



**THE 6-MONTH BODY**

**RECIPE BOOK**



**HORRO**

PERSONAL TRAINING

© HORRO

***YOUR NEW BODY  
IN 6 MONTHS***

**SHRED 10LBS - 60LBS**

***GUARANTEED***

**100% COMMITMENT REQUIRED**

**“HEALTH” ISN’T ABOUT BEING “PERFECT” WITH FOOD OR EXERCISE OR HERBS.  
HEALTH IS ABOUT BALANCING THOSE THINGS WITH YOUR DESIRES.  
IT’S ABOUT NOURISHING YOUR SPIRIT AS WELL AS YOUR BODY.**

**- GOLDA PORETSKY**

## *What Is Needed From You*

**DISCIPLINE**

**EFFORT**

**COMMITMENT**

**POSITIVE ATTITUDE**

- **CARDIO IS A PART OF A HEALTHY FITNESS ROUTINE**
- **FOLLOWING THE PERSONALIZED NUTRITION PLAN IS A MUST**
- **MEASUREMENTS AT THE START OF YOUR PROGRAM**
  - **WEIGH-IN EVERY 2 WEEKS**
  - **HAVE A CHEAT MEAL, NOT A CHEAT DAY**

**I CAN - I WILL - I MUST**  
**I CAN - I WILL - I MUST**

## ***LETS MAKE THIS HAPPEN***

**6 MONTHS OF RAW MENTAL FOCUS  
WITH THE UNDERSTANDING THAT LIFE SOMETIMES  
GETS IN THE WAY OF OUR GOALS BUT  
THIS IS A MARATHON NOT A 100 METER SPRINT!  
REST IF YOU MUST, BUT DO NOT QUIT!  
JUMP BACK ON THE TRAIN!**

**EXCUSES SHOULD BE PUT ASIDE  
MONEY SHOULD NOT BE A CONCERN \*\***

## ***START YOUR JOURNEY***

**FOR IT IS THE TRUTH THAT HEALTH IS  
THE WEALTH OF ALL WEALTH  
- RICHARD BAKER**



## **DISCLAIMER**

**At HORRO Personal Training & Consultations INC., our mission is to bring awareness and educate our clients on the importance of nutrition and its role in achieving your fitness goals.**

**We aim to help our clients make simple lifestyle changes, therefore, being able to sustain and continuously improve upon general health and physique.**

**Any product recommended is for added supplementation. Consult a doctor or your health practitioner for further information on the safety of the supplement list provided in the program before you start your transition.**

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IT’S ABOUT NOURISHING YOUR SPIRIT AS WELL AS YOUR BODY.  
- GOLDA PORETSKY**

**STOP EXERCISING IMMEDIATELY IF YOU EXPERIENCE  
PAIN, SORENESS, FATIGUE, SHORTNESS OF BREATH, DIZZINESS,  
LIGHTEADEDNESS, BLURRED VISION, HEADACHE, NAUSEA, SICKNESS, ILLNESS,  
DEHYDRATION, EXCESSIVE SWEATING, OR ANY OTHER DISCOMFORT.**

## *Helpful Tips*

### **STAY HYDRATED!**

**2 GALLONS OF WATER SHOULD BE CONSUMED PER DAY WITH A PINCH OF SEA SALT OR PINK HIMALAYAN SALT**

### **GET MOVING!**

**EXERCISE 2-3 TIMES OF RESISTANCE TRAINING PER WEEK**

**10 MINUTES OF CARDIO WARM UP BEFORE YOU ENGAGE INTO YOUR EXERCISE ROUTINE**

## *Helpful Tips*

### **CARBOHYDRATES:**

**WHEN EATING CARBS MAKE SURE IT IS PALM SIZED PORTIONS BUT AT LEAST  
30% OF YOUR TOTAL DAILY NUTRITIONAL VALUE**

**SWAP OUT RICE, BREAD AND POTATOES WITH ANY OF THE FOLLOWING:**

### **BEST COMPLEX CARBOHYDRATES:**

**RICED CAULIFLOWER**

**BROWN RICE**

**WHOLE WHEAT PASTA**

**CHICKPEAS**

**BLACK BEANS**

**KIDNEY BEANS**

**PARSNIPS**

**QUINOA**

**SWEET POTATOES**

**OATMEAL**





# CHICKEN SOUVLAKI SALAD

**286**  
**cal**

**PREP: 5 MINUTES**

**COOK: 10 MINUTES**

**YOU'LL NEED THE FOLLOWING:**

**LARGE BOWL, SMALL BOWL, SKILLET, MIXING SPOON**

## INGREDIENTS

**NONSTICK SPRAY**

**3 CUPS CHOPPED LETTUCE**

**½ CUP CHOPPED CUCUMBER**

**½ CUP CHOPPED TOMATO**

**1 TABLESPOON LEMON JUICE**

**1½ TEASPOONS OLIVE OIL**

**1 TEASPOON HONEY**

**7/8 TEASPOON GARLIC POWDER**

**1/8 TEASPOON DRIED OREGANO**

**4 OUNCES RAW BONELESS SKINLESS CHICKEN BREAST**

**(CUT INTO BITE-SIZE PIECES)**

**¼ CUP CHOPPED RED ONION**

**1/8 TEASPOON EACH SALT AND BLACK PEPPER**

# CHICKEN SOUVLAKI SALAD

## COOKING DIRECTIONS

1. Place lettuce in a large bowl. Top with cucumber and tomato
2. To make the sauce, in a small bowl combine lemon juice, oil, honey, garlic powder, and oregano. Add 1½ teaspoons water, and whisk with a fork until uniform consistency
3. Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, onion, salt, pepper, and sauce
4. Cook and stir until chicken is fully cooked and onion has softened. Spoon chicken mixture over the salad

## NUTRITIONAL INFORMATION

**286 CALORIES**

**10.5G TOTAL FAT**

**(1.5G SAT FAT)**

**363MG SODIUM**

**21G CARBS**

**5.5G FIBRE**

**13G SUGARS**

**28.5G PROTEIN**



# BALSAMIC CHICKEN & FIG SALAD

**PREP: 5 MINUTES**

**YOU'LL NEED THE FOLLOWING:**

**LARGE & MEDIUM BOWL, MIXING UTENSILS**

**280  
cal**

## **INGREDIENTS**

**3 CUPS SPINACH LEAVES**

**3 OUNCES OF COOKED SKINLESS CHICKEN BREAST  
(CUT INTO BITE-SIZE PIECES)**

**1 TABLESPOON BALSAMIC VINEGAR**

**2 MEDIUM FIGS, SLICED, OR ¼ CUP CHOPPED DRIED FIGS**

**2 TABLESPOONS CRUMBLED FETA CHEESE**

# BALSAMIC CHICKEN & FIG SALAD

## COOKING DIRECTIONS

1. Place spinach in a large bowl.
2. In a medium bowl, toss the cooked chicken with vinegar
3. Spoon balsamic chicken over the spinach, and top with figs and feta

## NUTRITIONAL INFORMATION

**280 CALORIES**

**6.5G TOTAL FAT  
(3G SAT FAT)**

**295MG SODIUM**

**25G CARBS**

**5G FIBRE**

**19G SUGARS**

**31G PROTEIN**



# BLACKENED CHICKEN AND BLUEBERRY SPINACH SALAD

PREP: 5 MINUTES

COOK: 5 MINUTES

YOU'LL NEED THE FOLLOWING:

LARGE BOWL, SKILLET

264  
cal

BLUEBERRIES AND AVOCADO? WHO KNEW?

## INGREDIENTS

NONSTICK SPRAY

3 CUPS SPINACH

DASH CHILLI POWDER

DASH GROUND CUMIN

3 OUNCES OF COOKED SKINLESS CHICKEN BREAST  
(CUT INTO BITE-SIZE PIECES)

2 TEASPOONS LIME JUICE

DASH EACH SALT AND BLACK PEPPER

¼ CUP BLUEBERRIES

1 TABLESPOON CHOPPED FRESH CILANTRO



# BLACKENED CHICKEN AND BLUEBERRY SPINACH SALAD

## COOKING DIRECTIONS

1. Place spinach in a large bowl
2. Bring a skillet sprayed with nonstick spray to medium-high heat: Add chicken, lime juice, salt, and pepper, chilli powder, and cumin. Cook and stir until thawed and blackened
3. Spoon the chicken mixture over the lettuce. Top with blueberries, feta, and cilantro

## NUTRITIONAL INFORMATION

264 CALORIES

6G TOTAL FAT

(2.5G SAT FAT)

474MG SODIUM

19.5G CARBS

3.5G FIBRE

6.5G SUGARS

32G PROTEIN



# STEAK FAJITA SALAD

PREP: 10 MINUTES

COOK: 10 MINUTES

YOU'LL NEED THE FOLLOWING:

LARGE BOWL, SKILLET

330  
cal

## INGREDIENTS

NONSTICK SPRAY

3 CUPS CHOPPED LETTUCE

½ CUP SLICED BELL PEPPER

½ CUP SLICED ONION

4 OUNCES THINLY SLICED RAW LEAN FLANK STEAK

2 TEASPOONS FAJITA SEASONING

2 TEASPOONS CHOPPED GARLIC

1 TEASPOON LIME JUICE

2 TABLESPOONS SHREDDED REDUCED-FAT MEXICAN-BLEND CHEESE

2 TABLESPOONS LIGHT SOUR CREAM

1 TABLESPOON CHOPPED FRESH CILANTRO

# STEAK FAJITA SALAD

## COOKING DIRECTIONS

1. Place lettuce in a large bowl
2. Bring a skillet sprayed with nonstick spray to medium-high heat. Add pepper and onion. Cook and stir until slightly softened and lightly browned
3. Add steak, fajita seasoning, garlic, and lime juice. Cook and stir until veggies have softened and steak is fully cooked, about 4-6 minutes
4. Spoon the steak mixture over the lettuce, and top with avocado, and cilantro

## NUTRITIONAL INFORMATION

**330 CALORIES**

**13G TOTAL FAT**

**(6G SAT FAT)**

**570MG SODIUM**

**20.5G CARBS**

**5G FIBRE**

**8.5G SUGARS**

**32.5G PROTEIN**