



What if it's not your fault  
that you're having trouble  
losing weight...

**...What if it's your  
microbiome?**

# AMARE FIT PROGRAM

Individual weight loss results may vary. It's possible for individuals to lose 1-2 pounds a week using Amare products and following the Amare Fit Program. However, there is no guarantee of specific weight loss results.

# AMARE FIT Program

Supplements alone aren't the answer! It comes with a comprehensive plan to help you get results! The Amare Fit Program combines supplementation, movement, nutrition, and an often-forgotten, important factor, SLEEP!

## It's **EASY!**

- MOVE** | your muscles and lungs to mobilize fat stores and switch on feel-good endorphins and endocannabinoids
- EAT** | the right nutrients at the right time to switch on your microbiome and activate your mood and metabolism
- SLEEP** | your secret fat-destroying weapon is high-quality sleep – get it and watch the pounds and inches melt away



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# Daily Routine Guidelines

| Accelerated Daily Plan |  | Daily Plan  |  |
|------------------------|--|-------------|--|
| Morning                | Take 1 GBX Fit on an empty stomach + Workout   | Morning     | Take 1 GBX Fit on an empty stomach + Workout               |
| Mid-Morning            | Drink your Happy Juice (Amare EDGE, MentaBiotics, Energy+)                             | Mid-Morning | Drink your Happy Juice (Amare EDGE, MentaBiotics, Energy+) |
| Noon                   | Take 2 GBX Burn with a Healthy Lunch   | Noon        | Take 2 GBX Burn with a Healthy Lunch                       |
| Afternoon              | Healthy Snack  | Afternoon   | Healthy Snack  |
| Dinner                 | Take 2 GBX Burn with a Healthy Dinner  | Dinner      | Healthy Dinner   |
| Evening                | No eating after 8 pm and take 1 GBX Fit (ideally two hours after your last meal/snack) | Evening     | No eating after 8 pm                                       |

| Macro Balanced Daily Plan |   |
|---------------------------|---|
| Morning                   | Take 1 GBX Fit on an empty stomach and then enjoy a Healthy Breakfast |
| Mid-Morning               | Drink your Happy Juice (Amare EDGE, MentaBiotics, Energy+)            |
| Noon                      | Take 2 GBX Burn with a Healthy Lunch                                  |
| Afternoon                 | Healthy Snack   |
| Dinner                    | Healthy Dinner  |
| Evening                   | No eating after 8 pm  |

Are you working hard to balance your macros? Take your GBX Fit on an empty stomach and then enjoy a healthy breakfast.



A woman with blonde hair in a ponytail, wearing a red jacket and white shorts, is running on a paved path. A white dog is running alongside her. The background is a lush green forest. The word "MOVE" is overlaid in large white letters.

# MOVE

# MOVE

## Incorporate Morning Workouts with Amare EDGE

Doing this in a fasted state provides enhanced fat-burning!

## Weekly MOVEMENT Plan

| Mon             | Tues                            | Wed             | Thurs                           | Fri             | Sat   | Sun                     |
|-----------------|---------------------------------|-----------------|---------------------------------|-----------------|---|-------------------------|
| HIIT<br>(20min) | Full Body<br>Circuit<br>(20min) | HIIT<br>(20min) | Full Body<br>Circuit<br>(20min) | HIIT<br>(20min) | HIIT +<br>Full Body<br>Circuit +<br>Breath Work<br>(45 min) | Rest Day –<br>Self Care |

## HIIT (High Intensity Interval Training)

To maximize the metabolic benefits and mental wellness improvements within the shortest time commitment possible, for aerobic exercise, we recommend a three-times-weekly HIIT regimen:

### 6 minute warm-up (light walking or other low intensity movement)

#### Follow with:

- 1 minute high intensity / 1 minute low intensity\*
- 2 minutes high intensity / 2 minutes low intensity
- 3 minutes high intensity / 3 minutes low intensity
- 2 minutes high intensity / 2 minutes low intensity
- 1 minute high intensity / 1 minute low intensity

### 6 minute cool down (light walking or stretching)

\*In general, high intensity makes breathing hard enough that it'd be difficult carrying on a conversation. Low intensity allows recovery and you can talk easily without getting out of breath.

These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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## Full Body Circuit (core & whole-body strength training)

Strength training comes with a slew of benefits:

- **Builds lean muscle mass (which increases BMR)**
- **Tones and defines muscles**
- **Improves posture**
  - **Helps maintain bone mineral density**

It even eases your everyday movement, and increases your metabolism! Push-ups, sit-ups, and other body weight movements work great — choose what feels good to you!

For a balanced, fast, and functional, full-body workout, try out one of the Movement Videos available in Amare Programs:

<https://www.amare.com/corporate/en-us/programs>

## Breath Work (relaxation & recovery)

Try to Breathe in Fives, which can help calm an overactive stress response (reducing cortisol production) and activate the body's relaxation response (parasympathetic nervous system).

It takes less than 90 seconds to follow these simple steps:

Sit or stand comfortably/quietly (even if it's in the car or standing in line at the grocery store)

- **Inhale slowly/deeply through your nose for a count of five seconds**
- **Hold that breath for a count of five seconds**
- **Slowly release the breath through your mouth for a count of five seconds**
- **Repeat five times**

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# EAT

The question of “what to eat?” is a big one when it comes to losing weight. While many weight loss programs prescribe extremely restrictive guidelines or step by step instructions, we do things differently here at Amare. The Amare Fit Program follows the latest science around how to eat for not just physical health benefits (like fat loss and blood glucose balance), but also for mental wellness benefits (like mood and motivation). The result is a principle based plan that you can tailor to your own body and lifestyle!

## The Link Between Diet and Mental Wellness

Diet is intimately linked with both mental wellness and physical health – and the way to improve both is to use diet to optimize your microbiome.

Changes in gut microbiome balance are measurable within as little as twenty-four hours—and can be substantial after just a few days following dietary changes. For example, one study switched volunteers from a Western diet—one high in sugar, salt, and fat—to a diet higher in fiber-rich fruits and vegetables. They discovered an increase in microbiome diversity and reduced systemic inflammation within just forty-eight hours!

In dozens of studies, diet has been shown to be the most direct, immediate, and critical factor in maintaining a healthy microbiome.



Improvements in microbiome balance, psychological mood state, and multiple aspects of physical health have been widely observed and studied in populations that follow the Mediterranean diet. This diet consists mostly of whole grains, nuts, legumes, vegetables, and fruits, with moderate consumption of poultry/fish, and red meat consumed sparingly.

### Here are some of the main discoveries:

- Because individuals eating this diet consume larger amounts of plant-derived nutrients—such as fiber, plant protein, and phytonutrients—they display improved ratios of microbiome bacteria associated with enhanced metabolism and resistance to weight gain.
- High intake of plant proteins provide increased levels of amino acids that benefit mood, inflammatory balance, gut health, and heart and brain health compared to Western diets high in animal protein.
- Research shows that people who follow a Mediterranean-style diet with lots of plants and seafood reduce their risk for developing depression by 50 percent compared to those on a Western diet.

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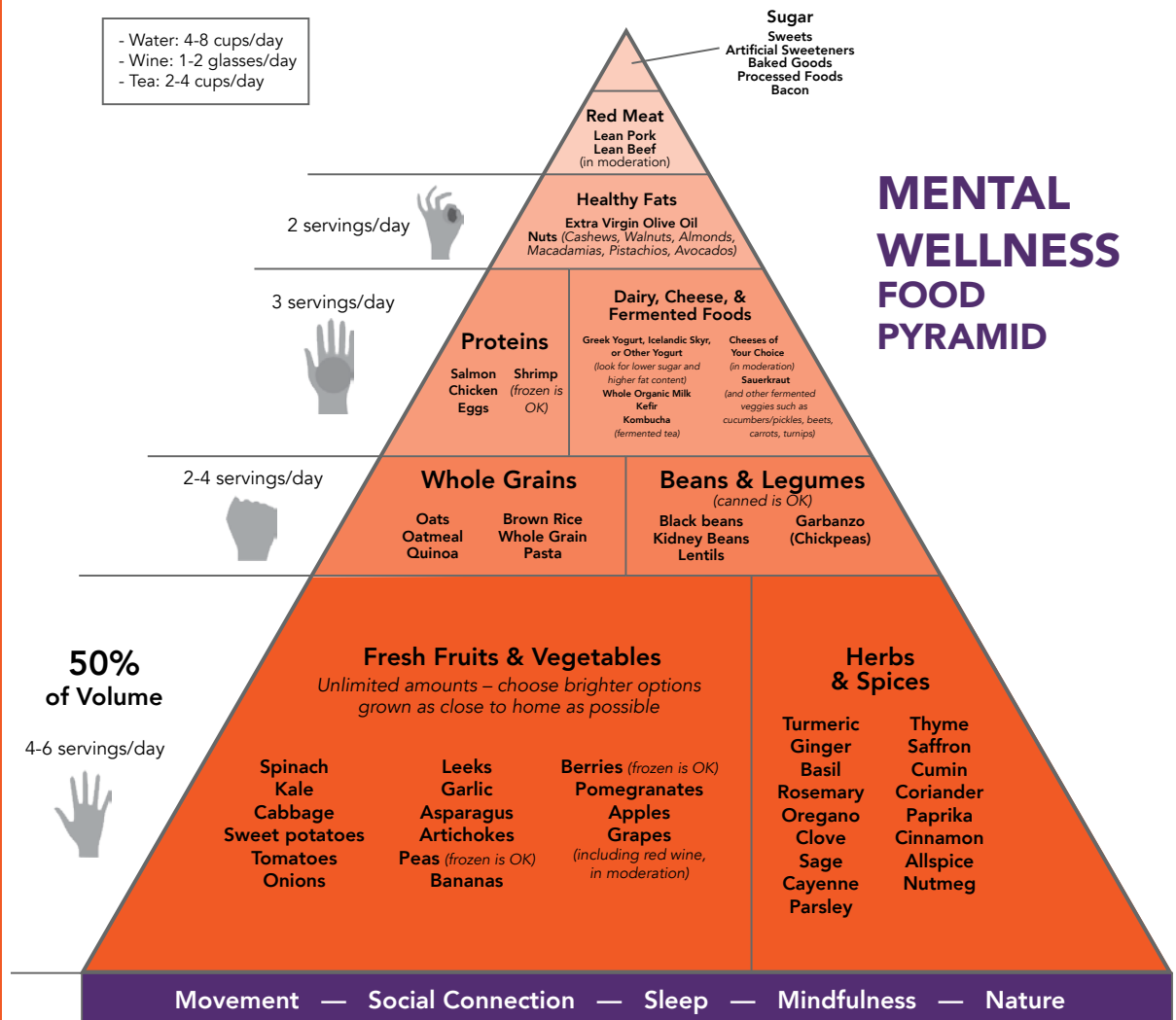


Other studies reveal similar positive trends from other plant-rich diets around the world.

- The Japanese diet rich in fish, green tea, green leafy vegetables, tofu, and fermented foods has been associated with half as much depression and half as many suicides as Japanese individuals eating more of a Western-style diet.
- The very same dramatic reductions in mental wellness issues have been shown across Scandinavia (Norway, Finland, Sweden, Denmark, and Iceland) among people eating more of a traditional whole-foods dietary pattern compared to a Western-style diet.
- Research studies around the world in more and more countries continue to show that higher dietary intake of less-processed, whole foods will improve mood, while higher intakes of processed foods will reduce mood (and overall health).

## Habitual Nutrition

At Amare, we don't typically use the word "diet" to describe eating habits because it often implies a way of eating that you'll follow for a



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short period of time and then stop. Most people think of a diet as a restrictive approach to eating that they'll eventually be "off" so they can go back to their "normal" way of eating.

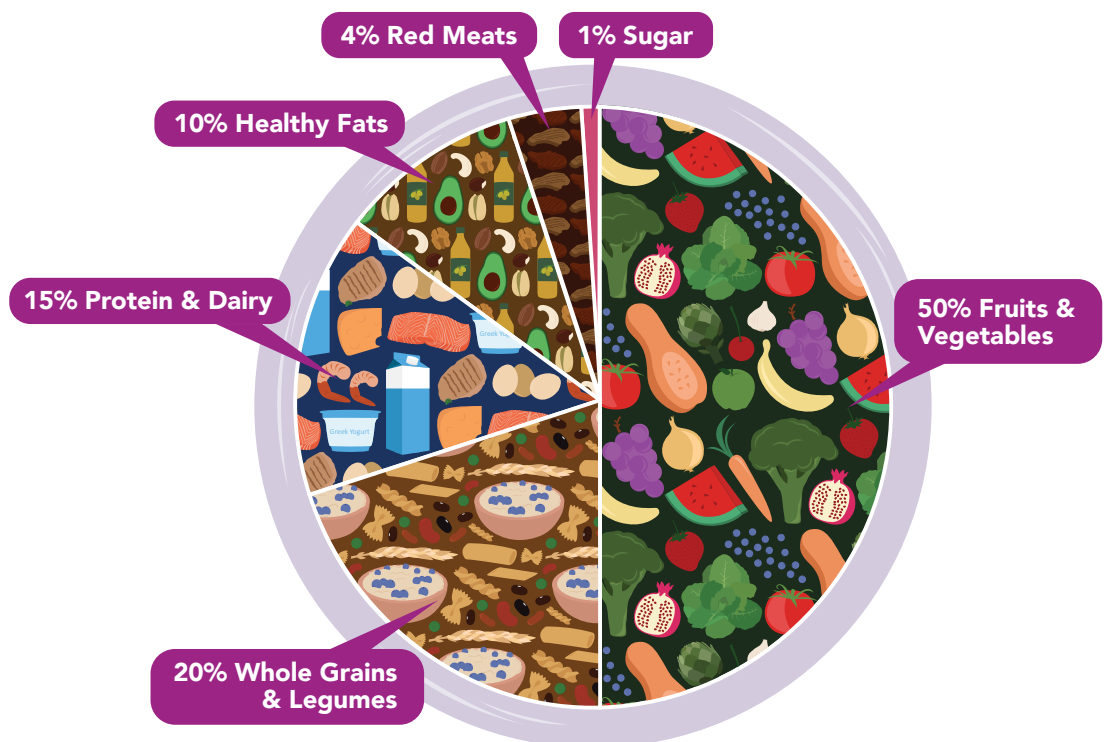
When viewed from this lens, it makes perfect sense to refer to the Mental Fitness Diet as "habitual nutrition" because it's an eating pattern we encourage you to follow on a daily basis.

## The Mental Fitness Diet

One look at the Mental Fitness Diet pyramid or plate diagrams below reveals that vegetables, fruits, and spices should make up at about half of what you eat at each meal. The other half of your meal is a balanced combination of whole grains, beans, legumes, seeds, or nuts, and healthy proteins and fats.

This plant focused approach to habitual nutrition does not mean that meat is bad, but rather it helps us focus on the fact that plant foods contain a vast array of bioactive compounds that help us feel better now and remain feeling great in the future, especially when we're under stress.

### Mental Wellness Food Plate



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# The Mental Wellness Power of Plants

Many of the healthiest plant compounds—such as flavonoids, carotenoids, glucosinolates, and many others—are produced by the plant to provide natural stress protection against the damaging effects of sunlight, heat, drought, and pests. When we ingest the plants in our diets, we get those anti-stress benefits as well!

In our own bodies, these anti-stress plant compounds help support microbiome balance, reduce cellular damage, restore immune vigilance, balance inflammation for heart and brain health, boost blood flow, and help with hormonal balance and blood sugar control.

Plant foods are rich in all of the standard essential nutrients such as vitamins, minerals, fatty acids, carbohydrates, protein, and fiber, but they are also packed with thousands of bioactive phytonutrients that are important for optimal physical and mental wellness.

- **Flavonoids:** found in berries, grapes, apples, citrus, tea, red wine, and dark chocolate
- **Carotenoids:** found in carrots, peppers, squash, sweet potatoes, spinach, and kale
- **Thiols/glucosinolates:** found in onions, garlic, leeks, brussels sprouts, broccoli, and cabbage
- **Lignans/phytoestrogens:** found in nuts, seeds, beans, whole grains, and chickpeas

Plants should represent at least half of the food on your plate at each meal.

## Putting it into practice

For some of you, the general principles we've outlined might be enough to help you put together delicious and satisfying meals that will help you on your path to mental wellness. But some of you might be hoping for specific protocols and prescriptions for each how much and when as you plan breakfast, lunch, and dinner each day.

Both approaches can be effective depending on who you are and what goals you have. Our approach with Amare Fit takes the middle ground, because we want you to learn how to eat so you develop a good relationship with food and can continue following the Mental Fitness Diet for long after you've achieved your target body composition.

We recommend practicing the basic principles for a few days or week: eat more whole foods and less processed foods. Then build on your experience with confidence to mix things up based on what you have going on.

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## Here are some examples of how to practice these principles:

- Some days you might not be hungry until early afternoon while other days you might be hungry first thing in the morning and make yourself a smoothie.
- On days when you choose to lift weights or do a heavy workout, you may eat a little more protein just before you work out to maximize muscle gain.
- Other days you might need a little more endurance so you could eat small, balanced meals and snacks every few hours.
- At night you may stop eating two hours before bedtime to optimize microbiome signaling while other nights you eat a snack very close to bedtime to maintain overnight blood glucose and improve sleep quality.

The common theme across every food decision is “more whole and less processed”. Consistently practice that as a first principle and you will be on the right track.

In each of these different scenarios, the key is to listen to your body and hunger cues to adjust how much you eat and when. This takes practice, and there is no one-size-fits-all approach. Experiment a little and find out what works best for you.



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# How Much to Eat

## The "Helping Hand" Approach to Eating

While you are evaluating the quality aspects of your food choices for both mental wellness and physical health, you should also be considering the second part of the nutrition equation: quantity (otherwise known as portion control). Luckily, we have a handy pair of built-in portion-control tools — our hands. We can use them to guide us in the quantity aspect of the Helping Hand approach to eating.

### Carbohydrates



Fruits and vegetables (except potatoes, which count as concentrated carbs): Choose a quantity that roughly matches the size of your open hand. Select brightly colored fruits and vegetables for the highest levels of disease-fighting carotenoids (orange, red, yellow) and flavonoids (green, blue, and purple).



Concentrated carbs (e.g., starches, such as bread, cereal and pasta, including potatoes and french fries): Choose a quantity that is no larger than your tightly closed fist (e.g., a small side dish of pasta, potato salad, a dinner roll, etc.).

### Protein



Lean proteins (e.g., eggs, yogurt, milk, lean ground beef, steak with visible fat trimmed, fish, chicken, pork chops, etc.): Choose an amount about the size of the palm of your hand. Keep in mind, this is likely to be about half of what's served in many American restaurants, so be prepared to eat half and bring the other half home for leftovers.

### Fat



Any source of fat will do. That means butter, olive oil, flaxseed oil, cheese, and nuts are fine. Make an okay sign with your thumb and index finger, and choose an amount about the size of the circle made by your index finger/thumb.

**Gluten free, vegan or vegetarian? No problem!**  
**Make substitutions that work for you!**

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# Snack Ideas

**Grab a Handful...** Walnuts, Pecans, Almonds, Cashews, Pistachios, Macadamia Nuts, Hazelnuts, Pine Nuts, Chestnuts, Pumpkin Seeds, Sunflower Seeds, Blueberries, Strawberries, Grapes, Raspberries, Blackberries

## Prepare a Snack...

- Veggies and hummus
- Apples slices with almond butter
- Half an avocado with salt and pepper
- Chia pudding
- Homemade Veggie Chips (Recipe below)

# Homemade Veggie Chips

**Pick a veggie:** kale, spinach, carrot, turnip, beet, zucchini, sweet potato, parsnip, radish, mushroom

**Pick a seasoning:** salt, pepper, vinegar, turmeric, paprika, garlic powder

1. Preheat the oven to 300 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Slice veggies into even, thin pieces (approx. 1/8 inch).
4. Toss with olive oil and desired seasonings.
5. Lay veggie slices in a single layer on the baking sheet.
6. Bake for 30-60 min. Turn the baking sheet every 15 min for even heating.
7. Chips are ready when the edges begin to brown. Check regularly- some veggies (kale/spinach) require less time than others (beets, sweet potatoes). Remove sooner if needed. If some chips are not crisp, remove the done chips and put the soft chips back in to bake for another 5-15min.



# Smoothie Recipes

## Smoothie Mix & Match

Taste test! See something you don't like? Just switch it out for something you like better! Here are some suggestions:

**Veggies:** kale, spinach, celery, dandelion greens, cilantro, parsley, beet greens, cucumber

**Fruits:** açai, blueberries, strawberries, raspberries, apple, pear, lemon

**Milks:** hemp, almond, coconut, rice (unsweetened/no carrageenan)

**Add-ins:** chlorella, spirulina, almond butter, coconut meat, avocado, cayenne pepper, cinnamon, chia seeds, flax seeds, fresh mint, coconut water, ginger, goji berry, maca, cacao, bee pollen, chlorophyll

## upBEET Berry Smoothie

- 1 cup cooked beetroot
- 1 cup frozen berries
- 3/4 cup orange juice
- 1 tbsp chia seeds
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

## Peach Pie Smoothie

- 2 cup frozen peaches
- 1/4 tsp cinnamon
- 1/8 cup rolled oats
- 2 soaked dates
- 1 cup almond milk (or milk of your choice)
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

## PB & J Smoothie

- 1 1/2 cups frozen mixed berries (blueberries, raspberries, strawberries)
- 2 tbsp peanut butter
- 3/4 cup almond milk
- 1/4 cup oats
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla or Chocolate)
- 2 scoops GBX SuperFood



## Smoothie Recipes (cont'd)

### Ban-Nilla Smoothie

- 1 frozen banana
- 1/2 tsp vanilla extract
- 2 soaked dates
- 1/2 cup almond milk (or milk of your choice)
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood
- Optional: dash of cinnamon

### Pina Colada Smoothie

- 1/2 frozen banana
- 1 cup fresh or frozen pineapple
- 1/2 cup canned light coconut milk
- 2 tsp unsweetened, shredded coconut
- 2 scoops GBX SeedFiber 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Green Apple Glow Smoothie

- 1 frozen banana
- 1 apple
- 1 cup (packed) kale
- 1/2 avocado
- 1/2 cup Kefir water (or regular Kefir)
- 1 tsp chia seed
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Cinnamon Roll Smoothie

- 1 frozen banana
- 1/2 tsp vanilla extract
- 2 soaked dates
- 1/2 cup almond milk (or milk of your choice)
- 1/2 tsp cinnamon 1/8 cup rolled oats
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Tropical Splash Smoothie

- 1/2 cups frozen pineapple
- 1/2 cup frozen mango
- 1/2 cup Greek yogurt
- 1 cup (packed) spinach
- 1/2 cup orange juice
- 2 tbsp shredded coconut
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Acai Attack Smoothie\*

\*Makes two servings

- 1 frozen, unsweetened Acai pack (~1/4 cup)
- 1 frozen banana
- 1/2 cup frozen berries
- 2 tsp chia seeds
- 3/4 cup Kombucha
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla or Chocolate)
- 2 scoops GBX SuperFood

### Citrus Sunshine Smoothie

- 1 peeled orange
- 1/2 cup fresh or frozen pineapple
- 1/2 cup frozen mango
- 1 tsp chia seeds
- 1/2 cup orange juice
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood



# Tomato Bisque

## with chickpea and coconut

A delicious spin on classic tomato, this soup comes together quickly with pantry staples. As easy as canned soup, but with much better results.

20 min • serves 2

● ● ● easy



3 large tomatoes or about 28 ounces total

1 (14.5 oz.) can chickpeas, drained

1½ cups water (or use part chickpea liquid)

⅛ tsp. red chile flakes

½ tsp. salt

¼ tsp. pepper

2 small cloves of garlic (peeled)

½-1 cup canned coconut milk

½ lemon

1. In a medium saucepan combine all ingredients except coconut milk and lemon. Cover the saucepan and simmer until well-infused. About 10-15 minutes. Remove from heat.
2. Pour soup into blender with coconut milk. Puree.
3. Squeeze in lemon juice. Adjust salt and/or chiles to taste.



### Fresh Ideas:

**Swap:** Tomatoes not in season or on hand? No problem! Use 1 large, 28 oz. can of whole, diced, or pureed tomatoes in place of fresh. Fire-roasted canned tomatoes are especially good.

**Super Boost:** Swap in coconut yogurt for all or part of the coconut milk, finish with a sprinkle of hemp seeds on top. Boost your nutrition by using vegetable stock in place of the water. Stir in a scoop or two of Amare GBX SeedFiber.

**Make it a Meal:** Serve with a dark, leafy green side salad (kale, broccoli, etc) with a simple dressing of olive oil and vinegar or lemon and sea salt.



# Chicken Soup

## with light lemon

A simple and cozy chicken soup recipe the whole family will love!

20 min • serves 2

● ● ● easy



- 1½ T. olive oil
- ¼-½ lb. boneless skinless chicken thighs, chopped into bite-sized pieces
- ½ small-medium onion, diced
- 1-2 carrots, diced
- 1½ tsp. sea salt
- 1 lemon, zested, juice of ½, slice ½ into wedges to serve
- 2½ cups water
- 2 cups kale, finely chopped
- 1 cup cooked brown rice to serve

1. Heat a pot over medium heat. When the pot is heated, add the olive oil.
2. When the oil is heated to a shimmer, add the chicken, onions, carrots, kale, salt, and lemon zest.
3. Give them a stir then reduce heat to low and cover to allow the contents to sweat for 5 minutes.
4. After 5 minutes add the water. Cook to heat soup thoroughly.
5. Remove from heat and add juice of ½ lemon. Add additional water if desired to thin the soup.
6. Serve with a hefty scoop of brown rice and wedges of lemon.



### Fresh Ideas:

**Add:** Additional vegetables can all be added at the sweat stage. Finish with fresh dill and/or chives.

**Swap:** Water with mild vegetable or chicken stock for louder, stronger flavor. Beans for the brown rice, spinach or chard for the kale.

**Chicken Noodle Soup:** Add 1 cup of orzo, couscous, egg noodles, or any spoonable pasta you like to sweat with the vegetables. Especially nice with the addition of dill.



# Roasted Carrot Salad

## with crispy chickpeas

This simple sheet pan salad is loaded with flavor. Roasted carrots have a wallop of flavor.

45 min • serves 4-6

●●● medium



- 2 lbs. or about 10 carrots, sliced into 4-in sticks
- 1 onion, sliced
- 1½ to 3 cups chickpeas, drained, rinsed, and dried
- ½ cup olive oil, divided
- 1 tsp. sea salt + ½ tsp. for dressing
- ½ tsp. pepper
- 3 T. fresh lemon juice and zest (about 1 lemon)
- ½ cup sesame seeds
- ½ cup kalamata olives, torn or in half

1. Preheat the oven to 450 degrees.
2. Place carrots, onions, and 1 T. olive oil on a baking sheet. Toss together. Sprinkle with 1 tsp. of salt and ½ tsp. of pepper. Place in oven to roast until carrots' edges begin to crisp and carrots are soft through the interior, about 25-30 minutes.
3. Place chickpeas on a smaller baking sheet or dish and toss with 1 T. olive oil. Sprinkle with ½ T. sea salt and place in the oven on the rack just above the carrots.
4. While carrots and chickpeas roast, mix together the remaining 4 T. of olive oil, lemon juice, ½ tsp. of salt in the serving bowl for dressing.
5. When carrots have cooked for 20 minutes, sprinkle them with the olives and sesame seeds (if using untoasted seeds), and return to the oven. Give the pan of chickpeas a shake to toast all sides.
6. When carrots and chickpeas have finished cooking, scrape into the serving bowl. Season to taste. Grate lemon zest over top of the salad to serve.



### Fresh Ideas:

**Add:** Top with a bit of crumbled tangy cheese such as feta or goat cheese or add fennel to the pan with the carrots.

**To Serve:** Hot, cold, or room temperature by itself or over a bed of leafy greens and/or whole grains such as brown rice, quinoa, or farro.

**Make it a Meal:** Add bone-in chicken breasts or thighs at the beginning of cooking, or boneless skinless chicken, turkey, or fish (wait 15 minutes if using boneless chicken, 20 minutes if using fish). Just rub the meat with extra olive oil and some salt and pepper to roast along with the carrots for an easy meal.



# Maple Apple Kale Salad

## with cashew crumbs

This delicious and healthy salad is quick and easy to make. Tip: Prepare it the night before and pack it for a light snack.

10 min • serves 2

●●● easy



- 2 T. olive oil
- ¼ lemon, juice only
- 2 tsp. maple syrup
- ½ tsp. sea salt
- Freshly ground pepper
- ¼ small onion, very thinly sliced
- 1 apple, thinly sliced
- 3 big handfuls of baby kale or 1 bunch mature kale (thinly sliced or chopped)
- ½ cup cashews, toasted and finely chopped

1. Squeeze lemon into a serving bowl and add olive oil, maple syrup, salt, and pepper. Whisk.
2. Add thinly sliced onion. Allow to rest for a few minutes to soften in dressing.
3. Cut the kale and apples. Finely chop cashews into a crumbly rubble.
4. If using mature kale, vigorously massage into dressing and allow to rest with the onions and dressing mix.
5. If using baby kale add greens to onion dressing mix and toss.
6. Top salad with apples and cashews. Finish with a sprinkle of sea salt and pepper and serve.



### Fresh Ideas:

**Add:** Thinly sliced fennel for additional flavor.

**Swap:** Berries, plums, or pears for apples. Pecans, pumpkin seeds, almonds, or walnuts for cashews.

**Super Boost:** Whisk 1 scoop Amare MentaBiotics powder into the dressing for a probiotic boost.





# Marinated Broccoli

## with garlic and sesame seeds

Simple, healthy, and flavor-packed. This is a fantastic dish to multiply and keep on hand for as an easy, ready-made side dish.

35 min • serves 4

●●● easy



- 1 clove garlic, minced
- ½ lemon juice + zest
- ¼ cup olive oil
- ½ tsp. sea salt
- ½ tsp. cumin
- 1 lb. or 2 small heads of broccoli, cut into florets
- ¼ cup sesame seeds
- A few grinds of pepper
- A sprinkle of red chile flakes

1. Combine garlic, lemon, olive oil, sea salt, and cumin in a serving bowl and allow to rest for 5 minutes while you cut the broccoli.
2. Add the broccoli, sprinkle with sesame seeds, fresh pepper, chile flakes to taste and really massage in to fully coat the vegetables.
3. Allow to rest and marinate for at least 30 minutes before serving. Serve as-is or get fancy with the additional cooking and flavor ideas.



### Fresh Ideas:

**Swap:** In a rush? Buy pre-cut broccoli florets. Frozen broccoli doesn't typically turn out as well, but if you plan to cook your broccoli, you can use it in a pinch. Allow thawing before using in this recipe. However, DIY is cheaper and faster than a trip to the store if you have the ingredients on hand.

**Make it a Meal:** Serve the Marinated Broccoli as a side with the Broiled Fish with Tapenade (*see meal mainstays* – Serve the broccoli raw or broiled. Simply place on the pan to broil with the fish). The broccoli is especially good dipped in or tossed with some of the additional tapenade.

**Marinated Broccoli & Olives:** Cut ½ c. kalamata olives in half and toss with the broccoli.



# Fried Egg Skillet Salad

## with cherry tomatoes

Tip: Be sure to heat the pan and oil before adding the egg — that’s how you keep the egg from sticking (and get the fabulous crispy egg edge).

15 min • serves 1

● ● ● easy



3 T. olive oil  
 1 egg  
 ½ tsp. sea salt, divided  
 Freshly ground pepper  
 ½ small onion, very thinly sliced  
 2 big handfuls of baby kale or ½ bunch mature kale, thinly sliced or chopped  
 1 cup cherry or chopped tomato  
 Squeeze of lemon

1. Heat a small skillet over medium-high heat. Add the oil and when it is warm enough to slide rapidly, easily coating the pan, crack in the eggs. The whites should bubble and begin to crackle as they hit the hot oil to create the crisp edges. Sprinkle the egg with half of the salt.
2. Cook sunny side up, or until the whites are set and the yolks are still soft. Or, gently flip the eggs to cook the other side, if preferred. When the egg is cooked, lift the egg out and set it aside.
3. No need to wipe out the residual oil, just add the onion to the skillet and cook for 2 minutes.
4. Add the other half of the salt and kale (if using mature kale). Cook and stir to cook evenly. After kale softens (about 5 minutes), add the tomatoes to the skillet and cook as long as you please- more for blistered and saucy tomatoes, less for fresher and more raw. If using baby kale, cook tomatoes first then add kale.
5. Turn off heat, squeeze with lemon, and add salt and pepper to taste.



### Fresh Ideas:

**Add:** Another egg, additional vegetables, a dollop of hummus, pesto, etc

**Swap:** Use cubed tofu, chickpeas, beans, meat (chicken sausage, chicken, pork, etc.) in place of the egg. Use chard, spinach, or arugula in the place of the kale.

**Super Boost:** Add some fermented vegetables to the finished salad for a probiotic boost or sprinkle with hemp seeds to get a little more protein.



# Sweet Potato Curry Roast

## with toasty cashews

This sweet and spicy, smooth and crunchy combo is sure to satisfy your taste buds and tummy!

50 min • serves 4

●●● medium



- 2 T. olive oil
- 3 cloves garlic, minced
- 1 T. ginger, minced
- 2-3 tomatoes, quartered or 1½ cups whole cherry tomatoes
- 2-3 sweet potatoes, cut into 1-2" cubes
- 1 medium onion, peeled and cut into chunks
- 1½ tsp. cumin
- 1 tsp. sea salt
- 1 cup cashews
- Pinch of red chile flakes
- 1 bunch kale, stems removed and chopped
- ½ cup coconut milk
- ½ cup cilantro, chopped

1. Preheat oven to 425 degrees.
2. On a large sheet pan combine oil, garlic, and ginger. Swirl together with your fingers or a fork to make a garlic-ginger oil.
3. Add tomatoes, sweet potatoes, onions, and kale (only if using mature kale) and toss to combine thoroughly with the garlic-ginger oil. Sprinkle with cumin, sea salt, and red chile flakes.
4. Roast in the oven for 40 minutes. At 35 minutes, add cashews to the pan to toast and move the pan to the upper rack of the oven so the cashews toast.
5. Remove from the oven. (If using baby kale, add to the sheet pan and toss to wilt.)
6. Taste for seasoning. Adjust salt or chiles to taste. Serve garnished with a drizzle of coconut milk and chopped cilantro.



### Fresh Ideas:

**Add:** 1 tsp. curry powder or turmeric to mix in with spices before roasting. Serve with brown rice, and chicken or chickpeas for additional protein.

**Swap:** Tomatoes not in season or on hand? No problem! Use 1 large, 28 oz. can of whole or diced tomatoes, drained, in place of fresh. Fire-roasted canned tomatoes are especially good.

**Subtract:** Red chile flakes.



# Cashew Chicken Tenders

## with sweet potato fries

These crispy, chicken fingers and sweet potato fries will get everyone in the house digging in.

40 min • serves 4

●●● medium



### Sweet Potato Fries

1½ lbs. sweet potatoes, cut lengthwise into ½" thick wedges, unpeeled  
3 T. olive oil  
1 tsp. sea salt

1. Soak sweet potato wedges in cool water, in the fridge, for one hour up to overnight.
2. Drain, rinse, and pat dry. Preheat the oven to 450°. Toss with oil. Salt. Bake for 25-35 minutes. Flip the wedges halfway through. If your wedges are bigger, go longer, but pull little ones to prevent scorching. (While the fries bake, prepare the chicken.)

### Chicken Fingers

1 cup cashews  
1 garlic clove, minced  
1 tsp. sea salt  
1 tsp. cumin  
Pinch of red chili flakes  
1 lb. boneless, skinless chicken thighs, cut into fingers  
1 egg

1. Pulse cashews, garlic, sea salt, cumin, and red chili flakes in the blender or food processor for about 8 seconds to make a coarse flour for breading. Pour out onto a plate.
2. On a second plate, whisk egg. Line up plates to dip both sides of the chicken first in egg with one hand and then in cashew breading using the other hand. Let breaded chicken pile up on breading plate.
3. When all chicken is breaded, open the oven, slide fries over on the pan, add the chicken to the pan (or place on an additional baking sheet) and bake until crisp and cooked through, about 20 minutes.



### Fresh Ideas:

**Swap:** The cashews for another nut or simply use almond meal or brown rice flour. Change up the seasoning swapping cumin for paprika. Drop (or double) the garlic. Use fish or super firm tofu in place of chicken, reduce baking time to 10 minutes. (Perfect for fish tacos. Just add salsa, cabbage slaw and corn tortillas!)

**Super Boost:** Serve the Cashew-Crusted Chicken over a dark leafy green salad. Put a scoop of Amare GBX SeedFiber powder into the cashew meal. Want a healthy dipper? Try salted garlic yogurt dip: Mix ¼ cup plain whole milk or Greek yogurt with ⅛ tsp. sea salt and ½ very small clove of fresh garlic, pressed. Stir and enjoy!





# Mental Wellness Fish Dish

## with kalamata olives

Simple, speedy and flavor-packed. This one is easy to multiply and feed the whole family.

15 min • serves 1

●●● easy



- 1 T. olive oil
- ¼ onion, chopped or thinly sliced
- ½ tsp. sea salt, divided
- 2 cups finely sliced kale
- 1 clove garlic, minced
- 1 cup cherry or chopped tomatoes
- ¼-½ lb. white fish
- ¼ cup kalamata olives
- A few grinds of pepper
- ½ lemon

1. Heat the oil in a 9-10" skillet over medium heat. When it shimmers, add the onion and ½ of the sea salt. Give it a stir and cook to translucent (about 2 minutes).
2. Add kale and cook for 2-3 minutes. Add the tomatoes to the pan, cook for 2 minutes more, and then add the garlic and olives to the pan.
3. When the tomato juices begin to release and simmer, add the fish to the skillet (if using firmer cherry tomatoes, just press on a few to release a little juice). Sprinkle with remaining salt and some pepper.
4. Cover the pan, and turn the heat to medium-low. Let the pan cook, feel free to give it a peek after 6 minutes in case your fish is thin and has cooked quickly, or 8-10 minutes if your fish is thicker.
5. Once the fish first begins to flake and is no longer translucent, it is cooked through - pull the pan from the heat. Sprinkle with a bit more salt and pepper if needed. Squeeze lemon over the top to serve.



### Fresh Ideas:

**Add:** Go for the full Greek flavor with fresh or dried oregano added to the pan before covering to allow the aroma to permeate the dish. Fresh or pickled peppers, and a garnish of fresh mint and/or dill are also classic additions.

**Swap:** The fish with: 1½ cups of cooked chickpeas, chunks of tofu, or tenders of boneless skinless chicken. For the chicken, brown it on both sides (no need to cook through- it will finish cooking with the lid on) before adding the onions, proceed as written and it will simmer with the vegetables to cook through. Swap kale for broccoli, green beans, or zucchini (adjust cooking time as needed).



# Broiled Fish

## with tapenade

Simple, healthy, and flavor-packed. If you're serving with brown rice, set it to cook before doing anything else.

15 min • serves 4

●●● medium



### Broiled Fish

- 1 T. olive oil
- ¾ tsp. salt
- Zest of ½ lemon
- ½ tsp. freshly ground pepper
- 1-2 lbs. fish, patted dry (any variety in individual portions)

1. Preheat the broiler. Line baking sheet with foil. Add fish on the pan and gently rub oil onto all sides.
2. Mix salt, pepper, and lemon zest in a separate bowl. Sprinkle fish with the salt and pepper mixture. Allow to rest while you prepare the tapenade.
3. Spread out ⅓-½ of the tapenade on the top of the fish. Add Marinated Broccoli (*see signature sides*) to the pan to broil with the fish for a speedy side dish.
4. Place in the oven on the upper third rack. Cook for 4-10 minutes, depending on how thin your fish fillets are. Test with a fork in the thickest piece to see if flakes. It should be moist but cooked through. Serve with brown rice and additional tapenade.

### Tapenade

- 1 cup olives
- 1 large clove of garlic
- Squeeze of lemon juice
- A few grinds of pepper
- Pinch of red chile flakes

1. Using a blender or food processor pulse all the tapenade ingredients together. Or simply use a knife to mince the olives and garlic then stir in lemon juice, pepper, and red chile flakes. Taste and adjust seasoning.



### Fresh Ideas:

**Add:** Jazz up your tapenade by pulsing capers, lemon zest, artichoke hearts, or some red pepper flakes with the olives. Lemon and chiles is especially good.

**Chicken with Tapenade:** Use thin boneless, skinless chicken breast or thigh in place of fish. Cooking time may increase depending on the thickness. Prepare as fish.

**Tofu with Tapenade:** Use firm to super firm tofu, patted dry, slathered with tapenade and then cut into cubes and spread out to allow for even toasting. Continue cooking as fish, but cooking a bit longer to heat the tofu through.





# SLEEP

# SLEEP

## 8 Hours (10 pm - 6 am)

Aside from the bad mood and inability to concentrate that we've all experienced from too few hours under the covers, sleep researchers\* have recently linked a chronic lack of sleep to increased appetite, problems with blood-sugar control and a higher risk of diabetes and obesity. Chronically elevated cortisol is the obvious culprit. That's why the GBX Fit Program recommends getting the sleep you need on a daily basis.

Getting more sleep, of course, is easier said than done. Try out the tips below to get back on track to eight hours each night.

- **Establish a regular bedtime and a regular wake-up time**, and stick to them for one week (even on the weekends!). Within a week, your body clock will reset itself to the new schedule.
- **Do something calming in the hour or so before bedtime** — whatever provides you with a few moments of peaceful reflection.
- **Avoid electronics at least one hour before bed.** DO NOT bring your cellphone into the bedroom (unless you switch it to "do not disturb" mode). This includes smartphones, televisions, computers, and anything that emits blue-wavelength light which can suppress natural melatonin production (the sleep hormone).
- **Exercise daily!** Even if it's something of low-intensity like walking the dog, but make sure to avoid intense exercise within three hours of bedtime.
- **No caffeine consumption after 5 p.m.**
- **Ensure that your bedroom is COOL and DARK.** Minimize light and block external light until morning. Although not always possible, try to cool the room down to 65°F.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Individual weight loss results may vary. It's possible for individuals to lose 1-2 pounds a week using Amare products and following the Amare Fit Program. However, there is no guarantee of specific weight loss results.