

# Elite Warrior Tribe

Monthly

Lucky Charms *p.12*

March Madness  
Challenge  
*p.18*

Fitness DeMystified  
*p.8*

And so much more...



# *IN THIS ISSUE*

- 1 Letter From the "Editor"
- 2 How to Squat
- 7 Infographic: Eggs or Egg Whites?
- 8 Fitness: DeMystified
- 12 March Workout: Lucky Charms
- 17 Macronutrient Math
- 18 March Madness Challenge
- 19 Infographic: How Our Bodies  
Use Calories
- 20 Mission: Possible
- 21 2 Super Fun Circuits
- 22 March Nutrition Guidelines
- 25 Creating Meaning
- 31 2 Delicious Recipes
- 35 Back Cover



# Letter From the "Editor"

Hey hey! Welcome to the March edition of the Elite Warrior Tribe monthly! I'm so glad you're here, and I'm excited for you to jump into this new issue!

But first, let's talk all things March! We've got St. Patty's Day - which, historically, has been a big drinking holiday! So, make sure you check out the bonus guide about drinking on a calorie budget! It's good stuff!

Are you a college basketball fan? If so, this is your month! We have a March Madness challenge in this issue as well! It's a bit of a departure from the NCAA March Madness, but will be fun, nonetheless!

We're going to lay another fitness myth to rest this month, of course. Lots of misinformation about this one, so I hope to make the truth crystal clear!

We'll continue with this month's theme of creating meaning, this time looking at defining and aligning our values so that we are living from an authentic place.

Of course, there are new nutrition guidelines, a killer workout - this one with just a 4 day option, and some tasty new recipes!

I am really hoping to see more of you on the Facebook page. Seeing what you're up to, what questions you have, and of course, to build this into a super rad fitness community!

As always, I appreciate you. I'm excited to have you as part of the Tribe, and I've got your back! Please reach out if you need anything! I'm always here for you!

Let's Goal Get 'Em,  
Julie

# ***HOW TO SQUAT***

## ***WITH PROPER FORM***



# ***PROPER FORM FOR A BODYWEIGHT SQUAT:***

## **THE SET UP:**

***STAND WITH YOUR FEET SLIGHTLY WIDER THAN  
HIP-WIDTH.***

***YOUR TOES SHOULD BE POINT SLIGHTLY  
OUTWARD – ABOUT 5 TO 20 DEGREES OUTWARD  
(THE WIDER YOUR STANCE, THE MORE YOU’LL  
ROTATE YOUR FEET OUTWARD).***

***LOOK STRAIGHT AHEAD AND PICK A SPOT IN  
FRONT OF YOU TO FOCUS ON.***

***NO LOOKING DOWN AT THE FLOOR OR UP AT THE  
CEILING.***

# **HOW TO:**

**1) STRETCH ARMS STRAIGHT OUT IN FRONT OF YOU, PARALLEL TO THE GROUND. KEEP YOUR CHEST UP, AND YOUR SPINE NEUTRAL.**

**2) WEIGHT SHOULD BE ON THE HEELS AND BALLS OF YOUR FEET. YOU SHOULD BE ABLE TO WIGGLE YOUR TOES THROUGH THE ENTIRE MOVEMENT (BUT DON'T!)**

**3) FLEX YOUR CORE LIKE SOMEONE IS ABOUT TO PUNCH YOU IN THE STOMACH**

**4) TAKE A DEEP BREATH AND LOWER YOURSELF FROM YOUR HIPS (NOT YOUR KNEES) AS IF YOU'RE ABOUT TO SIT IN A CHAIR WHILE PUSHING YOUR BUTT BACK.**

**5) KEEP PUSHING YOUR HIPS BACK AS YOU BEND YOUR KNEES.**

**6) FOCUS ON KEEPING YOUR KNEES IN LINE WITH YOUR FEET.**

**7) LOWER YOURSELF UNTIL YOUR HIP JOINT IS BELOW YOUR KNEES.**

**\*\*YOUR SQUAT DEPTH SHOULD BE "ASS TO GRASS" - MEANING YOU'RE ALMOST ALL THE WAY TO THE GROUND. YOU DON'T STOP WHEN YOUR KNEES ARE AT 90 DEGREES!\*\***

## **COMING BACK UP:**

**BREATHE OUT AND PUSH YOUR WEIGHT THROUGH YOUR HEELS**

**PUSH YOUR KNEES AWAY FROM EACH OTHER AND SQUEEZE YOUR BUTT AT THE TOP TO MAKE SURE YOU'RE USING YOUR GLUTES.**

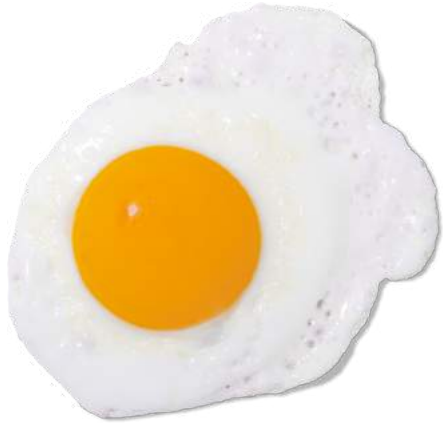
# ***COMMON MISTAKES TO WATCH OUT FOR***

- NOT SQUATTING LOW ENOUGH***
- KNEES BUCKLING IN (THEY SHOULD BE LINED UP WITH YOUR TOES)***
- LIFTING YOUR HEELS OFF THE GROUND***
- LIFTING YOUR TOES OFF THE GROUND***
- ROUNDING YOUR BACK***
- BENDING AT YOUR KNEES FIRST INSTEAD OF YOUR HIPS***



# Eggs or Egg Whites?

Eggs



70 calories

5g fat

6g protein

selenium,

phosphorous,

& folate

Vitamins A,

B2, B5, B12

Egg Whites



17 calories

0 fat

6g protein

riboflavin,

selenium,

potassium

& sodium

# ***Fitness: DeMystified***



## ***Myth* of the Month:**

**Workouts Shorter Than 20 Minutes  
Are a Waste of Time**

Is more always better? In the fitness game, the answer is a resounding no! There's nothing that says that the longer your workout is, the more gains you'll have. There's nothing that should lead you to believe that getting in a quick, micro workout can't be just as effective as an hour-long strength training session. (More on micro-workouts in a bit)...

What's the most common reason people give when asked why they don't have a regular exercise routine? Is it that they don't know what to do in the gym? Nope. Is it that they don't like to sweat? Negative. Is it that they don't care about their health? Ha! The number one reason people give for not having a regular exercise regimen is, you already know this, TIME! I don't have enough time. I'm too busy. I can't get in a long enough workout for it to matter. I only have short breaks throughout the day to do anything, and that's not enough to get an effective workout.

So what do we do? We punish ourselves with HOURS on the treadmill or elliptical when we "have time," convincing ourselves that we are doing the best thing for our bodies, or we don't work out at all!

The truth is, in the case of exercise, less really IS often more! When you're doing a quick workout, you're likely to do something like HIIT or a metabolic circuit rather than launch into a full-on strength training routine. This alone has benefits, as some studies have shown HIIT workouts to be more effective than a 45-minute steady state, less strenuous workout.

Mind you - I'm not hating on long workouts. There's nothing wrong with a long treadmill session if you enjoy it. If that's not your thing, though, don't despair (and don't use it as an excuse)! There are plenty of ways to get in an effective workout without spending all day in the gym!

Here's where micro-workouts come in. There are so many benefits to these little bursts of activity, most notably, they are meant to get you up and moving after stretches of prolonged sitting. Even if that means just standing up and marching in place for a minute, the movement alone brings benefits.

I'm a big fan of this type of exercise for myself, even after I've done a strength training workout, because it's very easy for me to sit down at my desk and not realize that 5 hours have gone by. Sometimes I set a timer on my phone for every 20 minutes and get up just to move. It's easy, it's basic, and it does wonders, both for my mental state and my physical. (I'll provide some ideas after this article for incorporating micro-workouts into your day).

Longer workouts also have many benefits, however, if time is your greatest barrier to working out, rest assured that you can get in a quickie and still see results! The idea that shorter workouts are a waste of time is one of the many fallacies we've been fed throughout our lives, and it's time to finally lay it to rest!

# ***Ideas for **Micro-***** ***Workouts***

- Do 10 push-ups every time you get up to pee.
- Do 20 jumping jacks before you check a text message
  - Do squats while you're waiting for the microwave to finish doing its thing
- Jog in place when a certain character is on-screen while watching your shows
- Do 10 burpees before you sit down to a meal

Or Try This:

## **4-3-2-1 Method\*\***

Throughout the day, set 10 minute breaks where you do:

4 minutes of cardio

3 minutes of upper & lower body combo resistance work

2 minutes of core work,

1 minute of stretching

\*\*This method was introduced by Sean Foy, MA as  
"The Complete 10"

# Lucky Charms

This month's workout is called "Lucky Charms" in honor of St. Patrick's Day! It's a 4 Day split - 2 lower body and 2 upper body days.

My recommendation is the same as last month: if you're new to lifting, start week 1 with bodyweight only or very light weights and see how you feel. You can progress based on that. If, however, you have experience lifting and have access to equipment, use it to get the most out of this workout!

Since it's 4x/week, it's plenty of movement for the week, but you can always add one of the circuits included in this edition if you find yourself wanting more. Do not do the circuits on days you lift.

Any questions, post them in the FB group!

# Day 1: Lower Body

## 1) Dumbbell Deadlift

Week 1: 3 x 5

Week 2-4: 3 x 4

**\*Go heavier than you think you can!**

**\*\*Beginners - practice hip hinge with light weights**

## 2) Superset:

2a) Box Squat: 3 x 6

2b) Goblet Kneeling Hip Thrust: 3 x 10

**\*\*Keep rest short. No more than 2 minutes between sets**

## 3) Superset:

3a) Single Leg Glute Bridge: 3 x 12/leg

3b) Banded Hip Abductors: 3 x 10/leg

**Rest 90 seconds.**

## 4) Skill Building:

4a) Plank with Reach: 3 x 4/arm

## 5) Finisher:

5a) High Knees x 15/side

5b) Squat Jumps x 5

5c) KB Swing x 10

**\*\*Complete 4 rounds as quickly as possible with excellent form. Keep rest to a minimum**

# Day 2: Upper Body

## 1) Dumbbell Bench Press

Week 1: 3 x 6

Week 2-3: 3 x 5

Week 4: 3 x 4

## 2) Superset:

2a) DB Pause Bench Press:

Week 1-2: 3 x 8

2b) Tall Kneeling Halo: 3 x 5/direction

**\*\*If you have a kettlebell, use that. If not, a dumbbell will work.**

## 3) Superset:

3a) Seated DB Shoulder Press: 3 x 8

3b) Bench Dips: 3 x 10

## 4) Superset:

4a) DB Lat Pulldowns: 3 x 10

4b) Front to Side Shoulder Raises: 3 x 5

\*\*One rep = front raise, lower dumbbells, side raise, lower

## 5) Finisher:

5a) Push Up x 8

5b) Band Pull Aparts x 10

5c) Overhead Press x 4

**\*\*Complete as many rounds as possible in 5 minutes with excellent form. Keep rest to a minimum**



# Day 3: Lower Body

## 1) Squat:

Week 1: 3 x 6

Week 2-4: 3 x 4

**\*\*Rest a full 3 minutes**

## 2) Superset:

2a) DB Deadlift: 3 x 10

2b) High Plank: 3 x 20 seconds

**Rest 90 seconds.**

## 3) Superset:

3a) Bulgarian Split Squat: 3 x 10/leg

3b) Step Ups: 3 x 8/leg

## 4) Finisher:

4a) Constant Tension Goblet Squat x 5

4b) Wall Sit x 30 seconds

4c) Windshield Wipers x 5/side

**\*\*Complete 5 rounds as quickly as possible with excellent form. Keep rest to a minimum**

# Day 4: Upper Body

## 1) Superset:

1a) DB Military Press:

Week 1-2: 3 x 10

Week 3-4: 3 x 8

1b) DB Bench Press w. Pause on Chest:

Week 1-2: 3 x 8

Week 3-4: 3 x 6

**\*\*Keep rest short. No more than 2 minutes between sets**

## 2) Superset:

2a) Front Raise: 3 x 10

2b) Seated Arnold Press: 3 x 8

2c) DB Reverse Grip Row: 3 x 10

## 3) Superset:

3a) Banded Plank Taps: 3 x 8/arm

3b) DB Bent Over Row: 3 x 6/arm

## 4) Finisher:

4a) Alternating Shoulder Press x5/side

4b) Bench Dips x 10

4c) Push-Ups x 5

**\*\*Complete 5 rounds as quickly as possible with excellent form. Keep rest to a minimum**

# MACRONUTRIENT MATH

Ever wonder how "they" determine the number of calories in the food you eat?

Here's the math you need to make it all make sense!

Every macro has a calorie value per gram:

**Protein: 4 calories/gram**

**Carbohydrates: 4 calories/gram**

**Fat: 9 calories/gram**

One of my favorite foods has this macronutrient breakdown:

**4g protein**

**$4 \times 4 = 16$  calories**

**33g carbs**

**$33 \times 4 = 132$  calories**

**12g fat**

**$12 \times 9 = 108$  calories**

**I add these numbers to determine that this food has**

**256 calories**

**(which will be listed as either 250 or 260 on the package) 17**

# **March Madness**

**Complete the entire March Madness Challenge to win a \$100 Amazon gift card**

## **Week 1:**

Post a 1 min. clip in the FB group introducing yourself to the Tribe

Make an accountability post (watch THIS video for context)

## **Weeks 2 & 3:**

Post a sweaty selfie in the Facebook group

Post a video clip of you doing the monthly workout

## **Week 4:**

Post a picture of you doing your favorite stretching move

Post a picture of 1 meal with a description

## **Anytime in March:**

Get 2 friends to sign up for the Elite Warrior Tribe

Share the nutrition label of your favorite packaged food

# HOW OUR BODIES USE CALORIES



**20%**

## Physical Activity

- **Sedentary folks**
- makes up 10-15% calories used.
- **Active people**
- makes up 30% or more.

**70%**

## Basal

### Metabolic Rate

- **Minimum** level of energy we need to use to maintain **vital functions**.
- **Varies by age, gender, weight, height, genes etc.**

**10%**

## Other Factors

### \*\* Thermogenic Effect of Food

This is a fancy way of saying **Energy** required to **digest** food

### \*\*NEAT (non-exercise activity thermogenesis)

1. **Moving around** your house
2. **Fidgeting** and **pacing**
3. **Carrying groceries**
4. **Doing homework** or **chores**

# Mission: Possible

You're on track. You're dialed in. You've got a plan. You're slaying it. You're absolutely crushing it! And then...you eat a cookie. Most people, including myself, will tell you that's awesome! No big deal! One cookie won't ruin your progress. Easy for the outsiders to say, you think to yourself. They just don't get it, you say. It wasn't in your plan. It wasn't accounted for. You tell yourself over and over again that you just f\*\*ked up bigtime! What's the point of even trying? So, you head for dinner at Panda Express – double orange chicken, thank you! Then maybe you hit up Coldstone for dessert. Because, who cares? You blew it already...

Except, you didn't. Not with the ONE cookie. You didn't gain all your weight by eating one cookie, and that same cookie won't ruin all the gains you've seen over the past weeks! Here's the truth:

**IT'S IMPOSSIBLE TO FAIL AT A WEIGHT LOSS EFFORT...UNLESS YOU QUIT!**

But...what about? Nope...didn't fail. But I haven't exercised in months. Still didn't fail. Yo, I ate, like, an entire pizza by myself last night. Cool...hope you enjoyed it. Move on. You can't undo it. OMG – we went out to dinner last night and I had spinach and artichoke dip, a giant steak, a loaded baked potato, Caesar salad, AND cheesecake for dessert! That sounds delicious. Can you give it back? No? OK, so it's over. Get back on track and get back to your routine and positive habits. You did not fail just because you weren't perfect! Want to know why I'm telling you that you LITERALLY CANNOT FAIL?

Here's why:

**THERE IS NO FINISH LINE!**

Unless you are trying to lose fat for a specific event or purpose, there's no end date. There's no "must complete by" date. There's really no timeline. Can you take drastic measures and get there faster? Yes, totally. But are you looking to GET it off, or are you looking to KEEP it off?

Clients tell me, "I did X, Y, or Z program and I had success with that!" to which I say, and it might be harsh, "Well, it wasn't really successful, or you wouldn't be trying to lose the weight again!" See...it's successful WHILE you're doing it – while you're counting points, cutting carbs, eating vegan, but what happens when you stop counting, stop cutting, start eating meat again? That's right. More than likely, we gain back whatever we lost (and then some, sometimes).

Because those methods are short-term. They are gimmicks. They aren't solutions. They aren't practical for long-term sustainability. No one is teaching you how to keep the weight off once you lose it. And that's why you're in a cycle of losing and regaining. But just because you gained some weight doesn't mean you've failed. It just means you have to reevaluate and readjust.

So don't accept defeat. Don't think of anything as a failure because you're always one meal away from being back on track.

# 2 Super Fun Circuits

For When You Just Want More

## Never Fall

*The Circuit:*

**Plank x 1 minute**

**Single Leg Push Up x 5/leg**

**Wood Choppers x 10/side**

**Banana Hold x 20 seconds**

### **Instructions:**

Do this circuit as quickly as possible 8 total times. Rest 20 seconds. between rounds.

## The Witchiest

*The Circuit:*

**Bulgarian Split Squats x 10/leg (deep)**

**Burpees x 10**

**Inchworms x 5**

**Plank x 25 seconds**

**Tuck Jumps x 8**

### **Instructions:**

Set your timer for 20 minutes. At the top of each minute, perform each move. Whatever time remains in each minute is your rest time. Complete 4 times until 20 minutes are up.

# Nutrition Guidelines

## March 2021



**T**his month's nutrition guidelines are a simple road map to follow. So much of this nutrition thing is simply the formation of habits. As long as you have more habits that work for your success than habits that derail your progress, you'll make strides toward your goals. The simple truth is this: the "have to"s aren't going to change when it comes to nutrition. You ALWAYS have to be in a calorie deficit if your goal is fat loss. That's It. Full Stop. End of Story. So, the question really is - how can you make a calorie deficit a little more tolerable? How can you nourish yourself in a way that speaks to your calorie goals, your satiety goals, and your enjoyment of food? Because let's face it - we ALL want our food to taste good.

Back in the day, I had a boyfriend who was super into his body, and he ate the same thing for his meals EVERYDAY, except when we went out to eat.



He had 10 egg whites for breakfast with some plain oatmeal and a piece of fruit for breakfast. For lunch he had a cup of brown rice, steamed broccoli, and a boiled chicken breast, no sauce. For dinner he had more chicken and broccoli, usually with a plain baked potato. As I'm sure you can guess - he was INCREDIBLY moody most of the time. No one, in their right mind, wants to eat like that forever. So, let's see how we can make food enjoyable AND bring us closer to our goals.

This month, I want you to follow this plan...you choose the foods that fit your calorie goals, but if you do these things consistently, you will ABSOLUTELY see results.

- 1) Before you eat ANYTHING, drink an 8oz. glass of water
- 2) When you break your fast (whatever time that is), do it with 1-2 servings of protein and a serving of fruit.
- 3) In between meals, drink at least two 8oz glasses of water. Snack freely on veggies if you're hungry.
- 4) For your next meal, mostly veggies, a palm-sized serving of any protein, and a baseball-sized portion of carbs
- 5) Between lunch & dinner, drink at least two 8oz glasses of water. Snack freely on veggies if you're hungry.
- 6) Dinner should mimic the same portion sizes as lunch (step 4).
- 7) If you are going to have dessert, make sure it includes some form of protein - shake, greek yogurt w/berries, Yasso Greek yogurt bar. If you've maxed out on your protein, a low-calorie popsicle or fruit makes a great nighttime snack!

And that's it. Pretty simple. Pretty basic. But, sure to make a difference if you're aiming to lose fat. While I would love to see the majority of all of our plates filled with veggies for most meals, I know that's not realistic. However, incorporating more veggies into each time you eat will increase the volume of your food, and that will improve satiety, keeping you fuller longer.

If you have questions about any of this, or want to bounce meal/recipe ideas off other Tribe members, post in the Facebook group!

# CREATING MEANING

This month we continue exploring our values and looking at where we are aligned and where we might be missing the mark. Having a strong sense of our own values gives us a road map for how we want to live. Living out of alignment with our values can cause a variety of negative feelings and ultimately decreases our ability to be resilient when setbacks strike.

The activity that follows is meant to help you identify your values and find where you are out of alignment

Activity adapted from:  
The Happiness Trap. Russ Harris.  
[www.actmindfully.com.au](http://www.actmindfully.com.au)

# DEFINING & ALIGNING YOUR VALUES

## Step 1:

For each category below and on the next pages, take some time to reflect on the following questions:

- **What is important to you and what do you value in this area of your life?**
- **How important is this area of your life?**
- **What qualities or characteristics do you want to bring to this area?**

Write down a few notes about your values in each area. You may want to further break down some categories (for example, under family you may have different notes for spouse or siblings or parenting). Some categories may overlap. Some may be much less important to you than others.

***Family*** (Spouse, SO, children, siblings, parents)

***Social Relationships*** (friends, social groups, etc)

***Career/Work***

**Leisure** (Hobbies, recreation, etc)

**Spirituality** (Whatever this means to you)

**Community** (Groups you belong to that aren't strictly social -  
politics, service, charity, school)

**Health** (Physical & mental health, nutrition, exercise)

## Step 2:

Fill out the table below, assessing how successful you have been in fully living your values over the past few months. Rate yourself between 0 and 100%, with 0 meaning you are not at all living by your values and 100 indicating you are successful in living by your values all the time. For areas where you are out of alignment, write down possible reasons.

<b>Area</b>	<b>Alignment with Values (0-100%)</b>	<b>Why Am I Not Aligned?</b>
Family		
Social		
Career/Work		
Leisure		
Spirituality		
Community		
Health		

## **Step 3**

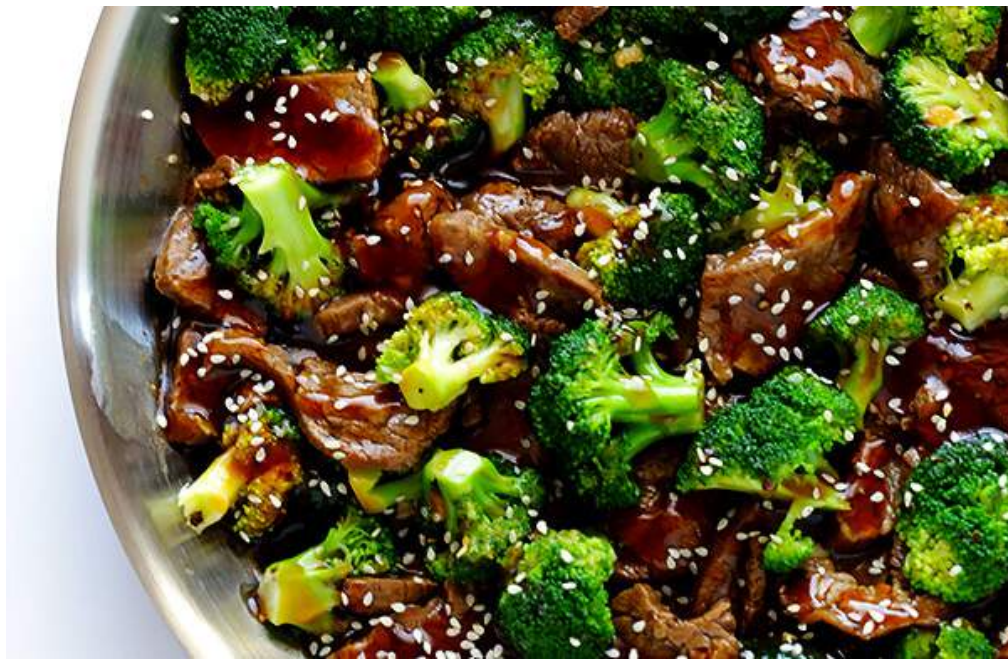
Based on your reflections, are there things in your life that need to change?

What are some steps you can take to live more consistently by your values?



# Beef & Broccoli

A quick & healthy dinner for busy nights



## INGREDIENTS

(Serves 4)

- 1 tbsp olive oil, divided
- 1 1/2 lbs flank steak, very thinly sliced across the grain
- 3 cloves garlic, minced
- 1 shallot, finely chopped
- 4 green onions, thinly sliced
- 4 cups broccoli florets
- 2 tbsp arrowroot starch
- 3/4 cup water
- 1/3 c low-sodium soy sauce
- 2 tbsp. coconut sugar
- 1 tsp minced ginger
- 1/8 tsp crushed red pepper flakes

# DIRECTIONS

1. Heat the oil in a skillet over medium-high heat. Add the beef and cook until well-browned, about 6-8 minutes. Once well-browned, remove from pan and set aside.
2. In the same pan, add garlic, shallot and green onions to the beef drippings. Cook one minute, stirring frequently. Add broccoli and cover for 5 minutes.
3. In a small mixing bowl, combine water and arrowroot starch and mix until no longer lumpy.
4. Combine soy sauce, coconut sugar, ginger and red pepper flakes in a medium bowl. Add arrowroot starch mixture and stir to combine. Set aside.
5. Remove cover from pan and add sauce. Cook until sauce starts to thicken, about 3-5 minutes. Add beef and stir to combine, cooking an additional 2-3 minutes.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>6 oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 860mg	<b>37%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 40g	<b>80%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Asian Glazed Chicken Thighs



## INGREDIENTS

(Serves 4)

32 ounces boneless, skinless chicken thighs, fat  
trimmed

1/4 cup low sodium soy sauce or coconut aminos

2 1/2 tablespoons balsamic vinegar

1 tablespoon honey

3 cloves garlic, crushed

1 teaspoon Sriracha hot sauce

1 teaspoon fresh grated ginger

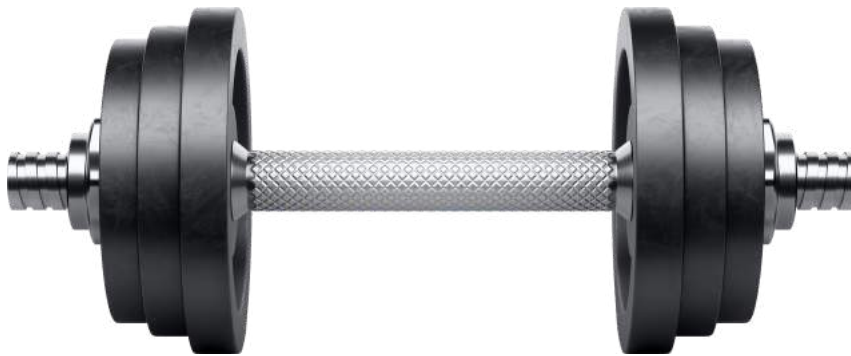
# DIRECTIONS

1. In a small bowl combine the balsamic, soy sauce, honey, garlic, sriracha and ginger and mix well.
2. Pour half of the marinade (1/4 cup) into a large bowl with the chicken, covering all the meat and marinate at least 2 hours, or as long as overnight.
3. Reserve the remaining sauce for later.
4. Preheat the air fryer to 400F.
5. Remove the chicken from the marinade and transfer to the air fryer basket.
6. Cook in batches 14 minutes, turning halfway until cooked through in the center.
7. Meanwhile, place the remaining sauce in a small pot and cook over medium-low heat until it reduces slightly and thickens, about 1 to 2 minutes.
8. To serve, drizzle the sauce over the chicken and top with scallions.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 Piece</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0.045g	
<b>Cholesterol</b> 215mg	<b>72%</b>
<b>Sodium</b> 820mg	<b>36%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 46g	<b>92%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# *Acknowledgements*

- Lee Gibson
- Conrad Feagin
- Canva
- The Tribe



## *A Sneak Peek at Your April Issue...*

- 2 New Circuit Workouts
- Reading Nutrition Labels
- Things I'm Loving Right Now
- New Delicious Recipes



All contents copyright 2021 ©Goal Get Em, LLC. All rights reserved worldwide. No part of this document or related files or content may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of Julie Friedman. The information contained in this document is solely for general educational and informational purposes only. The information has been prepared based upon my general educational background and my practical experience. The products and information provided on this website have not been evaluated by the United States FDA or any other governmental authority. Goal Get Em, LLC. is not a physician and the information and products provided are not medical advice and should not replace medical advice.