

The background of the image features three ceramic bowls filled with different types of seeds. The top bowl contains red lentils, the middle bowl contains flax seeds, and the bottom bowl contains chia seeds. The bowls are arranged on a light-colored, textured surface. The text is overlaid on the right side of the image.

GETTING STARTED PROGRAM

MEAL GUIDE & MOTIVATION
WITH HEATHER NEWMAN

www.GlitterU.com

www.ToneN10.com

www.SugarDetox7.com

A pink square logo with the word "TONE" in white, bold, uppercase letters. Below it, in smaller white text, it says "by Heather Newman".

TONE
by Heather Newman



This powerful guide is the gateway to your body, heart health, and mindset transformation.

The focus is to help you feel incredible in all areas of your life and to become the absolute best version of yourself.

Like a lot of people, it has taken me a while to be

comfortable in my own skin. I suffered with some poor eating habits that I thought were GOOD.

Those little 100 calorie pack snacks, diet cokes, ranch dressing - cutting calories, putting my metabolism in a tail spin!

I had poor eating habits which led to a slight form of feeling funky and a lack of self-confidence and passion.

Anxiety, stress, and not feeling happy within myself created a life without passion and purpose.

Through this guide, I am going to share what I did and how I got my life back on track and live a life full of

empowerment, positivity, success, and happiness! I am

here to motivate you to believe in yourself more, to see

that anything is possible when you choose to believe it,

and that the only limitations you have - you've probably (but not on purpose) put on yourself....

Join our community!

**The first step to get connected
with the community and myself**

is

to connect on social media.

Follow and let's be friends!





www.instagram.com/heathernewmanfitness and [GlitterU](https://www.instagram.com/glitteru)



www.facebook.com/heathernewmanfitness

<https://www.facebook.com/groups/fitfactory2021>



www.pinterest.com/glitteru





MEAL PLAN

I've always wanted POPPIN' ABS! I didn't realize it's all in the nutrition!

You'll never see your ABS if you don't clean up your diet. BUMMER!

**Then I found a nutrition plan that didn't starve me,
gave me so much energy and got me feeling confident in myself.**

**My philosophy is all about BALANCED nutrition and living a healthy active lifestyle which is why I
do not believe in fad diets or things you can do for a few weeks.**

**For the areas of nutrition I don't get from food I use supplements to
fill in the gaps and it's been a life saver for me.**

**I have been fueling myself with the best in nutrition on this style of a plan since 2017. After losing 6% body fat
and gaining 5lbs lean muscle in 6 weeks I was amazed at how well this meal design works.**

**It's safe to say I was hooked and now love sharing it with other people so they can feel as happy
and positive as I am. I have helped 100's of people get results and there is nothing stopping you to hitting
your health & nutrition goals. How bad do you want it?**

BREAKFAST: Smoothie from my healthy meal shake.
- it's so simple! Mix and go!

SNACK: Eggs and avocado

LUNCH: 24g of lean protein, handful of veggies and fist
size of complex carbs

SNACK: Cucumbers with organic plain hummus or plain greek yogurt with berries

DINNER: 24g of lean protein, handful of veggies and fist
size of complex carbs

SNACK: Cucumbers with organic plain hummus or plain greek yogurt with berries

PLUS +

Pr workout (www.UnicornCrack.com)+During workout (Hydrate)+Post workout
Daily vitamins & Pre+Probiotics are in my Breakfast shake
+Collagen





You can get info on all of my favorite products in our online FIT CLUB Facebook Group or www.GlitterU.com or when you sign up for the Tone Online Studio. (www.ToneN10.com) If you want more info, we can create a custom plan just for you and your personal needs.

RECIPES

Lemon Coconut Protein Bites

Ingredients

- 2 scoops of Chocolate Protein Powder
- 1 ½ cup oats
- 1 cup shredded unsweetened coconut
- 2 tbsp. Chia seeds
- ½ lemon, juiced
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 3 tbsp almond butter

Combine all ingredients in a food processor and blend until a creamy, thick dough is formed. Roll out 12 balls from the dough and cover with coconut flakes. Refrigerate bites for 20 minutes before eating.

What to eat, when to eat & how much to eat used to be my biggest struggle. Now I know that my body needs lots of nutritious food to look & feel my best.

I no longer have a negative relationship with food since I started a simple nutrition plan back in 2017.

Check out some of my favorite recipes!





Strawberry Banana Smoothie Bowl (Paleo + Vegan)

This easy Strawberry Banana Smoothie Bowl is a simple and sweet treat! It's a healthy Paleo + vegan breakfast or snack made with only a few ingredients, and you can add whichever toppings your heart desires to customize to your tastes.

🍷 Course	Breakfast
🍴 Cuisine	American
🕒 Prep Time	5 minutes
🕒 Total Time	5 minutes
🍽️ Servings	1 bowl
🔥 Calories	450 kcal
👤 Author	Rachel Connors

Ingredients

For the smoothie bowl

- 1 banana frozen
- 1½ cups frozen strawberries
- ½ cup Silk Unsweetened Coconut Milk

For the toppings

- Simple Truth Freeze Dried Strawberries + Bananas
- Fresh strawberries sliced
- Fresh bananas sliced
- Chia seeds





Turkey wrap

Ingredients

- 1 whole wheat tortilla or wrap
- 2 tbsp hummus
- 2 oz deli turkey breast, thinly sliced
- 1/4 cucumber, thinly sliced, lengthwise
- 1 roma tomato, thinly sliced
- 1/3 avocado, thinly sliced

Directions

- Lay out wrap & spread hummus around from center. Add a couple slices of the cucumber, tomato, & avocado. Top with turkey breast.
- Roll the wrap/ tortilla up like a burrito, taking care to make it as tight as possible.
- Slice the wrap in half and enjoy.





TUNA AVOCADO SALAD

- ½ large ripe avocado
- 1 can tuna, undrained
- ¼ cup chopped green onion
- large lettuce leaves
- 1 sliced tomato
- 2 whole wheat tortillas

Place the avocado in a medium size mixing bowl and mash with a fork. Add the tuna and green onion.

Season with salt and pepper if desired.

Spoon tuna salad onto tortilla , topping with lettuce and tomato.

GRILLED LEMON CHICKEN

1 lb. chicken breasts
1/4 cup flour
1/2 tsp salt & pepper
2 tbsp olive oil
1 tsp lemon pepper
seasoning
2 lemons, sliced

Combine salt, pepper, and flour in a dish and gently toss each chicken breast in the dish to coat. Heat oil in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side until golden brown, sprinkling each side with lemon pepper. Chicken is done when golden brown. Serve with lemon over quinoa or mixed veggies.





APPLE CRANBERRY CHICKEN SALAD

1 cup spinach
1 cup raw broccoli
1/2 red apple, sliced
1/2 cup dried cranberries
1/4 cup sliced almonds
1 cup cooked chicken,
diced
1/4 cup feta cheese
1/3 olive oil
1/2 lemon, juiced

Season and cook chicken accordingly.
Mix lemon juice and olive oil for the
dressing.
Add a pinch of salt.
While waiting for chicken to cook, add all
remaining
ingredients to bowl and toss with dressing.
Add chicken and enjoy!



ARE YOU READY FOR YOUR TRANSFORMATION?

I started fitness training & instruction over 25+ years ago and received several nutrition certifications over the past 5 years. I wanted to create a program where people felt fit, firm and full of energy. I wanted to give women a place to feel strong and confident with a program design that wouldn't fail them if they committed to "showing up". I didn't want them to feel restricted. I wanted to teach mindset (i was a psychology major for a short while - i should have stuck with it). My new TONE Online Studio has a variety of workouts and meal plan options to create the BEST version of a healthy and active lifestyle for all ages and fitness levels. You get motivation and an amazing community to help you stay on track!



Change the way you look at things and the things you look at will change.

I have learned to understand how much mindset is crucial to the success and happiness of our lives.

My favorite part about mindset is to alter your perceptions of what you are capable of and who you were born to become.

Get started on changing your mindset [here](#).

Setting up for **SUCCESS**

GOALS:

Start by finding a good reason WHY you want to pursue your goals. Begin with small and big goals to set up daily routines and life long dreams. You can achieve anything if you stick to the challenge, though being over-ambitious can lead to problems and understand that being thrown off your path is just the universe testing you to see how BAD you really want it!

Establish a Routine:

Hold yourself accountable! Start by finding a good reason WHY you want to pursue your goals. Begin with small and big goals to set up daily routines and life long dreams.

Being organized is key to success. Plan out your week on a Sunday and make sure all areas of your life is included.

Exercise, food shopping, family time, partner time, working on your business, homework and work. It all has to be in the calendar so you are intentional with your time





Hold yourself to Standards: Be accountable!

Create a vision board of what you want to achieve and why.

Place this in a area you can see everyday
to remind yourself of your goals and the reason you are
taken the steps each day to achieve them.

You have to be the leader and example for others around you to change,
take that role!



Create a REWARD System!

Take some time after an exercise session to absorb the good feeling of following through with your program!

Internal rewards are just as important as external ones, so make sure to give thanks for being committed to improving your health!

We deserve to treat ourselves sometimes, so find something that can function as an incentive for you to exercise.
(yoga pants, new tennis shoes - NOT FOOD)

FIND THE RIGHT ENVIRONMENT!

Tell people about your intentions and invite them to participate! You don't have to be on a program that perfectly aligns with another person's, though many people find that sharing progress can be a critical aspect of lasting motivation. Being surrounded by the right people is crucial to your success
In life!





HAVE FUN!

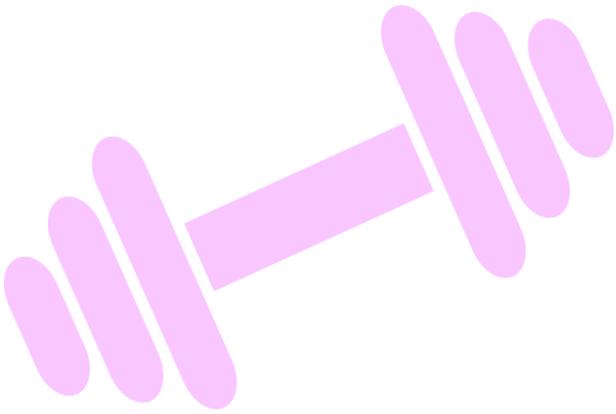
**Life is too short not to laugh and be positive.
Events can happen that throw us off so just remember
not to dwell on things for too long.
PUSH through the pain, put a smile of your face and enjoy
your life! Grab your
30 Day Free Workouts by subscribing here now**

XOXO

**The work to change the way you think doesn't end here,
this where it starts! Take a look
at some areas of your life that you can change today that
will start having an immediate
impact on the way you feel about yourself. For more on
mindset, believing in yourself,
and getting out our comfort zone, subscribe to my
podcast.**

#getUnstuck with Heather on Itunes and Spotify





We have so much for you to help you live out your best life - physically, mentally. You are seeing just a small part of what we do and I can't wait for you to see what is coming for you as you go on this new healthy lifestyle journey with us. You are going to be blown away!



In the meantime, go ahead and download the wix app (leads you to the TONE APP) for free right now and let's begin your journey! Get the app by going to "www.ToneN10.com" and scroll all the way to the bottom of the page

**BOOK ON THE GO
WITH TONE-N-10
MOBILE APP**

The app allows you to book services,
get notifications & more!

+1 _____ Phone Number

 GET IT ON
Google Play

 Download on the
App Store



Just rolling out your mat and starting the workout can often be the most challenging part of getting your sweat on!

Tell yourself 3, 2, 1,
YES and go!

As soon as you get going you are glad you did, and we never regret a great workout!

I have put together some of my favorite workouts for you from the Bootcamp series to try out - get TONE and have fun!

More workouts in the TONE Online Studio

XOXO, HEATHER

