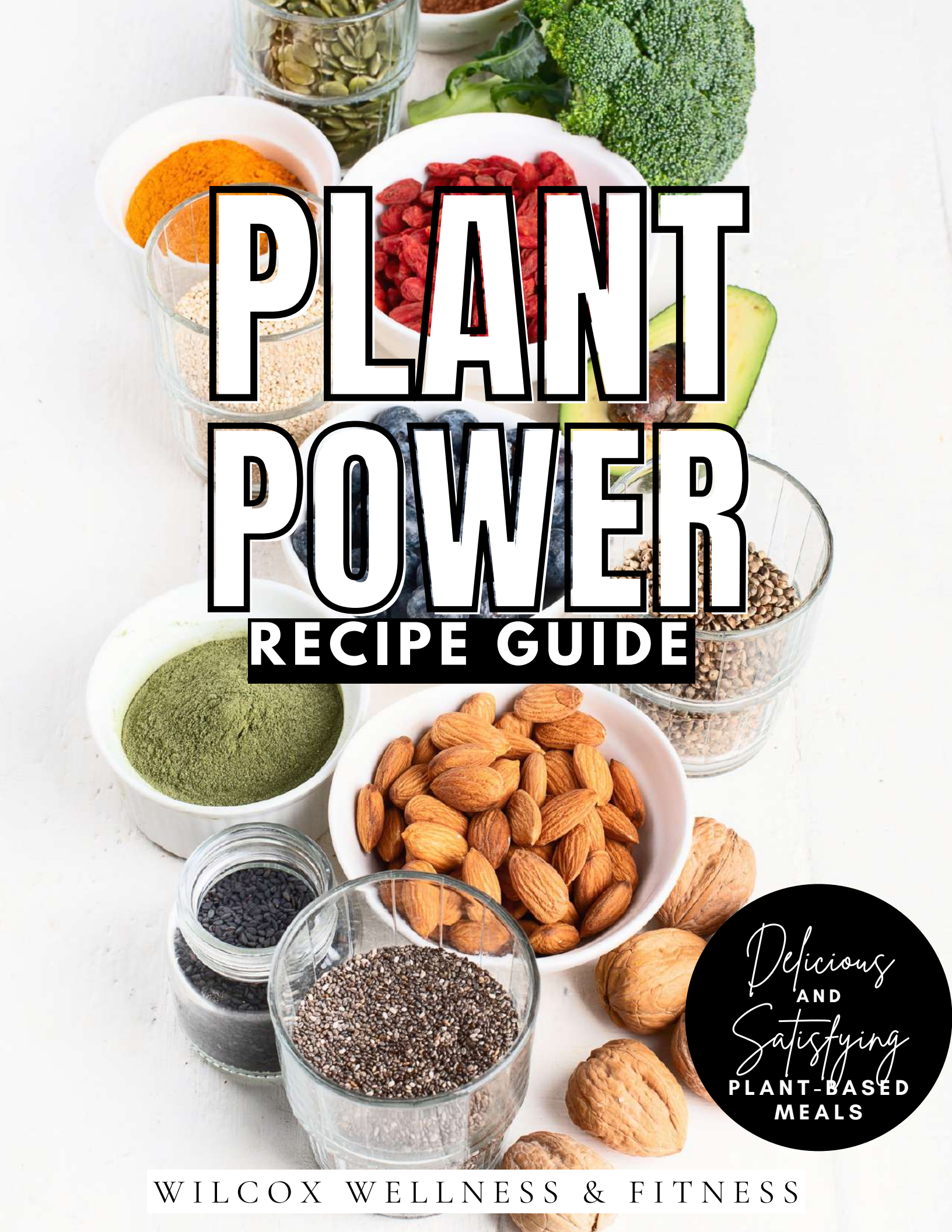


PLANT POWER

RECIPE GUIDE

Delicious AND Satisfying PLANT-BASED MEALS

WILCOX WELLNESS & FITNESS

Welcome!

Thank you for downloading *The Plant Power Recipe Book.*

Your taste buds are in for a treat! If you're new to plant-based recipes - you're about to find out how satisfying a plant-based diet can be.

We already know the health benefits of eating a plant-based diet: it's good for your heart, waistline, blood sugar levels, energy, skin, and so much more.

But a plant-based diet can also be incredibly delicious.

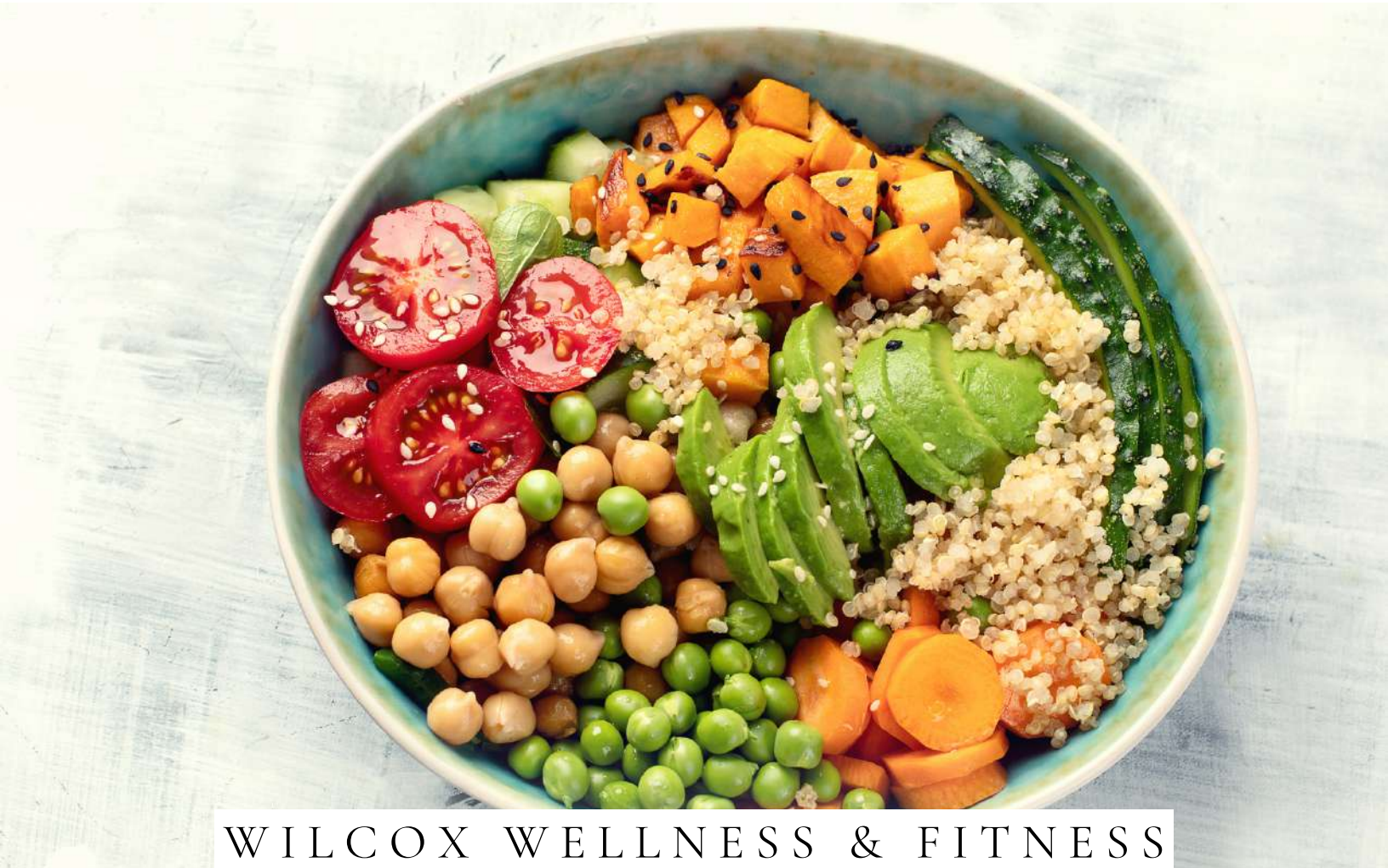
Above all else, we hope this guide and these recipes inspire you to eat more plants.

Not only are the recipes in this guide packed with flavor AND the nutrition your body craves - but they are also fun to eat! (Hello, sushi bowl, sloppy joes, and mushroom bacon!)

We hope this guide helps you to discover the joys of plant-based eating - as well as how amazing it can help you feel!

Committed to Your Success,

Wilcox Wellness & Fitness



WHY SHOULD YOU EAT MORE PLANTS

To be clear, we are not telling you to ONLY eat plants - we are encouraging you to eat MORE plants.

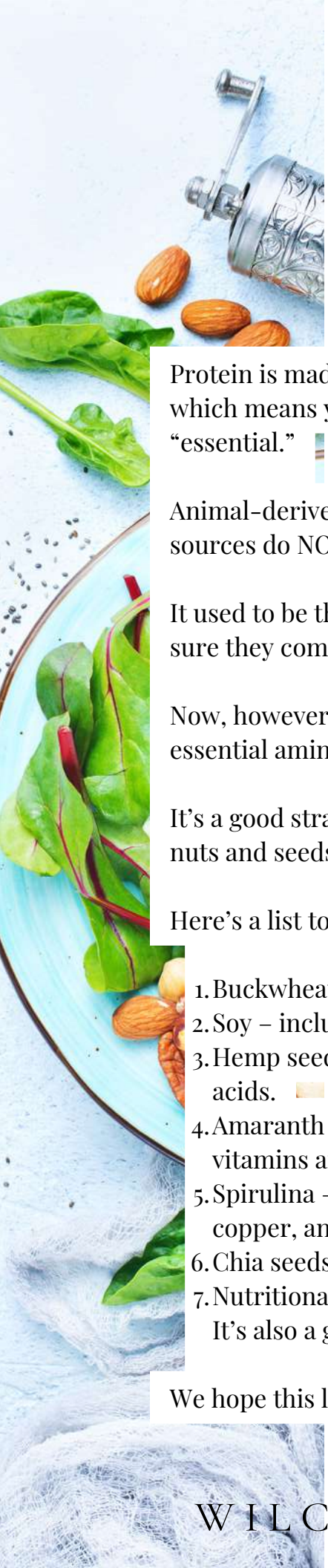
Eating more plants is great for your skin, immunity, digestion, mood, and weight ... and these mouthwatering recipes will help you to eat MORE of them!

Research shows that plants can give you some big health benefits if you do it the right way.

For starters, it can help lower your risk of:

- High blood pressure
- Heart disease
- Diabetes
- Certain cancers (including breast and colon)
- Digestive problems
- Obesity
- High “bad” cholesterol levels

Plus, it can make it easier to manage your weight and avoid related health problems.



the power OF PROTEIN

Protein is made up of 20 different amino acids. Your body can't make 9 of them, which means you need to get them from your diet – and that's why they're called "essential."

Animal-derived proteins contain all the essential amino acids ... but most veggie sources do NOT.

It used to be that experts said everyone who ate a veggie-based diet needed to make sure they combined their foods a certain way at each meal to make complete proteins.

Now, however, those rules have relaxed. The idea is to eat some of each of those 9 essential amino acids over the course of a day.

It's a good strategy to mix up your diet with a variety of protein-rich grains, legumes, nuts and seeds, veggies, etc.

Here's a list to help you make sure you get those amino acids:

1. Buckwheat – this really isn't wheat, but a cousin of the rhubarb plant.
2. Soy – including tofu, edamame, tempeh. Look for non-GMO sources if possible.
3. Hemp seeds – sometimes called hemp hearts, they're also rich in healthy fatty acids.
4. Amaranth and quinoa – these two ancient grains also contain a wide variety of vitamins and minerals
5. Spirulina – this blue-green algae also supplies antioxidants, several B vitamins, copper, and iron.
6. Chia seeds – also loaded with fiber, essential fatty acids, and minerals.
7. Nutritional yeast – this powder comes from a special form of deactivated yeast. It's also a good source of vitamin B12, and it supplies a savory, cheesy taste.

We hope this list helps you round out your plant-based eating adventures!

Recipes

SWEET POTATO BLACK BEAN BURGERS

VEGETABLE CABBAGE SOUP

CAULIFLOWER STEAKS

SIMPLE MUSHROOM "BACON"

SCALLOPED POTATOES

MEDITERRANEAN TOFU SCRAMBLE

PLANT-BASED SUSHI BOWL

SPICY SLOPPY JOES

CHICKPEA CURRY

WHITE BEAN & VEGGIE SALAD

HEARTY VEGETABLE STEW

CHEESY ROASTED CHICKPEAS

WE LOVE Our Clients!

Justine Cone

Right before I joined the Spring KickStart in May my family went on a hike. I was dead last up the mountain and my whole body hurt. It was not fun at all. Fast forward 6 weeks and a lot of training sessions and healthier eating, and I finished middle of the pack and wasn't tired or sore! So much more enjoyable now that I am stronger and more confident!

Marcy Sourcey

Thank you!!! For the last six years, Wilcox has helped me make my health a priority. I could not have done it without the support of the amazing trainers and the Wilcox commumity

The Recipes

SWEET POTATO BLACK BEAN BURGERS

Serves 4

These sweet potatoes are a blank canvas for any spices you'd like - we've used curry, but they would also be great with taco seasoning.

Serve these as a traditional burger, tucked into a sprouted-grain bun, chopped into a salad, or wrapped in lettuce.

INGREDIENTS

- 2 medium sweet potatoes
- ½ cup (40 grams) old-fashioned rolled oats
- 1 cup (260 grams) canned black beans, drained and rinsed
- ¼ cup (56 grams) vegan mayonnaise
- 1 Tbsp tomato paste
- 1 tsp curry powder
- Sea salt, to taste
- 1 Tbsp olive oil

METHOD

1. Poke the sweet potatoes a few times with a fork and bake in a microwave oven until done, 7-10 minutes. Set aside to cool.
2. While they are baking, pulse the oats in a food processor until they are finely ground. Add the beans, mayo, tomato paste, curry powder, and salt, and continue to process until they reach a burger consistency. Set aside.
3. Remove the skins from the cooled sweet potatoes and place the flesh in a large bowl. Mash the sweet potatoes, and then add the bean mixture into the bowl. Mix well. Taste and adjust the seasonings.
4. Shape the mixture into four patties about ½ inch (1¼ cm) thick. Place them on a plate and refrigerate for about 30 minutes to become firm.
5. To cook, heat the olive oil in a large skillet over medium-high heat. Add the patties and cook for about 4-5 minutes on each side, until golden brown.
6. It's time to eat!

The Recipes

VEGETABLE CABBAGE SOUP

Serves 6

There are tons of cabbage soup recipes out there - but we are partial to this one, which has a spicy Italian flare. It also contains cannellini beans that pack an extra punch of protein & fiber to keep you feeling satisfied.

TIP: If you're in a hurry, grab a big bag (or two) of cabbage coleslaw mix and use that instead of a head of cabbage.

INGREDIENTS

- 1 Tbsp olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 medium head of cabbage, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 28-oz (974 gram) can crushed tomatoes
- 2 15-oz (425 gram) cans cannellini beans, drained & rinsed
- 8 cups (1.8 liters) low-sodium vegetable broth
- ½ tsp sea salt
- ¼ tsp ground pepper
- 1-2 dashes of crushed red pepper flakes (to taste)
- 1½ tsp Italian seasoning
- 1 Tbsp apple cider vinegar

METHOD

1. Heat the oil in a large soup pot over medium-high heat. Add onion and cook, stirring occasionally, about 5 minutes, until translucent. Stir in the garlic and cook for 1 minute, stirring constantly.
2. Add cabbage, carrots, and celery and cook until the cabbage starts to wilt, about 8-10 minutes, stirring occasionally.
3. Stir in tomatoes, beans, broth, salt, pepper, crushed red pepper, and Italian seasoning and bring to a boil over medium-high.
4. Lower the heat to medium-low and allow to simmer, uncovered, for about 20-25 minutes, until the cabbage is tender.
5. Remove from heat and stir in the vinegar and serve. Enjoy!

The Recipes

CAULIFLOWER STEAKS

Serves 3

These cauliflower steaks are light, tasty, and super satisfying! HINT: They would be delicious smothered with the mushroom bacon (recipe on the next page!), with scalloped potatoes on the side. As a general rule of thumb, you will get 3 "steaks" from each head of cauliflower.

TIP: It's normal for some of the florets to fall off as you slice the cauliflower - set these aside for roasting alongside your steaks.

INGREDIENTS

- 2 medium-sized heads of cauliflower
- Olive oil cooking spray
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp coriander

METHOD

1. Preheat your oven to 425°F/220°C. Spray a rimmed baking sheet with olive oil.
2. In a small bowl, combine the salt, pepper, garlic powder, paprika, and coriander. Set aside.
3. Remove the outer leaves of the cauliflower heads and discard. Wash the cauliflower and trim the core stem at the bottom but keep it intact (it's what holds your "steaks" together).
4. Using a chef's knife, cut each head into slices about ¾ inch (2 cm) thick. Some florets will fall off - that's normal.
5. Arrange your "steaks" in a single layer on your prepared baking sheet. Add the florets around them. Spray the steaks and florets with olive oil and sprinkle with half of the seasonings.
6. Place in the oven and bake for 15 minutes. Carefully remove from the oven and flip the steaks over, and stir the florets. Spray with more oil and sprinkle with the rest of the seasonings. Return to the oven until tender, 10-15 additional minutes.
7. Remove from the oven and serve.

The Recipes

SIMPLE MUSHROOM "BACON"

Serves 4

There are more complicated and time-consuming recipes for mushroom bacon... but this fast & easy recipe is SO delicious, why bother with a smoker?

Look for liquid smoke in the condiment section of your grocery store. If you'd rather skip it, use smoked paprika instead.

INGREDIENTS

- 1½ Tbsp olive oil
- 1½ Tbsp coconut aminos
- ½ Tbsp maple syrup
- ½ tsp liquid smoke
- 8 oz (225 grams) cremini or another type of mushroom, cleaned & sliced

METHOD

1. Preheat your oven to 375°F/190°C. Prepare a large baking sheet by lining it with parchment paper. Set aside.
2. In a medium bowl, whisk together the oil, coconut aminos, maple syrup, and liquid smoke.
3. Add the mushrooms to the bowl and gently toss to evenly coat.
4. Spread the mushrooms in a single layer on the baking sheet, and pour any leftover marinade over them.
5. Place in the oven and bake for 20-25 minutes. They will shrink during cooking and will be dark golden brown.
6. Remove from the oven and enjoy!

The Recipes

SCALLOPED POTATOES

6 servings

Is there any food that screams "comfort" more than scalloped potatoes? This plant-based version offers a lighter - but still comforting - take on this classic dish.

INGREDIENTS

- ¾ cup (90 grams) raw cashews
- 2 lbs (900 grams) potatoes
- 1 cup (240 ml) vegetable broth
- 1 cup (240 ml) of unsweetened oat milk
- ¼ cup (20 grams) nutritional yeast
- ½ tsp sea salt
- 1 Tbsp olive oil
- 1 medium onion, sliced in half and then thin half-rounds
- 2 cloves garlic, minced
- 1 tsp dried thyme

METHOD

1. Place the cashews in a medium bowl and cover with hot water. Let soak 10 minutes.
2. While they are soaking, preheat your oven to 400°F/200°C and lightly grease a 9x13 inch (23x33 cm) baking dish. Set aside.
3. Wash and peel your potatoes, and then slice them into very thin rounds.
4. **To make the sauce**: Drain the cashews and place them in a high-powered blender, along with the vegetable broth, oat milk, nutritional yeast, and sea salt. Blend until smooth. Set aside.
5. **To make the onion layer**: In a large saute pan over medium heat, heat the olive oil and add the sliced onion and saute for 4-5 minutes, until it becomes translucent. Add the garlic and thyme and cook for 60 seconds, stirring constantly. Remove from the heat and set aside.
6. **To build the casserole**: place half of the potato rounds in the prepared baking dish, pour half of the sauce over them, and then place half of the onions on top of the sauce. Repeat with another layer each of the potatoes, sauce, and onions.
7. Place in the oven and bake for about an hour. The casserole is done when the potatoes are tender and cooked through and the sauce is bubbling. Serve and enjoy!

The Recipes

MEDITERRANEAN TOFU SCRAMBLE

Serves 2

This makes a quick and satisfying breakfast, lunch, or dinner. Serve with crusty sprouted grain bread or quinoa.

INGREDIENTS

- 14-ounce (400 g) package of firm tofu, drained & cut into ½-inch (1.25 cm) cubes
- ½ tsp turmeric
- Sea salt & freshly ground black pepper
- 2 Tbsp extra-virgin olive oil
- 5 cups (150 grams) fresh spinach, chopped
- 2 tsp fresh lemon juice
- 1 cup (150 grams) grape tomatoes, halved
- ½ cup (12 grams) fresh basil, roughly chopped

METHOD

1. In a medium bowl, mix together the tofu, turmeric, ¼ tsp each of salt and pepper, and toss well. Set aside.
2. In a large nonstick skillet over medium-high heat, heat the olive oil. Add the tofu mixture and cook for about 5 minutes, stirring occasionally. The tofu will brown and start to look like scrambled eggs.
3. Add the spinach, lemon juice, another ¼ tsp each of salt and pepper, and stir until the spinach is wilted, another 2-3 minutes. Add the tomatoes and continue to cook another 2-3 minutes, until the tomatoes begin to soften. Stir in the basil and remove from heat.
4. Serve and enjoy!

The Recipes

PLANT-BASED SUSHI BOWL

Serves 1

This recipe might look complicated but don't worry: It's actually very simple and it's so worth it because of the "yum" factor. Make the base, the vegan "crab," assemble your toppings, whip together your sriracha mayo, and boom! It's sushi time!

FOR THE BASE

- 1 cup (190 grams) cooked rice
- 1 Tbsp rice vinegar
- Pinch of coconut sugar
- Pinch of sea salt

Mix all of the ingredients together in a serving dish. Set aside.

FOR THE VEGAN "CRAB"

- ¼ block of 14 oz (400 g) extra-firm or smoked tofu, diced
- 1 Tbsp vegan mayo
- 1 tsp sriracha
- Pinch of salt

Mix all 4 ingredients together in a small bowl.

POSSIBLE TOPPINGS

(mix and match based on what you have on hand)

- ½ medium carrot, cut into strips
- ¼ pepper, sliced
- ¼ avocado, cubed
- ¼ cup (20 grams) shredded cabbage or slaw mix
- ¼ cup (40 grams) frozen edamame, thawed
- ¼ cup (20 grams) seaweed salad

DRESSINGS+GARNISHES

(mix and match based on what you have on hand)

- Sriracha mayo (mix 1 Tbsp vegan mayo with a dash or two of sriracha. Thin with 1 few drops of water)
- 1 tsp coconut aminos
- Sprinkle Sesame seeds
- Nori strips

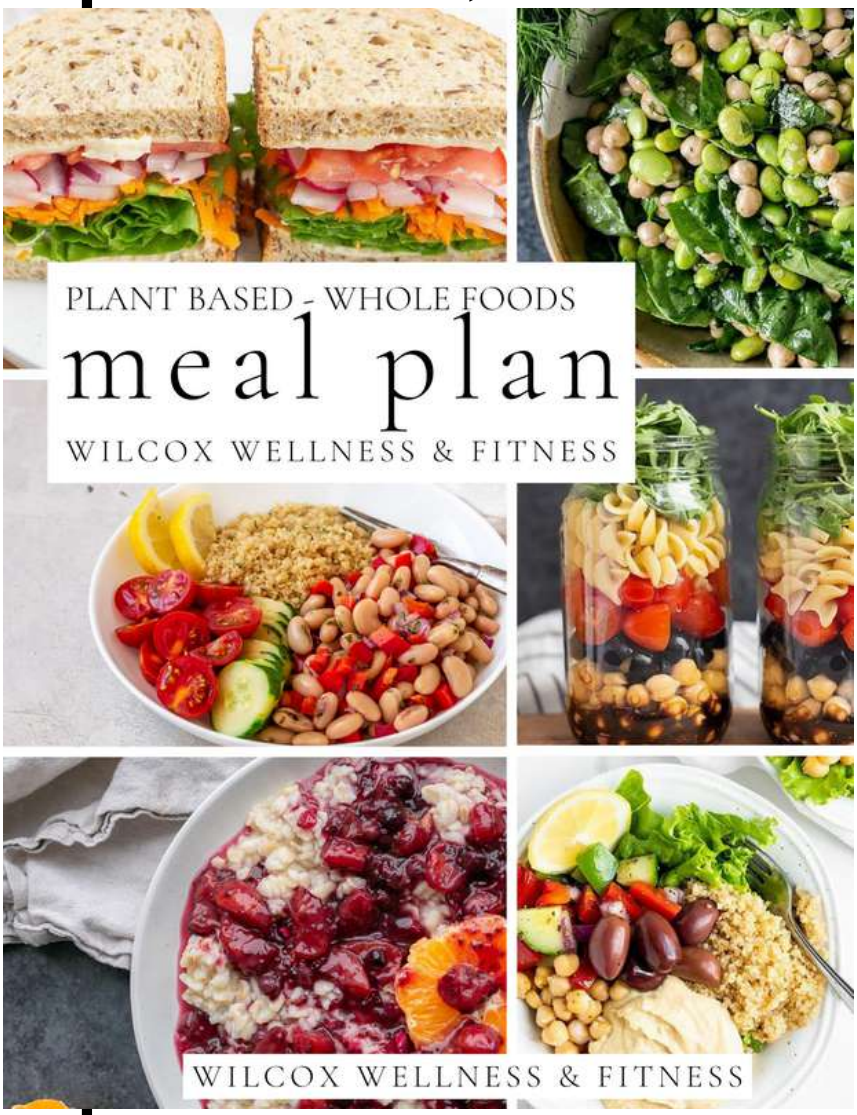
TO ASSEMBLE YOUR SUSHI BOWL

Arrange your chosen toppings around the rice in the serving dish. Drizzle with sriracha mayo and/or coconut aminos. Garnish with sesame seeds and/or nori strips.

plant based - whole foods

MEAL PLAN

4-WEEK MEAL PLAN



If you want a detailed plan to support your plant-based nutrition, this meal plan will be perfect for you.

All recipes are vegetarian, vegan, dairy-free and egg free.

Get organized in the kitchen with our plant-based whole foods meal planning and prepping system!

- **DONE-FOR-YOU** grocery lists by week
- **PREP GUIDE** to organize your meal prep days
- **MENU GUIDE** showing you what to eat (and cook) and when
- **SUCCESS TRAINING VIDEO** to share with you all of our best strategies for meal prepping and planning
- **HEALTHY SNACKS** to inspire you and help you stay right on point with your nutrition
- **PRICE:** $47 click here for 20% off with promo code: PLANTPOWER

DISCOUNT: 20% - use PROMO CODE: PLANTPOWER

The Recipes

SPICY SLOPPY JOES

Serves 2

Mushrooms make a surprisingly meaty appearance in this Sloppy Joe recipe. And yes: it does contain beer! The alcohol will cook off - but if you'd prefer not to use beer, try vegetable broth instead. The trick is to slowly add the beer (or broth) as you cook, creating a thick and spicy sauce for your Sloppy Joes, which are delicious served over a sprouted grain roll.

Serving idea: Add a side of sweet potato fries!

INGREDIENTS

- 1 lb (450 g) cremini or portobello mushrooms
- 1 Tbsp extra-virgin olive oil
- 1 large sweet onion, diced
- 2 cloves garlic, minced
- ½ cup (or more) (120 ml) beer
- 1 bell pepper, seeded and diced
- ½ tsp sea salt, divided
- ½ cup (65 grams) finely chopped walnuts
- ½ tsp ground black pepper
- ½ tsp chipotle powder
- ½ tsp cumin
- ¼ cup (70 grams) ketchup
- 3 Tbsp tomato paste
- 4 sprouted grain hamburger buns, toasted

METHOD

1. Clean the mushrooms by brushing away dirt. If using portobellos, remove the gills and stem. Finely chop the mushrooms.
2. In a large skillet over medium-high heat, heat the olive oil. Add the onion and cook for 3-4 minutes before adding the garlic. Cook for another 60 seconds, stirring constantly, and add 2-3 Tbsp of the beer along with the bell pepper and ¼ tsp sea salt.
3. Keep cooking for another 2-3 minutes until the onions begin to caramelize and the peppers begin to soften.
4. Add the walnuts and stir fry for another 3 minutes, adding more beer if necessary to create a sauce.
5. Add the mushrooms, pepper, chili powder, and cumin and cook for another 5 minutes, until the mushrooms are cooked through. Continue to add beer as needed.
6. Add the ketchup, tomato paste, and remaining ¼ tsp salt and continue to cook, stirring, for another 2-3 minutes, adding beer if necessary, until the sauce reaches a thick "Sloppy Joe" consistency.
7. Remove from the heat and spoon the mixture over the toasted buns.

The Recipes

CHICKPEA CURRY

6 servings

Plant-based curries are delicious, filling, nutritious, and tremendously versatile. Feel free to use whatever veggies you have on hand in this recipe - even frozen!

TIP: If you aren't a fan of spicy food, you can just add one strip of the serrano pepper or skip it!

Serve this with a side of naan, quinoa, or brown rice.

INGREDIENTS

- 1 medium serrano pepper, seeded & cut into 3-4 strips (wear gloves and/or wash hands after handling)
- 3 cloves garlic
- 1 Tbsp of peeled chopped fresh ginger
- 1 medium yellow onion, chopped
- 3 Tbsp avocado oil
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 28 oz (795 gram) can low-sodium diced tomatoes
- 2 cups (215 grams) cauliflower florets, chopped
- 1 cup (130 grams) frozen baby peas
- ¾ tsp sea salt
- 2 15-ounce (425 gram) cans chickpeas, rinsed
- 2 tsp garam masala

METHOD

1. Pulse the serrano, garlic, and ginger in a food processor. Add the onion, scrape the sides, and pulse again.
2. Heat the oil in a large skillet over medium-high heat. Scrape the onion mixture out of the food processor and into the pan, cooking until softened, 3-5 minutes, stirring occasionally. Add the coriander, cumin, and turmeric and cook, stirring frequently for 1-2 minutes.
3. Meanwhile, pour the tomatoes into the food processor and process until finely chopped. Add to the pan, along with the cauliflower florets, peas, and salt, and bring to a simmer. Let cook until the cauliflower starts to soften, 5-7 minutes.
4. Add the chickpeas and garam masala, lower the heat to barely a simmer, cover and cook, for about 5 minutes, stirring occasionally.
5. Remove from the heat and serve.

The Recipes

WHITE BEAN & VEGGIE SALAD

Serves 1

This is another surprisingly versatile recipe: it can be a light salad, a tasty wrap filling, or stir in some rice or quinoa for a heartier meal.

INGREDIENTS

- 2 big handfuls mixed salad greens
- 1 cup (130 grams) veggies of your choice: shredded carrots, sliced cucumbers, halved cherry tomatoes, etc.
- ⅓ cup (85 grams) canned white beans, rinsed & drained
- ½ avocado, diced
- 1 Tbsp apple cider vinegar
- 2 tsp extra-virgin olive oil
- ¼ tsp sea salt
- Freshly ground pepper to taste

METHOD

1. Combine the salad greens, veggies, beans, and avocado in a salad bowl. Set aside.
2. In a small bowl, whisk together the vinegar and oil and season with salt and pepper. Taste for seasoning. Drizzle over the salad and toss to combine. Simple and delicious!

The Recipes

HEARTY VEGETABLE STEW

6 servings

You know those nights when you crave a comfort-food stew? Maybe it's been raining all day, or you're enjoying a weekend at home.

This is your stew! The mushrooms provide a meaty texture that's so satisfying.

INGREDIENTS

- 2 tbsp olive oil
- 1 large sweet yellow onion, chopped
- 3 medium carrots, chopped
- 2 stalks celery, chopped
- 6 cups (1.4 liter) low-sodium vegetable broth, divided
- 4 cups (12 oz or 340 grams) sliced mushrooms
- 4 cloves garlic, minced
- 5 cups (750 grams) potatoes, diced
- ⅓ cup (90 grams) tomato paste
- 1 Tbsp Italian seasoning
- 1 Tsp paprika
- 1½ cups (200 grams) frozen peas
- 3 big handfuls (about 90 grams) baby spinach

METHOD

1. In a large soup pot, heat olive oil over medium-high heat. Add the onions, carrots, and celery and cook for 10 minutes, adding 1-2 Tbsp of broth as needed to prevent sticking.
2. Stir in the mushrooms and garlic and continue cooking for another 5 minutes, adding more broth if necessary. Add the potatoes, tomato paste, Italian seasoning, and paprika, and stir to incorporate. Add remaining vegetable broth and bring to a boil.
3. Reduce the heat to medium-low and stir in the rosemary. Cover the soup pot and cook for another 15 minutes. Stir in the peas and spinach and continue to cook, stirring occasionally, for another 5 minutes. The carrots and potatoes should be tender.
4. *Optional*: To thicken the stew: Place 2 cups of the cooked mixture into a high-speed blender. Cover and carefully blend until it's smooth. Pour the blended stew back into the pot stir to incorporate.
5. Serve with a sprouted grain roll.

The Recipes

CHEESY ROASTED CHICKPEAS

Makes 8 servings

INGREDIENTS

- 2 x 15 oz (425 gram) cans of chickpeas
- 2 Tbsp olive oil
- 1 tsp sea salt (divided)
- 1 Tbsp onion powder
- 1 tsp garlic powder
- 2 Tbsp nutritional yeast powder

METHOD

1. Preheat your oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. Drain and rinse the chickpeas before placing them on paper towels. Roll them around to remove any loose skins.
3. Pour the dried chickpeas onto the baking tray and bake for 5 minutes to continue the drying process.
4. Remove from the oven and pour the chickpeas into a bowl. Toss with the olive oil and ½ tsp sea salt and return to the baking sheet. Bake for 25-30 minutes, tossing every 10 minutes or so to make sure they roast evenly.
5. While they are roasting, create your seasoning mixture. In a small bowl mix together the onion and garlic powder, the nutritional yeast, and the other ½ tsp sea salt. Set aside.
6. The chickpeas will be done when they are crispy on the outside and soft in the middle - they should be a dark golden color. Remove from the oven and immediately toss with the seasoning mixture.
7. Roasted chickpeas are best served warm for the "crispy" factor.

CHECK OUT THESE AMAZING Results!

Lillian Fogg

On July 9 was my first day at Wilcox Wellness & Fitness. Joined the KickStart Program. I am out of shape, overweight, and up in age, but with the tremendous help from the staff I did it. This is nothing like any other gym I have been in. I Loved it! Looking forward to getting back in shape and becoming a better me. Thank you Wilcox Wellness & Fitness! So looking forward to the continuation of this awesome program! The staff is like no other, they show you and help you in anyway so you can train, and do it right!

Keith Piehler

I wanted to reach out and send a thank you to you and your team. Last Thursday through Saturday morning, I was at Cub Scout camp (overnight) with Camden for our first trip ever. He/we participated in numerous activities over the 2.5 days. Over the course of Thursday and Friday, we walked 20.5 miles! And at night, we slept on cots in small cabins. My feet and legs were oh so tired and sore. But you know what wasn't? My back. And it still hasn't hurt as I write this email on Monday night. ...but it wasn't. It didn't hurt one bit. Not even a smidge. Not once. And it still hasn't hurt as I write this email on Monday night.

COMMIT TO LIVE EACH *day to the fullest*

We hope you love the recipes we've included in this ebook and that they encourage you to experiment even more with plant-based ingredients!

At Wilcox Wellness & Fitness, we specialize in helping our clients feel fit, strong, and healthy – and feel amazing (and empowered) every step of the way!

We would love to be a part of your health and fitness journey - check out the next few pages to learn how you can get started with us for FREE!

HOW WE HELP OUR CLIENTS COMMIT TO HEALTH AND FITNESS

01

We provide support, encouragement, and motivation every step of the way with a custom onboarding experience.

02

We combine all aspects of healthy living to set you up for success in your training program, from helping you establish a healthy positive mindset to healthy nutrition habits, and training your body in a way that reduces pain and makes you feel limitless.

03

Our focus on form and coaching keeps you progressing towards your goals more quickly, ensures you won't get injured, and helps you get great results fast.

04

Our program is very efficient - we know you are busy and you don't want to spend your life in the gym. Our program gets you in, out, and on with your life in just three 45-minute training sessions per week.

Let's do THIS!

If you are ready to commit to your health and fitness once and for all, we would love to help you and be a part of your journey.

As a special thank you for downloading this guide, we have a special gift for you:

train*free!*

Click here to join our training program completely for FREE in our Greatest Gift 2-week trial. You will get a TON of support from our team every single step of the way to set you up for success with health and fitness! We can't wait to help you!

We would be honored to be a part of your health and fitness journey.

Wiclox Wellness & Fitness