



**fit** MODEL  
FITNESS

15 DAY *challenge*



# hey girl!

Are you ready to get sweaty? You're about to.  
In my 15 Day Fit Model Fitness Challenge, you will:

Get fit.

Eat healthy.

Get toned.

Have fun and stay chill.

Build confidence.

Own who you are.



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## HOW I GOT HERE

I don't train for the hard body or to look hot. I got into fitness because of how it makes me feel, body, mind, and spirit. I do it for the endorphin rush, that instant-gratification, self-confidence boost, and pride I get to take in my own accomplishments. In just as little as 10 minutes, exercise is a shot of happiness straight to the brain. When I'm huffing and puffing, red in the face, and exhausted to the core, I get to say "Heck Yes! I just did that. I gave it my all. I'm a better, stronger person today because of it." That post-workout feeling of being drenched in sweat is what I consider my sexiest.

I grew up an athlete, running track and field, cross country and cheerleading. When I was a teenager I had a huge growth spurt so I started working in the high fashion modeling industry. I remember being surrounded and compared to the most gorgeous (and skinny) women in the world. When I started getting told that my thighs were too muscular and that I needed to stop training, that was when I decided that being a runway model was not for me. I'd rather be fit and happy than starving and not.

Even though I've always been athletic, I turned to weight training after my first big breakup. Maybe you know that dark place of losing someone you loved. A part of your identity goes missing and only you can rebuild yourself back up.

Fitness was there for me, along with my gym fam. I realized that I needed to do something active every single day to feel the best about myself. My main goal with training was always for the mental benefits and gym camaraderie, the physique just happened to come along with it.

Today I find myself in a position where I get to share a different approach to fitness. Too many people turn to self-destructive things like overeating, alcohol, sex and drugs for comfort and to feel good, and yet they treat exercise as a chore-to look good.

Training is therapeutic and makes me consistently happy. When I'm running, I'm not focused on the burn or how hard I'm breathing: I visualize myself as an Olympic sprinter in the lead-hearing the crowds cheer and the coaches yell! Positive self-talk is everything. Seriously: you've gotta be your own #1 fan and believe you're the best.

After all, the most important goal in our lives is to be happy, and I believe that the best way to get there is to treat yourself right! Everyone--literally everyone--has the innate ability to work out, even if that doesn't mean running a marathon or lifting huge weights.

I believe that  
the best way  
to achieve  
happiness  
is to treat  
yourself  
right!

So when I created my 15 Day Fit Model Fitness Challenge, I had two things in mind:

**You do you. Health is happiness.**

To live your best life, you have to be open to new people, new experiences, and new circumstances. You can adapt to anything and attract the best in the world when you're taking care of yourself. When you respect yourself, others will respect you, and the way to self-respect is through your actions!

Let me show you a new lifestyle, not just a quick diet. My goal in the 15 Day Fit Model Fitness Challenge is to give you the secrets to confidence and feeling like a fit model every day of your life. Bonus! The body comes with it. :)



# BEFORE YOU BEGIN

Save this eBook to your mobile device and/or laptop.

Join our community! Join our private Facebook page and leave a comment telling everyone why you're doing the Challenge.

Follow Karina Elle on social media ([@karinaelle](#)), and hashtag your photos #fitmodelfitness #FMF #strongissexy

Take your weight and measurements. You'll be keeping track of your progress with weight and measurements throughout the Challenge. Always take these measurements first thing in the morning, after you go to the bathroom and before you eat breakfast.

Take "Before" pics. You'll also want to take pictures first thing in the morning.

## TAKING A GOOD BEFORE/AFTER PIC

Take Before and After pics at the same time: before breakfast, after using the bathroom.

Wear the same thing in both pics, preferably shorts and a sports bra.

Try to have similar lighting in both pictures.

Include your whole body, or at least from the knees up.



# TAKING AND TRACKING WEIGHT AND MEASUREMENTS

**Chest:** Measure around your chest at the nipple line.

**Waist:** Measure around your natural waist. It should be above your belly button but an inch or two below your ribs.

**Belly Button:** Measure around your torso at bellybutton height. This is below your natural waist by an inch or two.

**Hips:** Measure around your hips/glutes at the fullest point.

**Right Arm:** Measure around your right arm at the fullest point. It should be an inch or two below your armpit.

**Right Thigh:** Measure around your right thigh at the fullest point.

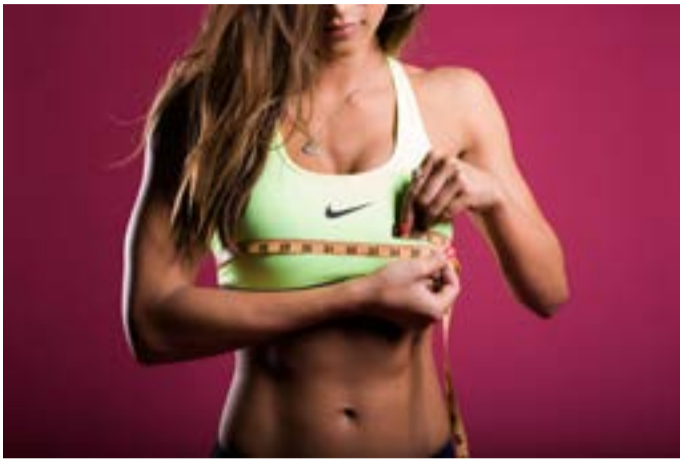
**Right Calf:** Measure around your right calf at the fullest point.

Here's where you can fill in your weights and measurements:

	DAY 1	DAY 15
WEIGHT		

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





CHEST



RIGHT ARM



WAIST



RIGHT THIGH



BELLY BUTTON



RIGHT CALF



HIPS

# ABOUT FIT MODEL FITNESS

## FREE VEGGIES

All of the following veggies are FREE on this Challenge (you can eat as much as you want at any time):

**Leafy Greens**

**Fennel**

**Asparagus**

**Mushrooms**

**Bell Peppers**

**Okra**

**Broccoli**

**Onions**

**Brussel Sprouts**

**Pickles**

**Cabbage**

**Radishes**

**Cauliflower**

**Snow Peas**

**Celery**

**Summer Squash**

**Cucumber**

**Tomatoes**

**Eggplant**

**Zucchini**

## WHEN TO EAT

It doesn't matter when you eat! The important thing is to eat ALL of the meals included in the plan every single day. That means that you MUST eat a breakfast, a snack, a lunch, a dinner, and a post-workout shake or smoothie each day of the Challenge. My meal plans have been very carefully balanced, so don't skip food!

If you wake up really early or really late, you might want to move your snack around to the best time of day for you. For instance, if you wake up really early you might want your snack before lunch, and if you stay up really late you might want it after dinner.

A woman with long hair, wearing a light-colored sports top and dark leggings, is performing a plank exercise on a gym machine. She is leaning forward with her arms resting on the machine's handle, and her body is in a straight line. The background is a plain, light-colored wall. The word "workouts" is written in a yellow, cursive font across the middle of the image.

*workouts*

# WORKOUTS

## DAY 1: SEXY LEGS

### **Split Lunge with Dumbbells**

10x each leg  
Repeat 3 times

### **Step-Ups**

10x each leg  
Repeat 3 times

### **Sumo Squat Booty Pulse**

20x  
Repeat 3 times

### **Dumbbell Deadlift**

10x  
Repeat 3 times

### **Bulgarian Split Squat (need a chair or bench)**

10x each leg  
Repeat 3 times

### **Sprints**

100 meters  
10 times

## DAY 2: POSH POSTURE

### **Dumbbell Bench Press**

10X

Repeat 3 times

### **Underhand Dumbbell Rows**

10X

Repeat 3 times

### **Dumbbell Shoulder Press**

10X

Repeat 3 times

### **Single Hand Dumbbell Rows**

10X

Repeat 3 times

### **Front Raises**

10X

Repeat 3 times

### **Lateral Dumbbell Raises**

10X

Repeat 3 times

### **Plyometrics (3-5 rounds depending on fitness level)**

20 Jump Lunges

15 Jump Squats

10 Burpees

60 High Knees

## DAY 3: BUBBLE BOOTY

### **Curtsy Lunges**

10x

Repeat 3 times

### **Sumo Squat Pulse**

20x

Repeat 3 times

### **Glute Bridges with Dumbbell**

20x

Repeat 3 times

### **Donkey Kick-Backs**

20x each leg

Repeat 3 times

### **Sprints**

100 Meters

Repeat 10 times

## **DAY 4: BEST ACCESSORIES (ARMS, ABS, AND CALVES)**

### **Dumbbell Bicep Curls**

10X

Repeat 3 times

### **Tricep Dips (using bench or chair)**

10X

Repeat 3 times

### **Hammer Curls**

20X

Repeat 3 times

### **Calf Raises**

50X

Repeat 3 times

### **Plyometrics (3-5 rounds)**

60 High Knees

10 Standing Tuck Jumps

10 Burpees

## DAY 5: YOGA AND CHILL (ACTIVE RECOVERY DAY)

**Take 3 deep breaths**

**Heart opener stretch**

**Shoulder blade stretch:** hold for 3 deep breaths

**Hip flexor stretch in the lunge position:**  
deepen the stretch by reaching up and over with the opposite arm

**Standing groin stretch:** be sure to stretch each leg

**Splits:** hold for 20 seconds

**Happy baby pose**

**Downward facing frog pose**

**Tree pose:** touch toes and reach high

**Seated forward bend:** reach to toes and hold for 20 seconds



A woman with long, wavy hair is shown from the chest up, looking down at a bowl of food. She is wearing a dark, sleeveless top. The background is a kitchen with a tiled wall and various kitchen items. In the foreground, there is a large white bowl filled with dumplings, and a smaller white bowl containing a dark sauce. The entire image has a blue tint.

# *meal plans*

## BREAKFAST

5 of my all-time favorite breakfasts!

### OATS AND BERRIES

Ingredients:

1/2 c oats  
1/2 c plain fat-free Greek yogurt  
1 tbsp. honey  
1/2 c blueberries  
1/2 scoop French Vanilla IdealLean Protein Powder

Directions:

Combine oats with 1 c of water and cook for 90 seconds in microwave or until cooked. Keep an eye on your oatmeal to make sure it doesn't overflow!

Mix in French Vanilla IdealLean Protein Powder. Top with Greek yogurt, fresh blueberries, and honey.

### VEGGIE EGG SCRAMBLE WITH AVOCADO

Ingredients:

2 eggs  
chopped onions, desired amount  
chopped mushrooms, desired amount  
chopped red bell pepper, desired amount  
1 handful of fresh spinach  
1/4 medium avocado, sliced  
sriracha sauce (optional)  
1 small apple

Directions:

Lightly spray your pan with nonstick cooking spray. Sauté onions, mushrooms, and peppers until tender. Add in a large handful of spinach and stir until it cooks down.

Beat 2 eggs and add to pan. Top your scrambled egg with sliced avocado and sriracha sauce. Enjoy an apple on the side!

### TURKEY AND AVOCADO TOAST

Ingredients:

1 slice whole wheat bread (80 cal each)  
1/4 medium avocado, mashed  
3 oz turkey slices  
2 clementines

Directions:

Spread mashed avocado on toast. Top avocado toast with turkey slices and enjoy with clementines on the side.

### STRAWBERRY NUT CRUNCH CEREAL

Ingredients:

2 plain rice cakes  
6 oz strawberries  
1 scoop Chocolate Brownie IdealLean Protein  
1 c unsweetened almond milk  
2 tbsp. slivered almonds

Directions:

Break up rice cakes into cereal-sized bites. Mix IdealLean Protein with almond milk.

Pour the protein/milk mixture over the rice cakes in a bowl. Top with chopped strawberries and slivered almonds.

### CHOCOLATE PROTEIN PANCAKES

Ingredients:

1 scoop Chocolate Brownie IdealLean Protein  
2 egg whites  
1/4 c oats  
1/2 medium banana  
1/4 c unsweetened almond milk  
1 tbsp. peanut butter

Directions:

Combine protein, egg whites, oats, banana and almond milk in a mixing bowl or blend all ingredients in a blender.

Cook batter in a nonstick pan. Heat peanut butter in microwave for 10 seconds and pour over pancakes.

### QUICK MODEL TIPS:

Fiber is key to staying full, fueling workouts and losing weight. Try adding greens like spinach to as many of your meals as you can.

You should drink at least 1 gallon of water per day but aim for a gallon and 1/2.

## SNACK OPTIONS

### ANTS ON A LOG

2 tbsp. peanut butter  
celery  
¼ c raisins

Directions:  
Cut celery stalks into thirds. Add peanut butter and top with raisins.

### HUMMUS AND CARROTS

2 oz hummus (use Sabra brand if possible)  
15 baby carrots  
1 string cheese

Notes:  
Dip baby carrots into hummus. Have the string cheese on the side

### POPCORN

1 string cheese  
100 calorie bag of kettle corn  
1 small apple

Notes:  
Melted mozzarella cheese and apple slices are my favorite snack :)  
Munch on your bag of popcorn on the side!

### IDEALLEAN PROTEIN SHAKE

1 scoop IdealLean Protein, any flavor  
1 medium banana  
1 tbsp. almond butter/peanut butter  
1 c unsweetened almond milk

Directions:  
Combine ingredients in a blender, blend, and enjoy!

### TUNA AND CRACKERS

3 oz tuna  
1 tbsp. light mayo  
2 egg whites, hard boiled  
120 cal whole wheat crackers

Directions:  
Combine tuna, mayo, and cooked egg whites. Spread on crackers and eat up!

## LUNCH

### APPLE AND KALE SALAD

#### Salad:

bowl of kale leaves or spinach (tough stems removed)  
3 oz chicken, cooked (SUB: 3 oz pork tenderloin,  
3 oz 93% lean ground turkey, 2 oz top sirloin)  
2 tbsp. Parmesan cheese (SUB: 2 tbsp. mozzarella)  
1 small apple (chopped)  
8 almonds OR 1 tbsp. slivered almonds

#### Dressing:

½ tbsp. coconut oil  
1 lemon

#### Directions:

In a large bowl, combine the kale and the juice from half a lemon (or more if desired), ½ tbsp. of coconut oil, and a pinch of salt. Add the chicken, cheese, apple pieces and almonds, toss salad and enjoy.

### CHICKEN, BROCCOLI, AND QUINOA

#### Ingredients:

4 oz chicken breast (SUB: 3 oz salmon, 4 oz any white fish, 3 oz top sirloin)  
1 tbsp. coconut oil  
½ c quinoa (SUB: ½ c. brown rice)  
broccoli, desired amount

#### Directions:

Chop chicken into bite-sized pieces and cook in ½ tbsp. coconut oil.

Rinse quinoa with cold water and cook a large batch in low sodium vegetable stock or chicken/beef stock according to package directions (You can always store leftovers in the fridge for later!).

Boil broccoli until desired tenderness is reached.

Mix ½ tbsp. coconut oil with ½ cup cooked quinoa and sprinkle in your favorite herbs.  
Combine with broccoli and chicken, season with salt and pepper, and enjoy.

### QUICK MODEL TIP:

If you're still hungry after your snack, fill up on water and a large slice of watermelon! It's full of fiber to keep you full.

### TURKEY BURGER

#### Ingredients:

5 oz 93% lean ground turkey, weighed raw (SUB: 4 oz lean ground beef)  
chopped onion, desired amount  
1 slice cheese, cheddar or colby (approx 80 calories)  
1 small apple

#### Directions:

Make a patty with chopped onions and ground turkey meat. Cook in nonstick pan until cooked through.

Add a slice of cheese and wrap in big, green, leafy lettuce. Enjoy with an apple :)

### SMOKED SALMON SANDWICH

#### Ingredients:

1 slice whole wheat bread (80 cal)  
3 oz smoked salmon (150 cal) (SUB: 4 oz turkey breast or 4 oz chicken breast)  
1 tbsp. cream cheese, full fat  
¼ medium avocado

#### Directions:

Spread mashed avocado and cream cheese on a slice of toast and top with smoked salmon. It's like a sushi sandwich. DELICIOUS!

### TURKEY AND SPINACH STIR FRY WITH SWEET POTATO

#### Ingredients:

4 oz 93% lean ground turkey (SUB: 5 oz chicken breast OR 4 oz salmon)  
½ tbsp. coconut oil  
6 oz sweet potato, weighed raw (SUB: ⅔ c. brown rice OR 6 oz gold/red potato)

#### Directions:

Lightly spray pan with nonstick cooking spray. Saute onions, peppers and ground turkey until turkey is cooked through and onions and peppers are tender.

Add two big handfuls of spinach and cook down.

Prick the potato all over with a fork. Microwave on high for 8 to 10 minutes or until tender, turning the potatoes once. Top your potato with coconut oil and enjoy alongside your stir fry.

## POST WORKOUT SHAKE

Have this shake after your workout, whenever that is during the day.

1 c unsweetened almond milk

1 scoop IdealLean Protein, any flavor

125 cals any fruit such as 1 banana, 1.5 c of any berry, 1.5 c pineapple, 1.5 c mango

Get creative and make a fresh fruit smoothie! Try adding green smoothie veggies as well such as spinach, cucumber, bell peppers, etc.

### QUICK MODEL TIP:

All of the following veggies are FREE on this Challenge (you can eat as much as you want at any time):

**Leafy Greens**

**Fennel**

**Asparagus**

**Mushrooms**

**Bell Peppers**

**Okra**

**Broccoli**

**Onions**

**Brussel Sprouts**

**Pickles**

**Cabbage**

**Radishes**

**Cauliflower**

**Snow Peas**

**Celery**

**Summer Squash**

**Cucumber**

**Tomatoes**

**Eggplant**

**Zucchini**

## DINNER OPTIONS

### Steak and Potatoes

#### Ingredients:

3 oz top sirloin, cooked (SUB: 4 oz any white fish OR 4 oz chicken)  
6 oz sweet potato (SUB:  $\frac{2}{3}$  c. brown rice OR  $\frac{2}{3}$  c. quinoa)  
1/2 tbsp. coconut oil  
1 tbsp. Newman's Own Lite Balsamic dressing  
arugula or other lettuce, desired amount

#### Directions:

Chop sirloin into bite-sized pieces, season with salt and pepper, and cook to preferred taste, then measure out 3 oz.

Prick the potato all over with a knife or fork. Microwave on high for 8 to 10 minutes or until tender, turning the potatoes once (I prefer this method because it's quick!). Alternatively, you can boil it in water until soft, or bake at 350 for about 45 minutes.

Assemble arugula salad with sirloin pieces and balsamic vinaigrette. Enjoy the potato, mashed with coconut oil, on the side.

### Mango, Avocado, Shrimp Salad

#### Ingredients:

15 medium shrimp, peeled, deveined, and cooked (SUB: 3 oz chicken OR 3 oz any white fish)  
1/2 mango  
cilantro, chopped  
1/2 avocado  
1/2 red bell pepper, coarsely chopped  
fresh spinach, desired amount

#### Dressing:

juice of 1 lemon  
juice of 1 lime  
1 tsp. olive oil  
salt and pepper to taste

#### Directions:

Dice the mango and avocado into bite-sized cubes and put in a salad bowl. Add spinach, red pepper pieces, cilantro, and shrimp, and toss together with dressing. Enjoy!

### Muscle Burgers

#### Ingredients:

4 oz 93% lean ground turkey, weighed raw (SUB: 3 oz lean ground beef)  
1/4 c dry oats  
1/2 medium onion, finely chopped  
1 egg  
1/4 c shredded cheddar or colby jack cheese  
frozen peas and broccoli

#### Directions:

In a big mixing bowl, use your hands to combine ground turkey with chopped onions, egg, dry oats, salt, pepper, and your favorite meat seasoning. Form into patties and cook in a pan lightly sprayed with nonstick cooking spray until cooked all the way through.

Serve with warm peas and broccoli. Top burger and veggies with shredded cheese.

### Cheese Quesadilla

#### Ingredients:

1 whole wheat tortilla (80-100 cal) (SUB: 80-100 cal corn tortillas OR 1/2 c brown rice)  
2.5 oz chicken breast, cooked (SUB: 2.5 oz turkey breast)  
1 oz cheddar cheese (SUB: 1.5 oz mozzarella)  
2 tbsp. guacamole (use Wholly Guacamole® brand if possible)  
1/2 tbsp. coconut oil

#### Directions:

Cut chicken breast into strips and season with salt and pepper. Heat coconut oil in a pan and saute meat until cooked through. Remove chicken from pan and set aside.

Using a separate pan or after cleaning the previous pan, heat both sides of a tortilla until golden brown. Add the cheese and chicken to one half of the tortilla. Then press the other half over the top using a spatula. The melted cheese should seal the deal!

Dip in guacamole and enjoy!

## Turkey and Rice Soup

### Ingredients:

4 oz 93% lean ground turkey (SUB: 5 oz chicken breast OR 3 oz lean ground beef)  
1 onion  
1 garlic clove, minced  
1/2 tbsp. coconut oil  
baby carrots, desired amount, chopped  
1 red bell pepper, coarsely chopped  
5 stalks celery, chopped  
1/2 head cabbage, chopped into small wedges  
2 28 oz cans of diced tomatoes  
1 beef bouillon cube  
1/2 c brown rice, cooked (SUB: 1/2 c quinoa)  
1/2 oz cheddar cheese (SUB: 1/8 avocado)

### Directions:

In a large pot, saute onions, garlic, carrots, peppers, and celery in coconut oil until tender. Then add ground turkey and saute until cooked through.

Add chopped cabbage, tomatoes, and 1 beef bouillon cube to the pot. Fill pot with water until it is about 3/4 of the way full and simmer on a low heat for a few hours or until all veggies are tender. Taste test to see whether the soup is done; the veggies should be soft.

When the soup has simmered to perfection, add brown rice to a bowl and add soup over the top. Finish with a touch of shredded cheese! Delish!

Ps.-- Don't be afraid to go back for more with this veggie soup. Don't add rice and you can enjoy guilt-free seconds or thirds.

A woman with long, wavy hair is standing on a beach, wearing a light-colored bikini. She is holding a dark-colored drink in her left hand. The background shows palm trees and a clear sky. The word "FAQS" is written in a large, bold, yellow, cursive font across the center of the image.

# FAQS



# FAQS

## **Can I eat as many vegetables as I want during this challenge?**

Yes, veggies are unlimited! Veggies are a great source of fiber and are great for helping you stay full and fueled for your workouts. If you're feeling hungry during the day, feel free to munch on some veggies and add more of them to your meals, too. Check out the meal plans for a list of vegetables

## **If I missed a workout one day, can I double up with 2 workouts the next day?**

Because this challenge is so short, every single workout counts, so try to stick to the workout schedule as best you can. If you do miss a workout day, it's perfectly fine to double up the next day to squeeze in every workout!

## **What if I'm hungry? What can I eat?**

With this challenge I'm giving you my 5 favorite recipes for breakfast, lunch, and dinner, so you can choose your favorite meals and keep things fresh! You'll also be able to pick from one of 5 delicious snack options each day to satisfy your cravings and keep you full and fueled.

If you're still feeling a little hungry during the day, feel free to munch on vegetables. They're unlimited.

## **How many hours apart am I supposed to eat my meals?**

I designed this meal plan to be easy and flexible to fit your schedule. That said, the timing of your meals will depend on when you workout. The most important thing is that you get all of your meals each day. Here's a sample meal schedule for those who like to work out in the evening:

Breakfast: 8:00 am

Snack: 10:30 am

Lunch: 12:30 - 1:00 pm

Dinner: 5:00 pm

Workout: 6:30 pm

Post-Workout Shake: 7:00 pm

## **Can I have diet drinks during the challenge?**

Yes. Diet drinks are totally allowed. Just make sure you limit it to 1 can. But keep in mind that water intake is super important! You should be drinking anywhere from 1-1.5 gallons of water each day.

## **How much weight can I expect to lose?**

Results will vary from person to person depending on your starting weight and level of fitness. Remember that pounds aren't everything. Pay attention to inches and muscle tone! Your before and after pictures will help you see your progress as well. If you are still curious, we have seen results from 4-8 lbs lost among our Fit Model Challengers!

## **These meals have a lot of protein already. Do I really need a supplement too?**

Here's the short answer: Yes!

Now here's the longer answer: Protein is super important for helping your body recover properly after exercise. Protein is made up of what we call "the building blocks of muscle," aka amino acids. And protein doesn't just help your muscles rebuild themselves stronger and leaner after exercise, protein also helps keep you full between meals.

IdealLean Protein is an incredibly convenient way for you to fuel up with 20 grams of high-quality whey protein isolate. It can help you sculpt your year-round bikini body without any sugar, fat, or carbs. Not to mention it's only 80 calories!

## **Can I just rest on my rest day? Why do I need to do yoga?**

Active rest days are just as important as workout days. I've designed an active rest day regimen to give your body a break from weights and cardio so you can get your yoga on and stretch those sore muscles.

I love doing yoga, and it's really beneficial for your body and mind. Not only does yoga improve your flexibility, it also helps reduce soreness and speed up your recovery. Yoga is a great way to build strength, and it's a relaxing way to unwind and really concentrate on your mind and your body at the same time.

## **What are plyometrics?**

Plyometrics are a form of jump training that helps build power and strength, and gets your heart rate up to blast fat and build muscle!

## **Does it matter what time I work out?**

I know that life can get really busy. The most important thing is that you get your workouts in every day. Whenever you prefer to work out during the day is fine, just be sure to have your post-workout shake afterwards to help fuel your muscle recovery.

## **Does the order of the workout days matter, or can I switch them up?**

This challenge gives you 5 quick, effective full-body workouts that you will cycle through 3 times.

Workout days are strategically ordered to help you attack each body part and then give your body enough time to recover before exercising the same muscles again. Stick with the workout order I designed. This will help you stay on track and push yourself harder each day.

## **What is IdealLean Protein?**

IdealLean Protein is a tasty protein powder designed specifically for women that I absolutely love! It comes in 2 different flavors (French Vanilla and Chocolate Brownie), and contains 20 grams of high-quality whey protein isolate to help you build a lean body.

Because IdealLean Protein was made for women, it's low in calories (only 80 per serving), contains no sugar, no fats, and no carbs, and features a proprietary IdealFit Recovery Blend so you can bounce back fast.

IdealLean Protein is part of your post-workout shakes.

## **What are IdealLean BCAAs?**

Also known by a longer name, branch chain amino acids, BCAAs help reduce soreness and promote lean-muscle growth.

IdealLean BCAAs provide 5 grams of BCAAs to help you recover faster, all while being sugar and calorie free.

IdealLean BCAAs go one step further in helping you build a lean body by including proprietary IdealLean Fat-Loss Blend and additional ingredients like coconut water powder to improve hydration and get your metabolism going hard!

You can take BCAAs before you work out, during your training, and even in the afternoon as a tasty drink.

## **What is IdealLean Pre-Workout?**

As a fitness trainer, wellness coach, and model, I'm always looking for ways to take my exercise results to a new level, and that's exactly what IdealLean Pre-Workout helps me do.

IdealLean Pre-Workout is the perfect boost to get me pumped up, motivated, and ready to tackle every single workout, no matter what kind of mood I'm in.

This pre-workout supplement helps give you the natural, clean energy that gets you through your training, plus ingredients to support my mood and help me push myself harder.

IdealLean Pre-Workout is also free of calories, fat, and sugar!

### **Do I have to eat the same meal every day?**

Nope! For each meal (breakfast, lunch, dinner, and snacks) you'll get 5 delicious recipes to pick from so that you can have a variety of options, switch things up, and try new, tasty meals throughout this 15 day challenge. If you have a fave recipe, you can certainly repeat it, but I've given you options so that you don't get bored.

### **What if I don't have a gym membership? Can I still do this challenge?**

You certainly can! In fact, you don't even need access to a gym to do this challenge. All of my exercises can be done at home with minimal equipment. All you'll need is a set of dumbbells, a yoga mat, and a bench or chair.

SHOW ME YOUR  
*Progress!*



#fitmodelfitness #FMF #strongissexy

@karinaelle