HIITBURN Presents:

21-DAY FAT LOSS ACCELERATOR
DISCLAIMER: The information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my own experiences as well as my own interpretations of the current research that is available. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.
Introduction

I first want to thank you for taking action and downloading your 21-Day Accelerator Plan. Inside you will find a full 21-day plan jam packed with incredible workouts, nutrition, and more that will push your body to the limits.

When putting this plan together, I wanted to find a way that would give you that “kick-start” you need to help you get into the best shape of your life.

The workouts you will be engaging in during the next 21 days, I can promise you that you have never seen anything like them before. It combines key compound movements with high intensity circuits so not only will you be building lean muscle, but your body will have no other choice but to burn away unwanted fat.

The workouts that follow are honestly some of the best workouts you will ever go through. Throughout my own fitness journey, I have engaged in many different workouts. These however take the cake. The feedback from friends and clients has been incredible. And the results you will are going to be even better...

I will warn you now, the workouts are not easy. But they will be worth it!

No matter what fitness level you are at, this program will work for you. In the pages below I have included some guidelines for you to follow before getting started and have included a set of guidelines specifically for beginners.

I cannot wait for you to give these workouts a try!

Start jumping into these next 21 days and watch as your results soar...

I thank you again for taking action. I can guarantee you are going to enjoy what you see.

To your success,

Dennis & Kelsey Heenan
Founder: HIITBURN
www.HIITBURN.com
The Workouts

The workouts below are designed to get your body moving and jump start your fat loss in these next 21-days.

We will be using all bodyweight so these can be done right there at home.

Especially for beginners, I recommend starting slow and doing what you can in the beginning. If you need more rest, take it.

Here is a break down of what the workout schedule will look like:

**Monday:** HIIT Workout
**Tuesday:** HIIT Workout
**Wednesday:** OFF
**Thursday:** HIIT Workout
**Friday:** HIIT Workout
**Saturday:** OFF
**Sunday:** Off

All of your workouts will be outlined for you below.
This is important!

For Beginners:

If you are just starting out, this program will be very difficult to follow as is. Here are a few ways that you can make the program a little easier to fit your fitness level:

- Use a variation. If an exercise is too hard, do something that you can handle.
- Lower the amount of repetitions. If you find that an exercise is too many repetitions, lower it to make it fit your fitness level. Make sure, however, that it is still challenging for you. On the strength training portion you should do the number of repetitions provided.
- Extend rest periods. The rest periods are short on this program, but if you find you need more time between exercises feel free to take it.
Training Guidelines:

Below are some guidelines that you should read through before jumping into the program. The reason I have put these together is to help maximize results while eliminating tons of soreness. Yes, you will get sore and that is fine. What you want to avoid is getting so overly sore that you have to miss a workout.

- **Always start with a warm up:** Your warm up should consist of some dynamic stretching, foam roll, and warm up sets. For example, on a lower body day you should do 1-2 sets of bodyweight squats, lunges, and jumping jacks to make sure you are fully ready.

- **Ease into the program:** As was stated, this is a challenging program so be sure to ease into it. Especially for beginners, follow the guidelines above when starting. If you have been training for a while or are more advanced, you should know the intensity you can go at.

- **Progressively Overload:** You goal in each workout is to beat your results from the time before. For example, if you were able to complete 5 total rounds on day one, your goal the next time is to do 6 total rounds. Always be progressing forward.

- **Always have perfect form:** It is much better to have perfect form doing lighter weight than to try and do something too heavy and have bad form. Form is very important, so keep focused on it throughout the workouts.

- **Finish with a cool down period:** Once you have finished your workout, always perform a cool down with some stretching and foam roll. This will help eliminated soreness and get you better prepared for the next day.

- **Track your progress:** This is very important as you go throughout the program. Be sure you are tracking everything that you do. This includes the weight you used, the amount of rest you took, and how long your workouts take.

- **Drink lots of water:** Be sure to keep yourself hydrated as these workouts will take a lot out of you.

- **Get good rest.** Sleep and recovery time is going to be huge on this program. Try to sleep at least 7-8 hours per night to allow your body to recover and grow.

The guidelines above are meant to help you ease into the program and to eliminate tons of soreness. Really focus phase one on getting the movements of the exercises down then when you are comfortable, you can start pushing yourself harder.
Nutrition

Nutrition will account for a minimum of 80% of the results you will see on this program. As great as these workouts are, if you eat junk food all day you will find it very hard to get the results you want. Therefore you must follow a solid nutrition plan in order to get your desired results.

For each person on this program, the nutrition plan is very much the same with a few tweaks depending on your goals. Someone trying to lose weight will be eating a little differently than someone trying to add or maintain size. How you should eat depends on your goals. Below is a brief outline of how you should eat on this program:

1. **Eat real foods:**

   Eating real foods is always where you should start when trying to get fit and stay fit. Cut out the processed foods and simple carbs (chips, breads, cookies, ice cream, candy, sodas, etc.), and focus on eating real food. Example foods to focus on:

   **Proteins:** chicken, eggs, grass fed beef, wild fish, game, ...
   **Fats:** coconut oil, grass fed butter, nuts, seeds, avocado, ...
   **Veggies:** broccoli, asparagus, spinach, kale, cauliflower, ...

   If you focus on eating the foods above for the majority of your meals, results will follow!

2. **Properly time your carbohydrates**

   **Carbohydrates Sources:** beans, sweet potatoes, yams, potatoes, oats, rice, ...

   The best time to have your carbohydrates is within 30 minutes after a weight training workout. After working out our bodies are primed to indulge in carbohydrates, therefore, eating them within 30 minutes of finishing will help with recovery, aid in lean muscle growth, and eliminate unwanted fat.

   **For fat loss,** the only time you should have the complex carbs listed above are within 30 minutes of finishing a workout. Other than that you should focus your meals on eating the foods from number one.
3. Don’t drink calories

The calories you eat should come from your food, not liquid. Water should be your main beverage choice throughout this program. Coffee and unsweetened teas are also ok in moderation. Stay away from the sodas, diet sodas, sports drinks, fruit juices, etc.

Protein shakes will work well after workouts or first thing in the morning if you feel the need to add one in. Look to buy grass fed whey protein or whey protein isolate (a much more cost efficient protein). Try to limit your protein shake intake to one per day. Focus on getting the majority of your meals from real foods.

4. Enjoy a cheat day

Once per week you should enjoy a day to eat anything and everything you want. After restricting certain foods for the previous six days, a cheat day will help in burning fat and boosting your metabolism back up. It sounds crazy but a cheat day will work wonders.

Stay strong to eating real foods for 6-7 straight days while properly timing your carbs, then enjoy a full day to eat pizza, candy, soda, pancakes, and anything else you love.

The combination of the nutrition rules above and the workouts that follow will bring lightening fast results. So stay strong to the plan!
## Sample 7-Day Nutrition Plan...
*(note: recipes are at the end of the 7-day meal plan)*

### Monday

**Breakfast:**
- 3 whole Eggs, 1 piece of fruit

**Lunch:**
- Grill Chicken breast spinach salad with balsamic-garlic dressing
- Handful of nuts
- 1 cup grapes

**Dinner:**
- 1 Caprese Chicken Breast
  - 1 cup broccoli + 1 cup spinach (steamed or stir fried)

**Snacks:**
- Chocolate Covered Strawberry Protein Shake
- Almond Butter + Flax Bites

### Tuesday

**Breakfast:**
- 3 whole Eggs, 1 piece of fruit

**Lunch:**
- Caprese Chicken Salad (1 chicken breast and mixed greens or spinach), with balsamic vinaigrette (2 tablespoons olive oil, 1 tablespoon balsamic vinegar)
- 1 cup of carrots with hummus
- 1 cup grapes

**Dinner:**
- Caprese Chicken Stir Fry (1 caprese chicken breast, with 1 cup of cooked rice, ½ cup broccoli, 1 handful spinach, ½ cup asparagus) stir fried in 1 tablespoon of butter, salt, pepper and spices to taste
- Spinach salad (2 handfuls spinach with 1 tablespoon olive oil + 1 tablespoon balsamic vinegar)

**Snacks:**
- Blueberry Vanilla Protein Shake
- Almond Butter + Flax Bites

### Wednesday

**Breakfast:**
- 3 whole Eggs, 1 piece of fruit

**Lunch:**
- Caprese Chicken Salad (1 chicken breast and mixed greens or spinach), with balsamic vinaigrette (2 tablespoons olive oil, 1 tablespoon balsamic vinegar)
- 1 cup of carrots with hummus
- 1 cup grapes

**Dinner:**
- Garlic Steak Bites (about a quarter pound/palm-sized amount of steak)
- 10 spears grilled asparagus (can be stir fried or steamed as well)
<table>
<thead>
<tr>
<th>Day</th>
<th>Snacks</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>• Chocolate Covered Strawberry Protein Shake</td>
<td>• Banana Almond “Oatmeal”</td>
<td>• Garlic Steak Bite Salad (¼ pound steak bites and mixed greens or spinach), with balsamic vinaigrette (2 tablespoons olive oil, 1 tablespoon balsamic vinegar)</td>
<td>• Garlic Steak Bite Stir Fry (¼ pound steak bites, with 1 cup of cooked rice, ½ cup broccoli, 1 handful spinach, ½ cup asparagus) stir fried in 1 tablespoon of butter, salt, pepper and spices to taste</td>
<td>• Blueberry Vanilla Protein Shake</td>
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<td></td>
<td>• Almond Butter + Flax Bites</td>
<td></td>
<td>• 1 cup of carrots with hummus</td>
<td>• Spinach salad (2 handfuls spinach with 1 tablespoon olive oil +1 tablespoon balsamic vinegar)</td>
<td>• Red Velvet Protein Bars</td>
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<tr>
<td>Friday</td>
<td></td>
<td>• Avocado Egg Bowl</td>
<td>• Garlic Steak Bite Salad (¼ pound steak bites and mixed greens or spinach), with balsamic vinaigrette (2 tablespoons olive oil, 1 tablespoon balsamic vinegar)</td>
<td>• Grilled Balsamic-Garlic Crusted Pork Tenderloin (about ¼ pound)</td>
<td>• Apple Pie Protein Shake</td>
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<td></td>
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<td>• Apple + Almond Butter</td>
<td>• 1 cup of carrots with hummus</td>
<td>• 10 spears grilled asparagus</td>
<td>• Red Velvet Protein Bars</td>
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<td></td>
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<td>• 1 cup strawberries</td>
<td>• Spinach salad (2 handfuls spinach with 1 tablespoon olive oil +1 tablespoon balsamic vinegar)</td>
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<td>Saturday</td>
<td></td>
<td>• Banana Protein Pancakes</td>
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<td>• Apple Pie Protein Shake</td>
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<td><strong>Sunday</strong></td>
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<tr>
<td><strong>Breakfast</strong></td>
<td>Pizza Frittata (serving is 1/3 of the frittata recipe)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Broccoli Balsamic Avocado Salad</td>
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<td></td>
<td>1 cup melon</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Chicken Piccata</td>
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<td></td>
<td>1 cup broccoli (steamed or stir fried)</td>
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<td></td>
<td>Spinach salad (2 handfuls spinach with 1 tablespoon olive oil +1 tablespoon balsamic vinegar)</td>
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<tr>
<td><strong>Snacks</strong></td>
<td>Cinnamon Honey Almonds</td>
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<td></td>
<td>Red Velvet Protein Bars</td>
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<tr>
<td><strong>Breakfast</strong></td>
<td>1 cup of carrots with hummus</td>
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<td></td>
<td>1 cup of melon</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Grilled Balsamic-Garlic Crusted Port Stir Fry (¼ pound pork, with 1 cup of cooked rice, ½ cup broccoli, 1 handful spinach, ½ cup asparagus) stir fried in 1 tablespoon of butter, salt, pepper and spices to taste</td>
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<td>Spinach salad (2 handfuls spinach with 1 tablespoon olive oil +1 tablespoon balsamic vinegar)</td>
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<tr>
<td><strong>Snacks</strong></td>
<td>PB + J Smoothie</td>
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<td></td>
<td>Red Velvet Protein Bars</td>
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</table>
### Banana Almond Oatmeal

**Ingredients**
- 1 smashed banana
- 1 heaping spoonful of almond butter
- 1 scoop of protein powder
- Cinnamon to taste

**Directions**
- Smash the banana in a bowl until you have a “liquidy” consistency
- Add in your almond butter and protein powder and mix well.
- Let sit in the fridge for 20-30 minutes until cool
- Top with cinnamon

### Avocado Egg Bowl

**Ingredients**
- 1 avocado
- 2 eggs
- 2 slices of bacon
- Salt and pepper to taste
- Optional: Drizzle of hot sauce and/or sprinkle of crushed red peppers

**Directions**
- Preheat oven to 400
- Line a baking sheet with aluminum foil
- Cook the bacon on the stove and set aside to cool
- Crumble the bacon once cool
- Halve and pit the avocado
- Scoop a small amount of avocado from each half to allow more room for the egg
- Pour the egg into the avocado
- Sprinkle the egg with salt and pepper
- Sprinkle the bacon into the avocado
- Bake for 25-30 minutes until egg is cooked
- Remove from the oven and drizzle with hot sauce, sprinkle with crushed red peppers (if you like spicy!) and enjoy
**Pizza Frittata**

**Ingredients**
- 6 eggs
- 2 tablespoons water
- 1/3 cup onion, chopped
- 1/3 cup broccoli, chopped
- Handful spinach, chopped
- ¼ cup black or green olives
- 1 tablespoon basil, chopped
- 4 cloves garlic, minced
- ½ cup tomato or marinara sauce
- 1 tablespoon grass fed butter
- ½ cup grass fed cheese
- 6 slices pepperoni

**Directions**
- Preheat oven to low broil
- On the stove, heat a medium sized (oven safe) pan on medium heat
- Whisk eggs and water in a bowl, set aside
- Saute onion, broccoli, olives and garlic for 5 minutes. Add spinach and basil and saute for an additional minute.
- Pour eggs over veggies and stir a couple of times until fully incorporated.
- Place the pan lid on top for two minutes
- Add marinara sauce, cheese and pepperoni and put under broiler for 3-5 minutes
- Remove from oven and serve immediately

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**Mexican Breakfast Bowl**

**Ingredients**
- ¼ pound grass fed ground beef, cooked
- Two eggs
- 1 tablespoon grass fed butter
- ¼ onion, chopped
- ¼ bell pepper, chopped
- ½ jalapeno, chopped
- ½ teaspoon cumin
- ½ teaspoon crushed red pepper
- ½ avocado, diced
- 1 tablespoon cilantro, chopped
- 2 tablespoons salsa

**Directions**
- Heat a medium sized pan on the stove over medium heat
- Melt the butter in the pan and saute the onion, bell pepper and jalapeno with the cumin and crushed red pepper for 5 minutes
- Add the eggs to the veggies and scramble the eggs
- Add the cooked grass fed ground beef and heat in with the veggies and eggs
- Put the mixture into a bowl and top with diced avocado, salsa and cilantro
<table>
<thead>
<tr>
<th>Apple Pie Protein Shake</th>
<th>Directions</th>
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<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td><strong>Blend ingredients together and enjoy!</strong></td>
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<tr>
<td>- ¼ cup water</td>
<td>- Add additional liquid if mixture is too thick</td>
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<tr>
<td>- ¾ cup unsweetened almond milk</td>
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<tr>
<td>- 2 apples, chopped</td>
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<tr>
<td>- 1 scoop vanilla protein powder</td>
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<td>- 1 tablespoon maple syrup</td>
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<td>- 1 teaspoon cinnamon</td>
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<td>- ½ cup ice</td>
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<table>
<thead>
<tr>
<th>Chocolate Covered Strawberry Protein Shake</th>
<th>Directions</th>
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<tr>
<td><strong>Ingredients</strong></td>
<td><strong>Blend ingredients together and enjoy!</strong></td>
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<tr>
<td>- ¾ cup unsweetened almond milk</td>
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<tr>
<td>- 1 scoop chocolate protein powder</td>
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<tr>
<td>- ½ cup strawberries</td>
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<tr>
<td>- 1 tablespoon 70%+ dark chocolate pieces</td>
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<thead>
<tr>
<th>Blueberry Vanilla Protein Shake</th>
<th>Directions</th>
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<td><strong>Ingredients</strong></td>
<td><strong>Blend ingredients together and enjoy!</strong></td>
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<td>- 1 cup blueberries</td>
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<tr>
<td>- 1 scoop vanilla protein powder</td>
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<tr>
<td>- 1 handful spinach</td>
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<tr>
<td>- 1 teaspoon vanilla extract</td>
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<tr>
<td>- ½ cup ice</td>
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</tbody>
</table>
**PB + J Smoothie**

*Ingredients*
- ½ cup unsweetened almond milk
- ¼ cup almond butter
- ½ cup strawberries
- ½ banana
- 1 handful spinach
- ½ cup ice

*Directions*
- Blend ingredients together and enjoy!
- Add additional liquid if mixture is too thick

**Pumpkin Pie Protein Shake**

*Ingredients*
- ¼ cup water
- ¾ cup unsweetened almond milk
- 1 scoop protein powder (vanilla tastes best with this recipe)
- ½ cup pumpkin puree
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- 1 cup ice

*Directions*
- Blend ingredients together and enjoy!
- Add additional liquid if mixture is too thick

**Banana Protein Pancakes**

*Ingredients*
- 2 ripe bananas
- 1 egg
- 1 heaping tablespoon of almond butter
- 1 scoop protein powder (vanilla or chocolate)
- Grass fed butter (for coating the pan)
- Maple syrup
- Cinnamon

*Directions*
- Mix banana, egg, almond butter, and protein powder in a bowl very well until the consistency is smooth and thick
- Heat a griddle or pan on a medium heat
- Coat the pan with grass fed butter and add 1-2 tablespoons of the mixture. Cook thoroughly until the pancakes are brown on both sides
- Top with maple syrup and cinnamon
**Almond Butter Flax Bites**

**Ingredients**
- 1 cup dry old-fashioned oats
- 1/4 cup 70%+ dark chocolate pieces
- 1/2 cup almond butter
- 1/2 cup ground flaxseed
- 1/3 cup honey
- 1 teaspoon vanilla extract

**Directions**
- Mix all ingredients in a bowl
- Roll into 1 inch balls
- Refrigerate until ready to eat

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**Chocolate Almond Butter Cup Protein Shake**

**Ingredients**
- 1 banana, peeled, frozen
- 1 cup unsweetened almond milk or coconut water
- 2 scoops chocolate protein powder
- 1 tablespoon almond butter
- 1 teaspoon vanilla
- 4 ice cubes

**Directions**
- Blend all ingredients together until smooth!

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**Red Velvet Protein Bars**

**Ingredients**
- 1/4 cup protein powder (vanilla or chocolate)
- 4 tablespoons coconut flour, separated (2+2)
- 2 tablespoons almond flour
- 2 tablespoons cocoa powder
- 1/2 cup almond milk
- 1/2 teaspoon vanilla extract
- 2 teaspoons honey
- 1/2 cup 70%+ dark chocolate pieces

**Directions**
- Mix dry ingredients together in a bowl
- Add almond milk, honey and vanilla and mix (add an additional tablespoon of coconut or almond flour if the batter is too runny—it should be thick enough to mold into bars)
- Line a baking sheet with parchment paper
- Take small handfuls of batter and mold them into bars on the baking sheet
- Place bars in the refrigerator for 15 minutes to harden
- Melt chocolate on a double boiler on the stove and drizzle over bars
<table>
<thead>
<tr>
<th>Chocolate Cashew Cookie Bars</th>
<th>Directions</th>
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<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td>• Place dates in a food processor and blend until smooth</td>
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<td>•  1 1/2 cups dates, pitted</td>
<td>• Add cashews and vanilla and blend leaving small bits of cashew chunks</td>
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<td>•  1 cup raw unsalted cashews</td>
<td>• Break chocolate into tiny pieces and fold into the mixture</td>
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<td>•  1 teaspoon vanilla</td>
<td>• Add mixture to a baking pan lined with wax paper and distribute evenly</td>
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<tr>
<td>•  8 ounces 70%+ dark chocolate</td>
<td>• Refrigerate for at least two hours, then cut into bars</td>
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<thead>
<tr>
<th>Cinnamon Honey Almonds</th>
<th>Directions</th>
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<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td>• Pre-heat oven to 375</td>
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<td>•  1 cup of whole raw almonds</td>
<td>• Toss almonds in the honey until fully coated</td>
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<td>•  2 tablespoons honey</td>
<td>• Sprinkle cinnamon over the almonds and toss again (feel free to add more cinnamon to taste)</td>
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<tr>
<td>•  1 teaspoon cinnamon</td>
<td>• Spread almonds on an aluminum foil lined cookie sheet</td>
</tr>
</tbody>
</table>

• Bake for 10-11 minutes  
• Remove the foil from the cookie sheet to let the almonds cool  
• Cool roasted almonds for 30 minutes
### Chili Spiced Almonds

**Ingredients**
- 2 teaspoons chili powder
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 2 cups whole raw almonds
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon black pepper
- 1/2 teaspoon sea salt
- 1 teaspoon ground red pepper, or to taste

**Directions**
- Preheat oven to 325
- Combine all ingredients (besides almonds) in a bowl and mix well
- Line a cookie sheet with aluminum foil
- Add almonds to bowl and toss until fully coated
- Spread almonds on cookie sheet, spread evenly
- Bake for 10-15 minutes, or until toasted
- Cool for 30 minutes

### Herb Roasted Cashews

**Ingredients**
- 2 cups whole raw cashews
- 1 ½ tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped finely
- 1 teaspoon fresh thyme, chopped finely
- 1 teaspoon fresh oregano, chopped finely
- 1 teaspoon black pepper
- 1 teaspoon salt

**Directions**
- Pre-heat oven to 375
- Line cookie sheet with aluminum foil
- Mix all ingredients besides cashews in a bowl
- Add cashews and coat evenly with mixture
- Spread cashews evenly on the cookie sheet
- Bake for 10-12 minutes
- Cool for 30 minutes
<table>
<thead>
<tr>
<th><strong>Berry Trail Mix</strong></th>
<th><strong>Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td>• Mix all ingredients together and enjoy!</td>
</tr>
<tr>
<td>• 1 cup almonds (raw or roasted)</td>
<td></td>
</tr>
<tr>
<td>• 1 cup pistachios</td>
<td></td>
</tr>
<tr>
<td>• 1 cup cashews</td>
<td></td>
</tr>
<tr>
<td>• 1/2 cup dried strawberries</td>
<td></td>
</tr>
<tr>
<td>• 1/2 cup dried cranberries</td>
<td></td>
</tr>
<tr>
<td>• 1/2 cup dried blueberries</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cucumber Sandwiches</strong></th>
<th><strong>Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td>• Slice the cucumber into ½ inch thick pieces</td>
</tr>
<tr>
<td>• 1 cucumber</td>
<td>• Spread the hummus on half of the slices of cucumber</td>
</tr>
<tr>
<td>• 3 tablespoons hummus</td>
<td>• Top the slices covered with hummus with pieces of chicken or turkey</td>
</tr>
<tr>
<td>• 3 slices of chicken or turkey</td>
<td>• Top the sandwich with another piece of cucumber and enjoy!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sweet + Spicy Cucumbers</strong></th>
<th><strong>Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td>• Slice cucumbers into ½ inch slices</td>
</tr>
<tr>
<td>• 3 cucumbers, sliced</td>
<td>• Combine all ingredients in a bowl and mix well</td>
</tr>
<tr>
<td>• 1/4 cup red wine vinegar</td>
<td>• Store in the refrigerator in an airtight container</td>
</tr>
<tr>
<td>• 1/2 tablespoon honey</td>
<td></td>
</tr>
<tr>
<td>• 1 teaspoon crushed red pepper flakes</td>
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<tr>
<td>• 1/4 teaspoon pepper</td>
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</tr>
</tbody>
</table>
## Broccoli Balsamic Avocado Salad

**Ingredients**
- 1 head of broccoli
- 1 avocado, diced
- 1 small red onion
- handful of roasted almonds, chopped
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

**Directions**
- Chop broccoli into very small “trees” and dice onion and place both into a bowl
- Add diced avocado and chopped almonds to the bowl
- Mix together balsamic vinegar, olive oil, salt and pepper
- Toss dressing with bowl of veggies and serve

## Salad-to-Go

**Ingredients**
- 1 bag of spinach
- 1 cup chopped carrot
- ½ cup chopped onions
- 1 chopped chicken breast
- ½ cup chopped almonds
- 1 chopped hardboiled egg

**Dressing**
- Drizzle of olive oil
- Drizzle of balsamic vinegar

**Directions**
- Mix all your ingredients together in a big bowl the night before and place it in the refrigerator overnight.
- The next morning, grab your bowl of salad and top it with your homemade salad dressing.

## Caprese Grilled Chicken

**Ingredients**
- 2 boneless, skinless chicken breasts
- 2 tomatoes, sliced
- 4 ounces fresh mozzarella
- 2 tablespoons fresh basil, chopped
- 1 tablespoon balsamic vinegar
- 2 teaspoons salt
- 2 teaspoons pepper

**Directions**
- Preheat grill to medium-high
- Salt and pepper both sides of the chicken breasts and brush with balsamic vinegar, then grill until fully cooked
- While chicken is cooking, slice tomatoes and mozzarella into thin slices, and chop basil
- When chicken is cooked, leave on the grill and add the tomato slices, mozzarella and basil allowing cheese to slightly melt, then serve
**Garlic Steak Bites**

**Ingredients**
- 1 ½ pounds sirloin steak, cut into 1 inch cubes
- 2 cups fresh parsley
- ½ cup fresh basil
- ¼ cup water
- ¼ cup olive oil
- 2 tablespoons grassfed butter
- 1 teaspoons dried oregano
- 4 tablespoons lemon juice
- 4 small cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper

**Directions**
- In a blender, blend together parsley, basil, oregano, water, olive oil, lemon juice, salt and pepper. Blend until a smooth green sauce.
- Pour ½ cup of mixture into a plastic zip top bag and add steak (save extra sauce for dipping the cooked steak). Marinate for an hour in the refrigerator.
- Put a large skillet on the stove and melt butter into pan on medium high heat.
- Cook the steak in multiple batches if necessary so the steak is not crowded in the pan.
- Cook until steak is browned to desired liking.
- Serve with left over sauce.

**Maple-Dijon Salmon**

**Ingredients**
- 1 1/2 lb salmon fillet
- 1/4 cup maple syrup
- 2 tbsp grainy Dijon mustard
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 1/4 tsp pepper

**Directions**
- Soak one 12- x 7-inch (30 x 18 cm) untreated cedar plank in water for 30 minutes or for up to 24 hours; place salmon on top. (if you want to just place directly on the grill, you may, or in a pan with 2 tablespoons of grassfed butter)
- In small bowl, whisk together maple syrup, mustard, salt and pepper; brush half over salmon.
- Place plank on grill over medium-high heat; close lid and cook, brushing once with remaining maple mixture, until fish flakes easily when tested, 20 to 25 minutes.
The Workouts...

Monday – HIIT WORKOUT

<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>INTERVAL</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A Squat Jumps</td>
<td>8-rounds (4-minutes)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>B Pushups</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>C Jump Lunges</td>
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<td></td>
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<tr>
<td></td>
<td>D Sit Throughs</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>A Jumping Jacks</td>
<td>8-rounds (4-minutes)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>B Ground Lunge Punches</td>
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<tr>
<td></td>
<td>C Close Grip Pushups</td>
<td></td>
<td></td>
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<tr>
<td>3</td>
<td>A Reverse Alternating Lunge</td>
<td>8-rounds (4-minutes)</td>
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</tr>
<tr>
<td></td>
<td>B Russian Twist</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>C Burpees</td>
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</tbody>
</table>
**Tuesday – HIIT WORKOUT**

<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>INTERVAL</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A: Off-Set Pushups (left)</td>
<td>Perform each exercise below for 20-seconds followed by a 10-second rest. Repeat in this fashion for 4-minutes!</td>
<td>8-rounds (4-minutes)</td>
</tr>
<tr>
<td></td>
<td>B: Off-Set Pushups (right)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>C: Alternating Lunges</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>D: Leap Ups</td>
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<td></td>
</tr>
<tr>
<td>2</td>
<td>A: Burpees</td>
<td>Perform each exercise below for 20-seconds followed by a 10-second rest. Repeat in this fashion for 4-minutes!</td>
<td>8-rounds (4-minutes)</td>
</tr>
<tr>
<td></td>
<td>B: Bodyweight Squats</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>C: Planks</td>
<td></td>
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</tr>
<tr>
<td>3</td>
<td>A: Squat Jumps</td>
<td>Perform each exercise below for 20-seconds followed by a 10-second rest. Repeat in this fashion for 4-minutes!</td>
<td>8-rounds (4-minutes)</td>
</tr>
<tr>
<td></td>
<td>B: Spiderman Pushup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>C: Sit Throughs</td>
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<td></td>
</tr>
</tbody>
</table>

**Wednesday – OFF**
### Thursday – HIIT WORKOUT

<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>REPS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Sprints in Place</td>
<td>20 reps (10 each side)</td>
<td>Perform as many rounds as possible on the exercises in 2-minutes. Once the 2-minutes is up, rest for 1-minute, then repeat. You will go in this fashion for 12-minutes.</td>
</tr>
<tr>
<td>B</td>
<td>Leap Ups</td>
<td>20 reps (10 each side)</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>Burpees</td>
<td>10 reps</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>Sit Throughs</td>
<td>10 reps total</td>
<td></td>
</tr>
</tbody>
</table>

### Friday – HIIT WORKOUT

<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>REPS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Squat Jumps</td>
<td>5 reps</td>
<td>Perform as many rounds as possible on the exercises in 2-minutes. Once the 2-minutes is up, rest for 1-minute, then repeat. You will go in this fashion for 12-minutes.</td>
</tr>
<tr>
<td>B</td>
<td>Pushups</td>
<td>5 reps</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>Pull-Ups</td>
<td>5 reps</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>Burpees</td>
<td>5 reps</td>
<td></td>
</tr>
</tbody>
</table>

### Saturday, Sunday – OFF
Ready For More?

If you enjoyed these 21 days, wait till you try some of our premium HIITBURN programs! They are jam packed with even more great workouts and will continue bringing serious results.

The one thing I know about you, is that you are an action taker. If you weren’t, this manual would not be in your hands. Simply because you took action and for the fact that I want you to get the results you desire, I would love to offer you a discount on our HIITBURN 2.0 program.

This program will be selling for $47, however I would love to offer it to you for more than HALF off that price.

Http://hiitburn.com/2-point-0/

The fact is, if you have been following these workouts as it has called for, I know you are loving the results you have gotten thus far. And just think, it has only been 21 days!

Keep working hard and don’t forget to get started on our HIITBURN 2.0 program!

Head over today and grab your spot!

Getting you fit,

Dennis & Kelsey Heenan
Founder: HIITBURN
www.HIITBURN.com