

Frankie Results

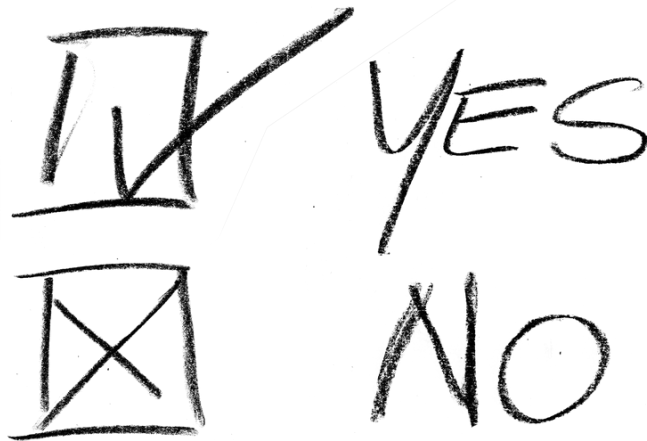


FUEL YOUR BODY FOR YOUR BUSY DAY AHEAD, WITH 4 HEALTHY MEALS FOR BUSY MOM'S!

After about 2-3 taps on that snooze button, it's time to Go!!! Now we are running late and it's Rush, Rush, Rush...

"I AM JUST SOOOO BUSY"

Breakfast is the last thing on your mind and your probably thinking "Ill just get something on the go". This is a BAD idea! Ever felt tired, sluggish and just unmotivated? Of course you have, we all sometimes feel this way. What if I told you what you eat in the morning will determine how you feel, the rest of the day!



It's time to have a GREAT ENERGY filled day, with these 4 grab and go, busy mom Approved Healthy breakfast options:

"THE FRANKIE RESULTS WAY FOR
BADASS RESULTS"



1) Jar of Fruity Goodness

The night before, take a jar fill it with 1/2 cup of oats, then fill with almond milk up to 1/2 inch above oats. Next pack in some fresh berries to the top, cover and place in the fridge. Tomorrow grab it and a spoon and go!

2) The Natural PB&J

Simple get a zip lock bag and fill with a serving of almonds and throw in a small apple! Tomorrow grab and go to get your crunch / sweet tooth satisfied all while providing ENERGY!

3) Fiesta Wrap

Get those zip lock bags back out! Hard boil 3 eggs the night before. Peel when done and Toss 2 yolks away, keep 1 place in bag (2 egg whites 1 whole). Get some onions and peppers stir fried with a dab of olive oil and place in the bag. Next get a whole grain wrap and place in separate bag. Tomorrow grab both bags and go! Just empty the contents of the bag into the wrap, roll it up and enjoy!

4) The BEST MEAL REPLACEMENT IN THE WORLD "PREVINEX"
Really? YES REALLY! All of the nutrients your body needs literally a shake away to grab and go! It's dairy free, soy free, and gluten free! Best of all it is quality fuel for your body that will help you achieve your weight loss goals. This is why it's the "ONLY MEAL REPLACEMENT THAT IS FRANKIE RESULTS APPROVED"....BOOM!

**"IT'S TIME TO FOR YOU TO TAKE
YOUR BODY TO A NEW LEVEL"**





Frankie Serrano

Certified Fitness / Nutrition Coach

CEO/Frankie Results

<http://www.frankieresults.com/>

"NOW HAVE YOUR VERY OWN
PERSONALIZED DIET, AND FINALLY GET
SOME REAL RESULTS"

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