



Protein Packed Smoothies







about us ...

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING
PROGRAMS TO DO IN THE
COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS
OF YOUR TRAINING TO ACHIEVE YOUR GOALS

Our Mission . . .

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE

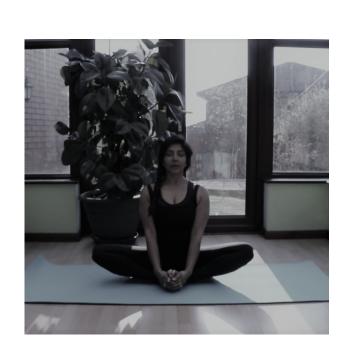


Our Philosophy...

BY CULTIVATING YOUR
PURPOSE IN LIFE, IDENTIFYING WHAT
YOU WANT, ADJUSTING YOUR HEALTH
AND WELLBEING TO SUIT WILL
AUTOMATICALLY FALL INTO PLACE

Bur Martra...

UNLEASH YOUR INNER POTENTIAL



VISIT OUR WEBSITE - <u>FITNESSCHIX.COM</u>
INSTAGRAM - <u>@FITNESSCHIXUK</u>



What Bur Clients say

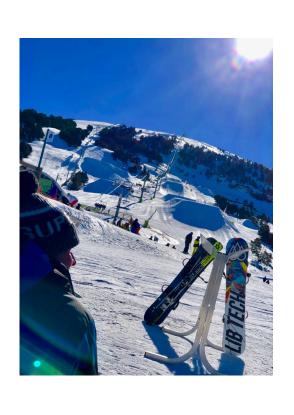
TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT





I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST.TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.





'TULSHI HAS BEEN KEEPING UP WITH MY RACING SINCE THE START & WE'VE DECIDED TO STEP THINGS UP ON ALL LEVELS, PHYSICALLY & NUTRITIONALLY!



Smoothies for energy & Recovery



Peanut banana butter

1 BANANA 1 & 1/2 PEANUT BUTTER 1 CUP PROTEIN POWDER 1 CUP MILKSWEETENER (OPTIONAL)

459 CALORIES

Did you know?

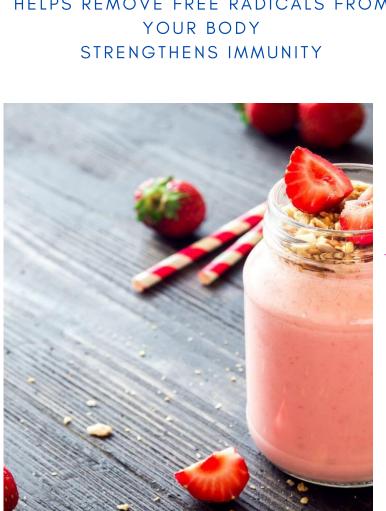
40G PROTEIN VITAMIN B3 + CARBOHYDRATES + POTASSIUM

Breakfast Smoothie

1 CUP BLUEBERRIES 2 TABLESPOONS WALNUTS 1/2 BANANA 2 TABLESPOONS OATS 1 TABLESPOON CHAI SEEDS 1& 1/2 - PROTEIN POWDER (ADD ICE TO BLEND EASILY) 536 CALORIES

Did you know?

42G PROTEIN HIGH IN ANTIOXIDANTS & FIBER HELPS REMOVE FREE RADICALS FROM YOUR BODY STRENGTHENS IMMUNITY





Strawberry Sweetner

1 + 1/2 CUP FROZEN STRAWBERRIES 1 MEDIUM BANANA 1/4 AVOCADO 3/4 CUP PLAIN YOGURT 1/4 CUP MILK 1/4 TEASPOON VANILLA EXTRACT 1 SCOOP PROTEIN POWDER 523 CALORIES

Hid you know?

HEALTHY FAT + POTASSIUM





Pre workout energy booster

200ML APPLE JUICE
(OR WATER, YOGURT OR MILK)
2 FROZEN BANANA
(PEEL AND CHOP BEFORE FREEZING)
1 TBS LINSEED OR FLAX SEEDS
1 BEETROOT (PEELED AND ROUGHLY CHOPPED)
50G KALE / SPINACH
100G MIXED FROZEN BERRIES

233 CALORIES 51G CARBS 4G PROTEIN

NB - CAN USE BEETROOT POWDER + ADD SOME GINGER



Did you know?

BEETROOT HAS . . .

IMPROVED CYCLISTS
10KM TIME TRIAL

INCREASES MUSCLE POWER

CONTAINS:
IRON/ MAGNESSIUM
& VIT B