

A QUICK READ TO
HELP YOU LOSE
WEIGHT AND LOVE
THE BODY YOU
ARE IN!



FARM FIT

With Amanda Higgy

RIIIEEPRINT

AT HOME WEIGHT LOSS FOR FARMERS

#FARMFIT
#FARMFITMOMMA
#FARMSTRENGTH



Disclaimer: Just for you!

I would like to start off by saying thank you for investing not only in yourself, but in my Blueprint to Achieving Your Fitness Goals ebook! I have put a lot of hard work and knowledge into designing this Blueprint just for you. If someone finds it valuable enough to ask for a copy, I hope they will find it valuable enough to ask me themselves, so we can go through the same process you did to get your hands on it.

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WHO IS **FARM FIT?** Momma

City girl goes Country. Growing up in a bigger town in Western Nebraska, I always thought I would eventually move to the BIG city. After high school, I went to University of Wyoming, where I graduated with a minor in Health Promotion. I continued on to Graduate with a degree in Radiation Therapy at Weber State University, through their online program. Later my adventures took me to South Dakota, where I worked at a cancer facility before deciding to step back. I started to work for a supplemental insurance company while I decided what I wanted to do. Little did I know that I would be working for this company going on 10+ years. I met my farming husband on a blind date. True Story! We married the following year. We have two very strong willed little dudes, who are just like their father ;). We are raising our family on my husband's 5th generation farm. Recently we've had a lot of things challenge us. Back in March we lost our family home to a fire that took all of our material belongings. To say it was one of the toughest things this Momma has ever gone through is an understatement. Then Covid hit! It has definitely been a whirlwind but we are taking it one day at a time. Little did I know what God was preparing me for, taking my fitness journey online after our home burnt down was something I never thought I would do. Then through various motivations, I decided to launch my fitness program "Farm Fit" in November 2020. Who would've thought I would start a new business in the middle of a pandemic after losing my home?!?!



**I'M A FIRM BELIEVER THAT LIFE IS 10% WHAT HAPPENS TO YOU,
AND 90% HOW YOU REACT TO IT.**

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NUTRITION:

1-BREAKFAST, LUNCH, & DINNER

Let's talk about Nutrition, then I included 3 Macro-Friendly, Kid-Approved meals that the whole family will love.

TRAINING:

3X20 MINUTE FAT BURNING WORKOUTS

Workouts that are straight out of my program, they will have your muscles screaming & heart rate sky high. You'll get your first taste of what sweat city from Farm Fit looks like.

MY WHY:

WHY I DECIDED TO CREATE FARM FIT

A little behind the scenes of who I am and why I started this journey. Also what I'm wanting to accomplish with it



NUTRITION

The MOST important thing to nail down is your nutrition. This is not some random diet you find on the internet that promises you a quick way to drop 10 pounds. I have been there and I can promise you it is not sustainable. There is no “quick way” to change your body that promotes healthy practices. In Farm Fit we will be doing something called “Flex Dieting”. My goal is to teach you what proper nutrition looks like and educate you while incorporating healthy practices as we go. Ultimately leading to healthy relationship with food and looking at food as fuel by getting long term results you desire.

WHAT IS FLEX DIETING?

It is a nutritional theory that allows foods that fit within your specific daily macronutrient (proteins, fats, and carbohydrates) targets. This way of eating provides dieters freedom in their food choices, which helps keep weight off over time and create a positive and healthy relationship with food. We will start off slow by tackling Breakfast, then snack options....etc. Towards the last few weeks you will have a daily calorie idea, macro and fiber target to hit, as long as those specific numbers are achieved, then the food selection is left to your personal preference. Flexible dieting is all about the numbers; it's time to start thinking of foods in terms of nutrient value and not whether they're “clean” or “dirty”. Fueling your body with the right foods. Turning it into a fat eating machine.

RECOMMENDATIONS

Proteins:
30-40%

Carbohydrates:
30-65%

Fats:
25-35%



FREEZER BREAKFAST BURRITOS



By Dashing Dish

TIME: Estimated time to make this recipe is between 10-15 minutes

SERVING SIZE: Serves 6

NUTRITION: Calories per Serving 225, Fat 8g, Carbohydrates 12g, Fiber 8g, Protein 25g

INGREDIENTS

- 1 (12 oz) pale Sausage (I like Al Fresco All Natural brand, but any lean meat sausage would work. You could also use any kind of lunch meat like ham.)
- 3 Egg
- 6 Egg Whites
- 1/3 cup Cottage Cheese
- 3/4 cup shredded cheddar
- 1/4 tsp Salt & Pepper
- 1 Red Bell Pepper
- 6 Tortillas (I like whole grain or low carb tortillas)

METHOD:

1. Spray a large nonstick pan with cooking spray. Heat over medium high heat. Add sausage to the pan, breaking it up with a spatula while it browns. If you are adding bell pepper (or vegetables), add them after the sausage is browned, cooking them through until just tender.
2. Scoop sausage (and veggies if using) onto a plate, and add eggs to the pan, followed by cottage cheese and salt and pepper. Cook eggs for about 1-2 minutes, scrambling them as they cook. Once they are cooked to your liking, turn off heat and add the cooked sausage, veggies, and shredded cheese to the pan stirring them in with the eggs.
3. Divide egg mixture evenly between 6 tortillas, and wrap them up around eggs. (I like to tuck the sides in while rolling so the filling doesn't spill out.)
4. Let burritos cool at room temperature completely before freezing. Wrap each burrito individually in plastic wrap, or whatever you prefer. Place burritos in a freezer ziplock bag and place in freezer.
5. When you are ready to serve, unwrap burrito, place in paper towel and warm the burrito for 45 seconds. Then flip and repeat. I like to make them crunchy on the outside so I heat it up in a pan after the microwave.
6. Serve with salsa, guacamole, or whatever you like to dip your eggs in if you desire!



CROCKPOT CHICKEN FAJITA SOUP WITH CRISPY TOSTADAS

TIME: Estimated time to make this recipe is between 4-8 hours

SERVING SIZE: Serves 6

NUTRITION: Calories Per Serving 235, Fat 3g, Carbohydrates 19g, Fiber 6g, Protein 34g

INGREDIENTS

- 1 (16 oz) pkg mini bell peppers
- 1 ½ lbs Chicken Breast
- 1 cup Chicken Broth (low sodium)
- 1 (16 oz) jar of Salsa (I like Clint's Texas Salsa)
- 1 (28 oz) can Crushed tomatoes
- 2 tbs Taco Seasoning
6 Tortillas (Corn is preferred. Leave out if you want to make this recipe grain free)

METHOD:

1. Wash bell peppers, remove stem and slice in half. Add to crock pot along with all of the other ingredients (except tortillas). Cover and cook on high for 4 hours, or low 8 hours. Shred chicken in the crock pot and stir to combine everything just before serving.
2. Meanwhile, bake the corn tortillas. Preheat the oven to 400 degrees. Line a rimmed baking sheet with foil. Arrange as many tortillas as will fit on the baking sheet without overlapping. Spray both sides of the tortillas lightly with cooking spray and sprinkle with salt. Bake for 4 minutes on each side. Remove from the oven and let cool.. Enjoy crushed over bowl or soup with other toppings of choice if desired



15 MINUTE CHICKEN & BROCCOLI

TIME: Estimated time to make this recipe is between 15 minutes

SERVING SIZE: Serves 6

NUTRITION: Calories per serving 184, Fat 1g, Carbohydrates 18g, Fiber 2g, Protein 31g

INGREDIENTS

- 1 ½ lbs chicken breast (or 1lb boneless lean steak of your choice) 6 cups broccoli (I recommend broccoli pre-cut in the steamer bags or frozen bags)
- Sauce:
 - ½ cup soy sauce
 - 3 tbs sweetener of choice
 - ¾ tsp ginger
 - ¾ tsp garlic powder
 - 1 ½ tbs cornstarch (dissolved in 2 tbs cold water)
- Optional:
 - 1 ½ cup Brown Rice (cook according of package or quinoa)
 - 1 ½ tsp sesame seeds

METHOD:

1. Heat a large skillet over medium high heat, add chicken (or steak). Cook for about 5 minutes, stirring occasionally, until the chicken is browned and mostly cooked through. While chicken is cooking, mix everything for the sauce together in a small bowl until combine.
2. Meanwhile, steam broccoli in microwave once the chicken is cooked through, add the sauce to the pan. Stir to combine and cook for an additional 1 minute until the sauce has thickened. Turn off heat and stir in steamed broccoli.
3. Serve immediately over cooked rice or quinoa if desired.

TRAINING

Training is a tool and should be used as so not for punishment. There are so many different training styles, but which one is the best for your lifestyle?

Training specifies such as style, form, reps, sets, rest time, and days a week you should train. In Farm Fit it includes 2 upper body days, 2 lower body days, 1 high intensity day, and 2 rest days. Rest days are important for muscle development and growth. Below are sample workouts for you to try. The main workout in my program will take you 15-20 minutes.

ENDURE IT + SUPERSET

Complete 9 Sets:

Jog 200 m

Run hard 200 m (80-90% effort)

Walk 100 m

After Burner

Complete 3 Rounds of:

:30 sec right side plank

:30 sec left side plank

:30 Plank Jacks

Tip: Keep rest minimal – try to complete these sets unbroken if possible to really burn it down at the end of this session! The side planks can be done on elbow or hand, plank jacks must be done on the hands!

SCULPT (LOWER) + CORE

5 Rounds:

10 DB Deadlifts

15 Goblet Squats

100 Single Unders (Jump Rope) or 50 Double Unders

Rest 90sec. Repeat

Tip: The DB Deadlifts need to be heavy, but must be unbroken each round. Also, make sure that BOTH sides of the dumbbell touch the ground for every rep. That extra range of motion that you're not use to is the point of this movement today. You will be sore in so many new places after today. Rest as needed...

Core 2-3 Rounds:

30sec. of Sit-Ups

30sec. of Reverse Sit-Ups (Straight Leg)

30sec. of Rest

***After the last set go immediately into; 20 Russian Twists with a 35/20lb. DB *Left +Right = 1 Rep

SCULPT (UPPER) + CORE

Perform 5 sets with a KB or DB:

5 Russian swings LT arm

5 Russian swings RT arm

5 overhead presses LT arm

5 overhead presses RT arm

5 overhead squats LT arm

5 overhead squats RT arm

Tip: Try completing each set unbroken without setting the KB or DB

down – rest as little as needed between sets!

Core – Perform 7 sets:

7 plank up downs

7 inch-worm pushups

7 v-ups





**"STRENGTH DOES NOT COME FROM
PHYSICAL CAPACITY. I COMES
FROM AN INDOMITABLE WILL."**

GHANDI

THANK YOU

for your support. I would not be where I am without you. I'm humbled and honored in your interest into my program. Look for "FarmFitMomma" on the following social media platforms below.

Follow along on "Farm Fit Training" Group Page on IG. We also have a private group page on FB (under groups tab on FarmFitMomma Page). I post more detailed educational content and hold weekly coaching sessions. I look forward to being your coach and laying down the foundation to be successful in your journey towards physical and mental health.

Remember a fitness journey begins with YOU!

Amanda

