

F i t n e s s
CHIX



Protein Packed
Smoothies



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)

F i t n e s s **CHIX**



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

Our Mantra. . .

UNLEASH YOUR INNER POTENTIAL



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Fitness CHIX

What Our 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!

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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 Sweetener

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

Did 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