

WINTER 2020 | ISSUE NO. 1  
FREE



# Guide2Gutted

Detox. Define. Unwind. Happy!



WORKOUTS | MEAL PLAN | JOURNAL

# What's this for?

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It's for YOU, Gutted Gang.  
2020 has us feeling all types of ways.  
All a real one need is a little peace and TLC,  
ya feel me!

The Guide2Gutted is designed to bring more  
balance to your life, to help you slow down  
AND gain control so that you can get the life  
your dreams of, regardless of what a  
pandemic had said!

Studies say it takes 21 days to form a  
new habit. But hell, aint no body got  
time for that right now. We are trying  
to eeeeassee in, ya feel me!

This 7-Day Guide2Gutted Program will  
make you to want to keep going!  
Because it is easy, digestible, and  
gets to the nitty gritty so that real  
growth can happen. You ready?



# What is Guttled Fitness?

Guttled Fitness LLC promotes and provides support for comprehensive well-being for young adults (transitioning into) navigating adulthood, with an emphasis on the experiences of the black community. Followers of Guttled Fitness LLC, known as the Guttled Gang, are happiest when they:

- Identify and unravel strongholds and unlearn negative habits and behaviors in their life (Detox),
- Learn and practice self care techniques and actual live their self-defined quality of life, and (Define)
- Join and/or develop a community to navigate and enjoy life with (Unwind).

Was that professional enough? :) Basically, Guttled Fitness is here to help you heal from and during life challenges, find a crew and live yo absolute best life.

#GetGuttled #GuttledGang #Guide2Guttled





# What's the Word?

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# Gutted Workouts

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.



# Wayment! Hold up!



## Before starting Guide2Gutted Workouts, Don't forget!

- Always rap with your physician, before starting an exercise or nutrition program.
- Never skip a 5-10 minute warm-up and or an 8-15 minute cool-down.
- Do each exercise for 30 seconds until all exercises are done. Do specified sets.
- Track progress by measuring inches, writing how you feel and taking before and after pictures!
- Consistency produces results! It takes 3 weeks (21 days) of consistently working out at least 3 days a week for 30 minutes for others to see progress. It takes you 6-8 weeks to see it. Keep going!
- Track progress and your consistency by marking your activity as complete on the app. Don't forget to snap ya pics too!

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# Gutted Workouts

Warm up and Cool Down



## Warmup

- Head circles
- Shoulder rolls backwards and forwards
- Arm Circles
- Torso twist
- Butt Kicks
- Squats
- Front Lunge with rotation
- High Plank
- Standing Toe Touch
- Standing Crossbody Crunch

## Cool Down

- Head circles
- Shoulder rolls backwards and forwards
- Arm Circles
- Torso twist
- Standing Quad Stretch
- Front Lunge Hip Stretch
- Seated Forward Fold
- Hollywood
- Figure 4

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# Gutted Workouts

## Daily Workouts

### Day 1

- Jumping Jack- (modified- Reach jacks)
- Body Weight Squat
- Front Lunge
- High Plank- (modified- On Knees)
- Push Ups (modified- On Knees)
- Triceps Dips
- Glute Bridge

### Day 2

- Crunches
- Dead Bug
- Boat Hold (modified- Feet on ground)
- Low Planks- (modified- On Knees)
- Alternating Bird Dog
- Right Side Plank (modified- low or on knees)
- Left Side Plank (modified- low or on knees)
- Superman

### Day 3

- Sprint (run, stationary bike, jump rope) for 45 seconds.
- Rest for 45 seconds.
- Repeat 3 more times for a total of 4 cycles.

### Day 4

- Crunches
- Dead Bug
- Boat Hold (modified- Feet on ground)
- Low Planks- (modified- On Knees)
- Alternating Bird Dog
- Right Side Plank (modified- low or on knees)
- Left Side Plank (modified- low or on knees)
- Superman

### STRETCH

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## Gutted Grubs

Always consult your physician before beginning any diet program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate nutrition prescription. If you experience any discomfort with these meals, stop and consult your healthcare provider.



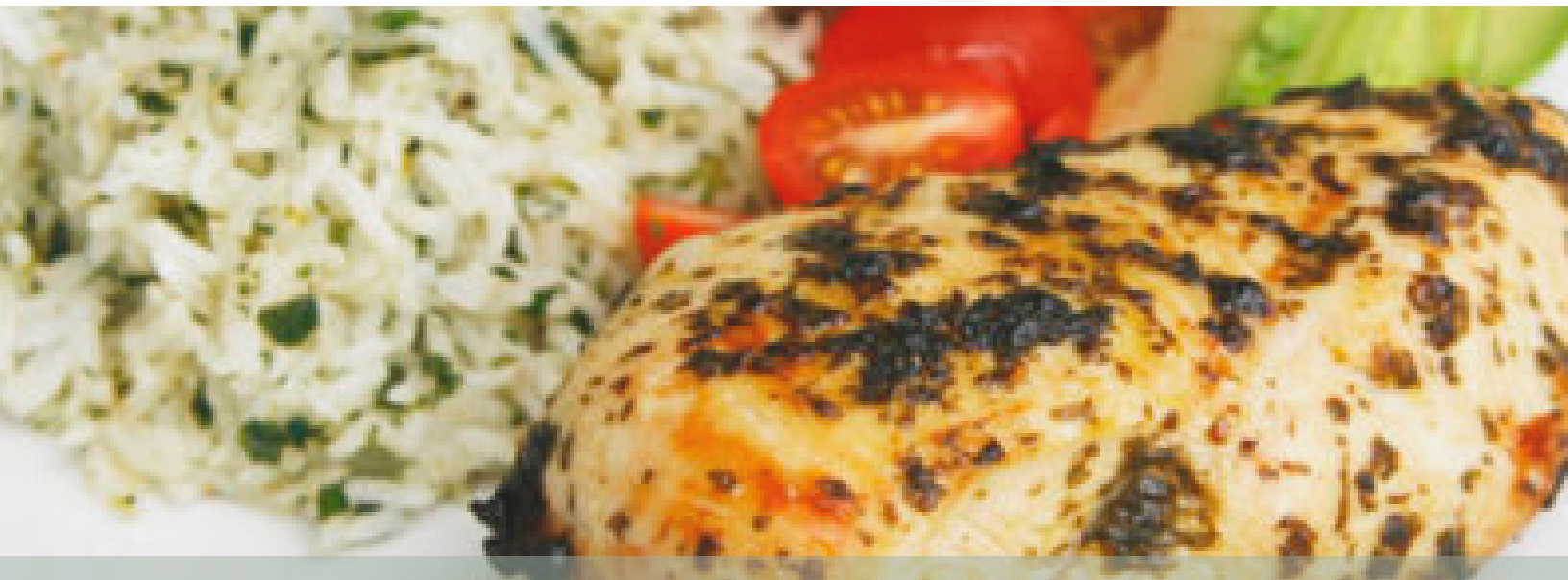
# Wayment! Hold up!

## Before starting Guide2Gutted Grubs, let me let ya know something!

- Don't let your initial meal prep grocery list scare you. Once you stock your seasonings and staple foods, the grocery list will be much cheaper.
- Buy all produce and staple items in bulk and per sale. Pre-chop and store them in freezer bags or containers for your next meal prep.
- Get fancy and switch up your meal prep by switching out seasonings or produce pairings.
- Invest in glassware! You can cook your meals in them, then put em in the fridge!
- Track progress and your consistency by marking your activity as complete on the app. Don't forget to snap ya pics too!
- Consistency produces results! It takes 3 weeks (21 days) of consistently eating well for others to see progress. It takes you 6-8 weeks to see it. Keep going!

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.





# Grocery List

## MEALS

### Breakfast

Avocado Toast (Optional: w/eggs, mushrooms and spinach)

### Lunch

Pesto Chicken Bowl

### Dinner

Cilantro Lime Chicken w/ brown rice

### Snacks

Nut Butter and Banana Toast w/ Honey

## TOOLS NEEDED

- Spreading knife
- Veggie Cutting Knife
- [Glass Containers](#)
- [Rice Cooker](#) (if you struggle like me.)

## GROCERY LIST

Whole Grain Bread (I like Trader Joe's)  
2 Large Avocados  
Head of Garlic  
1 Red Onion  
3 Limes  
1 Bunch of Cilantro  
Salt and Pepper  
3 Jumbo Eggs (Optional)  
Bella Mushrooms (Optional)  
2 lb Skinless Chicken Breast (or more if meatlover)  
4 Bone In Chicken Thighs  
2 Large Sweet Potatoes  
1-2 Bag or Bunch of Spinach  
1 Container Feta Cheese  
Cherry Tomatoes  
Quinoa  
1 Bag Brown Rice  
Basil Pesto (I like Trader Joe's Pesto)  
Extra Virgin Olive Oil  
Cumin Seasoning  
Cinnamon  
Crushed Red Pepper Flakes

# Avocado Toast

## Ingredients

2 Large Avocados, Whole Grain Bread, 2-3 Garlic Cloves, 1 1/2 tablespoons of cilantro, and 1/8 cup of red onion, juice of one lime  
Optional: 1-2 Jumbo Eggs, Spinach, Mushrooms

Place one or two slices of whole grain bread into a toaster. When finished, lightly butter and set aside. Finely chop garlic, cilantro, and red onion. In a glass container, combine avocados, peeled and halved, and chopped garlic, red onion, cilantro, pinch of salt, dash of pepper, and squeeze of 1 lime. Using a fork, mash until at a smooth or chunky consistency. Spread one tablespoon of avocado spread on the whole grain toast. Store remainder of spread in its glass container in the fridge. Apply spread to fresh toast until finished.

If adding egg, spinach, and mushroom, add olive oil to a frying skillet set on medium high heat. Saute spinach and mushrooms until spinach is wilted. Set on top of avocado spread on toast. In a small bowl, whisk 1-2 eggs a dash of salt and pepper. Add a dash of olive oil to skillet, allow it to heat up. Then pour eggs into skillet and scramble. Add on top of the sauteed spinach and mushrooms.

#GuttedGrubs





# Pesto Chicken Bowl

## Ingredients

- 2 Tablespoons Olive Oil,
- Juice of one lime,
- 1/8 cup of cilantro,
- 1 garlic glove,
- 1/4 teaspoon cumin,
- Cinnamon
- Salt and Pepper
- Red Pepper Flakes
- Quinoa
- 2-3 Sweet Potatoes
- Cherry Tomatoes
- Feta Cheese

Divide 2 tablespoons of oil. In a large glass container, whisk together 1 tbsp olive oil, lime juice, cilantro, 1 garlic glove, cumin, and a pinch of red pepper flakes.

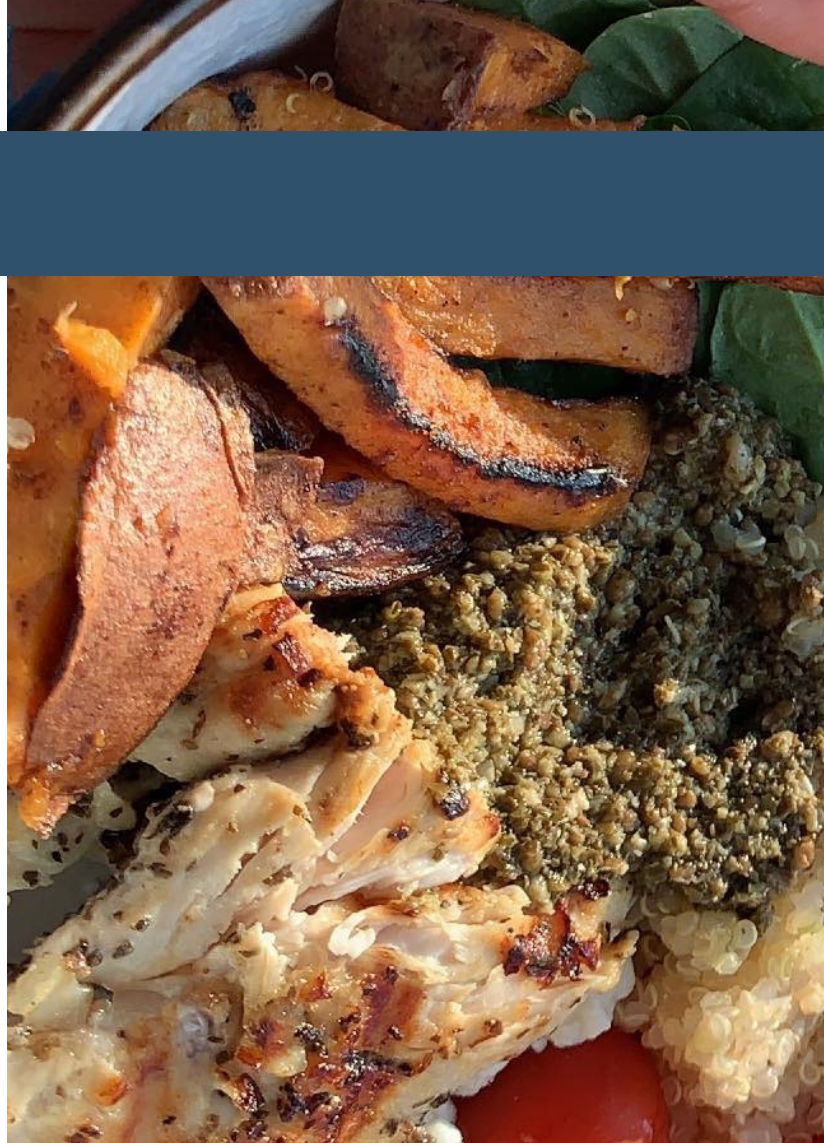
After washing chicken, add chicken and toss to coat. Let marinate in fridge 30 minutes and up to 2 hours. When ready to cook, preheat oven to 425°.

# Pesto Chicken Bowl

In a large ovenproof skillet over medium-high heat, heat remaining tablespoon of oil. Season chicken with salt and pepper, then add to skillet skin-side down and pour in remaining marinade. Sear until skin is golden and crispy, about 6 minutes. Flip and cook 2 minutes more.

Transfer skillet to oven and bake until chicken is cooked through, 10 to 12 minutes. Let cool then slice 1/2 pieces or thinner.

While chicken cooks, cook quinoa according to its package instructions. Set aside when done.



Slice sweet potatoes into 1/2 thick circle slices, then cut each circle into thirds. In a skillet, heat 1 tablespoon of oil over medium high heat. Add sweet potatoes, a dash of salt, and 1 tablespoon of cinnamon. Saute for 2 minutes to coat sweet potatoes. Reduce heat to medium. Cover and cook until potatoes are soft. Set aside.

Grab your desired number of meal prep bowls. Arrange the spinach, quinoa, cherry tomatoes, sweet potatoes, chicken, feta and basil pesto one after the other. This just makes it look pretty. Eat All together.



# Cilantro Lime Chicken w/Rice

## Ingredients

4 Tablespoons Olive Oil,  
Juice of 2 limes,  
1/4 cup of cilantro,  
2 garlic glove,  
1/2 teaspoon cumin,

Pinch of Red Pepper Flakes  
4 Bone-In Chicken Thighs  
Salt and Pepper  
Brown Rice or Quinoa

Cook quinoa or brown rice according to its package instructions while cooking chicken. Set aside when done

Whisk together 1 tbsp olive oil, lime juice, cilantro, 1 garlic glove, cumin, and a pinch of red pepper flakes. After washing chicken, add chicken and toss to coat. Let marinate in fridge 30 minutes and up to 2 hours. When ready to cook, preheat oven to 425°.

In a large ovenproof skillet over medium-high heat, heat remaining tablespoon of oil. Season chicken with a dash of salt and pepper, then add to skillet skin-side down and pour in remaining marinade. Sear until skin is golden and crispy, about 6 minutes. Flip and cook 2 minutes more.

Transfer skillet to oven and bake until chicken is cooked through, 10 to 12 minutes. Serve with Rice or separate into meal prep!







Lined writing area with 25 horizontal lines.



Lined writing area consisting of 25 horizontal lines.





# *In Your Mind*

NAME

DATE

What has been your greatest challenge this week? How have you or how do you plan to overcome?

Have you learned anything about yourself so far?

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A series of 21 horizontal brown lines for writing.







# In Your Mind

NAME

DATE

List at least 3 wins and 5 positive things that has happened this week.  
It's ok if it all happened today!

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# *In Your Mind*

**NAME**

**DATE**

Take a moment to think about everything that went down this week. The good, the bad, the surprising, the scary, all of it. Now compare it to how to felt at the beginning of the week. What is different?

Did you accomplish what you wanted to? Why or why not?What happened to your fears? Did they happen? What is something you think you could add to your lifestyle? What do you think is next?

Congrats again Gutted Gang! You are on to some great things!!



Handwriting practice lines consisting of 15 horizontal red lines. A large, semi-transparent watermark logo for 'GUTTED' is centered over the lines. The logo features a red arrow pointing upwards through the letters, which are rendered in a bold, blocky, sans-serif font.

Lined writing area with 25 horizontal lines.







# Ok Pen!

YOU REALLY DID THAT THOUGH!  
Congratulations to you, for putting you first and seeing this challenge through. I knew you was a real one!!

Post your pics and tag #GuttedGang and #GuttedFitness so we can check you out!! And of course, repost you!





[www.GuttedFitness.com](http://www.GuttedFitness.com)  
[instagram.com/guttedfitness](https://www.instagram.com/guttedfitness)

**CHRISTIE  
HOLLAND**

Vibe Generator | Life Fitness  
Coach

