

*Lindsey*

**12-WEEK FIT BODY  
BIKINI PROGRAM**

**PHASE 1  
WEEKS 1-3**

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I'm so excited for you guys to dive right into this program and get your booty in gear! But before we get into too much nitty gritty, let me explain a few key points of the program first!

## Phase 1 Nutrition

You have two delicious meal plans to rotate through for this phase or you are welcome to track your own macros using the starting macros that are listed in the main eBook. You'll notice as you go through this program that the meal plans get more simple and basic as you move through the phases. This was deliberate and should help with results!

## Macro and Cardio Manipulation

Each phase you will look back at your results and possibly add some cardio and/or drop calories. For this first phase you'll start with your prescribed macros and meal plans. In each subsequent phase, I will tell you how to adjust the program based on your results.

## Warm Up/Cool Down

Your warm up and cool down are so important to prevent injury, minimize soreness, and increase mobility to ensure you have proper form in your exercises! Follow the instructions below before every single lifting workout!

**General Warm Up** - Right when you get to the gym, start with 2-3 minutes on a cardio machine to get blood flowing. This can be a light/moderate intensity. If it's an upper body day, try to use the rower or an elliptical where your arms are involved in the movement. You can use any machine on a lower body day.

**Cool down** - Finish each workout by stretching the body part you worked.

## Scheduling

I will give you a suggested schedule for each phase but feel free to adapt it to your own life. You do not have to follow it exactly. Here are a couple things to note:

- Always do your lifting first if you combine it in the same workout as your cardio.
- If you choose to split your lifting and cardio into two separate sessions, to keep each session shorter, it's best to do your cardio first thing in the morning on an empty stomach and then lifting later in the day. But if it's much better for your schedule to do it the opposite way, you can. It's not a deal breaker. If you ever do any sort of workout on an empty stomach, make SURE you are drinking BCAAs during that fasted workout! This is very important and can help prevent muscle loss due to not being fueled for your workout.

## Gym Workouts vs. Home Workouts

I have given you both gym workouts and home workouts. They're very similar so if you need to switch back and forth between the gym and working out at home, you totally can! Either option will work!

## Make Sure You Push It!

There's something called progressive overload and it is probably the most important aspect of lifting weights when it comes to getting results! What it means is simple: make sure you're always challenging yourself and working to increase your weight when you feel ready. A good rule of thumb is that if you could have lifted that weight for 2-3 more reps, increase your weight for the next set. In certain workouts you will decrease the number of reps in each set. In that case you will increase your weights! It's a no-brainer to keep you progressing.

All different set and rep schemes have their place in a well-rounded workout program and we will move through a little bit of everything over the these 12 weeks! We will also be utilizing supersets and circuits to keep you moving during your workouts! Rest periods should always be approximately 60 seconds. Make sure you time these and don't take too long between sets to keep your workouts efficient and effective!

## **SUGGESTED SCHEDULE**

You can set up your schedule however you'd like, but make sure you take at least 48 hours off between ab workouts and 72 hours off between the two leg workouts. Here is an example:

Monday - Legs  
Tuesday - Shoulder/Ab Circuits  
Wednesday - METCON  
Thursday - Back/Biceps/Abs  
Friday - Glute Circuits  
Saturday - Shoulders/Chest/Triceps  
Sunday - Off

You can do your HIIT cardio any days of the week.

## **Cardio Plan**

### **HIIT CARDIO**

We are using the cardio portion of this program to help shape your legs and glutes, so it's important that you vary your exercises and push yourself hard! Feel free to create your own workouts, use workouts you find online, or rotate through the examples below. The only stipulations are that you must push yourself as hard as you possibly can for 60 seconds to about 3 minutes. Each work interval should be followed by a 60-second rest. You may choose to use a cardio machine and simply sprint/go as hard as you possibly can for 60 seconds, followed by a 60-second rest, or you can create circuit workouts like the ones below. If you do create circuits, each exercise should be very difficult and a cardio based move. Do not work in lower intensity moves such as sit-ups, for example, like many "HIIT workouts" do. I want each move to be very difficult and high-intensity.

### **PHASE 1 CARDIO**

Everyone will start with 20 minutes of HIIT 3x/week - the METCON workout does NOT count as one of these three HIIT sessions. Technically, you're doing four days a week of cardio but the METCON is written out with your lifting workouts and will be the same each week of the phase.

# GYM WORKOUTS

## Legs

Perform 3 rounds of each superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset.

### SUPERSET 1

Kettlebell Squats to Deadlifts - 15 reps  
Abductor Machine, leaning forward - 15 reps

### SUPERSET 2\*

Reverse Lunges, step off step/box, go low - 12 reps  
Single Leg Bridges - 12 reps  
\*Complete both exercises on your right leg and then both exercises on your left leg for one round.

### SUPERSET 3

Any Glute Kickback Machine - 12 reps  
Hyperextension Over Stability Ball - 15 reps

### SUPERSET 4

Seated Leg Curl, heavy - 8 reps each leg  
Straight Leg Deadlift, focus on the stretch - 15 reps

### SUPERSET 5

Single Leg Leg Press - 10 reps each leg  
Pause Sumo Leg Press\* - 15-20 reps  
\*Do not change the weight from your single leg weight. The weight will feel light which is why we are doing high rep and holding for a 1-2 count pause at the bottom of each rep.

## Shoulder/Ab Circuits

Perform 3 rounds of each circuit completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the circuit.

### CIRCUIT 1

Barbell Overhead Press - 8-10 reps  
Bent Over Reverse Flies - 12 reps  
Alt V-Ups - 10 reps each side  
Alternating Kettlebell Clean and Press, single arm - 10 reps each arm

### CIRCUIT 2

Alternating Front Raises - 12 reps each arm  
Lateral Raises - 15 reps  
Stability Ball Crunches - 20 reps  
Battle Ropes, alternating arm slams - 50 each arm

### CIRCUIT 3

Landmine Press - 10 each arm  
Kettlebell Upright Row - 12 reps  
Hanging Leg Raises - 15 reps  
Medicine Ball Slams - 15 reps

### CIRCUIT 4

Cable Single Arm Lateral Raise - 12 reps  
Barbell Overhead Press combo\*  
Russian Twists - 20 reps each side  
Power Jacks - 25 reps  
\*Right arm/left arm/both arms x10 reps and then both arms x5 reps

## METCON (Metabolic Conditioning)

Do one full round starting with exercise 1. Then start with exercise 2 and go through exercise 10. Then start with exercise 3 going through exercise 10 etc. Try not to rest between exercise. Rest as needed between rounds, trying to keep rest times minimal.

Exercise 1: 25 Mt Climbers, each leg  
Exercise 2: 6 T Push-Ups, 3 reps each side  
Exercise 3: 20 Plank Jacks  
Exercise 4: 8 Skaters, each side  
Exercise 5: 10 Jump Squats  
Exercise 6: 25 Butt Kicks, each leg  
Exercise 7: 5 Burpees  
Exercise 8: 50 Jump Rope Hops  
Exercise 9: 25 High Knees, each leg  
Exercise 10: 10 Pop Squats

## Back/Biceps/Abs

Perform 3 rounds of each superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset/circuit.

### SUPERSET 1

Single Arm Lat Pulldown - 12 reps  
Cable Curls - 15 reps

### SUPERSET 2

Straight Arm Lat Pulldown - 15 reps  
Barbell 28's\* - 28  
\*7 reps bottom half of bicep curl, 7 reps top half of bicep curl, 7 full bicep curl reps, 7 reps bottom half bicep curl

### SUPERSET 3

Bent Over Barbell Row - 8-10 reps  
Bicycle Crunches - 20 reps each side  
Plank Twists - 20 reps each side

### CIRCUIT

Cable Row w/ Rope\* - 12 reps  
Crunch Machine - 20 reps  
SB Froggies - 15 reps  
\*Anchor the cable at waist height.

## Glute Circuits

Perform 3 sets of each circuit completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the circuit.

### CIRCUIT 1

Single Leg Bridge w/ foot elevated - 15 reps  
Straight Leg Deadlift - 12 reps  
Banded Jump Squats - 15 reps

### CIRCUIT 2

Smith Machine Double Squats\* - 8 reps  
Banded Side Step Squats - 10 reps each side  
Pop Squats onto Step - 10 reps  
\*Go all the way down in your squat, come half way up, go all the way back down, and then all the way up. This is one rep.

### CIRCUIT 3

Banded Reverse Hypers\* on Bench - 25 reps  
Donkey Kick on Smith Machine (or leg curl) - 15 reps  
Abductor Machine, sitting straight up - 15 reps  
\*Lean over the top of an incline bench

## Shoulder/Chest/Triceps

Perform 3 sets of each superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset/circuit.

### SUPERSET 1

Overhead Press - 10 reps  
Plate Overhead Tricep Extension - 15 reps

### SUPERSET 2

Arnold Press, alt arms - 10 reps  
Reverse Crunches, on bench - 15 reps

### SUPERSET 3

Lateral Raises w/ 2 rest pauses\* - 12 reps  
Cable Triceps Kickbacks - 12 reps  
\*Choose a weight where you max out around 12 reps. When you hit your max, rest for 5 seconds and then go to failure again. Rest for 5 seconds and then go to failure one more time.

### SUPERSET 4

Lateral Raise Machine, thumbs down - 15 reps  
Chest Fly Machine - 15 reps

### CIRCUIT

Tricep Pushdowns, straight bar/rope - 10/10/10 increasing weight each time\*  
Cable Chest Press - 15 reps  
Cable Crunch - 20 reps  
\*Choose a light weight for your first 10 reps. Without resting add weight and complete 10 more reps. Without resting add weight again and complete 10 more reps. The first 10 should just get you "warm". The second 10 should start to feel hard. It should be very difficult to get through the last 10. That is one set.



# HOME WORKOUTS

Equipment needed: Booty bands, one long band (handles optional), step, dumbbells of varying weights, stability ball, jump rope

## Legs

Equipment needed: Dumbbells, Step, Booty Band

Perform 3 rounds of each superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset.

### SUPERSET 1

Dumbbell\* Squats to Deadlifts - 15 reps

Banded Abductors, leaning forward - 15 reps

\*Use one single dumbbell hanging between your legs

### SUPERSET 2\*

Reverse Lunges, step off step/box, go low - 12 reps

Single Leg Bridges - 12 reps

\*Complete both exercises on your right leg and then both exercises on your left leg for one round.

### SUPERSET 3

Banded Glute Kickbacks - 20 reps

Hyperextension Over Stability Ball - 15 reps

### SUPERSET 4

Stability Ball Leg Curl - 8 reps each leg

Straight Leg Deadlift - 15 reps

### SUPERSET 5

Bulgarian Split Squat - 10 reps each leg

Bent Over Bulgarian Split Squat - 10 reps

\*Complete both exercises on your right leg and then both exercises on your left leg for one round.

## Shoulder/Ab Circuits

Equipment needed: Dumbbells, Stability Ball

Perform 3 rounds of each circuit completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the circuits.

### CIRCUIT 1

Overhead Press - 8-10 reps

Bent Over Reverse Flies - 12 reps

Alt V-Ups - 10 reps each side

Single Arm Alternating Dumbbell Clean and Press - 10 reps each arm

### CIRCUIT 2

Alternating Front Raises - 12 reps each arm

Lateral Raises - 15 reps

Stability Ball Crunches - 20 reps

Plank Shoulder Taps - 25 each arm

### CIRCUIT 3

Front Press - 10 each arm

Upright Row - 12 reps

Lying Leg Raises - 15 reps

Squat Thrusts - 15 reps

### CIRCUIT 4

Single Arm Lateral Raise, alternating arms - 12 reps

Overhead Press Combo\*

Russian Twists - 20 reps each side

Power Jacks - 25 reps

\*Right arm/left arm/both arms x10 reps and then both arms x5 reps

## METCON (Metabolic Conditioning)

Equipment needed: Jump Rope

Do one full round starting with exercise 1. Then start with exercise 2 and go through exercise 10. Then start with exercise 3 going through exercise 10 etc. Try not to rest between exercise. Rest as needed between rounds trying to keep rest times minimal.

Exercise 1: 25 Mt Climbers, each leg

Exercise 2: 6 T Push-Ups, 3 reps each side

- Exercise 3: 20 Plank Jacks
- Exercise 4: 8 Skaters, each side
- Exercise 5: 10 Jump Squats
- Exercise 6: 25 Butt Kicks, each leg
- Exercise 7: 5 Burpees
- Exercise 8: 50 Jump Rope Hops
- Exercise 9: 25 High Knees, each leg
- Exercise 10: 10 Pop Squats

## Back/Biceps/Abs

Equipment needed: Dumbbells, Stability Ball, Long Band

Perform 3 rounds of each superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset/circuit.

### SUPERSET 1

- Banded Single Arm Lat Pulldown - 12 reps
- Hammer Curls - 15 reps

### SUPERSET 2

- Bent Over Straight Arm Lat Pull - 15 reps
- 28's\* - 28
- \*7 reps bottom half of bicep curl, 7 reps top half of bicep curl, 7 reps full bicep curl, 7 reps bottom half bicep curl

### SUPERSET 3

- Dumbbell Row, underhand - 8-10 reps
- Bicycle Crunches - 20 reps each side
- Plank Twists - 20 reps each side

### CIRCUIT

- Banded Row - 12 reps
- Weighted Stability Ball Crunch - 20 reps
- Stability Ball Froggies - 15 reps

## Glute Circuits

Equipment needed: Dumbbells, Step, Booty Bands

Perform 3 sets of each circuit completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the circuit.

### CIRCUIT 1

- Single Leg Bridge w/ foot elevated - 15 reps
- Straight Leg Deadlift - 12 reps
- Banded Jump Squats - 15 reps

### CIRCUIT 2

- Double Squats to Step\* - 8 reps

Banded Side Step Squats - 10 reps each side

Pop Squats onto Step - 10 reps

\*Go all the way down in your squat tapping your glutes on the step, come half way up, go all the way back down to tap glutes on step and then all the way up. This is one rep.

### CIRCUIT 3

- Banded Reverse Hypers\* - 25 reps
- Banded Clam Shells - 15 reps
- Banded Abductors, upright - 15 reps
- \*Lean over the top of a stability ball

## Shoulder/Chest/Triceps

Equipment needed: Dumbbells

Perform 3 sets of each superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset/circuit.

### SUPERSET 1

- Overhead Press - 10 reps
- Overhead Tricep Extension - 15 reps

### SUPERSET 2

- Seated Arnold Press, alt arms - 10 reps
- Reverse Crunches - 15 reps

### SUPERSET 3

- Lateral Raises w/ 2 rest pauses\* - 12 reps
- Tricep Kickbacks - 12 reps
- \*Choose a weight where you max out around 12 reps. When you hit your max, rest for 5 seconds and then go to failure again. Rest for 5 seconds and then go to failure one more time.

### SUPERSET 4

- Lateral Raises, thumbs down - 15 reps
- Chest Flies - 15 reps

### CIRCUIT

- Skull Crushers - 10/10/10 increasing weight each time\*
- Chest Press - 15 reps
- Weighted Full Crunches - 15 reps

\*Choose a light weight for your first 10 reps. Without resting, add weight and complete 10 more reps. Without resting, add weight again and complete 10 more reps. The first 10 should just get you "warm". The second 10 should start to feel hard. It should be very difficult to get through the last 10. That is one set.

# NUTRITION PLAN #1

## Shopping List

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have leftovers after one day on this plan. Make sure you check your fridge and cupboards before you shop! Also, what you need to buy will depend on if you're making the recipe or using the meal plan chart/sub list, so plan accordingly!

### PRODUCE

Zucchini  
Roma Tomatoes  
Corn  
Strawberries  
Bananas  
Bell Peppers (Red/Orange)  
Garlic Cloves

### DAIRY

Shredded Pepper Jack Cheese  
Cheddar or Colby Jack Cheese  
Vanilla Flavored Greek Yogurt  
Egg Whites  
Unsweetened Almond Milk  
Spreadable Cheese Wedge  
Low-Fat Cottage Cheese

### PROTEIN

Turkey Breast  
96/4 Lean Ground Beef

### BAKING

Baking Powder  
Slivered Almonds  
Peanut Butter  
Pancake Mix  
Powdered Peanut Butter  
Cocoa  
Stevia

### OTHER

Oats  
Jasmine Rice  
Toaster Pastries  
Whole Wheat Wrap  
Guacamole  
Rice Cakes (Plain)

# Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 1, Plan 1 meal plan! This is assuming you will be eating this plan for the entire week and only prepping for 1 person. It also assumes you'll be using the recipes. If you choose to use the basic foods from the chart adjust your meal prep accordingly. Also, if you're prepping for your family, adjust the prep accordingly. The meal prep will take place on Sunday assuming you'll be following the plan and starting on Monday. Feel free to make any scheduling adjustments you need to!

## SUNDAY

Step 1:

Stuffed peppers - We will be doubling the filling recipe to make 8 servings. You'll make the full recipe including peppers to last you for 4 nights. Halfway through the week you'll prep new peppers and fill them for the rest of the week.

Cook a double portion of the ground beef, zucchini, tomato and cheese mixture according to the recipe directions. Finish the recipe by prepping 4 full peppers according to the recipe directions. Freeze half of the ground beef mixture for later in the week.

Portion your serving of meal 5 into containers and keep in the fridge.

Step 2:

Prep 7 servings of protein pancakes according to package directions.

Weigh the entire stack of pancakes on your food scale and divide by 7. That is the weight of each serving.

Portion out your pancakes so each portion matches that weight and put in baggies. It's ok to tear a pancake into pieces so you can get the right weight.

Keep 2-3 servings in the fridge and put the rest in the freezer.

While pancakes are cooking, slice enough strawberries for 3-4 days. Also, cut up any veggies you'd like for snacks for the first half of the week and for your turkey wrap. Keep in baggies in the fridge.

Step 3:

Prep 7 servings of banana soft serve post-workout meal according to the recipe. You may have to make a couple batches depending on the size of your blender.

Portion into 7 containers and keep in the freezer. Thaw for about 30 minutes before eating. This step can be skipped and made fresh each day if you prefer. The recipe will taste different made fresh vs frozen, so try it both ways to see what you prefer!

Step 4:

Prep 7 days worth of freezer fudge and portion into containers. Keep in the freezer. Thaw for 15 minutes or so before eating. This step can be skipped and made fresh each day if you'd prefer.

## WEDNESDAY

- Take ground beef mixture out of freezer to thaw.
- Slice strawberries for meal 1, and chop veggies for snacks and for meal 3 for the rest of the week.

## THURSDAY

- Prep peppers according to the recipe for the rest of the week.

## NIGHTLY

- Prep your turkey wrap for the next day.
- Take protein pancakes out of the freezer.
- Portion out your meal 4 so it's ready to go.



# Plan 1, Under 135 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
<b>MEAL 1/ PRE- WORKOUT</b>	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	35g oats AND 125g strawberries	1/2 c egg whites		Idea: Sub in 1/2 c protein powder pancake mix. Have berries on the side. Can make these in advance and keep in resealable zip-top bags in the freezer.	243 cal/2g fat/33g carbs/20g protein
<b>DURING WORKOUT</b>	1 scoop IdealLean BCAAs					
<b>MEAL 2/ POST- WORKOUT</b>	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	1 toaster pastry (200 cal)	25g IdealLean Protein	1 c unsweetened almond milk	Monkey Soft Serve	336 cal/7g fat/42g carbs/23g protein
<b>MEAL 3</b>	1 serving IdealLean Burner	1 whole wheat wrap or tortilla (80-100 cal)	60g turkey breast	1 light spreadable cheese wedge (35 cal) AND 35g pre-made guacamole (40 cal)	Idea: Make a wrap with cheese, guacamole, turkey and any free veggies you'd like.	227 cal/9g fat/25g carbs/21g protein
<b>MEAL 4</b>		2 plain rice cakes AND 30g banana	115g low-fat cottage cheese	8g slivered almonds	Idea: Try topping cottage cheese with banana and almonds and have rice cakes on the side. You can also crumble the rice cakes and sprinkle over the cottage cheese or top the rice cakes with the cottage cheese.	233 cal/8g fat/29g carbs/15g protein
<b>BETWEEN MEALS</b>	1 scoop IdealLean BCAAs					
<b>MEAL 5</b>	1 serving IdealLean Krill Oil		115g 96/4 lean ground beef	24g cheddar or Colby Jack cheese	Stuffed Peppers	255 cal/14g fat/0g carbs/31g protein
<b>MEAL 6</b>	1 serving IdealLean Nighttime Probiotic		25g IdealLean Protein	12g peanut butter	Idea: Stir together protein powder, peanut butter, 2 packets stevia (optional), dash salt, 1/4 tsp. baking powder (to add volume) and 2g cocoa. Add up to 1 1/2 -2 tbsp. water adding a little at a time until it's brownie batter consistency. Keep in the freezer until ready to eat or at least 30 minutes to harden. Let thaw for 10 minutes before eating.	168 cal/6g fat/5g carbs/23g protein

Total: 1462 cal/46g fat/134g carbs/133g protein

## Recipes, Under 135 lbs

### **MONKEY SOFT SERVE**

100g banana, frozen  
12g powdered peanut butter  
5g cocoa  
1-2 pkts stevia  
1-2 tbsp. almond milk  
1 container vanilla flavored Greek yogurt (80 cal)  
5g Chocolate Peanut Butter IdealLean Protein  
8g peanut butter

Mix all ingredients together in a high power blender. Add ice if desired to make it thicker. Can also add 1/4 tsp. xanthan gum to thicken if desired. Serve and enjoy!

### **STUFFED PEPPERS**

4 red or orange bell peppers  
1 lb 9/4 lean ground beef  
4 cloves garlic  
2 large zucchinis  
2 roma tomatoes  
96g pepper jack cheese, shredded

Preheat oven to 350 degrees. Line baking sheet with foil for easy clean up. Dice zucchini and tomatoes. Cut peppers in half discarding stems and seeds.

Bring a large pot of water to a boil and boil the peppers for 2-3 minutes so they are slightly cooked. Place on baking sheet cut side up.

Warm up a skillet and spray with cooking spray. Sauté garlic for about 1 minute until toasted. Add ground beef and cook until cooked through and crumbled. Add zucchini and tomatoes and cook for a few minutes until heated through. Stir 48g cheese into your beef mixture and remove from heat.

Fill each pepper half with 1/8 of the beef mixture. For the most accuracy, weigh the entire beef mixture and divide by 8. Fill each pepper with that amount of beef mixture. Top each pepper with 6g cheese.

Cover the baking dish with foil and bake for 25 minutes. Remove the foil and continue baking for 10-15 more minutes or until the cheese is toasted. Enjoy 1 full bell pepper (2 halves) for your meal. Recipe serves four.

# Plan 1, 135-165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
<b>MEAL 1/ PRE- WORKOUT</b>	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	35g oats AND 125g strawberries	1/2 c egg whites		Idea: Sub in 1/2 c protein powder pancake mix. Have berries on the side. Can make these in advance and keep in resealable zip-top bags in the freezer.	243 cal/2g fat/33g carbs/20g protein
<b>DURING WORKOUT</b>	1 scoop IdealLean BCAAs					
<b>MEAL 2/ POST- WORKOUT</b>	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	1 toaster pastry (200 cal)	30g IdealLean Protein	1 c unsweetened almond milk	Monkey Soft Serve	355 cal/7g fat/41g carbs/28g protein
<b>MEAL 3</b>	1 serving IdealLean Burner	1 whole wheat wrap or tortilla (80-100 cal)	85g turkey breast	1 light spreadable cheese wedge (35 cal) AND 35g pre-made guacamole (40 cal)	Idea: Make a wrap with cheese, guacamole, turkey and any free veggies you'd like.	253 cal/9g fat/26g carbs/26g protein
<b>MEAL 4</b>		2 plain rice cakes AND 30g banana	115g low-fat cottage cheese	16g slivered almonds	Idea: Try topping cottage cheese with banana and almonds and have rice cakes on the side. You can also crumble the rice cakes and sprinkle over the cottage cheese or top the rice cakes with the cottage cheese.	279 cal/12g fat/30g carbs/16g protein
<b>BETWEEN MEALS</b>	1 scoop IdealLean BCAAs					
<b>MEAL 5</b>	1 serving IdealLean Krill Oil	60g jasmine rice	115g 96/4 lean ground beef	24g cheddar or Colby Jack cheese	Stuffed Peppers	333 cal/14g fat/17g carbs/33g protein
<b>MEAL 6</b>	1 serving IdealLean Nighttime Probiotic		30g IdealLean Protein	20g peanut butter	Idea: Stir together protein powder, peanut butter, 2 packets stevia (optional), dash salt, 1/4 tsp. baking powder (to add volume) and 2g cocoa. Add up to 1 1/2-2 tbsp. water adding a little at a time until it's brownie batter consistency. Keep in the freezer until ready to eat or at least 30 minutes to harden. Let thaw for 10 minutes before eating.	229 cal/10g fat/6g carbs/29g protein

Total: 1680 cal/53g fat/152g carbs/152g protein



## Recipes, 135-165 lbs

### MONKEY SOFT SERVE

100g banana, frozen  
12g powdered peanut butter  
5g cocoa  
1-2 pkts stevia  
1-2 tbsp. almond milk  
1 container vanilla flavored Greek yogurt (80 cal)  
10g Chocolate Peanut Butter IdealLean Protein  
8g peanut butter

Mix all ingredients together in a high power blender. Add ice if desired to make it thicker. Can also add 1/4 tsp. xanthan gum to thicken if desired. Serve and enjoy!

### STUFFED PEPPERS

4 red or orange bell peppers  
1 lb 9/4 lean ground beef  
4 cloves garlic  
1 large zucchini  
2 roma tomatoes  
100g canned corn  
160g jasmine rice, cooked  
96g pepper jack cheese, shredded

Preheat oven to 350 degrees. Line baking sheet with foil for easy clean up. Dice zucchini and tomatoes. Cut peppers in half discarding stems and seeds.

Bring a large pot of water to a boil and boil the peppers for 2-3 minutes so they are slightly cooked. Place on baking sheet cut side up.

Warm up a skillet and spray with cooking spray. Sauté garlic for about 1 minute until toasted. Add ground beef and cook until cooked through and crumbled. Add zucchini, tomatoes, corn and rice and cook for a few minutes until heated through. Stir 48g cheese into your beef mixture and remove from heat.

Fill each pepper half with 1/8 of the beef mixture. For the most accuracy, weigh the entire beef mixture and divide by 8. Fill each pepper with that amount of beef mixture. Top each pepper with 6g cheese.

Cover the baking dish with foil and bake for 25 minutes. Remove the foil and continue baking for 10-15 more minutes or until the cheese is toasted. Enjoy 1 full bell pepper (2 halves) for your meal. Recipe serves four.

# Plan 1, Over 165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
<b>MEAL 1/ PRE- WORKOUT</b>	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	45g oats AND 125g strawberries	3/4 c egg whites		Idea: Sub in 2/3 c protein powder pancake mix. Have berries on the side. Can make these in advance and keep in resealable zip-top bags in the freezer.	315 cal/3g fat/40g carbs/29g protein
<b>DURING WORKOUT</b>	1 scoop IdealLean BCAAs					
<b>MEAL 2/ POST- WORKOUT</b>	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	1 toaster pastry (200 cal)	35g IdealLean Protein	1 c unsweetened almond milk	Monkey Soft Serve	389 cal/7g fat/44g carbs/33g protein
<b>MEAL 3</b>	1 serving IdealLean Burner	1 whole wheat wrap or tortilla (80-100 cal)	85g turkey breast	1 light spreadable cheese wedge (35 cal) AND 70g pre-made guacamole (80 cal)	Idea: Make a wrap with cheese, guacamole, turkey and any free veggies you'd like.	293 cal/12g fat/28g carbs/27g protein
<b>MEAL 4</b>		2 plain rice cakes AND 50g banana	115g low-fat cottage cheese	16g slivered almonds	Idea: Try topping cottage cheese with banana and almonds and have rice cakes on the side. You can also crumble the rice cakes and sprinkle over the cottage cheese or top the rice cakes with the cottage cheese.	297 cal/12g fat/34g carbs/17g protein
<b>BETWEEN MEALS</b>	1 scoop IdealLean BCAAs					
<b>MEAL 5</b>	1 serving IdealLean Krill Oil	60g jasmine rice	115g 96/4 lean ground beef	24g cheddar or Colby Jack cheese	Stuffed Peppers	333 cal/14g fat/17g carbs/33g protein
<b>MEAL 6</b>	1 serving IdealLean Nighttime Probiotic		35g IdealLean Protein	24g peanut butter	Idea: Stir together protein powder, peanut butter, 2 packets stevia (optional), dash salt, 1/4 tsp. baking powder (to add volume) and 2g cocoa. Add up to 1 1/2-2 tbsp. water adding a little at a time until it's brownie batter consistency. Keep in the freezer until ready to eat or at least 30 minutes to harden. Let thaw for 10 minutes before eating.	275 cal/12g fat/9g carbs/34g protein

Total: 1900 cal/60g fat/172g carbs/173g protein

## Recipes, Over 165 lbs

### MONKEY SOFT SERVE

100g banana, frozen  
12g powdered peanut butter  
5g cocoa  
1-2 pkts stevia  
1-2 tbsp. almond milk  
1 container vanilla flavored Greek yogurt (80 cal)  
20g Chocolate Peanut Butter IdealLean Protein  
8g peanut butter

Mix all ingredients together in a high power blender. Add ice if desired to make it thicker. Can also add 1/4 tsp. xanthan gum to thicken if desired. Serve and enjoy!

### STUFFED PEPPERS

4 red or orange bell peppers  
1 lb 9/16 lean ground beef  
4 cloves garlic  
1 large zucchini  
2 roma tomatoes  
100g canned corn  
160g jasmine rice, cooked  
96g pepper jack cheese, shredded

Preheat oven to 350 degrees. Line baking sheet with foil for easy clean up. Dice zucchini and tomatoes. Cut peppers in half discarding stems and seeds.

Bring a large pot of water to a boil and boil the peppers for 2-3 minutes so they are slightly cooked. Place on baking sheet cut side up.

Warm up a skillet and spray with cooking spray. Sauté garlic for about 1 minute until toasted. Add ground beef and cook until cooked through and crumbled. Add zucchini, tomatoes, corn and rice and cook for a few minutes until heated through. Stir 48g cheese into your beef mixture and remove from heat.

Fill each pepper half with 1/8 of the beef mixture. For the most accuracy, weigh the entire beef mixture and divide by 8. Fill each pepper with that amount of beef mixture. Top each pepper with 6g cheese.

Cover the baking dish with foil and bake for 25 minutes. Remove the foil and continue baking for 10-15 more minutes or until the cheese is toasted. Enjoy 1 full bell pepper (2 halves) for your meal. Recipe serves four.

# NUTRITION PLAN #2

## Shopping List

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have leftovers after one day on this plan. Make sure you check your fridge and cupboards before you shop! Also, what you need to buy will depend on if you're making the recipe or using the meal plan chart/sub list, so plan accordingly!

### PRODUCE

Cantaloupe  
Strawberries  
Avocado  
Gold Potatoes  
Chopped Carrots  
Raspberries  
Broccoli

### DAIRY

Unsweetened Almond Milk  
Low-Fat Cottage Cheese  
Light Dressing  
Eggs  
String Cheese  
Cheddar Cheese  
Plain Fat-Free Greek Yogurt

### PROTEIN

Tilapia  
Chicken  
Turkey Bacon

### BAKING

Brown Sugar  
Cinnamon  
Almonds  
Vanilla  
Stevia  
Pure Maple Syrup  
Sugar-Free, Fat-Free Cheesecake Pudding Powder

### OTHER

Plain Rice Cakes  
Oats  
Quinoa  
Whole Wheat or Rice Crackers  
Salsa

## Meal Prep Guide

This is your complete How-To guide to meal prep for the Phase 1, Plan 2 meal plan! This is assuming you will be eating this plan for the entire week and only prepping for 1 person. It also assumes you'll be using the recipes. If you choose to use the basic foods from the chart, adjust your meal prep accordingly. Also, if you're prepping for your family, adjust the prep accordingly. The meal prep will take place on Sunday assuming you'll be following the plan starting on Monday. Feel free to make any scheduling adjustments you need to!

### SUNDAY

- Step 1: Cook your chicken for meal 6 in the crock pot according to the recipe directions. Cook a week's worth at once. You will freeze half of it for later in the week.
- Step 2: Grill your chicken/fish for meal 3. You can cook a full week's worth at once and freeze half or grill new meat on Wednesday/Thursday.
- Step 3: Cook a pot of quinoa for the week. You'll freeze half of it for later in the week.
- Step 4: Slice berries for 3-4 days worth of lunches.
- Step 5: Hard boil all the eggs you'll need for the week for your meal 4.
- Step 6: Portion crackers for your meal 4 in baggies.
- Step 7: Make sure you don't forget about your meat on the grill! ;-)
- Step 8: Assemble 4 servings of overnight oats for your post-workout meal.
- Step 9: Assemble a week's worth of frozen yogurt for your meal 6 in 7 separate containers. I prefer to make this recipe fresh each night and eat it before it's fully frozen. You can do this either way.
- Step 10: Portion out your crock pot chicken, grilled chicken/fish, and quinoa for 4 days. Freeze the rest.

### WEDNESDAY

- Take your meat and quinoa out of the freezer and thaw.

### THURSDAY

- Assemble 3 servings worth of overnight oats for your post-workout meal.
- Portion your meat and quinoa into 3 portions for the rest of your week.
- Slice 3 days worth of berries for your lunches.

### NIGHTLY

- Slice avocado and assemble meal 3 salads for the next day.

Meals made fresh at the time of eating:

Meal 1

Meal 5 - cook potatoes and veggies fresh each night and assemble your loaded potato

Meal 6 (you can prep this in advance if you'd like)

# Plan 2, Under 135 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
<b>MEAL 1/ PRE- WORKOUT</b>	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	2 plain rice cakes	25g IdealLean Protein (any flavor)	1 c unsweetened almond milk	Idea: Crumble up your rice cake like cereal. Mix up the protein and almond milk and pour your “protein milk” over the “cereal”.	120 cal/4g fat/19g carbs/22g protein
<b>DURING WORKOUT</b>	1 scoop IdealLean BCAAs					
<b>MEAL 2/ POST- WORKOUT</b>	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	30g oats AND 200g canteloupe (70 cal any fruit)	115g low-fat cottage cheese		Maple and Brown Sugar Overnight Oats	276 cal/5g fat/41g carbs/19g protein
<b>MEAL 3</b>	1 serving IdealLean Burner	40g quiona and 40g strawberries	85g tilapia or chicken, grilled	15g any light dressing (25 cal) AND 30g avocado	Idea: Assemble a salad with spring mix, arugula (or any free veggies) and top with berries, quinoa, fish/chicken, avocado and dressing.	240 cal/9g fat/17g carbs/25g protein
<b>MEAL 4</b>		12 whole wheat or rice crackers (90 cal)	1 egg, hard boiled	1 string cheese	Idea: Snack mix! This is a great grab and go snack!	241 cal/12g fat/17g carbs/14g protein
<b>BETWEEN MEALS</b>	1 scoop IdealLean BCAAs					
<b>MEAL 5</b>	1 serving IdealLean Krill Oil	150g gold potato and 40g chopped carrots with your veggies	85g chicken AND 1 slice turkey bacon (35 cal)	12g cheddar cheese	Chicken Loaded Baked Potato	320 cal/8g fat/29g carbs/30g protein
<b>MEAL 6</b>	1 serving IdealLean Nighttime Probiotic	40g raspberries	200g plain fat-free Greek yogurt	12g almonds, slivered	Idea: Add 1-2 pkts stevia and 2g sugar-free fat-free cheesecake pudding powder to the yogurt and stir. Stir in raspberries and nuts. Freeze for 30 minutes until it’s the consistency of frozen yogurt. Enjoy after thawing for 5-10 minutes.	207 cal/6g fat/16g carbs/23g protein

Total: 1485 cal/44g fat/139g carbs/133g protein

## Recipes, Under 135 lbs

### MAPLE AND BROWN SUGAR OVERNIGHT OATS

30g oats  
1/3 c almond milk  
1/2 tsp. vanilla  
1 pkt stevia (opt)  
5g brown sugar  
15g pure maple syrup  
1/8 tsp. cinnamon

In a mason jar stir together oats, almond milk and vanilla. In a separate bowl stir together brown sugar, cinnamon and syrup and pour over the oats in the jar. Have 115g cottage cheese on the side or stir it into your oats to make it higher volume!

### CHICKEN LOADED BAKED POTATO

Cook 1 lb chicken breast in a crock pot with 1 c salsa over low heat for 6-8 hours or high heat for 4-6 hours. Pull chicken apart with two forks or a hand mixer.

Poke holes in 150g gold potato and microwave for 4-6 minutes. Flip and continue microwaving until soft throughout.

Steam broccoli and carrots in the microwave with a little water for 2-3 minutes or until cooked to desired amount.

Slice the top off the potato and squeeze the sides so the insides of the potato open up. Top with broccoli, 85g chicken, 1 slice crumbled turkey bacon (35 cal) and 12g cheese. Put under the broiler for about 1-2 minutes or until cheese begins to toast. Enjoy the potato also eating the top you cut off. For added flavor mash IdealFit Honey Butter Herb Seasoning and 1/2 tbsp. fat-free sour cream into your potato!

## Plan 2, 135-165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
<b>MEAL 1/ PRE- WORKOUT</b>	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	3 plain rice cakes	30g IdealLean Protein (any flavor)	1 c unsweetened almond milk	Idea: Crumble up your rice cake like cereal. Mix up the protein and almond milk and pour your “protein milk” over the “cereal”.	250 cal/4g fat/26g carbs/27g protein
<b>DURING WORKOUT</b>	1 scoop IdealLean BCAAs					
<b>MEAL 2/ POST- WORKOUT</b>	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	30g oats AND 200g canteloupe (70 cal any fruit)	115g low-fat cottage cheese		Maple and Brown Sugar Overnight Oats	276 cal/5g fat/41g carbs/19g protein
<b>MEAL 3</b>	1 serving IdealLean Burner	60g quiona and 40g strawberries	85g tilapia or chicken, grilled	15g any light dressing (25 cal) AND 45g avocado	Idea: Assemble a salad with spring mix, arugula (or any free veggies) and top with berries, quinoa, fish/chicken, avocado and dressing.	289 cal/11g fat/22g carbs/26g protein
<b>MEAL 4</b>		12 whole wheat or rice crackers (90 cal)	2 eggs, hard boiled	1 string cheese	Idea: Snack mix! This is a great grab and go snack!	314 cal/17g fat/18g carbs/21g protein
<b>BETWEEN MEALS</b>	1 scoop IdealLean BCAAs					
<b>MEAL 5</b>	1 serving IdealLean Krill Oil	150g gold potato and 40g chopped carrots with your veggies	85g chicken AND 1 slice turkey bacon (35 cal)	12g cheddar cheese	Chicken Loaded Baked Potato	320 cal/8g fat/29g carbs/30g protein
<b>MEAL 6</b>	1 serving IdealLean Nighttime Probiotic	40g raspberries	225g plain fat-free Greek yogurt	12g almonds, slivered	Idea: Add 1-2 pkts stevia and 2g sugar-free fat-free cheesecake pudding powder to the yogurt and stir. Stir in raspberries and nuts. Freeze for 30 minutes until it’s the consistency of frozen yogurt. Enjoy after thawing for 5-10 minutes.	221 cal/6g fat/17g carbs/26g protein

Total: 1670 cal/51g fat/153g carbs/149g protein



## Recipes, 135-165 lbs

### MAPLE AND BROWN SUGAR OVERNIGHT OATS

30g oats  
1/3 c almond milk  
1/2 tsp. vanilla  
1 pkt stevia (opt)  
5g brown sugar  
15g pure maple syrup  
1/8 tsp. cinnamon

In a mason jar stir together oats, almond milk and vanilla. In a separate bowl stir together brown sugar, cinnamon and syrup and pour over the oats in the jar. Have 115g cottage cheese on the side or stir it into your oats to make it higher volume!

### CHICKEN LOADED BAKED POTATO

Cook 1 lb chicken breast in a crock pot with 1 c salsa over low heat for 6-8 hours or high heat for 4-6 hours. Pull chicken apart with two forks or a hand mixer.

Poke holes in 150g gold potato and microwave for 4-6 minutes. Flip and continue microwaving until soft throughout.

Steam broccoli and carrots in the microwave with a little water for 2-3 minutes or until cooked to desired amount.

Slice the top off the potato and squeeze the sides so the insides of the potato open up. Top with broccoli, 85g chicken, 1 slice crumbled turkey bacon (35 cal) and 12g cheese. Put under the broiler for about 1-2 minutes or until cheese begins to toast. Enjoy the potato also eating the top you cut off. For added flavor mash IdealFit Honey Butter Herb Seasoning and 1/2 tbsp. fat-free sour cream into your potato!

## Plan 2, Over 165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
<b>MEAL 1/ PRE- WORKOUT</b>	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	3 plain rice cakes	35g IdealLean Protein (any flavor)	1 c unsweetened almond milk	Idea: Crumble up your rice cake like cereal. Mix up the protein and almond milk and pour your “protein milk” over the “cereal”.	274 cal/4g fat/28g carbs/31g protein
<b>DURING WORKOUT</b>	1 scoop IdealLean BCAAs					
<b>MEAL 2/ POST- WORKOUT</b>	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	30g oats AND 200g canteloupe (70 cal any fruit)	115g low-fat cottage cheese		Maple and Brown Sugar Overnight Oats	276 cal/5g fat/41g carbs/19g protein
<b>MEAL 3</b>	1 serving IdealLean Burner	80g quinoa and 40g strawberries	85g tilapia or chicken, grilled	15g any light dressing (25 cal) AND 60g avocado	Idea: Assemble a salad with spring mix, arugula (or any free veggies) and top with berries, quinoa, fish/chicken, avocado and dressing.	338 cal/14g fat/27g carbs/27g protein
<b>MEAL 4</b>		12 whole wheat or rice crackers (90 cal)	2 eggs, hard boiled	1 string cheese	Idea: Snack mix! This is a great grab and go snack!	314 cal/17g fat/18g carbs/21g protein
<b>BETWEEN MEALS</b>	1 scoop IdealLean BCAAs					
<b>MEAL 5</b>	1 serving IdealLean Krill Oil	200g gold potato and 40g chopped carrots with your veggies	85g chicken AND 1 slice turkey bacon (35 cal)	20g cheddar cheese	Chicken Loaded Baked Potato	391 cal/11g fat/38g carbs/33g protein
<b>MEAL 6</b>	1 serving IdealLean Nighttime Probiotic	40g raspberries	225g plain fat-free Greek yogurt AND 10g IdealLean Protein	12g almonds, slivered	Idea: Add 1-2 pkts stevia and 2g sugar-free fat-free cheesecake pudding powder to the yogurt and stir. Stir in raspberries and nuts. Freeze for 30 minutes until it's the consistency of frozen yogurt. Enjoy after thawing for 5-10 minutes.	253 cal/6g fat/17g carbs/34g protein

Total: 1846 cal/57g fat/169g carbs/165g protein

## Recipes, Over 165 lbs

### MAPLE AND BROWN SUGAR OVERNIGHT OATS

30g oats  
1/3c almond milk  
1/2 tsp. vanilla  
1 pkt stevia (opt)  
5g brown sugar  
15g pure maple syrup  
1/8 tsp. cinnamon

In a mason jar stir together oats, almond milk and vanilla. In a separate bowl stir together brown sugar, cinnamon and syrup and pour over the oats in the jar. Have 115g cottage cheese on the side or stir it into your oats to make it higher volume!

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Slice the top off the potato and squeeze the sides so the insides of the potato open up. Top with broccoli, 85g chicken, 1 slice crumbled turkey bacon (35 cal) and 20g cheese. Put under the broiler for about 1-2 minutes or until cheese begins to toast. Enjoy the potato also eating the top you cut off. For added flavor mash IdealFit Honey Butter Herb Seasoning and 1/2 tbsp. fat-free sour cream into your potato!