



MEAL PLAN



TOUGHEST



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MEAL PLAN - MON & TUES

Below is your TOUGHEST meal plan which will support and promote body fat loss while increasing overall energy

MONDAY

Breakfast

Egg omelet with avocado: 2 Free Range Whole eggs, 1-2 Egg whites, and ½ Avocado

Snack

1 apple OR pear + 10 Raw Almonds

Lunch

Ground Beef or Chicken + Sweet Potato: ½-1 pound of ground beef or chicken or turkey + 1 medium-large sweet potato (150 grams)

Snack

2 brown rice cakes w 1 tb spoon of almond butter or any other healthy nut butter on each

Dinner

Choose either Chicken breast/Beef/Fish with one medium-sized bowl of steamed vegetables of choice

TUESDAY

Breakfast

½ cup of Oatmeal with 1 scoop vanilla whey + ½ cup berries + ½ cup almonds

Snack

Vegan or Whey Protein Bar (Low sugar/fat option)

Lunch

Chicken + Rice + Beans: 1 chicken breast, 1 cup of brown rice or quinoa, ½ cup of green beans or ½ cup of black beans

Snack

1 handful of raw almonds or raw walnuts

Dinner

One small cup of quinoa/brown rice or vegetables of choice, one serving of seafood of choice



MEAL PLAN - WED & THURS

WEDNESDAY

Breakfast

Ground Turkey, Beef, or Chicken with steamed greens and nuts

Snack

Vegan or Whey Protein Bar (Low sugar/fat option)

Lunch

*Healthy Tuna Avocado Sandwich (See recipe below)

Snack

1 apple or pear + 10 Raw Almonds

Dinner

Lentils or beans soaked overnight – canned is fine too) with one handful of brown rice and leafy green vegetables

THURSDAY

Breakfast

*TOUGHEST Pancakes (See recipe below)

Snack

1 rice cake with 1 table spoon of almond butter

Lunch

*Leafy Green Protein Salad (see recipe below)

Snack

*1 Date Power Ball (see recipe)

Dinner

1 Lean grilled chicken or 1 oven cooked steak + Medium sized steamed sweet potatoes + steamed broccoli



MEAL PLAN - FRI & SAT

FRIDAY

Breakfast

½ cup of Oatmeal with 1 scoop vanilla whey + ½ cup berries + ½ cup almonds

Snack

Vegan or Whey Protein Bar (Low sugar/fat option)

Lunch

Chicken (4oz) and ½ cup brown rice or 1 medium sized sweet potato

Snack

Handful of Raw Brazil Nuts

Dinner

*Paleo Avocado Lime Tuna Salad (See recipe below)

SATURDAY

Breakfast

Green Smoothie: 1 handful raw kale or spinach + one scoop vanilla vegan or whey protein + 1 cup berries + ½ avocado + 1 cup of water or almond milk

Snack

1 boiled egg

Lunch

*Leafy Green Protein Salad (see recipe below)

Snack

One medium bowl of assorted raw veggies: Celery, bell peppers, carrots with hummus or guacamole

Dinner

Grilled Chicken or Steak Fajitas (2 multi-grain wraps)



MEAL PLAN - SUNDAY

SUNDAY

Breakfast

Medium size bowl of hot cereal: steel cut oats or organic oats with one handful of berries and raw nuts of choice – Extra: 1 tablespoon flax, 1 tablespoon of cinnamon

Snack

1 cup 0% Organic Greek Yogurt + ½ cup of blueberries + 5 raw walnuts + 1 table spoon of chia seeds

Lunch

*Leafy Green Protein Salad (see recipe below)

Snack

1 Glass of Almond milk with a handful of trail-mix nuts or your favorite nuts

Dinner

One small cup of quinoa/brown rice or vegetables of choice, one serving of seafood of choice

SUGGESTED SUPPLEMENTS

Supplements (for increased performance):

Caffeine (Black coffee, espresso, pre-workout)
Creatine Monohydrate
Vitamin D3 Drops (Especially in fall, winter months)
High Quality Fish Oil
–follow the recommended dosage

Supplements (for recovery):

High Quality Whey or Vegan Protein
Magnesium Glycinate or Threonate
B Complex
–follow the recommended dosage



ADDITIONAL BREAKFAST OPTIONS

BREAKFAST

Oatmeal + Turkey Sausage

**3/4 cup steel-cut or old-fashioned oatmeal prepared with water; stir in 1/2 cup organic 1% cow or vegan milk
2 links country-style turkey sausage
+1 cup blueberries**

Breakfast Burrito

Burrito made with 1 medium whole-wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa, 2 tablespoons grated low-fat cheddar, and 1 teaspoon fresh cilantro

Breakfast Quesadilla

Made with 2-4 egg whites and 1 whole egg, 1/4 cup chopped broccoli or spinach, 2 tablespoons each fat-free refried beans, diced onion, diced mushrooms, salsa, 1/2 of one small corn tortilla and 1 tablespoon low-fat jack cheese



ADDITIONAL LUNCH OPTIONS

Chickpea Chicken Shawarma

Serves 2: Serving size 1

Ingredients:

- 3 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon sea salt
- 1 teaspoon turmeric powder
- 1 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground black pepper
- Pinch of cayenne pepper
- 3 tablespoons olive oil
- 2 cups cooked chickpeas (or 1-15 ounce can, drained and rinsed)
- 1/3 cup thinly sliced red onion
- 1/4 cup thinly sliced red pepper
- 1-2 chicken breasts (optional)

2 Gluten-free or low-calorie pita with pockets

- 1/4 cup hummus
- 1 to 2 handfuls chopped lettuce
- Feta, optional
- Parsley, for topping

Preheat oven to 400° F. In a medium bowl, combine minced garlic with spices (cumin through the cayenne pepper). Add the olive oil and stir until well combined/paste has formed. Stir in chickpeas, red onions, red pepper, cooked chicken and using a spatula to toss and coat. Transfer chickpeas to a roasting pan and cover with foil. Bake 30 minutes until chickpeas are hot and onions are tender.

Slice each pita in half and heat the pita until just warm enough they are pliable. Open the pocket and spread 1 tablespoon of hummus in each. Follow with a handful of lettuce and 1/4 of the chickpea mixture. Repeat with remaining pita halves. Serve with extra hummus, parsley, and feta if desired.



LUNCH CONTINUE..

Chicken Fajitas Lettuce Wraps (Lunch or dinner option)

Serves 2: Serving size 1

Ingredients:

- 1.5 lbs free-range, organic boneless and skinless chicken breasts; cut into 2 red peppers; cut into thin strips
- 2 yellow or orange peppers; cut into thin strips
- ½ large yellow onion; cut into thick slices
- 1 Tbsp. organic grapeseed oil
- *Marinade***
- 1 Tbsp. organic grapeseed oil
- 2 Tbsp. freshly squeezed lemon juice
- 1.5 tsp. pink Himalayan salt
- 1.5 tsp. dried oregano
- 1.5 tsp. ground cumin
- 1 tsp. garlic powder
- ½ tsp. chili powder
- ½ tsp. paprika
- ½ tsp crushed red pepper flakes
- 1 head lettuce

Prepare your chicken by cutting it into uniform ¼" thick strips, and place into a Ziplock bag.

In a small bowl, whisk together the ingredients for your marinade, then pour finished marinade over your chicken.

Seal Ziplock bag and set chicken aside.

On a clean cutting board, prepare your peppers and onions.

In a large non-stick skillet, heat 1 Tbsp. of olive oil and add in your prepared peppers and onion, cooking on medium/high heat until peppers are tender and onion are turning translucent.

Remove finished peppers from skillet and place into a large mixing bowl. Cover bowl with plastic wrap and set aside.

In the same skillet, cook chicken over medium-high heat for 6 minutes or until no longer pink. Return pepper mixture to pan to heat through.

Top with salsa, guacamole, black beans, low-fat sour cream, hot sauce and freshly chopped cilantro (optional)

Wrap in lettuce and enjoy



LUNCH OPTIONS CONTINUE..

Black Bean + Sweet Potato Chili

Makes 5-6 servings: Serving size 1

Ingredients:

- 2 cloves garlic, minced
- 1 small onion, diced
- 2 small sweet potatoes, peeled and chopped
- 2 medium carrots
- ½ red bell peppers, chopped
- 1 15 oz can black beans or chickpeas
- ½ cup water or vegetable broth
- 1 tbsp chili powder
- 1 tsp cumin
- ½ tsp cayenne (or to taste)
- 1 teaspoon fresh garlic
- ½ tsp salt
- ¼ tsp black pepper

First, saute the onions and garlic in olive oil for a minute or two, then add in the sweet potatoes, carrots and bell pepper until the onions are soft, about 5-6 minutes.

Next, reduce the heat to medium-low, and add in the all of the remaining ingredients, stirring to combine well. Allow your chili to simmer, partially covered and stirring occasionally over medium-low heat, for about 20-25 minutes, until flavors have mingled and the sweet potatoes, carrots and bell peppers are soft.

Black Bean & Quinoa Salad

Serves 2-4: Serving size 1

Ingredients:

- 1 cups cooked quinoa
- ¼ cup extra-virgin olive oil
- ½ teaspoon ground cumin
- 1 clove garlic, pressed, grated or finely chopped
- Juice of one lime (about 1-2 tablespoons)
- ½ teaspoon fine sea salt
- ¼ teaspoon cayenne pepper (optional for heat)
- ½ 15 ounces can black beans, rinsed and drained well
- ½ red bell pepper, quarter inch chopped (about 1 cup)
- 3 green onions, root removed, white and part of the greens chopped (about 1 cup)
- 1 handful of cilantro, rough chopped (about 1/3 cup)

Prepare the quinoa (see below). While the quinoa is cooking, whisk the olive oil, cumin, garlic, lime, salt and cayenne (if using) together in the bottom of a large bowl to let the flavors marinate while you chop the veggies. Rinse and drain the black beans, then chop the veggies; the key is to make the peppers and onions about the same size as the beans. Add the cooked quinoa, beans and veggies to the bowl and gently fold it all together with the dressing. The quinoa can be warm, room temp, or cold when you make the dish. Regardless, I suggest letting it chill in the refrigerator at least 30 minutes to let the flavors come together. It tastes best served room temperature or chilled.



ADDITIONAL DINNER OPTIONS

Chick Pea, Red Lentil & Vegetable Soup:

Makes 6 Servings: Serving size 1 Cup

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, finely chopped
- 4 garlic cloves, minced
- 1 large carrot, diced
- Heaping 1/4 teaspoon smoked paprika
- 3/4 teaspoon cumin
- 4 cups low sodium vegetable or chicken broth
- 1 (14.5-ounce) can diced tomatoes
- 1/3 cup red lentils
- 1/2 teaspoon dried thyme
- 2 bay leaves
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (14.5-ounce) can chickpeas, drained and rinsed
- 1 cup cooked vegetables, frozen peas or chopped fresh greens (or any combination)

In a large pot, heat the olive oil over medium heat. Add the onions and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic, carrots, smoked paprika and cumin; cook, stirring frequently so the garlic doesn't brown, about 2 minutes more.

Add the broth, diced tomatoes, red lentils, thyme, bay leaves, salt, pepper and bring to a boil. Cover the pot and reduce the heat to a simmer; cook for ten minutes. Add the chickpeas, cover the pot and cook 10 minutes more. Fish out the bay leaves, then transfer 2 cups of the soup to a blender and purée until smooth. Add the puréed soup back to the pot and stir. Taste; if you want the soup to be thicker, purée a bit more soup. Add the cooked vegetables, frozen peas or chopped greens and simmer until the soup is hot and the vegetables are warmed through. Ladle the soup into bowls and serve.



DINNER OPTIONS CONTINUED...

Paleo Avocado Lime Tuna Salad with Homemade Plantain Chips

Serves 1-2: Serving size 1

- 1 can solid white tuna drained
- ½ large red bell pepper diced
- ½ large carrot peeled and diced
- ¼ cup grape tomatoes diced
- 1 scallion green part only, thinly sliced
- ½ large ripe avocado or smaller one, mashed
- juice of 2 small limes about 1 tbsp
- ½ tsp fine grain sea salt or to taste

In a medium bowl, mix together the tuna, all the diced veggies, mashed avocado, lime juice, sliced scallions and salt until well combined

Plantain Chips Options:

Serves 2: Serving size 1

For Cinnamon Plantain Chips:

- 2 green plantains
- 1 1/2 tablespoons olive oil
- 1 teaspoon ground cinnamon

For Sweet & Spicy Baked Plantain Chips:

- 2 green plantains
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon chipotle chili powder
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon no-calorie sugar substitute (granular not liquid)

For Salt & Pepper Baked Plantain Chips:

- 2 green plantains
- 1 1/2 tablespoons olive oil
- 3/4 teaspoon salt
- freshly ground pepper to taste

Preheat oven to 400 degrees F. Peel the plantain with a sharp knife. Then slice the plantains as thinly as possible with a mandolin or knife. In a bowl, combine plantain slices, olive oil, and seasonings. Stir gently to coat the plantain chips. Place parchment paper on a cookie sheet. Place a single layer of plantains on the parchment paper. Place cookie sheet in oven for 16 to 20 minutes. Turn plantains after 8 minutes. Plantain chips are done when they start to brown around the edges. Remove from oven and serve. Chips are best served warm. You can also cool the plantain chips on a baking rack lined with paper towels to soak up any extra oil, and serve them at room temperature, too. Plantain chips keep for about one day.



DINNER OPTIONS CONTINUED...

Arugula/Spinach Cranberry Salad

Serves 2: Serving size 1

1 cup raw almonds

1/2 pound spinach 1/2 pound arugula

1 cup dried cranberries

2 tablespoons sesame seeds

1 tablespoon poppy seeds

2 teaspoons minced onions

1/4 teaspoon paprika

1/4 cup white wine vinegar

1/4 cup apple cider vinegar

2 tablespoons extra virgin olive oil

1 chicken breast (for vegans don't include)

In a medium bowl whisk together seeds, onion, paprika, vinegar. In large bowl combine spinach/arugula with almonds and cranberries (and chicken)

Apple Pecan Arugula Salad

Serves 2: Serving size 1

1/2 cup (50 g) raw pecans

7 ounces (198 g) arugula (organic when possible)

2 small apples (1 tart, 1 sweet), peeled, quartered, cored and thinly sliced lengthwise

1/4 red onion, thinly sliced

2 chicken breasts sliced thin

Optional: 2 Tbsp (20 g) dried cranberries

Dressing:

1 large lemon, juiced (3 Tbsp, 45 ml)

1 Tbsp (15 ml) maple syrup

Pinch each sea salt + black pepper

3 Tbsp (45 ml) olive oil

Prepare dressing in a mixing bowl or mason jar by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed.



RECIPES

*Leafy Green Protein Salad

Pick one of the following for a base: Kale OR Spinach OR Chard OR Collard OR Arugula OR Carrots/Cucumbers

Pick a combination of the following add-ins: Raw carrots, red or green peppers, tomatoes, cucumber, ETC

Pick one of the following healthy fats: Feta cheese, ½ avocado, 2 tablespoons chia or flax seeds, 1 tablespoon of extra virgin olive oil

Pick one of the following proteins: Chicken, turkey, pork, beef OR a blend of 2 of the following: Black beans, kidney beans, or beans of choice + chickpeas, lentils, sesame seeds or quinoa

Dressing 1tb spoon apple cider vinegar + 1 tablespoon freshly squeezed lemon + 1 Tb spoon extra virgin olive oil OR low-calorie dressing of choice

*Bean salad

1 can kidney beans, garbanzo beans, cannellini beans OR chickpeas

½ red onion chopped fine

2 celery stalks

1 cup finely chopped parsley

1 tb spoon finely chopped rosemary

½ cup apple cider vinegar

2-3 tablespoons olive oil

1.5 tablespoons salt

*Paleo Avocado Lime Tuna Salad

1 can solid white tuna drained

½ large red bell pepper diced

½ large carrot peeled and diced

¼ cup grape tomatoes diced

1 scallion green part only, thinly sliced

½ large ripe avocado or smaller one, mashed

juice of 2 small limes about 1 tbsp

½ tsp fine grain sea salt or to taste

In a medium bowl, mix together the tuna, all the diced veggies, mashed avocado, lime juice, sliced scallions and salt until well combined



RECIPES

*Date Power Balls

2 cups walnuts, or other nut/seed of choice

1 cup shredded unsweetened coconut

2 cups soft Medjool dates, pitted

2 tablespoons coconut oil

1/2 teaspoon sea salt (optional) 1 teaspoon vanilla extract (optimal). In a large food processor fitted with an “S” blade, process the walnuts and coconut until crumbly. Add the dates, coconut oil, vanilla and sea salt and process again until a sticky, uniform batter is formed. After blended simple roll the contents into power balls. Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

*Healthy Tuna Avocado Sandwich

one can tuna

1 ripe avocado

1/2 cup chopped celery

4 lettuce leaves

1/2 cup chopped red onion

Low-fat dressing

2 slices Ezekiel bread or gluten-free bread

*1 Dinner Protein

4-5 OZ of any of the following:

Chicken, Lamb, Pork, Steak, Fish, Shell Fish



RECIPES

***Toughest Pancake**

INGREDIENTS

**1 scoop whey protein
1/2 cup egg whites (or 3 egg whites)
1/2 cup oatmeal (uncooked)
1/2 medium banana
1/2 cup blueberries
1 cup crushed raw almonds or walnuts
2 tsp baking powder**

INSTRUCTIONS

Place raw, uncooked oatmeal in a blender or food processor and blend until it becomes fine flour.

Add eggs, banana, protein powder, and baking powder and pulse blend until smooth.

Toss blueberries into the batter and mix using a spatula or spoon.

Place a skillet on medium-high heat and measure out about 1/8 cup or 2 tbsp of batter per pancake.

Cover the pancakes while they cook to help the inside cook faster. Cook them for about 45 seconds to 1 minute on the first side, and then about 30-45 seconds on the other side.

Eat with organic maple syrup and 1 teaspoon butter (grass fed butter recommended)



RECIPES

*Leafy Green Protein Salad

Pick one of the following for a base: Kale OR Spinach OR Chard OR Collard OR Arugula OR Carrots/Cucumbers

Pick a combination of the following add-ins: Raw carrots, red or green peppers, tomatoes, cucumber, ETC

Pick one of the following healthy fats: Feta cheese, ½ avocado, 2 table spoons chia or flax seeds, 1 table spoon of extra virgin olive oil

Pick one of the following proteins: Chicken, turkey, pork, beef OR a blend of 2 of the following: Black beans, kidney beans, or beans of choice + chickpeas, lentils, sesame seeds or quinoa

Dressing 1 tb spoon apple cider vinegar + 1 tablespoon freshly squeezed lemon + 1 tb spoon extra virgin olive oil OR low-calorie dressing of choice

*Bean salad

1 can kidney beans, garbanzo beans, cannellini beans OR chickpeas

½ red onion chopped fine

2 celery stalks

1 cup finely chopped parsley

1 tb spoon finely chopped rosemary

½ cup apple cider vinegar

2-3 tablespoons olive oil

1.5 tablespoons salt

¼ tablespoon black pepper

A) in a large bowl mix the beans, celery, onion, parsley, rosemary

B) in separate bowl mix the ACV, olive oil, salt, pepper,

C) add dressing to beans, chill beans in fridge for several hours



***Lentil Soup**

¼ cup extra virgin olive oil
1 medium yellow or white onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon curry powder
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, drained
1 cup brown or green lentils, picked over and rinsed
4 cups vegetable broth
2 cups water
1 teaspoon salt, more to taste
Pinch red pepper flakes
Freshly ground black pepper
1 cup chopped fresh collard greens or kale, tough ribs removed
Juice of ½ to 1 medium lemon, to taste

Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and the water.

Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. Pour the puréed soup back into the pot and add the chopped greens. Cook for 5 more minutes, or until the greens have softened to your liking.

Remove the pot from heat and stir in the juice of half of a lemon. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. Serve immediately. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

STAY TOUGH!



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TOUGHEST