THE BRUNETIE

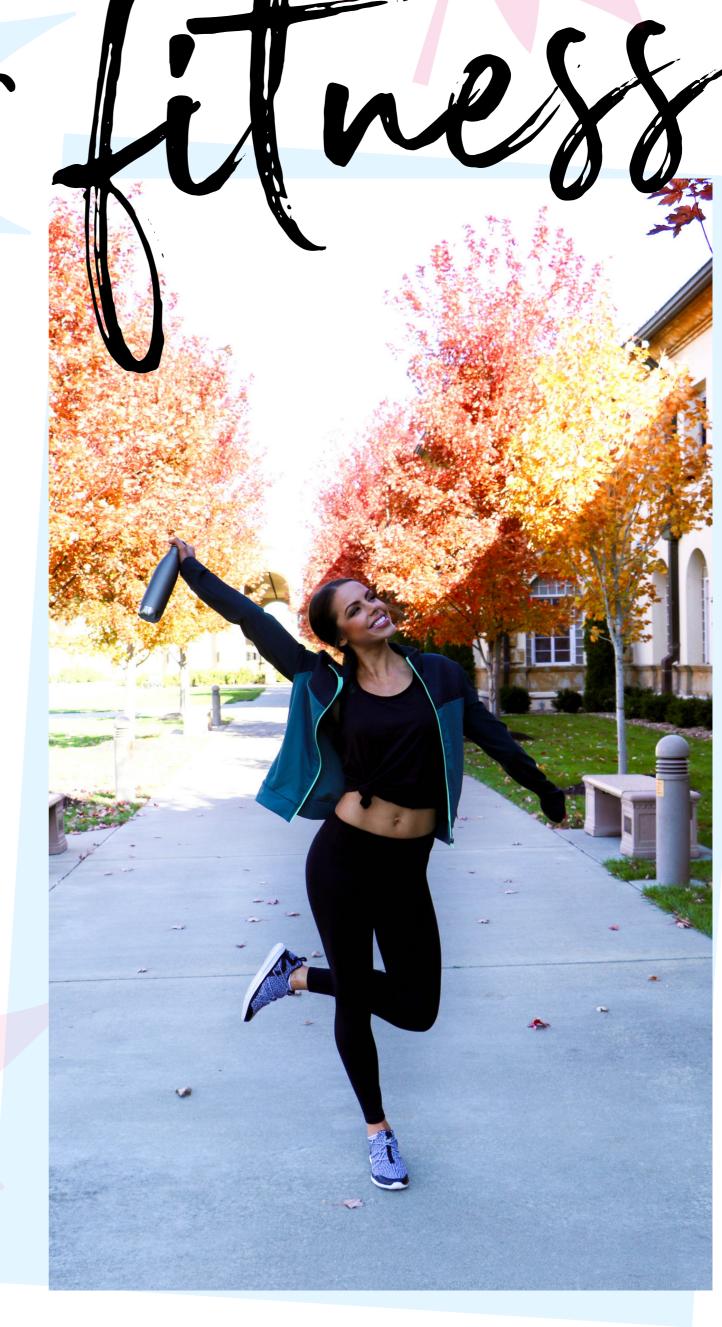
THANKSGIVING COMEBACK



FALL-ING

Who's ready for the best
Thanksgiving feast comeback
EVER?! Here's what you'll find
inside this challenge:

5 days of no-equipment core exercises for you to add to your daily workouts.
6 healthy fall recipes to help you make a comeback from all the Thanksgiving food.
Motivation & fitness tips to help you stay on track past the challenge.



lets go.

BEFORE WE START...

please note:

The exercises and healthy recipes listed are **SUGGESTIONS**ONLY. Please consult with your physician before beginning any exercise program. You know YOUR body and should not attempt any exercises that may cause injury. Consult with your doctor before beginning this challenge to make sure it is right for you.

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THE FIT BRUNETTE

YOUR CORE daily exercises

time to more! MONDAY

ADD THESE CORE MOVES TO YOUR MONDAY WORKOUT.DO EACH EXERCISE FOR THE RECOMMENDED AMOUNT OF REPETITIONS AND REPEAT TWICE FOR A TOTAL OF THREE SETS.

1. BIRD DOGS

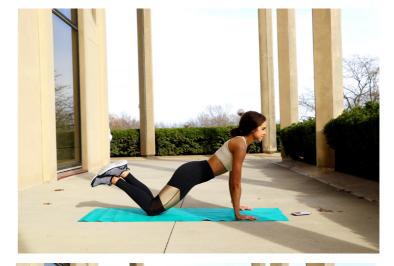
10 reps on each side





2. MODIFIED PUSH-UPS

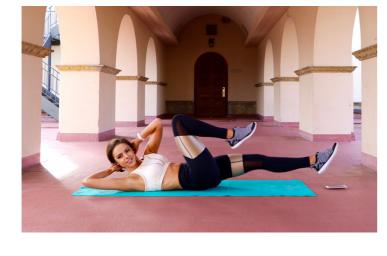
10 reps





3. BICYCLE CRUNCHES

30 reps





4. FRONT PLANK

20 seconds



ADD TA

ADD THESE CORE MOVES TO YOUR TUESDAY WORKOUT.DO EACH EXERCISE FOR THE RECOMMENDED AMOUNT OF REPETITIONS AND REPEAT TWICE FOR A TOTAL OF THREE SETS.

1. SIDE PLANK WITH LEG LIFT 2. RUSSIAN TWISTS

20 reps on each side





30 reps





3. KICK-DOWNS 15 reps





4. FRONT PLANK 30 seconds



WEDNESDAY

ADD THESE CORE MOVES TO YOUR WEDNESDAY WORKOUT. DO EACH EXERCISE FOR THE RECOMMENDED AMOUNT OF REPETITIONS AND REPEAT TWICE FOR A TOTAL OF THREE SETS.

1. STRAIGHT LEG SIT UPS 2.ELBOW TO KNEE PLANKS

15 reps







15 reps on each side



3. FLUTTER KICKS 30 REPS





4. FRONT PLANK
40 seconds



THURSDAY

time to tone.

ADD THESE CORE MOVES TO YOUR THURSDAY WORKOUT.DO EACH EXERCISE FOR THE RECOMMENDED AMOUNT OF REPETITIONS AND REPEAT TWICE FOR A TOTAL OF THREE SETS.

1. MOUNTAIN CLIMBERS 2.ALTERNATING PLANK HIP DIPS

30 seconds





3. SUPERMANS
12 reps









4. FRONT PLANK 50 seconds



ADD THESE CORE MOVES TO YOUR FRIDAY WORKOUT.DO EACH EXERCISE FOR THE RECOMMENDED AMOUNT OF REPETITIONS AND REPEAT TWICE FOR A TOTAL OF THREE SETS.

BURPEES seconds







2. ALTERNATING CROSS BODY TWISTS 30 seconds





3. FULL EXTENSION CRUNCHES

15 reps





4. FRONT PLANK 60 seconds



CLEAN EATS

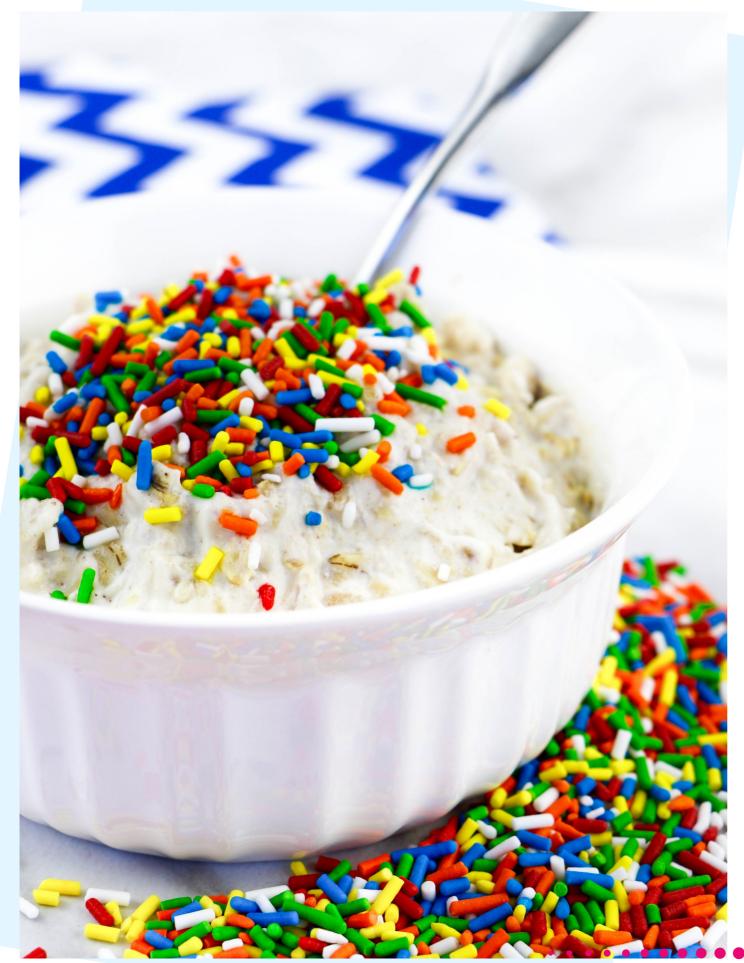
healthy

recipes

1 breakfast 2 lunch/dinner 1 side 1 snack 1 dessert

BREAKFAST

Birthday Cake Batter Protein Oatmeal



ingredients

- 1/2 cup old fashion rolled oats
- 1/2 scoop vanilla protein powder
- 2 tablespoons stevia
- 1 teaspoon butter extract
- 1 cup unsweetened vanilla almond milk
- 1/2 cup nonfat vanilla greek yogurt
- Optional topping: rainbow sprinkles

- 1. In a medium bowl, combine all ingredients, except for the greek yogurt.
- 2. Microwave on high for 2 1/2 to 3 minutes, or until oats are well cooked.
 - 3. Remove from the microwave and stir in 1/2 cup nonfat vanilla greek yogurt. Top with rainbow sprinkles, if desired.

LUNCH & DINNER

Clean & Simple Turkey Chili



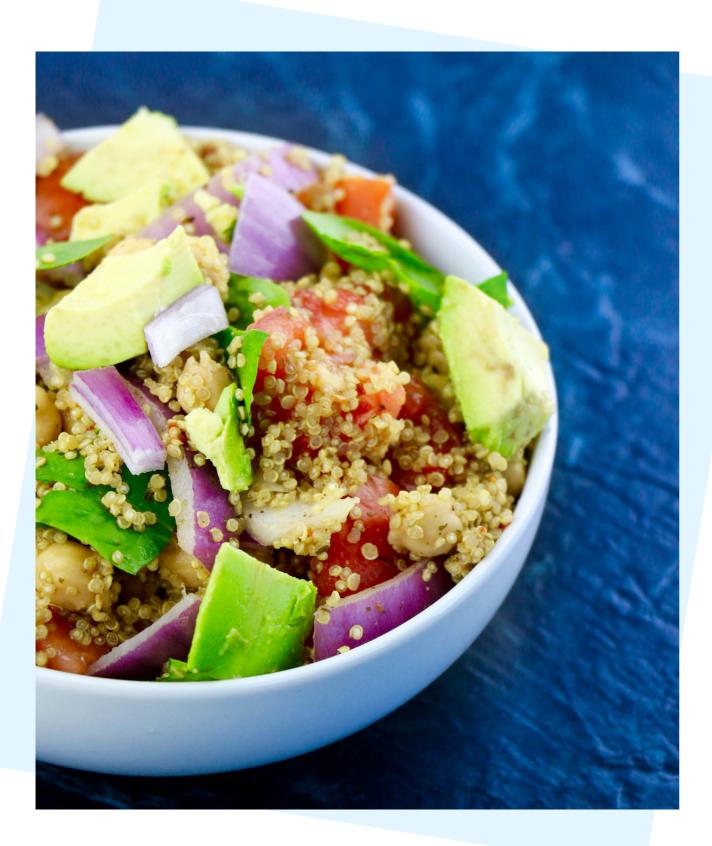
ingredients

- 1 pound 99% lean ground turkey 1 28-ounce can diced tomatoes
- 1 15.25-ounce can golden sweet whole kernel corn
- 1 15-ounce can reduced sodium black beans
- 1 16-ounce can reduced sodium dark red kidney beans
- 1 15-ounce can seasoned diced tomato sauce for chili
- 1 large white onion, chopped
- 1 green bell pepper, chopped 1 red bell pepper, chopped
- 3 tablespoons chili seasoning packet

- 1. Spray a large skillet with nonstick cooking spray. Lightly brown 1 pound of ground turkey meat. Add in 1 chopped onion, green bell pepper, and red bell pepper, and cook until vegetables are soft and turkey meat is fully cooked.
- 2. In a large saucepan, combine one 28 ounce can of diced tomatoes, one 15.25 ounce can golden sweet whole kernel corn, one 15 ounce can reduced sodium black beans, one 16 ounce can reduced sodium dark red kidney beans, and one 15 ounce can seasoned diced tomato sauce for chili. Simmer for about 5 minutes on medium heat, and then add in the turkey, onion, and pepper mix.
- 3. Stir chili until well combined and simmer on medium heat for 20-25 minutes or until fully heated.

LUNCH & DINNER

Mediterranean Avocado Quinoa Salad



ingredients

- 3/4 cup uncooked quinoa
- 1 1/2 cups water
- 1 teaspoon garlic powder 1 teaspoon onion powder 1 teaspoon crushed red bell pepper seasoning
- 1 medium avocado, chopped
- 1 medium tomato, chopped (about 1 cup)
- 1/2 medium red onion, chopped (about 1/2 cup)
- 1-15 oz. can chickpeas
- 1 cup fresh spinach leaves

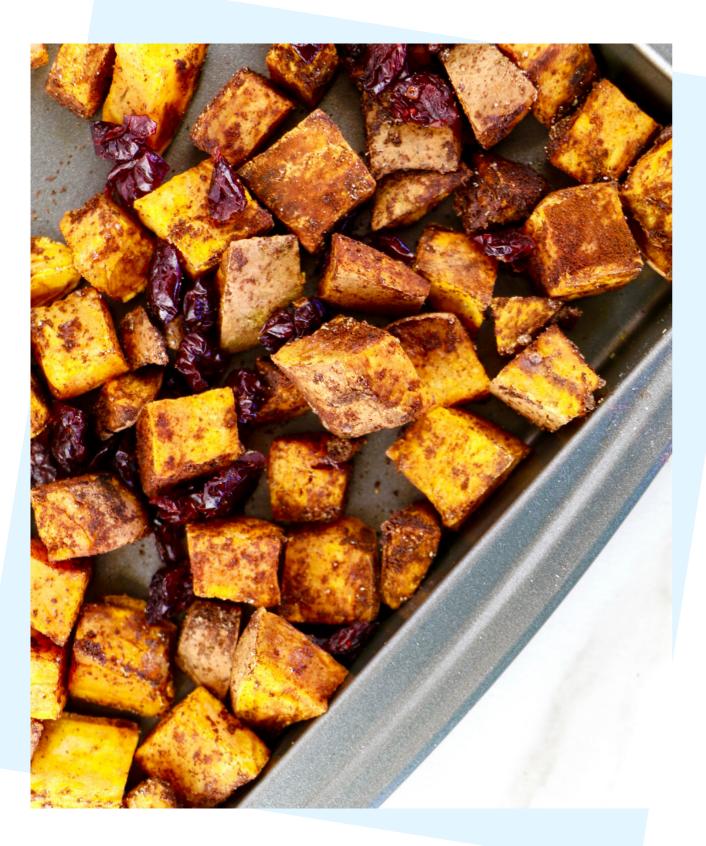
directions

1. In a medium pot, bring 1 1/2 cups of water to a boil. Reduce heat to medium and add 3/4 cup dry quinoa, 1 teaspoon garlic powder, 1 teaspoon onion powder, and 1 teaspoon crushed red bell pepper seasoning. Cover and cook for 12-15 minutes or until all water is absorbed. Remove from heat and allow to cool completely.

- 2. In a medium bowl, stir together chickpeas, chopped tomato, chopped red onion, and spinach leaves. Stir until well combined. Add in 1 medium chopped avocado and gently mix.
 - 3. Refrigerate for 1-2 hours or until chilled and serve cold. Enjoy!

SIDE DISH

Cinnamon Roasted Cranberry Sweet Potatoes



ingredients

- 1 medium sweet potato
- 1 teaspoon coconut oil
- 1 teaspoon maple extract
- 1 teaspoon ground cinnamon
- 1 tablespoon stevia
- 3 tablespoons reduced sugar dried cranberries

- 1. Preheat oven to 400 degrees. Lightly coat a baking sheet with nonstick spray and set aside.
- Using a knife, dice one medium sweet potato into small cubes. Place the sweet potatoes in a medium bowl and pour 1 teaspoon coconut oil and 1 teaspoon maple extract over the top. Gently stir until sweet potatoes are coated.
- 3. Sprinkle 1 teaspoon ground cinnamon and 1 tablespoon stevia over the coated sweet potatoes and stir until evenly covered. Spread the finished potatoes across the prepared baking sheet and bake in the oven for 30-35 minutes, stirring halfway through the cook time.
 - 4. Remove from the oven and allow to cool. Sprinkle 3 tablespoons of dried cranberries across the sweet potatoes and enjoy!

Healthy Peanut Butter & Cocoa Dusted Popcorn

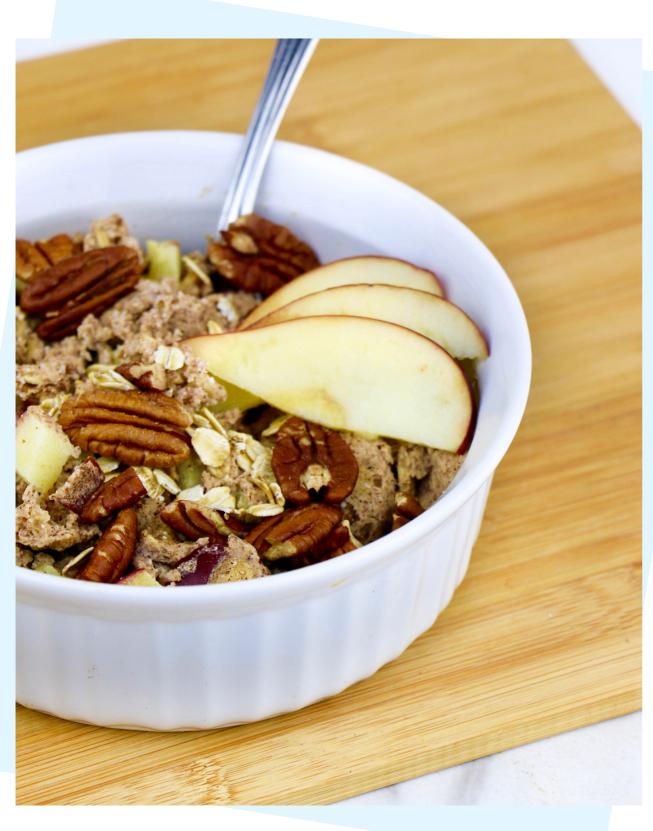


ingredients

- 2 cups air popped popcorn
- popcorn1 tablespooncocoa powder
- 1 tablespoon powdered peanut butter
- 2 tablespoons stevia
- Coconut oil spray
- 1 tablespoon chopped peanuts

- Spread prepared popcorn across a flat baking sheet. Lightly cover with coconut oil spray.
- 2. Sprinkle cocoa powder, powdered peanut butter, and stevia over the top of the coated popcorn. Stir with a spoon until the popcorn is completely coated.
 - 3. Transfer popcorn to a medium bowl and stir in chopped peanuts. Enjoy!

Single Serving Apple Spice Protein Cake



ingredients

- 3 tablespoons old fashion rolled oats
- 1 tablespoon coconut flour
- 2 tablespoons stevia
- 1/2 scoop vanilla protein powder
- 1 teaspoon cinnamon
- 3 tablespoons unsweetened almond milk
- 2 tablespoons liquid egg whites
- 1/2 teaspoon maple extract
- 1/2 medium red apple, chopped
- 1 tablespoon chopped pecans

directions

- Lightly coat a small bowl or mug with nonstick spray. Combine oats, coconut flour, stevia, protein powder, cinnamon, almond milk, egg whites, and maple extract. Mix until a batter consistency forms.
 - 2. Gradually stir in 1/2 of a medium chopped red apple.
- 3. Microwave on high for 3 minutes. Remove from the microwave and top with chopped pecans. Allow the cake to cool and enjoy!

TIP: Serve warm with some nonfat vanilla greek yogurt.

CONGRATS! challenge complete

Thanks for joining my CORE COMEBACK challenge! I hope you learned something new and can apply these new healthy habits to your lifestyle. Feel free to reach out to me through email or social media if you have any questions or if I can help you reach your goals in any way.

xoxo, The Fit Brunette Samantha Bowers

@samanthabowers_

"If you think you can, or you think you can't... You're right."