

DIRECTIONS

- 01 Prep note: Chop broccoli into florets. Peel and slice the carrot on the diagonal. Juice the orange. Mince the garlic. Peel and grate the ginger.
- 02 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 03 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 04 In a small bowl, whisk together the tamari, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 05 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Plate and enjoy!
- 06 Note: For four servings follow these measurements - 1 1/2 lb Chicken Breast (boneless, Skinless), 4 cups Broccoli (280 grams), 4 Carrot (244 grams), 4 cups Snap Peas (392 grams), 1/4 cup Tamari, 1/4 cup Sesame Oil, 1 Navel Orange, 1/4 cup Raw Honey, 1/4 cup Rice Vinegar, 8 Garlic Clove, 2 tsps Fresh Ginger, 2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Cholesterol	124mg
Fat	21g	Sodium	1162mg
Carbs	45g	Vitamin C	120mg
Fiber	8g	Vitamin D	2IU
Sugar	27g	Magnesium	129mg
Protein	47g	Zinc	2mg



Steamed White Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water
1/4 cup Jasmine Rice (35 grams, dry)

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer. Note: 1/4 cup of dry rice is equivalent to roughly 3/4 cup cooked rice.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)



FASTER Way Oatmeal Cookie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1 Banana (100 grams peeled, frozen)
3 tbsps Rolled Oats
1 1/2 tbsps Almond Butter (no Added Sugar Or Oil)
1/8 tsp Vanilla Extract
1/4 tsp Ground Cinnamon
1 scoop Faster Way Vanilla Protein Powder
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	468	Cholesterol	3mg
Fat	18g	Sodium	259mg
Carbs	44g	Vitamin C	10mg
Fiber	8g	Vitamin D	76IU
Sugar	16g	Magnesium	133mg
Protein	29g	Zinc	2mg



FASTER WAY

TO FAT LOSS®



MEN'S NEW CLIENT
MEAL GUIDE
WEEK TWO

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PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under "Notes."

IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTER Way APP recipes reflect 1 serving because it is only tracking one person's macros.

MON - LOW CARB



MEAL ONE
Men's Sausage Egg Muffins, Sliced Avocado

MEAL TWO
Sonoma Chicken Salad

MEAL THREE
Men's Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables

SNACK
FASTER Way Almond Butter Smoothie, Protein Powder

SNACK 2
Almonds

TUE - LOW CARB



MEAL ONE
Men's Sausage Egg Muffins, Sliced Avocado

MEAL TWO
Sonoma Chicken Salad

MEAL THREE
Egg Roll in a Bowl, Hemp Seeds

SNACK
Almonds, Hard Boiled Eggs

SNACK 2
FASTER Way Strawberry Smoothie

WED - REG MACRO



MEAL ONE
Cookie Dough Overnight Oats, Scrambled Eggs with Spinach

MEAL TWO
Egg Roll in a Bowl, Apple

MEAL THREE
Men's Teriyaki Chicken & Edamame Quinoa Bowl, Mixed Berries

SNACK
Nut Butter Stuffed Dates

SNACK 2
FASTER Way Tropical Fruit Protein Smoothie

THU - REG MACRO



MEAL ONE
Cookie Dough Overnight Oats, Scrambled Eggs with Spinach

MEAL TWO
Men's Teriyaki Chicken & Edamame Quinoa Bowl, Mixed Berries

MEAL THREE
Men's Spicy Sweet Potato, Turkey & Kale Bowl, Steamed Green Beans

SNACK
FASTER Way Masala Chai Smoothie, Protein Powder

SNACK 2
Banana with Cinnamon & Almond Butter

FRI - REG MACRO



MEAL ONE
Oil-Free Scrambled Egg Whites with Turkey Bacon, Banana

MEAL TWO
Men's Spicy Sweet Potato, Turkey & Kale Bowl, Steamed Green Beans

MEAL THREE
Beef Bolognese with Roasted Broccoli and Spaghetti Squash, Mixed Berries

SNACK
Nut Butter Stuffed Dates

SNACK 2
FASTER Way Blueberry Chia Seed Smoothie

SAT - REG MACRO



MEAL ONE
Apple Pie Protein Pancakes, Bell Pepper & Spinach Egg White Omelette

MEAL TWO
Beef Bolognese with Roasted Broccoli and Spaghetti Squash, Apple

MEAL THREE
Men's Roasted Chicken, Veggies & Quinoa with Tahini Sauce, Roasted...

SNACK
3 Hard Boiled Eggs, Mixed Berries with Almond Butter

SNACK 2
FASTER Way Masala Chai Smoothie

SUN - REG MACRO



MEAL ONE
Cinnamon & Banana Protein Oatmeal, Scrambled Eggs with Spinach

MEAL TWO
Men's Roasted Chicken, Veggies & Quinoa with Tahini Sauce, Roasted...

MEAL THREE
Men's One Pan Beef & Broccoli, Steamed White Rice

SNACK
Banana with Cinnamon & Almond Butter

SNACK 2
FASTER Way Berry Protein Smoothie



FRUITS

- 2 Apple
- 2/3 Avocado
- 8 1/4 Banana
- 2 cups Blackberries
- 1 tbsp Lemon Juice
- 1/2 Navel Orange
- 2 1/4 cups Raspberries
- 1/2 cup Seedless Grapes
- 3 cups Strawberries

SEEDS, NUTS & SPICES

- 2/3 cup Almond Butter (no Added Sugar Or Oil)
- 1/2 cup Almonds
- 1 1/2 tsps Black Pepper
- 1/2 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 1/4 tsps Chili Flakes
- 1 tbsp Chili Powder
- 1 tsp Dried Basil
- 1 1/2 tsps Dried Parsley
- 2 tbsps Garlic Powder
- 1 3/4 tsps Ground Cinnamon
- 1/3 tsp Ground Sage
- 1/4 cup Hemp Seeds
- 1 tsp Masala Chai Spice
- 1/4 tsp Nutmeg
- 1 1/3 tbsps Onion Powder
- 1 tsp Oregano
- 1 1/2 tsps Paprika
- 1/4 cup Pecans
- 1 tsp Poppy Seeds
- 2 1/2 tsps Sea Salt

VEGETABLES

- 1/2 cup Bean Sprouts
- 3 3/4 cups Broccoli
- 2 Carrot
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 1 1/2 tsps Cilantro
- 4 cups Coleslaw Mix
- 2 1/2 Cremini Mushrooms
- 1/4 Eggplant
- 2 3/4 tsps Fresh Ginger
- 2 3/4 Garlic Clove
- 3 1/16 cups Green Beans
- 4 stalks Green Onion
- 5 Heirloom Carrots
- 4 cups Kale
- 4 cups Mixed Greens
- 1 1/2 Orange Bell Pepper
- 1/2 Red Bell Pepper
- 1/4 cup Shallot
- 1/2 Spaghetti Squash
- 2 1/4 cups Spinach
- 2 Sweet Potato
- 3/4 Tomato
- 1/2 White Onion
- 3/4 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 2 2/3 tbsps Canned Coconut Milk (full Fat)
- 1/4 cup Jasmine Rice
- 1 cup Quinoa

BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon
- 12 ozs Chicken Breast (boneless, Skinless)
- 8 ozs Chicken Sausage
- 12 ozs Chicken Thighs (boneless, Skinless)
- 6 ozs Flank Steak
- 1 lb Lean Ground Beef (93/7)
- 1 2/3 lbs Lean Ground Turkey (93/7)
- 8 ozs Rotisserie Chicken Breast
- 2 slices Turkey Bacon

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 3/4 tbsps Avocado Oil
- 2 tsps Coconut Oil
- 2 2/3 tbsps Dijon Mustard
- 3 1/3 tbsps Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 2 3/4 tbsps Maple Syrup
- 2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 1 tbsp Miso Paste
- 1 1/2 tsps Rice Vinegar
- 1/2 tsp Sesame Oil
- 2 tbsps Tahini
- 1/3 cup Tamari
- 1 tbsp Teriyaki Sauce (no High Fructose Corn Syrup)
- 1 1/16 cups Tomato Sauce

COLD

- 2 1/4 cups Egg Whites
- 16 Egg(s)
- 10 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt



FROZEN

- 1 cup Frozen Blueberries
- 1 1/2 cups Frozen Cauliflower
- 1 cup Frozen Edamame
- 1/2 cup Frozen Raspberries
- 2 cups Frozen Strawberries
- 1 cup Frozen Tropical Fruit

BAKING

- 1/4 tsp Arrowroot Powder
- 1/2 tsp Baking Powder
- 3/4 tsp Coconut Sugar
- 1 tsp Honey
- 1/3 cup Oat Flour
- 6 Pitted Medjool Date
- 1 1/2 cups Rolled Oats
- 3 tbsps Unsweetened Applesauce
- 2 tsps Vanilla Extract

OTHER

- 7 scoops Faster Way Unflavored Collagen
- 13 scoops Faster Way Vanilla Protein Powder



Men's Sausage Egg Muffins

1 SERVING 30 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil
4 ozs Chicken Sausage (casing removed)
4 Egg(s)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	551	Cholesterol	880mg
Fat	38g	Sodium	1752mg
Carbs	11g	Vitamin C	0mg
Fiber	0g	Vitamin D	164IU
Sugar	3g	Magnesium	40mg
Protein	41g	Zinc	6mg

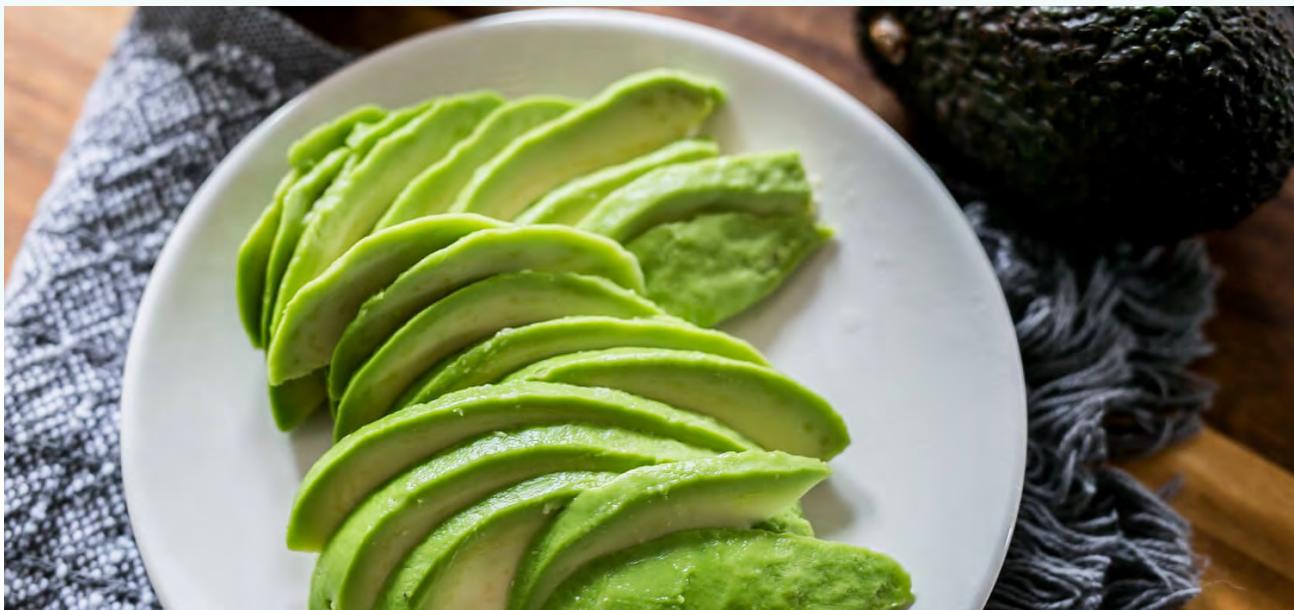
DIRECTIONS

- 01 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 02 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks.
- 03 In a mixing bowl whisk the eggs together with sea salt.
- 04 Divide the sausage mixture evenly into the muffin tins and pour the whisked eggs over. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy! 1 serving makes 4 egg muffins.
- 05 This would be a great recipe to make a full batch to save for later (12 egg cups or 1 dozen; 1 serving = 4 muffins): 1 1/2 tsp Extra Virgin Olive Oil, 12 oz Chicken Sausage (bulk, casing removed, or ground chicken), 12 Eggs, 1/3 tsp Sea Salt
- 06 **TIME SAVING TIP - Cook Once, Eat Twice:** Double this recipe. Use half on Monday and Tuesday.



Sliced Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/3 Avocado (50 grams)

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	10g	Sodium	5mg
Carbs	6g	Vitamin C	7mg
Fiber	4g	Vitamin D	0IU
Sugar	0g	Magnesium	19mg
Protein	1g	Zinc	0mg



Sonoma Chicken Salad

1 SERVING 20 MINUTES



INGREDIENTS

4 ozs Rotisserie Chicken Breast
1 stalk Celery
1/4 cup Seedless Grapes
2 tbsps Pecans
1 tbsp Dijon Mustard
1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
1 tsp Onion Powder
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
1/2 tsp Poppy Seeds
1/2 tsp Honey
1 tbsp Apple Cider Vinegar
2 cups Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	486	Cholesterol	119mg
Fat	35g	Sodium	1116mg
Carbs	14g	Vitamin C	10mg
Fiber	4g	Vitamin D	1IU
Sugar	8g	Magnesium	30mg
Protein	28g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- 02 In a medium bowl, whisk together Dijon mustard, mayo, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- 03 Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- 04 Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- 05 Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- 06 Note: For four servings follow these measurements - 1 lb Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Avocado Oil Mayo, 1 1/3 tbsps Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tbsps Poppy Seeds, 2 tbsps Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Men's Meatloaf Muffins with Mashed Cauliflower

1 SERVING 30 MINUTES



INGREDIENTS

8 ozs Lean Ground Beef (93/7)
1/3 Yellow Onion (18 grams)
2 tsps Dijon Mustard
1/3 tsp Ground Sage
1/2 tsp Sea Salt (divided)
1 1/2 cups Frozen Cauliflower (33 grams)
2 2/3 tbsps Canned Coconut Milk (full Fat)
1 1/3 tbsps Tomato Sauce (no added sugar)

NUTRITION

AMOUNT PER SERVING

Calories	550	Cholesterol	147mg
Fat	30g	Sodium	1502m...
Carbs	16g	Vitamin C	86mg
Fiber	9g	Vitamin D	7IU
Sugar	7g	Magnesium	74mg
Protein	51g	Zinc	11mg

DIRECTIONS

- 01 Prep note: Chop yellow onion. Shake the canned coconut milk before using.
- 02 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 03 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups (1 serving is approximately 4 muffins) and bake for 20 minutes or until an internal temperature of 155 degrees F.
- 04 Meanwhile, cook cauliflower according to package instructions.
- 05 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth. This can be done in a food processor, a high speed blender or an immersion blender.
- 06 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!
- 07 Note: For four servings follow these measurements - 2 lb Lean Ground Beef (93/7), 1/2 Yellow Onion (74 grams), 2 tbsp Dijon Mustard, 1/2 tsp Ground Sage, 1 tsp Sea Salt (divided), 3 cups Frozen Cauliflower (132 grams), 1/3 cup Canned Coconut Milk (full fat), 2 2/3 tbsps Tomato Sauce (no added sugar)



Grilled Vegetables

1 SERVING 10 MINUTES



INGREDIENTS

1 Zucchini (196 grams)
1/2 Red Bell Pepper (60 grams)
1/4 Eggplant (137 grams)
2 tsps Extra Virgin Olive Oil
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	163	Cholesterol	0mg
Fat	10g	Sodium	169mg
Carbs	18g	Vitamin C	114mg
Fiber	7g	Vitamin D	0IU
Sugar	12g	Magnesium	62mg
Protein	4g	Zinc	1mg

DIRECTIONS

- 01 Slice zucchini and eggplant about 1/4-1/2" thick in rounds.
- 02 Cut pepper in half and remove stem and seeds. Reserve half for another use. Slice half into 2 pieces.
- 03 Gently rub vegetables with olive oil. Sprinkle with salt and pepper.
- 04 Grill over medium heat or saute in a pan over medium heat until tender.
- 05 Serve as a side. Enjoy!
- 06 Note: For four servings follow these measurements - 4 Zucchini (784 grams, sliced), 2 Red Bell Pepper (200 grams), 1 Eggplant (548 grams), 1/2 cup Extra Virgin Olive Oil, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



FASTER Way Almond Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 tbsps Almond Butter (no Added Sugar Or Oil) (24 grams)
1/4 Banana (25 grams peeled, frozen)
1 cup Unsweetened Almond Milk
1 scoop Faster Way Vanilla Protein Powder
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01** Add all ingredients to blender until mixed. Add ice to reach desired consistency and enjoy!
- 02** Note: Collagen is not a complete protein therefore it is not factored into the total protein of this recipe.

NUTRITION

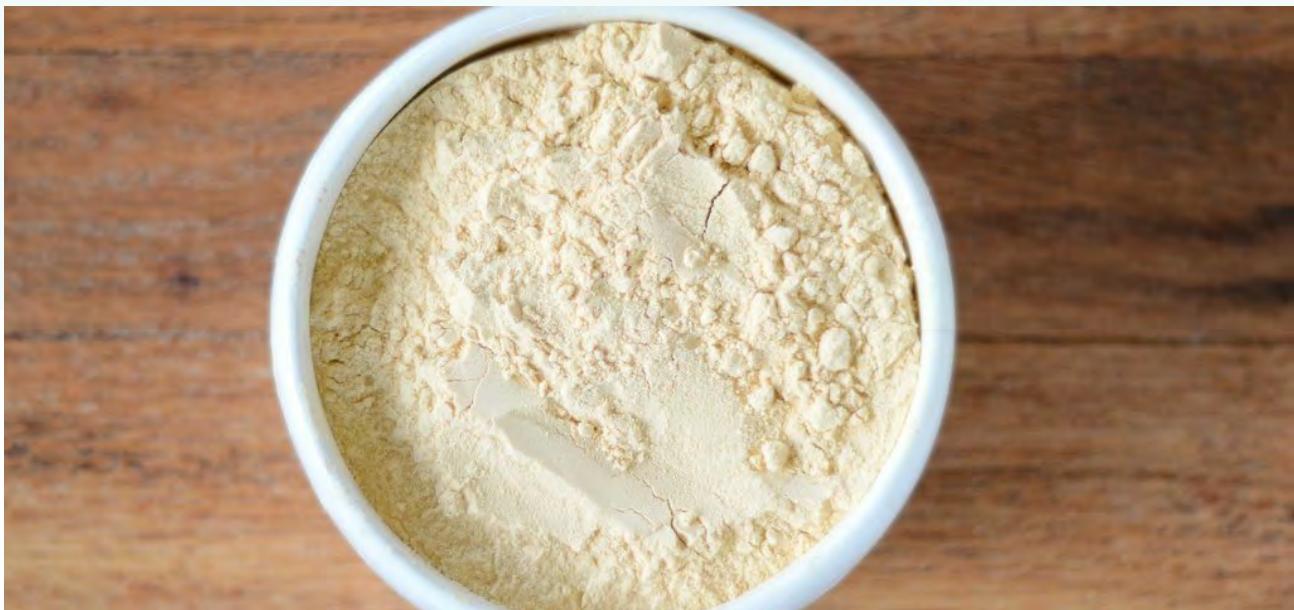
AMOUNT PER SERVING

Calories	335	Cholesterol	3mg
Fat	17g	Sodium	298mg
Carbs	13g	Vitamin C	3mg
Fiber	4g	Vitamin D	101IU
Sugar	5g	Magnesium	92mg
Protein	26g	Zinc	1mg



Protein Powder

1 SERVING 1 MINUTE



INGREDIENTS

1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

01 Feel free to add to your smoothie for some additional protein!

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	3mg
Fat	1g	Sodium	135mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	20g	Zinc	0mg



Almonds

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Almonds (37 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin C	0mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	97mg
Protein	8g	Zinc	1mg



Egg Roll in a Bowl

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
1/4 Yellow Onion (37 grams)
2 stalks Green Onion
1 Garlic Clove
1 tsp Fresh Ginger
7 ozs Lean Ground Turkey (93/7)
2 cups Coleslaw Mix
1/4 cup Bean Sprouts
2 tbsps Tamari
1 Carrot (61 grams)
1/4 cup Frozen Edamame (44 grams, shelled)

NUTRITION

AMOUNT PER SERVING

Calories	525	Cholesterol	146mg
Fat	26g	Sodium	2382m..
Carbs	28g	Vitamin C	82mg
Fiber	10g	Vitamin D	28IU
Sugar	13g	Magnesium	86mg
Protein	50g	Zinc	6mg

DIRECTIONS

- 01** Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Peel and grate the carrots or save time and buy pre-shredded carrots. Thaw the edamame.
- 02** Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03** Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04** Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- 05** Note: For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 1/3 tbsps Fresh Ginger, 1 3/4 lbs Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, 1/2 cup Tamari, 4 Carrots, 1 cup Frozen Edamame (shelled)
- 06** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Tuesday, half on Wednesday.



Hemp Seeds

1 SERVING 1 MINUTE



INGREDIENTS

3 tbsps Hemp Seeds (25 grams)

DIRECTIONS

01 Sprinkle on top or blend in your meal. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	166	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	3g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	210mg
Protein	9g	Zinc	3mg



Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg(s)

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	82IU
Sugar	0g	Magnesium	12mg
Protein	13g	Zinc	1mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



FASTER Way Strawberry Smoothie

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 scoop Faster Way Vanilla Protein Powder
1 scoop Faster Way Unflavored Collagen
1 cup Frozen Strawberries (157 grams)

DIRECTIONS

- 01** Combine all ingredients in a high speed blender until smooth. Add ice to reach desired consistency. Enjoy!
- 02** Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	239	Cholesterol	3mg
Fat	4g	Sodium	300mg
Carbs	22g	Vitamin C	91mg
Fiber	6g	Vitamin D	101IU
Sugar	10g	Magnesium	41mg
Protein	22g	Zinc	0mg



Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

3/4 cup Unsweetened Almond Milk

1/2 cup Rolled Oats (40 grams)

1 tbsp Maple Syrup

1 tbsp Chia Seeds

1 tsp Vanilla Extract

1/2 tsp Ground Cinnamon

1/8 tsp Nutmeg

1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

01 Combine all the ingredients into a small mixing bowl.

02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	394	Cholesterol	3mg
Fat	10g	Sodium	261mg
Carbs	49g	Vitamin C	0mg
Fiber	9g	Vitamin D	76IU
Sugar	13g	Magnesium	110mg
Protein	28g	Zinc	2mg



Scrambled Eggs with Spinach

1 SERVING 15 MINUTES



INGREDIENTS

1 Egg(s)
1/4 cup Egg Whites
1/4 Tomato (61 grams)
1/4 Yellow Bell Pepper (60 grams)
1/4 cup Spinach (15 grams)
1/8 tsp Garlic Powder
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
1/2 tsp Avocado Oil

DIRECTIONS

- 01 Prep note: Chop the tomato and bell pepper.
- 02 Crack the egg into a bowl and add the eggs whites. Whisk well. Note: 1/4 cup egg whites is about 4 egg whites from whole eggs.
- 03 Add the tomato, bell pepper, spinach, garlic powder, salt, and pepper and mix to combine.
- 04 Heat the oil in a pan over medium heat. Pour the egg mixture into the pan and scramble until it is cooked to your liking.
- 05 Plate and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	186mg
Fat	7g	Sodium	264mg
Carbs	5g	Vitamin C	92mg
Fiber	1g	Vitamin D	41IU
Sugar	1g	Magnesium	27mg
Protein	14g	Zinc	1mg



Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple (105 grams)

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg



Men's Teriyaki Chicken & Edamame Quinoa Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (42 grams, dry)
1/2 tsp Extra Virgin Olive Oil
6 ozs Chicken Thighs (boneless, Skinless)
1/4 cup Frozen Edamame (42 grams, shelled)
1 1/2 tsps Teriyaki Sauce (no High Fructose Corn Syrup)
1 tbsp Water
3/4 tsp Cilantro
1/8 tsp Chili Flakes
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	437	Cholesterol	159mg
Fat	14g	Sodium	658mg
Carbs	32g	Vitamin C	2mg
Fiber	5g	Vitamin D	2IU
Sugar	2g	Magnesium	154mg
Protein	45g	Zinc	5mg

DIRECTIONS

- 01 Prep note: Mince the cilantro. Thaw the edamame.
- 02 Cook the quinoa according to package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 03 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken, salt and pepper. Cook for three to five minutes on each side.
- 04 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan. Cook an additional three to five minutes until the edamame is warmed and the chicken has reached an internal temp of 165 degrees.
- 05 Place the quinoa, chicken, and edamame in a bowl. Garnish with the cilantro and chili flakes. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 tsp Extra Virgin Olive Oil, 1 1/2 lb Chicken Thighs (boneless, skinless), 1 cup Frozen Edamame (170 grams, shelled), 2 tsps Teriyaki Sauce, 1/4 cup Water, 1 tbsp Cilantro, 1/2 tsp Chili Flakes, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Mixed Berries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (72 grams)

1 cup Strawberries (176 grams)

1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Wash berries and serve as a side dish.

NUTRITION

AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg



Nut Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

3 Pitted Medjool Date (72 grams)
2 tbsps Almond Butter (no Added Sugar
Or Oil) (32 grams)

DIRECTIONS

01 Spoon an even amount of nut butter into the center of each date. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	60g	Vitamin C	0mg
Fiber	8g	Vitamin D	0IU
Sugar	49g	Magnesium	89mg
Protein	8g	Zinc	1mg



FASTER Way Tropical Fruit Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Tropical Fruit (148 grams)
1 cup Unsweetened Almond Milk
1 scoop Faster Way Vanilla Protein Powder
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01** Prep note: Tropical fruit variety should consist of pineapple, mango and banana.
- 02** Add all ingredients to a blender until smooth. Add ice to reach desired consistency. Enjoy!
- 03** Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	232	Cholesterol	3mg
Fat	4g	Sodium	296mg
Carbs	18g	Vitamin C	0mg
Fiber	1g	Vitamin D	101IU
Sugar	0g	Magnesium	17mg
Protein	22g	Zinc	0mg



Men's Spicy Sweet Potato, Turkey & Kale Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1 Sweet Potato (133 grams)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Chili Powder
1/4 tsp Cayenne Pepper (optional)
3/4 tsp Coconut Oil
1/4 White Onion (37 grams)
6 ozs Lean Ground Turkey (93/7)
1/8 tsp Sea Salt
1/8 tsp Black Pepper (optional)
2 cups Kale (134 grams)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	125mg
Fat	26g	Sodium	623mg
Carbs	33g	Vitamin C	45mg
Fiber	8g	Vitamin D	24IU
Sugar	7g	Magnesium	92mg
Protein	36g	Zinc	5mg

DIRECTIONS

- 01 Prep note: Dice the white onion. Finely dice the kale.
- 02 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 03 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 04 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 05 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Add to a bowl and top with the roasted sweet potato. Enjoy!
- 06 Note: For four servings follow these measurements - 4 Sweet Potato (532 grams), 2 tsps Extra Virgin Olive Oil, 2 tsps Chili Powder, 1 tsp Cayenne Pepper(optional), 1 tbsp Coconut Oil, 1 White Onion (148 grams), 1 1/2 lb Lean Ground Turkey, 1/2 tsp Sea Salt, 1/2 tsp Black Pepper (optional), 8 cups Kale (536 grams)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Steamed Green Beans

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 cups Green Beans (fresh or frozen)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	47	Cholesterol	0mg
Fat	0g	Sodium	157mg
Carbs	11g	Vitamin C	18mg
Fiber	4g	Vitamin D	0IU
Sugar	5g	Magnesium	38mg
Protein	3g	Zinc	0mg

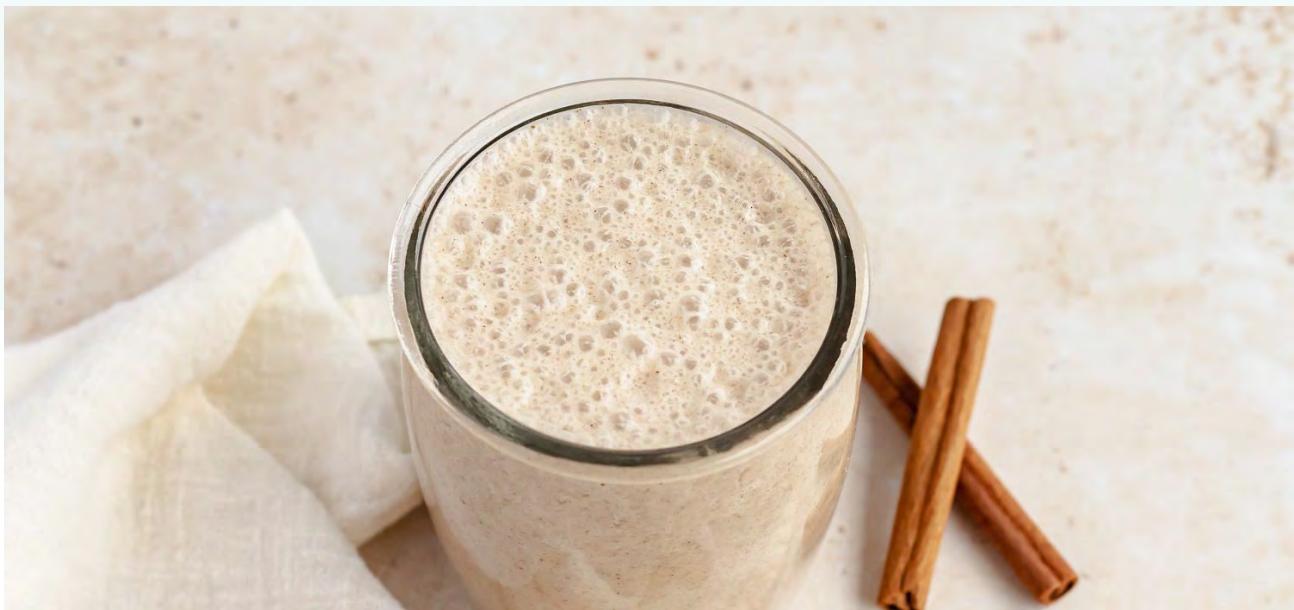
DIRECTIONS

- 01 Trim the ends of the green beans.
- 02 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 03 Remove green beans with a slotted spoon and serve. Top with sea salt and black pepper to taste.
- 04 Note: For four servings follow these measurements - 6 cups Green Beans, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



FASTER Way Masala Chai Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1 1/2 Banana (150 grams peeled, frozen)
1/4 cup Unsweetened Coconut Milk
Yogurt
1 scoop Faster Way Unflavored Collagen
1/2 tsp Masala Chai Spice
1 scoop Faster Way Vanilla Protein
Powder

DIRECTIONS

- 01** Add all of the ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02** Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	357	Cholesterol	3mg
Fat	7g	Sodium	351mg
Carbs	46g	Vitamin C	16mg
Fiber	7g	Vitamin D	126IU
Sugar	22g	Magnesium	70mg
Protein	24g	Zinc	0mg



Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana (100 grams peeled)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/8 tsp Sea Salt
1/8 tsp Ground Cinnamon

DIRECTIONS

- 01 Slice banana.
- 02 Spread some almond butter on top of each banana slice.
- 03 Sprinkle with cinnamon and sea salt.

NUTRITION

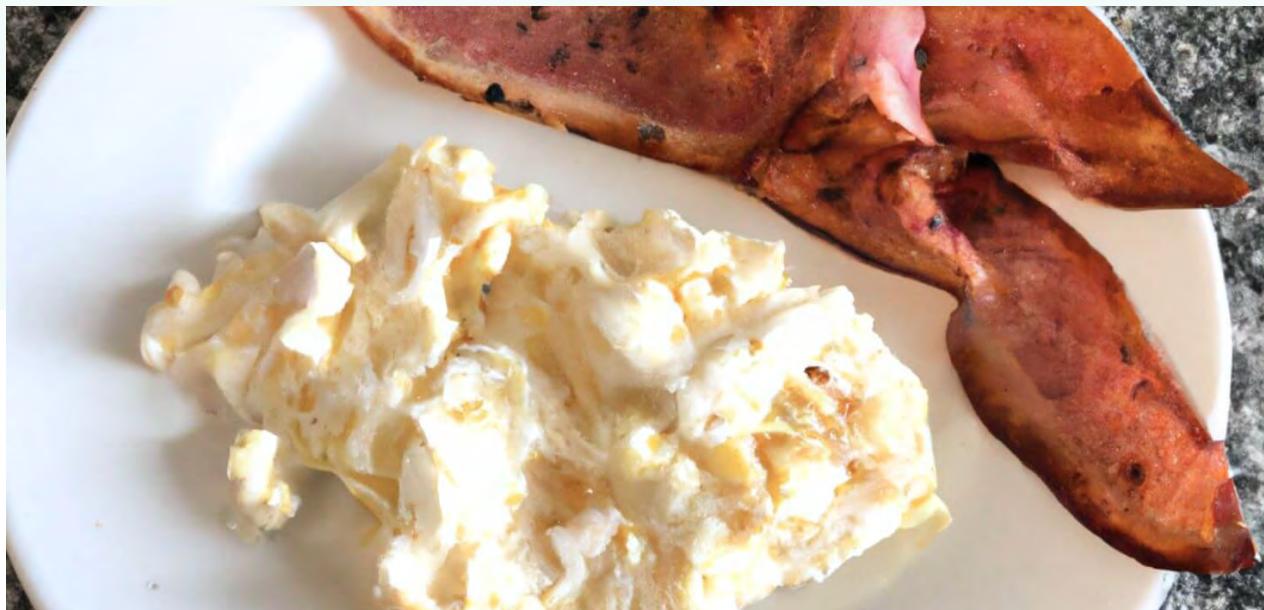
AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg



Oil-Free Scrambled Egg Whites with Turkey Bacon

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Egg Whites
2 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	40mg
Fat	3g	Sodium	803mg
Carbs	4g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	2g	Magnesium	27mg
Protein	38g	Zinc	0mg

DIRECTIONS

- 01** Spray a saucepan with cooking spray.
- 02** Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes. While eggs cook, cook turkey bacon in separate pan.
- 03** Transfer to a plate and enjoy!



Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana (100 grams peeled)

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin C	10mg
Fiber	3g	Vitamin D	0IU
Sugar	14g	Magnesium	32mg
Protein	1g	Zinc	0mg



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Beef Bolognese with Roasted Broccoli and Spaghetti Squash

1 SERVING 35 MINUTES



INGREDIENTS

1 1/2 cups Broccoli (105 grams)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder
1 tsp Onion Powder
1/2 cup Tomato Sauce (no added sugar)
1/2 tsp Dried Basil
1/2 tsp Oregano
3/4 tsp Dried Parsley
1 slice Bacon
4 ozs Lean Ground Beef (93/7)
1/2 tsp Chili Flakes (optional garnish)
1/4 Spaghetti Squash (174 grams)

NUTRITION

AMOUNT PER SERVING

Calories	486	Cholesterol	92mg
Fat	27g	Sodium	942mg
Carbs	31g	Vitamin C	143mg
Fiber	8g	Vitamin D	8IU
Sugar	7g	Magnesium	118mg
Protein	33g	Zinc	7mg

DIRECTIONS

- 01 Prep note: Cut the broccoli into florets. Dice the bacon.
- 02 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in quarters as you will only need 1/4 of the squash for one serving. Remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through.
- 03 Add broccoli florets on the baking sheet and massage with olive oil, salt & pepper. Roast in the oven for 20-25 minutes or until broccoli is tender and desired crispiness, tossing at the halfway point.
- 04 When the spaghetti squash is done, remove from the oven and let it cool slightly. *You can always cook the entire spaghetti squash and use the rest on a later date as it fits in your macros!
- 05 Meanwhile, heat a medium saute pan over medium heat. Add diced bacon and cook for 3-4 minutes or until it begins to get crispy. Add ground beef and cook until browned. Season with herbs, spices, salt and pepper.
- 06 Reduce heat to low and stir in tomato or clean marinara sauce. Simmer for 5 minutes. Note: if preparing ahead of time, skip the additional 5 minute simmer and place in a bowl to cool. Mixture can be refrigerated for 4 days or frozen for 2 weeks.
- 07 Scoop out the spaghetti squash into noodles using a fork and add it to a plate.
- 08 Remove broccoli from the oven, add on the side of the spaghetti squash. Top with bolognese sauce and optional fresh cracked pepper or chili flakes. Enjoy!



09 Note: For four servings follow these measurements - 6 cups Broccoli (420 grams), 1 tsp Sea Salt, 1 tsp Black Pepper, 1 1/3 tbsps Extra Virgin Olive Oil, 2 tbsps Garlic Powder, 1 1/3 tbsps Onion Powder, 2 cups Tomato Sauce (no added sugar), 2 tbsps Dried Basil, 2 tbsps Oregano, 1 tbsp Dried Parsley, 4 slices Bacon, 1 lb Lean Ground Beef (93/7), 2 tbsps Chili Flakes (optional garnish), 1 Spaghetti Squash (698 grams)

10 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



FASTER Way Blueberry Chia Seed Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Blueberries (164 grams)
1 cup Spinach (31 grams)
1 Banana (100grams peeled, frozen)
1 tbsps Chia Seeds
1 cup Unsweetened Almond Milk
1 scoop Faster Way Vanilla Protein Powder
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Chop the banana. Place all ingredients into a blender. Blend well until smooth. Add ice to reach desired consistency. Enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	413	Cholesterol	3mg
Fat	9g	Sodium	322mg
Carbs	53g	Vitamin C	23mg
Fiber	12g	Vitamin D	101IU
Sugar	28g	Magnesium	115mg
Protein	26g	Zinc	0mg



Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



INGREDIENTS

1/3 cup Oat Flour
1 scoop Faster Way Vanilla Protein Powder
1/3 tsp Ground Cinnamon
1/2 tsp Baking Powder
3 tbsps Unsweetened Applesauce
1/4 cup Unsweetened Almond Milk
2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	3mg
Fat	5g	Sodium	422mg
Carbs	42g	Vitamin C	0mg
Fiber	5g	Vitamin D	25IU
Sugar	12g	Magnesium	10mg
Protein	27g	Zinc	0mg

DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: For four servings follow these measurement - 1 1/3 cup Oat Flour, 4 scoop Faster Way Vanilla Protein Powder, 1 1/3 tsp Cinnamon, 2 tsp Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tbsps Maple Syrup



Bell Pepper & Spinach Egg White Omelette

1 SERVING 20 MINUTES



INGREDIENTS

1/2 cup Egg Whites
1/2 tsp Garlic Powder
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1/4 cup Shallot
1/2 Orange Bell Pepper (60 grams)
1/2 cup Spinach

NUTRITION

AMOUNT PER SERVING

Calories	166	Cholesterol	0mg
Fat	5g	Sodium	369mg
Carbs	15g	Vitamin C	178mg
Fiber	3g	Vitamin D	0IU
Sugar	4g	Magnesium	46mg
Protein	16g	Zinc	0mg

DIRECTIONS

- 01 Prep note: Dice the shallot and orange bell pepper.
- 02 In a bowl, whisk together the egg whites, garlic powder, salt, and pepper until frothy. Set aside.
- 03 Heat the oil in a pan over medium heat. Add the diced shallot and bell pepper. Sauté for three to four minutes or until the veggies begin to soften. Add the spinach and sauté until slightly wilted.
- 04 Add the egg whites on top and move the pan around so that the egg whites fill the pan. Reduce the heat to medium-low.
- 05 As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over. Remove from the heat and enjoy!



Men's Roasted Chicken, Veggies & Quinoa with Tahini Sauce

1 SERVING 30 MINUTES



INGREDIENTS

1/4 cup Quinoa (42 grams, dry)
6 ozs Chicken Breast (boneless, Skinless)
1/2 Orange Bell Pepper (60 grams)
1/2 cup Cherry Tomatoes (74 grams)
1 tbsps Tahini
1 tbsps Water
1 1/2 tsps Lemon Juice
3/4 tsp Paprika
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	124mg
Fat	16g	Sodium	250mg
Carbs	41g	Vitamin C	184mg
Fiber	7g	Vitamin D	2IU
Sugar	2g	Magnesium	169mg
Protein	49g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Chop the orange bell pepper.
- 02 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 03 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 04 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 05 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 06 Chop the cooked chicken. Plate the quinoa, chicken, cherry tomatoes, and bell peppers. Serve with the dressing and enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Quinoa (170 grams, dry), 1 1/2 lb Chicken Breast (boneless, skinless), 2 Orange Bell Pepper (240 grams), 2 cups Cherry Tomatoes (296 grams), 1/4 cup Tahini, 1/4 cup Water, 2 tsps Lemon Juice, 1 tbsps Paprika, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Roasted Carrots

1 SERVING 25 MINUTES



INGREDIENTS

2 1/2 Heirloom Carrots (152 grams)
1/4 Navel Orange
1/4 tsp Fresh Ginger
1/4 tsp Coconut Oil (melted)
1 1/2 tsps Miso Paste
1/4 tsp Sesame Oil
1 1/2 tsps Water
3/4 tsp Rice Vinegar
1/4 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	3g	Sodium	521mg
Carbs	19g	Vitamin C	13mg
Fiber	5g	Vitamin D	0IU
Sugar	10g	Magnesium	20mg
Protein	2g	Zinc	0mg

DIRECTIONS

- 01 Prep note: Cut the carrots in half lengthwise. Zest and juice the orange. Mince the ginger.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the carrots on the baking sheet.
- 03 In a small bowl, mix together 1/2 tbsp of the orange juice, 1/4 tbsp of orange zest, ginger and coconut oil. Brush this mixture on the carrots and place in the oven to cook for 16 to 20 minutes.
- 04 While the carrots are cooking, whisk together the miso paste, sesame oil, water, rice vinegar and maple syrup in a small bowl.
- 05 Remove the carrots from the oven and drizzle the miso sauce over top. Serve and enjoy!
- 06 Note: For four servings follow these measurements - 10 Heirloom Carrots (610 grams), 1 Navel Orange, 1 tsp Fresh Ginger, 1 tsp Coconut Oil (melted), 2 tsps Miso Paste, 1 tsp Sesame Oil, 2 tsps Water, 1 tbsp Rice Vinegar, 1 tsp Maple Syrup
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



3 Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

3 Egg(s)

NUTRITION

AMOUNT PER SERVING

Calories	215	Cholesterol	558mg
Fat	14g	Sodium	213mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	123IU
Sugar	1g	Magnesium	18mg
Protein	19g	Zinc	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (80 grams)
3/4 cup Raspberries (90 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/16 tsp Sea Salt
1/16 tsp Ground Cinnamon

DIRECTIONS

01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	10g	Sodium	140mg
Carbs	21g	Vitamin C	39mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Magnesium	79mg
Protein	5g	Zinc	1mg



Cinnamon & Banana Protein Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 cup Rolled Oats
1 scoop Faster Way Vanilla Protein Powder
1 tbsp Hemp Seeds
1/8 tsp Ground Cinnamon
1 Banana (100 grams peeled)

DIRECTIONS

- 01 In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- 02 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	433	Cholesterol	3mg
Fat	11g	Sodium	300mg
Carbs	57g	Vitamin C	10mg
Fiber	9g	Vitamin D	101IU
Sugar	15g	Magnesium	175mg
Protein	31g	Zinc	3mg



Men's One Pan Beef & Broccoli

1 SERVING 15 MINUTES



INGREDIENTS

6 ozs Flank Steak
1 tbsp Tamari (divided)
3/4 tsp Coconut Sugar (divided)
3/4 tsp Avocado Oil (divided)
1 1/2 tsps Water
3/4 tsp Fish Sauce
1/4 tsp Arrowroot Powder
3/4 cup Broccoli (53 grams)
2 1/2 Cremini Mushrooms (50 grams)
3/4 Garlic Clove
1/4 tsp Fresh Ginger

NUTRITION

AMOUNT PER SERVING

Calories	370	Cholesterol	116mg
Fat	18g	Sodium	1476mg
Carbs	11g	Vitamin C	63mg
Fiber	2g	Vitamin D	10IU
Sugar	5g	Magnesium	72mg
Protein	42g	Zinc	7mg

DIRECTIONS

- 01 Add the beef, 1/4 tbsp of the tamari, 1/3 tsp of the coconut sugar, and 1/4 tsp of the oil to a large bowl. Gently toss to combine and set aside.
- 02 Whisk the remaining tamari, remaining coconut sugar, water, fish sauce, and arrowroot powder in a small bowl. Set aside.
- 03 Prep note: Thinly slice the flank steak going against the grain. Chop the broccoli into florets. Slice the mushrooms. Thinly slice the garlic. Mince the ginger.
- 04 Heat a large wok or pan over medium-high heat. Add the remaining oil. Once hot, add the beef in a single layer and cook for two minutes, flipping once. Remove with a slotted spoon and set aside on a plate. If needed, repeat with any remaining beef.
- 05 Add the broccoli and cook for one minute. Add the mushrooms and cook for one to two minutes, stirring often until the mushrooms are softened. Add a splash of water if needed to avoid sticking.
- 06 Reduce the heat to medium. Add the garlic and ginger and return the beef to the pan. Add the sauce and cook for one to two minutes, until everything is well coated and the sauce has thickened. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 1 1/2 lb Flank Steak, 1/4 cup Tamari (divided), 1 tbsp Coconut Sugar (divided), 1 tbsp Avocado Oil (divided), 2 tsps Water, 1 tbsp Fish Sauce, 1 tsp Arrowroot Powder, 3 cup Broccoli (212 grams), 10 Cremini Mushrooms (200 grams), 3 Garlic Cloves, 1 tsp Fresh Ginger



Steamed White Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water
1/4 cup Jasmine Rice (35 grams, dry)

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer. Note: 1/4 cup of dry rice is equivalent to roughly 3/4 cup cooked rice.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)



FASTER Way Berry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Frozen Strawberries
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1 scoop Faster Way Vanilla Protein Powder
1/2 cup Frozen Raspberries
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01** Add all ingredients to blender until mixed. Add ice to reach desired consistency. Enjoy!
- 02** Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	377	Cholesterol	3mg
Fat	13g	Sodium	304mg
Carbs	33g	Vitamin C	103mg
Fiber	10g	Vitamin D	101IU
Sugar	15g	Magnesium	102mg
Protein	26g	Zinc	1mg



FASTER WAY

T O F A T L O S S®

We trust you enjoyed this New Client Program Guide.

We know this guide contains a lot of information, and starting something new can feel overwhelming. That's normal. If you have questions or need support, your coach is here to help you stay accountable, achieve results, and build lasting habits for success that extend far beyond the next six weeks.

It's truly an honor to work with you. Thank you for committing to yourself, taking charge of your health, and becoming part of the FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

Most importantly, we can't wait to see you thrive.

Cheers,

Amanda Tress

Founder and CEO

