



What if it's not your fault that you're having trouble losing weight...

**...What if it's your microbiome?**

# MOVE • EAT • SLEEP

## GBX FIT PROGRAM

## What if it's not your fault?

What if it's not your fault all those other weight loss products and programs haven't worked or kept the weight off.

Overweight is a "hormone signaling" problem. Not a math problem!

**It's NOT calories in versus calories out.**

It could be your microbiome's fault!

Your Microbiome regulates...

- Mood
- Metabolism
- Appetite
- Inflammation
- Immune Function
- Gut Integrity ("leaky gut")

Microbiome is our "internal pharmacy" – producing what we need – in the right amounts – when we need it... *IF* we activate it properly!



## Introducing Amare GBX Fit

The world's first QUADbiotic formula in a convenient & cool small purple pill that targets the gut microbiome for healthy weight loss.

**Get fit, feel better, finally lose the weight!**  
**All-naturally, without stimulants.**

Fit now. Fit forever. **#PotentPurplePill**



## What It Is

the world's first QUADbiotic formula in a convenient & cool purple pill that targets the gut microbiome for healthy weight loss.

## How It Works

- **Probiotic:** Inflammation (de-bloat)
- **Prebiotic:** Appetite (less cravings)
- **Phytobiotic:** Stress (better sleep)
- **Postbiotic:** Belly Fat (lose inches)

## Why You'll Love It

- Weight loss support\*
- Improves gut health\*
- Reduces bloating and inflammation\*
- Regulates appetite and cravings\*

## How To Use It

Simply, take one pill per day. For accelerated benefits, take one pill in the morning and one in the evening. That's it!

4

**Patented  
Ingredients**

15+

**Clinical  
Studies**

1

**#PotentPurplePill**

# World's First **QUAD**biotic for Weight Loss

Our proprietary QUADbiotic formula combines patented, clinically-validated probiotics, prebiotics, phytochemicals, and postbiotics that synergistically accelerate your body's ability to achieve and maintain a healthy weight.

1

## PROBIOTIC

*L. plantarum DR7*

to reduce bloating/inflammation,  
& increase dopamine levels

2

## PREBIOTIC

*Organic Acacia Fiber*

to reduce cravings, feed beneficial  
bacteria, & restore the gut barrier

3

## PHYTOBIOTIC

*Organic Orange Peel Extract*

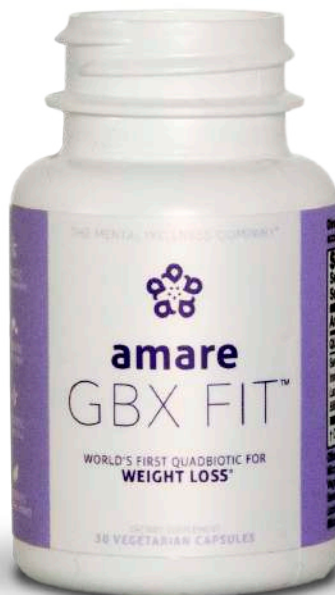
to reduce stress/stress eating, &  
maintain a healthy gut environment

4

## POSTBIOTIC

*B. lactis BPL1*

to deliver a synergistic fat-reducing  
effect from the inside-out



# MOVE•EAT•SLEEP Program

GBX fit alone isn't the answer! It comes with a comprehensive plan to help you get results! The MOVE-EAT-SLEEP Program combines supplementation, movement, nutrition, and an often-forgotten, important factor, SLEEP!

## It's **EASY!**

### **MOVE**

your muscles and lungs to mobilize fat stores and switch on feel-good endorphins and endocannabinoids

### **EAT**

the right nutrients at the right time to switch on your microbiome and activate your mood and metabolism

### **SLEEP**

your secret fat-destroying weapon is high-quality sleep – get it and watch the pounds and inches melt away





Begin your GBX Fit transformation by **Rebooting days 1-3** while following the simple plan outlined below. After your Reboot+, continue the Daily GBX Fit Program and Weekly MOVE Plan.

## Daily GBX Fit Program

MOVE	
6 am – Noon	Not-eating: GBX Fit + GBX Protein + Workout with Amare Happy Juice
EAT	
Noon – 1 pm <i>Lunch</i>	Healthy Lunch with an Amare Mental Wellness Diet recipe
3 - 4 pm <i>Snack</i>	Healthy Snack with Amare EDGE
6 - 8 pm <i>Dinner</i>	Healthy Dinner with an Amare Mental Wellness Diet recipe + GBX Fit
SLEEP	
8 - 10 pm	Not-eating: Wind down
10 pm – 6 am	Not-eating: Sleep

## Weekly MOVE Plan

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
HIIT (20min)	Full Body Circuit (20min)	HIIT (20min)	Full Body Circuit (20min)	HIIT (20min)	HIIT + Full Body Circuit + Breath Work (45 min)	Rest Day – Self Care



# MOVE

# MOVE

## Incorporate Morning Workouts with Amare EDGE

Doing this in a fasted state provides enhanced fat-burning!

## Weekly MOVEMENT Plan

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
HIIT (20min)	Full Body Circuit (20min)	HIIT (20min)	Full Body Circuit (20min)	HIIT (20min)	HIIT + Full Body Circuit + Breath Work (45 min)	Rest Day – Self Care

## HIIT (High Intensity Interval Training)

To maximize the metabolic benefits and mental wellness improvements within the shortest time commitment possible, for aerobic exercise, we recommend a three-times-weekly HIIT regimen:

### 6 minute warm-up (light walking or other low intensity movement)

#### Follow with:

- 1 minute high intensity / 1 minute low intensity†
- 2 minutes high intensity / 2 minutes low intensity
- 3 minutes high intensity / 3 minutes low intensity
- 2 minutes high intensity / 2 minutes low intensity
- 1 minute high intensity / 1 minute low intensity

### 6 minute cool down (light walking or stretching)

† In general, high intensity makes breathing hard enough that it'd be difficult carrying on a conversation. Low intensity allows recovery and you can talk easily without getting out of breath.



## Full Body Circuit (core & whole-body strength training)

Strength training comes with a slew of benefits:

- **Builds lean muscle mass (which increases BMR)**
- **Tones and defines muscles**
- **Improves posture**
- **Helps maintain bone mineral density**

It even eases your everyday movement, and increases your metabolism! Push-ups, sit-ups, and other body weight movements work great — choose what feels good to you!

For a balanced, fast, and functional, full-body workout, try out one of the Movement Videos available in Amare Programs:

<https://www.amare.com/corporate/en-us/programs>

## Breath Work (relaxation & recovery)

Try to Breathe in Fives, which can help calm an overactive stress response (reducing cortisol production) and activate the body's relaxation response (parasympathetic nervous system).

It takes less than 90 seconds to follow these simple steps:

Sit or stand comfortably/quietly (even if it's in the car or standing in line at the grocery store)

- **Inhale slowly/deeply through your nose for a count of five seconds**
- **Hold that breath for a count of five seconds**
- **Slowly release the breath through your mouth for a count of five seconds**
- **Repeat five times**

A photograph of a man and a young girl in a kitchen. The man, with a beard and wearing a blue denim shirt, is smiling and looking down at a wooden cutting board. The girl, with braided hair and wearing a grey long-sleeved shirt, is also smiling and looking at the cutting board. They are both holding the cutting board, which has several sliced cucumbers on it. In the foreground, there is a glass bowl filled with green lettuce and other vegetables. The background shows a kitchen with white shelves and various items.

# EAT

# EAT

## Practice “Time-Restricted Eating”

- Sleeping = 8h window (10 pm - 6 am)
- Not-Eating = 8h window (6 am - Noon + 8 pm-10 pm)
- Eating = 8h window (Noon - 8 pm)

You can “almost” eat whatever you want during the ‘eating’ period of time – *and still lose weight!*

**BreakFAST** = GBX Fit + GBX Protein (water or coffee only) – 6 - 8 am

**Lunch** = GBX SuperShake (#TowerofPower)

- GBX Protein + GBX SuperFood + GBX SeedFiber + Fruit/Veg  
+ Milk of your choice

**Afternoon Snack** = Amare EDGE + Fruit/Nuts, Yogurt/Granola, Cheese/Crackers, etc...

**Dinner** = GBX Fit + healthy options based on Mental Wellness Diet

## EAT quick guide:

**Products schedule?** — pg 4

**How much?** — pg 6

**Recipes?** — pg 7 - 20

# How Much to Eat

## The "Helping Hand" Approach to Eating

While you are evaluating the quality aspects of your food choices for both mental wellness and physical health, you should also be considering the second part of the nutrition equation: quantity (otherwise known as portion control). Luckily, we have a handy pair of built-in portion-control tools — our hands. We can use them to guide us in the quantity aspect of the Helping Hand approach to eating.

### Carbohydrates



Fruits and vegetables (except potatoes, which count as concentrated carbs): Choose a quantity that roughly matches the size of your open hand. Select brightly colored fruits and vegetables for the highest levels of disease-fighting carotenoids (orange, red, yellow) and flavonoids (green, blue, and purple).



Concentrated carbs (e.g., starches, such as bread, cereal and pasta, including potatoes and french fries): Choose a quantity that is no larger than your tightly closed fist (e.g., a small side dish of pasta, potato salad, a dinner roll, etc.).

### Protein



Lean proteins (e.g., eggs, yogurt, milk, lean ground beef, steak with visible fat trimmed, fish, chicken, pork chops, etc.): Choose an amount about the size of the palm of your hand. Keep in mind, this is likely to be about half of what's served in many American restaurants, so be prepared to eat half and bring the other half home for leftovers.

### Fat



Any source of fat will do. That means butter, olive oil, flaxseed oil, cheese, and nuts are fine. Make an okay sign with your thumb and index finger, and choose an amount about the size of the circle made by your index finger/thumb.

**Gluten free, vegan or vegetarian? No problem!**  
**Make substitutions that work for you!**



## Snack Ideas

**Grab a Handful...** (No Peanuts!) Walnuts, Pecans, Almonds, Cashews, Pistachios, Macadamia Nuts, Hazelnuts, Pine Nuts, Chestnuts, Pumpkin Seeds, Sunflower Seeds, Blueberries, Strawberries, Grapes, Raspberries, Blackberries

### Prepare a Snack...

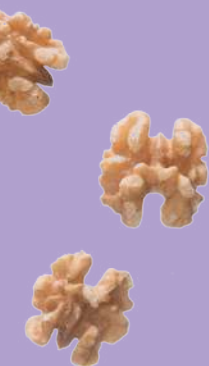
- Veggies and hummus
- Apples slices with almond butter
- Half an avocado with salt and pepper
- Chia pudding
- Homemade Veggie Chips (Recipe below)

## Homemade Veggie Chips

**Pick a veggie:** kale, spinach, carrot, turnip, beet, zucchini, sweet potato, parsnip, radish, mushroom

**Pick a seasoning:** salt, pepper, vinegar, turmeric, paprika, garlic powder

1. Preheat the oven to 300 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Slice veggies into even, thin pieces (approx. 1/8 inch).
4. Toss with olive oil and desired seasonings.
5. Lay veggie slices in a single layer on the baking sheet.
6. Bake for 30-60 min. Turn the baking sheet every 15 min for even heating.
7. Chips are ready when the edges begin to brown. Check regularly- some veggies (kale/spinach) require less time than others (beets, sweet potatoes). Remove sooner if needed. If some chips are not crisp, remove the done chips and put the soft chips back in to bake for another 5-15min.



# Smoothie Recipes

## Smoothie Mix & Match

Taste test! See something you don't like? Just switch it out for something you like better! Here are some suggestions:

**Veggies:** kale, spinach, celery, dandelion greens, cilantro, parsley, beet greens, cucumber

**Fruits:** açai, blueberries, strawberries, raspberries, apple, pear, lemon

**Milks:** hemp, almond, coconut, rice (unsweetened/no carrageenan)

**Add-ins:** chlorella, spirulina, almond butter, coconut meat, avocado, cayenne pepper, cinnamon, chia seeds, flax seeds, fresh mint, coconut water, ginger, goji berry, maca, cacao, bee pollen, chlorophyll

## upBEET Berry Smoothie

- 1 cup cooked beetroots
- 1 cup frozen berries
- 3/4 cup orange juice
- 1 tbsp chia seeds
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

## Peach Pie Smoothie

- 2 cup frozen peaches
- 1/4 tsp cinnamon
- 1/8 cup rolled oats
- 2 soaked dates
- 1 cup almond milk (or milk of your choice)
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

## PB & J Smoothie

- 1 1/2 cups frozen mixed berries (blueberries, raspberries, strawberries)
- 2 tbsp peanut butter
- 3/4 cup almond milk
- 1/4 cup oats
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla or Chocolate)
- 2 scoops GBX SuperFood



## Smoothie Recipes (*cont'd*)

### Ban-Nilla Smoothie

- 1 frozen banana
- 1/2 tsp vanilla extract
- 2 soaked dates
- 1/2 cup almond milk (or milk of your choice)
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood
- Optional: dash of cinnamon

### Pina Colada Smoothie

- 1/2 frozen banana
- 1 cup fresh or frozen pineapple
- 1/2 cup canned light coconut milk
- 2 tsp unsweetened, shredded coconut
- 2 scoops GBX SeedFiber 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Green Apple Glow Smoothie

- 1 frozen banana
- 1 apple
- 1 cup (packed) kale
- 1/2 avocado
- 1/2 cup Kefir water (or regular Kefir)
- 1 tsp chia seed
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Cinnamon Roll Smoothie

- 1 frozen banana
- 1/2 tsp vanilla extract
- 2 soaked dates
- 1/2 cup almond milk (or milk of your choice)
- 1/2 tsp cinnamon 1/8 cup rolled oats
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Tropical Splash Smoothie

- 1/2 cups frozen pineapple
- 1/2 cup frozen mango
- 1/2 cup Greek yogurt
- 1 cup (packed) spinach
- 1/2 cup orange juice
- 2 tbsp shredded coconut
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

### Acai Attack Smoothie\*

\*Makes two servings

- 1 frozen, unsweetened Acai pack (~1/4 cup)
- 1 frozen banana
- 1/2 cup frozen berries
- 2 tsp chia seeds
- 3/4 cup Kombucha
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla or Chocolate)
- 2 scoops GBX SuperFood

### Citrus Sunshine Smoothie

- 1 peeled orange
- 1/2 cup fresh or frozen pineapple
- 1/2 cup frozen mango
- 1 tsp chia seeds
- 1/2 cup orange juice
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- 2 scoops GBX SuperFood

# Tomato Bisque

## *with chickpea and coconut*

A delicious spin on classic tomato, this soup comes together quickly with pantry staples. As easy as canned soup, but with much better results.

20 min • serves 2

● ● ● easy

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3 large tomatoes or  
about 28 ounces total

1 (14.5 oz.) can  
chickpeas, drained

1½ cups water (or use  
part chickpea liquid)

⅛ tsp. red chile flakes

½ tsp. salt

¼ tsp. pepper

2 small cloves of garlic  
(peeled)

½-1 cup canned  
coconut milk

½ lemon

1. In a medium saucepan combine all ingredients except coconut milk and lemon. Cover the saucepan and simmer until well-infused. About 10-15 minutes. Remove from heat.
2. Pour soup into blender with coconut milk. Puree.
3. Squeeze in lemon juice. Adjust salt and/or chiles to taste.

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### Fresh Ideas:

**Swap:** Tomatoes not in season or on hand? No problem! Use 1 large, 28 oz. can of whole, diced, or pureed tomatoes in place of fresh. Fire-roasted canned tomatoes are especially good.

**Super Boost:** Swap in coconut yogurt for all or part of the coconut milk, finish with a sprinkle of hemp seeds on top. Boost your nutrition by using vegetable stock in place of the water. Stir in a scoop or two of Amare GBX SeedFiber.

**Make it a Meal:** Serve with a dark, leafy green side salad (kale, broccoli, etc) with a simple dressing of olive oil and vinegar or lemon and sea salt.



# Chicken Soup

## with light lemon

A simple and cozy chicken soup recipe the whole family will love!

20 min • serves 2

● ● ● easy

1½ T. olive oil  
¼-½ lb. boneless skinless chicken thighs, chopped into bite-sized pieces  
½ small-medium onion, diced  
1-2 carrots, diced  
1½ tsp. sea salt  
1 lemon, zested, juice of ½, slice ½ into wedges to serve  
2½ cups water  
2 cups kale, finely chopped  
1 cup cooked brown rice to serve

1. Heat a pot over medium heat. When the pot is heated, add the olive oil.
2. When the oil is heated to a shimmer, add the chicken, onions, carrots, kale, salt, and lemon zest.
3. Give them a stir then reduce heat to low and cover to allow the contents to sweat for 5 minutes.
4. After 5 minutes add the water. Cook to heat soup thoroughly.
5. Remove from heat and add juice of ½ lemon. Add additional water if desired to thin the soup.
6. Serve with a hefty scoop of brown rice and wedges of lemon.



### Fresh Ideas:

**Add:** Additional vegetables can all be added at the sweat stage. Finish with fresh dill and/or chives.

**Swap:** Water with mild vegetable or chicken stock for louder, stronger flavor. Beans for the brown rice, spinach or chard for the kale.

**Chicken Noodle Soup:** Add 1 cup of orzo, couscous, egg noodles, or any spoonable pasta you like to sweat with the vegetables. Especially nice with the addition of dill.

# Roasted Carrot Salad

## with crispy chickpeas

This simple sheet pan salad is loaded with flavor. Roasted carrots have a wallop of flavor.

45 min • serves 4-6

●●● medium

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2 lbs. or about 10 carrots, sliced into 4-in sticks  
1 onion, sliced  
1½ to 3 cups chickpeas, drained, rinsed, and dried  
⅓ cup olive oil, divided  
1 tsp. sea salt + ½ tsp. for dressing  
½ tsp. pepper  
3 T. fresh lemon juice and zest (about 1 lemon)  
½ cup sesame seeds  
½ cup kalamata olives, torn or in half

1. Preheat the oven to 450 degrees.
2. Place carrots, onions, and 1 T. olive oil on a baking sheet. Toss together. Sprinkle with 1 tsp. of salt and ½ tsp. of pepper. Place in oven to roast until carrots' edges begin to crisp and carrots are soft through the interior, about 25-30 minutes.
3. Place chickpeas on a smaller baking sheet or dish and toss with 1 T. olive oil. Sprinkle with ½ T. sea salt and place in the oven on the rack just above the carrots.
4. While carrots and chickpeas roast, mix together the remaining 4 T. of olive oil, lemon juice, ½ tsp. of salt in the serving bowl for dressing.
5. When carrots have cooked for 20 minutes, sprinkle them with the olives and sesame seeds (if using untoasted seeds), and return to the oven. Give the pan of chickpeas a shake to toast all sides.
6. When carrots and chickpeas have finished cooking, scrape into the serving bowl. Season to taste. Grate lemon zest over top of the salad to serve.

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### Fresh Ideas:

**Add:** Top with a bit of crumbled tangy cheese such as feta or goat cheese or add fennel to the pan with the carrots.

**To Serve:** Hot, cold, or room temperature by itself or over a bed of leafy greens and/or whole grains such as brown rice, quinoa, or farro.

**Make it a Meal:** Add bone-in chicken breasts or thighs at the beginning of cooking, or boneless skinless chicken, turkey, or fish (wait 15 minutes if using boneless chicken, 20 minutes if using fish). Just rub the meat with extra olive oil and some salt and pepper to roast along with the carrots for an easy meal.



# Maple Apple Kale Salad

## with cashew crumbs

This delicious and healthy salad is quick and easy to make. Tip: Prepare it the night before and pack it for a light snack.

10 min • serves 2

●●● easy

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2 T. olive oil  
¼ lemon, juice only  
2 tsp. maple syrup  
½ tsp. sea salt  
Freshly ground pepper  
¼ small onion, very thinly sliced  
1 apple, thinly sliced  
3 big handfuls of baby kale or 1 bunch mature kale (thinly sliced or chopped)  
½ cup cashews, toasted and finely chopped

1. Squeeze lemon into a serving bowl and add olive oil, maple syrup, salt, and pepper. Whisk.
2. Add thinly sliced onion. Allow to rest for a few minutes to soften in dressing.
3. Cut the kale and apples. Finely chop cashews into a crumbly rubble.
4. If using mature kale, vigorously massage into dressing and allow to rest with the onions and dressing mix.
5. If using baby kale add greens to onion dressing mix and toss.
6. Top salad with apples and cashews. Finish with a sprinkle of sea salt and pepper and serve.

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### Fresh Ideas:

**Add:** Thinly sliced fennel for additional flavor.

**Swap:** Berries, plums, or pears for apples. Pecans, pumpkin seeds, almonds, or walnuts for cashews.

**Super Boost:** Whisk 1 scoop Amare MentaBiotics powder into the dressing for a probiotic boost.



35 min • serves 4

● ● ● *easy*

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1 clove garlic, minced

1½ lemon juice + zest

1/4 cup olive oil

1½ tsp. sea salt

1½ tsp. cumin

1 lb. or 2 small heads  
of broccoli, cut into  
florets

1/4 cup sesame seeds

A few grinds of pepper

A sprinkle of red chile flakes

1. Combine garlic, lemon, olive oil, sea salt, and cumin in a serving bowl and allow to rest for 5 minutes while you cut the broccoli.
2. Add the broccoli, sprinkle with sesame seeds, fresh pepper, chile flakes to taste and really massage in to fully coat the vegetables.
3. Allow to rest and marinate for at least 30 minutes before serving. Serve as-is or get fancy with the additional cooking and flavor ideas.



## Fresh Ideas:

**Swap:** In a rush? Buy pre-cut broccoli florets. Frozen broccoli doesn't typically turn out as well, but if you plan to cook your broccoli, you can use it in a pinch. Allow thawing before using in this recipe. However, DIY is cheaper and faster than a trip to the store if you have the ingredients on hand.

**Make it a Meal:** Serve the Marinated Broccoli as a side with the Broiled Fish with Tapenade (see *meal mainstays* – Serve the broccoli raw or broiled. Simply place on the pan to broil with the fish). The broccoli is especially good dipped in or tossed with some of the additional tapenade.

**Marinated Broccoli & Olives:** Cut ½ c. kalamata olives in half and toss with the broccoli.



# Fried Egg Skillet Salad

## with cherry tomatoes

Tip: Be sure to heat the pan and oil before adding the egg — that's how you keep the egg from sticking (and get the fabulous crispy egg edge).

15 min • serves 1

● ● ● easy

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3 T. olive oil  
1 egg  
½ tsp. sea salt, divided  
Freshly ground pepper  
½ small onion, very thinly sliced  
2 big handfuls of baby kale or ½ bunch mature kale, thinly sliced or chopped  
1 cup cherry or chopped tomato  
Squeeze of lemon

1. Heat a small skillet over medium-high heat. Add the oil and when it is warm enough to slide rapidly, easily coating the pan, crack in the eggs. The whites should bubble and begin to crackle as they hit the hot oil to create the crisp edges. Sprinkle the egg with half of the salt.
2. Cook sunny side up, or until the whites are set and the yolks are still soft. Or, gently flip the eggs to cook the other side, if preferred. When the egg is cooked, lift the egg out and set it aside.
3. No need to wipe out the residual oil, just add the onion to the skillet and cook for 2 minutes.
4. Add the other half of the salt and kale (if using mature kale). Cook and stir to cook evenly. After kale softens (about 5 minutes), add the tomatoes to the skillet and cook as long as you please- more for blistered and saucy tomatoes, less for fresher and more raw. If using baby kale, cook tomatoes first then add kale.
5. Turn off heat, squeeze with lemon, and add salt and pepper to taste.

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### Fresh Ideas:

**Add:** Another egg, additional vegetables, a dollop of hummus, pesto, etc

**Swap:** Use cubed tofu, chickpeas, beans, meat (chicken sausage, chicken, pork, etc.) in place of the egg. Use chard, spinach, or arugula in the place of the kale.

**Super Boost:** Add some fermented vegetables to the finished salad for a probiotic boost or sprinkle with hemp seeds to get a little more protein.



# Sweet Potato Curry Roast

## with toasty cashews

This sweet and spicy, smooth and crunchy combo is sure to satisfy your taste buds and tummy!

50 min • serves 4

●●● medium

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2 T. olive oil  
3 cloves garlic, minced  
1 T. ginger, minced  
2-3 tomatoes, quartered  
or 1½ cups whole  
cherry tomatoes  
2-3 sweet potatoes, cut  
into 1-2" cubes  
1 medium onion, peeled  
and cut into chunks  
1½ tsp. cumin  
1 tsp. sea salt  
1 cup cashews  
Pinch of red chile flakes  
1 bunch kale, stems  
removed and chopped  
½ cup coconut milk  
½ cup cilantro, chopped

1. Preheat oven to 425 degrees.
2. On a large sheet pan combine oil, garlic, and ginger. Swirl together with your fingers or a fork to make a garlic-ginger oil.
3. Add tomatoes, sweet potatoes, onions, and kale (only if using mature kale) and toss to combine thoroughly with the garlic-ginger oil. Sprinkle with cumin, sea salt, and red chile flakes.
4. Roast in the oven for 40 minutes. At 35 minutes, add cashews to the pan to toast and move the pan to the upper rack of the oven so the cashews toast.
5. Remove from the oven. (If using baby kale, add to the sheet pan and toss to wilt.)
6. Taste for seasoning. Adjust salt or chiles to taste. Serve garnished with a drizzle of coconut milk and chopped cilantro.

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### Fresh Ideas:

**Add:** 1 tsp. curry powder or turmeric to mix in with spices before roasting. Serve with brown rice, and chicken or chickpeas for additional protein.

**Swap:** Tomatoes not in season or on hand? No problem! Use 1 large, 28 oz. can of whole or diced tomatoes, drained, in place of fresh. Fire-roasted canned tomatoes are especially good.

**Subtract:** Red chile flakes.



# Cashew Chicken Tenders

## with sweet potato fries

These crispy, chicken fingers and sweet potato fries will get everyone in the house digging in.

40 min • serves 4

●●● medium

### Sweet Potato Fries

1½ lbs. sweet potatoes,  
cut lengthwise into ½"  
thick wedges, unpeeled

3 T. olive oil

1 tsp. sea salt

1. Soak sweet potato wedges in cool water, in the fridge, for one hour up to overnight.
2. Drain, rinse, and pat dry. Preheat the oven to 450°. Toss with oil. Salt. Bake for 25-35 minutes. Flip the wedges halfway through. If your wedges are bigger, go longer, but pull little ones to prevent scorching. (While the fries bake, prepare the chicken.)

### Chicken Fingers

1 cup cashews

1 garlic clove, minced

1 tsp. sea salt

1 tsp. cumin

Pinch of red chili flakes

1 lb. boneless, skinless  
chicken thighs, cut  
into fingers

1 egg

1. Pulse cashews, garlic, sea salt, cumin, and red chile flakes in the blender or food processor for about 8 seconds to make a coarse flour for breading. Pour out onto a plate.
2. On a second plate, whisk egg. Line up plates to dip both sides of the chicken first in egg with one hand and then in cashew breading using the other hand. Let breaded chicken pile up on breading plate.
3. When all chicken is breaded, open the oven, slide fries over on the pan, add the chicken to the pan (or place on an additional baking sheet) and bake until crisp and cooked through, about 20 minutes.

### Fresh Ideas:

**Swap:** The cashews for another nut or simply use almond meal or brown rice flour. Change up the seasoning swapping cumin for paprika. Drop (or double) the garlic. Use fish or super firm tofu in place of chicken, reduce baking time to 10 minutes. (Perfect for fish tacos. Just add salsa, cabbage slaw and corn tortillas!)

**Super Boost:** Serve the Cashew-Crusted Chicken over a dark leafy green salad. Put a scoop of Amare GBX SeedFiber powder into the cashew meal. Want a healthy dipper? Try salted garlic yogurt dip: Mix ¼ cup plain whole milk or Greek yogurt with ⅛ tsp. sea salt and ½ very small clove of fresh garlic, pressed. Stir and enjoy!



# Mental Wellness Fish Dish

## with kalamata olives

Simple, speedy and flavor-packed. This one is easy to multiply and feed the whole family.

15 min • serves 1

● ● ● easy

1 T. olive oil  
1/4 onion, chopped or thinly sliced  
1/2 tsp. sea salt, divided  
2 cups finely sliced kale  
1 clove garlic, minced  
1 cup cherry or chopped tomatoes  
1/4-1/2 lb. white fish  
1/4 cup kalamata olives  
A few grinds of pepper  
1/2 lemon

1. Heat the oil in a 9-10" skillet over medium heat. When it shimmers, add the onion and 1/2 of the sea salt. Give it a stir and cook to translucent (about 2 minutes).
2. Add kale and cook for 2-3 minutes. Add the tomatoes to the pan, cook for 2 minutes more, and then add the garlic and olives to the pan.
3. When the tomato juices begin to release and simmer, add the fish to the skillet (if using firmer cherry tomatoes, just press on a few to release a little juice). Sprinkle with remaining salt and some pepper.
4. Cover the pan, and turn the heat to medium-low. Let the pan cook, feel free to give it a peek after 6 minutes in case your fish is thin and has cooked quickly, or 8-10 minutes if your fish is thicker.
5. Once the fish first begins to flake and is no longer translucent, it is cooked through - pull the pan from the heat. Sprinkle with a bit more salt and pepper if needed. Squeeze lemon over the top to serve.



### Fresh Ideas:

**Add:** Go for the full Greek flavor with fresh or dried oregano added to the pan before covering to allow the aroma to permeate the dish. Fresh or pickled peppers, and a garnish of fresh mint and/or dill are also classic additions.

**Swap:** The fish with: 1 1/2 cups of cooked chickpeas, chunks of tofu, or tenders of boneless skinless chicken. For the chicken, brown it on both sides (no need to cook through- it will finish cooking with the lid on) before adding the onions, proceed as written and it will simmer with the vegetables to cook through. Swap kale for broccoli, green beans, or zucchini (adjust cooking time as needed).



# Broiled Fish

## with tapenade

Simple, healthy, and flavor-packed. If you're serving with brown rice, set it to cook before doing anything else.

15 min • serves 4

● ● ● medium

### Broiled Fish

1 T. olive oil

$\frac{3}{4}$  tsp. salt

Zest of  $\frac{1}{2}$  lemon

$\frac{1}{2}$  tsp. freshly ground pepper

1-2 lbs. fish, patted dry (any variety in individual portions)

1. Preheat the broiler. Line baking sheet with foil. Add fish on the pan and gently rub oil onto all sides.
2. Mix salt, pepper, and lemon zest in a separate bowl. Sprinkle fish with the salt and pepper mixture. Allow to rest while you prepare the tapenade.
3. Spread out  $\frac{1}{3}$ - $\frac{1}{2}$  of the tapenade on the top of the fish. Add Marinated Broccoli (*see signature sides*) to the pan to broil with the fish for a speedy side dish.
4. Place in the oven on the upper third rack. Cook for 4-10 minutes, depending on how thin your fish fillets are. Test with a fork in the thickest piece to see if flakes. It should be moist but cooked through. Serve with brown rice and additional tapenade.

### Tapenade

1 cup olives

1 large clove of garlic

Squeeze of lemon juice

A few grinds of pepper

Pinch of red chile flakes

1. Using a blender or food processor pulse all the tapenade ingredients together. Or simply use a knife to mince the olives and garlic then stir in lemon juice, pepper, and red chile flakes. Taste and adjust seasoning.

### Fresh Ideas:

**Add:** Jazz up your tapenade by pulsing capers, lemon zest, artichoke hearts, or some red pepper flakes with the olives. Lemon and chiles is especially good.

**Chicken with Tapenade:** Use thin boneless, skinless chicken breast or thigh in place of fish. Cooking time may increase depending on the thickness. Prepare as fish.

**Tofu with Tapenade:** Use firm to super firm tofu, patted dry, slathered with tapenade and then cut into cubes and spread out to allow for even toasting. Continue cooking as fish, but cooking a bit longer to heat the tofu through.



A photograph of a man and a woman sleeping in a bed, viewed from above. The scene is dimly lit with a strong blue light source, possibly a night lamp, creating a calm and serene atmosphere. The couple is lying on their sides, facing each other, and is covered by a white duvet. The bed has white pillows and a dark wooden headboard. A small bedside table with a lamp is visible on the left.

# SLEEP

# SLEEP

## 8 Hours (10 pm - 6 am)

Aside from the bad mood and inability to concentrate that we've all experienced from too few hours under the covers, sleep researchers have recently linked a chronic lack of sleep to increased appetite, problems with blood-sugar control and a higher risk of diabetes and obesity. Chronically elevated cortisol is the obvious culprit. That's why the GBX Fit Program recommends getting the sleep you need on a daily basis.

Getting more sleep, of course, is easier said than done. Try out the tips below to get back on track to eight hours each night.

- **Establish a regular bedtime and a regular wake-up time,** and stick to them for one week (even on the weekends!). Within a week, your body clock will reset itself to the new schedule.
- **Do something calming in the hour or so before bedtime** — whatever provides you with a few moments of peaceful reflection.
- **Avoid electronics at least one hour before bed.** DO NOT bring your cellphone into the bedroom (unless you switch it to "do not disturb" mode). This includes smartphones, televisions, computers, and anything that emits blue-wavelength light which can suppress natural melatonin production (the sleep hormone).
- **Exercise daily!** Even if it's something of low-intensity like walking the dog, but make sure to avoid intense exercise within three hours of bedtime.
- **No caffeine consumption after 5 p.m.**
- **Ensure that your bedroom is COOL and DARK.** Minimize light and block external light until morning. Although not always possible, try to cool the room down to 65°F.