

A photograph of a blonde woman with her hair in a ponytail, wearing a black sports bra and dark leggings. She is leaning forward on a piece of gym equipment, possibly a treadmill, with her right hand resting on the handle. Her physique is very muscular and athletic. The background is a blurred gym setting with various pieces of equipment.

15 DAY IDEALFIT BODY CHALLENGE

LINDSEY MATHEWS



Welcome!

I'm so excited you're here and we can go through this together!
During this program you will:

- lose inches
- burn fat
- get toned
- gain newfound confidence
- clean up your diet
- learn to eat for your goals
- revamp your workouts
- have FUN getting your sweat on!

TABLE OF CONTENTS

5 MY STORY

8 HOW TO TAKE MEASUREMENTS

10 WHAT ARE “FLUSH” DAYS?

13 WOMEN UNDER 135 LBS

26 WOMEN BETWEEN 135-165 LBS

41 WOMEN OVER 165 LBS

56 WORKOUTS

70 FAQs

LINDSEY'S STORY

Hi friends! Before I get too far into my story, I want you all to know that I am just like you! I am a busy, working mom to three little kids. I know how hard it is to plan and budget your time in order to fit in daily workouts and meal planning. I spent **years** working out in the gym but not getting my nutrition in line with goals so I wasn't seeing **any** results from all my hard work!

During the time that I had my kids I developed a major BLT problem! This doesn't mean I chowed down on Bacon, Lettuce and Tomato sandwiches... No. I had "bites, licks and tastes" of anything and everything.

I would try the cereal that I was pouring into my kids bowls in the morning. I would lick the peanut butter off the knife when I made their sandwiches at lunch. I would finish their food they didn't eat at dinner. The list could go on and on! Yet, I felt like I was "doing everything" to lose the weight and I honestly thought I had "tried everything". Are you feeling me yet?

WHEN YOU CAN MASTER YOUR NUTRITION AND PUT IN THE WORK WITH THE RIGHT KIND OF WORKOUTS, YOU CAN DO WHATEVER YOU WANT WITH YOUR BODY AND CREATE THE LOOK THAT YOU LOVE.

It wasn't until years later that I finally learned that I needed to eat **enough** good food and not starve myself on low calories. Because of that I was able to stick **consistently** to a plan over the **long term** and totally change my habits.

Since I turned my nutrition around, my body has continued to change ever since. I have since competed in six figure competitions in the last two years winning two overall figure titles and placing in the top 15 nationally.

Using the techniques that I've perfected through years of trial and error I help my clients change their bodies too, and in record time no less!

The 15 Day Fit Body Challenge includes the same carb cycling strategy that I use to prep for my shows. It's the same strategy my clients use to shed fat fast.

The 15 Day Fit Body Challenge works! It has worked for countless numbers of my clients and it will work for you too!

When you can master your nutrition and put in the work with the right kind of workouts, you can do whatever you want with your body and create the look that YOU love.

You can create YOUR IdealFit.
Love the Process!

Lindsey

Lindsey Mathews
CISSN Nutritionist

BEFORE YOU START THERE ARE A FEW THINGS WE NEED TO DO!

1. Save Your Plan and Load to Mobile Device

2. Join Our community!

Visit the Trainer Lindsey facebook page to check in. Leave a comment that you're beginning the challenge! Also make sure you're following TrainerLindsey on Instagram, SnapChat Twitter and Periscope so you don't miss ANYTHING!

Leave comments on my posts, send me pictures of your food, check in with me - it might seem silly but this will keep you on track! Use the hashtags #trainerlindsey and #FBC15 so I can search for YOU, watch your progress and give you some love!

3. Take Starting Measurements and Weight

You'll be taking measurements and weight on day one, day seven and day 15! Remember to always take these measurements first thing in the morning after you use the bathroom, but before you eat! This is the most consistent time for measuring!

4. Take Before Pics

You'll also want to take your progress pics first thing in the morning (just like your measurements and weight). Make sure you follow these progress pic tips:

TAKING A GOOD BEFORE/AFTER PIC

- Find a place in your home with good natural light to take your pictures
- Wear the same thing in your before AND after pics
- Try to have the lighting be as similar as possible in both sets of pictures
- Stand the same distance from the camera in both sets of pictures
- Have your full body or knees and up fill the frame of the photo - in other words, don't be too far away from the camera or you won't see your progress!
- Wear a sports bra and shorts if you're comfortable with that. The more of your body you can see, the more progress you'll see!

TAKING AND TRACKING YOUR WEIGHT & MEASUREMENTS

Taking your measurements and weighing yourself at a consistent time, at regular intervals will help you see exactly what changes are happening with your body. I know just how important it is to see progress, it can be the difference between giving up and getting results, so don't skip this step!

Track your weight here on these days:

(Remember to weigh in first thing in the morning after using the bathroom but before eating. **Also, make sure that your halfway point weigh in is the morning of your reward meal!**)

	DAY 1	DAY 7	DAY 15
WEIGHT			

	DAY 1	DAY 15
CHEST		
WAIST		
BELLY BUTTON		
GLUTES		
RIGHT THIGH		
RIGHT CALF		
RIGHT ARM		

Fill out this chart with your before and after measurements.

Tip: Take them at the same time that you do your morning weigh in.

HOW TO TAKE PERFECT MEASUREMENTS (examples on following page)

Chest: Circumference of rib cage/chest at the nipple line

Waist: Circumference of waist at the smallest point - usually an inch or two below ribs

Belly Button: Circumference of stomach at the point that is level with belly button

Glutes: Circumference of glutes/hips around the fullest part of glutes

Right Thigh: Circumference of thigh around the fullest part

Right Calf: Circumference of calf around the fullest part

Right Arm: Circumference of arm half way between shoulder and elbow

CHEST



THIGH



BELLY BUTTON



CALF



GLUTES



ARM



WHAT ARE JUMPSTART AND FLUSH DAYS?

Your jumpstart days and your flush days are what will make your fat loss feel effortless! You will likely lose a few pounds each time you do a set of flush days. Days 1 and 2 and then again on days 14 and 15 you will follow the meal plans for the flush days. We refer to your first set of flush days as your “jumpstart days” since they will jumpstart your weight loss and get your body primed for fat burning!

You'll notice these days are very low in carbs and you'll be drinking a ton of water. The purpose of these days is to give your body a good “flush” by completely cleaning up your nutrition choices and using the most natural diuretic in the world - water. You'll notice this will really clean you out - you'll be using the bathroom constantly.

You may have heard some crazy things out there about drinking funny drinks, taking strange pills — I don't believe in cleanses like that! What I DO believe in is good clean food and drinking a ton of the most natural diuretic in the world — water!

Side effects of following a proper flush might include:

- lots of bathroom trips
- low energy due to the drop in carbs and sugars from what you're used to
- head aches, body aches and possibly some dizziness or nausea due to low electrolyte levels (See the tip below for how to remedy this!)
- flat tummy
- loss of excess water weight
- lean looking body
- a sudden flow of positive compliments on your new bod!

TIPS FOR “FLUSH DAYS”

- In order to use water as a diuretic, you need to drink a ton of it! I want you to double the amount of water you’re currently drinking OR drink a full gallon of water a day — whatever amount is higher!

I want you to cap your water at a gallon and a half though. If you currently drink a gallon a day, only increase to 1 ½ gallons.

- When you drink this much water, you may feel dizzy, achey, weak or nauseated. This is very common and has a simple fix!

Just add a little more salt to your food! When you increase your water like this, you risk “watering down” your electrolyte levels. All you need to do to fix this is salt your food with a little more salt than you’re used to and you’ll feel SO much better!

Keeping everything in balance will leave you feeling your best!

- After you finish these two “flush” days you’ll be ready to move into the moderate carb days where you can look forward to foods like pancakes, raspberry cheesecake shakes, potatoes and rice! YUM!

HOW TO USE YOUR TREAT MEAL:

In the middle of the 15 day program you will get a “Treat Meal” if you have been on plan 100% up to that point!

Here are some guidelines on the treat meal:

- Your treat meal should replace one of the meals on your plan.
- If you don't feel like you need it or you feel like you haven't stuck to the plan as well as you should have/could have — don't take it! You do not NEED to take this treat meal if you don't want it.
- You can have anything you'd like as long as it's **under 600 calories**. So, if you want dessert, have some! If you want pizza or a hamburger or ice cream, have some!

But, DO YOUR RESEARCH!

Get an accurate calorie count and make sure you don't go over 600 calories!

- One more thing about your treat meal — and it's important. I want you to weigh in half way through the program.

I want you to time your weigh in on the MORNING OF YOUR Treat MEAL!

It's common for your weight to go up a bit after a treat meal because of extra carbs and sodium. This is no biggie and your weight will drop back down. But we want an accurate halfway mark weigh-in so if your treat meal is planned for Sunday dinner, weigh in Sunday morning.

IDEALFIT 15 DAY FIT BODY CHALLENGE OVERVIEW

WOMEN UNDER 135 LBS

Welcome to the IdealFit 15 Day Fit Body Challenge! This program focuses on FAST fat loss. I'm so excited for you to feel fit, lean, happy and amazing in just 15 short days!

The Fit Body Challenge (FBC) nutrition program is based on a revolutionary carb cycling method that will help you shed excess water and fat. This will be so simple and you'll feel so satisfied with your food that it will feel effortless!

The workouts will be quick and tough! They are set up in my signature circuit training technique that I have been using for over a decade to help people lose fat and transform their bodies.

By following this 15 day program exactly as laid out you can expect to lose 4-8 pounds and feel confident and happy in your own skin! I can't wait to hear all about your journey!

IDEALFIT 15 DAY FIT BODY CHALLENGE - NUTRITION

Follow the carb cycling schedule as laid out below. There is one meal plan for the FLUSH DAYS and three meal plans to choose from for the moderate days. You can choose any moderate day meal plan you'd like but you CANNOT pick and choose different meals from different days. You must follow the entire day's meal plan.

The macronutrients and calorie totals for each moderate day plan are approximately the same but if you swap out meals from different days you will change the macros for the day and they won't be where they need to be.

Pick one meal plan and stick to it for the day. You do not have to try each meal plan. If there's one you love you can stick to it the whole time!

We will begin and end the program with two FLUSH DAYS. You must also follow the FLUSH DAY guidelines for optimal results. The middle eleven days will be your moderate days.

You are allowed one "treat meal" on day 6, 7 or 8 IF you have followed the plan exactly as outlined through the first week. This Treat meal can be anything you're craving but it must be **under 600 calories!**

SCHEDULE:

Day 1: Jump Start day

Day 2: Jump Start day

Day 3: Moderate Day

Day 4: Moderate Day

Day 5: Moderate Day

Day 6: Moderate Day

Day 7: Moderate Day

+ Treat Meal

Day 8: Moderate Day

Day 9: Moderate Day

Day 10: Moderate Day

Day 11: Moderate Day

Day 12: Moderate Day

Day 13: Moderate Day

Day 14: Flush Day

Day 15: Flush Day

Jump Start/Flush Day Guidelines

1. Double your current water intake or 1 gallon of water a day – whichever is more with a max at 1 ½ gallons. If you are currently drinking a gallon a day, only increase to 1 ½ gallons.

Eat ALL of the food on the plan!

2. No diet drinks ie: diet soda, crystal light, etc. You may flavor your water with lemon, lime or stevia sweetened powders.

3. Use only stevia as your sweetener.

4. No BLT's (bites, licks, tastes) of anything off the plan.

5. You are allowed unlimited amounts of the veggies below:

Any leafy greens

Asparagus

Broccoli

Cabbage

Cauliflower

Celery

Cucumber

Onions

Pickles

Summer Squash

Zucchini

Moderate Carb Day Guidelines

1. Drink 1 gallon of water a day

3. You may use any non-caloric sweetener

4. No BLT's (bites, licks, tastes) of anything off the plan.

5. You must eat ALL of the food on the plan. Do not skip meals.

6. You are allowed unlimited amounts of the veggies below:

Any leafy greens

Asparagus

Bell Pepper

Broccoli

Brussel Sprouts

Cabbage

Cauliflower

Celery

Cucumber

Eggplant

Fennel

Mushroom

Pickles

Tomato

IMPORTANT NOTES:

*If you don't work out in the morning see the section in the FAQ's about workout timing and adjusting your meals.

-When I say to use a certain flavor of Ideal Lean, you can try the recipe with any flavor you'd like.

-Preferred sweeteners are stevia or splenda (depending on the day) but you may use any non caloric sweetener.

-Practically any meal can be taken on the go if you have a smaller cooler and a hard core attitude! Yes, you really CAN eat your food cold! :-)

-You'll need a food scale for accurate food measurements!

-Make sure you follow the recipes in YOUR section of the booklet or attachment as they are formatted to fit YOUR specific meal plan!

FLUSH DAY MEAL PLAN:

Meal 1/Pre workout Meal:

25g Ideal Lean (1 scoop)
60g banana (½ medium)
1 c. unsweetened almond milk

Instructions:

Blend all ingredients with ice into a refreshing smoothie! Try using a frozen banana to make it extra creamy!

Meal 2/Post Workout Meal:

25g Ideal Lean (1 scoop)
75g strawberries, diced (1/2 c.)
1 c. unsweetened almond milk

Instructions:

Blend all ingredients with ice into a smoothie. Try adding 1T. lime juice for a refreshing twist!

Meal 3:

1 Whole egg
¾ c. egg whites

Instructions:

Try scrambling egg whites with chopped broccoli and zucchini to add more volume to this meal.

Meal 4:

Garlic Lime Chicken Salad
Garlic Lime Chicken Marinade
(See recipe on page 17)
115g chicken
45g avocado (¼ medium)
Romaine Lettuce

Instructions:

Combine all marinade ingredients. Set 2T of the marinade aside to use as dressing. Marinate the chicken for at least 15-30 minutes. Grill chicken until cooked through. Top salad with chicken, avocado and dressing.

Meal 5:

Steak Salad with Oil and Vinegar Dressing
Oil and Vinegar Dressing
(See Recipe on page 17)
85g Top Sirloin
Any Salad Veggies from the approved list

Instructions:

Season steak with salt and pepper, then grill until cooked to desired doneness. Top salad with steak, veggies of your choosing and dressing.

Meal 6:

25g Chocolate Ideal Lean (1 scoop)
16g peanut butter (1T)
1 t. Cocoa Powder
Sweetener of choice to taste (if desired)

Instructions:

Stir together protein powder, 1 t. cocoa and sweetener of choice to taste. Add 1 ½ - 2 T of water half tablespoon at a time until you've reached a thick but stirrable consistency. Pour half the "batter" into a small bowl. Layer the peanut butter over half the protein batter. Top with remaining protein batter. Freeze for about 2 hours. Thaw for 20 minutes before eating.

FLUSH DAY RECIPES:

Garlic Lime Chicken Marinade/Dressing

3 T. low sodium soy sauce

1 T. lime juice

2 t. worcestershire sauce

1 clove garlic

1/2 t. dry mustard

1/2 t. pepper

Instructions:

Whisk all ingredients together in a bowl, or mix in a gallon zip top bag for an even easier way to marinate your chicken.

Oil and Vinegar Dressing

1 t. olive oil

½ t. balsamic vinegar

1 t of mustard

Shake of pepper

MODERATE CARB DAY MEAL PLAN #1:

Meal 1/Pre workout:

Fluffy Oatmeal Pancakes

(see [Recipe on page 20](#))

Instructions:

Make a few days worth of pancakes in advance. Count how many pancakes you make in one serving and freezing one serving together in a zip top bag. Pop in the toaster when you're ready to eat!

Meal 2/Post Workout:

1 c. unsweetened almond milk

25g Ideal Lean (1 scoop)

7g honey (1 t.)

120g blueberries, frozen, ($\frac{3}{4}$ c)

Ice

Instructions

Blend into a creamy smoothie!

Meal 3:

85g chicken

115g sweet potato

1 t. olive oil

$\frac{1}{8}$ t. garlic powder

$\frac{1}{8}$ t. paprika

$\frac{1}{8}$ t. salt

$\frac{1}{8}$ t. pepper

Instructions

Slice the chicken into strips and season with sea salt and pepper, then grill. Meanwhile, slice sweet potato into thin strips and toss in olive oil. Season with $\frac{1}{8}$ t. garlic powder, $\frac{1}{8}$ t. paprika, $\frac{1}{8}$ t. salt and $\frac{1}{8}$ t. pepper. Line a baking sheet with foil and spray with nonstick cooking spray. Spread out french fries on the foil and bake at 450 degrees for 30 minutes or until fork tender and crispy!

Instructions: If you have time, soak your sweet potato fries in water for 30 min - 2 hours before seasoning and baking to ensure they bake up nice and crispy!

Meal 4:

Turkey Snack Wrap

1 Whole wheat tortilla (80 cal)

70g Turkey (2 ½ oz)

25g avocado (1/8 of a medium avocado)

Instructions:

Make a "snack wrap" by rolling up the turkey and avocado in the tortilla. You can even wrap in saran wrap and throw it in a small cooler bag to take with you on the go.

Meal 5:

Ginger Glazed Fish

Ginger glaze(see recipe on page 20)

85g tilapia, mahi mahi or any white fish

12g pecans

Steam any veggies from the approved list

Instructions:

Place fish in baking dish with marinade and top with salt and pepper. Cover and marinate for 30 minutes or more. Heat coconut oil in a pan over med/high heat. Fry the fish for 4-6 minutes on each side, turning once, until it flakes easily. You can also grill the fish on the bbq until cooked through. Pour remaining marinade into pan and heat to boiling to make glaze. Drizzle 1 T. glaze and sprinkle pecans over the fish and veggies.

Meal 6:

Chocolate Coconut Fudge

25g Chocolate Ideal Lean (1 scoop)

1 ½ t. coconut oil, melted

¼ t. cocoa

sweetener to taste

Instructions:

Stir together Ideal Lean, coconut oil, ¼ t. cocoa, and sweetener to taste. Add 1-2 T. of water ½ T at a time until it's brownie batter consistency. Freeze for 2 hours. Thaw for 20 minutes before eating!

MODERATE CARB DAY MEAL PLAN 1 RECIPES:

Fluffy Oatmeal Pancakes

1/3 c. egg whites

27g oats (1/3 c.)

13g IdealLean (1/2 scoop)

1/2 c. pumpkin OR 60g banana (1/2 medium)

1/4 t. baking soda

1/4 t. baking powder

1/4 t. cinnamon

1/8 t. ginger

1/8 t. nutmeg

Stevia

splash vanilla

Optional: 2 T. Torani sf pumpkin pie syrup

1. Grind oats, IdealLean, stevia, spices and baking powder and soda in the blender until it's like powder. Pour into a separate bowl.
2. Blend egg whites on medium speed in blender for about 30 seconds. Add pumpkin and Torani and blend again for about 30 seconds.
3. Add dry ingredients to the blender and blend.
4. Pour onto a preheated griddle and cook like pancakes.
5. Top with sugar free syrup

Ginger Glazed Mahi Mahi

3T honey

3T balsamic vinegar

3T low sodium soy sauce or Bragg's liquid aminos

1/4 t. ground ginger

1 clove garlic, crushed

Combine all ingredient in baking dish and whisk to combine.

MODERATE CARB DAY PLAN #2:

Meal 1/Pre workout:

25g IdealLean (1 scoop)
1 c. unsweetened almond milk
2 cheddar rice cakes

Instructions:

Blend IdealLean and almond milk and enjoy rice cakes on the side.

Meal 2/Post workout:

Raspberry Cheesecake Shake ([see recipe on page 22](#))

Meal 3:

Buffalo Chicken ([see recipe on page 22](#))

85g buffalo chicken
95g brown rice, cooked (1/2 c.)
25g avocado (1/8 medium)

Instructions:

Pre cook rice and chicken according to the buffalo chicken recipe. Combine all ingredients along with any steamed veggies you'd like. Season with sea salt and pepper. If you don't like buffalo sauce, see the recipe for an alternate flavoring.

Meal 4:

1 hard boiled egg
250g apple (1 medium)

Meal 5:

70g Top sirloin
Salt, pepper and ground mustard to taste
Any Salad Veggies from the approved list
Olive oil and vinegar dressing ([see recipe on page 22](#))

Instructions: Season steak with sea salt, pepper and ground mustard. Make a big salad with whatever veggies from the approved list that you like. Top with grilled steak and dressing!

Meal 6:

Maple Nut Fudge ([see recipe on page 22](#))

MODERATE CARB DAY PLAN #2 RECIPES:

Raspberry Cheesecake Shake

25g Ideal Lean (1 scoop)
1 sheet/4 squares low fat graham crackers
1 oz fat free cream cheese
60g frozen raspberries (½ c.)
1 c. unsweetened almond milk
Ice

Blend all ingredients in a blender. Reserve 1 graham cracker square to crumble on top of your shake.

Buffalo Chicken

Put frozen or thawed chicken breasts into crock pot and top with 1 envelope Ranch Dips packet and ¾ of a bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken. Add more sauce if needed and cook for another hour or so. Weigh your portion after cooking.

If Buffalo sauce is too spicy for you, try using a taco seasoning packet instead. The taco seasoning and ranch seasoning tastes great together!

Oil and Vinegar Dressing

1 t. olive oil
½ t. balsamic vinegar
Little squirt of mustard
Shake of pepper

Maple Nut Fudge

8g crunchy peanut butter (½ T)
25g vanilla Ideal Lean (1 scoop)
⅛ t. maple extract
¼ t. vanilla extract
1-2T water

Instructions

Melt peanut butter until softened. Stir peanut butter, Ideal Lean, maple extract and vanilla extract and sweetener, if desired. Stir in water ½ T. at a time until you've reached batter consistency. Freeze for 2 hours. Thaw for 20 minutes before eating.

MODERATE CARB DAY PLAN #3:

Meal 1/Pre workout:

½ c. egg whites
½ c. unsweetened almond milk
35g plain cheerios (1 ¼ c.)

Meal 2/Post workout:

25g Ideal Lean (1 scoop)
1 c. unsweetened almond milk
2 caramel or chocolate rice cakes

Meal 3:

2 corn tortillas (60 cal each)
85g chicken
Cabbage, thinly sliced
Honey Lime Dressing ([see recipe on page 24](#))

Instructions:

Make two chicken tacos with thinly sliced cabbage and one serving of honey lime dressing and chicken! Don't fry the tortillas! You can cook or warm them in a pan heated up with some non stick cooking spray!

Meal 4:

1 serving No Bake Cookie Protein Bars ([see recipe on page 24](#))

Meal 5:

Honey Chicken Stir Fry ([See recipe on page 24](#))
85g chicken
1 t. coconut oil

Meal 6:

Ideal Lean Chocolate Lava Cake ([See recipe on page 25](#))
8g peanut butter (1/2 T)

Instructions: Make one serving chocolate lava cake and top with peanut butter right as it comes out of the microwave.

MODERATE CARB DAY PLAN #3 RECIPES:

Honey Lime Dressing:

15g mayo (1T)
15g mustard (1T)
7g honey (1t)
½ t lime juice
sprinkle ginger

No Bake Cookie Protein Bars

12g peanut butter (¾ T)
20g Chocolate Ideal Lean
27g oats (⅓ c.)
1-2 T. Almond milk (or just enough to be able to stir)

Instructions:

1. Mix all ingredients in large bowl. Pour into a small greased bowl . Freeze for 2-3 hours or until firm.
2. Either eat immediately or take out of the bowl and wrap in saran wrap for later. Keep in the freezer and thaw slightly before eating.

Honey Chicken Stir Fry

Any veggies you'd like
85g chicken
1 t. coconut oil
7g honey (1t.)

Instructions:

Warm a skillet over medium heat with 1 t. coconut oil.
Add chicken and sautee until almost cooked through.
Add any veggies you'd like or have on hand. I love to add onions, bell pepper, celery and zuchinni.
When the chicken and vegetables are almost done cooking, top with honey and salt to taste.

Protein Melting Cake

25g Chocolate Ideal Lean (1 scoop)

¼ t. baking powder

Stevia

1-2 T. water

Instructions:

Stir together until it's the consistency of brownie batter. Microwave for 10 seconds. Take out the cake and check it. It should be slightly starting to cook around the edges. Microwave it again for approx. 5-8 seconds. It should be cake like in some areas but still doughy in others. Everyone's microwave is different. Try these times exactly and adjust from there. If it's too hard or cakey, microwave it for less time or on 50% power for a little more time.

IDEALFIT 15 DAY FIT BODY CHALLENGE OVERVIEW

WOMEN 135LBS – 165LBS

Welcome to the IdealFit 15 Day Fit Body Challenge! This program focuses on FAST fat loss! I'm so excited for you to feel fit, lean, happy and amazing in just 15 short days!

The Fit Body Challenge (FBC) nutrition program is based on a revolutionary carb cycling method that will help you shed excess water and fat. This will be so simple and you'll feel so satisfied with your food that it will feel effortless!

The workouts will be quick and tough! They are set up in my signature circuit training technique that I have been using for over a decade to help people lose fat and transform their bodies.

By following this 15 day program exactly as laid out you can expect to lose 4-8 pounds and feel confident and happy in your skin! I can't wait to hear all about your journey!

IDEALFIT 15 DAY FIT BODY CHALLENGE – NUTRITION

Follow the carb cycling schedule as laid out below. There is one meal plan for the FLUSH DAYS and three meal plans to choose from for the moderate days. You can choose any moderate day meal plan you'd like but you can NOT pick and choose different meals from different days. You must follow the entire days meal plan. The macronutrients and calorie totals for each moderate day plan are approximately the same but if you swap out meals from different days you will change the macros for the day and they won't be where they need to be. Pick one meal plan and stick to it for the day. You do not have to try each meal plan. If there's one you love you can stick to it the whole time!

We will begin and end the program with two FLUSH DAYS. You must also follow the FLUSH DAY guidelines for optimal results. The middle eleven days will be your moderate days.

You are allowed one "treat meal" on day 6, 7 or 8 IF you have followed the plan exactly as outlined through the first week. This treat meal can be anything you're craving but it must be under 600 calories!

SCHEDULE:

Day 1: Jump Start day

Day 2: Jump Start day

Day 3: Moderate Day

Day 4: Moderate Day

Day 5: Moderate Day

Day 6: Moderate Day

Day 7: Moderate Day

+ Treat Meal

Day 8: Moderate Day

Day 9: Moderate Day

Day 10: Moderate Day

Day 11: Moderate Day

Day 12: Moderate Day

Day 13: Moderate Day

Day 14: Flush Day

Day 15: Flush Day

Jump Start/Flush Day Guidelines

1. Double your current water intake or 1 gallon of water a day – whichever is more with a max at 1 ½ gallons. If you are currently drinking a gallon a day, only increase to 1 ½ gallons.

Eat ALL of the food on the plan!

2. No diet drinks ie: diet soda, crystal light, etc. You may flavor your water with lemon, lime or stevia sweetened powders.

3. Use only stevia as your sweetener.

4. No BLT's (bites, licks, tastes) of anything off the plan.

5. You are allowed unlimited amounts of the veggies below:

Any leafy greens

Asparagus

Broccoli

Cabbage

Cauliflower

Celery

Cucumber

Onions

Pickles

Summer Squash

Zucchini

Moderate Carb Day Guidelines

1. Drink 1 gallon of water a day.

3. You may use any non-caloric sweetener

4. No BLT's (bites, licks, tastes) of anything off the plan.

5. You must eat ALL of the food on the plan. Do not skip meals.

6. You are allowed unlimited amounts of the veggies below:

Any leafy greens

Asparagus

Bell Pepper

Broccoli

Brussel Sprouts

Cabbage

Cauliflower

Celery

Cucumber

Egg Plant

Fennel

Mushroom

Okra

Onions

Pickles

Radish

Snow Peas

Summer Squash

Tomato

Zucchini

IMPORTANT NOTES:

-If you don't work out in the morning see the section in the FAQ's about workout timing and adjusting your meals.

-All weights for meat and rice are cooked weight.

-All weights for potato are uncooked weight.

-When I say to use a certain flavor of Ideal Lean, you can try the recipe with any flavor you'd like.

-Preferred sweeteners are stevia or splenda (depending on the day) but you may use any non-caloric sweetener.

-Practically any meal can be taken on the go if you have a smaller cooler and a hard core attitude! Yes, you really CAN eat your food cold! ;-)

-You'll need a food scale for accurate food measurements!

-Make sure you follow the recipes in YOUR section of the booklet or attachment as they are formatted to fit YOUR specific meal plan!

FLUSH DAY MEAL PLAN:

Meal 1/Pre workout Meal:

30g Ideal Lean
60g banana (½ medium)
1 c. unsweetened almond milk

Instructions:

Blend all ingredients with ice into a refreshing smoothie! Try using a frozen banana to make it extra creamy!

Meal 2/Post Workout Meal:

30g Ideal Lean
75g strawberries, diced (½ c.)
1 c. unsweetened almond milk

Instructions:

Blend all ingredients with ice into a smoothie. Try adding 1T. lime juice for a refreshing twist!

Meal 3:

1 Whole egg
1 c. egg whites

Instructions:

Try scrambling egg whites with chopped broccoli and zucchini to add more volume to this meal.

Meal 4:

Garlic Lime Chicken ([See recipe on page 31](#))
115g chicken
65g avocado (⅓ medium)
Romaine Lettuce

Instructions:

Combine all marinade ingredients. Set 2T of the marinade aside to use as dressing. Marinate the chicken for 15-30 minutes. Grill chicken until cooked through. Top salad with chicken, avocado and dressing.

Meal 5:

Steak Salad with Oil and Vinegar Dressing

(See Recipe on page 31)

115g Top Sirloin

Any Salad Veggies from the approved list

Instructions:

Grill steak seasoned with salt and pepper. Top salad with steak and dressing

Meal 6:

30g Chocolate Ideal Lean

16g peanut butter (1T)

Instructions:

Stir together protein powder, 1 t. cocoa and sweetener of choice to taste. Add 1 ½ - 2 T of water half tablespoon at a time until you've reached a thick but stirrable consistency. Pour half the "batter" into a small bowl. Layer the peanut butter over half the protein batter. Top with the rest of the protein batter. Freezer for about 2 hours. Thaw for 20 minutes before eating.

FLUSH DAY RECIPES:

Garlic Lime Chicken Marinade/Dressing

3 T. low sodium soy sauce

1 T. lime juice

2 t. worcestershire sauce

1 clove garlic

1/2 t. dry mustard

1/2 t. pepper

Instructions:

Marinate chicken for 15-30 minutes and grill.

Oil and Vinegar Dressing

1 t. olive oil

½ t. balsamic vinegar

1 t of mustard

Shake of pepper

MODERATE CARB DAY MEAL PLAN #1:

Meal 1/Pre workout:

Fluffy Oatmeal Pancakes (see Recipe on page 34)

Instructions:

Make a few days worth of pancakes in advance. Count how many pancakes you make in one serving and freezing one serving together in a zip loc bag. Pop in the toaster when you're ready to eat!

Meal 2/Post Workout:

1 c. unsweetened almond milk

1 scoop Ideal Lean

1 t. honey

1 c. blueberries, frozen Ice

Instructions:

Blend into a creamy smoothie!

Meal 3:

4 oz chicken

5 oz sweet potato

1 t. olive oil

Instructions:

Slice the chicken into strips and season with sea salt and pepper and grill! Meanwhile, slice sweet potato into thin strips and toss in olive oil. Season with $\frac{1}{8}$ t. garlic powder, $\frac{1}{8}$ t. paprika, $\frac{1}{8}$ t. salt and $\frac{1}{8}$ t. pepper. Line a baking sheet with foil and spray with non stick cooking spray. Spread out french fries on the foil and bake at 450 degrees for 30 minutes or until nice and crispy!

TIP! If you have time, soak your sweet potato fries in water for 30 min - 2 hours before seasoning and baking to ensure they bake up nice and crispy!

Meal 4:

1 Whole wheat tortilla (80 cal)

2 $\frac{1}{2}$ oz turkey

45g avocado ($\frac{1}{4}$ of an avocado)

Instructions: Make a "snack wrap" by rolling up the turkey and avocado in the tortilla! You can even wrap in saran wrap and throw it in a small cooler bag to take with you on the go!

Meal 5:

Ginger Glazed Fish ([see recipe on page 34](#))

3 oz tilapia or mahi mahi (or any white fish)

12g pecans

Instructions: Prepare fish according to recipe below. Steam any veggies you'd like. Drizzle 1T. glaze and sprinkle pecans over the fish and veggies.

Meal 6:

Chocolate Coconut Fudge ([see recipe on page 35](#))

1 scoop Ideal Lean

2 t. coconut oil

MODERATE CARB DAY MEAL PLAN #1 RECIPES:

Fluffy Oatmeal Pancakes

½ c. egg whites
½ c. oats
½ scoop Ideal Lean
1/2 c. pumpkin OR ½ medium banana
1/4 t. baking soda
1/4 t. baking powder
1/4 t. cinnamon
1/8 t. ginger
1/8 t. nutmeg
Stevia
splash vanilla
Optional: 2 T. Torani sf pumpkin pie syrup

1. Grind oats, stevia, spices and baking powder and soda in the blender until it's like powder. Pour into a separate bowl.
2. Blend egg whites on medium speed in blender for about 30 seconds. Add pumpkin and Torani and blend again for about 30 seconds.
3. Add dry ingredients to the blender and blend.
4. Pour onto a preheated griddle and cook like pancakes.
5. Top with sugar free syrup

Ginger Glazed Mahi Mahi

3T honey
3T balsamic vinegar
3T low sodium soy sauce or Bragg's liquid aminos
¼ t. ground ginger
1 clove garlic, crushed
Mahi mahi filets

1. Combine marinade in baking dish.
2. Place fish in dish and top with salt and pepper. Cover and marinate for 30 minutes or more.
3. Heat 1t. coconut oil in a pan over med/high heat. Fry the fish for 4-6 minutes on each side, turning once, until it flakes easily. You can also grill the fish on the bbq until cooked through.
4. Pour remaining marinade into pan and heat to boiling to make glaze. Top fish with 1T. glaze.
5. Serve with steamed veggies.

Chocolate Coconut Fudge

1 scoop Chocolate Ideal Lean

2 t. coconut oil, melted

Stir together Ideal Lean, coconut oil, ¼ t. cocoa, and sweetener to taste.

Add 1-2 T. of water ½ T at a time until it's brownie batter consistency.

Freeze for 2 hours.

Thaw for 20 minutes before eating!

MODERATE CARB DAY PLAN #2:

Meal 1/Pre workout:

25g Ideal Lean (1 scoop)
1 c. unsweetened almond milk
2 cheddar rice cakes

Meal 2/Post workout:

Raspberry Cheesecake Shake ([see recipe on page 37](#))

Meal 3:

Buffalo Chicken ([see recipe on page 37](#))
145g brown rice, cooked ($\frac{3}{4}$ c)
85g chicken breast
45g avocado (1/4 medium)

Instructions: Pre cook rice and chicken according to the buffalo chicken recipe. Combine all ingredients along with any steamed veggies you'd like. Season with sea salt and pepper. If you don't like buffalo sauce, see recipe below for an alternate flavoring.

Meal 4:

1 hard boiled egg
250g apple (1 medium)

Meal 5:

85g Top sirloin
Olive oil and vinegar dressing ([see recipe on page 37](#))

Instructions: Season steak with sea salt, pepper and ground mustard. Make a big salad with whatever veggies from the approved list that you like! Top with grilled steak and dressing!

Meal 6:

Maple Nut Fudge ([see recipe on page 37](#))

MODERATE CARB DAY PLAN #2 RECIPES:

Raspberry Cheesecake Shake

25g Ideal Lean (1 scoop)
1 ½ sheets/6 squares low fat graham crackers
1 oz fat free cream cheese
60g frozen raspberries (1/2 c.)
1 c. unsweetened almond milk
Ice

Instructions:

Blend all ingredients in a blender. Reserve 1 graham cracker square to crumble on top of your shake.

Buffalo Chicken

Put frozen or thawed chicken breasts into crock pot and top with 1 envelope Ranch Dips packet and ¾ of a bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken. Add more sauce if needed and cook for another hour or so. Weigh your portion after cooking.

Instructions:

If Buffalo sauce is too spicy for you, try using a taco seasoning packet instead. The taco seasoning and ranch seasoning tastes great together!

Oil and Vinegar Dressing

1 t. olive oil
½ t. balsamic vinegar
Little squirt of mustard
Shake of pepper

Maple Nut Fudge

16g crunchy peanut butter (1T)
25g vanilla Ideal Lean (1 scoop)
⅛ t. maple extract
¼ t. vanilla extract
1-2T water

Instructions:

Melt peanut butter until softened. Stir peanut butter, Ideal Lean, maple extract and vanilla extract and sweetener, if desired. Stir in water ½ T. at a time until

MODERATE CARB DAY PLAN #3:

Meal 1/Pre workout:

¾ c. egg whites
½ c. unsweetened almond milk
35g plain cheerios (1 ¼ c)

Meal 2/Post workout:

25g Ideal Lean (1 scoop)
1 c. unsweetened almond milk
3 caramel or chocolate rice cakes

Meal 3:

2 corn tortillas (60 cal each)
85g chicken
Cabbage, thinly sliced
Honey Lime Dressing ([see recipe on page 39](#))

Instructions:

Make two chicken tacos with thinly sliced cabbage and one serving of honey lime dressing and chicken! Don't fry the tortillas! You can cook or warm them in a pan heated up with some non stick cooking spray!

Meal 4:

1 serving No Bake Cookie Protein Bars
([see recipe on page 39](#))

Meal 5:

Honey Chicken Stir Fry (See recipe below)
85g chicken
1 t. coconut oil

Meal 6:

Ideal Lean Chocolate Lava Cake
([See recipe on page 39](#))
16g peanut butter (1T)

Instructions:

Make one serving chocolate lava cake and top with peanut butter right as it comes out of the microwave.

MODERATE CARB DAY PLAN #3 RECIPES:

Honey Lime Dressing:

15g mayo (1T)
15g mustard (1T)
7g honey (1 t)
½ t lime juice
sprinkle ginger

No Bake Cookie Protein Bars

16g peanut butter (1T)
25g Chocolate Ideal Lean (1 scoop)
27g oats (1/3 c)
1-2 T. Almond milk (or just enough to be able to stir)

Instructions:

1. Mix all ingredients in large bowl. Pour into a small greased bowl . Freeze for 2-3 hours or until firm.
2. Either eat immediately or take out of the bowl and wrap in saran wrap for later. Keep in the freezer and thaw slightly before eating.

Honey Chicken Stir fry

Any veggies you'd like
85g chicken
1 t. coconut oil
7g honey (1 t)

Instructions:

Warm a skillet over medium heat with 1 t. coconut oil.
Add chicken and sautee until almost cooked through.
Add any veggies you'd like or have on hand. I love to add onions, bell pepper, celery and zuchinni.
When the chicken and vegetables are almost done cooking, top with honey and salt to taste.

Protein Melting Cake

25g Chocolate Ideal Lean (1 scoop)

¼ t. baking powder

Stevia

1-2 T. water

Instructions:

Stir together until it's the consistency of brownie batter. Microwave for 10 seconds. Take out the cake and check it. It should be slightly starting to cook around the edges. Microwave it again for approx. 5-8 seconds. It should be cake like in some areas but still doughy in others. Everyone's microwave is different. Try these times exactly and adjust from there. If it's too hard or cakey, microwave it for less time or on 50% power for a little more time.

IDEALFIT 15 DAY FIT BODY CHALLENGE OVERVIEW

WOMEN OVER 165LBS

Welcome to the IdealFit 15 Day Fit Body Challenge! This program focuses on FAST fat loss! I'm so excited for you to feel fit, lean, happy and amazing in just 15 short days!

The Fit Body Challenge (FBC) nutrition program is based on a revolutionary carb cycling method that will help you shed excess water and fat. This will be so simple and you'll feel so satisfied with your food that it will feel effortless!

The workouts will be quick and tough! They are set up in my signature circuit training technique that I have been using for over a decade to help people lose fat and transform their bodies.

By following this 15 day program exactly as laid out you can expect to lose 4-8 pounds and feel confident and happy in your skin! I can't wait to hear all about your journey!

IDEALFIT 15 DAY FIT BODY CHALLENGE – NUTRITION

Follow the carb cycling schedule as laid out below. There is one meal plan for the FLUSH DAYS and three meal plans to choose from for the moderate days. You can choose any moderate day meal plan you'd like but you can NOT pick and choose different meals from different days. You must follow the entire days meal plan. The macronutrients and calorie totals for each moderate day plan are approximately the same but if you swap out meals from different days you will change the macros for the day and they won't be where they need to be. Pick one meal plan and stick to it for the day. You do not have to try each meal plan. If there's one you love you can stick to it the whole time!

We will begin and end the program with two FLUSH DAYS. You must also follow the FLUSH DAY guidelines for optimal results. The middle eleven days will be your moderate days.

You are allowed one "treat meal" on day 6, 7 or 8 IF you have followed the plan exactly as outlined through the first week. This treat meal can be anything you're craving but it must be under 600 calories!

SCHEDULE:

Day 1: Jump Start day

Day 2: Jump Start day

Day 3: Moderate Day

Day 4: Moderate Day

Day 5: Moderate Day

Day 6: Moderate Day

Day 7: Moderate Day

+ Treat Meal

Day 8: Moderate Day

Day 9: Moderate Day

Day 10: Moderate Day

Day 11: Moderate Day

Day 12: Moderate Day

Day 13: Moderate Day

Day 14: Flush Day

Day 15: Flush Day

FLUSH DAY Guidelines

1. Double your current water intake or 1 gallon of water a day – whichever is more with a max at 1 ½ gallons. If you are currently drinking a gallon a day, only increase to 1 ½ gallons.

Eat ALL of the food on the plan!

2. No diet drinks ie: diet soda, crystal light, etc. You may flavor your water with lemon, lime or stevia sweetened powders.

3. Use only stevia as your sweetener.

4. No BLT's (bites, licks, tastes) of anything off the plan.

5. You are allowed unlimited amounts of the veggies below:

Any leafy greens

Asparagus

Broccoli

Cabbage

Cauliflower

Celery

Cucumber

Onions

Pickles

Summer Squash

Zucchini

Moderate Carb Day Guidelines

1. Drink 1 gallon of water a day.

3. You may use any non-caloric sweetener

4. No BLT's (bites, licks, tastes) of anything off the plan.

5. You must eat ALL of the food on the plan. Do not skip meals.

6. You are allowed unlimited amounts of the veggies below:

Any leafy greens

Asparagus

Bell Pepper

Broccoli

Brussel Sprouts

Cabbage

Cauliflower

Celery

Cucumber

Egg Plant

Fennel

Mushroom

Okra

Onions

Pickles

Radish

Snow Peas

Summer Squash

Tomato

Zucchini

IMPORTANT NOTES:

-If you don't work out in the morning see the section in the FAQ's about workout timing and adjusting your meals.

-All weights for meat and rice are cooked weight.

-All weights for potato are uncooked weight.

-Practically any meal can be taken on the go if you have a smaller cooler and a hard core attitude! Yes, you really CAN eat your food cold! ;-)

-You'll need a food scale for accurate food measurements!

-Make sure you follow the recipes in YOUR section of the booklet or attachment as they are formatted to fit YOUR specific meal plan!

FLUSH DAY MEAL PLAN:

Meal 1/Pre workout Meal:

35g Ideal Lean
60g banana (½ medium)
1 c. unsweetened almond milk

Instructions:

Blend all ingredients with ice into a refreshing smoothie! Try using a frozen banana to make it extra creamy!

Meal 2/Post Workout Meal:

35g Ideal Lean
75g strawberries, diced, (½ medium)
1 c. unsweetened almond milk

Instructions:

Blend all ingredients with ice into a smoothie. Try adding 1T. lime juice for a refreshing twist!

Meal 3:

2 Whole eggs
¾ c. egg whites

Instructions:

Try scrambling egg whites with chopped broccoli and zucchini to add more volume to this meal.

Meal 4:

Garlic Lime Chicken ([See recipe on page 46](#))
140g chicken
65g avocado (⅓ of a medium avocado)
Romaine Lettuce

Instructions:

Combine all marinade ingredients. Set 2T of the marinade aside to use as dressing. Marinate the chicken for 15-30 minutes. Grill chicken until cooked through. Top salad with chicken, avocado and dressing.

Meal 5:

Steak Salad with Oil and Vinegar Dressing

(See Recipe on page 46)

115g Top Sirloin

Any Salad Veggies from the approved list

Instructions:

Grill steak seasoned with salt and pepper. Top salad with steak and dressing

Meal 6:

35g Chocolate Ideal Lean

24g peanut butter (1 ½ T.)

Instructions:

Stir together protein powder, 1 t. cocoa and sweetener of choice to taste. Add 1 ½ - 2 T of water half tablespoon at a time until you've reached a thick but stirrable consistency. Pour half the "batter" into a small bowl. Layer the peanut butter over half the protein batter. Top with the rest of the protein batter. Freezer for about 2 hours. Thaw for 20 minutes before eating.

FLUSH DAY RECIPES:

Garlic Lime Chicken Marinade/Dressing

3 T. low sodium soy sauce

1 T. lime juice

2 t. worcestershire sauce

1 clove garlic

1/2 t. dry mustard

1/2 t. pepper

Instructions:

Marinate chicken for 15-30 minutes and grill.

Oil and Vinegar Dressing

1 t. olive oil

½ t. balsamic vinegar

1 t of mustard

Shake of pepper

MODERATE CARB DAY MEAL PLAN #1:

Meal 1/Pre workout:

Fluffy Oatmeal Pancakes (see Recipe on page 49)

Instructions:

Make a few days worth of pancakes in advance. Count how many pancakes you make in one serving and freezing one serving together in a zip loc bag. Pop in the toaster when you're ready to eat!

Meal 2/Post Workout:

1 c. unsweetened almond milk

30g Ideal Lean

7g honey (1t.)

150g blueberries, frozen (1 c.)

Ice

Instructions:

Blend into a creamy smoothie!

Meal 3:

115g chicken

170g sweet potato

1 t. olive oil

Instructions:

Slice the chicken into strips and season with sea salt and pepper and grill! Meanwhile, slice sweet potato into thin strips and toss in olive oil. Season with $\frac{1}{8}$ t. garlic powder, $\frac{1}{8}$ t. paprika, $\frac{1}{8}$ t. salt and $\frac{1}{8}$ t. pepper. Line a baking sheet with foil and spray with non stick cooking spray. Spread out french fries on the foil and bake at 450 degrees for 30 minutes or until nice and crispy!

TIP! If you have time, soak your sweet potato fries in water for 30 min - 2 hours before seasoning and baking to ensure they bake up nice and crispy!

Meal 4:

1 Whole wheat tortilla (80 cals)

85g turkey

45g avocado (1/4 of a medium avocado)

Instructions: Make a "snack wrap" by rolling up the turkey and avocado in the tortilla! You can even wrap in saran wrap and throw it in a small cooler bag to take with you on the go!

Meal 5:

Ginger Glazed Fish ([see recipe on page 49](#))

115g tilapia or mahi mahi (or any white fish)

14g pecans

Instructions:

Prepare fish according to recipe below. Steam any veggies you'd like. Drizzle glaze and sprinkle pecans over the fish and veggies.

Meal 6:

Chocolate Coconut Fudge ([see recipe on page 50](#))

30g Ideal Lean

2 t. coconut oil

MODERATE CARB DAY MEAL PLAN #1 RECIPES:

Fluffy Oatmeal Pancakes

½ c. egg whites

40g oats (½ c)

½ scoop Ideal Lean

1/2 c. pumpkin OR 60g banana (½ medium)

1/4 t. baking soda

1/4 t. baking powder

1/4 t. cinnamon

1/8 t. ginger

1/8 t. nutmeg

Stevia

splash vanilla

Optional: 2 T. Torani sf pumpkin pie syrup

Instructions:

1. Grind oats, stevia, spices and baking powder and soda in the blender until it's like powder. Pour into a separate bowl.
2. Blend egg whites on medium speed in blender for about 30 seconds. Add pumpkin and Torani and blend again for about 30 seconds.
3. Add dry ingredients to the blender and blend.
4. Pour onto a preheated griddle and cook like pancakes.
5. Top with sugar free syrup

Ginger Glazed Mahi Mahi

3T honey

3T balsamic vinegar

3T low sodium soy sauce or Bragg's liquid aminos

¼ t. ground ginger

1 clove garlic, crushed

Mahi mahi (or any white fish) filets

Instructions:

1. Combine marinade in baking dish.
2. Place fish in dish and top with salt and pepper. Cover and marinate for 30 minutes or more.
3. Heat 1t. coconut oil in a pan over med/high heat. Fry the fish for 4-6 minutes on each side, turning once, until it flakes easily. You can also grill the fish on the bbq until cooked through.
4. Pour remaining marinade into pan and heat to boiling to make glaze. Top fish with 1T. glaze.
5. Serve with steamed veggies.

Chocolate Coconut Fudge

30g Chocolate Ideal Lean

2 t. coconut oil, melted

Instructions:

Stir together Ideal Lean, coconut oil, $\frac{1}{4}$ t. cocoa, and sweetener to taste.

Add 1-2 T. of water $\frac{1}{2}$ T at a time until it's brownie batter consistency.

Freeze for 2 hours.

Thaw for 20 minutes before eating!

MODERATE CARB DAY PLAN #2:

Meal 1/Pre workout:

30g Ideal Lean
1 c. unsweetened almond milk
3 cheddar rice cakes

Meal 2/Post workout:

Raspberry Cheesecake Shake ([see recipe on page 52](#))

Meal 3:

Buffalo Chicken ([see recipe on page 52](#))
140g brown rice, cooked ($\frac{3}{4}$ c)
115g chicken breast
45g avocado (1/4 medium)

Instructions: Pre cook rice and chicken according to the buffalo chicken recipe. Combine all ingredients along with any steamed veggies you'd like. Season with sea salt and pepper. If you don't like buffalo sauce you can use plain chicken.

Meal 4:

2 hard boiled eggs
250g apple (1 medium)

Meal 5:

100g Top sirloin
Olive oil and vinegar dressing ([see recipe on page 52](#))

Instructions: Season steak with sea salt, pepper and ground mustard. Make a big salad with whatever veggies from the approved list that you like! Top with grilled steak and dressing!

Meal 6:

Maple Nut Fudge ([see recipe on page 52](#))

MODERATE CARB DAY PLAN #2 RECIPES:

Raspberry Cheesecake Shake

30g Ideal Lean
1 ½ sheet/6 squares low fat graham crackers
1 oz fat free cream cheese
100g frozen raspberries (¾ c.)
1 c. unsweetened almond milk
Ice

Instructions:

Blend all ingredients in a blender. Reserve 1 graham cracker square to crumble on top of your shake.

Buffalo Chicken

Put frozen or thawed chicken breasts into crock pot and top with 1 envelope Ranch Dips packet and ¾ of a bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken. Add more sauce if needed and cook for another hour or so. Weight your portion after cooking.

Instructions:

If Buffalo sauce is too spicy for you, try using a taco seasoning packet instead. The taco seasoning and ranch seasoning tastes great together!

Oil and Vinegar Dressing

1 t. olive oil
½ t. balsamic vinegar
Little squirt of mustard
Shake of pepper

Maple Nut Fudge

16g crunchy peanut butter (1T)
30g. vanilla Ideal Lean
⅛ t. maple extract
¼ t. vanilla extract
1-2T water

Instructions:

Melt peanut butter until softened. Stir peanut butter, Ideal Lean, maple extract and vanilla extract and sweetener, if desired. Stir in water ½ T. at a time until you've reached batter consistency. Freeze for 2 hours. Thaw for 20 minutes before eating.

MODERATE CARB DAY PLAN #3:

Meal 1/Pre workout:

¾ c. egg whites
½ c. unsweetened almond milk
35g plain cheerios (1 ¼ c.)

Meal 2/Post workout:

25g Ideal Lean (1 scoop)
1 c. unsweetened almond milk
3 caramel or chocolate rice cakes

Meal 3:

2 corn tortillas (60 cal each)
115g chicken
Cabbage, thinly sliced
Honey Lime Dressing ([see recipe on page 54](#))

Instructions:

Make two chicken tacos with thinly sliced cabbage and one serving of honey lime dressing and chicken! Don't fry the tortillas! You can cook or warm them in a pan heated up with some non stick cooking spray!

Meal 4:

1 serving No Bake Cookie Protein Bars ([see recipe on page 54](#))

Meal 5:

Honey Chicken Stir Fry ([See recipe on page 54](#))
115g chicken
1 t. coconut oil

Meal 6:

Ideal Lean Chocolate Lava Cake ([See recipe on page 54](#))
24g peanut butter (1 ½ T)

Instructions:

Make one serving chocolate lava cake and top with peanut butter right as it comes out of the microwave.

MODERATE CARB DAY PLAN #3 RECIPES:

Honey Lime Dressing:

15g mayo (1T)
15g mustard (1T)
7g honey (1t)
½ t lime juice
sprinkle ginger

No Bake Cookie Protein Bars

16g peanut butter (1T)
25g Chocolate Ideal Lean (1 scoop)
40g oats (1/2 c.)
1-2 T. Almond milk (or just enough to be able to stir)

Instructions:

1. Mix all ingredients in large bowl. Pour into a small greased bowl . Freeze for 2-3 hours or until firm.
2. Either eat immediately or take out of the bowl and wrap in saran wrap for later. Keep in the freezer and thaw slightly before eating.

Honey Chicken Stir fry

Any veggies you'd like
115g chicken
1 t. coconut oil
7g honey (1t)

Instructions:

Warm a skillet over medium heat with 1 t. coconut oil.
Add chicken and sautee until almost cooked through.
Add any veggies you'd like or have on hand. I love to add onions, bell pepper, celery and zuchinni.
When the chicken and vegetables are almost done cooking, top with honey and salt to taste.

Protein Melting Cake

25g Chocolate Ideal Lean (1 scoop)

¼ t. baking powder

Stevia

1-2 T. water

Instructions:

Stir together until it's the consistency of brownie batter. Microwave for 10 seconds. Take out the cake and check it. It should be slightly starting to cook around the edges. Microwave it again for approx. 5-8 seconds. It should be cake like in some areas but still doughy in others. Everyone's microwave is different. Try these times exactly and adjust from there. If it's too hard or cakey, microwave it for less time or on 50% power for a little more time.

15 DAY FIT BODY CHALLENGE WORKOUTS

WEEK 1

Day 1: Upper Body

Circuit 1:

Do 15 reps of each exercises followed by the cardio burst. Rest for 60 seconds. Then repeat circuit 1 using heavier weights and do 10 reps of each exercises. Rest for 60 seconds before moving on to circuit 2.

Push ups

Overhead Press

Underhand Row

Cardio:

Mt Climbers -30 each leg/Butt Kicks – 15 each leg – Repeat 2x total

Circuit 2:

Do 15 reps of each exercises followed by the cardio burst. Rest for 60 seconds. Then repeat circuit 2 using heavier weights and do 10 reps of each exercises.

Front Raises

Bicep Curls

Tricep Kickbacks

Cardio:

Jumping Jacks – 15/Burpees -2 – Repeat 2x total

Day 2: Lower Body

Circuit 1:

Do 15 reps of each exercises followed by the cardio burst. Rest for 60 seconds. Then repeat circuit 1 using heavier weights and do 10 reps of each exercises. Rest for 60 seconds before moving on to circuit 2.

Squats

Reverse Lunges

Straight Leg Deadlifts

Cardio:

Pop Squats – 10/squat hold – 10 seconds/Rest- 10 seconds and repeat

Circuit 2:

Do 15 reps of each exercises followed by the cardio burst. Rest for 60 seconds. Then repeat circuit 2 using heavier weights and do 10 reps of each exercises.

Side Lunges, reps on each leg

Weighted Bridges

Cardio:

Jumping Lunges – 10 total/Butt Kicks – 15 seconds - REPEAT

Day 3: Core/Cardio

Circuit 1:

Do all exercises without resting in between. Rest for 60 seconds and then repeat circuit 1. Rest for 60 seconds before moving on to circuit 2.

Full Sit up w/twist – legs out straight – 10 each side

Plank – 20 seconds

Mt Climbers – 30 seconds

Plank – 20 seconds

Plank Surrenders -5 each arm

Jumping Jacks – 15

Circuit 2:

Do all exercises without resting in between. Rest for 60 seconds and then repeat circuit 2.

Stability Crunches – 15

Stability Ball Froggies – 10

SB Reverse Crunches – 10

Mt Climbers – 30 seconds

Jumping Jacks – 30 seconds

Day 4: Upper Body

Circuit 1:

Do each exercise in circuit 1 without resting in between. Then rest 60 seconds and repeat the circuit.

45 degree Rows - 12

Push ups - 10

Renegade Rows - 12 each side

Push ups - 10

Cardio:

2 push ups/2 squat thrusts/10 Mt Climbers - 1 minute

Circuit 2:

Do each exercise in circuit 2 without resting in between. Then rest 60 seconds and repeat the circuit.

Bent Over Reverse Flies - 10

Lateral Raises - 10

Overhead Press - 10

In n Outs - 10

Underhand Front raises - 10

Cardio:

15 seconds each: 5 dot drill/High Knees/Side to side hops/Skaters

Day 5: Lower Body

Circuit 1:

Do each exercise in circuit 1 without resting in between. Then rest 60 seconds and repeat the circuit.

Front Squats-15

Jump Squats-10

Sumo Squats-15

Jump Squats-10

Cardio:

Squat hold burpees – 5 sec holds – 10 reps

Circuit 2:

Do each exercise in circuit 2 without resting in between. Then rest 60 seconds and repeat the circuit.

Reverse Squats - 15

Single Leg Bent over Squats – 10 each leg

Straight Leg Deadlifts - 15

Cardio:

Floor Tap Skaters – 25 seconds on, 5 sec rest, 25 sec on, 5 sec rest

Day 6: Core/Cardio

Circuit 1:

Do all exercises in circuit 1 starting with right leg in exercise 1.

Immediately repeat the exercises using the opposite leg in exercise #1.

Rest 60 seconds and repeat.

Push up/knee pull in across chest/leg lift – 10 right leg

25 Mt Climbers

5 burpees

Repeat on left leg

Circuit 2:

Do all exercises in circuit 3 without resting. Rest for 60 seconds and then repeat circuit 3. After the second set, hold a max plank.

10 Jumping Jacks

10 Toe touch crunches

2 burpees

10 Squat Thrusts

10 Toe Touch Crunches

2 burpees

10 Side to side Squat Thrusts

10 Toe Touch Crunches

2 burpees

Day 7: Rest Day

15 DAY FIT BODY CHALLENGE WORKOUTS

WEEK 2

Day 8: Back/Bi's/Core

Circuit 1:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

First set 12 reps, second set 8 reps

Straight Arm Lat Pull

Overhand Row

Single Arm Row

Cardio:

5 Suicides, 2 reneegade rows ea – 1 minute

Circuit 2:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

First set 12 reps, second set 8 reps

In n Out curls

Stability Ball Crunches (2nd set add weight)

ConcentrationCurls

Cardio:

Renegade Row burpees – 2, Roll back to 3 crunches – 1 minute

Day 9: Chest/Tris/Shoulders

Circuit 1:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

Overhead flies - 8

Palms up lateral raises - 8

Snow Angels – 8

Bent Over Reverse Flies – 12

Cardio:

Walk out burpee and reverse walk out – 1 minute

Circuit 2:

Do each exercise in circuit 2 without resting in between.
Then rest 60 seconds and repeat the circuit.

Push up/pike push ups – 10 each

Plank Surrender – 8 each arm

In front of the head tricep extension – 12 each arm

Cardio:

10 high knees, 1 push up – alternate for 1 minute

Day 10: Lower Body – Quad focused

Circuit 1:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

Stepping Squat Holds – 30 seconds

SB Wall Squats – 15

Mini Side To side Squat Jumps – 4 to each side – 30 seconds

Wall Sit – 1 minute

Cardio:

5 sec squat hold, 3 jump squats – 30 seconds

Circuit 2:

Do each exercise in circuit 2 without resting in between.
Then rest 60 seconds and repeat the circuit.

Double lunges – 2 reverse lunges each leg, 2 forward

lunges each leg x3
Side Lunge push offs – 10 each side

Cardio:

Jumping Lunges – 10 total

Day 11: Back/Biceps/Core

Circuit 1:

Do each exercise in circuit 1 without resting in between. Then rest 60 seconds and repeat the circuit. For set 2 of circuit one, do 9 reps the first time you do each exercise and 6 reps the second time (instead of 12 and 9). Try to increase your weights from set 1 to set 2.

45 degree row – 12 reps
Twisting Curls – 12 reps
SB Knee Pull in – 12 reps
45 degree Row – 9
Twisting Curls – 9
SB Knee Pull In – 9 reps

Cardio:

Plank Jacks – 20/Mt Climbers – 20 each leg/Plank Jacks – 10/Mt Climbers – 10 each leg

Circuit 2:

Do each exercise in circuit 2 without resting in between. Then rest 60 seconds and repeat the circuit. For set 2 of circuit one, do 9 reps the first time you do each exercise and 6 reps the second time (instead of 12 and 9). Try to increase your weights from set 1 to set 2.

Straight Arm Lat Pull – 12 reps
Bicep Curls (heavy) – 12 reps

Straight Arm Lat Pull – 9 reps

Bicep Curls (heavy) – 9 reps

Cardio:

10 Jumping Jacks/2 squat thrust burpeesx3

Day 12: Chest/Tris/Shoulders

Circuit 1:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

SB Chest Press - 12

SB Flies - 12

SB Push ups - 12

Cardio:

Push up burpees w/squat jump and overhead press – 5

Circuit 2:

Do each exercise in circuit 2 without resting in between. Then rest 60 seconds and repeat the circuit.

Front Press - 12

Lateral Raise 21's
Tricep Kickbacks - 12

Cardio:

2 Push ups/5 Mt Climbersx4

Day 13: Lower Body – Hamstring/Glute

Circuit 1:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

10 Toe Up Stationary Lunges – Rt Leg
10 Single Leg Bent over Squat – Rt Leg
5 Stationary Lunge Jumps – Rt Leg
Repeat all exercises on left Leg

Cardio:

10 jump squats/10 pop squats

Circuit 2:

Do each exercise in circuit 2 without resting in between.
Then rest 60 seconds and repeat the circuit.

10 Single Leg Bridges – Rt Leg
10 Single Leg Deadlift – Rt Leg
Repeat on Left Leg

Cardio:

10 Jump Squats/10 pop squats

Day 14: Rest Day

Day 15: Full Body

Circuit 1:

Do each exercise in circuit 1 without resting in between.
Then rest 60 seconds and repeat the circuit.

Downward Dog Push ups – 10

Front squat and front press – 10

Stationary lunge and lateral raises – 8 ea leg

Cardio:

15 sec ea: Jump squats, Butt Kicks, Jumping lunges, Butt Kicks

Circuit 2:

Do each exercise in circuit 2 without resting in between.
Then rest 60 seconds and repeat the circuit.

Jump Squat and Curl and press- 10

Curl/Lateral Raise – 10

Deadlift/Reverse fly combo – 10

Cardio:

15 sec ea: JJ, High knees, Mt Climbers, Burpees

CONGRATULATIONS!!! YOU DID IT!!!
YOU FINISHED THE 15 DAY
FIT BODY CHALLENGE!!!

FREQUENTLY ASKED QUESTIONS

What if I don't workout in the morning? How do I adjust my meals?

For the FLUSH DAYS, just move your pre and post-workout meals to before and after you workout no matter what time of day it is. You can do the rest of your meals in any order you'd like.

Based on when you workout, adjust your meals for the moderate carb days as follows.

VERY EARLY AM workouts for people who don't want to eat pre workout:

Workout

Meal 2

Meal 1

Meal 3

Meal 4

Meal 5

Meal 6

AM workout: plan as written

Mid day workout:

Meal 1

Meal 3

workout

Meal 2

Meal 4

Meal 5

Meal 6

Afternoon Workout:

Meal 1

Meal 3

Meal 4

workout

Meal 2

Meal 5

Meal 6

Late afternoon/early evening workout:

Meal 1

Meal 6

Meal 3

Meal 4

workout

Meal 2

Meal 5

After dinner workout:

Meal 1

Meal 6

Meal 5

Meal 4

Meal 3

workout

Meal 2

What if I don't like some of the foods in the plan?

There is limited variety on this 15 day challenge on purpose. I have chosen specific foods that are shown to be easy for most people to digest and for their bodies to use. With that said, here are some substitutions that can be made:

Steak:

-Can sub in chicken/fish but add 1.5 oz to the amount of steak.

Avocado:

1/3 avocado = 16g almonds

1/4 avocado = 12g almonds

1/8 avocado = 6g almonds

Banana:

-1/2 banana = 1 c. any berries

Strawberries/Raspberries/Blueberries:

-Can use same amount of any berry

3/4 c. egg whites = 90g turkey breast (99% fat free turkey)

1 t. olive oil (dressing) = 25g avocado

5 oz sweet potato = 6 oz red potato = 1/2 c. brown rice

Pecans - Can sub in almonds or peanut butter for pecans but add 2g to the weight in pecans if using almonds/pb

What if I'm a vegetarian or vegan?

For optimal results with this program I need your macros (protein, carbs and fats) where I have them set in the meal plan. If you would like to substitute in more protein powder for the meat servings that would be fine. Calculate the amount of calories in the meat serving you'd like to sub out and use the same amount of calories of a whey isolate protein powder.

If you eat egg whites, you can sub in egg whites for your meat servings as well.

If you choose to sub in other vegetarian protein sources such as tofu, tempeh or dairy protein know that these foods are higher in carbs and lower in protein than what is recommended and they are generally harder to digest so your results may be compromised.

Do I alter the meal plans on my rest days?

No. When you're working out 5-6 days a week your body is always in a state of recovery and will always need this amount of protein. Sometimes I would recommend dropping carbs on rest days but since this 15 day challenge plan is already low carb I don't want you to drop carbs any lower.

What if I am not working out to the videos and like to workout at the gym but don't know how to do an exercise?

If you plan on doing your workouts at the gym, I would suggest looking at the workout and skimming the video in advance and making a couple notes on how to do exercises that are new to you. Then you can reference your notes later during your workout. Another option is to pull up the video on your mobile device so you can reference the form tips there.

Are Jump Start Days and Flush Days the same thing?

Yes! We just call your first two flush days “jumpstart” days because it is your ‘jumpstart’ to the program and will get your body ready for the rest of the program.

I lost a couple pounds during my jumpstart days but haven’t lost any since. I’m on day 7 of the program. What am I doing wrong?

Absolutely nothing! It’s normal to lose a few pounds during your jump start days. Some of this is water weight but that is not a bad thing! It’s a good thing to rid your body of excess water weight! After your jumpstart days your body’s water balance will return to normal and you will continue to lose fat. Sometimes this doesn’t always show up on the scale right away. Keep going with the program and your results will show soon! Just be patient and consistent for the full 15 days and you will see amazing results!

Why do you list the weights and measurements for the food items?

Weighing your food is actually a much more accurate way to portion your food than using measuring cups. There is so much room for error with measuring spoons and cups! It’s so easy to use a rounded T of peanut butter and a rounded ¼ c. of oats! Little things like this can add hundreds of calories a day! I would prefer you to weigh your food but have included both measurements so you can use what is best for you. If you find that you aren’t losing as quickly as you’d like, switch from measuring to weighing for a few days and see if that speeds things up by making your portions exactly where they should be.

Can I have coffee or tea on this challenge?

Yes! You can have coffee and tea as long as you don't use sugar or creamer. Feel free to use 2T unsweetened almond milk as a creamer and stevia to sweeten on flush days. On moderate days you can use any non caloric sweetener that you'd like.