

**Required Items: Protein, Resistance Band, Kitchen Scale, tupperware if needed**

1.

**Protein Powder: A minimum of 2, 2lb jugs. (To get you 30-45 servings depending on your plan) -Powder must be less than 185 cal per serving, below 8 g of carbs per serving, and roughly 20-30g protein per scoop!**

**Protein Option 1: Biohealth 20% off with “Littleharris”**

<https://biohnutrition.com/collections/products>

Biohealth is the brand we can get you the discount for and is what is specifically listed on your plan. (It is not required, but it's just what is preferred)

The phyto perfect is vegan and dairy free. The **Phyto DOES have a serving of greens** in it so some mommas say its “earthy”- BE PREPARED for that.

The precision blend contains Casein and is a time release. I think it blends better than the isolate BUT some women have a sensitivity to the Casein (upset stomach) The precision iso is lactose free and Casein free.

I think they're all delicious - just the texture varies.  
(You will need approx 30 servings unless on a higher calorie plan)

**!! We recommend TWO, 2lb jugs of different flavors for variety! !!**

**Protein Option 2: Axe and Sledge 10% off with code “PHARRIS10”**

**The farmfed has SMORES WITH MINI MARSHMALLOWS.**

<https://lddy.no/okay>

**Protein Option 3:**

[https://www.tigerfitness.com/collections/whey-protein/products/mts-nutrition-machine-whey-protein?a\\_aid=5a5c17a713ae6&a\\_cid=11111111&fbclid=IwAR2SRutRAOVbq9rmmBsf31zroRDHOUIEEzhpQuDWdbE9YgrBwDv9rew-W-k](https://www.tigerfitness.com/collections/whey-protein/products/mts-nutrition-machine-whey-protein?a_aid=5a5c17a713ae6&a_cid=11111111&fbclid=IwAR2SRutRAOVbq9rmmBsf31zroRDHOUIEEzhpQuDWdbE9YgrBwDv9rew-W-k)

**!! Dairy Free Protein Options: !!**

**Phyto Perfect-** “littleharris” for 20% off

<https://biohnutrition.com/collections/protein/products/phyto-perfect?variant=29483892834398>

**American Made Nutrition- 10% off with code “PHARRIS10”**

<https://www.americanmadenutrition.com/collections/vegan/products/vegan-protein>

**Tiger Fitness- Planta**

[https://www.tigerfitness.com/collections/vegan-protein/products/ambrosia-collective-planta-plant-based-protein?a\\_aid=5a5c17a713ae6](https://www.tigerfitness.com/collections/vegan-protein/products/ambrosia-collective-planta-plant-based-protein?a_aid=5a5c17a713ae6)

### **\*Important Note\***

The plan will state scoop amounts - that is also SERVING amount! (It is based on Biohealth which is 1 scoop = 1 serving)

So if the plan call for 1.5 scoops. That is 1.5 servings. Meaning, if your protein says 2 scoops per serving, you are using a total of 3 scoops total to equal 1.5.

**Please be sure you are paying attention to serving size if you are not using Biohealth.**

2.

**Buy a kitchen scale! You will need it to weigh your food!**

[https://www.amazon.com/Ozeri-ZK14-S-Digital-Multifunction-Kitchen/dp/B004164SRA/ref=sr\\_1\\_6?dchild=1&keywords=kitchen+scale&qid=1587308222&sr=8-6](https://www.amazon.com/Ozeri-ZK14-S-Digital-Multifunction-Kitchen/dp/B004164SRA/ref=sr_1_6?dchild=1&keywords=kitchen+scale&qid=1587308222&sr=8-6)

3.

**You will also need meal prep containers:** You can get any that work for your needs- this is just an idea. I prefer the rubbermaid.

[https://www.amazon.com/Freshware-Containers-Compartment-Stackable-Dishwasher/dp/B01III\\_NCRS/ref=sr\\_1\\_15?crid=2ANRXBW35M3N5&dchild=1&keywords=meal+prep+containers&qid=1587308267&srefix=meal+prep+%2Caps%2C226&sr=8-15](https://www.amazon.com/Freshware-Containers-Compartment-Stackable-Dishwasher/dp/B01III_NCRS/ref=sr_1_15?crid=2ANRXBW35M3N5&dchild=1&keywords=meal+prep+containers&qid=1587308267&srefix=meal+prep+%2Caps%2C226&sr=8-15)

4.

**Resistance Bands are now Required for workouts!**

There are 2 types. You theoretically only need one type, but having both the thick and the elastic is helpful for different variations. The thinner elastics tend to roll down. The thick cloth resistance band typically is better quality. **You do NOT need these specific ones- any will work. IF you are doing your own workout program or something that doesnt involve bands- you also do not need them.**

Our brand specifically is rubber lined so it will NOT roll down or slide on you!

**Single Band:**

<https://habitual-fitness-llc.myshopify.com/collections/milky-fitness-apparel/products/milky-fitness-resistance-band>

**Three Pack:**

[https://habitual-fitness-llc.myshopify.com/collections/milky-fitness-apparel/products/3-pack-milky-fitness-resistance-bands?fbclid=IwAR2UXpc2\\_J3XNVIMQWyXMP-rm9p8NX4O0fn7yMTH-YLMS1tn-JStfZ\\_XeY0](https://habitual-fitness-llc.myshopify.com/collections/milky-fitness-apparel/products/3-pack-milky-fitness-resistance-bands?fbclid=IwAR2UXpc2_J3XNVIMQWyXMP-rm9p8NX4O0fn7yMTH-YLMS1tn-JStfZ_XeY0)