



**NEW YORK
TIMES
BEST-SELLING
AUTHOR**

HIGH VITALITY

**2-WEEK PROGRAM
TO SUPERCHARGE YOUR ENERGY**



KATHY SMITH

Kathy Smith's
HIGH VITALITY
— 2-week program

Welcome to the High Vitality Program, where, little by little, you teach your body to generate energy, lift brain fog and create long term health.

Energy zappers are all around us, some obvious, some hidden. The good news: There's a solution! By following this 2-week program, you can feel energized and full of vitality all day long!

For 30 years, I've helped women increase their energy, lose weight, and adopt a healthier lifestyle. My mission is to "inspire the best in all people." This program has worked for thousands of people, and it can work for you!

You will start to feel results immediately, and the effect is cumulative. With greater mental focus, you'll get to do all the fun things you've been dreaming about. Having energy is the key to loving life!

So take a deep breath, relax, and get ready to discover a whole new you.

Here's what's included in the High Vitality Program:

- **THE SIMPLE 7: ENERGY-BLASTING MEAL PLAN**
Start feeling energized right away with over 40 vitality-boosting recipes and a step-by-step meal plan to recover your vitality.
- **THE HIGH VITALITY WALKING PROGRAM: RECHARGE YOUR BRAIN'S WIRING**
Step your way to vitality with 3 complete walking workouts to ignite your brain and find your mojo!
- **DAILY RECHARGE VIDEO: GET INSTANT ENERGY**
Lift your spirits with a 6-minute fluid stretching video to recharge your day, feel confident and lift brain fog.

SUCCESS STORIES

“After using the High Vitality Program, I have more energy, and my self-confidence has gotten a tremendous boost.”

– **SUSIE**

“My energy level and attitude improved after following Kathy's program! What's more, I feel good about myself, even when I look in the mirror. You can't beat that ... can you?”

– **MARION**

“The High Vitality Program helped me exercise and eat in a way that kept my energy up all day, which became a way of life.”

– **BECKY**

I have more energy than ever before, and I love the way I look.”

– **JULIE**

WHAT YOU'LL NEED:

Set yourself up for success by stocking your kitchen with the right ingredients. Use the grocery list to guide you through this program. After all, it's much easier to stay on track when everything is right at your fingertips.

GROCERY LIST

PROTEINS

- Fish (wild salmon, tuna in water, sardines, trout, mahi mahi, tilapia)
- Eggs/egg whites
- Chicken breast
- Protein powder
- Plain Greek or Icelandic yogurt

NON-STARCHY VEGETABLES

- Arugula
- Artichokes
- Broccoli
- Asparagus
- Brussels sprouts
- Celery
- Mushrooms
- Radishes
- Swiss chard
- Bell peppers
- Garlic
- Green beans
- Kale
- Spinach
- Cucumber
- Onions

FRUITS

- Frozen mixed berries
- Cherries
- Banana
- Peach
- Pear
- Apple
- Raspberries
- Strawberries
- Mango
- Pineapple
- Kiwi
- Avocado
- Lemon

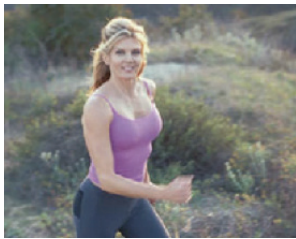
FATS

- Coconut oil
- Olive oil
- Flax seeds or chia seeds
- Fish oils

OTHER

- Unsweetened almond milk
- Green tea
- Balsamic vinegar
- Salsa, pico de gallo


workout calendar



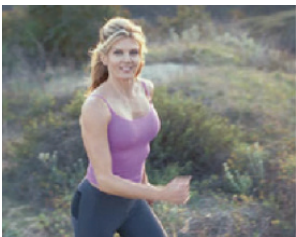
DOWNLOAD AUDIO 

DAY 1
CORE WALKING
45-MIN
OUTDOOR
WALKING
AUDIO
WORKOUT



PLAY VIDEO 

DAY 2
**FAT BURNING
WALKING**
30-MIN INDOOR
WALKING VIDEO
WORKOUT




DOWNLOAD AUDIO 

DAY 3
CORE WALKING
45-MIN
OUTDOOR
WALKING
AUDIO
WORKOUT

DAY 4
**FAT BURNING
WALKING**
30-MIN INDOOR
WALKING
VIDEO
WORKOUT



PLAY VIDEO 


DAY 5
POWER WALK
40-MIN
OUTDOOR
WALKING AUDIO
WORKOUT



DOWNLOAD AUDIO 

DAY 6
**FAT BURNING
WALKING**
30-MIN INDOOR
WALKING
VIDEO
WORKOUT



PLAY VIDEO 



PLAY VIDEO 

DAY 7
**STRETCH
& FLEX**
10-MIN VIDEO
REJUVENATING
STRETCH



SPAGHETTI SQUASH BOLOGNESE (SERVES 4)

- 1 medium spaghetti squash
- 2 Tablespoons extra virgin olive oil
- ½ cup onion, diced
- ½ cup carrots, diced
- ½ cup celery, diced
- 1½ pound ground turkey
- 1 28-ounce can crushed tomatoes
- 1 8-ounce can tomato sauce
- 1 teaspoon basil
- 1 teaspoon oregano
- Freshly ground pepper, to taste
- Parmesan cheese (optional)

Preheat oven to 400 °F.

Cut spaghetti squash in half lengthwise, scoop out the seeds, and place cut-side down on a baking sheet lightly coated with 1 Tablespoon of the olive oil. Pierce the skin several times with a fork.

Put the spaghetti squash in the oven and bake for 30 minutes.

In a large saucepan, sauté the onion, carrots, and celery in the remaining tablespoon of oil. Cook until tender. Remove from pan and set aside.

In the same pan, brown the turkey. Add the vegetable mixture back to the pan. Add the crushed tomatoes, tomato sauce, and spices.

Cover and simmer on medium low for 20 minutes.

When the spaghetti squash is done and cool enough to handle, scrape out the strands with a fork into a large bowl (you may want to hold the squash using an oven mitt while you do this).

Serve the spaghetti squash topped with the Bolognese sauce and sprinkle with Parmesan cheese, if desired.

TIP: Serve with spinach sautéed with garlic and olive oil.

TURKEY MEATBALLS MARINARA (SERVES 4)

24 oz. ground turkey (not too lean)

2 eggs, lightly beaten

4 tablespoons purchased basil pesto (in a jar)

6 Tablespoons almond meal

Freshly ground black pepper, to taste

1 28-ounce jar of your favorite low fat tomato sauce

4 tablespoons freshly grated Parmesan cheese (optional)



In a large bowl, combine turkey, egg, and pesto.

Add 5 tablespoons of almond meal and mix well. If mixture seems too moist, add the remaining tablespoon. Season with pepper.

Moisten hands with cold water and roll turkey mixture into golf ball sized meatballs.

Pour tomato sauce into a 10-inch skillet with a lid and bring to a simmer over medium heat.

In a nonstick pan, sear meatballs briefly to brown the surface and lock in moisture.

Gently transfer meatballs into hot sauce.

Cover and cook gently for 30 minutes, shaking the pan halfway through to roll over the meatballs.

Transfer meatballs to a plate, and sprinkle with Parmesan cheese, if desired.

TIP: Serve with sautéed Swiss chard with olive oil.