This handbook is an introduction to BeNaturallyFit and includes five 15-minute workout routines (PLUS links to Youtube videos) accompanied by easy and delicious recipe ideas that will suit your busy lifestyle.
Introduction

Trust, believe, breathe, receive.

Hi, I’m Rebecca Johnston, a fitness instructor, coach, dancer, mother and plant-based nutrition enthusiast. I’ve created BeNaturallyFit in order to share my ideas and techniques and INSPIRE you to create meaningful, lasting change—from the inside out.

In this 7-Day Kickstart Handbook I will be introducing you to what living a healthy, active lifestyle means to me. It’s simple: life is too short to follow strict rules or spend your whole day in the gym.

On the nutrition side, I will help you build simple, healthy habits that will move you towards a clean plant-based diet by providing meal plans, pantry essentials and delicious recipes. We need to enjoy what we eat and we also need to know how to fuel our bodies so that we have enough energy and we can maintain a healthy body weight. I have always loved creating delicious healthy meals for myself and my family and I will be sharing these with you—at least virtually!

Physical exercise is an important part of our mental and psychological well-being and when it comes to fitness, I believe in variety and consistency. For my 7-Day Kickstart, I have designed fun, accessible workouts that will help you build strength, lengthen and tone your muscles, and improve your flexibility. My extensive background in dance, barre and yoga are the foundation from which I create workouts that will help you achieve balance in your body. Together we will cultivate a better mind-body connection. Fit feels GOOD!

I hope you like my practical and effective methods and I look forward to working with you this week and beyond!

If you would like to take your fitness and lifestyle journey to the next level, join my online Fit Club which is getting started in November. You’ll get more home workouts, a weekly newsletter where we will explore relevant nutrition and fitness tips, along with mindset discussions to explore our common struggles and how we navigate and conquer them. PLUS, more delicious recipes!

PS. Email me at rebecca@benaturally.fit to find out more about Fit Club.

Follow me on social media @benaturally.fit and don’t forget to hashtag your journey #benaturallyfit!
Simple Nutrition

I want to help you find a diet that is healthy and will make you look and feel radiant. Cut out the processed foods and live and thrive on a diet of real food with wholesome ingredients. I will keep it simple and coach you through how to integrate this plant based diet into your lifestyle. Try to buy organic if you can and stick to the perimeter of the grocery store when buying groceries. Read the labels, if you don’t understand the ingredients, it’s probably full of processed stuff that you don’t need. Buy lots of veggies!

Transitioning to a plant-based diet can be expensive but remember, you are worth every penny! You should be prepared to make an initial investment of from $300–$400 to stock your pantry with the essentials that are listed below. This a full list of ingredients and foods you will be adding to your day-to-day meal plans.

- Hemp Hearts
- Chia Seeds
- Flax Seeds
- Large Regular Oats (not quick oats!) (Save-On-Foods has a good price)
- Kefir (goats milk is preferable but most places only have regular which is still 99% lactose free)
- Dates (soft Medjool)
- Coconut Water
- Almonds (raw)
- Pumpkin Seeds (raw)
- Quinoa
- Coconut oil
- Spelt Flour (available at Costco)
- Apple Cider Vinegar
- Agave or Honey
- Frozen Mangos

Simple Equipment

I generally don’t use a lot of equipment but this is what I do use and where I recommend you get it from.

- **Yoga Mat:** A yoga mat will keep you from slipping while you are exercising. Buy one from Winners, Walmart or, if you want to splurge, from a yoga studio or Lululemon

- **Free weights:** I use 3-lb dumbells, 5-lb dumbells and occasionally 8-lb dumbells. If you want to start with two 3-lb dumbells you can buy the others later. And, of course, if 8-lb dumbells are not challenging enough, move up to 10- or 12-lb dumbells. You can buy these at Walmart, Winners, Canadian Tire or any fitness store.

- **A kettlebell:** I was skeptical of kettlebells and the workouts and moves that accompany them but once I actually tried an online workout I was impressed by the kettlebell’s versatility. I bought a 15-lb kettlebell at Winners that I use regularly.
Sample Day

Use this Sample Day as a template for your new nutrition and exercise routines. The nutrition suggestions are plant-based but you can add meat or dairy to suit your needs.

**CALORIES**
It's important to consume enough calories—from healthy meals and snacks—to fuel your workouts and to keep you from falling into an “hangry mood.”

**HEALTHY FATS**
Fill your plate with primarily veggies but don’t forget that healthy fats (from avocados, hemp hearts, coconut oil and other sources) and proteins (nuts, seeds, legumes) are also an important part of your diet and shouldn’t be left out.

**LEMON WATER**
Lemon water in the morning is a great way to give your digestion a kickstart and has many health benefits. Four years ago I started drinking lemon water in the morning and I have noticed improvements in my skin, my immune system, my digestion, and my energy levels. For more info go to www.youngandraw.com/drink-daily-alkaline-balance-inflammation-clear-skin/

**WORKOUTS**
My workouts are both energizing and fun. Each workout focuses on strength, alignment and fluid mindful movements and will help you cultivate a strong mind-body connection which is the best approach to achieving a beautiful, toned body.

**SEVEN-DAY PLAN**
For the next seven days, complete the five workouts in this kickstart handbook—with two rest days—and experiment with the menu suggestions.

**SAMPLE DAY**
- **First Thing:** Start your day by drinking a large glass of lemon water (1/2 lemon squeezed into water)
- **Breakfast:** Overnight Raw Soaked Oats with Chia and Almond Milk (page 10)
- **Workout:** Legs and Glutes (page 5)
- **Mid-Morning Snack:** Green Smoothie (page 10)
- **Lunch:** Open-Faced Veggie sandwich
- **Afternoon Snack:** Fruit
- **Dinner:** Roasted Cauliflower, Yam, Chickpea with Kale over Quinoa with Lemon Tahini Dressing (page 11)
- **Dessert:** Chocolate Almond Coconut Cookie (page 14)
- **Bedtime:** Go to bed at least 8 hours before you plan to wake up

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Often we don’t challenge our legs or we have a hard time finding creative, fun and challenging ways to strengthen and tone them. This well-rounded leg and glute workout can be modified to suit any fitness level.

**WARM UP:** easy squats, high-knee march and hamstring curls

Grab a pair of dumbbells or a kettlebell (or do these without added weight)

1. 16 weighted squats with parallel legs.
2. 16 side lunges to the right
3. 16 weighted Olympic squats (legs slightly turned out feet a little wider than hips)
4. 16 side lunges to the left
5. 16 Sumo squats (second position pliés)
6. 16 Sumo squat pulses
7. 24 deadlifts (I use a set of 8-lb dumbbells)
8. flat back series on all fours: 16 donkey kicks, 8 leg lifts, 16 straight leg pulses, 8 curls, 16 turn-out turn-ins and 16 pulses with bent knee to finish
9. repeat on other leg
10. power butt moves/hip thrusts (super sexy, I know)
    16 hips up and down, 16 pulses, 8 slow knees-in knees-out, 16 fast knees-in knees-out, sway hips side to side 16 times then finish with a 32-count pulse

**COOL DOWN:** Stretch it out on your back with thread the needle and reclined hamstring stretch on each leg.

DONE!
I prefer not to lift heavy weights as I have a previous back injury and I also want to achieve lean, feminine arms. Instead I do tiny isometric contractions coupled with lightweight work. To get the hang of the small focused movements, follow the video link and carefully observe the angles I hit with my arms because these details matter.

**WARM UP:** shoulder rolls, arm circles, side stretch and 5 minutes of weight-free arm movements with second position pliés.

Grab a pair of 1-lb to 3-lb free weights.

1. **16 arm scoops.** With palms up, reach arms out to the front and to the back, then, keeping arms up, open and close arms out to the front keeping palms up 16 times

2. **16 side arm lifts with palms down**

3. **16 pulses holding arms straight out the side, keeping neck relaxed**

Pick up heavier weights or continue with light weights

4. **16 bicep curls**

5. **16 tricep extensions**

6. **16 wide bicep curls**

7. **16 shoulder presses to a wide V**

Down to your mat.

8. **12 push-ups (or modified push-ups from your knees), rest and repeat**

9. **plank on forearms for one minute**

**COOL DOWN:** child's pose and arm stretches

 DONE!
The most common question I get asked as a trainer is how to shed lower belly fat and tighten the skin on the stomach area. Well, the answer isn’t doing a million sit ups (thank goodness). A flat, toned tummy is the result of having a clean, healthy diet AND training. Remember you can’t out-train a bad diet. So enjoy this abs and core workout and stay away from processed, high-fat foods!

**WARM UP:** arms reach to the sky on the inhale and flow down on the exhale, connecting to your breath. Balance/core warm up: lift right knee up then floating it back as you hinge at the hips (5 on right leg then switch to 5 on left leg).

1. 30 standing crunches with focus of breath and drawing your navel in.
2. 16 slow high plank mountain climbers
3. 32 mountain climber leg pulses, 16 on each side
4. 30 secs of side plank on each side
5. 30 secs of ab splitters (all the way up and down)
6. 30 secs of classic sit-ups
7. 30 secs of ab splitters with punch twists
8. 30 secs of Russian twists
9. 30 secs each of sit-ups reaching right and then reaching left
10. 30 secs of leg lifts (for lower abs)
11. 30 secs of bicycle to finish

**COOL DOWN:** baby cobra stretch, on your back, reclined twist each side

DONE!
WORKOUT: Total Body

http://www.benaturally.fit/7-day-kickstart-day-four

A high intensity interval training (HIIT) or TABATA style workout. Move quickly through each exercise and only slow down if you need to. The point is to get out of breath and be fatigued by the end of each exercise.

WARM UP: marching high knees and hamstring curls

Do each exercise for 1 minute and then take a 30 second rest, during which you can march on the spot (or not!)

1. 4 ab spitter flips to 4 push ups
2. squat jumps
3. side lunge jump to other side lunge
4. squat round kick (alternate legs)
5. burpees (with push up!)
6. lunge back to pike jump (alternate sides)
7. 8 mountain climbers then one pike jump, repeat for 1 minute
8. speed skate side to side
9. cross jacks
10. running high knees

COOL DOWN: low lunge with knee on the ground (for each leg) then butterfly stretch and finally a forward fold

☐ WOWZA! You did it! Give yourself a big check mark.

With warm up and cool down this is a killer 20-minute workout that can be done anywhere you want and no equipment is required!
Yoga is more than a workout, it is a lifestyle and culture that involves meditation and a healthy clean diet. But that doesn’t mean you have to be a yogi to do yoga. You can reap the benefits of doing even just one practice. Yoga helps to lower stress, fosters the mind-body connection, helps prevent injury, increases flexibility and strengthens and tones your muscles. This quick yoga flow can be done either as a warm up or cool down for any of my workouts or be done alone to help ground you and stretch you out. Hold every pose for at least 30 secs anywhere up to a minute.

**WARM UP:** Seated breathing for a minute. Come onto all fours and, with your breath, perform 10 cat/cow flows. Tuck your toes and roll up slowly to start your practice.

1. 3 Surya Namaskar A (classic sun salutation)
2. Surya Namaskar B with warrior 2 into side angle lunge. Both sides
3. widelegged forward fold
4. Surya Namaskar B with high crescent into twisted side angle, both sides
5. lower down wide-legged fold (middle spits) into butterfly
6. reclined twist
7. reclined hamstring stretch

**COOL DOWN:** Savasana

NAMASTE
Breakfasts of Champions

Overnight Raw Soaked Oats with Chia and Almond Milk

Makes one serving:

3/4 cup large flake oats
1/4 cup chia seeds
1/8 cup raw almonds
1 tbsp goji berries
a pinch of cinnamon
1 1/4 cup unsweetened almond milk (enough to cover oat mixture)

Mix together in a bowl, then cover and store in the fridge overnight.

Banana Bean Waffles (gluten free)

WET INGREDIENTS

1 large ripe banana
1 1/2 cup of almond milk
1 egg
1 tsp vanilla
1 1/2 cups of drained cooked or canned beans (white, navy or white kidney)
1 tbsp freshly squeezed lemon
1/4 cup melted coconut oil
1/2 cup walnuts (optional)

Blend all the wet ingredients in a high speed blender until smooth.

DRY INGREDIENTS

1 1/2 cup of spelt flour
1/4 cup cornstarch
1/2 tsp baking powder
1/4 tsp baking soda

Mix the dry ingredients in a large bowl, add the wet ingredients and stir thoroughly until you have a smooth, clump-free mixture. That’s it for the batter. Pretty easy!

Now to make them into waffles: we use a Cuisinart electric waffle iron and even though it’s non-stick, we apply a light coating of melted coconut oil, just to make sure that the waffles don’t stick. These waffles need longer to cook than regular ones (10-12 minutes) so don’t be impatient and check them too early or they’ll separate. This recipe makes 10-12 waffles.
Yummy Smoothies

Green Smoothie

1 lime
1/2 cucumber
1 cup frozen mango
1 celery stalk
a big handful of greens (kale, spinach or whatever)
a big nub of ginger
1 tsp of spirulina* (optional)

Fill the rest of the blender container with water or coconut water and blend until smooth. Makes one big smoothie.

* Spirulina is a superfood powder that is an excellent source of vitamins, minerals and plant based protein. It is a powerful alkalizing agent that helps restore balance in the body. You’ll find it at any health food store and most grocery stores.

Kid-Friendly Kefir Smoothie

Handful of raspberries, blueberries, strawberries or other fruit (can be frozen)
1 banana
2 cups of kefir*

Blend it up. Makes one big smoothie.

* Kefir is fermented milk that has a slightly sour taste and is packed with probiotics. If you are interested in knowing all the details on what makes this drink all the rage among health experts go to http://ecowatch.com/2015/03/27/health-benefits-kefir/

Cacao Date Peanut Butter Smoothie

1 banana
4–5 pitted dates, chopped smallish to avoid blender burnout
2 cups almond milk
1 tbsp peanut butter
1 tbsp of cacao powder (or cacao nibs)

Blend it up. Makes one big smoothie.
Dress It Up!

The Best Lemon Tahini Dressing
(that I use on everything)

the juice of one juicy lemon
½ cup of tahini
1 cup of extra virgin olive oil (EVOO)
2 tsp of honey (or agave or maple syrup or brown sugar)
a splash of water if needed for consistency
1 garlic clove, pressed
Salt and pepper to taste

Blend in blender or shake in a jar until smooth.

Creamy Green Dressing

I love a creamy salad dressing and this one delivers the texture I’m after and it’s 100% vegan

1 avocado
2 tbsp chopped cilantro
1 chopped up green onion
1/2 cup olive oil
1 tbsp maple syrup
2 tbsp apple cider vinegar
juice of half a lime
salt and pepper

I throw all ingredients into my Vitamix but any blender would do the trick.
Crazy Pasta

Zucchini Pasta

Makes 4 servings.

3 large organic zucchinis, spiralized
tomatoes (cherry would be ideal but whatever)
pesto
pine nuts
cucumber
fresh basil to garnish (optional)

You can always gently sauté your spiralized zucchinis or just eat this salad cold and raw. It’s delicious both ways. If you don’t have a spiralizer, you should consider buying one as it is a great tool for veggie prep.

Baked Spaghetti Squash

Makes 4 servings.

Cut the squash in half, lengthwise. Put the halves in a broiler pan and pour about a cup of water into the pan.

Bake in the oven at 375°F for about 75 minutes, until the inside is soft enough that you can scrape the middle of the halves with a fork to loosen the “noodles.”

SIMPLE SAUCE

2 cloves of garlic, pressed
1 large onion, chopped
1 red pepper, chopped
3 cups raw, washed spinach, chopped
a handful of basil
1 jar of organic marinara spaghetti sauce

1 Sauté the onion and garlic in extra virgin olive oil (EVOO) until lightly browned (about 7 minutes). Add red pepper and continue to sauté for another 2 minutes. Add the marinara sauce and stir until it heats up. Add chopped spinach and basil and mix just until the leaves soften.

2 Pour the sauce over the spaghetti squash pasta, top with pine nuts (optional) and voila!
Wrap It Up!

Cashew Chickpea Wraps

Makes 4 wraps.

- a small cube of ginger, chopped
- ½ cup of raw cashews
- 1 tsp cumin
- juice from half a lime
- salt and pepper
- 2 carrots
- 1 zucchini
- ½ cucumber
- grated or shredded lettuce
- 4 whole wheat wraps (or whatever wraps you’d like)
- 1 can of chickpeas (aka garbanzo beans)

1. Thinly slice the ginger and fry it up with some oil till fragrant and browned. Remove to cool.

2. Roast the raw cashews until golden.

3. Blend cashews, ginger, cumin, lime, salt and pepper, and chickpeas in a food processor and blend just until combined. I like this to be on the chunky side but make it as smooth as you like.

4. Grate the carrot and zucchini by hand or with a food processor until lightly shredded. Again, I prefer them to be fairly chunky.

5. Chop up the cucumber into small pieces as well.

6. Warm up the wraps and then fill them with the chickpea mixture, the carrot/zucchini mixture, the chopped cucumber, and the shredded lettuce.

These are great topped with Lemon-Tahini Dressing (page 11). Enjoy!
Sweet Somethings

Mango Orangicles
This vegan recipe makes 4 small popsicles.

1 mango
1 banana
1 peeled orange
½ can coconut milk (full-fat not that low-fat stuff!)

Blend and pour into popsicle tray and freeze. RIDICULOUSLY GOOD.

Chocolate Almond Coconut Cookies
Easy to whip up with nothing but good stuff. Makes 24 small cookies.
Preheat oven to 375°F

DRIED INGREDIENTS (mix in a medium bowl)
1 ¼ cup of Almond Meal
1 ¼ cup quick oats
1 cup cocoa powder
½ cup unsweetened shredded coconut
1/3 cup brown sugar (you could substitute any sweetener here)
½ tsp baking powder
½ tsp baking soda
pinch of sea salt

Mix well.

WET INGREDIENTS (mix in a large bowl)
3 tbsp coconut oil (melted)
1 egg
½ tsp vanilla

Whisk for a minute until uniform.

1 Add the dry ingredients to the wet ingredients. Make into small balls and place on a greased cookie tray. Put the trays into the fridge for 20 mins or into the freezer for 5 mins to let the dough settle.

2 Bake for 7-10 min. Beware, these cookies might be a tad crumbly so once they've cooled it's best to store them in the fridge so they hold together better.
Thank You!

Thanks for trying out of my 7-DAY KICKSTART BOOKLET. I hope you found it useful and inspiring.

If you are interested in joining my online Fit Club (starting in November), drop me an email at rebecca@benaturally.fit.

Hope to see you there!