

Hot Girl
Summer
Sculpt

The graphic features the words 'Summer Sculpt' in a large, blue, cursive font. Above 'Summer' is the phrase 'Hot Girl' in a smaller, pink, cursive font. The text is set against a background of a green palm leaf. Three small, stylized flowers are scattered around the text: a pink one above the 'm' in 'Summer', an orange one to the right of 'Summer', and a purple one below the 'S' in 'Sculpt'.

Hot Girl Summer Sculpt

Are you ready to take on the
#HotGirlSummerSculpt?

It's a 14 day workout program and meal plan to get you lean, sculpted and strong for the summer! But it's not just about getting fit, **it's about feeling CONFIDENT like the hot girl that you already are!**

Over these next 2 weeks, I'm going to be putting your body and your mind through a transformation that will make you feel so *unstoppable* - **so powerful** that you'll be able to take that infectious energy let it drive you to crush all your goals!

Let's do this.



@blogilates

YOUR PREP CHECKLIST

- Take a before photo in a bikini or sports bra and shorts. Save it to your phone. No need to share it just yet!
- Print out your calendar and tape it to your wall.
- Print out your grocery list and head to the store to get all your ingredients.
- Make sure you have a refillable water bottle, yoga mat, sneakers, booty bands* and a pair of 5-8 lb weights*
- Download the [BODY by Blogilates App](#) (free) to access all the videos in the program.
- Ask one friend to do this program with you. Accountability partners make things way more fun and motivational!

*optional, but good if you want to focus on building more muscle.

The Rules

1. Be **active for at least 30 min a day**, everyday.
2. Check off every workout that you finish, everyday.
3. **Share your check mark** and/or post workout pic with me everyday so I can check in on you!
4. Follow the **meal plan**. If you have specific dietary needs, please tweak.
5. Drink at least **64 fl oz of water** a day.
6. After you finish Day 14, **take an after photo and post your before & after so we can celebrate** your transformation!

**Now, ready to see your
14 Day Workout Program?**



Hot Girl Summer Sculpt

| TOTAL BODY | LEGS | CARDIO | ARMS | ABS + OBLIQUES | BOOTY | ACTIVE RECOVERY |
|--|---|---|--|--|--|---|
| <p>Day 1</p> <p>30 Min Head to Toe Tone <i>(with weights!)</i></p> <input type="checkbox"/> | <p>Day 2</p> <p>20 min Leg Slimming Cardio</p> <p>10 Min Beautiful Thigh Sculpt</p> <input type="checkbox"/> | <p>Day 3</p> <p>30 Min Cardio Glow Up <i>(with bands!)</i></p> <input type="checkbox"/> | <p>Day 4</p> <p>Extreme Weightless Arm Toner <i>(30 mins)</i></p> <input type="checkbox"/> | <p>Day 5</p> <p>20 min Waist Whittler Pilates</p> <p>10 Min Beautiful Ab Sculpt</p> <input type="checkbox"/> | <p>Day 6</p> <p>20 min Booty Lift Cardio Pilates</p> <p>10 Min Beautiful Butt Plump Workout</p> <input type="checkbox"/> | <p>Day 7</p> <p>30 min Hot Girl Powerwalk*</p> <input type="checkbox"/> |
| <p>Day 8</p> <p>30 Min Head to Toe Tone <i>(with weights!)</i></p> <input type="checkbox"/> | <p>Day 9</p> <p>20 min Leg Slimming Cardio</p> <p>10 Min Beautiful Thigh Sculpt</p> <input type="checkbox"/> | <p>Day 10</p> <p>30 Min Cardio Glow Up <i>(with bands!)</i></p> <input type="checkbox"/> | <p>Day 11</p> <p>Extreme Weightless Arm Toner <i>(30 mins)</i></p> <input type="checkbox"/> | <p>Day 12</p> <p>20 min Waist Whittler Pilates</p> <p>10 Min Beautiful Ab Sculpt</p> <input type="checkbox"/> | <p>Day 13</p> <p>20 min Booty Lift Cardio Pilates</p> <p>10 Min Beautiful Butt Plump Workout</p> <input type="checkbox"/> | <p>Day 14</p> <p>30 min Hot Girl Powerwalk*</p> <input type="checkbox"/> |

*HOT GIRL POWERWALK: Prep a playlist that empowers you (music, podcasts, or audiobooks are all good) and go on a powerwalk (or hike) as you imagine your dream life and all the things you're going to do to get there. Are there things holding you back? Be honest. Dig deep. Get uncomfortable. Work through it. You'll see how transformative this will be for your inner growth. Plus, it's a great low impact cardio workout!



The logo features the words "Hot Girl" in a pink, cursive font at the top left. Below it, "Summer" is written in a large, blue, cursive font with three small yellow and orange flowers scattered around it. Underneath "Summer" is the word "Sculpt" in a larger, blue, cursive font, also with three small yellow and orange flowers. To the right of "Sculpt" is the text "Meal Plan" in a smaller, pink, sans-serif font. The background is a light pink color with various colorful abstract shapes and fruit illustrations like a banana, blueberries, and a tomato.

Hot Girl Summer Sculpt Meal Plan

Here is your suggested meal plan for the 14 Day #HotGirlSummerSculpt. These recipes are gluten free, dairy free, and added sugar free, which will help with increasing your energy, giving you better skin, debloating your belly, and overall fat loss. They come directly from my [90 Day Journey](#) Omnivore Meal Plan which is Registered Dietitian approved.

This meal plan is a suggestion, but you should always consult your doctor or nutritionist before starting any new eating program.

1 Week Shopping List

Produce

- 7 Bananas
- 1 Package Mushrooms
- 2 Boxes Spinach
- 1 Onion
- 1 Red Onion
- 1 Pint Blueberries
- 1 Pint Raspberries
- 2 Heads Lettuce
- 1 Pint Grape Tomatoes
- 3 Avocados
- 5 Bell Peppers
- 1 Bunch Cilantro
- 6 Zucchini
- 1 Lemon
- 2 Heads Broccoli
- 3 Apples
- 1 Bag Grapes
- Small Bag Celery
- Garlic

Meat/Eggs/"Dairy"

- 1 Dozen Eggs
- Almond Milk
- 3.5 lb Ground Turkey (or chicken)
- 2 Cans Tuna In Water
- 12 oz Salmon
- 2 Large Containers Coconut Yogurt

Pantry

- 1 Jar Salsa
- 1 Can White Beans
- 1 Can Black Beans
- 1 Can Corn
- 16oz Can Crushed Tomatoes
- 1 Jar Sugar-Free Pasta Sauce
- 1 Bag Plantain Chips
- 1 Bag Cacao Nibs
- 1 Container Dates
- Quinoa
- Peanut and/or Almond Butter
- Cocoa Powder
- Monk Fruit Sweetener (or stevia)
- Monk Fruit Syrup (optional)
- Pistachios
- Flaxseed Meal
- Hemp Seeds
- Ground Cinnamon
- Taco Seasoning
- Olive Oil
- Red Wine Vinegar

Freezer

- 1 Bag Berries

YOUR MEAL PLAN

| | BREAKFAST | LUNCH | DINNER | SNACKS | DAILY MACROS | |
|-------|---|---|--|--|---|--|
| DAY 1 |  PB + J Smoothie Bowl |  Taco Salad |  Zoodles with Meat Sauce |  Apple + Nut Butter |  Plantain Chips + Salsa | Calories: 1978 Fat: 113 Carbs: 161 Protein: 93 |
| DAY 2 |  Banana Pancakes |  Tuna Spinach Salad |  Stuffed Pepper Skillet |  Pistachios + Grapes |  Stuffed Dates | Calories: 1969 Fat: 93 Carbs: 190 Protein: 112 |
| DAY 3 |  Veggie Omelette |  Turkey Chili |  Garlicky Baked Salmon |  Celery + PB |  3-Ingredient Mug Cake | Calories: 2055 Fat: 114 Carbs: 138 Protein: 115 |
| DAY 4 |  PB + J Smoothie Bowl |  Taco Salad |  Zoodles with Meat Sauce |  Apple + Nut Butter |  Plantain Chips + Salsa | Calories: 1978 Fat: 113 Carbs: 161 Protein: 93 |
| DAY 5 |  Banana Pancakes |  Tuna Spinach Salad |  Stuffed Pepper Skillet |  Pistachios + Grapes |  Stuffed Dates | Calories: 1969 Fat: 93 Carbs: 190 Protein: 112 |
| DAY 6 |  Veggie Omelette |  Turkey Chili |  Garlicky Baked Salmon |  Celery + PB |  3-Ingredient Mug Cake | Calories: 2055 Fat: 114 Carbs: 138 Protein: 115 |
| DAY 7 |  PB + J Smoothie Bowl |  Taco Salad |  Zoodles with Meat Sauce |  Apple + Nut Butter |  Plantain Chips + Salsa | Calories: 1978 Fat: 113 Carbs: 161 Protein: 93 |

Breakfast Recipes

PB+J Smoothie Bowl

Banana Pancakes

Veggie Omelette



PB+J Smoothie Bowl

What you'll need:

- 1 c frozen berries
- 1 small ripe banana, sliced and frozen
- 2-3 Tbsp unsweetened almond milk
- 2 Tbsp almond butter (or nut butter of choice!)
- 2 Tbsp flaxseed meal
- 1 c unsweetened coconut yogurt
- Ice as needed

Directions:

1. Add ingredients to blender, blend until smooth. Add ice as needed until smoothie is as thick as you like!

Nutrition:

Yields: 1 serving | Calories: 556 | Fat: 31g | Carbs: 64g | Protein: 13g | Fiber: 15g



Banana Pancakes

What you'll need:

- 1 banana, peeled and sliced
- 2 eggs
- 1/2 tsp cinnamon (optional)
- 1/4 c blueberries (fresh or frozen)
- 2 Tbsp almond butter (or other nut butter)
- 8 oz coconut yogurt, unsweetened
- OPTIONAL - drizzle finished pancakes with with monk fruit syrup

Directions:

1. Mash the banana and egg together in a medium bowl. Your batter will be runny and will have a few chunks of banana left! Stir in cinnamon.
2. Heat a griddle or pan over medium heat. Melt 1/4 tsp dairy-free butter on the pan. Drop pancakes on the hot griddle, using about 2 Tbsp of batter for each pancake. (these hold together better if they are small!)
3. Cook for about a minute on each side. Serve warm drizzled with almond butter and yogurt.

Nutrition:

Yields: 1 serving | Calories: 566 | Fat: 38g | Carbs: 48g | Protein: 21g | Fiber: 10g



Veggie Omelette

What you'll need:

- 3 eggs
- 1/4 c mushrooms, diced
- 1 c spinach
- 1/4 c onion, diced
- 1 Tbsp olive or avocado oil
- 1/3 ripe avocado sliced
- salt and pepper

Directions:

1. In a medium pan, heat oil over medium-high heat. Add egg and veggies (except avocado) to pan, and cook until egg is cooked through. Gently fold omelette in half and serve topped with avocado slices.

TIP - sub your favorite veggies!

Nutrition:

Yields: 1 serving | Calories: 435 | Fat: 36g | Carbs: 10g | Protein: 20g | Fiber: 5g

Lunch Recipes

Taco Salad

Tuna Spinach Salad

Turkey Chili



Taco Salad

What you'll need:

- 1/2 lb Ground turkey
- 1 Tbsp olive oil
- 3 c Lettuce, washed and dried
- 1/4 c Grape tomatoes, quartered
- 1/2 Avocado, cubed
- 1/4 c Salsa
- 1 Tbsp Taco seasoning

Directions:

1. Brown turkey and stir in taco seasoning.
2. Assemble your salad! Start with your lettuce, and top with remaining ingredients.

Nutrition:

Yields: 1 serving | Calories: 673 | Fat: 42g | Carbs: 28g | Protein: 48g | Fiber: 7g



Tuna Spinach Salad

What you'll need:

- 2 c baby spinach
- 1 can tuna (canned in water)
- 1/2 c white beans (canned)
- 1/4 thinly sliced red onion
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 2 Tbsp hemp seeds
- salt and pepper

Directions:

1. Toss spinach, tuna, white beans and onion together. Toss with olive oil, red wine vinegar and a pinch of salt and pepper. Top with hemp seeds.

Nutrition:

Yields: 1 serving | Calories: 528 | Fat: 25g | Carbs: 28g | Protein: 49g | Fiber: 14g

Turkey Chili

What you'll need:

- 1/4 lb ground turkey
- 1/2 Tbsp olive oil
- 1/4 c canned black beans, rinsed and drained
- 1/2 Bell pepper, diced
- 1/4 c canned corn
- 8 oz canned crushed tomatoes
- 1/2 c water (more as needed)
- 1/4 Avocado
- Cilantro (optional)

Directions:

1. Heat oil in a pot over medium-high heat. Add turkey and cook and crumble until browned all the way through. Add bell pepper and cook for a few more minutes, until softened. Feel free to add garlic or whatever seasoning you like here.
2. Add black beans, corn, crushed tomatoes, and water. Bring to a boil, and then simmer for 15-20 min.
3. Top with cilantro and avocado.



Nutrition:

Yields: 1 serving | Calories: 455 | Fat: 22g | Carbs: 37g | Protein: 32g | Fiber: 13g

Dinner Recipes

Zoodles with Meat Sauce

Stuffed Pepper Skillet

Garlicky Baked Salmon



Zoodles with Meat Sauce

What you'll need:

- 2 medium zucchini, spiralized
- 1 Tbsp olive oil
- 1/4 lb lean ground turkey
- 1/2 c Sugar Free Pasta sauce (Like Rao's)
- 1 c broccoli florets
- salt and pepper to taste

Directions:

1. Peel and thinly slice zucchini into noodles using mandolin or spiralizer. Sauté zucchini noodles with olive oil over medium heat until tender, around 1-3 min.
2. Meanwhile, brown ground turkey over medium heat in a separate pan. Also boil broccoli for ~7min, until tender. Drain.
3. Combine sauce with cooked turkey and serve over zoodles.

TIP: If you don't have a spiralizer, you can serve the meat sauce over sautéed zucchini slices!

Nutrition:

Yields: 1 serving | Calories: 409 | Fat: 25g | Carbs: 20g | Protein: 27g | Fiber: 7g



Stuffed Pepper Skillet

What you'll need:

- 2 bell peppers, thinly sliced
- 1/4 lb ground chicken or turkey
- 3 c spinach
- 1/2 c corn
- 1/4 c quinoa, dry
- 1 Tbsp taco seasoning

Directions:

1. Over a medium pan, cook ground chicken (or turkey) over medium-high heat until cooked through. Add taco seasoning.
2. While chicken is cooking, cook quinoa per instructions.
3. When chicken is cooked through, add peppers, spinach and corn and cook until veggies are soft.
4. Add cooked quinoa to chicken/veggie mixture and serve.

Nutrition:

Yields: 1 serving | Calories: 475 | Fat: 13g | Carbs: 58g | Protein: 33g | Fiber: 8g



Garlicky Baked Salmon

What you'll need:

- 6 oz Salmon
- 1 Tbsp olive oil
- 1 tsp minced garlic
- Juice of 1/2 lemon
- Salt and pepper to taste
- 1/2 c quinoa
- 1 c broccoli, chopped

Directions:

1. Preheat oven to 400 degrees F. Stir olive oil, garlic and lemon juice together. Place salmon on a greased cookie sheet. Spoon olive oil mixture over salmon. Bake 15-18 min., until opaque and flaky.
2. While salmon bakes, cook quinoa according to package directions and boil broccoli for ~7 min. Season to taste.
3. Season salmon with salt and pepper to taste and serve with quinoa and broccoli.

Nutrition:

Yields: 1 serving | Calories: 725 | Fat: 33g | Carbs: 57g | Protein: 49g | Fiber: 6g

Snack Recipes

Apple + Nut Butter

Pistachios + Grapes

Celery + PB

Plantain Chips

Stuffed Dates

Chocolate Mug Cake

Plantain Chips

What you'll need:

- 1 oz Plantain chips
- 1/4 c salsa



Nutrition:

Yields: 1 serving | Calories: 160 | Fat: 8g | Carbs: 22g | Protein: 1g | Fiber: 4g

Stuffed Dates

What you'll need:

- 2 dates, destoned
- 1 Tbsp peanut butter
- 1 Tbsp cacao nibs, chopped
- sprinkle of salt

Directions:

1. Stuff dates with peanut butter and sprinkle with chopped cacao nibs, sprinkle of salt.



Nutrition:

Yields: 1 serving | Calories: 235 | Fat: 10g | Carbs: 35g | Protein: 5g | Fiber: 4g



3-Ingredient Mug Cake

What you'll need:

- 1 small extra ripe banana
- 1 egg
- 2 Tbsp dark cocoa powder
- 1-2 Tbsp monk fruit sweetener
- 1/4 c unsweetened almond milk
- 1/2 c raspberries

Directions:

1. Combine all ingredients in a blender and mix until a batter forms. Pour into a greased mug or small bowl
2. Microwave for 60 seconds.
3. Top with berries

TIP: If you prefer to use an oven, bake in an oven-safe dish at 350 degrees F for 10-12 min.

Nutrition:

Yields: 1 serving | Calories: 204 | Fat: 7g | Carbs: 27g | Protein: 10g | Fiber: 7g

Apple With Nut Butter

What you'll need:

- 1 medium apple, sliced
- 1 Tbsp peanut butter



Nutrition:

Yields: 1 serving | Calories: 180 | Fat: 7g | Carbs: 27g | Protein: 4g | Fiber: 5g



Pistachios + Grapes

What you'll need:

- 1/4 c pistachios
- 1 c grapes

Nutrition:

Yields: 1 serving | Calories: 165 | Fat: 9g | Carbs: 21g | Protein: 4g | Fiber: 15g



Celery w/ PB

What you'll need:

- 1 celery stalk
- 2 Tbsp peanut butter

Nutrition:

Yields: 1 serving | Calories: 200 | Fat: 16g | Carbs: 7g | Protein: 4g | Fiber: 3g

End of Week 1!

Repeat this meal plan for week 2!

If you have specific dietary restrictions (vegan, vegetarian, pescatarian) or specific macronutrient/calorie goals, feel free to tweak the recipes to your needs. Or you may visit the90dayjourney.com to check out my full 30 Day and 90 Day Meal Plans which offer many more delicious recipes.

Looking for vegan or vegetarian swaps? Here are some of our faves!



Tofu
100 Cals
16g protein



Seitan
104 Cals
21g protein



Edamame
110 Cals
10g protein



Lentils
110 Cals
10g protein



Split Peas
118 Cals
8g protein



Beans
~140 Cals
9g protein



Tempeh
200 Cals
14g protein



Quinoa
368 Cals
14g protein



Nut Butter
588 Cals
25g protein

You've got this!

The next 14 days are going to be a roller coaster of triumphs and struggles, but the journey will transform you from the inside out. Make sure to document your journey with pictures, videos, and journal entries! If there's anything you want to share, tag @blogilates and #hotgirlsummersculpt so that we can all leave words of encouragement on each other's posts! Have fun!



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