



*Be FIT With Chris*

*FIT 3 Program*

*Revive  
& Thrive  
Wellness*

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Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you



# Be FIT With Chris

## FIT 3 Program

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The **BE FIT WITH CHRIS** FIT 3 Program is an approximately 1,200-calorie-a-day eating plan. This 3 day program is designed to provide you a jumpstart toward reaching your health, wellness and weight loss goals.

~Throughout this 3 day program you will be consuming a healthy ratio of fats, carbohydrates and protein. In addition to getting proper nutrition, this program helps increase the efficiency of your metabolism by applying an intermittent fasting model, which means that all of your meals and snacks must be consumed within an 8-hour eating window of your choice. For example, you can choose a 10AM-6PM or a 12PM-8PM window, etc. Select an 8-hour eating window that works best for you and your schedule. This intermittent fasting model has been shown to result in more effective fat loss and weight control compared to severe calorie restricted diets.

~In addition to being better for short-term fat loss, this style of eating has been linked to long-term fat loss, muscle preservation, reductions in blood sugar and insulin levels, reduced inflammation, improved blood pressure, increased cognitive function and focus, reduced oxidative stress, increased protection against neuro-degenerative diseases, hormonal balancing and many more health benefits. By utilizing the FIT 3 program, you are on your way to a happier and healthier YOU!



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## Keys to Success

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To start getting results, follow the FIT 3 Program along with the tips that are included in this PDF:

- ~ During the FIT 3, try to only drink water and be sure to consume half your body weight in ounces daily (ie.. 200 lbs / 100 oz of water)
- ~ Be sure to consume all of your meals and snacks within an 8-hour eating window. Water will not break your fast.
- ~ The FIT 3 allows you to choose 1 breakfast, 2 snacks, 1 lunch and 1 dinner from the menus below. You should eat approximately every 2 / 2.5 hours. Download the FREE *EATWISE* app on google play or apple play to help you stay on track.
- ~ Check out the Exercise page below (optional) any and all movement will help.
- ~ You might even want to take a photo or even measurements to help track your progress.

# Be FIT With Chris

## Breakfast



### **Raspberry Chia Seed Pudding - V\***

~1/2 cup coconut milk unsweetened

~1/4 cup raspberries

~2 Tbsp chia seeds

Mix all ingredients in a bowl and put in the fridge for at least 2 hours, can be left in over night

Nutritional Info: Calories: 178.5 /Fat: 12.4g/ Carbs: 5.7g/ Protein: 6.4g

### **Fluffy Canadian Pancakes - VG\***

~1/4 cup wheat flour

~1/4 Tbsp baking powder

~1/4 cup almond milk

~3/4 large egg

~1 banana



Mash the banana, then add egg and almond milk to the banana, mix together,

then mix in dry ingredients. Cook on a hot griddle

Nutritional Info: Calories: 295 /Fat: 6g/ Carbs: 54g/ Protein: 12g

### **English Muffin - F5\***

~1 whole-wheat English muffin with natural peanut butter

~1 apple

~ 8 oz. unsweetened almond milk

Nutritional Info: Calories: 321 /Fat: 11g/ Carbs: 46g/ Protein: 10g



*\*Recipes Sourced from the Fitteam FIT 5 Menu Options:*

*V - Vegan / VG - Vegetarian / F5 - Original / O - Omnivore*

# Be FIT With Chris

## Lunch



### **Chicken Salad - F5\***

~6 oz. boneless skinless chicken breast cubed and cooked

~2 cups baby spinach

~1 1/2 tsp. extra virgin olive oil and 1 tbsp. red wine vinegar

(optional: cucumber, onion and tomato)

Nutritional Info: Calories: 390/ Fat: 23g/ Carbs: 4g/ Protein: 40g

### **Easy Vegan Potato Salad - VG\***

~5/8 potatoes cooked and cubed

~1 Tbsp vegan mayo

~3/8 Tbsp vinegar

~1/8 onion

~1/4 stalk celery

~1/8 dash pepper

Mix together and enjoy!

Nutritional Info: Calories: 235 /Fat: 10g/ Carbs: 32g/ Protein: 4g



### **Avocado Salad - O\***

~1 avocado, cubed

~1 Tbsp lemon juice

~1/2 cup tomatoes cubed

~1 cup spinach

Mix together and Enjoy!

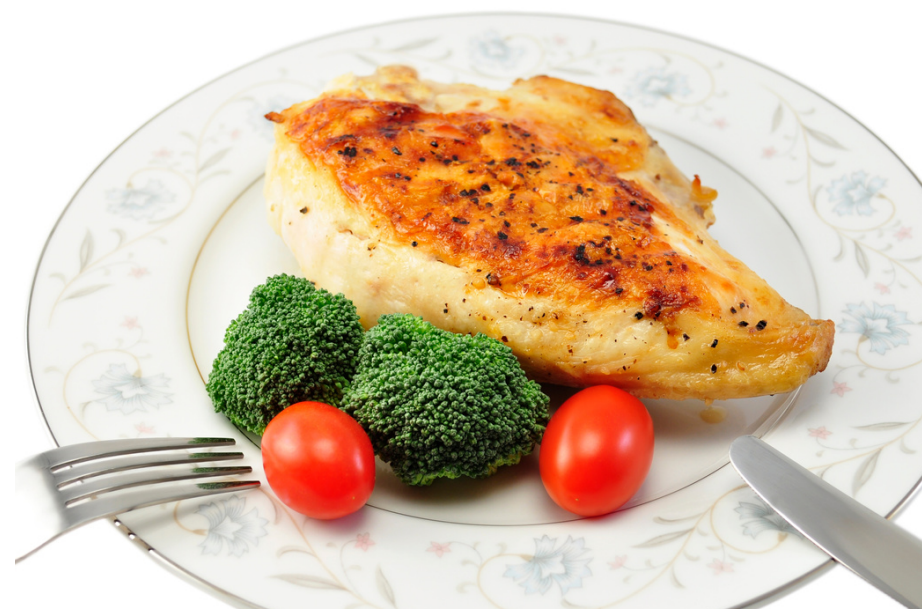
Nutritional Info: Calories: 348.9 /Fat: 29.8g/ Carbs: 23.3g/ Protein: 5.6g

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# Be FIT With Chris

## Dinner



### **Chicken Breast - F5\***

- ~6 oz. grilled bonless skinless chicken
- ~1 cup broccoli

Nutritional Info: Calories: 230 Fat: 2g/ Carbs: 5g/ Protein: 45g



### **Beef and Broccoli - O\***

- ~4 oz. beef round
  - ~1/4 cup white rice, cooked
  - ~1/4 stalk broccoli
  - ~1/8 cup sliced carrots
  - ~1/4 Tbsp soy sauce
  - ~3/4 Tbsp olive oil
  - ~1 clove garlic
  - ~1/4 cup chopped onions
- Saute until beef is cooked and broccoli is soft

Nutritional Info: Calories: 484.4/ Fat: 24.8g/ Carbs: 23.4g/  
Protein: 41.2g

### **Vegan Black Bean Soup - V\***

- ~1 tbsp olive oil
  - ~1/8 large onion, chopped
  - ~2 cloves minced garlic
  - ~ dash pepper
  - ~ 1/8 cup celery, chopped
  - ~ 1/3 large carrot, chopped
  - ~ 1/3 tbsp chili powder
  - ~ 1/2 tsp ground cumin
  - ~ 1 oz. corn
  - ~ 1 oz. tomatoes, chopped
  - ~ 1 cup vegetable broth
  - ~ 1 cup canned black beans, drained
- Put all ingredients in a Saucepan and warm to your liking!

Nutritional Info: Calories: 303.2/ Fat: 6.5g/ Carbs: 51g/ Protein: 14.6g



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# Be FIT With Chris

## Snacks



### FITTEAM LEAN

~ 1 FITTEAM LEAN mixed with water, almond milk, coconut milk or low-fat milk

Nutritional Info: Calories: 60/ Fat: 1g/ Carbs: 5g/ Protein: 10g



### Banana, Peanut Butter, and Raisins - V\*

~ 1 medium banana

~ 2 tsp peanut or nut butter

~ 5 raisins

Nutritional Info: Calories: 177.1/ Fat: 5.9g/ Carbs: 31.4g/ Protein: 3.8g



### Turkey Avocado Rollup - F5\*

~2 slices low-sodium turkey breast

~ 1/4 avocado sliced

Place slices of avocado on slices of turkey and roll up

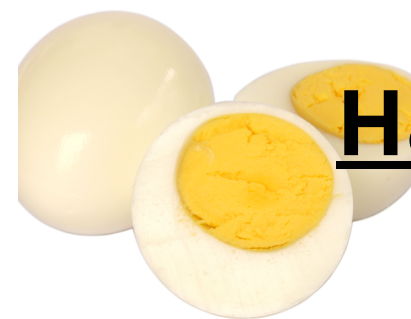
Nutritional Info: Calories: 140/ Fat: 8g/ Carbs: 5g/ Protein: 14g



### String Cheese - F5\*

~ 1 String Cheese

Nutritional Info: Calories: 80/ Fat: 5g/ Carbs: 0g/ Protein: 7g



### Hard Boiled Eggs - F5\*

~ 2 Hard Boiled Eggs

Nutritional Info: Calories: 140/ Fat: 10g/ Carbs: 0g/ Protein: 12g



### Mixed Nuts - VG\*

~ 1/4 c Almonds, cashews, peanuts, walnuts

Nutritional Info: Calories: 203/ Fat: 17g/ Carbs: 15.4g/ Protein: 12g

*\*Recipes Sourced from the Fitteam FIT 5 Menu Options:*

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# Be FIT With Chris

## Exercise

*(Encouraged but optional)*

We recommend selecting the category that best fits your current level of activity based on the scale below:

**Sedentary**: You are physically inactive at work. At home you are usually sitting, reading, or working at a computer. You do not exercise regularly.

**Moderately Active**: You walk at work more than most. At home you sometimes sit but move frequently. You participate in regular, non-strenuous exercise. (walking, etc.)

**Active**: You stay active most of the day at work. At home you rarely sit and are constantly on the move. You participate in regular, strenuous exercise. (jogging, weight training, yoga, etc.)

**Athlete**: You stay active all day at work. At home you almost never sit and consistently perform rigorous activity. You participate in a regular, high intensity exercise routine. (running, bodybuilding, cross-fit, etc.)

**Sedentary**: Pick 3 days out of your 5-day program and perform any form of activity (walk, play with your kids/grandkids, etc.) for 30 minutes.

**Moderately Active**: Pick 3 days out of your 5-day program and perform medium intensity interval training for 30 minutes. Medium intensity interval training entails a period of higher intensity movement (fast walking, running, rapid cycling, swimming at an increased pace, etc.) followed by a period of low intensity movement. This principle can be applied to any activity to increase its efficacy. For example: Walk for 2 minutes then run for 30 seconds and REPEAT.

**Active**: Pick 3-5 days out of your 5-day program and perform high intensity interval training for 25 minutes. High intensity interval training entails a period of higher intensity movement (sprinting, cycling at a high rate, swimming as fast as possible, etc.) followed by a period of medium intensity movement. This principle can be applied to any activity to increase its efficacy. For example: Jog for 1 minute then sprint for 30 seconds and REPEAT.

**Athlete**: Pick 3-5 days out of your 5-day program and perform your traditional training routine plus the addition of high intensity hill sprint intervals for 20 minutes. High intensity hill sprint intervals entail a period of sprinting up a hill followed by a brisk jog down the hill and REPEAT.

You can join the [BE FIT WITH CHRIS](#) facebook group for ideas, workouts and challenges



# Be FIT With Chris

## Extras

Once you have completed the FIT 3 Program, I recommend that you Upgrade to our **Preferred Customer Program (PCP)** so you can get FULL ACCESS to our Fitteam FIT 5 Meal plans and 2 Bags of Fitteam FIT (one of our USDA Certified Organic Health and Wellness supplements) to fast track your health, wellness and weight loss goals.

For **MAXIMUM** results, UPGRADE to our amazing **Transformation Kit (TK)** which includes a month supply 4 of our USDA CERTIFIED ORGANIC supplements (and some great freebies) to help KICK START ALL of YOUR health and wellness goals.

- ~ Take 1 **FITTEAM FIT** Stick (USDA Certified Organic Supplement) with 6-10 oz. of water before breakfast and 1 before lunch (PCP) (TK)
- ~ During the FIT 5 Program, only drink water and be sure to consume half your body weight in ounces daily (PCP) (TK)
- ~ Be sure to consume all of your meals and snacks within an 8-hour eating window. For example, 10AM - 6PM or 12PM - 8PM, etc. (PCP) (TK)
- ~ The FIT 5 Program allows you to choose any breakfast, snacks, lunch and dinner listed on any of our 4 menus, which include Our Original Meal plan, Omnivore Meal plan, Vegetarian Meal plan and our Vegan Meal Plan (PCP) (TK)
- ~ Hydration is important you can incorporate our **FITTEAM HYDRATE** daily, just mix with water and drink (TK)
- ~ **FITTEAM LEAN** can help make you feel fuller longer with 10 grams of Vanilla Plant Based Protein Powder (TK)
- ~ Don't forget your IMMUNE system is important as well. **FITTEAM IMMUNE** can help provide dietary support for your immune system along with antioxidant benefits as well (TK)



# Be FIT With Chris

## Thank You

Thank you for trying the FIT 3 Program.

If you like what you see and are looking for MORE I have a few programs that I would love to share with you.

They include our 5 USDA Certified Organic Supplements, our 4 different Fitteam Fit 5 meal plans, personalized 1 on 1 coaching with me and access to our Registered Dietician Mary Ann Walsh, TONS of SUPPORT and SO MUCH MORE!

Whether your goal is to lose a few pesky pounds, to tone up or just reset and redirect your efforts towards better overall health, I can help!

Find me on Facebook or shoot me an Email

I am looking forward to helping you reach your goals.

# Christine Payne



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