

30-Day ^{#makefatcry} CHALLENGE Nutrition Starter Pack



by Bree Argetsinger

Betty  Rocker

ARE YOU READY TO ROCK YOUR BODY?

Every day I hear amazing success stories from challengers who tell me that “this is the first program I was able to stick to!” and “I can’t believe how my body is changing!”

My goal is to you empower you to live life in a strong, fit, healthy body and give you the tools you need to do this forever. The fast track to lasting results comes from combining consistent exercise with correct nutrition.

The [30 Day Challenge Meal Plan](#) will teach you how to make the best eating choices for a healthy lifestyle so you can sculpt your body from within every time you take a bite of delicious food. The meals you’ll eat combine the right nutrients to help you burn off unwanted body fat and sculpt the lean, sexy muscle that comes from eating right while you’re exercising.

Whether you’re looking to drop dress sizes, gain muscle, or simply want to be able to live life to the fullest on a busy schedule with more energy and confidence, I’ve got the tools you need to succeed in this healthy eating plan - designed to help you make the 30 day challenge your most successful month ever - and set you up for a lasting healthy lifestyle!



Get ready to wake up, kick ass, be kind (to yourself!!) and REPEAT - let's DO THIS!

XOXO

-Betty Rocker

Delicious Foods You'll Be Eating...

The 30 Day Challenge Meal Plan includes over 70 healthy recipes for breakfast, lunches, dinners, snacks, smoothies and desserts - with options for Vegetarians. Your nutrition guide will show you how to harness the power of these foods to burn fat and support your workouts, whether you're cooking or eating out, and your grocery lists and meal plans will do all the work of putting it together for you.



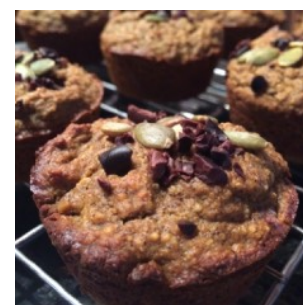
Blueberry French Toast



Open Faced Breakfast Sandwich



Apple Cinnamon Overnight Oatmeal



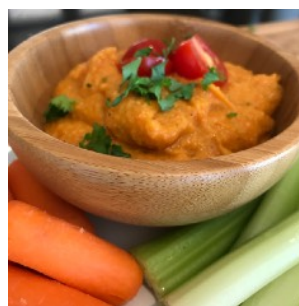
Pumpkin Protein Muffins



Strawberry Chia Smoothie



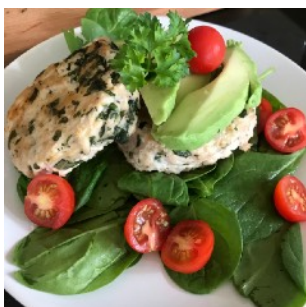
Chocolate Protein Muffins



Red Pepper Hummus



Healthy Trail Mix



Fresh Herb Turkey Patties



Clean & Lean Green Smoothie



Smoky Paprika Chicken



Chickpea Nuggets



Black Bean Burgers



Tuna Avocado Salad



Stuffed Peppers



Healthy Chicken Nuggets

4 Fit Body Recipes

Strawberry Chia Smoothie

Yield: 1 serving

You will need: blender, measuring cup and spoon

- 1 Tablespoon chia seeds
- 1 cup almond milk (or other milk you prefer)
- 8 strawberries
- 1 serving vanilla protein powder
- Optional:* 1 cup baby spinach

1. Add the chia seeds and almond milk to a measuring cup and soak for 5 minutes.
2. Blend the chia seed / almond milk mixture with the spinach (if using) until smooth.
3. Add in the fruit and blend again. Finally, add in the protein powder and blend until no chunks remain.



Unicorn Breakfast Bowl

Yield: 3 servings

You will need: measuring cups and spoons, cutting board, knife, blender, spatula, saucepan, mixing bowl

- 1 / 2 cup [overnight oatmeal](#), pre-cooked
- 1 serving [vanilla protein powder](#) (or your choice in flavor)
- 1 / 4 cup almond milk
- 1 banana (divided)
- Optional toppings:** berries, nuts, seeds, coconut flakes

1. Blend 1 serving (1/2 cup) pre-made overnight oats with the protein powder, almond milk, and 3/4 of the banana. Add more almond milk if you like it a thinner consistency.
2. Pour the mixture into a bowl and top with the remaining 1/4 banana (sliced) and any other toppings of your choice.

Tuna Avocado Salad

Yield: 2 servings

You will need: fork, mixing bowl, measuring spoon

2 cans tuna, drained
1 avocado
1 Tbsp Dijon mustard
salt and pepper to taste

1. Place the tuna in a bowl and mash with a fork. Add the avocado and mash into the tuna.
2. Stir in the mustard, salt and pepper.

Vegetarian: replace tuna with 1 can black beans



Stuffed Peppers

Yield: 4 servings

You will need: measuring cups and spoons, baking pan or casserole dish, parchment paper, skillet, large bowl, spoon, plate, cutting board, knife

4 large red bell peppers, halved and seeded
1 T olive oil
1 lb ground turkey breast
1 cup cooked quinoa
1/2 cup black beans, rinsed and drained
1 14-16 oz jar salsa - look for organic, low sodium
2 T taco seasoning
1 tsp salt
1/2 tsp black pepper

1. Preheat the oven to 375 F. Line a baking dish or casserole pan with parchment paper.
2. In a skillet over medium heat, add the olive oil and the turkey. Cook until no longer pink.
3. Mix the browned turkey, quinoa, black beans, salsa and taco seasoning in a bowl. Add salt and pepper.
4. Arrange the peppers on the baking pan and stuff each pepper half with the turkey mixture.
5. Bake for 25 minutes, or until peppers are softened

Vegetarian: Follow the same recipe as above, but add 2 full cans of black beans instead of the turkey, OR 1 lb organic tofu, crumbled.

You Get ALL of This!

You get access to everything you need for the 30 Day Challenge and beyond with this meal plan and eating guide, complete with healthy recipes to keep you inspired for months to come

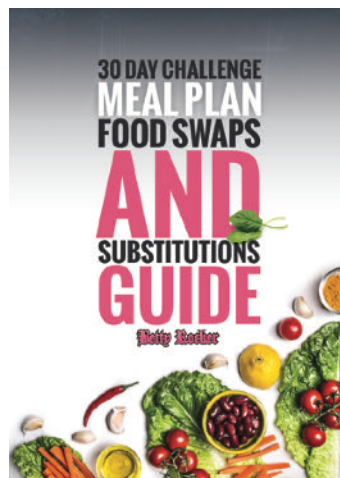


#makefatcry Eating Guide

4 weeks of Grocery Lists, Healthy Recipes, Daily Menus



2 Egg Breakfast Muffins (P, F, G) 1/2 cup Sweet Potato Dices, diced (C)		1/2 cup Apple Cinnamon Oatmeal (C) 3 T Hemp Seeds (P)	
Pineapple S...		Tropical Skin Cleanser Green Smoothie (P, C, G)	
1 Turkey Day 1/2 cup WHC 1/4 Avocado	M1	1 serving Chicken Nuggets (P, F) 1/2 cup Sweet Potatoes (C)	M2
1/2 Black B... Avocado (P, F)	M2	1/2 serving Chickpea Nuggets (P, C, F)	M3
2 Chocolate	M3	1/2 cup Trail Mix (P, F)	M4
1 serving Ch... 1/2 cup B...	M4	1 Turkey Burger (P) 1/4 Avocado (F) 1 cup Roasted Zucchini (G)	M5
1/2 serving... Zucchini (C)	M5	1/2 Black Bean Quinoa Burger (P, C) + Avocado (F) + Salad (G)	



Healthy Eating Guide, 70 + Healthy, Delicious Recipes, Swaps and Substitutions Guide PLUS Desserts!

Meal Plan FAQ

NUTRITION is not low fat. It is not low-calorie. It's not being hungry and feeling deprived. It's **nourishing your body** with whole foods so that you are consistently satisfied and energized to **live life to the fullest**.

Will the plan work if I have dietary restrictions? Will my family like the food?

The recipes are delicious, easy to make, and are all gluten and dairy free. Your plan also contains Vegetarian options for variety or if you are following that eating style.

The recipes are for anyone and everyone! They are very family-friendly, so you don't have to worry about cooking two separate meals for you and your kids.

I don't include anything that is boring, bland or generally doesn't taste good - because who needs that!

What Do I get with the Eating Guide and Meal Plans?

- You'll get a comprehensive Eating Guide to how to **burn fat, boost your metabolism** and **combine foods properly** so you can easily create a healthy lifestyle while carving out a lean physique.
- Your complete program includes **daily menus** so you can easily combine the right meals around your workouts, eat optimally without counting calories or restricting your food intake, leaves room for eating out and those special treats and occasions and **will totally teach you how to do this yourself**.
- You'll have 3 simple ways to set yourself up when you're short on time, regardless of how much you want to cook. **Grocery lists** are included for when you want to cook more.
- You also get **amazing BONUSES**, including the Food Swaps and Substitutions Guide, to help you modify meals to suit your taste, a Complete Healthy Desserts Cookbook so you can enjoy treats guilt-free, and the complete Recipe Guide for the program so you have every recipes at your fingertips.

I'm really short on time - how long will it take me to get set up?

The recipes are super simple and easy to make, and none of them take longer than 15 minutes to prepare - often much less time (not counting cooking time, if that's needed).

I'm a big fan of bouncing back and forth between setting myself up with a strategic batch food prep session - and cooking easy meals as I go through the week.

The eating guide and meal plans will give you both options so you can do whatever is easiest for you each week.

Will the Meal Plan be Shipped to My House?

Your Eating Guide and Meal Plans will be Immediately Accessible after your purchase in your exclusive customers only VIP area, and available to you forever.

You can access your entire program on any device you're on, and you can print out any part or parts of it yourself.

How Much Weight Will I Lose During the Challenge?

Everyone is completely unique and the rate at which we lose fat is different. Whether your goal is to focus on fat loss, or to tone up and get a tighter, leaner, more sculpted body, using the 30-day Challenge Meal Plan with the challenge workouts will give you the fastest and longest-lasting results.

If you're in the habit of weighing yourself, one of the important things to know is that your weight on the scale won't actually tell you much about your body composition - as in how much water you're carrying, how much muscle, and how much fat.

That's why I recommend taking progress pictures and measuring yourself rather than weighing yourself (take a look at Leanne S's results below just 7 days in to see what I mean).

Muscle is denser than fat, and takes up less space in your body - so as you lose fat and add muscle, you may not see the number on the scale going down as fast as you expect, even though you are noticing the shape and tone of your body changing.

You'll most likely start to notice your body changing within a week. You'll notice you're feeling stronger, you might notice your clothes fitting differently (even without a lot of "weight loss," which means your body composition is changing).

You will be losing inches and dress sizes as the challenge progresses and you stick with the workouts and the eating guidelines.

Exercise makes you FEEL amazing - more energy and better sleep are some side effects of regular exercise. But **you simply cannot out-train a bad diet** - which is why it's so important to have the right combination of nutrients, and learn how to do this stuff yourself so you can make it a lasting LIFESTYLE.

Success Stories

So many women have had success with this program - and they continue to succeed by making the consistent exercise and the eating principles from the guide a part of their healthy lifestyle!



"I took photos and measurements on day one and decided I wouldn't check anything until day 14...on day 7 you sent a video saying to check your measurements and take more photos and so I did.

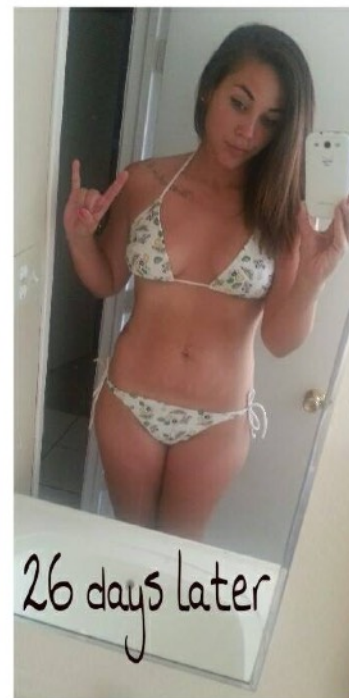
I really didn't expect to see much of a difference so was really excited when I put the two photos next to each other!

So to anyone out there that didn't take photos, really don't just believe what the numbers say! They really don't give you the full picture! Thanks again Betty!"

-Leanne S.

"I'm not stopping Betty Rocker! I can see my six pack coming in and that's what I want! This is the best challenge I've ever taken - and the food is amazing!"

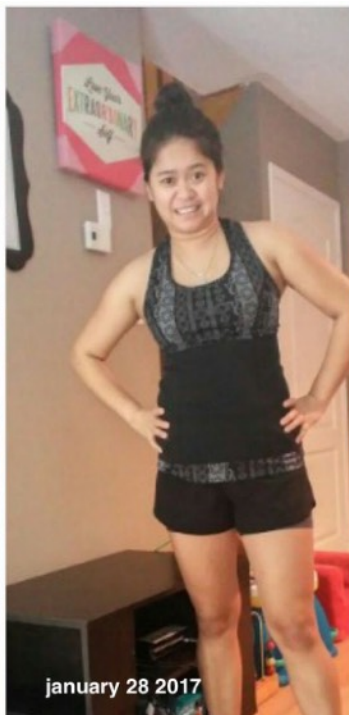
Linda B.



"I'm so happy with my progress! I can see my abs again and I feel amazing!"

-Lani S.





"It's me from December 2016 to January 28 of 2017, I can really see the results!"

Meesh L.



"Betty Rocker do you SEE how much tighter my abs are? I'm stronger and tighter everywhere - I wish I did this sooner!"

Liz D.



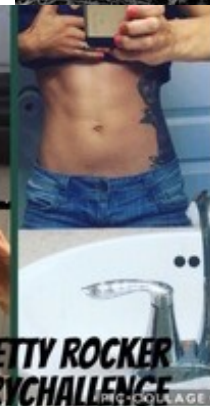
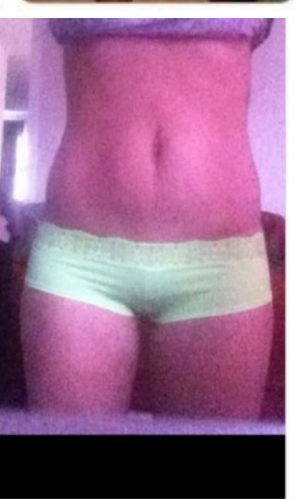
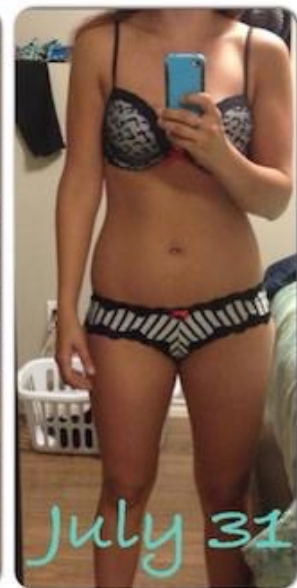
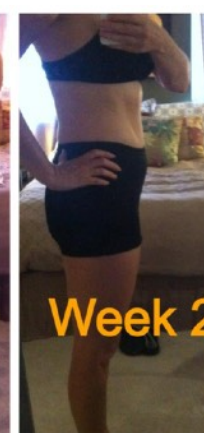
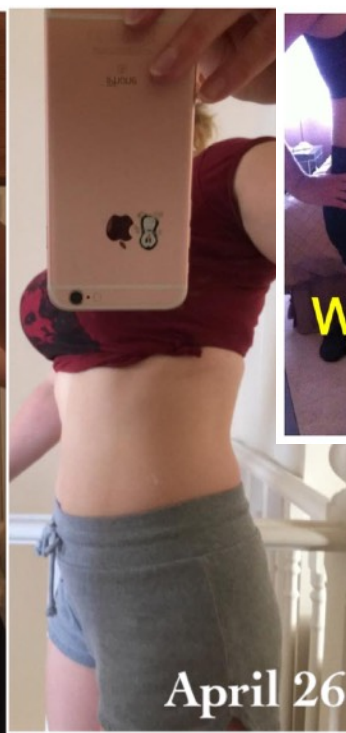
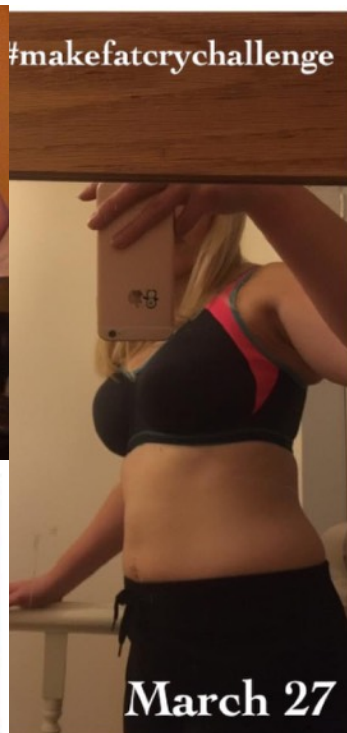
"I didn't start this to lose weight, I wanted to get more muscle tone. I got rid of skinny, gained strength, confidence and a whole new outlook. I haven't stopped since I started!"

Jen A.



"Challenge start on the left and today (just starting week 4) on the right. This was by far my most successful challenge and it was definitely due to the healthy eating component. I feel awesome!"

Sonja J.



BETTY ROCKER
#MAKEFATCRYCHALLENGE

YOUR BEST INVESTMENT?

YOU!



Get the 30 Day Challenge Meal Plan now, and in a few minutes, you'll have everything you need, with your VIP access sent straight in your inbox!

You'll make a one-time-payment of \$37 - no additional fees or subscriptions.

I'll be there for you along the way, along with all the other challengers and Team Betty Rocker!

You're about to make an amazing investment in your health, happiness, and your future!

XOXO

-Betty Rocker

Start Today