

Bikini Ready Challenge



Get the Summer body you've
always wanted

Meet Your Coaches



CLAUDIA

Claudia Scali is a fitness expert and transformation coach. She is the owner of Claudia Scali Fitness and Transformations, an online coaching business helping women achieve their best bodies. She is also the creator of the Social Girl's Bible, a weight loss program that allows women to maintain a healthy social life while achieving their goals.



ALYSSA

Alyssa is a Holistic Nutritionist, Yoga Instructor and founder of Alyssa Coleman Wellness. Her passion for wellness led her to create the “Anti-diet Protocol” an online nutrition coaching program. .

HEY GIRL!

Are you ready to get the summer beach body you always wanted?

Do you feel like it's time to put yourself first?

Are you tired, stressed and feeling like you need a reset?

we got you

We have been there! Tired and overworked, making no time for workouts, eating on the go and confused about how to make the best decisions for your body.

Let us take care of you and help you look and feel your best for the summer!

are you up for the challenge?

I know what you are thinking though...there are way too many fun and social events in the summer. You don't want to miss out or be the anti-social outcast!

Sticking to a plan will be next to impossible!

That's what we used to believe too!

We have now figured out how to have a healthy social life without compromising on our goals. Yes! You can have the beach body you always wanted while still being the life of the party!

With our tips, tricks, recipes and support, you will learn how to navigate through business meetings, date night, birthday parties and all the other fun life has to offer.

The best part is you won't be doing it alone! You will be a part of an exclusive community of women who are in the same boat as you.

Ready to get started on the challenge?

A woman with long blonde hair is shown in profile, looking towards the left. She is wearing a dark top and holding a blue bag. The background is a field of tall grasses under a warm, golden sunset sky. The overall mood is peaceful and inspiring.

YOUR COMMITMENT:

I will eat clean

I will get in 4 workouts per week

I will take care of myself

I will have fun while still reaching my goals!

THE 5 COMMANDMENTS

of Getting Bikini Ready!

Cupboard Clean Out

It's time to scan through the cupboard, fridge, freezer and all the nooks and crannies to eliminate the stuff you don't need. The late night munchie stache that is not doing you any good or the 3pm sugar pick-me-ups. It's time to surround yourself with the right options! It's really easy to demolish an entire bag of chips or candy but I can bet you aren't going to overdo it on a veggie platter! The point is that if there are certain snack foods you can't resist and there is no self-control when you are faced with them....then the solution is simple...stop offering them to yourself! These snacks should be enjoyed occasionally as a treat and not stored in your cupboards. Instead find healthy, wholesome food you thoroughly enjoy and make a promise to only keep those items stored in your house.

H2O

It's time to get hydrated! Water is so important in assisting with weight loss, digestion, healthy skin and hair. Commit to drinking at least 2L per day. You will be amazed at how good you feel!

Catch your ZZZ's

hit the sheets! getting a good night's sleep is one of the key steps to getting bikini ready. Not only will you be more motivated to workout when you are well rested, studies show that you make better decisions in the kitchen and burn more calories! so there's no excuse to skip your beauty rest.

THE 5 COMMANDMENTS

of Getting Bikini Ready!

Meal Prep

Meal prep is one of those things that sounds like a great idea but seems to get pushed to the back burner and inevitably never done. We are always on the go and in a rush. When you wait to make a choice about what to eat once you are already starving, more often than not, the choice is not the greatest. You need to take out your day-timer and Plan, plan, plan! As long as you plan out your meals in advance, you are more likely to stick to it. Make yourself a priority and schedule time to take care of you! Set your meal-prep dates on Sunday and Wednesday nights. Spending the time to do this will save you more time the rest of the week and never leave you second-guessing what to eat!

Use the Buddy System

Accountability is so critical in sticking to your goals! Find a friend or family member that can help you stay committed and accountable. How awesome is it to have that girlfriend you can call up and vent to?that person that can understand how hard it is to say no to all the treats you had dangled in front of your face at the office that day! Your buddy is also someone to book workout dates with so that the trip to the gym is a little more fun and exciting. Invite your friends to come to do the challenge with you and be sure to join the Facebook group to truly benefit from the group motivation. Bonus! - post your workout, meal prep or motivation pics on social media and tag us for some extra inspiration. We will be sure to check out what you are doing and offer some words of encouragement and extra tips and tricks!

*Here are 3 Amazing Recipes
to get you started!!*

Bikini Babe Smoothie

2 cups spinach

2 cups almond milk

1 TBS coconut oil

Scoop vegan protein powder

1 tsp almond butter

1 tsp cinnamon

2 TBS ground flax

Pinch of sea salt

Ice cubes

Blend and Enjoy!



Black Bean Soup

Ingredients

**1 tablespoon olive oil
1 large onion, chopped
3 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
1 cup black beans
1 cup brown rice**

Directions

Heat oil in a large pot over medium-high heat.

Saute onion, celery, carrots and garlic for 5 minutes.

Season with chili powder, cumin, and black pepper; cook for 1 minute.

Stir in vegetable broth, beans, and rice. Bring to a boil.

Reduce heat to medium, and simmer for 15 minutes.

****Makes 4 servings**

Two-Bite Chocolate Cocoa Balls

Ingredients:

- 1/3 cup cocoa
- 2 tbsp all-natural almond butter
- 1 cup almonds
- 2 tsp vanilla extract
- 1 cup medjool dates or figs or raisins (ensure they are all-natural and sugar/additive free)
- 1/2 - 1 cup shredded coconut (optional - you can reduce the amount of coconut if you don't want strong flavour)
- 1 tbsp agave/maple syrup/honey (optional - for added sweetness)
- 1 tbsp chia seeds (optional)

Directions:

Blend the almonds and dried fruit in a blender or food processor until ground. Depending on how smooth you want your balls, you can adjust how finely you ground them. You will end up with a stick type of past.

Pour into a bowl and add cocoa, almond butter, vanilla extract, coconut and sweetener of choice.

Mix all the ingredients together with your hands until well mixed. Form into little two-bit balls and place on a plate. You can now roll them in the chia seeds and/or any extra shredded coconut if desired.

****Makes 16 balls**

Our Secret Bloat Banishing Drink!

Bloat Banisher

- 1 cup boiling water
- ¼ cup cold water
- ½ lemon (squeezed)
- 1/8 teaspoon cayenne
- ½ teaspoon cinnamon
- ½ tsp raw honey

stir and sip first thing in the a.m.

