

Lindsay

**12-WEEK FIT BODY
BIKINI PROGRAM**

**PHASE 4
WEEKS 10-12**

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Phase 4 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 from Phase 3 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 3 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 4 will be in addition to the cardio you added during phases 2 & 3. So if you added 5 minutes 4x/week going into both phase 2 and phase 3, and you're adding 5 minutes 4x/week going into phase 4, your total additional cardio will be 15 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 3. 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. For example, 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.

If you have not made any adjustments so far in the program you will do the "first manipulation". If you made adjustments going into Phase 2 OR Phase 3 then you will do the "second manipulation". If you made adjustments going into Phase 2 AND Phase 3, then you will do the "third manipulation".

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 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 -3lbs 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 keep 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
Saturday - Metabolic Shoulders/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 4 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 3, 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

Banded Leg Press or Hack Squat - 12 reps
Abduction Machine, leaning forward - 15 reps
Skaters - 10 reps each side

CIRCUIT 2

Straight Leg Deadlifts, using shrug machine - 10 reps
Banded Reverse Hypers on Bench - 15 reps
Jump Squat/Reverse Squat Combo - 10 reps each

CIRCUIT 3

Seated Leg Curl, single leg - 8 reps
Glute Push Down on Assisted Pull-Up Machine - 15 reps
Banded Pop Squats* - 15 reps
*Perform a pop squat but add a band above your knees if you can.

CIRCUIT 4

Cable Glute Kickback - 8 reps
Cable Glute Kickback, slightly abducted - 8 reps
Squat with Single Leg Tap - 8 reps
*Do all exercises on right leg and then all exercises on left leg.

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

Lateral Raise Drop Sets: 10 reps, drop the weight and go to failure
Plate Front Raises: 15 reps

SUPERSET 2

Arnold Press, alternating arms - 10 reps each arm
Scissor Abs - 25 reps each leg

SUPERSET 3

Front Raises, alternating arms - 10 reps each arm
Plank Twists - 20 reps each side

SUPERSET 4

Cable Upright Row - 12 reps
Cable Reverse Fly, single arm - 12 reps each arm

SUPERSET 5

Lateral Raises - 12 reps
Bus Drivers - 30 seconds

METCON (Metabolic Conditioning)

In each 5-minute round you will do 30 seconds of high-intensity work (hard) followed by 30 seconds of low-intensity work or rest (easy). During your easy interval, feel free to rest if needed. Each 5-minute interval will be set up as 30 seconds of "hard" followed by 30 seconds of "easy", for four minutes, followed by a 1-minute rest. Change the exercises every 5-minute interval.

3-5 min warm-up

5 MIN

Hard: Burpees
Easy: Butt Kicks (or rest)

5 MIN

Hard: Clean and Press
Easy: Jumping Jacks

5 MIN

Hard: Pop Squats onto Step
Easy: Step Ups

5 MIN

Hard: Skaters
Easy: Walking Lunges

5 MIN

Hard: Jump Rope
Easy: Reverse Lunges

3-5 minute cool down

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

Travelling Renegade Rows - 10 reps each side
Skull Crushers - 10 reps

SUPERSET 2

Inverted Row - 12 reps
Dumbbell Tricep Kickbacks - 15 reps

SUPERSET 3

Smith Machine Bent Over Rows - 10 reps
Smith Machine Throws - 15 reps

SUPERSET 4

T- Push-Ups - 10 reps
Barbell Bicep Curl, Triple combo (wide, normal, narrow grips) - 18 reps (6 reps with each grip)

SUPERSET 5

Chest Flies - 12 reps
In-n-Out Curls - 10 reps each position

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 2 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

Donkey Kicks on Smith Machine (or leg curl) - 12 reps each leg
Banded Sissy Squats - 20 reps

SUPERSET 2*

Cable Glute Kickbacks - 15 reps
Cable Single Leg Deadlift - 12 reps
*Do each exercise on your right leg and then each exercise on your left leg to complete each set.

CIRCUIT

Jumping Lunges - 8 each side
Weighted Bridges* - 15 reps
Banded Bridge Abductions - 25
Bulgarian Split Squats**, low hold - 10
Step Up to Reverse Lunge - 8 each leg
Banded Goblet Squat - 10 reps
Banded Duck Walks - 15 forward each leg, 15 backward each leg

*Can use a barbell, dumbbell, or plate.

**Hold the bottom of each rep for 2 seconds

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

Thrusters - 8-10 reps
Lateral Raises - 12 reps
Reverse Crunches - 15 reps
Battle Ropes - 50 reps

CIRCUIT 2

Arnold Press - 10 reps
Leaning Lateral Raises - 12 reps each arm
Crunch Hold Flutter Kick - 25 reps each leg
Jump Rope - 100 reps

CIRCUIT 3

Smith Machine Overhead Press - 10 reps
Single Arm Lateral Raises, alternating arms - 10 reps each arm
Stability Ball Oblique Crunch - 10 each side
Kettlebell Swing Burpees - 10 reps

CIRCUIT 4

Barbell Underhand Front Raise - 12 reps
Bent Over Reverse Flies - 12 reps
Side Plank Hip Tap - 10 reps each side
5 Mt Climbers, each leg/5 Shoulder Taps - 3 rounds

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

Banded Squat* - 12 reps
Banded Fire Hydrants - 15 reps
Skaters - 10 reps each side
*Band goes above knees

CIRCUIT 2

Straight Leg Deadlifts - 10 reps
Banded Reverse Hypers on Stability Ball - 15 reps
Jump Squat/Reverse Squat Combo - 10 reps each

CIRCUIT 3

Stability Ball Hamstring Curl, single leg - 8 reps
Stationary Lunges, push through heel - 15 reps
Banded Pop Squats* - 15 reps
*Place band above knees

CIRCUIT 4

Banded Glute Kickback - 15 reps
Banded Glute Kickback, slightly abducted - 15 reps
Squat with Single Leg Curl/Tap - 8 reps
*Do all exercises on right leg and then all exercises on left leg.

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

Lateral Raise Drop Sets: 10 reps, drop the weight and go to failure
Front Raises: 15 reps

SUPERSET 2

Seated Arnold Press, alternating arms - 10 reps each arm
Scissor Abs - 25 reps each leg

SUPERSET 3

Alternating Front Raises - 10 reps each arm
Plank Twists - 20 reps each side

SUPERSET 4

Upright Row - 12 reps
Bent Over Reverse Flyes - 12 reps each arm

SUPERSET 5

Lateral Raises, thumbs up - 12 reps
Bus Drivers - 30 seconds

METCON (Metabolic Conditioning)

In each 5-minute round you will do 30 seconds of high-intensity work (hard) followed by 30 seconds of low-intensity work or rest (easy). During your easy interval, feel free to rest if needed. Each 5-minute interval will be set up as 30 seconds of “hard” followed by 30 seconds of “easy” for four minutes, followed by a 1-minute rest. Change the exercises every 5-minute interval.

3-5 min warm-up

5 MIN

Hard: Burpees
Easy: Butt Kicks (or rest)

5 MIN

Hard: Clean and Press
Easy: Jumping Jacks

5 MIN

Hard: Pop Squats onto Step
Easy: Step Up on Step

5 MIN

Hard: Skaters

Easy: Walking Lunges

5 MIN

Hard: Jump Rope

Easy: Reverse Lunges

3-5 minute cool down

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

Travelling Renegade Rows - 10 reps each side

Tricep Push-Ups - 10 reps

SUPERSET 2

Single Arm Dumbbell Row - 12 reps

Tricep Kickbacks - 15 reps

SUPERSET 3

45 Degree Rows - 10 reps

Plyo Push-Ups - 15 reps

SUPERSET 4

Walk Out Push-Ups - 10 reps

Bicep Curl, triple combo - 18 reps (6 reps each variation - wide curls, narrow curls, hammer curls)

SUPERSET 5

Chest Flies - 12 reps

Twisting Curls - 10 reps each position

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

Banded Donkey Kicks - 12 reps each leg

Banded Squats - 20 reps

SUPERSET 2

Banded Glute Kickbacks - 15 reps

Single Leg Deadlift - 12 reps

*Do each exercise on your right leg and then each exercise on your left leg to complete each set.

CIRCUIT

Jumping Lunges - 8 each side

Weighted Bridges - 15 reps

Banded Bridge Abductions - 25

Bulgarian Split Squats**, low hold - 10

Step Up to Reverse Lunge - 8 each leg

Banded Squat* - 10 reps

Banded Duck Walks - 15 forward each leg, 15 backward each leg

*Place band above knees

**Hold the bottom of each rep for 2 seconds

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

Thrusters - 8-10 reps

Lateral Raises - 12 reps

Reverse Crunches - 15 reps

Plank Shoulder Taps - 25 reps each arm

CIRCUIT 2

Arnold Press - 10 reps

Leaning Lateral Raises - 12 reps each arm

Crunch Hold Flutter Kick - 25 reps each leg

Jump Rope - 100 reps

CIRCUIT 3

Overhead Press - 10 reps

Lateral Raises, alternating arms - 10 reps each arm

Stability Ball Oblique Crunch - 10 each side

Dumbbell Swing Burpees - 10 reps

CIRCUIT 4

Underhand Front Raise - 12 reps

Bent Over Reverse Flies - 12 reps

Side Plank Hip Tap - 10 reps each side

5 Mt Climbers each leg/5 Shoulder Taps, each arm - 3 rounds

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
Bananas
Strawberries
Zucchini
Green Beans

DAIRY

Eggs
Egg Whites
Cheddar Cheese
Low-Fat Cheese Wedge
Plain Fat-Free Greek Yogurt

PROTEIN

99% Fat-Free Ground Turkey
Chicken Breast

BAKING

Slivered Almonds
Stevia
Cocoa
Baking Powder
Sugar-Free Syrup

OTHER

Frozen Hash Brown Potatoes (No Oils)
Cream of Rice or Wheat
Powdered Peanut Butter
Brown Rice
Peanut Butter
Jasmine Rice

Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 4, 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: Start brown rice in your rice cooker for meal 3.

Step 2: Brown 7 days worth of ground turkey for meal 3. Keep half in the freezer for later in the week.

Step 3: Make 7 servings of waffles for meal 4. Keep each serving in a baggie in the freezer.

Step 4: Grill or slow cook 7 days worth of your chicken for meal 5. Keep half in the freezer. You can cook it however you'd like. Season with just salt and pepper so you can add seasoning when you prepare your meal.

Step 5: Portion brown rice for your meal 3 and cook your jasmine rice for meal 5.

Step 6: Slice 3-4 days worth of strawberries for meal 4 (if on your plan).

WEDNESDAY

- Thaw the rest of your chicken and ground turkey.
- Slice 3-4 days worth of strawberries for meal 4 (if on your plan).

NIGHTLY

- Pull your waffle out of the freezer for the next day.
- Assemble your meal 3.
- Sauté your meal 5 fresh at the time of eating.

Meals made fresh at the time of eating:

Meal 1

Meal 2

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	150g frozen hash brown potatoes (no oils added)	1 whole egg AND 1/4 c egg whites	12g cheddar cheese	Idea: Make an egg scramble by scrambling eggs and potatoes together and topping with cheese.	270 cals/9g fat/25g carbs/19g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST-WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	40g cream of rice/wheat AND 12g powdered peanut butter	20g IdealLean Protein		Idea: Make cream of rice according to package directions. Stir in stevia and powdered peanut butter. Meanwhile make a mug cake with the protein powder by adding a little cocoa, stevia, 1/4 tsp. baking powder and about 1-2 tbsp. water. Add water a little bit at a time until it's the consistency of brownie batter. Cook in the microwave for 20-30 seconds on 50% power. You want the mug cake a little undercooked. Dump the mug cake over your cream of rice and enjoy!	283 cals/2g fat/39g carbs/24g protein
MEAL 3	1 serving IdealLean Burner	120g brown rice	75g 99% fat-free ground turkey	1 low-fat cheese wedge	Idea: Stir rice and zucchini noodles together in a bowl. Chop the cheese wedge (35 cals) into pieces over the rice and heat through. Stir so that the melted cheese turns into a "sauce". Top with ground turkey seasoned however you like!	260 cals/3g fat/29g carbs/25g protein
MEAL 4		40g banana	33g IdealLean Protein	12g peanut butter	Protein Pancakes	240 cals/6g fat/16g carbs/29g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	50g jasmine rice	70g chicken breast	16g slivered almonds	Idea: Sauté frozen green beans, rice and slivered almonds with IdealLean Jamaican Seasoning. Add cooked chicken and continue sautéing until cooked through and toasted.	250 cals/9g fat/17g carbs/22g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		1/2 c egg whites	20g peanut butter	Idea: Scramble egg whites. Top with peanut butter and sugar-free syrup. It's good. Just try it. ;-)	192 cals/10g fat/4g carbs/18g protein

Total: 1495 cals/39g fat/130g carbs/137g protein

Recipes, Under 135 lbs

PROTEIN PANCAKES

25g IdealLean Protein
25g plain fat-free Greek yogurt
40g banana
2 tbsp. egg whites
1/4 tsp. baking powder
Dash salt
Stevia, optional

Blend all ingredients in the blender. Cook pancakes as desired. Top with 12g peanut butter and zero-calorie syrup (syrup is optional).

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	150g frozen hash brown potatoes (no oils added)	1 whole egg AND 1/4 c egg whites	12g cheddar cheese	Idea: Make an egg scramble by scrambling eggs and potatoes together and topping with cheese.	270 cals/9g fat/25g carbs/19g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	40g cream of rice/wheat AND 12g powdered peanut butter	28g IdealLean Protein		Idea: Make cream of rice according to package directions. Stir in stevia and powdered peanut butter. Meanwhile make a mug cake with the protein powder by adding a little cocoa, stevia, 1/4 tsp. baking powder and about 1-2 tbsp. water. Add water a little bit at a time until it's the consistency of brownie batter. Cook in the microwave for 20-30 seconds on 50% power. You want the mug cake a little undercooked. Dump the mug cake over your cream of rice and enjoy!	303 cals/2g fat/40g carbs/28g protein
MEAL 3	1 serving IdealLean Burner	120g brown rice	75g 99% fat-free ground turkey	1 low-fat cheese wedge AND 30g avocado	Idea: Stir rice and zucchini noodles together in a bowl. Chop the cheese wedge (35 cals) into pieces over the rice and heat through. Stir so that the melted cheese turns into a "sauce". Top with ground turkey and avocado seasoned however you like!	310 cals/8g fat/32g carbs/26g protein
MEAL 4		40g banana AND 150g strawberries	33g IdealLean Protein	16g peanut butter	Protein Pancakes	305 cals/8g fat/28g carbs/31g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	50g jasmine rice	85g chicken breast	16g slivered almonds	Idea: Sauté frozen green beans, rice and slivered almonds with IdealLean Jamaican Seasoning. Add cooked chicken and continue sautéing until cooked through and toasted.	269 cals/9g fat/17g carbs/26g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		3/4 c egg whites	20g peanut butter	Idea: Scramble egg whites. Top with peanut butter and sugar-free syrup. It's good. Just try it. ;-)	225 cals/10g fat/4g carbs/25g protein

Total: 1687 cals/46g fat/147g carbs/155g protein

Recipes, 135-165 lbs

PROTEIN PANCAKES

25g IdealLean Protein
25g plain fat-free Greek yogurt
40g banana
2 tbsp. egg whites
1/4 tsp. baking powder
Dash salt
Stevia, optional

Blend all ingredients in the blender. Cook pancakes as desired. Top with 16g peanut butter, 150g strawberries and zero-calorie syrup (syrup is optional).

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	200g frozen hash brown potatoes (no oils added)	1 whole egg AND 1/4 c egg whites	12g cheddar cheese	Idea: Make an egg scramble by scrambling eggs and potatoes together and topping with cheese.	317 cals/9g fat/36g carbs/20g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	40g cream of rice/wheat AND 18g powdered peanut butter	28g IdealLean Protein		Idea: Make cream of rice according to package directions. Stir in stevia and powdered peanut butter. Meanwhile make a mug cake with the protein powder by adding a little cocoa, stevia, 1/4 tsp. baking powder and about 1-2 tbsp. water. Add water a little bit at a time until it's the consistency of brownie batter. Cook in the microwave for 20-30 seconds on 50% power. You want the mug cake a little undercooked. Dump the mug cake over your cream of rice and enjoy!	330 cals/2g fat/42g carbs/31g protein
MEAL 3	1 serving IdealLean Burner	120g brown rice	90g 99% fat-free ground turkey	1 low-fat cheese wedge AND 45g avocado	Idea: Stir rice and zucchini noodles together in a bowl. Chop the cheese wedge (35 cals) into pieces over the rice and heat through. Stir so that the melted cheese turns into a "sauce". Top with ground turkey and avocado seasoned however you like!	308 cals/11g fat/33g carbs/32g protein
MEAL 4		40g banana AND 150g strawberries	33g IdealLean Protein	20g peanut butter	Protein Pancakes	354 cals/10g fat/29g carbs/30g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil	50g jasmine rice	85g chicken breast	16g slivered almonds	Idea: Sauté frozen green beans, rice and slivered almonds with IdealLean Jamaican Seasoning. Add cooked chicken and continue sautéing until cooked through and toasted.	269 cals/9g fat/17g carbs/26g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		3/4 c egg whites	24g peanut butter	Idea: Scramble egg whites. Top with peanut butter and sugar free syrup. It's good. Just try it. ;-)	250 cals/12g fat/5g carbs/26g protein

Total: 1828 cals/53g fat/162g carbs/165g protein

Recipes, Over 165 lbs

PROTEIN PANCAKES

25g IdealLean Protein
25g plain fat-free Greek yogurt
40g banana
2 tbsp. egg whites
1/4 tsp. baking powder
Dash salt
Stevia, optional

Blend all ingredients in the blender. Cook pancakes as desired. Top with 20g peanut butter, 150g strawberries and zero-calorie syrup (syrup is optional).

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
Frozen Cauliflower Fried Rice
Avocados
Celery
Bell Peppers
Sweet Onion

DAIRY

Unsweetened Almond Milk
Egg Whites
Low-Fat Cheese Wedge

PROTEIN

Chicken Breast
Turkey Slices

BAKING

Slivered Almonds
Low-Sugar Jam
Sugar-Free Syrup
Cocoa
Stevia
Peanuts
Honey
Mini Chocolate Chips

OTHER

Oats
Sprouted Grain Bread (80 calories each)
Powdered Peanut Butter
Jasmine Rice
Rice Cakes (Any Flavor)
Peanut Butter
Light Dressing

Meal Prep Guide

This is your complete how-to guide to meal prep for the Phase 4, 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 enough rice for a week's worth of your meal 3.

Step 2: Meanwhile, grill enough chicken for a week's worth of your meal 3. When chicken and rice are finished, portion into baggies. Keep half in the freezer and half in the fridge.

Step 3: Toast enough oats and almonds in a large pan for a week's worth of your meal 1. Portion into individual baggies so you can grab and assemble your cereal fresh each morning.

Step 4: Make 1 week's worth of french toast for meal 2. Keep each serving in the freezer in baggies and pull out of the freezer the night before to thaw. Slice strawberries for 3-4 days worth of meal 1 (if on your plan).

Step 5: Prepare 1 recipe's worth (4 days) of your meal 5 and store in the fridge.

Step 6: Prepare 1 week's worth of your meal 6. This can also be prepared nightly after dinner and put in the freezer for 30-60 minutes.

WEDNESDAY

- Thaw the rest of your chicken and ground turkey.
- Slice 3-4 days worth of strawberries for meal 1 (if on your plan).
- Prepare 1 recipe's worth (4 days) of your meal 5 and store in the fridge.

NIGHTLY

- If taking meal 3 to work, sauté your ingredients together and put in a meal prep container. If you don't want to sauté the ingredients together, you can simply portion out your meal in a meal prep container, refrigerate them, and then just microwave them the next day.
- Pull french toast out of the freezer to thaw. Reconstitute powdered peanut butter at the time of eating.

Meals made fresh at the time of eating:

Meal 4

Meal 6 (You can make this recipe nightly a couple hours before eating or prep in advance. I prefer to prepare it nightly so it isn't as frozen.)

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	40g oats	15g IdealLean Protein	6g slivered almonds AND 2/3 c unsweetened almond milk	Idea: Toast the dry/uncooked oats and almonds by sautéing in a pan over medium heat until they turn light brown and look toasted. Watch closely because they will burn quickly after they're "toasted"! Put your toasted oats and almonds in a small bowl. Mix the almond milk and protein in a shaker cup and pour over your oats like cereal!	271 cals/8g fat/31g carbs/21g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	2 slices sprouted grain bread (80 cals each) AND 18g powdered peanut butter	1/3 c egg whites		Idea: Make french toast by dipping your bread in your egg whites and cooking over medium heat in a skillet until both sides are cooked through. Reconstitute the powdered peanut butter according to package directions and spread over french toast. Can top with sugar-free/calorie-free syrup.	286 cals/3g fat/36g carbs/25g protein
MEAL 3	1 serving IdealLean Burner	50g jasmine rice and 175g frozen cauliflower fried rice (50 cals)	70g chicken breast	8g slivered almonds	Idea: Sauté all ingredients in a pan with any seasoning you'd like! The cauliflower fried rice is tracked here since a lot of it is used and sometimes there are added oils into the mix. Use 50 calorie's worth.	254 cals/5g fat/25g carbs/23g protein
MEAL 4		1 rice cake (any flavor) AND 20 raisins	70g turkey slices	16g peanut butter	Idea: Use celery and make "frogs on a log" by spreading the peanut butter over the celery and topping with raisins. Have your rice cake on the side.	249 cals/10g fat/22g carbs/17g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil		70g chicken breast	1 low-fat cheese wedge AND 45g avocado AND 1 tbsp. light dressing	Chicken Roll-Ups	221 cals/11g fat/5g carbs/21g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		25g IdealLean Protein	18g peanut butter	Candy Bar Fudge	223 cals/9g fat/10g carbs/24g protein

Total: 1504 cals/46g fat/129g carbs/131g protein

Recipes, Under 135 lbs

CHICKEN ROLL UPS

2 chicken breasts, sliced lengthwise (thin)
Any chicken seasoning
4 low-fat spreadable cheese wedges
1 bell pepper, sliced thin
1 sweet onion, sliced thin
Avocado

Weigh each chicken breast and cut lengthwise so each half is 85g raw. Spread 1 low-fat cheese wedge over each half chicken breast. Lay the peppers and onions (and/or any free veggies you'd like) on the side of the chicken, season as desired, and roll it up. Secure with tooth picks. Spray the tops of the roll ups with cooking spray and add additional seasoning if you'd like. Put the roll-ups on a greased cookie sheet. Put under the broiler set on low for 7-10 minutes. Flip the roll-ups and continue cooking until cooked through (internal temperature is 165 degrees). Serve with 45g avocado and a side salad with 1 tbsp. light dressing (20 cal).

CANDY BAR FUDGE

25g Chocolate Brownie IdealLean Protein
3g cocoa
1 pkt stevia
6g chopped peanuts
10g peanut butter
3g honey
3g mini chocolate chips

Make "candy bar fudge" by adding 3g cocoa, mini chocolate chips, 1 packet of stevia and 1 1/2-2 tbsp. water to the protein powder. Stir. Add water slowly until it is the consistency of brownie batter. Put in a small bowl and top with 6g chopped peanuts, 10g peanut butter and 3g honey. Freeze for at least 30 minutes. Let thaw for 10 minutes or so before eating.

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	40g oats AND 75g sliced strawberries	25g IdealLean Protein	6g slivered almonds AND 3/4 c unsweetened almond milk	Idea: Toast the dry/uncooked oats and almonds by sautéing in a pan over medium heat until they turn light brown and look toasted. Watch closely because they will burn quickly after they're "toasted"! Put your toasted oats and almonds in a small bowl. Mix the almond milk and protein in a shaker cup and pour over your oats like cereal! Top with strawberries.	338 cal/8g fat/38g carbs/29g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	2 slices sprouted grain bread (80 cal each) AND 18g powdered peanut butter	1/3 c egg whites		Idea: Make french toast by dipping your bread in your egg whites and cooking over medium heat in a skillet until both sides are cooked through. Reconstitute the powdered peanut butter according to package directions and spread over french toast. Can top with sugar-free/calorie-free syrup.	286 cal/3g fat/36g carbs/25g protein
MEAL 3	1 serving IdealLean Burner	80g jasmine rice and 175g frozen cauliflower fried rice (50 cal)	70g chicken breast	8g slivered almonds	Idea: Sauté all ingredients in a pan with any seasoning you'd like! The cauliflower fried rice is tracked here since a lot of it is used and sometimes there are added oils into the mix. Use 50 calorie's worth.	293 cal/5g fat/34g carbs/24g protein
MEAL 4		1 rice cake (any flavor) AND 20 raisins	70g turkey slices	20g peanut butter	Idea: Use celery and make "frogs on a log" by spreading the peanut butter over the celery and topping with raisins. Have your rice cake on the side.	274 cal/12g fat/23g carbs/18g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil		85g chicken breast	1 low-fat cheese wedge AND 60g avocado AND 1 tbsp. light dressing	Chicken Roll-Ups	265 cal/13g fat/6g carbs/25g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		25g IdealLean Protein	22g peanut butter	Candy Bar Fudge	248 cal/11g fat/11g carbs/25g protein

Total: 1704 cal/52g fat/148g carbs/146g protein

Recipes, 135-165 lbs

CHICKEN ROLL-UPS

2 chicken breasts, sliced lengthwise (thin)
Any chicken seasoning
4 low-fat spreadable cheese wedges
1 bell pepper, sliced thin
1 sweet onion, sliced thin
Avocado

Weigh each chicken breast and cut lengthwise so each half is 100g raw. Spread 1 low-fat cheese wedge over each half chicken breast. Lay the peppers and onions (and/or any free veggies you'd like) on the side of the chicken, season as desired and roll it up. Secure with tooth picks. Spray the tops of the roll-ups with cooking spray and add additional seasoning if you'd like. Put the roll-ups on a greased cookie sheet. Put under the broiler set on low for 7-10 minutes. Flip the roll-ups and continue cooking until cooked through (internal temperature is 165 degrees). Serve with 60g avocado and a side salad with 1 tbsp. light dressing (20 cals).

CANDY BAR FUDGE

25g Chocolate Brownie IdealLean Protein
3g cocoa
1 pkt stevia
8g chopped peanuts
12g peanut butter
3g honey
3g mini chocolate chips

Make "candy bar fudge" by adding 3g cocoa, mini chocolate chips, 1 packet of stevia and 1 1/2-2 tbsp. water to the protein powder. Stir. Add water slowly until it is the consistency of brownie batter. Put in a small bowl and top with 6g chopped peanuts, 10g peanut butter and 3g honey. Freeze for at least 30 minutes. Let thaw for 10 minutes or so before eating.

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	40g oats AND 75g sliced strawberries	25g IdealLean Protein	6g slivered almonds AND 3/4 c unsweetened almond milk	Idea: Toast the dry/uncooked oats and almonds by sautéing in a pan over medium heat until they turn light brown and look toasted. Watch closely because they will burn quickly after they're "toasted"! Put your toasted oats and almonds in a small bowl. Mix the almond milk and protein in a shaker cup and pour over your oats like cereal! Top with strawberries.	338 cals/8g fat/38g carbs/29g protein
DURING WORKOUT	1 scoop IdealLean BCAAs					
MEAL 2/ POST- WORKOUT	1 serving IdealLean Krill Oil AND 1 serving IdealLean Multi-Vitamin	2 slices sprouted grain bread (80 cals each) AND 18g powdered peanut butter AND 15g low-sugar jam (25 cals)	1/2 c egg whites		Idea: Make french toast by dipping your bread in your egg whites and cooking over medium heat in a skillet until both sides are cooked through. Reconstitute the powdered peanut butter according to package directions and spread over french toast along with low-sugar jam. Can top with sugar-free/calorie-free syrup.	334 cals/3g fat/42g carbs/29g protein
MEAL 3	1 serving IdealLean Burner	80g jasmine rice and 175g frozen cauliflower fried rice (50 cals)	85g chicken breast	16g slivered almonds	Idea: Sauté all ingredients in a pan with any seasoning you'd like! The cauliflower fried rice is tracked here since a lot of it is used and sometimes there are added oils into the mix. Use 50 calories worth.	359 cals/9g fat/36g carbs/29g protein
MEAL 4		2 rice cakes (any flavor) AND 20 raisins	70g turkey slices	20g peanut butter	Idea: Use celery and make "frogs on a log" by spreading the peanut butter over the celery and topping with raisins. Have your rice cakes on the side.	319 cals/13g fat/31g carbs/19g protein
BETWEEN MEALS	1 scoop IdealLean BCAAs					
MEAL 5	1 serving IdealLean Krill Oil		85g chicken breast	1 low-fat cheese wedge AND 60g avocado AND 1 tbsp. light dressing	Chicken Roll-Ups	265 cals/13g fat/6g carbs/25g protein
MEAL 6	1 serving IdealLean Nighttime Probiotic		35g IdealLean Protein	22g peanut butter	Candy Bar Fudge	288 cals/11g fat/13g carbs/33g protein

Total: 1903 cals/57g fat/166g carbs/164g protein

Recipes, Over 165 lbs

CHICKEN ROLL-UPS

2 chicken breasts, sliced lengthwise (thin)
Any chicken seasoning
4 low-fat spreadable cheese wedges
1 bell pepper, sliced thin
1 sweet onion, sliced thin
Avocado

Weigh each chicken breast and cut lengthwise so each half is 100g raw. Spread 1 low-fat cheese wedge over each half chicken breast. Lay the peppers and onions (and/or any free veggies you'd like) on the side of the chicken, season as desired and roll it up. Secure with tooth picks. Spray the tops of the roll-ups with cooking spray and add additional seasoning if you'd like. Put the roll-ups on a greased cookie sheet. Put under the broiler set on low for 7-10 minutes. Flip the roll-ups and continue cooking until cooked through (internal temperature is 165 degrees). Serve with 60g avocado and a side salad with 1 tbsp. light dressing (20 cal).

CANDY BAR FUDGE

35g Chocolate Brownie IdealLean Protein
3g cocoa
1 pkt stevia
8g chopped peanuts
12g peanut butter
3g honey
3g mini chocolate chips

Make "candy bar fudge" by adding 3g cocoa, mini chocolate chips, 1 packet of stevia and 1 1/2-2 tbsp. water to the protein powder. Stir. Add water slowly until it is the consistency of brownie batter. Put in a small bowl and top with 6g chopped peanuts, 10g peanut butter and 3g honey. Freeze for at least 30 minutes. Let thaw for 10 minutes or so before eating.