



15 DAY FIT BODY CHALLENGE

WITH LINDSEY
MATHEWS





WELCOME!

WE'RE SO EXCITED TO SHARE TRAINER LINDSEY'S 15 DAY FIT BODY CHALLENGE

We'll give you all the information you need to help you kickstart your health and fitness routine.

Whether it's fat loss, getting lean, or simply building muscle, our aim is to empower women by helping them to achieve their goals. Get ready to sweat and push your body to the limit.

THE CHALLENGE IS WAITING FOR YOU!





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15 DAY FIT BODY CHALLENGE

TRAINER LINDSEY HAS NOT JUST CHANGED HER OWN, BUT THOUSANDS OF OTHER WOMEN'S BODIES AND LIVES OVER THE YEARS, AND WROTE THE **15 DAY FIT BODY CHALLENGE** SO THAT YOU CAN JOIN THIS JOURNEY. BEFORE WE GET STUCK INTO THE CHALLENGE, HERE'S WHAT SHE SAYS IN HER OWN WORDS...

"Welcome Everyone! Before I get too far into my story, I want you all to know that I am just like you! I am a busy, working mum of three children. I know how hard it is to plan and manage your time in order to fit in daily workouts and meal planning. I spent years working out in the gym but I failed to set my nutrition in line with goals so I wasn't seeing the

results that I desired from all my hard work.

During the time that I had my kids, I developed a major BLT problem! This doesn't mean I binged on Bacon, Lettuce and Tomato sandwiches... No. I had "bites, licks and tastes" of anything and everything. I would try the cereal that I was pouring into my kids bowls in

the morning. I would lick the peanut butter off the knife when I made their sandwiches at lunch. I would finish their food they didn't eat at dinner. The list could go on and on! Yet, I felt like I was "doing everything" to lose the weight and I even started to blame my 'poor metabolism'. Does this sound familiar?

It wasn't until years later that I finally learnt that I needed to eat enough good food and not starve myself on a low-calorie diet. Because of that, I was able to stick consistently to a plan over the long term and completely change my habits. Since I turned my nutrition around, my body has continued to change. I have since competed in six figure competitions in the last two

years, winning two overall figure titles and being placed in the top 15 nationally.

Using the techniques that I've perfected through years of trial and error, I help my clients change their bodies too, and in record time no less! The 15 Day Fit Body Challenge includes the same carb cycling strategy that I use to prep for my shows. It's also the same strategy that I use with my clients too.

This 15 Day Fit Body Challenge has worked for them and it could work for you too! You can create **YOUR IdealFit** and love the Process!

Lindsey

Lindsey Mathews
CISSN Nutritionist





THE CHALLENGE

Ready for the **IdealFit 15 Day Fit Body Challenge**? This program focuses on fat loss. We can't wait for you to begin your journey to looking sculpted and lean.

The Fit Body Challenge (FBC) nutrition program is based on a carb cycling method that, if followed correctly, could help you shed excess water and fat.

The workouts will be quick and tough. They are set up according to Lindsey's signature circuit training technique that she has been using for over a decade to help people lose fat and transform their bodies.

As with anything, the best results will be seen by those who push themselves and stick to the plan exactly as it's laid out for them. So, don't cheat yourself. Give it your best go and enjoy the transformation.

Good luck with your **15 Day program**. We can't wait to hear all about your journey.

BEFORE YOU START

SAVE YOUR PLAN AND LOAD TO MOBILE DEVICE

JOIN OUR COMMUNITY. Visit the Trainer Lindsey Facebook page to check in. Leave a comment and let us know that you're beginning the challenge. Also, make sure you're following TrainerLindsey on Instagram, Snapchat and Twitter so you don't miss ANYTHING!

COMMENT ON MY POSTS. Send me pictures of your food, check in with me - it might seem silly but this will keep you on track. Hashtag #trainerlindsey and #FBC15 so I can search for YOU. Watch your progress and give you some support.

TAKE STARTING MEASUREMENTS AND WEIGHT. You'll need to take measurements and weigh yourself on day one, day seven and day 15. Remember to always take these measurements first thing in the morning after you use the bathroom, but before you eat. This is the most consistent time for measuring.

TAKE BEFORE PICS. You'll also want to take your progress pics first thing in the morning (just like your measurements and weight). Make sure you follow the progress pic tips.



TRACKING YOUR PROGRESS

Taking your measurements and weighing yourself at a consistent time, at regular intervals will help you see exactly what changes are happening with your body. We know just how important it is to see progress, it can be the difference between giving up and getting results, so don't skip this step.

Remember to weigh in first thing in the morning after using the bathroom but before eating. Also, make sure that your halfway point weigh in is the morning of your reward meal.

BEFORE AND AFTER PIC TIPS:

- Find a place in your home with good natural light to take your pictures.
- Wear the same thing in your before AND after pics.
- Try to be consistent with the lighting in both sets of pictures.
- Stand the same distance from the camera in both sets of pictures.
- Make sure your full body fills the frame of the photo - in other words, don't be too far away from the camera or you won't see your progress.
- Wear a sports bra and shorts if you're comfortable as the more of your body you can see, the more progress you'll see.



YOUR MEASUREMENTS



HOW TO TAKE PERFECT MEASUREMENTS:

CHEST Circumference of rib cage/chest at the nipple line



WAIST Circumference of waist at the smallest point - usually an inch or two below ribs



GLUTES Circumference of glutes/hips around the fullest part of glutes



THIGH Circumference of the right thigh around the fullest part



CALF Circumference of the right calf around the fullest part



ARM Circumference of the right arm half way between shoulder and elbow

Fill out these charts with your before and after measurements. Take them at the same time that you do your morning weigh in.

	Day 1	Day 15
Chest		
Waist		
Glutes		
Right Thigh		
Right Calf		
Right Arm		

	Day 1	Day 7	Day 15
Weight			

CARB CYCLING

Following the carb cycling schedule, there is one meal plan for the FLUSH DAYS and three meal plans to choose from for the MODERATE DAYS. You can choose any moderate day meal plan you'd like but you can't pick and choose different meals from different days. You must follow the entire day's meal plan.

The macronutrients and calorie totals for each moderate day plan are approximately the same but if you swap out meals from different days you will change the macros for the day and could consequently hinder your weight loss.

Pick one meal plan and stick to it for the day. You do not have to try each meal plan. If there's one you love, you can stick to it the whole time.

We will begin and end the program with two FLUSH DAYS. You must also follow the FLUSH DAY guidelines for optimal results. The middle eleven days will be your moderate days.

You are allowed one "treat meal" on day 6, 7 or 8 IF you have followed the plan exactly as outlined through the first week. This Treat meal can be anything you're craving but it must be **under 600 calories**.

CARB SCHEDULE:

Day 1: Jump Start day

Day 2: Jump Start day

Day 3: Moderate Day

Day 4: Moderate Day

Day 5: Moderate Day

Day 6: Moderate Day

Day 7: Moderate Day + Treat Meal

Day 8: Moderate Day

Day 9: Moderate Day

Day 10: Moderate Day

Day 11: Moderate Day

Day 12: Moderate Day

Day 13: Moderate Day

Day 14: Flush Day

Day 15: Flush Day

GUIDELINES

JUMP START / FLUSH DAY GUIDELINES

- No diet drinks, fizzy drinks or sugar free cordial. You may flavour your water with lemon or lime.
- Drink 4-4.5 litres a day.
- Eat ALL of the food on the plan.
- Use only natural sweetener if you need to.
- No BLT's (bites, licks, tastes) of anything not on the plan.
- You are allowed unlimited amounts of the veggies below:

LEAFY GREENS	CELERY
ASPARAGUS	CUCUMBER
BROCCOLI	ONIONS
CABBAGE	CHERKINS
CAULIFLOWER	COURGETTE

MODERATE CARB DAY GUIDELINES

- Drink 4 litres of water a day
- Eat ALL of the food on the plan.
- Use only natural sweetener if you need to.
- No BLT's (bites, licks, tastes) of anything off the plan.
- You are allowed unlimited amounts of the veggies below:

LEAFY GREENS	CUCUMBER
ASPARAGUS	AUBERGINE
PEPPER	FENNEL
BROCCOLI	MUSHROOM
CABBAGE	CHERKINS
CAULIFLOWER	TOMATO
CELERY	COURGETTE

IMPORTANT NOTES:

If you don't work out in the morning, see the section in the FAQ's about workout timings and adjusting your meals.

When we recommend using a certain flavour of IdealLean, you can try the recipe with any flavour you'd like.

If you feel the need to use sweeteners, then we recommend natural sweeteners. Whatever your choice, please ensure they're calorie free in order to stick to plan.

Practically any meal can be taken on the go if you have Tupperware. Yes, you really can eat your food cold!

You will need kitchen weighing scales for accurate food measurements.

Make sure you follow the recipes in your section of the booklet as they are specific for your meal plan.

JUMPSTART & FLUSH DAYS

WHAT ARE JUMPSTART & FLUSH DAYS?:

You will see that the 15 Day Fit Body Challenge consists of jumpstart days and flush days, which are designed to help facilitate your goals. You may find that you lose a few pounds each time you do a set of flush days. Days 1, 2, 14 and 15 will all be flush days, but we refer to days 1 and 2 as your 'jumpstart days' as they could jumpstart your fat loss and get you primed for fat burning.

You'll notice that these days are very low in carbs and you'll be drinking lots of water. The purpose of these days is to give your body a good 'flush' by completely cleaning up your nutrition choices and using the most natural diuretic in the world – water.

The fitness industry can be full of confusing information and false claims, but we believe in making your fitness journey as simple as possible by sticking to clean foods, drinking water and pushing yourself in the gym.

TIPS:

In order to use water as a diuretic, you need to drink a lot of it – about 4 litres per day.

When you drink this much water, you may feel a little dizzy, achy, weak or nauseated. This is very common and has a simple fix – Just add a little more salt to your food.

When you increase your water like this, you risk 'watering down' your electrolyte levels; adding a little more salt than you're used to doing and you will feel much better.

After you finish these two 'flush/jumpstart' days, you'll be able to move into the moderate carb days where you can look forward to foods like pancakes, potatoes and rice.

POSSIBLE SIDE EFFECTS:

- Lots of trips to the bathroom.
- Low energy due to the drop in carbs and sugars vs. what you may be used to.
- Head aches, body aches, and possibly some dizziness or nausea due to low electrolyte levels (see tips on the next page for how to remedy this).
- Loss of excess water weight
- Leaner looking body
- A flow of positive comments on your new body



TREAT MEAL

In the middle of the 15 day program you will get a "Treat Meal" if you have been on plan 100% up to that point.

HERE ARE SOME GUIDELINES ON THE TREAT MEAL:

Your treat meal should replace one of the meals on your plan. If you don't feel like you need it or you feel like you haven't stuck to the plan as well as you should have/could have - don't take it. You do not need to take this treat meal if you don't want it. You can have anything you'd like as long as it's under **600 calories**. So, if you want dessert, have some. If you want pizza or a burger or ice cream, treat yourself.

BUT, DO YOUR RESEARCH

Get an accurate calorie count and make sure you don't go over 600 calories. One more thing about your treat meal - and it's important. I want you to weigh in half way through the program. I want you to time your weigh in on the morning of your treat meal. It's common for your weight to go up a bit after a treat meal because of extra carbs and sodium. This is no biggie and your weight will drop back down. But we want an accurate halfway mark weigh-in so if your treat meal is planned for Sunday dinner, weigh in Sunday morning.

MEAL PLANNING

WHAT TO EAT AND WHEN: FLUSH & JUMP START DAYS

For flush & jump start days, move your pre and post-workout meals to before and after your workout no matter what time of day it is. You can do the rest of your meals in any order you'd like.

WHAT TO EAT AND WHEN: MODERATE CARB DAYS

Based on when you workout, adjust your meals for the moderate carb days as follows.

VERY EARLY AM WORKOUTS:

(no pre workout)

WORKOUT

Meal 2

Meal 1

Meal 3

Meal 4

Meal 5

Meal 6

AM WORKOUT:

Meal 1

WORKOUT

Meal 2

Meal 3

Meal 4

Meal 5

Meal 6

MID DAY WORKOUT:

Meal 1

Meal 3

WORKOUT

Meal 2

Meal 4

Meal 5

Meal 6

AFTERNOON WORKOUT:

Meal 1

Meal 3

Meal 4

WORKOUT

Meal 2

Meal 5

Meal 6

EARLY EVENING WORKOUT:

Meal 1

Meal 6

Meal 3

Meal 4

WORKOUT

Meal 2

Meal 5

AFTER DINNER WORKOUT:

Meal 1

Meal 6

Meal 5

Meal 4

Meal 3

WORKOUT

Meal 2

MEAL PLAN OVERVIEW

Follow the
carb cycling
schedule
on page 19

FLUSH DAY

Meal 1	Pre-workout	Banana Protein Shake	Page 36
Meal 2	Post-workout	Strawberry Protein Shake	Page 37
Meal 3	Snack	Scrambled Eggs	Page 58
Meal 4	Meal	Chicken Salad with Garlic & Lime Dressing	Page 42
Meal 5	Meal	Steak Salad with Veggies	Page 43
Meal 6	Sweet	Chocolate & Peanut Butter Protein Fudge	Page 60

MODERATE CARB DAY 1

Meal 1	Pre-workout	Fluffy Oatmeal Pancakes	Page 45
Meal 2	Post-workout	Blueberry & Honey Protein Shake	Page 39
Meal 3	Meal	Chicken & Sweet Potato Fries	Page 46
Meal 4	Meal	Turkey Snack Wraps	Page 48
Meal 5	Meal	Ginger Glazed Fish	Page 49
Meal 6	Sweet	Chocolate Coconut Fudge	Page 61

MEAL PLAN OVERVIEW

MODERATE CARB DAY 2

Meal 1	Pre-workout	Protein Shake & Rice Cakes	Page 38
Meal 2	Post-workout	Raspberry Cheesecake Shake	Page 40
Meal 3	Meal	Pulled Piri Piri Chicken	Page 50
Meal 4	Snack	Apple & Egg Snack	Page 58
Meal 5	Meal	Steak Salad with Veggies	Page 53
Meal 6	Sweet	Maple Nut Fudge	Page 62

MODERATE CARB DAY 3

Meal 1	Pre-workout	Scrambled Eggs & Cereal Side Dish	Page 54
Meal 2	Post-workout	Protein Shake & Rice Cakes	Page 38
Meal 3	Meal	Chicken Tacos with Honey & Lime Dressing	Page 56
Meal 4	Snack	No Bake Cookie Protein Bar	Page 63
Meal 5	Meal	Honey Chicken Stir Fry	Page 55
Meal 6	Sweet	Protein Melting Cake	Page 64

MEAL PLAN OVERVIEW

MODERATE CARB DAY 4

Meal 1	Pre-workout	Fluffy Oatmeal Pancakes	Page 45
Meal 2	Post-workout	Protein Shake	Page 41
Meal 3	Meal	Chicken & Sweet Potato Fries	Page 46
Meal 4	Meal	Turkey Snack Wrap	Page 48
Meal 5	Meal	Ginger Glazed Fish	Page 49
Meal 6	Sweet	Chocolate Coconut Fudge	Page 61

MODERATE CARB DAY 5

Meal 1	Pre-workout	Protein Shake & Rice Cakes	Page 41
Meal 2	Post-workout	Raspberry Cheesecake Protein Shake	Page 40
Meal 3	Meal	Pulled Piri Piri Chicken	Page 50
Meal 4	Snack	Apple & Egg Snack	Page 58
Meal 5	Meal	Steak Salad with Veggies	Page 53
Meal 6	Sweet	Maple Nut Fudge	Page 62



MEAL PLAN

THIS SECTION WILL DETAIL ALL YOUR MEAL PLANS FOR THE NEXT 15 DAYS.

The food measurements in each recipe have been split by weight category. Make sure you're following the right one for your weight to ensure correct portion control. Happy meal prepping!

LOOK OUT FOR YOUR WEIGHT CATEGORY FROM THE ICONS BELOW



BANANA PROTEIN SHAKE

INGREDIENTS:

		 9 STONE	 9-11 STONE	 11 STONE
Ideal Lean Protein	-	25g	30g	35g
Banana	60g	-	-	-
Unsweetened Almond Milk	235ml	-	-	-




METHOD:

- Blend all ingredients with ice into a refreshing smoothie.
- Try using a frozen banana to make it extra creamy.



STRAWBERRY PROTEIN SHAKE

INGREDIENTS:

		 9 STONE	 9-11 STONE	 11 STONE
Ideal Lean Protein	-	25g	30g	35g
Diced Strawberries	75g	-	-	-
Unsweetened Almond Milk	235ml	-	-	-

METHOD:

- Blend all ingredients with ice into a smoothie.
- Try adding 1 tsp of lime juice for a refreshing twist.



PROTEIN SHAKE & RICE CAKES

INGREDIENTS:

		 9 STONE	 9-11 STONE	 11 STONE
Ideal Lean Protein	-	25g	30g	35g
Unsweetened Almond Milk	235ml	-	-	-
Rice Cakes	2	-	-	-




METHOD:

- Blend Ideal Lean Protein and almond milk and enjoy rice cakes on the side



BLUEBERRY & HONEY PROTEIN SHAKE

INGREDIENTS:

		 9 STONE	 9-11 STONE	 11 STONE
Ideal Lean Protein	-	25g	30g	35g
Frozen Blueberries	-	120g	150g	150g
Unsweetened Almond Milk	235ml	-	-	-
Honey	1 tsp	-	-	-
Ice	1 cup	-	-	-

METHOD:

- Blend all ingredients with ice into a smoothie.



RASPBERRY CHEESECAKE PROTEIN SHAKE

INGREDIENTS:

		9 STONE	9-11 STONE	11 STONE
Ideal Lean Protein	-	25g	30g	35g
Unsweetened Almond Milk	235ml	-	-	-
Low Fat Digestive Biscuits	4	-	-	-
Frozen Raspberries	60g	-	-	-
Fat Free Cream Cheese	30g	-	-	-
Ice	1 cup	-	-	-

METHOD:

- Blend all the ingredients in a blender.
- Crumble 1 biscuit on top



PROTEIN SHAKE & RICE CAKES

INGREDIENTS:

		9 STONE	9-11 STONE	11 STONE
Ideal Lean Protein	-	25g	30g	35g
Unsweetened Almond Milk	235ml	-	-	-
Caramel/Chocolate Rice Cakes	2	-	-	-




METHOD:

- Blend Ideal Lean Protein and almond milk and enjoy rice cakes on the side



CHICKEN SALAD WITH GARLIC & LIME DRESSING

INGREDIENTS:

				
Chicken Breast	-	115g	115g	140g
Avocado	-	45g	45g	65g
Romaine Lettuce	-	-	-	-

METHOD:

- Combine all marinade ingredients.
- Put 2 tsps. of the marinade aside to use as dressing. Marinate the chicken breast for at least 30 mins.
- Grill the chicken until cooked evenly. Top the salad with the chicken, avocado and the dressing.

GARLIC & LIME DRESSING:




Reduced Salt Soy Sauce	3 tbsp
Lime Juice	1 tbsp
Worcestershire Sauce	2 tbsp
Garlic Clove	1
Mustard Powder	1/2 tsp
Black Pepper	1/2 tsp

METHOD:

- Whisk all ingredients together in a bowl, or mix in a zip top freezer bag for an even easier way to marinate your chicken

STEAK SALAD WITH VEGGIES FLUSH DAY

INGREDIENTS:

				
Sirloin Steak	-	85g	115g	115g
Add Any Salad/Veggies	-	-	-	-

METHOD:

- Season the steak with salt & pepper.
- Grill to your liking.
- Top the salad with the steak, veggies and dressing.

OIL AND VINEGAR DRESSING:

Olive Oil	1 tbsp
Balsamic Vinegar	1/2 tbsp
Mustard	1 tbsp
Pepper	Pinch

METHOD:

- Put all ingredients in a small bowl, mix together and pepper to taste.

FLUFFY OATMEAL PANCAKES

INGREDIENTS:

				
Egg Whites	-	80ml - 1	1 - 2	2
Oats	-	25g	40g	40g
IdealLean (Scoop)	1/2	-	-	-
Banana	1/2	-	-	-
Baking Soda	1/4	-	-	-
Baking Powder	1/4	-	-	-
Cinnamon	1/4	-	-	-
Ginger	1/8	-	-	-
Nutmeg	1/8	-	-	-
Natural Sweetener	1	-	-	-
Splash Vanilla	Splash	-	-	-




METHOD:

- Grind oats, IdealLean, spices, baking powder, soda & sweetener (if using) in the blender until it's like powder. Pour into a separate bowl. Blend egg whites on medium speed in the blender for approx. 30 seconds. Add the banana and blend again for 30 seconds. Add the dry ingredients to the blender and blend. Pour into a pre-heated pan and cook like pancakes. Top with sugar free syrup if required.



CHICKEN WITH SWEET POTATO FRIES

INGREDIENTS:

		 9 STONE	 9-11 STONE	 11 STONE
Chicken	-	85g	4oz	115g
Sweet Potato	-	115g	5oz	170g
Olive Oil	1 tsp	-	-	-
Garlic Powder	⅓ tsp	-	-	-
Paprika	⅓ tsp	-	-	-
Salt	⅓ tsp	-	-	-
Pepper	⅓ tsp	-	-	-

METHOD:

- Slice the chicken into strips and season with sea salt and pepper, then grill.
- Meanwhile, slice sweet potato into thin strips and toss in olive oil. Season with ⅓ tsp. garlic powder, ⅓ tsp. paprika, ⅓ tsp. salt and ⅓ tsp. pepper.
- Line a baking sheet with foil and spray with non-stick cooking spray.
- Spread out the sweet potato fries on the foil and bake at 230 degrees for 30 minutes or until fork tender and crispy.
- If you have time, soak your sweet potato fries in water for 30 min - 2 hours before seasoning and baking to ensure they bake up nice and crispy.



TURKEY SNACK WRAP

INGREDIENTS:

		9 STONE	9-11 STONE	11 STONE
Whole Wheat Tortilla	1	-	-	-
Turkey	-	70g	85g	85g
Avocado	25g	-	-	-

METHOD:

- Make a "snack wrap" by rolling up the turkey and avocado in the tortilla.
- You can even wrap in cling film and throw it in a small cooler bag to take with you on the go.



GINGER GLAZED FISH

INGREDIENTS:

		9 STONE	9-11 STONE	11 STONE
Preferred White Fish	85g	-	-	-
Pecans	12g	-	-	-
Add Any Salad/Veggies	-	-	-	-

METHOD:

- Place fish in a baking dish with the marinade and season with salt and pepper. Cover and marinate for 30 minutes or more.
- Heat the coco-nut oil in a pan over a medium-high heat.
- Fry the fish for 4-6 minutes on each side, turning once until it flakes easily.
- You can also grill the fish on the BBQ until cooked through.
- Pour remaining marinade into a pan and heat to boiling to make the glaze. Drizzle 1 tsp of the glaze and sprinkle pecans over the fish and veggies.

GINGER GLAZE DRESSING:

Honey	3 tbsp
Balsamic Vinegar	3 tbsp
Low Sodium Soy Sauce	3 tbsp
Ground Ginger	1/4 tbsp

METHOD:

- Mix all ingredients in a small bowl and you have your glaze dressing.

PULLED PIRI PIRI CHICKEN

INGREDIENTS:

		9 STONE	9-11 STONE	11 STONE
Chicken Breasts	85g	-	-	-
Sachet Piri Piri Spice Mix	1/4	-	-	-

PLEASE NOTE

This if for one meal, we recommend to make a batch.
See recipe below.




METHOD:

- Make a batch of Piri Piri Chicken that you can portion out.
- Put 4 Chicken breasts into a slow cooker and top with 1 sachet of piri piri herbs and 125ml of piri piri sauce.
- Cook on low for 4-5 hours. Pull the chicken in to strips.
- Add more sauce if required and cook for another hour or so. Weigh your portion after cooking.



STEAK SALAD WITH VEGGIES

INGREDIENTS:

				
Sirloin Steak	-	70g	85g	85g
Add Any Salad/Veggies				

METHOD:

- Salt, pepper and ground mustard to taste
- Grill to your liking.
- Any salad or veggies from the approved list.

OIL AND VINEGAR DRESSING:

Olive Oil	1 tbsp
Balsamic Vinegar	1/2 tbsp
Mustard	1 tbsp
Pepper	Pinch

METHOD:

- Put all ingredients in a small bowl, mix together and pepper to taste.

SCRAMBLED EGGS & CEREAL SIDE DISH

INGREDIENTS:

				
Egg Whites	-	120ml	3/4	3/4
Unsweetened Almond Milk	120ml	-	-	-
Plain Cheerios	35mg	-	-	-




METHOD:

- Make Scrambled Eggs from the Egg Whites. In a separate bowl, add milk to the cereal. Eat in whichever order you prefer.



HONEY CHICKEN STIR FRY

INGREDIENTS:

				
Chicken	85g	-	-	-
Coconut oil	1 tsp	-	-	-
Honey	1 tsp	-	-	-
Add Any Salad/Veggies				

METHOD:

- Warm a pan over a medium heat with 1 tsp coconut oil.
- Add chicken and sauté until almost cooked through.
- Add any veggies you'd like. We love to add onion, peppers, celery and courgette.
- When the chicken and vegetables are almost done cooking, top with honey and season to taste.

CHICKEN TACOS WITH HONEY & LIME DRESSING

INGREDIENTS:

		9 STONE	8-11 STONE	11 STONE
Corn Tortillas	2	-	-	-
Chicken	85g	-	-	-
Cabbage, Thinly Sliced				

METHOD:

- Make two chicken tacos with thinly sliced cabbage and one serving of honey lime dressing and chicken.
- Don't fry the tortillas! You can cook or warm them in a pan heated up with some non stick cooking spray.

HONEY LIME DRESSING:

Mayo	1 tbsp
Mustard	1 tbsp
Honey	1 tbsp
Lime Juice	1/2 tbsp
Ginger	Pinch




METHOD:

- Mix all ingredients in a small bowl and you have your glaze dressing!



SCRAMBLED EGGS & VEGGIES

INGREDIENTS:




				
Whole Egg	-	1	2	2
Egg Whites	-	175ml	1 cup	1 cup

METHOD:

- Try scrambling the egg whites with chopped broccoli and courgette to add more volume to this meal.

APPLE & EGG SNACK

INGREDIENTS:

				
Hard Boiled Egg	1	-	-	-
Apple	250g	-	-	-

METHOD:

- Boil an egg to your liking and enjoy. Eat both the egg and the apple as a snack



CHOCOLATE PEANUT BUTTER PROTEIN FUDGE

INGREDIENTS:

				
Chocolate Ideal Lean Protein	-	25g	30g	35g
Peanut Butter	-	16g	16g	24g
Cocoa Powder	1 tbsp	-	-	-



METHOD:

- Stir together protein powder, 1 tsp cocoa and sweetener (if using). Add 1 ½ - 2 tbsp of water, half a tsp at a time until you have a thick but stir-able consistency.
- Pour half the 'batter' into a small bowl. Layer the peanut butter over the protein batter.
- Top with the remaining protein batter, freeze for approx. 2 hrs
- Thaw for 20 mins before eating.



CHOCOLATE COCONUT FUDGE

INGREDIENTS:




				
Chocolate Ideal Lean Protein	25g	-	-	-
Melted Coconut Oil	1 1/2 tbsp	-	-	-
Cocoa Powder	1/4 tbsp	-	-	-

METHOD:

- Stir together Ideal Lean Protein coconut oil, ¼ tsp. cocoa, and sweetener to taste.
- Add 1-2 tsp. of water ½ tsp at a time until it's the consistency of cake batter. Freeze for 2 hours.
- Thaw for 20 minutes before eating

MAPLE NUT FUDGE

INGREDIENTS:

				
Vanilla Ideal Lean Protein	-	25g	30g	35g
Crunchy Peanut Butter	8g	-	-	-
Maple Extract	1/8 tsp	-	-	-
Vanilla Extract	1/4 tsp	-	-	-
Water	1-2 tbsp	-	-	-

METHOD:

- Melt peanut butter until softened.
- Stir peanut butter, Ideal Lean, maple extract and vanilla extract and sweetener, if desired.
- Stir in water ½ tbsp until you've reached batter consistency. Freeze for 2 hours.
- Thaw for 20 minutes before eating.

NO BAKE COOKIE PROTEIN BARS

INGREDIENTS:

				
Chocolate Ideal Lean Protein	20g	-	-	-
Peanut Butter	3/4 tsp	-	-	-
Oats	27g	-	-	-
Almond Milk	1-2 tsp	-	-	-

METHOD:

- Mix all ingredients in large bowl then pour into a small greased bowl or tin and freeze for 2-3 hours or until firm
- Either eat immediately or take out of the bowl and wrap in cling film for later.
- Keep in the freezer and thaw slightly before eating.



PROTEIN MELTING CAKE

INGREDIENTS:

		9 STONE	9-11 STONE	11 STONE
Chocolate Ideal Lean Protein	25g	-	-	-
Peanut Butter	-	8g	16g	16g
Baking Powder	1/4 tsp	-	-	-
Natural Sweetener	to taste			
Water	1-2 tbsp	-	-	-

METHOD:

- Stir together until it's the consistency of cake batter. Microwave for 10 seconds. Take out the cake and check it. It should be slightly starting to cook around the edges.
- Microwave it again for approx. 5-8 seconds. It should be cake like in some areas but still doughy in others. Everyone's microwave is different.
- Try these times exactly and adjust from there. If it's too hard or cakey, microwave it for less time or on 50% power for a little more time.



WORKOUT OVERVIEW

DAY 1: UPPER BODY

DAY 2: LOWER BODY

DAY 3: CORE/CARDIO

DAY 4: UPPER BODY

DAY 5: LOWER BODY

DAY 6: CORE/CARDIO

DAY 7: REST DAY

DAY 8: BACK/BICEPS/CORE

DAY 9: CHEST/TRICEPS/SHOULDERS

DAY 10: LOWER BODY/QUADS

DAY 11: BACK/BICEPS/CORE

DAY 12: CHEST/TRICEPS/SHOULDERS

DAY 13: HAMSTRINGS/GLUTES

DAY 14: REST DAY

DAY 15: FULL BODY



DAY 1: UPPER BODY

CIRCUIT 1:

- Do 15 reps of each exercises followed by the cardio burst.
- Rest for 60 seconds.
- Repeat circuit 1 using heavier weights, 10 reps of each exercises.
- Rest for 60 seconds before moving on to circuit 2



PRESS UPS | 15



OVERHEAD PRESS | 15



UNDERHAND ROW | 15

CARDIO BURST:

- Repeat 2x total



MT CLIMBERS | 30 PER LEG



BUTT KICKS | 15 PER LEG

CIRCUIT 2:

- Do 15 reps of each exercises followed by the cardio burst.
- Rest for 60 seconds.
- Repeat circuit 1 using heavier weights, 10 reps of each exercises.



LATERAL OR FRONT RAISES | 15



BICEP CURLS | 15



TRICEP KICKBACKS | 15

CARDIO BURST:

- Repeat 2x total



JUMPING JACKS | 15



BURPEES | 15

DAY 2: LOWER BODY

CIRCUIT 1:

- Do 15 reps of each exercises followed by the cardio burst.
- Rest for 60 seconds.
- Repeat circuit 1 using heavier weights, 10 reps of each exercises.
- Rest for 60 seconds before moving on to circuit 2



SQUATS | 15



REVERSE LUNGES | 15



STRAIGHT LEG DEADLIFT | 15

CARDIO BURST:

- Rest for 10 seconds then repeat, 2x total



POP SQUAT | 10



SQUAT HOLD | 10 SECONDS

CIRCUIT 2:

- Do 15 reps of each exercises followed by the cardio burst.
- Rest for 60 seconds.
- Repeat circuit 1 using heavier weights, 10 reps of each exercises.



SIDE LUNGES | 15 PER LEG



STABILITY BALL OR WEIGHTED BRIDGES | 15

CARDIO BURST:

- Repeat 2x total



JUMPING LUNGE | 10-15 PER LEG



BUTT KICK | 15 SECONDS

DAY 3: CORE/CARDIO

CIRCUIT 1:

- Do all exercises without resting in between
- Rest for 60 seconds
- Repeat circuit 1, rest for 60 seconds and move onto circuit 2



X UPS OR FULL SIT UP WITH
TWIST | 10 EACH SIDE



PLANK | 20 SECONDS



MOUNTAIN CLIMBERS | 30 SECONDS



PLANK | 20 SECONDS



PLANK HIP DIPS OR PLANK
SURRENDERS | 10 EACH SIDE



JUMPING JACKS | 30 SECONDS

CIRCUIT 2:

- Do all exercises without resting in between
- Rest for 60 seconds
- Repeat circuit 2



V UPS OR STABILITY BALL
CRUNCHES | 30 SECONDS



STABILITY BALL BRIDGES OR
FROGGIES | 15



STABILITY BACK EXTENSIONS | 10



MOUNTAIN CLIMBERS | 30 SECONDS



JUMPING JACKS | 30 SECONDS

DAY 4: UPPER BODY

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



UNDERHAND ROW | 12



PUSH UPS | 10



ROW FROM LUNGE OR
RENEGADE ROWS | 12 EACH SIDE



PUSH UPS | 10

CARDIO BURST:

- 1 min in total



PUSH UPS | 4



SQUAT THRUST | 4



MOUNTAIN CLIMBERS | 10

CIRCUIT 2:

- Do each exercise in circuit 2 without resting in between.
- Then rest 60 seconds and repeat the circuit.



BENT OVER REVERSE FLIES | 10



LATERAL RAISES | 10



OVERHEAD PRESS | 10



SCISSOR KICKS | 10 EACH LEG

CARDIO BURST:

- 1 min in total



SKATERS | 20 SECS



HIGH KNEES | 20 SECS



SIDE TO SIDE HOPS | 20 SECS

DAY 5: LOWER BODY

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



FRONT SQUATS | 15



JUMP SQUATS | 10



SUMO SQUATS | 15



JUMP SQUATS | 10

CARDIO BURST:

- Squat and hold for 5 seconds x 10 reps



SQUAT HOLD BURPEES | 5 SEC

CIRCUIT 2:

- Do each exercise in circuit 2 without resting in between.
- Then rest 60 seconds and repeat the circuit.



SQUAT WITH TOE TOUCH | 10 PER LEG



SQUAT TO FRONT KICK OR SINGLE LEG SQUATS | 10 PER LEG



STRAIGHT LEG DEADLIFT | 15

CARDIO BURST:

- 30 seconds, 5 seconds rest x 2 sets = 1 min



SPEED SKATERS | 25 SEC

DAY 6: CORE/CARDIO

CIRCUIT 1:

- Do each exercise in circuit 1 starting with right leg in exercise 1.
- Repeat the exercises using left leg in exercise 1
- Rest 60 seconds and repeat.



PUSH UP SINGLE LEG CRUNCH | 10



MOUNTAIN CLIMBERS | 30



BURPEES | 5

CIRCUIT 2:

- Do each exercise in circuit 2 without resting.
- Rest for 60 seconds and then repeat circuit 2. After the second set, hold a max plank.



JUMPING JACKS | 10



TOE TOUCH CRUNCH | 10



BURPEES | 2



SQUAT THRUSTS | 10



TOE TOUCH CRUNCH | 10



BURPEES | 2



SPIDERMAN OR SIDE TO SIDE SQUAT THRUSTS | 5 PER LEG



TOE TOUCH CRUNCH | 10



BURPEES | 2

DAY 8: BACK/BI'S/CORE

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.
- First set 12 reps, second set 8 reps



BICEP CURL | 12, 8



UNDERHAND ROW | 12, 8



SINGLE ARM ROW | 12, 8

CARDIO BURST:

- Rest for 1 min then repeat, 2x total



PLANK JACKS OR
SUICIDE PLANK | 30 SEC



SPIDERMAN PLANK | 30 SEC

CIRCUIT 2:

- Do each exercise in circuit 2 without resting in between.
- Then rest 60 seconds and repeat the circuit.
- First set 12 reps, second set 8 reps



SCISSOR KICKS | 12, 8



CRUNCHES | 12, 8



BICEP CURL | 12, 8

CARDIO BURST:

- 3x V up followed by 2x burpees. 1 min total



V UP | 3



BURPEES | 2

DAY 9: CHEST/TRIS/SHOULDERS

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



OVERHEAD SHOULDER PRESS OR
UNDERHAND FLIES | 8



SHOULDER LATERAL FLIES | 8



REVERSE SNOW ANGEL | 8



BENT OVER REVERSE FLIES | 12

CARDIO BURST:

- 1 min



BURPEES | 60 SEC

CIRCUIT 2:

- Do each exercise in circuit 2 without resting in between.
- Then rest 60 seconds and repeat the circuit.



TRICEP PUSH UP OR PIKE
PUSH UPS | 15



PLANK SURRENDER | 5 PER SIDE



TRICEP EXTENSION | 12 PER ARM

CARDIO BURST:

- High knees followed by a push up, repeat for 1 min



HIGH KNEES | 10



PUSH UP | 1

DAY 10: LOWER BODY/QUADS

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



STEPPING SQUAT | 30 SECS



FORWARD LUNGE OR STABILITY
BALL WALL SQUATS | 10 PER LEG



SIDE TO SIDE SQUAT JUMP | 4 A SIDE



HOLD SQUAT | 30 SECS OR
WALL SIT | 1 MIN

CARDIO BURST:

- 30 seconds 5 seconds rest x 2 sets = 1 min



HOLD SQUAT | 5 SEC
TO JUMP SQUAT

CIRCUIT 2:

- Do each exercise in circuit 2 without resting in between.
- Then rest 60 seconds and repeat the circuit.



DOUBLE LUNGE | 4 PER SIDE X3



SIDE LUNGE PUSH OFFS | 10 PER SIDE

CARDIO BURST:

- 5 per side = 10 total



JUMPING LUNGE | 10

DAY 11: BACK/BICEPS/CORE

CIRCUIT 1:

- Do each exercise in circuit 1 twice without resting in between.
- Rest 60 seconds and repeat the circuit.
- For set 2 of circuit 1, do 9 reps the first time you do each exercise and 6 reps the second time (instead of 12 and 9). Try to increase your weights from set 1 to set 2.



45 DEGREE ROW | 12, 9



TWISTING CURLS | 9, 6



SCISSOR KICK | 9, 6 OR
STABILITY BALL KNEE PULL IN

CARDIO BURST:

- Round 1 20 reps
- Round 2 10 reps



PLANK JACKS | 20, 10



MOUNTAIN CLIMBERS | 20, 10

CIRCUIT 2:

- Do each exercise in circuit 2 without resting in between.
- Then rest 60 seconds and repeat the circuit.
- For set 2 of circuit 1, do 9 reps the first time you do each exercise and 6 reps the second time (instead of 12 and 9). Try to increase your weights from set 1 to set 2.



UNDERHAND ROW | 12, 9



BICEP CURLS (HEAVY) | 12, 9

CARDIO BURST:

- Repeat 3x total



JUMPING JACKS | 10



SQUAT THRUSTS | 2

DAY 12: CHEST/TRI'S/SHOULDERS

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



STABILITY BALL CHEST PRESS | 12



STABILITY BALL CHEST FLIES | 12



PUSH UP | 12

CARDIO BURST:

- Repeat 2x total



PUSH UP BURPEES | 5



SQUAT JUMP OVERHEAD PRESS | 5

CIRCUIT 2:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



CHEST PRESS GLUTE BRIDGE | 12



SHOULDER LATERAL FLIES | 12



TRICEP KICKBACKS | 12

CARDIO BURST:

- Repeat 2x total



PUSH UP | 5



MOUNTAIN CLIMBERS | 5 PER LEG

DAY 13: HAMSTRINGS/GLUTES

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



FORWARD LUNGE | 10 PER LEG



SQUAT | 10



JUMPING LUNGE | 10

CARDIO BURST:

- Repeat 2x total



JUMP SQUATS | 10

CIRCUIT 2:

- Do each exercise in circuit 1 without resting in between starting on your left leg.
- Then rest 60 seconds and repeat the circuit using your right leg.



SINGLE LEG BRIDGES | 10



STRAIGHT LEG DEADLIFT | 10

CARDIO BURST:

- Repeat 2x total



JUMP SQUATS | 10

DAY 15: FULL BODY

CIRCUIT 1:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



PUSH UP OR DOWNWARD DOG
PUSH UP | 10



SQUAT OVERHEAD PRESS | 10



LUNGE BICEP CURL | 8 PER SIDE

CARDIO BURST:

- Repeat 2x total = 1 min



JUMP SQUATS | 15 SECS



JUMPING JACK | 15 SECS

CIRCUIT 2:

- Do each exercise in circuit 1 without resting in between.
- Then rest 60 seconds and repeat the circuit.



SQUAT OVERHEAD PRESS | 12



CURL & LATERAL FLIES | 12



DEADLIFT TO REVERSE FLIES | 12

CARDIO BURST:

- 1 min in total



JUMP SQUATS | 20 SECS



HIGH KNEES | 20 SECS



MOUNTAIN CLIMBERS | 20 SECS

FAQS

WHAT IF I DON'T LIKE SOME OF THE FOODS IN THE PLAN?

There is limited variety on this 15 day challenge on purpose. We have chosen specific foods that are shown to be easy for most people to digest and for their bodies to use. With that said, here are some substitutions that can be made:

Steak: Can substitute chicken/fish but add an extra 40g to the amount

Avocado: 1/3 avocado = 16g almonds
1/4 avocado = 12g almonds
1/8 avocado = 6g almonds

Banana: 1/2 banana = 1 cup of any berries

Strawberries/Raspberries/Blueberries: Can use same amount of any berry

3/4 cup egg whites = 90g turkey breast (99% fat free turkey)

1 tsp olive oil (dressing) = 25g avocado

5 oz sweet potato = 170g red potato = 1/2 cup brown rice

Pecans: Can sub in almonds or peanut butter for pecans but add 2g to the weight in pecans if using almonds/pb.



FAQS

IS THE PLAN SUITABLE FOR VEGANS OR VEGETARIANS?

For optimal results with this program, we need you to stick to your macros (protein, carbs and fats) that we have set in the meal plan. The plan is suitable for vegetarians if you simply substitute meat for another protein source with the same macros – IdealLean protein powder or egg whites would work well for this. We would not, however, recommend this program for vegans, given the number of eggs/whey protein that is required on the plan.

Please keep in mind that if you choose to sub in other vegetarian protein sources such as tofu, tempeh or dairy protein, these foods are generally higher in carbs and lower in protein than what is recommended which could hinder your results.

DO I ALTER THE MEAL PLANS ON MY REST DAYS?

No. When you're working out 5-6 days a week your body is always in a state of recovery and will always need this amount of protein. Sometimes, we would recommend dropping carbs on rest days but since this 15 day challenge plan is already low carb we don't want you to drop carbs any lower.

WHAT IF I STUMBLE ACROSS AN EXERCISE THAT I DON'T KNOW HOW TO DO?

If you plan on doing your workouts at the gym, we would suggest looking at the workout and skimming the video in advance and making a couple notes on how to do exercises that are new to you. Then you can reference your notes later during your workout. Another option is to pull up the video on your mobile device so you can reference the form tips there.



FAQS

ARE JUMP START DAYS AND FLUSH DAYS THE SAME THING?

Yes, We just call your first two flush days “jumpstart” days because it is your ‘jumpstart’ to the program and will get your body ready for the rest of the program.

I LOST A COUPLE POUNDS DURING MY JUMPSTART DAYS BUT HAVEN'T LOST ANY SINCE. I'M ON DAY 7 OF THE PROGRAM. WHAT AM I DOING WRONG?

Absolutely nothing. It's normal to lose a few pounds during your jumpstart days. Some of this is water weight but that is not a bad thing. It's actually a good thing to rid your body of excess water weight. After your jumpstart days your body's water balance should return to normal and you should continue to progress. Sometimes this doesn't always show up on the scale right away. Keep going with the program and your results will follow. Patience and consistency are key to achieving your goals and seeing results.

WHY DO YOU LIST THE WEIGHTS AND MEASUREMENTS FOR THE FOOD ITEMS?

Wherever possible, we try to make the measurement as accurate as possible (i.e. g and ml as opposed to tsp) as this is the most accurate way to portion your food. Wherever possible, please weigh your food as this gets your macros as accurate as possible and gets the most from the plan.

CAN I HAVE COFFEE OR TEA ON THIS CHALLENGE?

Yes, You can have coffee and tea as long as you don't use sugar or milk. Feel free to use a dash of unsweetened almond milk instead, and natural sweetener if you feel you need it for flush days. On moderate days, you can use any calorie free sweetener that you like if required.



EARN YOUR IDEAL!

YOU DID IT! YOUR HARD WORK AND DETERMINATION
HAS PAID OFF AND YOU'VE SUCCESSFULLY COMPLETED
MY 15 DAY FIT BODY CHALLENGE!

