



powersculpt
F I T N E S S

21-Day Tune Up Program,
Week 2

Power Sculpt Fitness



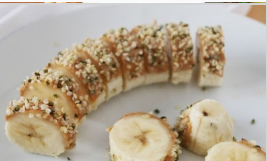




<https://powersculptfitness.com/>

3-weeks of delicious and easy clean eating to get you feeling awesome.

This program will guide you through three weeks of eating clean so by the time you are finished, you will be feeling amazing.

We are removing all excuses by focusing on easy, budget-friendly meals and snacks. Each week will come with a meal plan, grocery list and prep guide. We are making it super simple for you to eat clean and feel awesome.

We are so excited for this one. Let's do this!

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Triple Berry Protein Bowl	 Triple Berry Protein Bowl	 Mango Oat Smoothie	 Detox Green Smoothie	 Detox Green Smoothie
Lunch	 Quinoa Kale Fritters	 Greek Kale Chickpea Salad	 Cleaned Up Chicken Salad	 Vegetable Chow Mein	 Slow Cooker Stuffed Peppers
Snack 1	 Celery with Peanut Butter	 Grapes & Pistachios	 Grapes & Pistachios	 Banana Sushi	 Banana Sushi
Dinner	 Greek Kale Chickpea Salad	 Cleaned Up Chicken Salad	 Vegetable Chow Mein	 Slow Cooker Stuffed Peppers	 Vegan Corn Chowder
Snack 2	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Organic Popcorn

Mon		Tue		Wed		Thu		Fri	
Fat	<div><div></div></div> 57%	Fat	<div><div></div></div> 55%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 38%
Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 30%	Carbs	<div><div></div></div> 44%	Carbs	<div><div></div></div> 50%	Carbs	<div><div></div></div> 46%
Protein	<div><div></div></div> 12%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 16%	Protein	<div><div></div></div> 17%	Protein	<div><div></div></div> 16%
Calories	1265	Calories	1336	Calories	1122	Calories	1124	Calories	1109
Fat	85g	Fat	85g	Fat	52g	Fat	45g	Fat	51g
Saturated	23g	Saturated	21g	Saturated	15g	Saturated	15g	Saturated	16g
Carbs	103g	Carbs	104g	Carbs	131g	Carbs	150g	Carbs	138g
Fiber	28g	Fiber	27g	Fiber	21g	Fiber	31g	Fiber	32g
Sugar	40g	Sugar	54g	Sugar	71g	Sugar	69g	Sugar	55g
Protein	40g	Protein	54g	Protein	46g	Protein	51g	Protein	49g
Cholesterol	79mg	Cholesterol	76mg	Cholesterol	59mg	Cholesterol	130mg	Cholesterol	130mg
Sodium	564mg	Sodium	594mg	Sodium	1916mg	Sodium	3076mg	Sodium	2918mg
Vitamin A	3670IU	Vitamin A	4304IU	Vitamin A	9603IU	Vitamin A	10689IU	Vitamin A	10345IU
Vitamin C	167mg	Vitamin C	178mg	Vitamin C	139mg	Vitamin C	286mg	Vitamin C	298mg
Calcium	572mg	Calcium	609mg	Calcium	709mg	Calcium	463mg	Calcium	454mg
Iron	9mg	Iron	8mg	Iron	7mg	Iron	12mg	Iron	11mg

Fruits

- ☐ 5 Banana
- ☐ 2 cups Blackberries
- ☐ 2 cups Blueberries
- ☐ 4 1/2 cups Grapes
- ☐ 3 3/4 Lemon
- ☐ 4 Pear
- ☐ 2 cups Strawberries

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 1/2 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 1 tbsp Chili Powder
- ☐ 1 tsp Cumin
- ☐ 1/2 tsp Dried Basil
- ☐ 1 tsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 2/3 cup Hemp Seeds
- ☐ 1 tsp Onion Powder
- ☐ 1 tsp Oregano
- ☐ 1 tsp Paprika
- ☐ 1 cup Pistachios
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 cup Slivered Almonds

Frozen

- ☐ 3 cups Frozen Corn
- ☐ 6 cups Frozen Mango

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 3 Carrot
- ☐ 2 heads Cauliflower
- ☐ 12 stalks Celery
- ☐ 2 1/2 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 10 Garlic
- ☐ 3 tbsps Ginger
- ☐ 5 Green Bell Pepper
- ☐ 16 cups Kale Leaves
- ☐ 2 cups Matchstick Carrots
- ☐ 2 cups Snap Peas
- ☐ 3/4 tsp Thyme
- ☐ 1 Tomato
- ☐ 1 White Onion
- ☐ 1 1/2 Yellow Onion

Boxed & Canned

- ☐ 1 cup Brown Rice Vermicelli Noodles
- ☐ 2 cups Chickpeas
- ☐ 2 2/3 cups Organic Coconut Milk
- ☐ 8 cups Organic Popcorn
- ☐ 2 cups Organic Salsa

Baking

- ☐ 2 tbsps Coconut Flour
- ☐ 1/4 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Chicken Breast, Cooked
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1/2 cup Feta Cheese

Condiments & Oils

- ☐ 3 tbsps Coconut Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Tamari

Cold

- ☐ 1 Egg
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 10 Ice Cubes
- ☐ 5 cups Water



Triple Berry Protein Bowl

2 servings

10 minutes

Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

Directions

1

Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Nutrition

Amount per serving	
Calories	360
Fat	24g
Saturated	2g
Carbs	31g
Fiber	11g
Sugar	16g
Protein	13g
Cholesterol	0mg
Sodium	44mg
Vitamin A	329IU
Vitamin C	65mg
Calcium	256mg
Iron	3mg



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds
1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	276
Fat	9g
Saturated	1g
Carbs	47g
Fiber	7g
Sugar	30g
Protein	8g
Cholesterol	0mg
Sodium	164mg
Vitamin A	2324IU
Vitamin C	68mg
Calcium	485mg
Iron	2mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add greek yogurt.



Detox Green Smoothie

2 servings

10 minutes

Ingredients

4 cups Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
1 tbsp Ginger (grated)
1 tbsp Ground Flax Seed
1 1/2 cups Water
5 Ice Cubes

Nutrition

Amount per serving	
Calories	164
Fat	2g
Saturated	0g
Carbs	38g
Fiber	9g
Sugar	21g
Protein	4g
Cholesterol	0mg
Sodium	31mg
Vitamin A	2225IU
Vitamin C	61mg
Calcium	171mg
Iron	2mg

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

No Kale: Use spinach.

No Pear: Use apples.

Metabolism Boost: Add 1/4 tsp cayenne pepper.

Make it Sweeter: Add 1/2 cup frozen pineapple or mango.

More Protein: Add a scoop of protein powder or hemp seeds.



Celery with Peanut Butter

2 servings

5 minutes

Ingredients

3 stalks Celery (sliced into sticks)
1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	201
Fat	17g
Saturated	3g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	53mg
Vitamin A	269IU
Vitamin C	2mg
Calcium	40mg
Iron	1mg

Directions

- 1 Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free: Use sunflower seed butter or hummus instead.



Grapes & Pistachios

4 servings

5 minutes

Ingredients

4 cups Grapes
1 cup Pistachios (shells removed)

Directions

- 1 Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	234
Fat	14g
Saturated	2g
Carbs	24g
Fiber	4g
Sugar	17g
Protein	7g
Cholesterol	0mg
Sodium	2mg
Vitamin A	251IU
Vitamin C	5mg
Calcium	45mg
Iron	1mg



Banana Sushi

2 servings

5 minutes

Ingredients

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	256
Fat	14g
Saturated	1g
Carbs	31g
Fiber	5g
Sugar	15g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	67mg
Iron	2mg

Directions

- 1 Spread almond butter onto banana.
- 2 Sprinkle hemp seeds over top.
- 3 Slice and enjoy!

Notes

No Hemp Seeds: Use sunflower seeds instead.



Greek Kale Chickpea Salad

4 servings

15 minutes

Ingredients

2 tbsps Fresh Dill (chopped)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
2 cups Chickpeas (cooked, drained and rinsed)
1/2 Cucumber (diced)
1 Tomato (diced)
1 Green Bell Pepper (diced)
4 cups Kale Leaves (finely sliced)
1/2 cup Feta Cheese (crumbled)

Directions

- 1 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 2 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

No Chickpeas: Use lentils or kidney beans instead.

Extra Greek: Add chopped black olives.

No Kale: Use spinach or any dark leafy green instead.

Nutrition

Amount per serving	
Calories	330
Fat	20g
Saturated	5g
Carbs	29g
Fiber	8g
Sugar	6g
Protein	11g
Cholesterol	17mg
Sodium	392mg
Vitamin A	1700IU
Vitamin C	55mg
Calcium	199mg
Iron	3mg



Cleaned Up Chicken Salad

4 servings

30 minutes

Ingredients

8 ozs Chicken Breast, Cooked
2 stalks Celery (diced)
1/2 cup Grapes (halved)
4 cups Kale Leaves (finely sliced into ribbons)
1/3 cup Slivered Almonds
1 tbsp Hemp Seeds
2 tbsps Dijon Mustard
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 2 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 3 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

Nutrition

Amount per serving	
Calories	256
Fat	16g
Saturated	2g
Carbs	6g
Fiber	3g
Sugar	3g
Protein	22g
Cholesterol	59mg
Sodium	140mg
Vitamin A	1131IU
Vitamin C	23mg
Calcium	98mg
Iron	1mg



Vegetable Chow Mein

4 servings
20 minutes

Ingredients

- 1/3 cup Tamari
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1/4 tsp Black Pepper
- 1 cup Brown Rice Vermicelli Noodles
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 2 cups Snap Peas
- 2 cups Matchstick Carrots

Nutrition

Amount per serving	
Calories	200
Fat	2g
Saturated	0g
Carbs	40g
Fiber	6g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	1594mg
Vitamin A	5004IU
Vitamin C	13mg
Calcium	70mg
Iron	3mg

Directions

- 1 In a small bowl, whisk together tamari, minced garlic, ginger and pepper and set aside.
- 2 Bring a large pot of water to a boil. Drop in vermicelli noodles and cook according to directions on the package (usually 3 to 4 minutes). Strain and rinse with cold water to prevent from over cooking. Drizzle with a bit of olive oil and toss well. Set aside.
- 3 In a large skillet, heat extra virgin olive oil over medium heat. Add in onion and celery and saute for 5 minutes or until celery is tender. Add in snap peas and carrots and saute for another 5 minutes or until vegetables are tender.
- 4 Stir in tamari mixture and noodles and saute for 2 minutes or until heated through. Use tongs to evenly distribute the noodles and vegetables. Transfer into bowls and enjoy!

Notes

More protein: Add diced chicken or lentils

More green vegetables: Add broccoli, spinach or green peas



Slow Cooker Stuffed Peppers

4 servings

4 hours

Ingredients

4 Green Bell Pepper (large)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Chili Powder
1/2 tsp Cumin
1/2 tsp Dried Basil
1 Egg
2 Garlic (cloves, minced)
1/2 Yellow Onion (diced)
1 cup Baby Spinach (chopped)
1 tbsp Extra Virgin Olive Oil
2 tbsps Coconut Flour
2 cups Organic Salsa
1 head Cauliflower (large)

Nutrition

Amount per serving	
Calories	348
Fat	16g
Saturated	4g
Carbs	27g
Fiber	10g
Sugar	12g
Protein	30g
Cholesterol	130mg
Sodium	1432mg
Vitamin A	2490IU
Vitamin C	172mg
Calcium	144mg

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.

Iron 5mg



Vegan Corn Chowder

6 servings
40 minutes

Ingredients

- 1 head Cauliflower (chopped into florets and divided)
- 3 tbsps Coconut Oil
- 1 White Onion (diced)
- 5 Garlic (cloves, minced)
- 3 Carrot (chopped)
- 3 stalks Celery
- 1 tbsp Sea Salt
- 1 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Cumin
- 3/4 tsp Thyme
- 1 tsp Oregano
- 3 cups Frozen Corn (divided)
- 2/3 cup Organic Coconut Milk
- 2 cups Water

Nutrition

Amount per serving	
Calories	231
Fat	13g
Saturated	10g
Carbs	29g
Fiber	6g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	1258mg
Vitamin A	5551IU

Directions

- 1 On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
- 2 Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
- 3 Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
- 4 Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
- 5 Add additional salt and spices to taste. Divide into bowls and enjoy!

Notes

More Protein: Add quinoa, edamame, chickpeas, diced baked chicken breast or shrimp.

More Greens: Just before serving, stir in chopped spinach or kale until wilted.

No Coconut Milk: Use almond milk instead.

Less Work: Sauté all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.

Extra Toppings: Top with chopped green onions, avocado, organic bacon or pieces of toast.

Make it Cheesy: Add nutritional yeast.

Make it Spicy: Add hot sauce, cayenne pepper or red pepper flakes.

Vitamin C	55mg
Calcium	70mg
Iron	1mg



Mango Coconut Popsicles

8 servings

40 minutes

Ingredients

4 cups Frozen Mango
2 cups Organic Coconut Milk (divided)

Nutrition

Amount per serving	
Calories	156
Fat	11g
Saturated	10g
Carbs	14g
Fiber	1g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	16mg
Vitamin A	893IU
Vitamin C	30mg
Calcium	11mg
Iron	0mg

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.



Organic Popcorn

4 servings

2 minutes

Ingredients



8 cups Organic Popcorn





Directions




- 1 Pour into bowls and enjoy!





Nutrition

Amount per serving	
Calories	110
Fat	6g
Saturated	1g
Carbs	13g
Fiber	2g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	194mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	2mg
Iron	1mg

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 21-Day Tune Up Program, Week 2 and get to it! Adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		Freeze your ground meat.	Store in the freezer. We'll remind you later in the week when to set it out to thaw.
		Make the Triple Berry Protein Bowls.	Prepare enough for Monday and Tuesday's breakfast. Divide everything but the almond milk into containers, cover and store in the fridge. (Add almond milk before serving.)
		Prepare Celery with Peanut Butter.	Wash the celery and slice it into sticks. Seal in baggies or containers. Portion out peanut butter in small containers. Store both in the fridge.
		Make Coconut Mango Popsicles.	Follow the recipe then store in the freezer.
		Package your Quinoa Kale Fritters for tomorrow's lunch.	You should have leftovers from last week. Serve over a bed of greens. Make extra avocado sauce if necessary.

		Cook the chicken breast(s) for the Cleaned Up Chicken Salad.	Bake or grill the chicken breast(s). Let cool then store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Triple Berry Protein Bowl, Celery with Peanut Butter and Quinoa Kale Fritters.
		Make Greek Kale Chickpea Salad.	Enjoy for dinner. Divide leftovers into containers for tomorrow's lunch and store in the fridge.
		Prepare Grapes & Pistachios snacks.	Make enough for Tuesday and Wednesday's snacks. Wash and dry grapes. Peel pistachios and divide into baggies.
		Enjoy Mango Coconut Popsicles for snack.	
2 Tue		Pack your meals if you are on-the-go.	Triple Berry Protein Bowl, Grapes & Pistachios and Greek Kale Chickpea Salad.
		Make Cleaned Up Chicken Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Enjoy Mango Coconut Popsicles for snack.	
		Transfer ground meat to the fridge to thaw.	

3 Wed		Make your Mango Oat Smoothie.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Mango Oat Smoothie, Grapes & Pistachios and Cleaned Up Chicken Salad.
		Make Vegetable Chow Mein for dinner.	Enjoy then divide leftovers into containers for tomorrow's lunch.
		Prepare Banana Sushi.	For Thursday and Friday's snack. Store the bananas at room temp and divide the nut butter and hemp seeds into small containers. Assemble before eating.
		Get started on the Crock Pot Stuffed Peppers.	Prepare the meat mixture and stuff it into the peppers. Store covered in the fridge overnight.
		Enjoy Mango Coconut Popsicles for snack.	
4 Thu		Make the Detox Green Smoothie.	Prepare enough for Thursday and Friday's breakfast. Divide into mason jars and store in the fridge.
		Start the Crock Pot Stuffed Peppers.	Place the peppers you stuffed from last night into the slow cooker. Cook on low throughout the day (8 hours).
		Pack your meals if you are on-the-go.	Detox Green Smoothie, Banana Sushi and Vegetable Chow Mein.

		Enjoy Crock Pot Stuffed Peppers for dinner.	Set aside a portion for your lunch tomorrow.
		Enjoy Mango Coconut Popsicles for snack.	
5 Fri		Pack your meals if you are on-the-go.	Detox Green Smoothie, Banana Sushi and Crock Pot Stuffed Peppers.
		Make Vegan Corn Chowder for dinner.	Enjoy then store leftovers in the freezer for next week.
		Enjoy Organic Popcorn for a snack.	
6 Sat		Try something new of your choice!	
7 Sun		Free day.	Set aside some time to grocery shop and prep for Week 2.