

\$9.95



FIT  
4

ISSUE #1

L I F E

FIVE WORKOUTS

FIVE RECIPES

CEO SPOTLIGHT



ENJOY THE FITNESS PROCESS

INSIDE



Empowering Extraordinary Health®

THE proteinBAKERY®

REACH  
YOUR  
GOALS

FITSNACK  
HEALTH DELIVERED



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# IN THIS ISSUE

1-2

**EMBRACE THE DAY**  
**WORKOUT #1**

3-4

**REMEMBER TO TAKE BREAKS**  
**WORKOUT #2**

5-6

**INSIDE**  
**THE PROTINE BAKERY**

7-8

**FEEL A COMPLETE BODY BURN**  
**WORKOUT #3**

9-10

**BUTT BUILDER SERIES**  
**WORKOUT #4**

11-12

**STAY ACTIVE, GET CREATIVE**  
**WORKOUT #5**

13-14

**PROTEIN PANCAKES**  
**RECIPE #1**

15-16

**FIG AND WALNUT ENERGY BARS**  
**RECIPE #2**

17-18

**SLOW ROASTED SALMON WITH SALSA**  
**RECIPE #3**

19-20

**CAULIFLOWER CRUST PIZZA**  
**RECIPE #4**

21-22

**PROTEIN BROWNIES**  
**RECIPE #5**

23-24

**THE SCIENCE OF NATURE**  
**GARDEN OF LIVE**

25-26

**FOUNDER STORY**  
**ROSE MUNIZ**

# FIT MISSION


## WE ARE FOCUSED

Staying on track with fitness goals can be tough sometimes- we get it! Which is why we want you to know...we've got your back. Here at FitSnack, it's our job to take some of the pressure off when it comes to making healthy eating choices. Our team of health and product junkies are dedicated to researching and seeking out the most delicious and nutritious snacks out there, with major focus on "clean" eating, paleo, organic, low sugar, and all natural options. Each box will be packed with tasty little reminders to help keep your goals going strong. We are thrilled to have you join our team and look forward to your feedback. Let's do this!



*The Fit Snack Team*  
The Fit Snack Team



A close-up, low-angle shot of a vibrant red ceramic mug. The mug is positioned on a dark, textured wooden surface. From the top of the mug, wisps of white steam rise and drift towards the upper left. The background is a soft, out-of-focus sunset or sunrise, with warm orange and yellow light filtering through a hazy sky. The overall mood is peaceful and comforting.

“One small positive thought  
in the morning can change  
your whole day.”

- Chelsia Hart



FIVE WORKOUTS

# EMBRACE THE DAY

## START WITH A MORNING WORKOUT

---

30 triceps dips



30 push ups



30 sit ups



30 crunches



60 sumo squats



30s wall sit



60s plank



Followed by

15 minute yoga cool down



Check with your doctor to insure these workouts are right for you.



Smile, breathe and go slowly.

*Thich Nhất Hạnh*



# REMEMBER TO TAKE BREAKS

## TRY A 3 MINUTE WORKOUT (ARMS)

---

30 second arm circles



30 second push-ups



30 second downdog push-ups



30 second floor triceps dips



30 second push-ups



30 second arm circles



THE **protein** BAKERY®



The delicious gourmet items that are produced at The Protein Bakery are rich in protein and flavor.

The bakery's cookies, brownies, and blondies are packed with muscle-building protein that makes you feel fuller faster and prevents spikes in blood sugar levels.



The proof is in the feedback for The Protein Bakery where Bobby Deen, Rachael Ray, Oprah Winfrey, and Equinox Gyms have all praised the nutritious goodies.

[proteinbakery.com](http://proteinbakery.com)



# INSIDE THE BAKERY



To Stephen Charles Lincoln, CEO of The Protein Bakery, the secret to happiness is balance. As a fitness instructor and former program director, Lincoln learned from hands on experience that balance impacts performance and health. To Lincoln, the key to a proper balanced life is diet. With this concept in mind and a passion for baking, The Protein Bakery was born.



Lincoln has found that it's one way to keep the heart beat steady and the body in balance. Every bite of these amazing baked goods are high in dietary fiber, low in gluten, and delivers up to 5 times more protein than the average baked treat.

THE protein BAKERY®

it's always the right time to enjoy all our heart-smart, protein-rich snacks.



Whenever you find yourself doubting  
how far you can go, just remember  
how far you have come.

Remember everything you have faced,  
all the battles you have won, and  
all the fears you have overcome.

- Unknown



# FEEL A COMPLETE BODY BURN

## WITH A TOTAL BODY HOME WORKOUT

(Complete 2 rounds)

50 jumping jacks



25 push-ups



25 burpees



50 high knees



50 squat jumps



25 sit-ups



25 leg raises



50 dips



50 plank (count to 50)



25 jump lunges



25 tuck jumps



50 mountain climbers



Check with your doctor to insure these workouts are right for you.



Your body can stand almost anything.  
It's your mind that you have to convince.

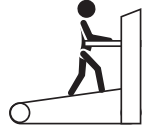


# BUTT BUILDER SERIES

TRY SOMETHING NEW AT THE GYM

## 15 Minute Treadmill Series

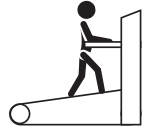
Uphill Walk for 2 Minutes  
(15 incline, speed 4)



Uphill Lunges 2 Minutes  
(15 incline, speed 1.7) \*hold on to rails



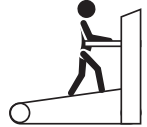
Uphill Walk for 2 Minutes  
(15 incline, speed 4)



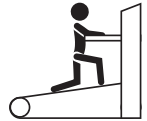
Uphill Jog for 1 Minute  
(6 incline, speed 6)



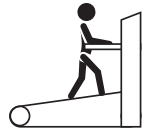
Uphill Walk for 2 Minutes  
(15 incline, speed 4)



Uphill Lunges 2 Minutes  
(15 incline, speed 1.7) \*hold on to rails



Uphill Walk for 2 Minutes  
(15 incline, speed 4)



Uphill Jog for 1 Minute  
(6 incline, speed 6)



1 to 2 minute Cool down

Check with your doctor to insure these workouts are right for you.



The literal translation of Namaste is “bow me you” or “I bow to you”

– Yoga Journal

We bow to you.

or

Namaste from Fit Snack



FIVE WORKOUTS

# STAY ACTIVE, GET CREATIVE

## 7 FUN IDEAS TO MAKE ACTIVE LIFESTYLE EASY

### EXPLORE

Jog or walk a new neighborhood or park nearby.



### TOUCH THE SKY

Hike a mountain or hill for your Sat AM workout.



### TEACH THEM YOUNG

Take your little one on an adventure through different trails using a baby jogger stroller.



### WALK ON THE CLOUDS

Snow Shoe



### LOVE THE KID IN YOU

Join a gymnastics gym (at any age).



### RHYTHM AND SOUL

Have at home dance parties.



Check with your doctor to insure these workouts are right for you.





# PROTEIN PANCAKES

## INGREDIENTS

- 1 ½ CUPS Ground Oats Or Oat Flour
- ¾ TSP Baking Powder
- 6 Egg Whites
- ¾ TSP Almond Or Vanilla Extract
- ½ CUP Greek Yogurt
- 2 TBS All Natural Sweetner of Choice

Mix dry ingredients and wet ingredients separately, and then add wet mixture to dry mixture, add almond milk to thin to preference. More almond milk = more crepe like.

Serve with Walden Farms Syrup or homemade fresh fruit compote (boil down berries of choice with water, add stevia and honey to taste)



# FIG AND WALNUT ENERGY BARS

## INGREDIENTS

1 ½ CUPS	Raw Walnuts, Chopped	⅓ CUP	All-natural Sweetener
⅓ CUP	Whole-grain Flour	½ CUP DRIED	Cranberries
⅛ TSP	Baking Soda	1 CUP DRIED	Figs, Quartered
⅛ TSP	Baking Powder	1 CUP DRIED	Apricots, Chopped
¼ TSP	Sea Salt	1	Large Egg
½ TSP	Cinnamon	1 TSP	Pure Vanilla Extract

Preheat oven to 325° F and line an 8x8-inch baking pan with parchment paper, across the bottom and both sides.

Toast the walnuts at 325° F for 10 minutes. Remove from oven and set aside.

In a food processor, blend together flour, baking soda, baking powder, sugar, cinnamon, salt and half of each dried fruit.

Transfer the mixture to a large bowl and mix in the walnuts and the rest of the dried fruit with your hands.

Whisk the vanilla and egg together, then add it to the fruit mixture.

Blend well and spread into the pan, packing it down with your fingers to even it out. Bake at 325° F until golden brown 35-40 minutes.

Remove from the oven and transfer to a wire rack by lifting the bars from the pan by the edges of the parchment paper. When cooled, use a sharp knife to cut into 12 pieces. Store in an airtight container at room temperature for up to 10 days.



# SLOW ROASTED SALMON WITH GRAPEFRUIT AVOCADO SALSA

## INGREDIENTS

- 1 LB Salmon Fillet
- 1 TBS Extra-Virgin Olive Oil
- 1 Grapefruit
- 2 Lemons
- ½ TSP Salt
- ¼ TSP Freshly Ground Black Pepper

## FOR THE SALSA:

- 1 Grapefruit
- 1 Ripe Avocado, Pitted, Peeled And Cubed
- ½ Jalapeño Chili, Seeded and Minced
- 3 TBSP Minced Red Onion
- 2 TBSP Minced Fresh Cilantro
- 1 TBSP Fresh Lime Juice

Pre-heat the oven to 250 degrees. Cut the top and bottom off the grapefruit and one of the lemons and slice into rounds about 1/4-inch thick. Lay the fruit on a parchment lined rimmed baking sheet and top with the salmon fillet. Zest the remaining meyer lemon over the top of the fillet drizzle with the olive oil and season with the salt and pepper. Roast the salmon for 25-30 minutes until the fish is opaque and slightly firm to the touch.

Meanwhile, using a sharp knife, cut off the peel and all of the white pith from all around the grapefruit. Working over a small bowl, use the knife to cut between the membranes to release the grapefruit segments into the bowl. Squeeze the juice from the membranes into the bowl. Remove the grapefruit segments from the bowl and cut crosswise into 1/2-inch pieces, then return them to the bowl. Gently mix in the avocado, jalapeño, onion, cilantro and lime juice. Season the salsa with salt and pepper.





# CAULIFLOWER CRUST PIZZA

## INGREDIENTS

- 1/2 HEAD Cauliflower, Coarsely Chopped
- 1/2 CUP Shredded Italian Cheese Blend
- 1/4 CUP Chopped Fresh Parsley
- 1 Egg
- 1 TSP Teaspoon Chopped Garlic

Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded.

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes.

Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes.

Preheat an oven to 450° degrees F (230° degrees C). Line a baking sheet with parchment paper or a silicon mat.

Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated. Pour mixture onto the prepared baking sheet; press and shape into a pizza crust.

Bake in the preheated oven until lightly browned, about 15 minutes.





# PROTEIN BROWNIES

## INGREDIENTS

- 1 CUP Oat Flour
- 2 CUPS Chocolate Protein Powder
- 4 TBSP unsweetened Baking Cocoa
- ½ CUP All-Natural Sweetener
- ¼ TSP salt
- ½ TSP baking soda
- ½ TSP vanilla extract
- 8 OZ unsweetened applesauce
- ½ CUP Liquid egg whites
- 4 OZ water

Preheat oven to 350°. Mix ingredients well and pat batter into non-stick baking dish. Bake for 30 minutes.

# The Science of Nature



Garden of Life provides supplements and other products that transforms customers' lives and support a healthy lifestyle. By combining the best of nature and science, Garden of Life's products are backed by education and innovation.



Their product list includes:



FYI ULTRA - The ultimate joint and cartilage formula, containing a broad spectrum of nutrients to support joint and connective tissue health Lysozyme.



RAW Candida Cleanse - a powerful blend of plant-based enzymes including cellulase, hemicellulase and Lysozyme.



Raw Fit - a USDA Certified Organic, RAW, plant-based vegan high-protein powder.



Raw Meal - meal replacement that satisfies hunger, is naturally filling and provides energy.

... and so much more!

With an advisory board that includes a Gastroenterologist, a University Professor Emeritus in health and nutrition, and one of the world's leading experts on eating raw goods, Garden of Life is dedicated to turning healthy eating into a way of life and providing the best ingredients to support an active lifestyle.



Empowering **Extraordinary Health**®

# FOUNDERS STORY

## ROSE MUNIZ



Fit Snack is the brainchild of Rose Muniz, a Denver native and manager at an international consulting firm. While managing a travel oriented business career alongside her passion for fitness and nutrition, Rose realized a void in the health and fitness world: the difficulty of finding healthy snacks on the go! Once inspired, she used her business expertise in conjunction with her passion for healthy living to develop Fit Snack, a subscription box devoted to providing satisfying and nutritious snacks to-go.

“Good nutrition affects your mood, energy levels, and provides clarity of mind,” Rose explains. “Decision-making, positive attitude, and problem solving are pivotal aspects of being successful, whether at a Fortune 500 company, spending quality time with family, or training for a marathon.”

“ I LOVE  
TO MOTIVATE  
& INSPIRE OTHERS  
TO LIVE A HEALTHY  
LIFE STYLE. ”

Rose's passion for healthy living started when she was just a child she always ordered salad on Pizza night. Her journey was a continuous evolution as Rose's family grew up on traditional Mexican American dishes with little focus on balanced whole food nutrition. She accepted this challenge and has since been an inspiration to her family including a recent clean eating pantry delivery to her Grandmother. Rose is also proud to be congratulating her baby sister and best friend in her graduation as a dietary nutrition and certified personal trainer this year.



Rose's goal in this life is to be her best self and to inspire others through action. The only way she could achieve this goal was to learn and do. After college, she began an 8 year international travel career which had many nutritious challenges.

During this time, she entered the world of Bikini Fitness Competitions and medaled 2 times. From there and thanks to her coach, Rose had the tools to incorporate fit life into everyday, no matter the travel or work ahead.

In addition to a focus on healthy life and corporate success, Rose co-founded non profit Hope Connects with her best friend in 2010. The two and their supporters have impacted lives of women and children throughout in Africa and here locally in Colorado.

Rose's vision with Fit Snack is to merge her passion for business, fit life, philanthropy and inspiring others into one beautiful company.

She is honored that you are participating in Fit Snack and that you have taken the steps to live consciously in life, love and health.



Rose Muniz  
Rose Muniz



**FITSNACK**  
HEALTH DELIVERED

# FITNESS NUTRITION DELIVERED MONTHLY STARTS AT **\$15** PER MONTH + S/H



JOIN AT  
[WWW.FITSNACK.COM](http://WWW.FITSNACK.COM)

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SHARE YOUR FIT