

FIERCE



FIERCE SUMMER PARTY GUIDE

WELCOME TO YOUR SUMMER PARTY GUIDE

HI, I'M COACH D!

My name is Derith Cass, aka Coach D., and I'm a lover of travel, fitness, and the human connection. As a twenty-year veteran in the fitness industry, I have



coached people from all walks of life as they begin, transform, & endure their individual journey to healthfulness.

I am a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, as well as a Certified Group Fitness Instructor through the American Council on Exercise. I hold a Bachelor of Science in Kinesiology with a minor in Business Administration from Texas A&M University.

In a FIERCE life, we can have our party and eat it too! This summer party guide creates harmony between fun, yum, & health!

In the following pages, you'll see options from some of my favorite online resources that will fill you & your guests up with foods that are good for their taste buds, bodies, hearts, & souls.

DRINKS

- 1 STRAWBERRY LIME & MINT WATER
- 2 SKINNY COCONUT MARGARITAS
- 3 VITAMIN WATER
- 4 36 OF THE BEST "MOCKTAIL" RECIPES
- 5 SKINNY WATERMELON MOJITO



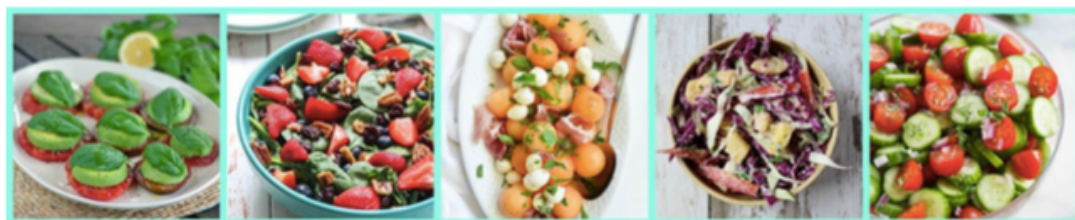
APPETIZERS/SNACKS

- 1 PALEO SWEET & CRUNCHY TRAIL MIX
- 2 ROASTED CAULIFLOWER HUMMUS
- 3 ANTIPASTO SKEWERS
- 4 GRAIN-FREE PARTY SNACK MIX
- 5 GRILLED BACON-WRAPPED ASPARAGUS



SALADS/SIDES

- 1 HEIRLOOM TOMATO ± AVOCADO SALAD
- 2 SUMMER BERRY SPINACH SALAD
- 3 CANTALOUPE ± MOZZARELLA CAPRESE
- 4 CREAMY PINEAPPLE GINGER SLAW
- 5 TOMATO CUCUMBER SALAD



MAINS

- 1 CHICKEN PIZZA (USE CAULIFLOWER CRUST)
- 2 BEST PALEO BURGER EVER
- 3 EASY BALSAMIC CHICKEN SKEWERS
- 4 WHOLE 30 GRILLED SALMON COBB SALAD
- 5 GRILLED PORK CHOPS WITH PEACH ± JALAPENO SALSA



DESSERTS

- 1 5-INGREDIENT BANANA "ICE CREAM"
- 2 SAMOA BARS (GF, P, V)
- 3 WATERMELON PIZZA
- 4 NO-BAKE COCONUT MARGARITA BITES
- 5 GRILLED PINEAPPLE WITH CINNAMON ± HONEY DRIZZLE



COACH D.'S FAVORITES

- 1 GRILLED SWEET POTATOES
- 2 DELICIOUS LEMONY SALAD DRESSING
- 3 STEAK FAJITA SKEWERS ± CILANTRO CHIMICHURRI
- 4 AVOCADO ARTICHOKE ARUGULA ± SPINACH SALAD
- 5 4-INGREDIENT DOUBLE CHOCOLATE "ICE CREAM"



WHAT'S NEXT? LET'S FURTHER YOUR FITNESS

**WANT A GUIDED FITNESS PROGRAM THAT WILL
KEEP YOU FIERCE YEAR-ROUND?**

I am here to EMPOWER you!

[Join a community of women](#) where you'll be nurtured and while still being pushed to reach new health and fitness goals.

Together we will create a space to make your FIERCE possible. Be a part of the FIERCE community – this means embracing your unique journey on the path to becoming the BEST version of you, inside and out.

Get access to our private Facebook group, the FIERCE Connection! It's a place where women come together and give each other permission to prioritize health so that we feel our BEST.

Learn to shift your mindset and habits to make health and fitness choices that serve A BETTER YOU!

Let's do this! It is time dive in and stop looking back!

**CLICK HERE TO LEARN MORE &
JOIN THE FIERCE VIRTUAL COMMUNITY**



NEED SOME ACCOUNTABILITY THIS SUMMER?



You know how one glass of rosé can easily turn into a bottle of rosé AND a cheese platter... yeah... hellloooo summer!

Weekend getaways, vacations, backyard bbq's, & all those cold, crisp glasses of rosé can quickly throw us off track!

That's exactly why I created our new **FIERCE Fitness + Fuel Combo!**

When you pair on-the-go nutrition with do-anywhere workouts your body needs, you are guaranteed to stay on track during the summer, get the results you want, and head into the fall ahead of the game!

Plus, you can do this from anywhere, so whether you're a summer stay-cationer or a jet-setter, we've got you covered!! I'm ready to help you rock your summer routine so you can stop starting over.

CLICK HERE TO LEARN MORE!

