



MOMMY TRAINER
15 day challenge





MOMMYTRAINER

Welcome to my 15 Day Mommy Fit Challenge.
I'm so excited to start this journey with you.
During this Challenge you will:

Gain "hot mama" confidence

Boost energy

Feel stronger and more toned

Learn a healthy, clean, and easy-to-follow diet

Make new mommy friends

Learn safe workouts

Have FUN working out!

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Nicole's Story

Hey mamas,

Let me tell you how I got as fit as I am today. When I was younger, I was overweight. I didn't realize I was different until I noticed other people were making comments about my body size. I will always remember the day my 5th grade crush declined my "will you be my boyfriend" note because he said I was too fat.

From that moment on, I became more aware of my body, and I took control of my health and fitness. I transformed my body in a year, and my family and friends almost didn't recognize me. My love for health and fitness grew, and I earned my BS in exercise science. I began teaching fitness classes and training individuals to become more fit and healthy in their lives.

It didn't stop there! I also became a Certified Personal Trainer and a Pre- and Post-Natal Fitness Specialist.

I transformed my body in a year, and my family and friends almost didn't recognize me.

But even with my passion and training, weight continued to be a struggle for me, especially when I became a mom. After each of my three pregnancies, I went through a period of being 30 lbs heavier than normal, and I didn't feel like myself at all. I started to wonder, "Will I ever lose this weight?" "Will my body ever feel the same?"

"I don't even want to go to the gym--I'm so uncomfortable!" And you don't even have to be a mama to feel this way!

It took me a while to find the right solution. After my first baby, I spent hours doing cardio (lots and LOTS of running!). I slowly lost weight, but never felt like it was enough. I didn't feel toned or strong.

It wasn't until my second baby that I stopped all of the excessive cardio and focused on weights and intervals. I also realized how important nutrition was, and started doing meal prep to stay on track. This helped me with my post-baby body even while I was nursing!

I was able to get in the best shape of my life by following these steps! I went from feeling like my body wasn't capable of looking or feeling good to having a healthy, happy, fit body that gave me more energy as a mom of three!

After my third pregnancy, I knew exactly what I needed to do to bounce back

I want mamas to realize that it CAN be done and that they can do it without being hungry all the time.

fast. That made it SO much easier! And now my carefully formulated workouts and meal plans can be yours.

I want to help other moms and moms-to-be who want to get control of their health and fitness during and after pregnancy. I want mamas to realize that it CAN be done and that they can do it without being hungry all the time and without spending hours on the treadmill (lots and LOTS of running, remember?).

Let's go, mamas!

♥ *mommy trainer*

Before You Start

Save this eBook on your laptop and phone.

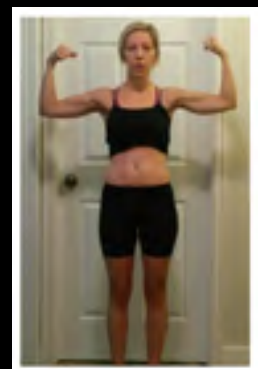
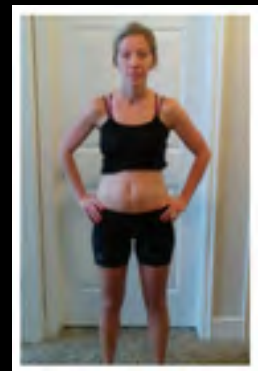
Join our mommy community!

Take your starting measurements and weight.

Take your before pictures.

Taking a Good Before/After Pic

- 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 have the lighting be as similar as possible in both sets of pictures
- Stand the same distance from the camera in both sets of pictures
- Have your full body or knees and up fill 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 with that. The more of your body you can see, the more progress you'll see!



How to Take Measurements

When it comes to your measurements, make sure you are staying consistent so you can really track your results!

Get out your measuring tape and record below!
See pic demos for proper measuring guidelines and how to!



	DAY 1	DAY 15
Chest		
Waist		
Glutes		
Right thigh		
Right calf		
Right arm		

My Philosophy:

How This Challenge Works

Make every workout count!

Since I know that moms never have enough time, I developed short and effective workouts that burn fat and increase endurance in just 24 minutes per day. Because the workouts are so speedy, I want you to push (sound familiar? ;)) yourself as hard as you can every single time, while also listening to your body.

There will always be modifications for pregnant and nursing moms.

I always say: "No one ever regretted working out." This is your 24 mins of the day to give it all you've got!

Fuel your body: NEVER deprive yourself of food!

Food is your fuel! And the healthier the fuel, the more energy it will give you. You will be eating five nutritious meals throughout the day. You'll also have substitutions for when you need to change it up, plus modifications for pregnancy and nursing.

It's important to stick to the meal plan that's right for you. I include diet modifications for pregnant and nursing moms to make sure that you and your baby get everything you need!

Meal prepping is also part of my program and will help you SO much during the week to stick to your plan. If you can grocery shop and cook on one day, you'll save a ton of time during the week.

At first, healthier eating might be an adjustment for you! If your diet included lots of junk food, you might feel a little sluggish at first. That is totally normal! In no time, you will be seeing a huge difference in alertness, energy, and sleeping patterns! It's amazing how much the foods we put in our bodies affect us!

All about eating out on the plan.

I know we all have busy lives, and since I want this Challenge to improve your lifestyle, I've given you an indulgence meal! So go out, have fun, eat at a restaurant, and enjoy your indulgence meal!

I find that my Challengers are more able to stick to their meal plans when they know that they can indulge once in a while.

There's only one rule: Keep the indulgence meal to 500 calories!

Drink Water

There are so many benefits to staying hydrated! Getting enough water helps your body flush out toxins, keeps your metabolism going, and fights fatigue.

If you're pregnant, it is super important to stay hydrated because you need water to cope with the demands of your changing body.

And if you're nursing, staying hydrated keeps your milk supply up!

Meal Plan

What To Do If You're Pregnant

If you're currently pregnant, check with your doctor before taking any and all nutritional supplements.

What To Do If You're Nursing

If you're currently nursing, check with your doctor before taking any and all nutritional supplements. Make sure that you're getting enough calories and enough water! This meal plan is going to give you the nutrients you and your baby need because I've added in an extra 500 calories to make sure you are getting the proper amount of fuel! Be sure to follow the "nursing mom" modifications throughout.

What To Do If You're Done With Nursing

If you aren't pregnant and you're no longer nursing, I recommend IdealRaw products to get the best possible results from my 15 Day Mommy Fit Challenge.

MEAL PLANS

We've done the calorie and macro math, so you don't need to worry about it!

DAY 1

MEAL PLAN

Meal 1:

Egg Scramble

2 eggs
1-1 ½ c. veggies
1 whole wheat tortilla (80-100 cal)
6 oz any berry (1 cup)

NOTES: Spray pan with nonstick spray and saute veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

Meal 2:

½ c. low fat cottage cheese
16 Almonds OR 1 T. peanut butter

NOTES: Stir peanut butter into the cottage cheese or top your cottage cheese with almonds.

Meal 3:

Taco Salad

4 oz ground turkey (93/7)
¾ c. brown rice, cooked
¼ c. black beans
⅓ c. salsa
1 c. leafy greens

NOTES: Combine the first three ingredients together. Top your salad with the meat mixture and top with salsa!

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Turkey Burger

1 turkey burger*
4 oz sweet potato (bun)
2 tomato slices

NOTES: See Recipes section for Sweet Potato Bun instructions.

*Approx 200 calories

Family Style: Add whole wheat buns

Optional: turn extra sweet potato into fries.

Post workout:

(Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than
6g fat*

NOTES: See Post Workout Carb List for ideas!
Have your shake on the side or get creative and put the shake and carb together!

DAY 2

MEAL PLAN

Meal 1:

Chia Pudding

1 c. Unsweetened Vanilla Almond Milk

3 T. Chia Seeds

1 scoop IdealRaw Protein

Side: 2 slices Whole Wheat Toast

Alternative: Chunky Monkey Oatmeal

NOTES: Mix contents in a sealed jar or container and store overnight. Tip: Shake the container after 20 mins of sitting in the fridge. See Recipes section for Chunky Monkey Oatmeal

Meal 2:

Greek Yogurt Parfait

175g plain fat free Greek yogurt

1 t. honey

2 T. oats

Stevia or Splenda

1 T. sugar-free fat-free pudding-powder (opt)

NOTES: Stir Stevia/Splenda and pudding powder into yogurt and top with honey and oats.

Meal 3:

Simple Salmon Veggie Dish

5 oz salmon

1 c. cauliflower rice

1 c. veggies

½ c. brown rice

NOTES: See Recipes section for Cauliflower Rice and Salmon.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Chicken Delight

5 oz chicken breast, cooked

½ T. Ghee or Avocado Oil (cooking for chicken and veggies)

2 c. roasted veggies

4 oz berries

Family Style: Add Brown Rice or Whole wheat noodles.

Post workout:

(Have this meal after your workout)

1 scoop IdealRaw

1 c. unswt almond milk

150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 3

MEAL PLAN

Meal 1:

Egg Scramble

2 eggs
1-1 ½ c. veggies
1 whole wheat tortilla (80-100 cal)
6 oz any berry (1 cup)

NOTES: Spray pan with nonstick spray and saute veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

Meal 2:

½ c. low fat cottage cheese
16 Almonds OR 1 T. peanut butter

NOTES: Stir peanut butter into the cottage cheese or top your cottage cheese with almonds.

Meal 3:

Taco Salad

4 oz ground turkey (93/7)
¾ c. brown rice, cooked
¼ c. black beans
⅓ c. salsa
1 c. leafy greens

NOTES: Combine the first three ingredients together. Top your salad with the meat mixture and top with salsa!

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Turkey Burger

1 turkey burger*
4 oz sweet potato (bun)
2 tomato slices

NOTES: See Recipes section for Sweet Potato Bun instructions.

*Approx 200 calories

Family Style: Add whole wheat buns

Optional: turn extra sweet potato into fries.

Post workout:

(Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 4

MEAL PLAN

Meal 1:

Chia Pudding

1 c. unsweetened vanilla almond milk
3 T. Chia Seeds
1 scoop IdealRaw Protein
Side: 2 slices Whole Wheat Toast

Alternative: Chunky Monkey Oatmeal

NOTES: Mix contents in a sealed jar or container and store overnight. Tip: Shake the container after 20 mins of sitting in the fridge. See Recipes section for Chunky Monkey Oatmeal

Meal 2:

Greek Yogurt Parfait

175g plain fat free Greek yogurt
1 t. honey
2 T. oats
Sweetener
1 T. sf ff pudding powder (opt)

NOTES: Stir Stevia/Splenda and pudding powder into yogurt and top with honey and oats.

Meal 3:

Simple Salmon Veggie Dish

5 oz salmon
1 c. cauliflower rice
1 c. veggies
½ c. brown rice

NOTES: See Recipes section for Cauliflower Rice and Salmon.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Chicken Delight

5 oz chicken breast, cooked
½T ghee or avocado oil (cooking for chicken and veggies)
2 c. roasted veggies
4 oz berries
Family Style: Add brown rice or whole wheat noodles.

Post workout:

(Have this meal after your workout)
1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 5

MEAL PLAN

Meal 1:

Protein Pancakes

¼ c. oats
¼ c. banana
½ c. egg whites
½ T coconut oil
1 scoop IdealRaw
Almond milk, opt
¼ c. berries

NOTES: Blend the first 5 ingredients together in a blender until well blended. Add almond milk 1 T. at a time if the batter is too thick. Thicker batter yields fewer but thicker pancakes. Thinner batter yields more pancakes that aren't as fluffy. Cook like pancakes on a griddle. Top with berries or blend the berries in a blender and use as your syrup. Or use 2-4T sugar free syrup.

Meal 2:

1 Dannon Light & Fit Greek Yogurt
6 oz berries
10 almonds

NOTES: Mix it all together or eat individually.

Meal 3:

Taco Salad

4 oz ground turkey (93/7)
¾ c. brown rice, cooked
¼ c. black beans
⅓ c. salsa
1 c. leafy greens

NOTES: Combine the first three ingredients together. Top your salad with the meat mixture and top with salsa!

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Turkey Burger

1 Turkey Burger*
4 oz sweet potato
2 tomato slices

NOTES: See Recipes section for Sweet potato bun instructions.

*Approx 200 calories

Family Style: Add whole wheat buns

Optional: turn extra sweet potato into fries.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas!

Have your shake on the side or get creative and put the shake and carb together!

DAY 6

MEAL PLAN

Meal 1:

Egg Scramble

2 eggs
1-1.5 c. veggies
1 whole wheat tortilla (80-100 cal)
6 oz any berry

NOTES: Spray pan with nonstick spray and saute veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

Meal 2:

1 Dannon Light & Fit Greek Yogurt
100 cal any fruit
10 almonds

NOTES: Mix together or eat individually.

Meal 3:

Simple Salmon Veggie Dish

5 oz salmon
1 c. cauliflower rice
1 c. veggies
½ c. brown rice

NOTES: See Recipes for Cauliflower Rice and salmon.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Chicken Delight

5 oz chicken breast
½T Ghee or Avocado Oil (cooking for chicken and veggies)
2 c. roasted veggies
4 oz berries
Family Style: Add Brown Rice or Whole wheat noodles.

NOTES: See Recipes section

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 7

MEAL PLAN

Meal 1:

Berry Smoothie

1 c. spinach (or more if you want!)
½ avocado (frozen or fresh)
8 oz unsweetened vanilla almond milk
1 scoop IdealRaw vanilla protein
1 c. frozen strawberries and blueberries
1 cup ice

NOTES: Blend all the ingredients in the blender with ice and enjoy! You can also add water to this recipe to make it thinner.

Meal 2:

½ c. low fat cottage cheese
6 oz berries
16 almonds or 1 T. peanut butter

NOTES: Stir peanut butter into the cottage cheese or top your cottage cheese with almonds.

Meal 3:

Taco Salad

4 oz ground turkey (93/7)
¾ c. brown rice, cooked
¼ c. black beans
⅓ c. salsa
1 c. leafy greens

NOTES: Combine all ingredients or leave out rice to eat on the side.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

INDULGENCE MEAL

NOTES: Remember to keep this meal under 500 cal. If there is something you have been craving all week now is the time to have it! Enjoy this meal you deserve it!

*Approx 200 calories

NO Post workout today (off day)

DAY 8

MEAL PLAN

Meal 1:

Protein Pancakes

¼ c. oats
¼ c. banana
½ c. egg whites
½ T coconut oil
1 scoop IdealRaw
Almond milk, opt
¼ c. berries

NOTES: Blend the first 5 ingredients together in a blender until well blended. Add almond milk 1T at a time if the batter is too thick. Thicker batter yields fewer but thicker pancakes. Thinner batter yields more pancakes that aren't as fluffy. Cook like pancakes on a griddle. Top with berries or blend the berries in a blender and use as your syrup. Or use 2-4T sugar free syrup.

Meal 2:

1 Dannon Light & Fit Greek Yogurt
6 oz berries
10 almonds

NOTES: Mix it all together or eat individually.

Meal 3:

Taco Salad

4 oz ground turkey (93/7)
¾ c. brown rice, cooked
¼ c. black beans
⅓ c. salsa
1 c. leafy greens

NOTES: Combine the first three ingredients together. Top your salad with the meat mixture and top with salsa!

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Turkey Burger

1 Turkey Burger*
4 oz sweet potato
2 tomato slices

NOTES: See Recipes section for Sweet potato bun instructions.

*Approx 200 calories

Family Style: Add whole wheat buns

Optional: turn extra sweet potato into fries.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas!

Have your shake on the side or get creative and put the shake and carb together!

DAY 9

MEAL PLAN

Meal 1:

Egg Scramble

2 eggs
1-1.5 c. veggies
1 whole wheat tortilla (80-100 cal)
6 oz any berry

NOTES: Spray pan with nonstick spray and saute veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

Meal 2:

1 Dannon Light & Fit Greek Yogurt
100 cal any fruit
10 almonds

NOTES: Mix together or eat individually.

Meal 3:

Simple Salmon Veggie Dish

5 oz salmon
1 c. cauliflower rice
1 c. veggies
½ c. brown rice

NOTES: See Recipes for Cauliflower Rice and salmon.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Chicken Delight

5 oz chicken breast, cooked
½T ghee or avocado oil (cooking for chicken and veggies)
2 c. roasted veggies
4 oz berries

Family Style: Add Brown Rice or Whole wheat noodles.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 10

MEAL PLAN

Meal 1:

Egg Omelet

2-3 eggs
1-1 ½ c. veggies
1 whole wheat toast (80 cal)

NOTES: Spray pan with nonstick spray and saute veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

Meal 2:

Meal Replacement Shake

1 scoop IdealRaw
4 oz any berry
1 c. unsweetened almond milk
100g plain fat-free Greek yogurt
2T oats

NOTES: Mix all ingredients in a blender and blend until well mixed.

Meal 3:

Pulled Pork Salad

4 oz pulled pork
1-2 c leafy greens
¾ c brown rice
Any salad veggies of your choice (tomatoes, shredded carrots, etc)

NOTES: See Recipes section for Pulled Pork.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Avocado Chicken

4 oz chicken breast, cooked
1 serving avocado salsa
½ c. green beans/carrots
Family Style: Add a whole wheat tortilla and turn it into a Chicken Burrito.

NOTES: See Recipes section for Avocado Salsa.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 11

MEAL PLAN

Meal 1:

Chia Pudding

1 c. unsweetened vanilla almond Milk
3 T. chia seeds
1 scoop IdealRaw Protein
Side: 2 slices Whole Wheat Toast

Alternative: Chunky Monkey Oatmeal

NOTES: Mix contents in a sealed jar or container and store overnight. Tip: Shake the container after 20 mins of sitting in the fridge.

Meal 2:

3 Cheddar rice cakes
½ c. cottage cheese

NOTES: Eat cottage cheese on top of rice cakes.

Meal 3:

Tuna Boats

1 can white tuna in water
¼ c Greek plain yogurt
2 tsp dijon mustard
½ c apple chopped
14 g walnuts
sea salt to taste
2-3 large green leafs
side of carrots/snap peas/pickles

NOTES: Mix all the top ingredients together and wrap in lettuce. Eat carrots or snap peas on the side. See Recipes section.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Skinny Girl Spaghetti

4 oz 99% fat free ground turkey
1 medium zucchini (zoodles)
½-1 c. marina sauce
Side Salad
2 T. Newmans Own Lite Vinaigrette dressing
1 c. strawberries
Family Style: add whole wheat spaghetti noodles

NOTES: See Recipes section

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 12

MEAL PLAN

Meal 1:

Protein Pancakes

¼ c. oats
¼ c. banana
½ c. egg whites
½ T coconut oil
1 scoop IdealRaw
Almond milk, opt
¼ c. berries

NOTES: Blend the first 5 ingredients together in a blender until well blended. Add almond milk 1T at a time if the batter is too thick. Thicker batter yields fewer but thicker pancakes. Thinner batter yields more pancakes that aren't as fluffy. Cook like pancakes on a griddle. Top with berries or blend the berries in a blender and use as your syrup. Or use 2-4T sugar free syrup.

Meal 2:

1 apple
1 string cheese

Meal 3:

Chicken Avocado Salad

4 oz chicken, cooked
1-2 c. spinach
¼ c avocado
Handful cherry tomatoes
2T crushed nuts
⅓ c. brown rice

NOTES: Toss all ingredients together into a big salad.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Herb Crusted Salmon

4 oz salmon
½ T. coconut flour
½ -1 T. parsley
½ T. dijon mustard
1-2 c. zoodles or
1 c. cauliflower rice

NOTES: See Recipes section.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 13

MEAL PLAN

Meal 1:

Egg Omelet

2-3 eggs
1-1 ½ c. veggies
1 whole wheat toast (80 cal)

NOTES: Spray pan with nonstick spray and saute veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

Meal 2:

Meal Replacement Shake

1 scoop IdealRaw
4 oz any berry
1 c. unsweetened almond milk
100g plain fat free Greek yogurt
2 T. oats

NOTES: Mix all ingredients in a blender and blend until well mixed.

Meal 3:

Pulled Pork Salad

4 oz pulled pork
1-2 c. leafy greens
¾ c. brown rice
Any salad veggies of your choice (tomatoes, shredded carrots, etc)

NOTES: See Recipe for pulled pork.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Avocado Chicken

4 oz chicken breast, cooked
1 serving avocado salsa
½ c. green beans/carrots
Family Style: Add a whole wheat tortilla and turn it into a chicken burrito.

NOTES: See Recipes section or avocado salsa.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 14

MEAL PLAN

Meal 1:

Chia Pudding

1 c. unsweetened vanilla almond milk
3 T. chia seeds
1 scoop IdealRaw Protein
Side: 2 slices whole wheat toast

Alternatives: Chunky Monkey
Oatmeal

NOTES: Mix contents in a sealed jar or container and store overnight. Tip: Shake the container after 20 mins of sitting in the fridge.

Meal 2:

3 cheddar rice cakes
½ c. cottage cheese

NOTES: Eat cottage cheese on top of rice cakes.

Meal 3:

Tuna Boats

1 can white tuna in water
¼ c Greek plain yogurt
2 tsp dijon mustard
½ c apple chopped
14 g walnuts
sea salt to taste
2-3 large green leafs
side of carrots/snap peas/pickles

NOTES: Mix all the top ingredients together and wrap in lettuce. Eat carrots or snap peas on the side. See Recipes section.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Skinny Girl Spaghetti

4 oz 99% fat free ground turkey
1 medium zucchini (zoodles)
½-1 c. marina sauce
Side Salad
2 T. Newmans own lite vinaigrette dressing
1 c. strawberries
Family Style: add whole wheat spaghetti noodles

NOTES: See Recipes section.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

DAY 15

MEAL PLAN

Meal 1:

Protein Pancakes

¼ c. oats
¼ c. banana
½ c. egg whites
½ T coconut oil
1 scoop IdealRaw
Almond milk, opt
¼ c. berries

NOTES: Blend the first 5 ingredients together in a blender until well blended. Add almond milk 1T at a time if the batter is too thick. Thicker batter yields fewer but thicker pancakes. Thinner batter yields more pancakes that aren't as fluffy. Cook like pancakes on a griddle. Top with berries or blend the berries in a blender and use as your syrup. Or use 2-4T sugar free syrup.

Meal 2:

1 apple
1 string cheese

Meal 3:

Chicken Avocado Salad

4 oz chicken, cooked
1-2 c. spinach
¼ c avocado
Handful cherry tomatoes
2T crushed nuts
⅓ c. brown rice

NOTES: Toss all ingredients together into a big salad.

Meal 4:

Homemade IdealRaw protein bar
OR Jerky and Trail Mix

Notes: Have 1 serving of Homemade IdealRaw protein bar or 1 serving Jerky and Trail Mix. See Recipes section for both recipes.

Meal 5:

Herb Crusted Salmon

4 oz salmon
½ T. coconut flour
½ -1 T. parsley
½ T. dijon mustard
1-2 c. zoodles or
1 c. cauliflower rice

NOTES: See Recipes section.

Post workout: (Have this meal after your workout)

1 scoop IdealRaw
1 c. unswt almond milk
150 calories any carb with less than 6g fat*

NOTES: See Post Workout Carb List for ideas! Have your shake on the side or get creative and put the shake and carb together!

Post workout carb idea list

The post workout meal is a great time to include a treat if you're craving it! Your body uses the carbs from this post workout meal very quickly so for this meal only it doesn't matter if you choose a complex carb or a simple carb. Your body will use it right away to replenish glycogen stores and begin the rebuilding process either way. Use 150 calories worth of any low fat carb. Keep the fats in the carb you choose to 6g or less.

Some ideas are:

- Skinny cow ice cream sandwiches
- Low-fat candy such as gummy bears or licorice
- Pretzels
- Fruit
- Oatmeal
- Toast and honey
- Low fat crackers
- Toaster waffles
- Brown or white rice

Pregnant or Nursing Mom snacks

Pregnant moms: Choose one A list snack and add it to the meal plan each day.

Nursing mom: Choose one A list snack AND one B list snack and add it to the meal plan each day.

A List:

Shake

½ banana
1 scoop IdealRaw
1 T peanut butter
1 c. unswt almond milk

Yogurt Bliss

1 c. plain fat free Greek yogurt
8 almonds
1 T. chocolate chips
6 oz berries

B List:

Crackers & Cheese

100 cal whole wheat crackers
2 low fat laughing cow cheese wedges

Yogurt & Cheese

1 Chobani flavored Greek yogurt
1 string cheese

Substitution Lists

Gluten-Free Subs

(When plan calls for..... sub in....)

100 cal whole wheat crackers -> 3 plain rice cakes OR 1 small apple

$\frac{3}{4}$ c. brown rice - 7 oz any potato

$\frac{1}{3}$ c. brown rice - 3 oz any potato

$\frac{1}{2}$ c. brown rice - 5 oz any potato

Whole wheat tortilla - 80 cal corn tortilla

80 calorie whole wheat bread - 80 calorie gluten free bread

Lactose free subs

Here are some options if you are lactose intolerant.

1 Dannon Light & Fit - $\frac{3}{4}$ oz beef jerky OR 65g deli turkey breast

$\frac{1}{2}$ c. low fat cottage cheese - 1 oz beef jerky OR 85g turkey breast

2 Laughing Cow swiss cheese wedges - $\frac{3}{4}$ c. egg whites OR 85g chicken breast

1 string cheese - $\frac{3}{4}$ oz beef jerky OR 65g deli turkey breast

1 c. plain Greek yogurt - 1 oz beef jerky OR 85g turkey breast

1 Chobani Greek yogurt - $\frac{1}{2}$ banana AND 65g turkey breast

Commonly asked for subs

4 oz sweet potatoes - 100 calorie whole wheat sandwich thin OR ½ c. brown rice

Salmon - top sirloin or lean ground beef in the same amount

Chia seed pudding - Chunky Monkey Oatmeal

Any nut/nut butter - sunflower seed butter in same amount as butter

¼ Avocado - 12g any nut/nut butter/seed or 20g cheddar cheese

Pork - Chicken, turkey or any white fish in the same amount

1 c. plain Greek yogurt - 1 oz beef jerky OR 85g turkey breast

Spaghetti squash - Zoodles or any steamed veggie

Coconut oil - any oil in the same amount

Turkey burger (200 cals) - 5 oz 93/7 ground turkey OR 4 oz lean ground beef

1 whole egg - 65g turkey breast OR 2 slices Turkey bacon

¾ c. brown rice - 7 oz any potato OR 1 c. whole wheat pasta

⅓ c. brown rice - 3 oz any potato OR ½ c. whole wheat pasta

½ c. brown rice - 5 oz any potato OR ¾ c. whole wheat pasta

If you don't like the IdealRaw homemade protein bar or want to change it up, you can sub in the trail mix recipe instead!

Alternates for protein powder for pregnant and nursing moms

If you are pregnant or nursing and choose not to use IdealRaw protein powder you can sub in anything below for 1 scoop protein powder:

65g chicken breast/turkey breast/pork/white fish

$\frac{2}{3}$ c. egg whites

$\frac{2}{3}$ c. plain Greek yogurt

$\frac{1}{2}$ c. cottage cheese

Recipes

Avocado Salsa:

¼ avocado chopped & slightly mashed
½ roma tomato chopped small
¼ jalapeno finely diced
¼ green onions chopped
¼ lime juice
Dash of garlic salt and onion salt

Mash avocado and add tomato, jalapeno, green onions, lime juice and seasonings. Mix well and add to the top of your chicken.

Cauliflower Rice

1 head cauliflower
Dash of sea salt
Dash of any other spices to add flavor

Cut out stem of cauliflower. Wash head and pat dry. Chop in smaller chunks and place in a food processor or blender. Pulse until rice like. You might need to do smaller batches at a time. Pour into heated pan with 1 tsp coconut oil and cook on med high for about 10-15 mins. Add any spices.

Chunky Monkey Oatmeal

½ c. old fashioned oats
1 scoop Chocolate IdealRaw
½ banana, sliced
1 ½ T. peanut butter
Optional: sweetener, if desired

Cook ½ c. oats with 1 c. water in the microwave for 1 ½ - 2 minutes, stirring halfway through. When the oats are cooked, stir in protein powder, banana and peanut butter. If you'd like to top the oatmeal with peanut butter instead of stir it in that is yummy too! If you'd like it sweeter you can stir in any non caloric sweetener you'd like.

Herb Crusted Salmon

4 oz salmon
½ T. coconut flour
½ -1 T. parsley (fresh or dried)
½ T. dijorn mustard
Salt and pepper to taste

Place salmon on pan with parchment paper. Rub dijorn mustard on top of each fillet.

In a bowl, mix the coconut flour, parsley, and salt and pepper.

Use a spoon to sprinkle mixture on top of salmon and then pat down with your hand

Place in the 450 oven for 12-15 mins or until salmon is cooked.

Homemade IdealRaw protein bar

1 c steel cut oats*
2 Scoops IdealRaw Vanilla Protein
½ cup Almond Butter
2 T. coconut oil
2-3 T. almond milk
1 tsp vanilla extract
Pink Himalayan salt to taste
2 T. honey

Blend oats in a food processor or blender until powder like. Add IdealRaw Vanilla Protein. In a separate bowl add Almond Butter and Coconut oil. Heat in microwave for 20-40 seconds until coconut oil is melted. Add in honey, vanilla and Himalayan salt (to taste). Only add in almond milk if batter feels too dry.

Press in a 9x9 pan lined with parchment paper. Freeze for 10-15 mins and then drizzle with melted chocolate chips.

Cut into 12 bars.

*Can also use old fashioned oats

Pulled Pork Salad

4 oz shredded pork
1-2 leafy Greens
Any salad veggies of your choice.
(Tomatoes, shredded carrots.)

2 lbs pork roast
1 T. salt
½ c chicken broth (apple cider or white grape juice will work too and you can mix half and half of chicken broth of a juice)

Place ingredients in crock pot and cook 6-8 hrs on low. Shred and eat! Cook this up for your family or save in 4 oz portions for meal prep.

Simple Salmon

5 oz salmon, thawed
dill or other spices

Easy clean up option:
Place thawed salmon on a square of foil paper that can wrap salmon. Add dill weed or other spices to season. Seal foil and cook in oven at 425 for 15-25 mins.

Normal option:
Place thawed salmon in a cooking pan with a little nonstick spray. Add spices and cook at 425 for 15-25 mins.

Skinny Girl Spaghetti Squash

4 oz 99% fat free ground turkey
1 medium zucchini (zoodles)
½-1 c. marina sauce

Side Salad

2 T. Newmans Own Lite vinaigrette dressing

Cut spaghetti squash in half. Roast in oven at 425 for an hour with both halves cut side down on pan with parchment paper.

I like to rub Extra virgin olive oil or avocado oil on the top and sea salt (about 1 T.).

Let it cool and when it's done roasting, scrape out inside with a fork.

Oven is my favorite way to make side salad but you can microwave too.

Top ground turkey and marina sauce on top of squash.

Trail Mix

¾ oz beef jerky
10 almonds
½ oz dark chocolate chips

Turkey Burger

1 Kirkland Turkey Burger
4 oz sliced sweet potato (¼ in)
2 slices tomato

Slice sweet potato in ¼ in slices, brush with avocado oil, salt and pepper and bake in oven at 375 for 25-30 mins flipping half way through)

To assemble burgers, half turkey patty and place on top of 1 sweet potato, spread mashed avocado and sliced tomato

Zoodles

To make zoodles I use a machine. If you don't have veggetti, or zoodle maker you can use a potato peeler.

Turn 1 medium zucchini or yellow squash into zoodles and cook on stove top with some extra virgin olive oil/

avocado oil on med high heat for about 5-10 mins.

Season with any spices. I like to keep it simple with salt and pepper.

WORKOUTS

We've got you covered for daily workouts. We even put in specific exercises for pregnant mamas!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 1 FULL BODY	DAY 2 SPRINTS	DAY 3 LOWER BODY	DAY 4 UPPER BODY	DAY 5 SPRINTS	DAY 6 FULL BODY
DAY 8 FULL BODY	DAY 9 CARDIO/ABS	DAY 10 LOWER BODY	DAY 11 UPPER BODY	DAY 12 SPRINTS	DAY 13 FULL BODY

Tip: Download a good tabata app to keep track of the intervals so you don't have to be watching a clock the whole time.

DAY 1 FULL BODY

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

CURTSY LUNGE/BICEP CURL	40 sec
MOUNTAIN CLIMBER	20 sec
SQUAT DB SWING	40 sec
PLANK	20 sec
DIPS	40 sec
MOUNTAIN CLIMBER	20 sec
LEG CURL	40 sec
PLANK	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

HAND RELEASE PUSH UPS	40 sec
PLANK JUMP	20 sec
BENT OVER DB ROWS	40 sec
PLANK TUCK	20 sec
DB DEADLIFT	40 sec
PLANK JUMP	20 sec
BICEP CURL W/ SHOULDER PRESS	40 sec
PLANK TUCK	20 sec

CHALLENGE: How many burpees can you do in 2 min:

DAY 2 SPRINTS

YOUR CARDIO OF CHOICE

(bike, rower, stair climber, treadmill, outside jump rope, high knees, tuck jumps, stair jumps up and down, burpees, quick feet, or mountain climber)

5 MIN WARM UP

6 sets of sprints

For the 30 seconds, go all out!

Give it your all!

Then use the 90 seconds to recover.

Do this six times!

30 SEC ON (fast pace)	90 SEC RECOVER (walk/jog)
Min :30	Min :30-2:00
2:00-2:30	2:30-4:00
4:00-4:30	4:30-6:00
6:00-6:30	6:30-8:00
8:00-8:30	8:30-10:00
10:00-10:30	10:30-12:00

5-10 min cool down

STRETCH

CHALLENGE: Drop and give me 100 reps! (100 combo reps of any 5 movements: Supermans, bicycle twist, Russian twist, leg raises, hip lifts):

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DAY 3 LOWER BODY LEAN

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

ALTERNATING FORWARD LUNGE	40 sec
SKATER SIDE HOPS	20 sec
DB STEP UPS	40 sec
TOE TAPS	20 sec
SUMO SQUAT	40 sec
SKATER SIDE HOPS	20 sec
LATERAL LUNGE	40 sec
TOE TAPS	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH



Pregnant
moms do
Glute Bridge
off a stability
ball.

GLUTE BRIDGE	40 sec
BURPEE	20 sec
ELEVATOR SQUATS	40 sec
RUSSIAN DB TWIST	20 sec
DEADLIFT	40 sec
BURPEE	20 sec
JUMP LUNGE	40 sec
RUSSIAN DB TWIST	20 sec

CHALLENGE: How long can you hold a wall sit:

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DAY 4 UPPER BODY TRIM

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 9 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

PUSH UP/ROW (LFT THEN RT)	40 sec
FOOTBALL RUN (QUICK FEET)	20 sec
ALTERNATING DB SNATCH	40 sec
PLANK SHOULDER TAPS	20 sec
DIPS	40 sec
PLANK SHOULDER TAPS	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

STABILITY BALL DB CHEST PRESS	40 sec
JUMPING JACKS	20 sec
ALTERNATING HAMMER CURLS	40 sec
HIP LIFT	20 sec
PLANKS TO PUSH UPS	40 sec
JUMPING JACK	20 sec
SHOULDER WHEEL TURN	40 sec
HIP LIFT	20 sec

CHALLENGE: 2 minute push ups:

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DAY 5 SPRINTS

YOUR CARDIO OF CHOICE

(bike, rower, stair climber, treadmill, outside jump rope, high knees, tuck jumps, stair jumps up and down, burpees, quick feet, or mountain climber)

5 MIN WARM UP
6 sets of sprints

For the 30 seconds, go all out!

Give it your all!

Then use the 90 seconds to recover.

Do this six times!

30 SEC ON (fast pace)	90 SEC RECOVER (walk/jog)
Min :30	Min :30-2:00
2:00-2:30	2:30-4:00
4:00-4:30	4:30-6:00
6:00-6:30	6:30-8:00
8:00-8:30	8:30-10:00
10:00-10:30	10:30-12:00

5-10 min cool down
STRETCH

CHALLENGE: Drop and give me 100 reps! (100 combo reps of any 5 movements: Supermans, bicycle twist, Russian twist, leg raises, hip lifts):

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DAY 6 FULL BODY FAT BLAST

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

DB THURSTERS (squat + Shoulder press)	40 sec
MT CLIMBER	20 sec
INCH WORM PUSH UPS	40 sec
PLANK JACKS	20 sec
LATERAL LUNGE	40 sec
MT CLIMBER	20 sec
LATERAL FRONTAL RAISE COMBO	40 sec
PLANK JACKS	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

DB BENTOVER ROW/TRI KICKBACK	40 sec
TOE TAPS	20 sec
DEADLIFT	40 sec
JUMPING LUNGES	20 sec
ELEVATOR BICEP CURL	40 sec
TOE TAPS	20 sec
CURTSY LUNGE	40 sec
JUMPING LUNGES	20 sec

CHALLENGE: PHONE NUMBER PUSH UPS (take your phone number and do that many pushups.. ex 360-621-3546, 3 push ups, rest, 6 push ups, rest, skip 0 and go right into 6 pushups, etc):

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DAY 7 REST

STRETCH!



DAY 8 FULL BODY TOWEL WORKOUT

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

SUMO HIGH PULL (HOLD TOWEL ABOVE HEAD WITH TENSION)	40 sec
TOWEL MOUNTAIN CLIMBER	20 sec
LNGE SIDE/LNGE BCK/CURTSY LNGE (RT)	40 sec
TOWEL PLANK PIKE	20 sec
LNGE SIDE/LNGE BCK/CURTSY LNGE (LT)	40 sec
TOWEL MOUNTAIN CLIMBER	20 sec
REACH RT/PUSH UP REACH LFT	40 sec
TOWEL PLANK PIKE	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

LEG CURLS (KEEP YOUR HIPS UP)	40 sec
TOWEL ELBOW TO KNEE MT CLIMBER	20 sec
DIP + LEG EXTENSION	40 sec
PLANK JACKS	20 sec
GLUTE BRIDGE	40 sec
TOWEL ELBOW TO KNEE MT CLIMBER	20 sec
THURSTERS (HOLDING TOWEL FROM CHEST TO OVERHEAD WITH TENSION)	40 sec
PLANK JACKS	20 sec

DAY 9 CARDIO/ABS

ABS – CARDIO

CARDIO 20-45 MIN CARDIO CHOICE

TREADMILL WALK OR RUN, OUTDOOR WALK OR RUN, ELLIPTICAL, STATIONARY BIKE, STAIR CLIMBER, SWIMMING, ROWER.

ABS

PART 1

WEIGHTED RUSSIAN TWIST

STRAIGHT LEG TOE TOUCH CRUNCHES 50

HIP LIFTS 40

BICYCLES (LFT +RT + 1 REP) 30

IN & OUTS (SEE VIDEO EXAMPLE) 20

10

PART 2 (REST 30 SEC AFTER EACH PLANK)

PLANK

PLANK ALTERNATING LEG LIFTS 60 sec

PLANK 50 sec

PLANK ALTERNATING LEG LIFTS 40 sec

PLANK 30 sec

JUMPING JACK PLANK 20 sec

10 sec

PART 3

MAX PLANK (COMPARE TO YOUR PREVIOUS TIME)

CONTINUE ON NEXT PAGE

DAY 9 CONTINUED



FOR PREGNANT MAMAS (After 1st trimester)

REPEAT 2-3 TIMES:

CRUNCHES	10
CAT/COW	10
HANDS AND KNEES ALTERING SUPERMAN	10

CHALLENGE: Headstand challenge. Try your first one, or if you're a pro see how long you can hold it:

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DAY 10 LOWER BODY LEAN

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH



Pregnant
walking
knee lifts
with arms

ALTERNATING LUNGE WALK (DB)	40 sec
BOXER SQUAT PUNCH	20 sec
DB STEP UPS	40 sec
HIGH KNEES	20 sec
SUMO SQUAT	40 sec
BOXER SQUAT PUNCH	20 sec
LATERAL LUNGE	40 sec
HIGH KNEES	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH



Pregnant
lunge back

WEIGHTED GLUTE BRIDGE	40 sec
QUICK FEET	20 sec
ELEVATOR SQUAT POP	40 sec
FLUTTER/SCISSOR KICKS (ABS)	20 sec
DEAD LIFT	40 sec
QUICK FEET	20 sec
JUMP LUNGE	40 sec
FLUTTER/SCISSOR KICKS (ABS)	20 sec

CHALLENGE: weighted wall sit (grab a child or dumbbell) time:

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DAY 11 UPPER BODY TRIM

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

PUSH UP/ROW	40 sec
X JUMPS (hands touch floor in sumo squat jump up, hands make a "Y" shape.)	20 sec
ALTERNATING DB SNATCH	40 sec
PLANK SHOULDER TAPS	20 sec
HAMMER CURLS + SHOULDER PRESS	40 sec
X JUMPS	20 sec
DIPS	40 sec
PLANK SHOULDER TAPS	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

STABILITY BALL DB PRESS	40 sec
BURPEES	20 sec
Squat overhead/tri ext	40 sec
HIP LIFT	20 sec
plank to push up	40 sec
BURPEES	20 sec
SHOULDER WHEEL TURN	40 sec
HIP LIFT	20 sec

CHALLENGE: grab a deck of cards. Flip through the pile and do as many BURPEES as the card number says. Alternate with a partner or just skip every other card for yourself. Keep track of your pile and record how many total reps you did in the deck:

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DAY 12 SPRINTS

YOUR CARDIO OF CHOICE

(bike, rower, stair climber, treadmill, outside jump rope, high knees, tuck jumps, stair jumps up and down, burpees, quick feet, or mountain climber)

5 MIN WARM UP
6 sets of sprints

For the 30 seconds, go all out!

Give it your all!

Then use the 90 seconds to recover.

Do this six times!

30 SEC ON (fast pace)	90 SEC RECOVER (walk/jog)
Min :30	Min :30-1:30
1:30-2:00	2:00-3:00
3:00-3:30	3:30-4:30
4:30-5:00	5:00-6:00
6:00-6:30	6:30-7:30
7:30-8:00	8:00-9:00

5-10 min cool down
STRETCH

CHALLENGE: 12 times running up your stairs, go!
Alternative for no stairs: (grab a chair and do 4 mins of step-ups):

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DAY 13 FULL BODY

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

THRUSTERS	40 sec
SKATER HOPS	20 sec
INCH WORM PUSH UPS	40 sec
SHOULDER TAP PLANK	20 sec
DB SQUAT SWING	40 sec
SKATER HOPS	20 sec
SHOULDER WHEEL	40 sec
SHOULDER TAP PLANK	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

DB ROW	40 sec
JUMPING JACKS	20 sec
DEADLIFT/BICEP CURL/SHOULDER PRESS	40 sec
SQUAT JUMPS	20 sec
OVERHEAD TRICEP EXT	40 sec
JUMPING JACKS	20 sec
LUNGE BACK	40 sec
SQUAT JUMPS	20 sec

CHALLENGE: LEGS FOR DAYS: 25 donkey kicks right, 25 donkey
kicks left, 25 squat jumps, 25 mountain climber:

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DAY 14 REST

STRETCH!



DAY 15 FULL BODY

STRENGTH MOVEMENT – CARDIO/CORE BLAST

FOR 12 MINS REPEAT THE FOLLOWING
THREE TIMES THROUGH

CURTSY LUNGE/BICEP CURL	40 sec
SUPERMAN FLUTTER KICKS	20 sec
SQUAT DB SWING	40 sec
JUMPING LUNGES	20 sec
DIPS (TRY ADDING WEIGHT)	40 sec
SUPERMAN FLUTTER KICKS	20 sec
LEG CURL (USING BALL OR TOWEL)	40 sec
JUMPING LUNGES	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE
TIMES THROUGH

HAND RELEASE PUSH UPS +PLANK JACK	40 sec
DB RUSSIAN TWIST	20 sec
BENT OVER DB ROWS	40 sec
X JUMPS	20 sec
DB DEADLIFT/BICEP CURL/PRESS	40 sec
DB RUSSIAN TWIST	20 sec
LATERAL/FRONT SHOULDER(ALT) COMBO	40 sec
X JUMPS	20 sec

CHALLENGE: Do as many sit-ups as you can for 2 minutes.

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