

Lindsay

**12-WEEK FIT BODY
BIKINI PROGRAM**

**PHASE 2
WEEKS 4-6**

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CONTENTS

8 Gym Workouts

10 Home Workouts

12 Nutrition Plan #1

20 Nutrition Plan #2



Phase 2 Nutrition

You have two delicious meal plans to rotate through for this phase, or you are welcome to track your own macros. Based on your results of Phase 1 you may be dropping some calories during this phase! See the macro manipulations below.

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! You are welcome to use any meal plan for any phase, but keep in mind as you get closer to your goal, simple recipes are better!

Macro and Cardio Manipulation

It is time to evaluate your results from Phase 1 to see if you need to modify your macros and cardio! Remember that if you were not 100% on track, do NOT make the macro and cardio manipulations! One of the biggest mistakes people make is dropping their calories too low, too soon. Instead, rededicate yourself to the program and give it your 100% effort. Make sure you're tracking correctly and not having any off plan bites, licks or tastes (BLT's). If you can't honestly say that you were 100% on track, continue on to this next phase with your current macro/cardio programming.

TARGET MACROS

Under 135 lbs - 1,450 cal; 46g fat; 130g carbs; 135g pro
135 - 165 lbs - 1,650 cal; 53g fat; 145g carbs; 150g pro
Over 165 lbs - 1,825 cal; 58g fat; 160g carbs; 165g pro

Let's look at your results from Phase 1. If you lost 1 ½ - 3 lbs, you will not make any macro changes and will not add any steady-state cardio. You will continue with Phase 2 as written.

If you maintained your weight within 1 lb, you will take the fat grams x .9 for Phase 2, and add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session at a separate time.)

If you gained 1 ½ - 2 lbs or more, multiply your fat grams x .8 for Phase 2, and add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day).

HOW TO MANIPULATE THESE MACROS

If you are tracking your own macros, you'll simply adjust your targets. If your target was 53g of fat, you will multiply $53 \times .9 = 47.7$, which is 48g of fat.

If you prefer to follow the meal plans, then you will simply multiply all of the fats in the program x .9. For example, if a meal calls for 45g of avocado you'll multiply $45 \times .9 = 40.5$ which is 40g avocado. Do this for each fat item in the meal plan.

No matter what phase you are entering, the first time you need to make a macro manipulation it will come from fats. The second time (if needed), it will come from carbs. The third time (if needed - you may not even get to this point), it will come from both.

Here is an overview:

FIRST MANIPULATION

Macros:

If you gained more than 1-2 lbs - multiply fats x .8

If you maintained weight within plus or minus 1 lb - multiply fats x .9

If you lost 1 ½ -3 lbs or more - no changes

Cardio:

If you gained more than 1-2 lbs - add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)

If you maintained weight within plus or minus 1 lb - add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting or as one 20-minute session)

If you lost 1 ½ -3 lbs or more - No additional cardio - Continue with only four 20-minute HIIT sessions

SECOND MANIPULATION

Macros:

If you gained more than 1-2 lbs - multiply carbs x .8

If you maintained weight within plus or minus 1 lb - multiply carbs x .9

If you lost 1 ½ -3 lbs or more - no changes

Cardio:

If you gained more than 1-2 lbs - add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)

If you maintained weight within plus or minus 1 lb - add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session)

If you lost 1 ½ -3 lbs or more - No additional cardio - Continue with only four 20-minute HIIT sessions

THIRD MANIPULATION

Macros:

If you gained more than 1-2 lbs - multiply fats x .9 and carbs x .9

If you maintained weight within plus or minus 1 lb - multiply fats x .95 and carbs x .95

If you lost 1 ½ -3 lbs or more - no changes

Cardio:

If you gained more than 1-2 lbs - add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)

If you maintained weight within plus or minus 1 lb - add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session)

If you lost 1 ½ -3 lbs or more - No additional cardio - Continue with only four 20-minute HIIT sessions

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.

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/Abs
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 2 CARDIO

Everyone will continue 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.

Depending on your results from Phase 1, you may be adding a little bit of steady-state cardio after your HIIT sessions or as a separate cardio session.

GYM WORKOUTS

Legs

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 supersets.

SUPERSET 1

Seated Leg Curl - 15/12/10 reps (increasing weight each set)
Barbell Curtsy Lunge/Reverse Lunge Combo - 10 reps each on each leg

SUPERSET 2

Single Leg Leg Press - 10 reps each leg
Abduction Machine, leaning forward - 12 reps

SUPERSET 3

Bulgarian Split Squat - 12 reps each leg
Straight Leg Deadlift - 15 reps

SUPERSET 4

Cable Goblet Squats, heels on plates - 10 reps
Cable Single Leg Deadlift - 12 reps each leg

WEIGHTED BARBELL HIP THRUSTS - 8 reps

*Not part of a superset. Do straight sets where you do a set and then rest for 60 seconds before doing your next set.

Shoulder/Ab 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

Seated Barbell Overhead Press - 12 reps
Bent Over Rear Delt Pull - 15 reps
Bicycle Crunches - 25 reps
Jump Rope - 75 hops
Kettlebell Swings - 15 reps

CIRCUIT 2

Alt Front Raises/Lateral Raises - 10 reps each

Front Raise Pull Backs - 10 reps
SB Crunches - 15 reps
Jump Rope - 75 hops
Battle Ropes, double arm slams - 25 reps

CIRCUIT 3

Landmine Press, with squat and twist - 10 reps each side
Kettlebell Upright Row - 12 reps
Decline Bench Crunches - 15 reps
Jump Rope - 75 hops
Medicine Ball Slams - 15 reps

CIRCUIT 4*

Lateral Raises - 15 reps
Diagonal Raises - 15 reps
Jump Rope - 75 hops
*3 rounds no rest

METCON (Metabolic Conditioning)

For each set of exercises, do the first exercise for 60 seconds and the second exercise for 60 seconds. Rest for 30 seconds. Then do the first exercise for 50 seconds and the second exercise for 50 seconds. Rest for 30 seconds. Then do each exercise for 40 seconds, 30 seconds, and then finally 20 seconds, resting for 30 seconds between rounds. When you have finished with the first set of exercises, do the same thing with the second and third sets.

#1

Man Makers
2 Side Step Plyos, each side/1 Pop Squat onto Step

#2

Box Jumps
5 Full Mt Climbers, each leg/1 Medicine Ball Slam

#3

Skaters w/ Single Arm Press
Half Burpees

Back/Biceps/Abs

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 supersets.

SUPERSET 1

Single Arm Cable Row - 10 reps
Incline Curls w/ Rotation - 10 reps

SUPERSET 2

Any Row Machine - 15 reps
Any Bicep Curl Machine - 12 reps

SUPERSET 3

Dumbbell Pullover - 15 reps
Stability Ball Tap Off - 15 reps each side

SUPERSET 4

Wide Grip Lat Pulldown - 10 reps
Plate Pass Crunch - 10 reps

SUPERSET 5

Twisting Dumbbell Rows - 12 reps
Side Plank Crunch - 10 reps each side

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

Hip Thrusts on Smith Machine - 20 reps
Reverse Squats - 15 reps
Box Jumps - 10 reps

CIRCUIT 2

High Step-Ups - 10 reps each side
Crossover Step-Ups - 15 reps each side
Jumping Lunges - 10 reps each side

CIRCUIT 3*

Donkey Kicks on Smith Machine (or leg curl) - 15 reps
Curtsy Lunges - 15 reps
Banded Bridges - 15 reps
*Do exercise 1 and 2 on right leg only, then exercise 1 and 2 on left leg, then move to exercise 3

Shoulder/Chest/Triceps/Abs

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 supersets.

SUPERSET 1

Tilted Overhead Press - 15 reps
Tricep Push-Ups - 10 reps

SUPERSET 2

Incline Bench Lateral Raises - 12 reps each arm
Cable Tricep Pushdown, underhand - 12 reps

SUPERSET 3

Barbell Underhand Front Raises - 10 reps
Twisting Flies - 15 reps

SUPERSET 4

Single Arm Reverse Flies - 12 reps
Dumbbell Pass Around Crunch - 10 reps each side

SUPERSET 5

Medicine Ball Push-Ups - 5 reps each arm
Medicine Ball Full Crunches - 12 reps

HOME WORKOUTS

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

Legs

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 supersets.

SUPERSET 1

Stability Ball Hamstring Curl - 15 reps
Curtsy Lunge/Reverse Lunge Combo - 10 reps each on each leg

SUPERSET 2

Step-Ups - 10 reps each leg
Banded Abductors, leaning forward - 15-25 reps

SUPERSET 3

Bulgarian Split Squat - 12 reps each leg
Straight Leg Deadlift - 15 reps

SUPERSET 4

Goblet Squats, heels elevated - 10 reps
Single Leg Deadlift - 12 reps each leg

WEIGHTED HIP THRUSTS* - 8 reps

*Not part of a superset. Do straight sets where you do a set and then rest for 60 seconds before doing your next set.

Shoulder/Ab 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

Seated Overhead Press - 12 reps
Bent Over Rear Delt Pull - 15 reps
Bicycle Crunches - 25 reps

Jump Rope - 75 hops
Dumbbell Swings - 15 reps

CIRCUIT 2

Alt Front Raises/Lateral Raises - 10 reps each
Front Raise Pull Backs - 10 reps
Stability Ball Crunches - 15 reps
Jump Rope - 75 hops
Plank Surrenders - 12 reps each side

CIRCUIT 3

Thrusters - 10 reps
Upright Row - 12 reps
Butterfly Crunches - 15 reps
Jump Rope - 75 hops
Burpees - 10 reps

CIRCUIT 4*

Lateral Raises - 15 reps
Diagonal Raises - 15 reps
Jump Rope - 75 hops
*3 rounds no rest

METCON (Metabolic Conditioning):

For each set of exercises, do the first exercise for 60 seconds and the second exercise for 60 seconds. Rest for 30 seconds. Then do the first exercise for 50 seconds and the second exercise for 50 seconds. Rest for 30 seconds. Then do each exercise for 40 seconds, 30 seconds, and then finally 20 seconds, resting for 30 seconds between rounds. When you have finished with the first set of exercises, do the same thing with the second and third sets.

#1

Man Makers
2 Side Step Plyos, each side/1 Pop Squat onto Step

#2

Box Jumps
5 Full Mt Climbers, each leg/1 Push-Up

#3

Skaters w/ Single Arm Press
Half Burpees

Back/Biceps/Abs

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 supersets.

SUPERSET 1

Single Arm Dumbbell Row - 10 reps
Incline Curls w/ Rotation - 10 reps

SUPERSET 2

Dumbbell Row, underhand - 15 reps
Preacher Curls - 12 reps

SUPERSET 3

Dumbbell Pullover - 15 reps
Stability Ball Tap Offs - 15 reps each side

SUPERSET 4

Lat Pull Down w/ Band - 10 reps
Stability Ball Pass Crunch - 10 reps

SUPERSET 5

Twisting Dumbbell Rows - 12 reps
Side Plank Crunch - 10 reps each side

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

Weighted Hip Thrusts - 20 reps
Reverse Squats - 15 reps
Box Jumps - 10 reps

CIRCUIT 2*

Reverse Lunges, off step, go low - 10 reps each side
Crossover Step-Ups - 10 reps each side
Jumping Lunges - 10 reps each leg
*Do exercise 1 and 2 on right leg only, exercise 1 and 2 on left leg, exercise 3

CIRCUIT 3*

Banded Donkey Kicks - 15 reps
Curtsy Lunges** - 15 reps
Banded Bridges - 15 reps
*Do exercise 1 and 2 on right leg only, Exercise 1 and 2 on left leg, exercise 3
**Can keep band on for lunges if you'd like

Shoulder/Chest/Triceps/Abs

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 supersets.

SUPERSET 1

Tilted Overhead Press - 15 reps
Tricep Push-Ups - 10 reps

SUPERSET 2

Incline Lateral Raises, on Stability Ball - 12 reps each arm
Single Arm Skull Crushers - 12 reps

SUPERSET 3

Underhand Front Raises - 10 reps
Twisting Flies - 15 reps

SUPERSET 4

Single Arm Reverse Flies - 12 reps
Dumbbell Pass Around Crunch - 10 reps each side

SUPERSET 5

Push-Ups, one hand elevated - 5 reps each arm
Full Crunches - 12 reps

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

Red Potatoes
Corn

DAIRY

Egg Whites
Cheddar Cheese
Unsweetened Almond Milk
Plain Fat-Free Greek Yogurt
Low-Fat Cottage Cheese

PROTEIN

Chicken Sausage
Chicken Breast

OTHER

Oatbran
Favorite Cereal
Oats
Black Beans
Brown Rice
Pretzels
Peanut Butter
Salsa

BAKING

Xanthan Gum
White Chocolate Sugar-Free Pudding Powder
Chili Powder
Salt/Pepper
Almonds
Dried Cranberries
Whole Wheat Flour
Flour
Stevia
Baking Powder
Pumpkin Pie Spice
Cinnamon
Baking Soda
Pumpkin
Baking Stevia
Vanilla

Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 2, 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: Slice enough chicken sausages, potatoes, and veggies to last for 4 days for your meal 3. Roast them according to the recipe directions.

Step 2: Assemble enough cereal snack mix for your meal 2 for the entire week and portion into baggies.

Step 3: Portion chicken sausage, potatoes, and veggies into containers for the next 4 days.

Step 4: Make 1 batch of peanut butter pumpkin muffins.

Step 5: While muffins are baking, prepare 1 recipe worth of your meal 5. Portion into containers for the next 4 days.

When muffins are finished, put half of the batch in the freezer.

Step 6: Prepare 4 servings of your cottage cheese ice cream for meal 6. Portion it out into equal servings and store in the freezer.

THURSDAY

- Slice enough chicken sausage, potatoes, and veggies to last for the rest of the week for your meal 3. Roast them according to the recipe directions.
- Meanwhile make 4 servings of your cottage cheese ice cream for meal 6 to last you the rest of the week.
- When chicken sausage is finished, portion it into containers.
- Make one more batch of your dinner to last you for the rest of the week. Portion into containers.

NIGHTLY

- Pull a muffin for meal 4 out of the freezer if needed. Portion and sweeten Greek yogurt for the rest of your meal 4.

Meals made fresh at the time of eating:

Meal 1

Plan 1, Under 135 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
MEAL 1/ PRE- WORKOUT	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	30g oatbran/oats	2/3 c egg whites	12g cheese	Idea: Cook oats/oatbran according to package directions. Sweeten as desired with any calorie-free sweetener. Scramble egg whites and top with cheese.	247 cal/7g fat/19g carbs/26g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	50g of your favorite cereal (200 cal)	25g IdealLean Protein	1 c unsweetened almond milk	Cereal Snack Mix	327 cal/6g fat/45g carbs/25g protein
MEAL 3	1 serving IdealLean Burner	100g red potatoes AND any free veggies	1 chicken sausage (180 cal)		Idea: Slice your chicken sausages, potatoes and any free veggies and spread in a pan. Roast in a 400 degree oven for about 20 minutes or until the veggies and potatoes turn as crispy as desired. You can make multiple days of this at once and portion out after cooking.	248 cal/12g fat/22g carbs/16g protein
MEAL 4		30g oats	150g plain fat-free Greek yogurt		Peanut Butter Pumpkin Muffins	203 cal/2g fat/27g carbs/20g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	30g black beans AND 30g corn	85g chicken breast	24g cheddar cheese	Black Bean Chicken Skillet	260 cal/9g fat/11g carbs/31g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		115g low-fat cottage cheese	16g almonds	Cottage Cheese Ice Cream	185 cal/11g fat/8g carbs/15g protein

Total: 1470 cal/47g fat/132g carbs/133g protein

Recipes, Under 135 lbs

CEREAL SNACK MIX

30g your favorite cereal
13g pretzels (50 cal)
15g dried cranberries (50 cal)

Combine all of the ingredients into a snack mix. Can portion out multiple days in advance. Have protein powder and milk on the side

PEANUT BUTTER PUMPKIN MUFFINS

2 c whole wheat flour
2 scoops IdealLean Protein (chocolate or vanilla or multi-purpose)
2 tsp. baking powder
2 tsp. pumpkin pie spice
1 1/2 tsp. cinnamon
1/4 tsp. salt
1 c canned pumpkin
1/2 c applesauce
1/2 c egg whites
2/3 c baking stevia
1/4 c peanut butter
1/4 c unsweetened almond milk
2 tsp. vanilla

Preheat oven to 350 degrees and thoroughly spray 12 muffin tins. In a large bowl combine dry ingredients. In a medium bowl, combine all wet ingredients. Mix together contents of both bowls until well combined. Can also blend all ingredients in a large blender. Evenly distribute into 12 muffin tins. Bake approx 16-18 minutes or until a toothpick inserted in center comes out clean. Have 1 muffin with 150g plain fat-free Greek yogurt for your meal. Can sweeten yogurt and crumble muffin over yogurt if desired.

BLACK BEAN CHICKEN SKILLET

1 tsp. chili powder
1/2 tsp. salt
1/4 tsp. pepper
4 chicken breasts
1 can black beans
1 can corn
1/3 c. salsa
24g cheddar cheese

Sprinkle seasonings on chicken. Cook chicken on skillet over medium heat until it is cooked through. Stir in beans, corn and salsa. Cook until the bean mixture is hot. When serving your portion, weigh out 85g chicken and weigh out 90g of the bean/corn/salsa mixture (30g of each). Top with 24g cheddar cheese. Serve over free veggies.

COTTAGE CHEESE ICE CREAM

230g cottage cheese
5g white chocolate sugar-free pudding powder
32g peanut butter
Sweetener to taste
1/4 c almond milk
Ice - add enough so that it is a thick mixture
1/4 tsp. xanthan gum (optional - adds thickness)

Blend all ingredients in blender. Pour into two separate bowls and freeze. Let thaw for 20 minutes or so before eating. Makes two servings. Have half the recipe for your serving. (You can try making one serving at a time but it's easier to blend when you make more than one serving at a time.)

Plan 1, 135-165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
MEAL 1/ PRE- WORKOUT	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	30g oatbran/oats	2/3 c egg whites	12g cheese	Idea: Cook oats/oatbran according to package directions. Sweeten as desired with any calorie-free sweetener. Scramble egg whites and top with cheese.	247 cal/7g fat/19g carbs/26g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	50g of your favorite cereal (200 cal)	30g IdealLean Protein	1 c unsweetened almond milk	Cereal Snack Mix	343 cal/6g fat/45g carbs/29g protein
MEAL 3	1 serving IdealLean Burner	100g red potatoes AND any free veggies	1 chicken sausage (180 cal)		Idea: Slice your chicken sausages, potatoes and any free veggies and spread in a pan. Roast in a 400 degree oven for about 20 minutes or until the veggies and potatoes turn as crispy as desired. You can make multiple days of this at once and portion out after cooking.	248 cal/12g fat/22g carbs/16g protein
MEAL 4		30g oats	200g plain fat-free Greek yogurt		Peanut Butter Pumpkin Muffins	232 cal/2g fat/29g carbs/25g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	30g black beans AND 30g corn AND 60g brown rice	85g chicken breast	24g cheddar cheese	Black Bean Chicken Skillet	327 cal/9g fat/25g carbs/32g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		115g low-fat cottage cheese	24g almonds	Cottage Cheese Ice Cream	233 cal/16g fat/9g carbs/17g protein

Total: 1630 cal/52g fat/149g carbs/145g protein

Recipes, 135-165 lbs

CEREAL SNACK MIX

30g your favorite cereal
13g pretzels (50 cal)
15g dried cranberries (50 cal)

Combine all of the ingredients into a snack mix. Can portion out multiple days in advance. Have protein powder and milk on the side.

PEANUT BUTTER PUMPKIN MUFFINS

2 c whole wheat flour
2 scoops IdealLean Protein (chocolate or vanilla or multi-purpose)
2 tsp. baking powder
2 tsp. pumpkin pie spice
1 1/2 tsp. cinnamon
1/4 tsp. salt
1 c canned pumpkin
1/2 c applesauce
1/2 c egg whites
2/3 c baking stevia
1/4 c peanut butter
1/4 c unsweetened almond milk
2 tsp. vanilla

Preheat oven to 350 degrees and thoroughly spray 12 muffin tins. In a large bowl combine dry ingredients. In a medium bowl, combine all wet ingredients. Mix together contents of both bowls until well combined. Can also blend all ingredients in a large blender. Evenly distribute into 12 muffin tins. Bake approx 16-18 minutes or until a toothpick inserted in center comes out clean. Have 1 muffin with 200g plain fat-free Greek yogurt for your meal. Can sweeten yogurt and crumble muffin over yogurt if desired.

BLACK BEAN CHICKEN SKILLET

1 tsp. chili powder
1/2 tsp. salt
1/4 tsp. pepper
4 chicken breasts
1 can black beans
1 can corn
1/3 c salsa
24g cheddar cheese

Sprinkle seasonings on chicken. Cook chicken on skillet over medium heat until it is cooked through. Stir in beans, corn and salsa. Cook until the bean mixture is hot. When serving your portion, weigh out 85g chicken and weigh out 90g of the bean/corn/salsa mixture (30g of each). Top with 24g cheddar cheese. Serve with 60g brown rice and free veggies.

COTTAGE CHEESE ICE CREAM

230g cottage cheese
5g white chocolate sugar-free pudding powder
48g peanut butter
Sweetener to taste
1/4 c almond milk
Ice - add enough so that it is a thick mixture
1/4 tsp. xanthan gum (optional - adds thickness)

Blend all ingredients in blender. Pour into two separate bowls and freeze. Let thaw for 20 minutes or so before eating. Makes two servings. Have half the recipe for your serving. (You can try making one serving at a time but it's easier to blend when you make more than one serving at a time.)

Plan 1, Over 165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
MEAL 1/ PRE- WORKOUT	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout	40g oatbran/oats	3/4 c egg whites	12g cheese	Idea: Cook oats/oatbran according to package directions. Sweeten as desired with any calorie-free sweetener. Scramble egg whites and top with cheese.	296 cal/8g fat/25g carbs/29g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	50g of your favorite cereal (200 cal)	35g IdealLean Protein	1 c unsweetened almond milk	Cereal Snack Mix	367 cal/6g fat/47g carbs/33g protein
MEAL 3	1 serving IdealLean Burner	150g red potatoes AND any free veggies	1 chicken sausage (180 cal)		Idea: Slice your chicken sausages, potatoes and any free veggies and spread in a pan. Roast in a 400 degree oven for about 20 minutes or until the veggies and potatoes turn as crispy as desired. You can make multiple days of this at once and portion out after cooking.	281 cal/12g fat/30g carbs/17g protein
MEAL 4		30g oats	200g plain fat-free Greek yogurt	12g almonds	Peanut Butter Pumpkin Muffins	303 cal/8g fat/31g carbs/28g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	30g black beans AND 30g corn AND 60g brown rice	115g chicken breast	24g cheddar cheese	Black Bean Chicken Skillet	366 cal/9g fat/25g carbs/40g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		115g low-fat cottage cheese	24g almonds	Cottage Cheese Ice Cream	233 cal/16g fat/9g carbs/17g protein

Total: 1846 cal/59g fat/167g carbs/164g protein

Recipes, Over 165 lbs

CEREAL SNACK MIX

30g your favorite cereal
13g pretzels (50 cal)
15g dried cranberries (50 cal)

Combine all of the ingredients into a snack mix. Can portion out multiple days in advance. Have protein powder and milk on the side

PEANUT BUTTER PUMPKIN MUFFINS

2 c whole wheat flour
2 scoops IdealLean Protein (chocolate or vanilla or multi-purpose)
2 tsp. baking powder
2 tsp. pumpkin pie spice
1 1/2 tsp. cinnamon
1/4 tsp. salt
1 c canned pumpkin
1/2 c applesauce
1/2 c egg whites
2/3 c baking stevia
1/4 c peanut butter
1/4 c unsweetened almond milk
2 tsp. vanilla

Preheat oven to 350 degrees and thoroughly spray 12 muffin tins. In a large bowl combine dry ingredients. In a medium bowl, combine all wet ingredients. Mix together contents of both bowls until well combined. Can also blend all ingredients in a large blender. Evenly distribute into 12 muffin tins. Bake approx 16-18 minutes or until a toothpick inserted in center comes out clean. Have 1 muffin with 200g plain fat-free Greek yogurt and 12g peanut butter for your meal. Can sweeten yogurt and crumble muffin over yogurt if desired.

BLACK BEAN CHICKEN SKILLET

1 tsp. chili powder
1/2 tsp. salt
1/4 tsp. pepper
4 chicken breasts
1 can black beans
1 can corn
1/3 c salsa
24g cheddar cheese

Sprinkle seasonings on chicken. Cook chicken on skillet over medium heat until it is cooked through. Stir in beans, corn and salsa. Cook until the bean mixture is hot. When serving your portion, weigh out 115g chicken and weigh out 90g of the bean/corn/salsa mixture (30g of each). Top with 24g cheddar cheese. Serve with 60g brown rice and free veggies.

COTTAGE CHEESE ICE CREAM

230g cottage cheese
5g white chocolate sugar-free pudding powder
48g peanut butter
Sweetener to taste
1/4 c almond milk
Ice - add enough so that it is a thick mixture
1/4 tsp. xanthan gum (optional - adds thickness)

Blend all ingredients in blender. Pour into two separate bowls and freeze. Let thaw for 20 minutes or so before eating. Makes two servings. Have half the recipe for your serving. (You can try making one serving at a time but it's easier to blend when you make more than one serving at a time.)

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

Banana
Minced Garlic

DAIRY

Unsweetened Almond Milk
Plain Fat-Free Greek Yogurt
Fat-Free Whipped Cream

PROTEIN

Turkey
Turkey Bacon
Chicken Breast

OTHER

Protein Pancake Mix
Oats
Whole Wheat Bread (80 calories)
Guacamole
Rice Cakes
Peanut Butter
Brown Rice
Almond Butter

BAKING

Baking Stevia
Low-Sugar Ketchup
Honey
Almonds
Almond Extract
Butter Extract
Vanilla Extract
Sprinkles
Coarse Sea Salt
Brown Sugar
Lite Soy Sauce
Apple Cider Vinegar

Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 2, 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: Prepare the marinade for the grilled chicken and marinate one week's worth of chicken.

Step 2: Grill chicken for meal 5.

Step 3: Prepare 4 days worth of rice for meal 5 (if called for on your plan).

Step 3: Weigh out 4 days worth of chicken and freeze the rest.

Step 4: Make 4 portions of your meal 6. This can also be made fresh each night and eaten before it's fully frozen for more of a "frozen yogurt" texture.

WEDNESDAY

- Thaw grilled chicken for meal 5.

THURSDAY

- Prepare 3 days worth of rice for meal 5 (if called for on your plan).
- Prepare 3 days worth of your meal 6. This can also be made fresh each night and eaten before it's fully frozen for more of a "frozen yogurt" texture.

NIGHTLY

- Can assemble sandwich in meal 3 the night before or fresh at the time of eating.

Meals made fresh at the time of eating:

Meal 1

Meal 2

Meal 3

Meal 4

Meal 6 (you can also prep this in advance but I prefer to make it fresh and eat it before it freezes all the way)

Plan 2, Under 135 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
MEAL 1/ PRE- WORKOUT	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout		1/2 c protein pancake mix		Idea: Mix 1/2 c protein pancake mix and 1/3 c - 1/2 c water (enough to make it pancake batter consistency) in a bowl. Microwave for 30-60 seconds or until cooked through. Enjoy!	190 cal/2g fat/30g carbs/14g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	20g oats AND 100g banana	25g IdealLean Protein	1 c unsweetened almond milk	Birthday Cake Smoothie	309 cal/6g fat/42g carbs/22g protein
MEAL 3	1 serving IdealLean Burner	1 slice whole wheat bread (80 cal)	60g turkey AND 1 slice turkey bacon	35g prepared guacamole	Idea: Make a turkey bacon sandwich with guacamole, lettuce, onion, sprouts, etc! Use any free veggies!	219 cal/9g fat/20g carbs/17g protein
MEAL 4		2 rice cakes AND 40g banana AND 3g honey	25g IdealLean Protein	1 c unsweetened almond milk AND 24g peanut butter	Idea: Spread peanut butter on the rice cakes and top with sliced banana and honey. Have protein powder and milk on the side.	380 cal/16g fat/34g carbs/28g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil		85g chicken breast	8g almonds	Grilled Sweet and Sour Chicken	157 cal/5g fat/1g carbs/24g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		225g plain fat-free Greek yogurt	16g almond butter	Idea: Stir stevia, almond butter and 1/4 tsp. almond extract into your Greek yogurt. Freeze for at least 30 minutes or up to overnight. Let thaw about 10-15 minutes (as desired) before eating.	227 cal/9g fat/13g carbs/26g protein

Total: 1482 cal/47g fat/140g carbs/131g protein

Recipes, Under 135 lbs

BIRTHDAY CAKE SMOOTHIE

1 c unsweetened almond milk
25g French Vanilla IdealLean Protein
100g banana, frozen
1/2 tsp. almond extract
1/4 tsp. butter extract (optional)
1/4 tsp. vanilla extract
Dash salt
Ice
3 tbsp. sprinkles (60 cals worth)
4 tbsp. fat-free whipped cream

Blend everything but the sprinkles and whipped cream. Stir in 2 tbsp. sprinkles and then top with remaining sprinkles and whipped cream.

GRILLED SWEET AND SOUR CHICKEN

Marinade:

2 qt. room temperature water
1/3 c coarse sea salt
1/4 c brown sugar
1/4 c lite soy sauce
3-4 chicken breasts sliced lengthwise so they're thinner

Sweet and Sour Sauce:

1 c baking stevia
1/2 c low-sugar ketchup
1 c apple cider vinegar
2 tbsp. liquid aminos or lite soy sauce
3 tsp. minced garlic

Slice chicken breast into thin slices and marinate for at least 2 hours. Bring all sauce ingredients to a simmer over medium heat in a sauce pan. Let simmer for 15 minutes.

Grill the chicken until cooked through. During the last two minutes of grilling, brush with the sweet and sour sauce. Serve the remaining sauce on the side. For your serving have 85g of chicken with free veggies and 8g slivered almonds.

Plan 2, 135-165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
MEAL 1/ PRE- WORKOUT	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout		1/2 c protein pancake mix AND 10g IdealLean Protein		Idea: Mix 1/2 c protein pancake mix, IdealLean protein and 1/3c - 1/2 c water (enough to make it pancake batter consistency) in a bowl. Microwave for 30-60 seconds or until cooked through. Enjoy!	222 cal/2g fat/30g carbs/22g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	20g oats AND 100g banana	30g IdealLean Protein	1 c unsweetened almond milk	Birthday Cake Smoothie	325 cal/6g fat/42g carbs/26g protein
MEAL 3	1 serving IdealLean Burner	1 slice whole wheat bread (80 cal)	60g turkey AND 1 slice turkey bacon	65g prepared guacamole	Idea: Make a turkey bacon sandwich with guacamole, lettuce, onion, sprouts, etc! Use any free veggies!	256 cal/12g fat/22g carbs/18g protein
MEAL 4		2 rice cakes AND 40g banana AND 3g honey	25g IdealLean Protein	1 c unsweetened almond milk AND 24g peanut butter	Idea: Spread peanut butter on the rice cakes and top with sliced banana and honey. Have protein powder and milk on the side.	380 cal/16g fat/34g carbs/28g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	60g brown rice	85g chicken breast	8g almonds	Grilled Sweet and Sour Chicken	224 cal/5g fat/15g carbs/25g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		225g plain fat-free Greek yogurt	16g almond butter	Idea: Stir stevia, almond butter and 1/4 tsp. almond extract into your Greek yogurt. Freeze for at least 30 minutes or up to overnight. Let thaw about 10-15 minutes (as desired) before eating.	227 cal/9g fat/13g carbs/26g protein

Total: 1667 cal/50g fat/156g carbs/152g protein

Recipes, 135-165 lbs

BIRTHDAY CAKE SMOOTHIE

1 c unsweetened almond milk
30g French Vanilla IdealLean Protein
100g banana, frozen
1/2 tsp. almond extract
1/4 tsp. butter extract (optional)
1/4 tsp. vanilla extract
Dash salt
Ice
3 tbsp. sprinkles (60 cal worth)
4 tbsp. fat-free whipped cream

Blend everything but the sprinkles and whipped cream. Stir in 2 tbsp. sprinkles and then top with remaining sprinkles and whipped cream.

GRILLED SWEET AND SOUR CHICKEN

Marinade:

2 qt. room temperature water
1/3 c coarse sea salt
1/4 c brown sugar
1/4 c lite soy sauce
3-4 chicken breasts sliced lengthwise so they're thinner

Sweet and Sour Sauce:

1 c baking stevia
1/2 c low-sugar ketchup
1 c apple cider vinegar
2 tbsp. liquid aminos or lite soy sauce
3 tsp minced garlic

Slice chicken breast into thin slices and marinate for at least 2 hours. Bring all sauce ingredients to a simmer over medium heat in a sauce pan. Let simmer for 15 minutes.

Grill the chicken until cooked through. During the last two minutes of grilling, brush with the sweet and sour sauce. Serve the remaining sauce on the side. For your serving have 85g of chicken with free veggies and 8g slivered almonds.

Plan 2, Over 165 lbs

	SUPPLEMENTS	CARBS	PROTEIN	FAT	RECIPE/IDEA	MACROS
MEAL 1/ PRE- WORKOUT	1 scoop IdealLean L-Carnitine AND 1 serving Burner OR 1-2 scoops IdealLean Pre-Workout		1/2 c protein pancake mix AND 10g IdealLean Protein		Idea: Mix 1/2 c protein pancake mix, IdealLean protein and 1/3c - 1/2 c water (enough to make it pancake batter consistency) in a bowl. Microwave for 30-60 seconds or until cooked through. Enjoy!	222 cal/2g fat/30g carbs/22g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	20g oats AND 100g banana	35g IdealLean Protein	1 c unsweetened almond milk	Birthday Cake Smoothie	349 cal/6g fat/44g carbs/30g protein
MEAL 3	1 serving IdealLean Burner	2 slices whole wheat bread (80 cal ea)	85g turkey and 1 slice turkey bacon	65g prepared guacamole	Idea: Make a turkey bacon sandwich with guacamole, lettuce, onion, sprouts, etc! Use any free veggies!	362 cal/12g fat/38g carbs/27g protein
MEAL 4		2 rice cakes AND 40g banana AND 3g honey	25g IdealLean Protein	1 c unsweetened almond milk AND 24g peanut butter	Idea: Spread peanut butter on the rice cakes and top with sliced banana and honey. Have protein powder and milk on the side.	360 cal/16g fat/31g carbs/28g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	60g brown rice	85g chicken breast	16g almonds	Grilled Sweet and Sour Chicken	271 cal/9g fat/17g carbs/26g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		225g plain fat-free Greek yogurt	24g almond butter	Idea: Stir stevia, almond butter and 1/4 tsp. almond extract into your Greek yogurt. Freeze for at least 30 minutes or up to overnight. Let thaw about 10-15 minutes (as desired) before eating.	276 cal/13g fat/15g carbs/28g protein

Total: 1845 cal/58g fat/170g carbs/168g protein

Recipes, Over 165 lbs

BIRTHDAY CAKE SMOOTHIE

1 c unsweetened almond milk
35g French Vanilla IdealLean Protein
100g banana, frozen
1/2 tsp. almond extract
1/4 tsp. butter extract (opt)
1/4 tsp. vanilla extract
Dash salt
Ice
3 tbsp. sprinkles (60 cal worth)
4 tbsp. fat-free whipped cream

Blend everything but the sprinkles and whipped cream. Stir in 2 tbsp. sprinkles and then top with remaining sprinkles and whipped cream.

GRILLED SWEET AND SOUR CHICKEN

Marinade:

2 qt. room temperature water
1/3 c coarse sea salt
1/4 c brown sugar
1/4 c lite soy sauce
3-4 chicken breasts sliced lengthwise so they're thinner

Sweet and Sour Sauce:

1 c baking stevia
1/2 c low-sugar ketchup
1 c apple cider vinegar
2 tbsp. liquid aminos or lite soy sauce
3 tsp. minced garlic

Slice chicken breast into thin slices and marinate for at least 2 hours. Bring all sauce ingredients to a simmer over medium heat in a sauce pan. Let simmer for 15 minutes.

Grill the chicken until cooked through. During the last two minutes of grilling, brush with the sweet and sour sauce. Serve the remaining sauce on the side. For your serving have 85g chicken with 60g brown rice, free veggies and 16g slivered almonds.