

# Meet

Olivia and Maddie



The “O” and the “M” of OM Fitness! We’ve got your back when it comes to all things fitness, food, and focus.

We’re sisters, scientists, and strategists on a mission to help smart, savvy, young professionals like you, cut through the overwhelm of health trends and fitness fads to establish a simple, solid, step-by-step, no-nonsense, research-based blueprint to vibrant health and purposeful living.

In short, we cut through the noise and create a plan that works for you!

It doesn’t have to be a dramatic lifestyle change.

In fact, you may be closer than you think.

**Olivia**, holistic health coach, graduated summa cum laude from University Wisconsin, Eau Claire with a degree in Kinesiology and Health Promotion. She is currently studying in the Holistic Health Masters program (one of only a few masters programs of its kind in the US) at St. Catherine University in St Paul, MN.

“I am super passionate about giving ambitious professionals the tools to create vibrant health, and sharing my secrets for thriving in a strong body and mind, so you can stand-out, rise-to-the-top, establish meaningful connections, and live your life’s purpose”

**Maddie**, our evidenced-based scientist, studies at the prestigious College of Science and Engineering at the University of MN, in food engineering and nutrition.

With this unique academic combination, Maddie brings simplicity to a complex understanding of the functionality of food ingredients, how they affect food products in terms of taste, texture, and appearance, as well as how the foods we eat behave in our bodies.

“Nutrition should be easy. I love to create simple but nutrient-rich recipes, healthify old favorites to increase their nutrient density without giving up the flavor, and add them all to super, simple healthy meal plans for people on the go!”



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## Protein Buckwheat Pancakes

Pancakes are normally a guilty pleasure for us, but this recipe allows us to enjoy them 100% guilt free!

### Ingredients

1 ripe banana	1/2 tsp cinnamon
1 cup water	1/2 tsp ginger
1 cup buckwheat flour	1/2 tsp cardamom
1 serving protein powder	1/4 tsp nutmeg
1/4 tsp baking soda	

### Directions

Blend ingredients until smooth. Fry up just like you would regular pancakes in a greased skillet on medium-high heat for about 5 minutes, flipping halfway through!

### Nutrition Facts

Total Servings: 4  
Calories: 152  
Protein: 10.7g  
Carbs: 28.2g  
Fat: 1.1g



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## Portobello Pizza

If we told you that you could eat an entire pizza for less than 100 calories, would you believe us? Well, see for yourself!

## Ingredients

2 portobello mushroom caps  
1/4 cup fresh mozzarella  
1/4 cup marinara sauce  
3 fresh basil leaves

## Directions

Preheat oven to 425. Wash mushroom caps and remove stem. Bake on parchment paper stem-side up for about 10-12 minutes to release moisture. Fill mushroom caps with toppings and bake for another 5-10 minutes. Enjoy!

## Nutrition Facts

Total Servings: 2  
Calories: 85  
Protein: 7.3g  
Carbs: 7.6g  
Fat: 3.6g



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## Butternut Squash Chili

Crockpot recipes are the best. So easy. So delicious. AND you have meals prepped for days!

### Ingredients

1 lb 93% lean ground turkey	1 white onion, chopped
1 lb butternut squash, cubed	2 cloves minced garlic
1/2 cup chicken broth	1 Tbs chili powder
4.5 oz can tomatoes and green chilis	1 Tbs ground cumin
2 14.5 oz can diced tomatoes	1 tsp garlic salt
1 can kidney beans	
1 can black beans	
8 oz can tomato paste	

### Directions

Sautee onion and garlic lightly in a skillet. Add ground turkey and cook until browned. Add all of the ingredients in a crockpot and cook on low for 6-8 hours.

### Nutrition Facts

Total Servings: 12  
Calories: 173  
Protein: 13.2g  
Carbs: 24.1g  
Fat: 3.7g



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## Roasted Potatoes with Creamy Dijon Dressing

This one is a serious crowd pleaser, but you may just want to eat them all to yourself!

### Ingredients

3 lb baby purple potatoes, halved  
1 tbs olive oil  
1 tsp salt  
1/4 tsp pepper

Dressing:  
1/4 cup olive oil  
1 Tbs dijon mustard  
2 Tbs lemon juice  
2 tsp fresh thyme  
1 clove minced garlic  
1/4 tsp salt  
pinch of pepper

### Directions

Preheat oven to 400F. Line baking sheet with foil. Toss potatoes with olive oil, salt and pepper. Cook for 40 minutes. While the potatoes are roasting, mix up the dressing by whisking all of the ingredients together. Pour over the potatoes and enjoy!

### Nutrition Facts

Total Servings: 12  
Calories: 181  
Protein: 2.0g  
Carbs: 29g  
Fat: 5.6g



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## Parmesan Garlic Kale Chips

AKA how to eat four cups of kale in one sitting and enjoy it...These snacks are guilt-free, super nutritious, and unbelievably delicious!

### Ingredients

4 cups kale, chopped  
2 Tbs grated parmesan cheese  
1/2 tsp garlic powder  
salt to taste

### Directions

Preheat oven to 300F. Lay out kale on parchment paper on a baking sheet. Sprinkle the garlic and salt evenly on the leaves. Top with grated parmesan. Bake for about 10 minutes, or until desired crispiness. Keep a close eye on them because they will burn quickly!

### Nutrition Facts

Total Servings: 2  
Calories: 51  
Protein: 4.4g  
Carbs: 5.1g  
Fat: 1.8g



## Gingerbread Cookies

It wouldn't be right to celebrate the holiday season without some little gingerbread men! This recipe is clean-eating approved with no refined grains or sugars!

## Ingredients

- 1 cup oat flour
- 2 cup almond flour
- 1 egg
- 1/4 cup coconut oil
- 1/2 tsp freshly grated ginger
- 1 tsp cinnamon
- 3 Tbs molasses
- 3 Tbs 100% pure maple syrup
- 1 Tbs stevia

## Directions

Preheat oven to 325F. Wisk egg. Add coconut oil, ginger, molasses, and maple syrup. In a separate bowl, combine remaining dry ingredients. Roll dough between two pieces of saran wrap (the dough will be wet, so this keeps things from getting too messy!). Cut into desired shapes. Bake for 15 minutes.

## Nutrition Facts

Total Servings: 12  
Calories: 166  
Protein: 5.6g  
Carbs: 15.7g  
Fat: 10.2g



## Gingerbread Latte

You could run to Starbucks and grab yourself a gingerbread latte loaded with 330 Calories, 14 grams of fat, and 38 grams of SUGAR, or you could make your own! Save yourself the guilt, and whip one up right now!

## Ingredients

- 1 cup coffee
- 1 cup skim milk (or your choice of dairy-free milk)
- 1 tsp molasses
- 1/4 tsp cinnamon
- 1/8 tsp fresh ginger
- 1/2 Tbs maple syrup
- pinch of nutmeg

## Directions

Combine all ingredients and mix thoroughly! Optional: steam milk before adding ingredients. If you do not want to steam the milk, simply heat it in the microwave to desired temperature.

## Nutrition Facts

Total Servings: 1  
Calories: 134  
Protein: 8.6g  
Carbs: 23.6g  
Fat: 0.5g







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## Perfect Pasta Sauce

Have you ever read the ingredient label of your favorite pasta sauce? Usually there are lots of added sugars and preservatives! Here is a perfect, homemade alternative that can be enjoyed on a bed of zucchini noodles, spaghetti squash, or pasta of your choice. This recipe makes 12 servings.

## Ingredients

1 jalapeno	1 Tbs maple syrup
1 onion	10 medium tomatoes
1 cup shredded carrots	3 tsp Italian herb blend (oregano and thyme)
1 red pepper	1/2 tsp red pepper flakes
4 cloves minced garlic	1 tsp salt
2 Tbs fresh basil	1 tsp apples cider vinegar
2 Tbs fresh parsley	

## Directions

Chop and cook first five ingredients in a sauce pan with some olive oil. Add diced tomatoes and remaining ingredients and cook in crock pot for 3-5 hours on low. If you don't like your pasta sauce chunky, throw it in a large blender until desired consistency.

## Nutrition Facts

Total Servings: 12  
Calories: 33  
Protein: 1g  
Carbs: 8g  
Fat: 0g



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