

Elite Warrior Tribe

Monthly

Volume 1.4 | April 2021

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And so much more...



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Letter From the "Editor"

Hi again! Welcome to the April issue of the Elite Warrior Tribe monthly! I'm super excited you're here this month because there is A LOT going on in here!

First things first, for some people, April showers bring May flowers, but for us in the Tribe, April means we start prepping for summer! What??? You read that right! It's time to start thinking about your summer goals! That will all be covered in our nutrition guidelines for the month - which is part 1 of a 3-month series (and not for the faint of heart)!

In addition to that, there's a new killer workout in here, another myth debunked, and some circuits that are going to relieve some of that Tax

Day stress!

If you aren't on the Facebook page yet, or if you're not putting yourself out there yet, I encourage you to do it! Part of having a great community is being able to engage with one another! Having like-minded people in your corner is a huge factor in your success!

I had really hoped for more engagement on there last month, especially with the March Madness challenge. So, if you're here, and you're sticking with this, let me know how I can support and encourage you or what you'd like to see in an upcoming issue!

If you're getting ANY value out of being here, I would love for you to share the Tribe with your friends, family, strangers, followers, enemies...whomever!

Let's get ready to dive into it! There's a ton of stuff just waiting for you in these pages! Let me know what you think!

Let's Goal Get 'Em,
Julie

Fitness: DeMystified

I haven't eaten yet today! Fasted cardio will get me leaner faster!

Bro! Fasted cardio won't get you there any quicker!



***Myth* of the Month:**

Fasted Cardio is Better for Fat Loss

I'm a morning exerciser. Mostly I work out in the morning because I don't want to go through my day knowing that I have to work out when I "get home" or when I'm done with my day. However, for quite some time, I also believed that working out in the morning would contribute to greater fat loss. It stands to reason, in my head, that working out on an empty stomach would be more beneficial than eating something beforehand. And the truth is, that's not wrong.

First the logic, then the rub...

Why did I believe that fasted cardio was better for fat loss? The rationale behind this idea is that, with a lack of food in your system (in the form of glucose from carbohydrates...the science-y term is "glycogen stores"), the body will be forced to use fat as it's primary fuel source, hence burning more body fat through the course of the workout. That was shown to be the case in [this](#) study.

Scientifically, this notion is accurate. When we deplete our glycogen stores (i.e. during sleep), the body draws upon fat to gas you up for a morning cardio session. When you eat beforehand, the glucose your body gets from the food you've eaten will be used primarily to power you through.

So, if that's the case, then what gives?

Many studies have been done to dispel the myth of fasted cardio. Notably, [this](#) one shows that, while the study above is accurate, there is no evidence that these effects have a long-term implication for body composition. It seems that, while fat loss does accelerate during fasted cardio, throughout the day, the effects wear off and by night time, it all appears to balance out.

If you're like many people there can still be benefits to working out in a fasted state, though. For me, working out with food in my system makes me feel heavy and lethargic. I don't feel the same get-up-and-go if I work out relatively soon after I've eaten.

There may also be some benefits if you have blood sugar-regulation issues like type-2 diabetes or exercise-induced hypoglycemia.

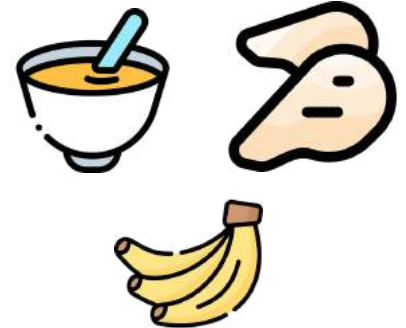
Barring those medical issues, you likely won't see any long-term benefits from doing cardio in a fasted state. As with most things fitness related, you should ultimately do what's best for you, **what you can stick with long-term**, and what makes you feel good!

EATING HEALTHY BUT CAN'T LOSE WEIGHT?



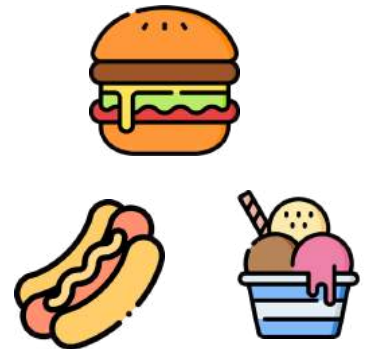
EATS "HEALTHY"

BUT EATS BIG PORTIONS OF
THESE "HEALTHY" FOODS



EATS "HEALTHY"

BUT GOES OFF THE TRACK
ON THE WEEKEND



EATS "HEALTHY"

BUT DOESN'T ACCOUNT
FOR THESE CALORIES



THE NOT- SO- SIMPLE ART OF READING NUTRITION LABELS

Reading a nutrition label is, for a lot of people, like sitting down to read a page of a book in a foreign language. Why does it have to be so confusing? Why are there SO. MANY. NUMBERS? What ACTUALLY matters on a nutrition label? Why do some of the new ones have 2 panels? Once you know what you should be looking for, understanding a nutrition label is pretty easy. Just weed through the stuff that doesn't really matter, and you'll find answers pretty quickly!

So what are the things to look for? For weight loss, there are 4 main sections to pay attention to. They are:

- 1) **Servings Per Container**
- 2) **Serving Size**
- 3) **Calories**
- 4) **Protein**

I'll touch on the other stuff in another issue, so for now, let's focus on these 4 main areas!

Servings Per Container: This section tells you, based on the ***SUGGESTED SERVING SIZE***, how many servings you should be able to get out of the entire package. If you eat more than the suggested serving size, you'll get fewer servings from the container.

Serving Size: This is actually an arbitrary number decided upon by the manufacturer, but it's **HUGELY** important as it pertains to the rest of the nutrition label! Serving size correlates directly with the calorie count, so it's important to pay attention to this number. You don't have to adhere to it, but you have to do some math finagling if you don't. (Which is to say, you should eat however much you want, but know that the more servings you have, the more calories you're taking in).

Calories: This number tells how many calories are in **ONE SERVING** of the food (as listed on the package).

Protein: Like the calorie number, this number is how many grams of protein are in **ONE SERVING**.

Let's use the label on the next page to make sense of all of this:

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container about 8	
Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Potassium 350mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 30%	• Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

You can see here that there are 8 SERVINGS PER CONTAINER based on the SERVING SIZE of 240mL or 1 cup.

Those 240mL (or 1 cup) of this food have 150 calories

and 8g of protein.

If you ate this entire package of deliciousness, you would consume 1,200 calories and 64g of protein.

That's it. Not too bad when you know how to break it down. For the purpose of WEIGHT LOSS ONLY, these are the parts of a nutrition label you need to understand.

In the case of dual-panel nutrition labels, these are relatively new (2016ish), and were created for packaged foods that have 4 servings or fewer. The FDA concluded that with fewer than 4 servings, there is a likelihood someone might eat the entire package in one sitting, and therefore, it was necessary to also put the nutrition information for the **WHOLE PACKAGE** on the label as well.

Let's take a look at that...shall we?

Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (88g)	
	One serving	Whole container	
Calories	190	570	
	% DV*	% DV*	
Total Fat	10g	13%	37%
Saturated Fat	5g	30%	90%
Trans Fat	0g		
Cholesterol	30mg	10%	30%
Sodium	85mg	3%	9%
Total Carbohydrate	25g	9%	27%
Dietary Fiber	1g	4%	11%
Total Sugars	22g		
Includes Added Sugars	15g	30%	94%
Protein	3g		
Vitamin D	0mcg	0%	6%
Calcium	96mg	8%	20%
Iron	1mg	6%	10%
Potassium	220mg	4%	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 5000 calories a day is used for general nutrition advice.

You can see that the first panel is labeled as ONE SERVING (even though it's blurry), but from the information at the top, we know there are THREE SERVINGS in the whole package.

One serving has 190 CALORIES, which means that the whole container has 570 calories (190x3)

Same idea goes for the macronutrients (protein, carbs, and fats), as well as the micronutrients. Some of the math doesn't work out perfectly and that's because the FDA allows manufacturers to round to whole numbers for calories. (Because if this food has 192 calories in one serving, those 2 extra calories aren't going to make or break your goals).

Making sense of nutrition labels is one of the most critical pieces of a weight loss journey. Almost everything you need to know about the food you eat is right there on that little panel. Once you've mastered the not-so-simple art of reading a nutrition label, you're well on your way to weight loss success!

Nutrition Guidelines

April 2021



I get told a lot, and I mean A LOT, that people want long-term sustainable fat loss. Everyone says it. My conversations with clients often go something like this:

Me: Do you prefer long-term sustainable fat loss or quick, but less sustainable results?

Client: obviously I want something long-term and sustainable. (PAUSE) but I'd like to lose it as fast as possible! (followed by a nervous, embarrassed chuckle)

Don't get me wrong. I totally get it. I always wanted the fastest approach to long-term sustainable results also. Who wouldn't? The problem is, the quick approach is most likely not the longest-lasting. So, what do we do? We end up in a yo-yo cycle, constantly losing and regaining the same 10, 15, 20 pounds.

So, this month, we're going to try something new. Summer is coming...yes, I said Summer is coming. It might not feel like it, but you're not planning to wait til June and then panic that Summer snuck up on you, are you? Over the next 3 months, we're going to implement something a little crazy, but if you're game, keep reading! This is **COMPLETELY OPTIONAL!**

April is going to be all about quick results! It's going to suck. I won't lie. This is restrictive, and nothing that I would ordinarily promote for anything longer than this time frame. It'll be a week-by-week process, tailored very specifically to get a jumpstart on your fat loss.

May will be a bit less restrictive, but will also come with the understanding that you **WILL** be doing some kind of strength training. The focus will be on muscle gain, gaining strength, and stabilizing your hormones after you've just survived a month of rapid fat loss. (More on this next month, though).

June will be your "shred." Back into a little bit steeper calorie deficit to peel off the little layer that's covering up those newly built muscles!

Are you ready? Let's get into what this month will look like...

Week 1:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN</u> <u>MINIMUM</u>
1-2	700-900	BW x 0.7
3-5	800-1000	BW x 0.8
6-7	900-1100	BW x 0.9

I warned you this was not for the faint of heart

If you haven't completely lost your mind, you're probably saying something along the lines of "Holy Sh*t! This is crazy!" right about now! So, let's discuss. First, this is as intense as it gets! Week 2 is still going to be low calories, but it will be more than this week! It's a slow transition from ultra-low to something a bit more sustainable, though not something to do for longer than a week to a month at a time.

For Week 2, you'll increase your calories just slightly above Week 1, so it should be a little bit easier (but still challenging). The goal here is to continue to lose fat while slowly increasing week-to-week. Just remember: as you increase calories, the scale will go up! You're not gaining fat, though. More volume, more carbs, more stomach content, more water. That's your mantra so you don't totally freak out and think this is all for nothing!

Week 2:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN MINIMUM</u>
1-2	1200-1300	BW x 1.0
3-5	700-900	BW x 0.7
6-7	1100-1200	BW x 1.0

Hopefully you're feeling a modicum of relief at this point. You've gotten to eat a bit more, your body and mind have gotten a bit of a reset, and you're hopefully not suffering too terribly!

You should be fully primed for another week of intense fat loss!

Week 3 is almost an exact repeat of Week 1. You have only 2 weeks left of this rapid fat loss phase, so let's crush it! The only way to see results from all of this is to have 100% adherence! Yes, it's HARD. Yes, it SUCKS! But, yes, it's TEMPORARY!

Week 3:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN</u> <u>MINIMUM</u>
1-2	700-900	BW x 0.7
3-5	800-1000	BW x 0.8
6-7	1000-1200	BW x 0.9

YOU MADE IT! It's Week 4, and holy hell...this week is going to be SO. MUCH. EASIER. than the last 3! Notice I didn't say "easy" - I said "easier"!

More calories means more food and less hunger! You're still going to be in a calorie deficit, but it's not going to be as harsh as the past 3 weeks, and that means you'll have more energy, sleep better, and will probably be a tad less grumpy! And at the end of it all, you'll be ready (and maybe even excited) to see what you can continue to accomplish in May! Let's dive in!

Week 4:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN</u> <u>MINIMUM</u>
1-2	1200-1300	BW x 0.7
3-5	800-1000	BW x 0.8
6-7	1200-1300	BW x 0.9

There are a few things I want to be REALLY CLEAR about. 1 - this fat loss system SHOULD NOT be used for more than 4 weeks at a time. Ideally with a few months in between if you plan to repeat it. That said, if you adhered to the entire 4 weeks, you should have pretty impressive results at this point. 2 - In regular, day-to-day life, you DO NOT need to eat 1200 calories to lose fat. If you have questions about what your daily intake should be to lose fat, reach out to me or post in the Facebook group and we'll help you in there!

Next month, we're going to focus on taking this newer, lower body fat for a spin in the gym! Get ready to get strong AF (and eat a bunch more!)!!!!

April Showers

This month's workout is called "April Showers" (though I'm hoping for sunshine in real life)!

There's a 4 Day split option - 2 lower body and 2 upper body days - and a 3 Day split - Lower, Upper, Full Body.

This entire workout can be done with bodyweight only. You will need resistance loops for some of the exercises, but even those can be modified to do without.

As always, this issue also has a couple circuit workouts, so if you want to add onto what you're already doing, feel free!

These workouts should be pretty tough, so having some rest days will be really important!

Any questions, post them in the FB group!

4 Day Split:

Lower Body

Upper Body

Lower Body

Upper Body

Day 1: Lower Body

SUPER SET:

1A) Tempo Bulgarian Split Squat (3-2-3) - 3 x 8/leg
(3 seconds down, 2 second hold at bottom, 3 seconds up)

1B) Tempo Single-Leg Hip Thrust (3-2-3) - 3 x 8/leg

SUPER SET

2A) SHELC: 3 x 15

SHELC stands for Supine Hip Extension Leg Curl. It's easier to remember it as HELC - Heels Elevated Leg Curl!

2B) Lateral Band Walk: 3 x 12/direction

****You can do these without a band. Just stay in a low squat and move slowly**

GIANT SET:

3A) Bodyweight Reverse Lunge: 3 x 12/leg

3B) Supermans: 3 x 12

3C) Glute Bridge: 3 x 12

Day 2: Upper Body

SUPER SET:

1A) Tempo Push Up (3-2-3) - 3 x 8

Modify on your knees if needed

1B) Tempo Inverted Row (3-2-3) - 3 x 8

SUPER SET

2A) Alternating DB Shoulder Press: 3 x 10/arm

2B) Seated Bent Over Rear Delt Raise: 3 x 12

GIANT SET:

3A) Close Grip Push Up: 3 x 10

Modify on your knees if needed

3B) Side Lateral Raise: 3 x 12

3C) Pec Fly: 3 x 20

Day 3: Lower Body

SUPER SET:

1A) Pulsing Bulgarian Split Squat: 3 x 12/leg

1B) Pulsing Single-Leg Hip Thrust (3-2-3) - 3 x 12/leg

SUPER SET

2A) Deadlift to Reverse Lunge: 3 x 10/leg

2B) Glute Bridge: 3 x 15

SUPER SET:

3A) Banded Fire Hydrants: 3 x 12/leg

3B) Banded Donkey Kicks: 3 x 12/leg

FINISHER:

Complete as many rounds in 5 minutes as possible.

Jump Squats x 10

Jump Lunges x 5/leg

Fast Feet Circle x 1/direction

Day 4: Upper Body

SUPER SET:

1A) Pulsing Push Up: 3 x 12

Modify on your knees if needed

1B) Pulsing Inverted Row: 3 x 12

SUPER SET

2A) Seated Arnold Press: 3 x 12

2B) Bent Over Rear Delt Raise: 3 x 15

GIANT SET:

3A) Band Pull Aparts: 3 x 20

3B) Wood Chops: 3 x 10/side

3C) Pec Fly: 3 x 15

3 Day Split:

Lower Body

Upper Body

Full Body

Day 1: Lower Body

SUPER SET:

1A) Tempo Bulgarian Split Squat (3-2-3) - 3 x 8/leg
(3 seconds down, 2 second hold at bottom, 3 seconds up)

1B) Tempo Single-Leg Hip Thrust (3-2-3) - 3 x 8/leg

SUPER SET

2A) SHELC: 3 x 15

SHELC stands for Supine Hip Extension Leg Curl. It's easier to remember it as HELC - Heels Elevated Leg Curl!

2B) Lateral Band Walk: 3 x 12/direction

****You can do these without a band. Just stay in a low squat and move slowly**

GIANT SET:

3A) Bodyweight Reverse Lunge: 3 x 12/leg

3B) Supermans: 3 x 12

3C) Glute Bridge: 3 x 12

Day 2: Upper Body

SUPER SET:

1A) Tempo Push Up (3-2-3) - 3 x 8

Modify on your knees if needed

1B) Tempo Inverted Row (3-2-3) - 3 x 8

SUPER SET

2A) Alternating DB Shoulder Press: 3 x 10/arm

2B) Seated Bent Over Rear Delt Raise: 3 x 12

GIANT SET:

3A) Close Grip Push Up: 3 x 10

Modify on your knees if needed

3B) Side Lateral Raise: 3 x 12

3C) Pec Fly: 3 x 20

Day 3: Full Body

SUPER SET:

- 1A) Pulsing Bulgarian Split Squat: 3 x 12/leg
- 1B) Pulsing Push-Up: 3 x 12

SUPER SET

- 2A) Pulsing Single Leg Hip Thrust: 3 x 12/leg
- 2B) Seated Arnold Press: 3 x 15

GIANT SET:

- 3A) Glute Bridge: 3 x 15
- 3B) Band Pull Apart: 3 x 20
- 3C) Banded Donkey Kicks: 3 x 12/leg

Reframing My Lens



I woke up this morning to a grim reality. That may be a bit hyperbolic, but let me explain. Though it's not completely shocking, I realized this morning that over the past 6 months, I have steadily put back 15 pounds on my frame. Now, don't get me wrong - there are worse things that I could have done in the last 6 months, and I acknowledge that. Gaining weight is not and should not be something that we approach as shameful or as though it's a failure. And I don't.

But I'm disappointed in myself and I'm also wildly mindful of not wanting to disappoint you. So many of you, and my private clients also, have put your trust in me, and I feel an intense obligation (and desire) to "look the part" of a trainer and health coach.

As I've watched the scale slowly creep up, I tell myself it's not that bad, I'll get it under control, and a whole host of other justifications. But the truth is, I've been egregiously inconsistent with my nutrition since November, so this weight spike comes as no great surprise (also unsurprising because I weigh myself daily).

I've told myself that I am going to address it, but I haven't. At least, not consistently. So, now I will.

But first, I say all the time that the only way to fail at weight loss is to give up your efforts completely. And that's the truth. Although I've experienced a setback (a major one, in my eyes), I haven't failed because I'm not quitting.

What I am doing, though, is reframing the lens through which I'm viewing this weight gain. And this is not delusion, rather, my motivation for cutting the weight back off.

Back in October, I was lifting VERY, VERY heavy weights in order to "bulk" or add lean muscle. Along with that, I was eating in a calorie surplus (because that's needed to gain muscle), but it was slow and controlled. I actually didn't put on a ton of weight or gain much fat during that time. It came after, when the ease of eating more took over and I stopped being consistent with my surplus, rather I just went off the rails.

So my reframe is this - the past 6 months have been a continuous bulk. I've continued to lift heavy, so there's no doubt that I've gained muscle along with the fat stores that I'm holding onto, and I'm going to transition to a cut in order to see that new, sexy muscle that I'm "hiding" right now! ;)

I have a plan, and (time-wise) it's a lengthy one, but I'm excited about it. My plan, for starters, is long-term...I don't have a time frame to take this excess weight off; rather my focus is on maintaining my new muscle by eating enough protein, and averaging around 1/2 pound per week loss in the most sustainable

way possible.

Yes, that means that this will likely take me through the end of the year; and although that feels like forever from now, I know that there is really no rush. I'm not competing on stage. I'm not trying to get skinny. I'm trying to shed this fat while maintaining my new muscle mass, and doing it in the healthiest way possible.

The other thing that I've built into my plan is something I've never done before...at least not consciously. I've built in what is called a "diet break" - which is exactly what it sounds like. When we're in a perpetual state of dieting, the body needs a break from time to time. For me, that is going to be a carefully structured dieting period with a week-long diet break. So, it will essentially be 12 weeks on, 1 week off, and I will continue that way for the duration of the time it takes to take this weight off.

There are 4 main principles that I am going to focus on throughout this time, and they are:

- 1) adherence - keep as close to my calorie intake goal; get all of my workouts in on a regular basis.
- 2) consistency - what I do most of the time matters more than what I do some of the time. This means that I will not pass up social invitations, but most of the time, I will stick to my routine.
- 3) patience - the scale will not go down every day. The scale will not go down every week. I didn't gain the weight from eating one donut, I'm not going to lose it by eating one salad.
- 4) progress, not perfection - I'll f**k up. I'll eat a basket (or 3) of

chips at a Mexican restaurant. I'll probably have too many glasses of wine at some point. I'll eat stuff I didn't plan to eat. I'll pick at the chocolate in the cabinet. I'll lick the peanut butter off the knife and not track it. I'll bake some delicious challah and eat it to my heart's content. But I'll mostly be consistent and that is my progress. There is no perfection here. It's not my aspiration and it's not my desired outcome. Slow, steady, sustainable progress is.

As you read this, I'm off hiking somewhere in Utah. I come home in a few days, and my journey begins anew. I'll keep you up to date on my progress, and hope that, if you're on your own weight loss journey, that you will keep us up to date on yours.

And if you need anything, any kind of assistance or support, please know that I am always here for you. As are other members of the Tribe. Please use the support that you have as part of this Tribe. We're all in here for a reason, and I hope you'll take advantage of the wisdom others have gained through their own experiences.

2 Super Fun Circuits

For When You Just Want More

Lunge Love

The Circuit:

Forward Lunge x 8/leg

Side Lunge x 8/leg

Reverse Lunge x 8/leg

Jumping Lunges x 8/leg

Instructions:

Do this circuit as quickly as possible 5 total times. Rest 1 min. Repeat, aiming to beat your time from the previous round.

Cruising with the Top Down

The Circuit:

Push Up x 10, 9, 8, etc

Crab Walk x 10, 9, 8, etc

Tricep Dips x 10, 9, 8, etc

Bear Crawl x 10, 9, 8, etc

Instructions:

Do each exercise in a descending ladder fashion starting at 10 reps and working your way down to 1 rep. So, you'll do 10 push-ups, 10 crab walks, 10 tricep dips, and 10 bear crawls. Then 9 of each. Then 8 of each, etc, all the way down to 1 of each.

EAT MORE SPINACH!

- High in fiber
- Fights diseases
- Anti-inflammatory
- Strengthens bones
- Prevents cancer
- Helps improve vision
- Promotes healthy skin
- Lowers high blood pressure
- Strengthens immune system



CREATING MEANING

Human beings are meant for more than mere survival. Especially in more modern and progressive times, we have come to crave purpose and meaning in our lives. While it may feel like you're always searching for "the meaning of life" or "your purpose," I believe few of us are destined to a life of just one overarching purpose. We are meant to create, to achieve, to nurture, to explore.

Finding your "WHY" can lead to resilience in times of hardship, and being able to come back to that WHY is crucial for being grounded and centered.



Take some time to jot down some answers to the following questions. Don't be afraid to follow a rabbit hole. Sometimes those free association thoughts can lead to our best discoveries of self!

- 1) What makes you come alive?** These are things that light you up, that put a fire in your belly!
- 2) What are your innate strengths?** What naturally comes easily to you?
- 3) Where do you add the greatest value?** Whether in your personal life or at work, where are you best equipped to help solve problems or formulate new ideas? From where do you get your greatest sense of accomplishment and contribution?
- 4) How will you measure your life?** What are your core values and how are you aligning with them?

Resource: VIA Character Strength Survey - <https://www.viacharacter.org/Account/Register>

BBQ Chicken Tenders



INGREDIENTS

(Serves 4)

- 1 lb skinless chicken tenders
- 1 c Sweet Baby Ray's Honey BBQ Sauce (or
BBQ sauce of your choice)
- 1 c Japanese Panko bread crumbs

****These tasted better than they look! My food photography needs work, obviously!**

DIRECTIONS

1. Preheat oven to 375 F
2. Dip chicken in BBQ sauce
3. Coat chicken in bread crumbs
4. Line a baking sheet with parchment paper and space chicken tenders evenly. Bake for 15 minutes.
5. Remove from oven and brush both sides of chicken tenders using remaining BBQ sauce.
6. Bake 10 more minutes
7. Serve hot

**This recipe can be used with a chicken breast to start. Just slice it into even strips first.

Nutrition Facts

4 servings per container

Serving size (194g)

Amount Per Serving

Calories **290**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.847g **4%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 680mg **30%**

Total Carbohydrate 38g **14%**

Dietary Fiber 1g **4%**

Total Sugars 28g

Includes 0g Added Sugars **0%**

Protein 24g **48%**

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.

Air Fryer Flat Iron Steak with Garlic Butter



INGREDIENTS

(Serves 2)

- 1 beef flat iron steak (3/4 pound)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon butter, softened
- 1 teaspoon minced fresh parsley
- 1/2 teaspoon minced garlic
- 1/4 teaspoon reduced-sodium soy sauce

DIRECTIONS

1. Preheat air fryer to 400F
2. Sprinkle both sides of steak liberally with salt and pepper
3. Place steak in air fryer basket and cook to desired doneness (check with meat thermometer)
4. While steak is cooking, combine butter, parsley, garlic, & soy sauce. Serve over steak.

Nutrition Facts

2 servings per container

Serving size (183g)

Amount Per Serving

Calories **360**

% Daily Value*

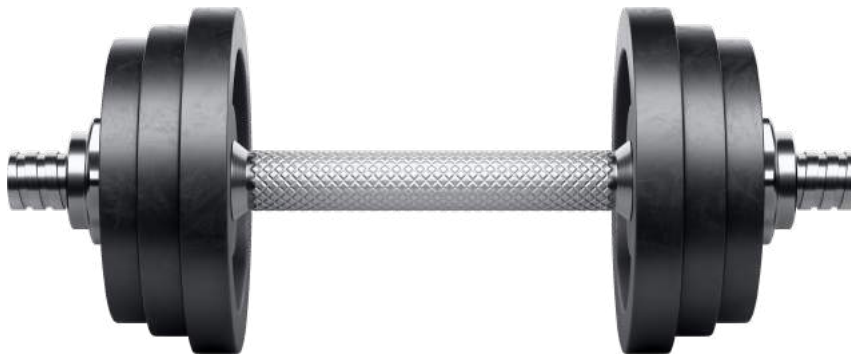
Total Fat 24g	31%
Saturated Fat 10.38g	52%
<i>Trans</i> Fat 0.86g	
Cholesterol 130mg	43%
Sodium 340mg	15%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 33g	66%

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
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- The Tribe



A Sneak Peek at Your May Issue...

2 New Circuit Workouts

May Day SOS Workout

Personal Mantras

New Delicious Recipes



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