



Kelly's
Health & Fitness
Academy

○ Mindfulness ○ Wellbeing ○ Nutrition



PEANUT BUTTER YOGURT

Discover the collection of Fat-loss recipes, including breakfast, lunch, dinner, treats and smoothie options at: www.kellyshealthandfitnessacademy.com

NUT BERRY YOGURT



Makes: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
445 kcal
10.9g Fats
50.5g Carbs
40.9g Protein



WHAT YOU NEED

- 200g 0% fat Total Greek Yogurt
- 100g Blueberries
- 15g Honey
- 15g Peanut Butter
- 20g Whey Protein

WHAT YOU NEED TO DO

TO EAT STRAIGHT AWAY

Place the 80g of the blueberries, all the whey protein and 5g of the peanut butter in a bowl. Add the Greek yogurt and mix well.

Empty the mixture in a bowl and add the honey and the rest of the blueberries and peanut butter. Enjoy

TO PREPARE AND EAT WITHIN 4 DAYS

Place the blueberries, whey protein, honey and peanut butter into a container. Add the Greek yogurt and mix well.

Put your Nut Berry Yogurt/s into the fridge and enjoy within 4 days or expire date of ingredients if sooner.

What is Kelly's Health & Fitness Academy?



"Online support dedicated to permanent fat loss. No more yo-yo dieting. Understand your body and make changes that will keep the fat off!"



www.kellyshealthandfitnessacademy.com

ABOUT ME

KELLY HURD

Health & fitness expert with the passion and commitment to sharing knowledge and understanding of how to lose fat and more importantly, how to keep it off.

After giving birth to two beautiful children I found myself, in 2001 struggling with my progressive weight gain; I felt helpless, **I had tried every diet and hated fitness.** I suffered from back pain and didn't feel comfortable with how I looked. I was convinced that I had some kind of biological deficiency which prevented me from losing weight. I would see women who I thought had the ideal body and think "they are sooo lucky".

What was my turning point? Well, it was when I went to a 'Baby Show' at the NEC, Birmingham with my sister. Exhibitors at the show were approaching me asking "when my baby was due?"... Yep... that's right... I was not pregnant!

I thought I need to do something... but what? I then started to educate myself about nutrition and fitness. Fitness was not a natural thought for me. During my first visit to a local gym I fainted whilst using a cross trainer! I was so embarrassed, but I never gave up. Fitness started to become a hobby it was something for me to do, away from the family. I then began to develop an understanding that my nutrition needed to be controlled. I lost 4 stone (25.4 Kg) and studied to become a Fitness Trainer and then a Personal Trainer. Over time I educated myself on various fitness disciplines and on nutrition. Now I am a fat-loss expert, I help ladies who struggle with their weight and more importantly I help them to keep the weight off.

Please check out my website for useful hints & tips and other packages to assist you in your Fat Loss Journey.





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This is the start of your new self. If you are struggling and need any support please do not hesitate in contacting me. You will find my contact details at www.kellyshealthandfitnessacademy.co.uk

Kelly Hurd

Founder of Kelly's Health & Fitness Academy

