

Lindsey

**12-WEEK FIT BODY
BIKINI PROGRAM**

**PHASE 3
WEEKS 7-9**

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Phase 3 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 2 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 2 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.

*Note on cardio manipulation: Any cardio you implement during phase 3 will be in addition to the cardio you added during phase 2. So if you added 5 minutes 4x/week going into phase 2, and you're adding 5 minutes 4x/week going into phase 3, your total cardio will be 10 minutes 4x/week.

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 2. 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 3 as written.

If you maintained your weight within 1 lb, you will make a macro adjustment as discussed below 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, you will make a macro adjustment as discussed below 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 $\times .9$. 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 $\times .8$

If you maintained weight within plus or minus 1 lb - multiply fats $\times .9$

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 $\times .8$

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.

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 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 not 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 - Lower Body Metabolic
Tuesday - Heavy Shoulders/Abs
Wednesday - METCON
Thursday - Back/Arms/Chest
Friday - Glute Circuits
Saturday - Metabolic Shoulders/Abs
Sunday - Off

You can do your 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 3 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 2, you may be adding a little bit of steady-state cardio after your HIIT sessions or as a separate cardio session.

GYM WORKOUTS

Metabolic Lower Body

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

Kettlebell Deadlifts - 15 reps
Stationary Lunges - 12 reps, each leg
Pop Squats - 15 reps

CIRCUIT 2

Single Leg Deadlifts - 15 reps, each leg
Curtsy Lunge off Step - 12 reps, each leg
Skaters - 10 reps each side

CIRCUIT 3

Seated Leg Curls - 10 reps
Walking Lunges - 15 reps, each leg
Crossover Step-Ups - 20-30 reps each leg

CIRCUIT 4

Glute Push Down on Assisted Pull-Up Machine - 15 reps each leg
Abduction Machine, sitting straight up, drop sets - 10/10/10 (decreasing weight each set)
High Low Jump Squats - 10 reps

Heavy Shoulders/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 superset.

SUPERSET 1

Overhead Press - 10 reps
Stability Ball Crunch - 15 reps

SUPERSET 2

Overhead Press Machine Drop Set - 8/8
Decline 3/4 Sit-Ups - 10 reps

SUPERSET 3

Incline DB Front Raises - 10 reps
Incline Lateral Raise, thumb down - 15 reps

SUPERSET 4

Leaning Lateral Raises - 12 reps
Reverse Fly Machine - 12 reps

SUPERSET 5

Tilted Overhead Press - 15 reps
Lateral Raises - 20 reps

METCON (Metabolic Conditioning)

(Medicine Ball, Weights, Step)

Complete the first move in each superset for 45 seconds followed by a 15-second rest. Then complete move 2 for 45 seconds followed by a 15-second rest. Repeat the first move for 45 seconds followed by 15 seconds of rest and the 2nd exercise again for 45 seconds followed by 15 seconds of rest. This should take 4 minutes. Rest for 1 minute as you switch to the next superset.

SUPERSET 1

Walk Out Burpee
Medicine Ball Slam

SUPERSET 2

Man Makers
Side Step Plyos

SUPERSET 3

Medicine Ball Toss*
Pop Squat onto Step
*If you have a wall, toss the ball against a wall.

SUPERSET 4

Clean and Press
Box Jump

SUPERSET 5

Plank Jack Step Surrenders
Skaters with Single Arm Press

SUPERSET 6

Step Tap Offs
Power Jacks

Back/Arms/Chest

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.

SUPERSET 1

Pull-Ups, assisted if needed - 6-8 reps
Alternating Curls - 12 reps

SUPERSET 2

Straight Arm Lat Pulldown - 12 reps
Overhead Cable Tricep Extension - 12 reps

SUPERSET 3

Any Row Machine - 10 reps
Tricep Push-Up - 15 reps

SUPERSET 4

Incline Bench Press - 15 reps
Incline Curls with Rotation - 12 reps

SUPERSET 5

Underhand Close Grip Lat Pulldown - 10 reps
Chest Press Machine - 12 reps

Glute Circuits

Perform 3 sets of each circuit or superset completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset. After completing the first two supersets, move on to the longer circuit. Again, rest minimally between exercises and rest for 90 seconds after the entire circuit. Complete the circuit 3 times through.

SUPERSET 1

Hip Thrusts on Smith Machine - 12 reps
Stability Ball Crunches - 15 reps

SUPERSET 2

Diagonal Leg Press, single leg - 12 reps each leg
Barbell Full Crunches - 12 reps

CIRCUIT

Side Step Plyos - 10 per side
Banded Abductors, upright - 20 -30 reps
Dumbbell Frog Pumps- 20 reps
Straight Leg Deadlifts - 12 reps
Banded Bridges, feet elevated - 15
Box Jumps - 10 jumps
Banded Side Step Squats - 15 steps each side

Metabolic Shoulders/Abs

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 superset. After finishing the circuits, move on to the finisher.

CIRCUIT 1

Lateral Raise/Front Press Combo- 8-10 reps each
Front Raise/Upright Row Combo - 8-10 reps each
Hanging Leg Raises - 12 reps
Power Jacks - 25 reps
Medicine Ball Slams - 15 reps

CIRCUIT 2

Snow Angels to Overhead Press - 10 reps
Prone Y's - 12 reps
Reverse Crunches - 12 reps
Power Jacks - 25 reps
Bosu/Medicine Ball Burpees - 10 reps*
*If you don't have a bosu/medicine ball, hold dumbbells.

CIRCUIT 3

Squat and Landmine Front Press - 10 reps each arm
Single Arm Kettlebell Press - 10 reps each
Stability Ball Pike - 10 reps
Power Jacks - 25 reps
Plank Shoulder Taps - 30 taps each side

FINISHER

Battle Ropes - 30 seconds
Lateral Raises - 30 seconds
30 seconds Rest
Repeat for 5 minutes

HOME WORKOUTS

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

Metabolic Lower Body

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

Straight Leg Deadlifts - 15 reps
Stationary Lunges - 12 reps, each leg
Pop Squats - 15 reps

CIRCUIT 2

Good Mornings - 15 reps
Curtsy Lunge off Step - 12 reps, each leg
Skaters - 10 reps each side

CIRCUIT 3

Stability Ball Hamstring Curls - 10 reps
Walking Lunges - 15 reps, each leg
Bench Step Overs - 20-30 reps each leg

CIRCUIT 4

Reverse Lunge Off Step, go low - 15 reps each leg
Banded Abductors, leaning forward, rest pauses - 30 reps (or max) then rest 5 seconds and go to failure again
High Low Jump Squats - 10 reps

Heavy Shoulders/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 superset.

SUPERSET 1

Overhead Press, seated - 10 reps
Stability Ball Crunch - 15 reps

SUPERSET 2

Arnold Press, drop set - 8/8

Butterfly Crunches - 10 reps

SUPERSET 3

Incline Dumbbell Front Raises - 10 reps
Incline Lateral Raise, thumb down - 15 reps

SUPERSET 4

Leaning Lateral Raises - 12 reps
Bent Over Reverse Flies - 12 reps

SUPERSET 5

Tilted Overhead Press - 15 reps
Lateral Raises - 20 reps

METCON (Metabolic Conditioning)

(Medicine Ball, Weights, Step)

Complete the first move in each superset for 45 seconds followed by a 15 second rest. Then complete move 2 for 45 seconds followed by a 15-second rest. Repeat the first move for 45 seconds followed by 15 seconds of rest and the 2nd exercise again for 45 seconds followed by 15 seconds of rest. This should take 4 minutes. Rest for one minute as you switch to the next superset.

SUPERSET 1

Walk Out Burpee
Side to Side Squat Thrusts

SUPERSET 2

Man Makers
Side Step Plyos

SUPERSET 3

Thrusters
Pop Squat Onto Step

SUPERSET 4

Clean and Press
Box Jump

SUPERSET 5

Plank Jack Step Surrenders
Skaters with Single Arm Press

SUPERSET 6

Step Tap Offs
Power Jacks

Back/Arms/Chest

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.

SUPERSET 1

Lat Pull Down w/ Band - 12 reps
Alternating Curls - 12 reps

SUPERSET 2

Straight Arm Lat Pulldown w/ Band - 12 reps
Tricep Pushdown w/ Band - 12 reps

SUPERSET 3

Banded Row - 10 reps
Tricep Push-Up - 15 reps

SUPERSET 4

Chest Press on Stability Ball - 15 reps
Curls with Rotation - 12 reps

SUPERSET 5

Bent Over Straight Arm Lat Pull - 10 reps
Alternating Arm Chest Press - 12 reps

Glute Circuits

Perform 3 sets of each superset or circuit completing the reps listed. Rest as little as possible between exercises. Rest for 60-90 seconds between each round of the superset. After completing the first two supersets, move on to the longer circuit. Again, rest minimally between exercises and rest for 90 seconds after the entire circuit. Complete the circuit 3 times through.

SUPERSET 1

Weighted Bridges w/ Band - 12 reps
Stability Ball Froggies - 15 reps

SUPERSET 2

Bent Over Bulgarian Split Squats - 12 reps each leg
Weighted Full Crunches - 12 reps

CIRCUIT

Side Step Plyos - 10 per side
Banded Abductors, upright - 20 -30 reps
Weighted Frog Pumps - 20 reps
Straight Leg Deadlifts - 12 reps
Banded Bridges, feet elevated - 15 reps
Box Jumps - 10 jumps
Double Banded Lateral Walks - 15 steps each side

Shoulder/Chest/Triceps

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 superset. After finishing the circuits, move on to the finisher.

CIRCUIT 1

Lateral Raise/Front Press Combo - 8-10 reps each
Front Raise/Upright Row Combo - 8-10 reps each
Lying Leg Raises - 12 reps
Power Jacks - 25 reps
Thrusters - 10 reps

CIRCUIT 2

Snow Angels to Overhead Press - 10 reps
Prone Y's - 12 reps
Reverse Crunch - 12 reps
Power Jacks - 25 reps
Burpees - 10 reps

CIRCUIT 3

Single Arm Front Press - 10 reps each arm
Single Arm Overhead Press - 10 reps each
Stability Ball Pike - 10 reps
Power Jacks - 25 reps
Plank Shoulder Taps - 30 taps each side

FINISHER

Plank Surrenders - 30 seconds
Lateral Raises - 30 seconds
30 seconds Rest
Repeat for 5 minutes

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

Avocado
Onion
Cabbage
Apples
Garlic Cloves
Cilantro

DAIRY

Unsweetened Almond Milk
Egg Whites
Eggs
Yogurt Style Low-Fat Ranch Dressing
Plain Fat-Free Greek Yogurt
Cheese

OTHER

Rice Cakes (Any Flavor)
Plain Toasted Whole Grain O's Cereal
Powdered Peanut Butter
Whole Wheat Pasta
Peanut Butter
Corn Tortillas (50 calories each)
Any Sauce Dressing (30 calories)
Chocolate Flavored Peanut Butter (8 grams of sugar or less)

PROTEIN

Chicken Breast
Turkey Bacon
Pork Tenderloin

BAKING

Sugar-Free Maple Syrup
Chili Powder
Cumin
Paprika
Tomato Sauce
Sriracha
Honey
Apple Cider Vinegar
Cocoa
Chocolate Sugar-Free Pudding Powder
Stevia

Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 3, 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: Cook one full recipe of the pork for your meal 5 in the crock pot. While that is cooking, do the remaining steps.

Step 2: Grill a week's worth of chicken for your meal 3.

Step 3: Hard boil enough eggs needed for one week for your meal 3.

Step 4: Pre-cook bacon for meal 3 and keep in a baggie in the fridge.

Step 5: Prepare 4 day's worth of the fruit dip in meal 4. Weigh the entire amount and divide by 4. Separate into 4 containers or write the serving size on a sticky note to serve into a bowl at the time of eating.

Step 6: Make 4 day's worth of your post-workout cereal treats. Before forming into squares, weigh the entire recipe and divide by 4. Weigh out each treat so it is the right serving size. Keep in the freezer.

Step 7: When your pork and chicken are finished cooking, portion out the amount for 4 days and put the rest into gallon size bags to keep in the freezer until Thursday.

WEDNESDAY

- Thaw pork and chicken.

THURSDAY

- Make 3 day's worth of your fruit dip (meal 4) and your post-workout cereal treats (meal 2). Keep the cereal treats in the freezer.

NIGHTLY

- Assemble your salad (meal 3) for the next day.

Meals made fresh at the time of eating:

Meal 1

Meal 5 - assemble tacos fresh each night with your prepped meat.

Meal 6

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	2 rice cakes (any flavor)	2/3 c egg whites		Idea: Try caramel or chocolate rice cakes with sweet egg whites. To make sweet egg whites, sprinkle 1 packet of stevia on during scrambling and top with sugar-free maple syrup.	188 cals/0g fat/22g carbs/20g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	30g plain toasted whole grain O's cereal	15g IdealLean Chocolate Peanut Butter Protein	24g powdered peanut butter	Idea: Reconstitute the powdered peanut butter according to package directions. Stir in the protein powder and add a little water so it is stirrable. Stir in the toasted O's cereal. Using plastic wrap, shape into a square like a rice crispy treat and freeze before eating.	275 cals/5g fat/30g carbs/27g protein
MEAL 3	1 serving IdealLean Burner	65g whole wheat pasta, cooked	65g chicken breast AND 1 slice turkey bacon AND 1 hard boiled egg	20g avocado AND 15g ranch yogurt style low-fat dressing (25 cals or less)	Idea: Make a cob salad with all ingredients as well as any free veggies you'd like.	314 cals/15g fat/16g carbs/27g protein
MEAL 4		150g apple, sliced	150g plain fat-free Greek yogurt	8g peanut butter	Idea: Make a fruit dip by mixing the peanut butter into the yogurt and sweeten as desired. Try sweetening with some sugar-free maple syrup! Dip your apple slices into the yogurt dip.	209 cals/4g fat/29g carbs/17g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	1 corn tortilla (50 cals) AND 30 calories any sauce/dressing	85g pork tenderloin	45g avocado	Slow Cooker Sriracha Pork Tacos	262 cals/11g fat/23g carbs/20g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		25g IdealLean Protein	20g peanut butter	Triple Chocolate Smoothie	256 cals/12g fat/17g carbs/26g protein

Total: 1504 cals/47g fat/137g carbs/137g protein

Recipes, Under 135 lbs

SLOW COOKER SRIRACHA PORK TACOS

2 lbs pork tenderloin
3 tsp. chili powder
2 tsp. cumin
2 tsp. paprika
Salt and pepper
8 oz can tomato sauce
1/4 c sriracha
1/4 c honey
1/4 c apple cider vinegar
4 cloves garlic, minced
Corn tortillas
Toppings: cilantro, diced onion, cabbage, avocado or cheese

Season the pork on all sides and brown over a hot stove for about a minute on each side. Mix together the tomato sauce, sriracha, honey, vinegar and garlic in a bowl. Put pork and sauce into a crock pot and cook over low heat for 6-8 hours. When the pork can shred easily, pull it with two forks. Serve yourself 85g of pork with 1 corn tortilla (50 cal each) and 45g avocado OR 20g pepper jack cheese.

TRIPLE CHOCOLATE SMOOTHIE

25g any Chocolate IdealLean Protein
1 c unsweetened almond milk
20g chocolate flavored peanut butter w/ 8g sugar or less per serving
5g cocoa
3g chocolate sugar-free pudding powder
Stevia to taste
Ice

Blend and enjoy!

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	2 rice cakes (any flavor)	3/4 c egg whites		Idea: Try caramel or chocolate rice cakes with sweet egg whites. To make sweet egg whites, sprinkle 1 packet of stevia on during scrambling and top with sugar-free maple syrup.	200 cals/0g fat/22g carbs/22g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	30g plain toasted whole grain O's cereal	15g IdealLean Protein	24g powdered peanut butter	Idea: Reconstitute the powdered peanut butter according to package directions. Stir in the protein powder and add a little water so it is stirrable. Stir in the toasted O's cereal. Using plastic wrap, shape into a square like a rice crispy treat and freeze before eating.	275 cals/5g fat/30g carbs/27g protein
MEAL 3	1 serving IdealLean Burner	65g whole wheat pasta, cooked	65g chicken breast AND 1 slice turkey bacon AND 1 hard boiled egg	20g avocado AND 15g ranch yogurt style low-fat dressing (25 cals or less)	Idea: Make a cob salad with all ingredients as well as any free veggies you'd like.	314 cals/15g fat/16g carbs/27g protein
MEAL 4		150g apple, sliced	150g plain fat-free Greek yogurt	24g peanut butter	Idea: Make a fruit dip by mixing the peanut butter into the yogurt and sweeten as desired. Try sweetening with some sugar-free maple syrup! Dip your apple slices into the yogurt dip.	299 cals/12g fat/32g carbs/21g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	2 corn tortillas (50 cals each) AND 30 calories any sauce/dressing	100g pork tenderloin	45g avocado	Slow Cooker Sriracha Pork Tacos	331 cals/12g fat/33g carbs/24g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		30g IdealLean Protein	20g peanut butter	Triple Chocolate Smoothie	272 cals/12g fat/17g carbs/30g protein

Total: 1691 cals/56g fat/150g carbs/151g protein

Recipes, 135-165 lbs

SLOW COOKER SRIRACHA PORK TACOS

2 lbs pork tenderloin
3 tsp. chili powder
2 tsp. cumin
2 tsp. paprika
Salt and pepper
8 oz can tomato sauce
1/4 c sriracha
1/4 c honey
1/4 c apple cider vinegar
4 cloves garlic, minced
Corn tortillas
Toppings: cilantro, diced onion, cabbage, avocado or cheese

Season the pork on all sides and brown over a hot stove for about a minute on each side. Mix together the tomato sauce, sriracha, honey, vinegar and garlic in a bowl. Put pork and sauce into a crock pot and cook over low heat for 6-8 hours. When the pork can shred easily, pull it with two forks. Serve yourself 100g of pork with 2 corn tortillas (50 cal each) and 45g avocado OR 20g pepper jack cheese.

TRIPLE CHOCOLATE SMOOTHIE

30g any Chocolate IdealLean Protein
1 c unsweetened almond milk
20g chocolate flavored peanut butter w/ 8g sugar or less per serving
5g cocoa
3g chocolate sugar-free pudding powder
Stevia to taste
Ice

Blend and enjoy!

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	3 rice cakes (any flavor)	3/4 c egg whites		Idea: Try caramel or chocolate rice cakes with sweet egg whites. To make sweet egg whites, sprinkle 1 packet of stevia on during scrambling and top with sugar-free maple syrup.	250 cals/0g fat/33g carbs/22g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	30g plain toasted whole grain O's cereal	15g IdealLean Protein	24g powdered peanut butter	Idea: Reconstitute the powdered peanut butter according to package directions. Stir in the protein powder and add a little water so it is stirrable. Stir in the toasted O's cereal. Using plastic wrap, shape into a square like a rice crispy treat and freeze before eating.	275 cals/5g fat/30g carbs/27g protein
MEAL 3	1 serving IdealLean Burner	75g whole wheat pasta, cooked	85g chicken breast AND 1 slice turkey bacon AND 1 hard boiled egg	20g avocado AND 15g ranch yogurt style low-fat dressing (25 cals or less)	Idea: Make a cob salad with all ingredients as well as any free veggies you'd like.	365 cals/15g fat/21g carbs/33g protein
MEAL 4		150g apple, sliced	150g plain fat-free Greek yogurt	24g peanut butter	Idea: Make a fruit dip by mixing the peanut butter into the yogurt and sweeten as desired. Try sweetening with some sugar-free maple syrup! Dip your apple slices into the yogurt dip.	299 cals/12g fat/32g carbs/21g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	2 corn tortillas (50 cals each) AND 30 calories any sauce/dressing	115g pork tenderloin	60g avocado	Slow Cooker Sriracha Pork Tacos	374 cals/14g fat/34g carbs/27g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		35g IdealLean Protein	20g peanut butter	Triple Chocolate Smoothie	296 cals/12g fat/19g carbs/34g protein

Total: 1859 cals/58g fat/169g carbs/164g protein

Recipes, Over 165 lbs

SLOW COOKER SRIRACHA PORK TACOS

2 lbs pork tenderloin
3 tsp. chili powder
2 tsp. cumin
2 tsp. paprika
Salt and pepper
8 oz can tomato sauce
1/4 c sriracha
1/4 c honey
1/4 c apple cider vinegar
4 cloves garlic, minced
Corn tortillas
Toppings: cilantro, diced onion, cabbage, avocado or cheese

Season the pork on all sides and brown over a hot stove for about a minute on each side. Mix together the tomato sauce, sriracha, honey, vinegar and garlic in a bowl. Put pork and sauce into a crock pot and cook over low heat for 6-8 hours. When the pork can shred easily, pull it with two forks. Serve yourself 115g of pork with 2 corn tortillas (50 cals each) and 60g avocado OR 24g pepper jack cheese.

TRIPLE CHOCOLATE SMOOTHIE

35g any Chocolate IdealLean Protein
1 c unsweetened almond milk
20g chocolate flavored peanut butter w/ 8g sugar or less per serving
5g cocoa
3g chocolate sugar-free pudding powder
Stevia to taste
Ice

Blend and enjoy!

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

Strawberries
Avocado
Bagged Coleslaw

DAIRY

Egg Whites
Unsweetened Almond Milk
Provolone Cheese
Low-Fat Cottage Cheese

PROTEIN

Turkey Slices
Chicken Breast

OTHER

Oats
Peanut Butter
Toaster Pastries
Whole Wheat Tortilla or Wrap (80-100 calories)
Sandwich Thins (100 calories)
Salad Dressing (10 calories)
Cocoa Dusted Almonds (100 calorie pack)
Light Poppy Seed Dressing (5 calories/tbsp.)

BAKING

Vanilla
Cinnamon
Stevia
Sugar-Free Maple Syrup
Coconut Butter or Peanut Butter
Canned Coconut Milk Light (50 calories)
Dark Cocoa
Coconut Extract
Apple Cider Vinegar
Mustard
Worcestershire Sauce
Honey
Paprika

Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 3, 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: Start your meal 6 chicken in the crock pot. 1 ½ lbs should be enough for the entire week but you may want to cook 2 lbs just in case. You do not need to adjust the rest of the recipe if you slightly increase the chicken.
Step 2: Make a week's worth of protein waffles (meal 1). Keep all but 2 day's worth in the freezer. If you'd like to make a week's worth of syrup in advance you can. Weigh the entire amount of syrup and make a note of how much your serving size weighs (weight divided by 7 days). You could also just have the berries on the side if you'd prefer.
Step 3: When the chicken is finished, split in half and put half in the freezer for later in the week.

WEDNESDAY

- Thaw the rest of your chicken for meal 5.

NIGHTLY

- Assemble your meal 3 wrap for the next day. I like to keep the veggies in a baggie and add fresh at the time of eating.
- Pull out the next day's waffle (meal 1) to thaw in the fridge. Pop it in the toaster when it's time to eat.
- Assemble your chicken sandwich (meal 5) fresh at the time of eating.

Meals made fresh at the time of eating:

Meal 2

Meal 4

Meal 6

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	25g oats AND 125g strawberries	2/3 c egg whites		Protein Waffle	225 cals/2g fat/27g carbs/23g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	1 toaster pastry (200 cals)	28g IdealLean Protein	1 c unsweetened almond milk		330 cals/7g fat/41g carbs/23g protein
MEAL 3	1 serving IdealLean Burner	1 whole wheat tortilla or wrap (80-100 cals)	60g Turkey	28g provolone cheese	Idea: Put together a turkey wrap with cheese and free veggies. Spray the outside of the wrap with spray butter or non-stick cooking spray and toast on the stove.	250 cals/11g fat/23g carbs/25g protein
MEAL 4			28g German Chocolate IdealLean Casein	1 c unsweetened almond milk AND 16g peanut butter	German Chocolate Cake Shake	240 cals/12g fat/7g carbs/27g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	1 sandwich thin (100 cals)	65g chicken	30g avocado and 10 cals dressing	Pulled Chicken Salad	234 cals/7g fat/21g carbs/23g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		115g low-fat cottage cheese	1 package cocoa dusted almonds (100 calorie pack)	NOTE: These are not chocolate covered almonds! They are a 100 calorie pack of almonds dusted in cocoa. Top cottage cheese with the almonds and enjoy!	191 cals/12g fat/8g carbs/16g protein

Total: 1470 cals/51g fat/127g carbs/137g protein

Recipes, Under 135 lbs

PROTEIN WAFFLE

20g oats
65g low-fat cottage cheese
1/4 c egg whites
9g IdealLean Protein (any flavor)
1/4 tsp. vanilla
Dash cinnamon
1 packet stevia
125g strawberries

Mix all ingredients besides the berries in a blender and cook in your waffle maker. Top with berries and sugar-free maple syrup or blend the berries with some stevia and salt to make a fresh homemade berry syrup!

GERMAN CHOCOLATE CAKE SHAKE

28g German Chocolate IdealLean Casein protein powder (If you don't have casein, you can sub IdealLean Whey Protein)
8g coconut butter (can sub peanut butter)
1/3 c canned coconut milk, light (50 cals)
2/3 c unsweetened almond milk
1/4 tsp. dark cocoa
1/4 tsp. coconut extract
Ice

PULLED CHICKEN SALAD

1 1/2 lbs chicken breast
1/2 c apple cider vinegar
2 tbsp. mustard
1 tbsp. Worcestershire sauce
1 tbsp. honey
1/2 tbsp. paprika
Salt and pepper
Bagged coleslaw
Light poppyseed dressing (5 cal/tbsp.)

Mix vinegar, mustard, Worcestershire sauce, honey, and paprika in a small bowl. Place chicken in slow cooker and top with sauce and salt and pepper. Cook over high heat for approx 6 hours or until you can pull the chicken apart with a fork. When it's done shred chicken with two forks or with your hand mixer. Combine desired amount of coleslaw with 2 tbsp. of dressing (10 cals total). Use 65g chicken, coleslaw and 30g avocado for your sandwich and enjoy in one 100 calorie sandwich thin.

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	30g oats AND 125g strawberries	3/4 c egg whites		Protein Waffle	257 cals/2g fat/30g carbs/26g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	1 toaster pastry (200 cals)	28g IdealLean Protein	1 c unsweetened almond milk		330 cals/7g fat/41g carbs/23g protein
MEAL 3	1 serving IdealLean Burner	1 whole wheat tortilla or wrap (80-100 cals)	85g turkey slices	28g provolone cheese	Idea: Put together a turkey wrap with cheese and free veggies. Spray the outside of the wrap with spray butter or non-stick cooking spray and toast on the stove.	276 cals/11g fat/24g carbs/30g protein
MEAL 4		150g strawberries	28g German Chocolate IdealLean Casein	1 c unsweetened almond milk AND 16g peanut butter	German Chocolate Cake Shake	288 cals/12g fat/19g carbs/28g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	1 sandwich thin (100 cals)	85g chicken breast	60g avocado and 10 cals dressing	Pulled Chicken Salad	310 cals/11g fat/23g carbs/28g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		115g low-fat cottage cheese	1 package cocoa dusted almonds (100 calorie pack)	NOTE: These are not chocolate covered almonds! They are a 100 calorie pack of almonds dusted in cocoa. Top cottage cheese with the almonds and enjoy!	191 cals/12g fat/8g carbs/16g protein

Total: 1652 cals/55g fat/145g carbs/151g protein

Recipes, 135-165 lbs

PROTEIN WAFFLE

25g oats
65g low-fat cottage cheese
1/4 c egg whites
13g IdealLean Protein (any flavor)
1/4 tsp. vanilla
Dash cinnamon
1 packet stevia
125g strawberries

Mix all ingredients besides the berries in a blender and cook in your waffle maker. Top with berries and sugar-free maple syrup or blend the berries with some stevia and salt to make a fresh homemade berry syrup!

GERMAN CHOCOLATE CAKE SHAKE

28g German Chocolate IdealLean Casein protein powder (If you don't have casein, you can sub IdealLean Whey Protein)
8g coconut butter (can sub peanut butter)
1/3 c canned coconut milk, light (50 cals)
2/3 c unsweetened almond milk
1/4 tsp. dark cocoa
1/4 tsp. coconut extract
Ice
(Have strawberries on the side)

PULLED CHICKEN SALAD

1 1/2 lbs chicken breast
1/2 c apple cider vinegar
2 tbsp. mustard
1 tbsp. Worcestershire sauce
1 tbsp. honey
1/2 tbsp. paprika
Salt and pepper
Bagged coleslaw
Light poppyseed dressing (5cal/tbsp.)

Mix vinegar, mustard, Worcestershire sauce, honey, and paprika in a small bowl. Place chicken in slow cooker and top with sauce and salt and pepper. Cook over high heat for approx 6 hours or until you can pull the chicken apart with a fork. When it's done shred chicken with two forks or with your hand mixer. Combine desired amount of coleslaw with 2 tbsp. of dressing (10 cals total). Use 85g chicken, coleslaw and 60g avocado for your sandwich and enjoy in one 100 calorie sandwich thin.

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	35g oats AND 175g strawberries	3/4 c egg whites		Protein Waffle	292 cals/3g fat/37g carbs/27g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	1 toaster pastry (200 cals)	35g IdealLean Protein	1 c unsweetened almond milk		370 cals/7g fat/43g carbs/31g protein
MEAL 3	1 serving IdealLean Burner	1 whole wheat tortilla or wrap (80-100 cals)	85g turkey slices	28g provolone cheese	Idea: Put together a turkey wrap with cheese and free veggies. Spray the outside of the wrap with spray butter or non-stick cooking spray and toast on the stove.	276 cals/11g fat/24g carbs/30g protein
MEAL 4		200g strawberries	28g German Chocolate IdealLean Casein	1 c unsweetened almond milk AND 24g peanut butter	German Chocolate Cake Shake	354 cals/17g fat/25g carbs/29g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	1 sandwich thin (100 cals)	100g chicken breast	60g avocado and 10 cals dressing	Pulled Chicken Salad	329 cals/11g fat/23g carbs/32g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		115g low-fat cottage cheese	1 package cocoa dusted almonds (100 calorie pack)	NOTE: These are not chocolate covered almonds! They are a 100 calorie pack of almonds dusted in cocoa. Top cottage cheese with the almonds and enjoy!	191 cals/12g fat/8g carbs/16g protein

Total: 1812 cals/61g fat/160g carbs/165g protein

Recipes, Over 165 lbs

PROTEIN WAFFLE

30g oats
65g low-fat cottage cheese
1/4 c egg whites
13g IdealLean Protein (any flavor)
1/4 tsp. vanilla
Dash cinnamon
1 packet stevia
175g strawberries

Mix all ingredients besides the berries in a blender and cook in your waffle maker. Top with berries and sugar-free maple syrup or blend the berries with some stevia and salt to make a fresh homemade berry syrup!

GERMAN CHOCOLATE CAKE SHAKE

28g German Chocolate IdealLean Casein protein powder (If you don't have Casein sub IdealLean Whey Protein)
16g coconut butter (can sub peanut butter)
1/3 c canned coconut milk, light (50 cals)
2/3 c unsweetened almond milk
1/4 tsp. dark cocoa
1/4 tsp. coconut extract
Ice
(Have strawberries on the side)

PULLED CHICKEN SALAD

1 1/2 lbs chicken breast
1/2 c apple cider vinegar
2 tbsp. mustard
1 tbsp. Worcestershire sauce
1 tbsp. honey
1/2 tbsp. paprika
Salt and pepper
Bagged coleslaw
Light poppyseed dressing (5 cal/tbsp.)

Mix vinegar, mustard, Worcestershire sauce, honey and paprika in a small bowl. Place chicken in slow cooker and top with sauce and salt and pepper. Cook over high heat for approx 6 hours or until you can pull the chicken apart with a fork. When it's done shred chicken with two forks or with your hand mixer. Combine desired amount of coleslaw with 2 tbsp. of dressing (10 cals total). Use 100g chicken, coleslaw and 60g avocado for your sandwich and enjoy in one 100 calorie sandwich thin.