

***TRAINER KAMI'S***

7 Day Guide to  
*Weight Loss*



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## 7 Day Guide to *Weight Loss*



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*Hey guys!*

Are you ready to start your journey to finding your IdealShape? If you're reading this eBook, I'm going to assume your answer is YES! I am so excited to be a part of that journey! I have been in the health & fitness industry for almost 12 years, owned one of the top private training studios in Utah for 10 years, and have been able to help thousands of people transform their lives. I know what it takes to not only lose weight, but do so in a way that it stays off. The key is creating healthy habits and a lifestyle that can be maintained, rather than an extreme diet that is completely unrealistic to stick to long term.

In this eBook you will find my Top 10 Tips To Starting Your Weight Loss Journey, a week's worth of workouts, and a week of delicious meals to get you on your way to finding your ideal shape!

This program is designed to be done from home. All of the workouts are 20-30 minutes long, so they should be easy to fit into even the busiest of schedules. I'm so excited to be a part of your journey. If you choose to post about your results on social media, make sure to tag me @trainerkami & use the hashtag #TrainerKamiSquad so I can find your posts. I can't wait to see you succeed. We are in this together!

Xoxo, Trainer Kami

Trainer Lindsey's Top 10 Tips for

# STARTING YOUR JOURNEY

## **#1 Clarify Your Why:**

If you're ready to make a change, the most important step is to figure out why you want to change in the first place. Take some time to clarify your why, so that you have something to cling to when the journey gets challenging, because it will at some point. The deeper you dig, the stronger your motivation will be.

## **#2 Plan Your Workouts:**

Schedule your workouts like you would any other appointment. Block out time for them each day, so that they are a priority and eventually they become a habit.

## **#3 Prep Your Meals:**

Having your meals prepared ahead of time will save you when you're in a bind or on the go. I personally like to prep twice a week so that my food stays fresh. Try watching a show or listening to a podcast or book to make your meal prep time more enjoyable.

## **#4 Stay Hydrated:**

Dehydration can trick your brain into thinking you are hungry. Make sure you are drinking enough water. Aim for at least ½ a gallon of water each day. Drink a glass before each meal to prevent overeating caused by thirst.

## **#5 Plan Your Cheat Meal:**

Allow yourself to have a cheat meal once a week. This will give you the mental break you need so that you don't feel like you are depriving yourself.

## **#6 Get Enough Sleep:**

Getting 8 hours of sleep a night is so important when you are on a weight loss journey. Not only will it help you have enough energy for your workouts, it will also prevent you from having energy crashes that cause you to crave sugar and help you to stay more consistent with your eating pattern.

## **#7 Journal:**

Write down how you feel at the end of each day so that you can see the impact your nutrition & exercise habits have on your overall well being. Make sure to note the foods you ate, whether you got in your workout or not, and your mood throughout the day.

## **#8 Don't Compare Your Journey to Others:**

We all come from different backgrounds and genetics, and we have different goals. No two journeys look exactly the same. We all face different obstacles at different times in life. Keep that in mind as you go throughout your journey. Focus on yourself and don't worry about anybody else, because comparison truly is "the thief of joy."

## **#9 Celebrate The Little Things to Stay Motivated:**

You won't always see your progress reflected on the scale, so make sure you take time to celebrate all of the little nonscale victories & the things you are gaining on your weight loss journey. For example, more confidence, energy, and self love.

## **#10 Progress Not Perfection:**

You were made to be human, not perfect. Part of the process is learning to embrace the slip ups. Focus on the progress you are making each day rather than trying to be perfect.

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## WORKOUTS

### **Choosing your weights:**

Make sure you choose a weight where you can keep good form throughout all the reps and are struggling to complete the last 2-3 reps. If you can get through all the reps relatively easily, then increase your weight for the next set. If you reach failure too early then decrease your weight for the next set.

The weight you'll use for each exercise varies depending on the person and the muscle group and may take some trial and error to figure out. I recommend using a notebook and taking notes as to how much weight you lifted and how many reps you did so you know how to adjust next time you do the same workout.

# DAY 1: STRENGTH TRAINING- CHEST/SHOULDERS/TRICEPS/QUADS

**Warm Up:** 3-5 minutes of any type of aerobic activity to get your heart rate up. Ex. jump rope, jogging, jumping jacks, etc.

**Circuit 1:** Do each exercise in circuit 1 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before moving on to circuit 2.

Pushups (15 reps)

Squats (15 reps)

Dumbbell Chest Press on Stability Ball (15 reps)

Step Ups on Chair (10 each)

**Cardio burst:**

Butt Kickers (1 min)

**Circuit 2:** Do each exercise in circuit 2 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before cooling down.

Alternating Twisting Overhead Shoulder Press (10 reps each arm)

Jump Squats (15 reps)

Forward Bent Triceps Kickbacks (15 reps)

Sumo Squats (15 reps)

**Cardio burst:**

Mt. Climbers (1 min)

Cool down: 3-5 of decreasing intensity & stretching



# DAY 2: STRENGTH TRAINING-

## BACK/BICEPS/GLUTES/HAMSTRINGS

**Warm Up:** 3-5 minutes of any type of aerobic activity to get your heart rate up. Ex. jump rope, jogging, jumping jacks, etc.

**Circuit 1:** Do each exercise in circuit 1 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before moving on to circuit 2.

Forward Bent Back Flys (15 reps)  
Jumping Sumo Squats (15 reps)  
Upright Rear Delt Rows (15 reps)  
Lunges (10 each)

**Cardio burst:**

High Knees (1 min)

**Circuit 2:** Do each exercise in circuit 2 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before cooling down.

Hammer Curls Balancing on 1 Leg (10 reps each leg)  
Weighted Deadlift (15 reps)  
Alternating Bicep Curl (10 each side)  
Single Leg Calf Raises using Chair (15 reps)

**Cardio burst:**

Jump Rope (1 min)

**Cool down:** 3-5 minutes of decreasing intensity & stretching

## DAY 3: REV AND RECOVER- PLYOMETRICS/CALISTHENICS/CORE

**Warm Up:** 3-5 minutes of any type of aerobic activity to get your heart rate up. Ex. jump rope, jogging, jumping jacks, etc.

**Circuit 1:** Do each exercise in circuit 1 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before moving on to circuit 2.

Butt Kicks (1 min.)

Standing Bicycles (1 min.)

Soccer Kicks (1 min.)

Crunches (1 min.)

### **Cardio burst:**

High Knees (1 min)

**Circuit 2:** Do each exercise in circuit 2 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before cooling down.

Side to Side Mat Hops (1 min.)

Straight Leg Reverse Crunches (1 min.)

Stand Up Walk Outs (1 min.)

Bicycles (1 min.)

Plank with Knee Taps (1 min.)

**Cool down:** 3-5 minutes of decreasing intensity & stretching

# DAY 4: STRENGTH TRAINING- CHEST/SHOULDERS/TRICEPS/QUADS

**Warm Up:** 3-5 minutes of any type of aerobic activity to get your heart rate up. Ex. jump rope, jogging, jumping jacks, etc.

**Circuit 1:** Do each exercise in circuit 1 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before moving on to circuit 2.

Pushups (15 reps)

Squats (15 reps)

Chest Press on Stability Ball (15 reps)

Step Ups on Chair (10 each)

**Cardio burst:**

Butt Kickers (1 min)

**Circuit 2:** Do each exercise in circuit 2 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before cooling down.

Alternating Twisting Overhead Shoulder Press (10 reps each arm)

Jump Squats (15 reps)

Forward Bent Triceps Kickbacks (15 reps)

Sumo Squats (15 reps)

**Cardio burst:**

Mt. Climbers (1 min)

**Cool down:** 3-5 minutes of decreasing intensity & stretching

# DAY 5: STRENGTH TRAINING-

## BACK/BICEPS/GLUTES/HAMSTRINGS

**Warm Up:** 3-5 minutes of any type of aerobic activity to get your heart rate up. Ex. jump rope, jogging, jumping jacks, etc.

**Circuit 1:** Do each exercise in circuit 1 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before moving on to circuit 2.

Forward Bent Back Flys (15 reps)  
Jumping Sumo Squats (15 reps)  
Upright Rear Delt Row (15 reps)  
Lunges (10 each)

**Cardio burst:**

High Knees (1 min)

**Circuit 2:** Do each exercise in circuit 2 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before cooling down.

Hammer Curls Balancing on 1 Leg (10 reps each leg)  
Weighted Deadlifts (15 reps)  
Alternating Bicep Curls (10 each side)  
Single Leg Calf Raise using Chair (15 reps)

**Cardio burst:**

Jump Rope (1 min)

**Cool down:** 3-5 minutes of decreasing intensity & stretching

# DAY 6: REV AND RECOVER- PLYOMETRICS/CALISTHENICS/CORE

**Warm Up:** 3-5 minutes of any type of aerobic activity to get your heart rate up. Ex. jump rope, jogging, jumping jacks, etc.

**Circuit 1:** Do each exercise in circuit 1 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before moving on to circuit 2.

Butt Kicks (1 min.)

Standing Bicycles (1 min.)

Soccer Kicks (1 min.)

Crunches (1 min.)

**Cardio burst:**

High Knees (1 min)

**Circuit 2:** Do each exercise in circuit 2 without resting in between exercises. After the cardio burst, rest for 1 minute. Repeat 2 times total before cooling down.

Side to Side Mat Hops (1 min.)

Straight Leg Reverse Crunches (1 min.)

Stand Up Walk Outs (1 min.)

Bicycles (1 min.)

Plank with Knee Taps (1 min.)

**Cool down:** 3-5 minutes of decreasing intensity & stretching

## DAY 7: REST

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## MEAL PLANS

For this meal plan, choose one option for each meal. You'll eat 3 meals and 2 snacks a day. You can choose to replace any of the meals with an IdealShake meal replacement shake with add-ins.

# BREAKFAST OPTIONS:

## **Sundried Tomato Egg Muffins**

6 whole eggs

1.5 c liquid egg whites

3 oz reduced fat Feta cheese

spinach (as much as you want)

Bella Sun Luci Sundried Tomatoes (not packed in oil- as many as you want)

salt & pepper

Mix everything together. Spray a muffin tin with cooking spray and then divide the mixture between the muffin cups. Makes 12 egg muffins. Bake at 350 degrees for 18 minutes.

You can have 3 muffins and an apple for a meal.

You could also do 2 muffins with 1 scoop of IdealShake mixed with 1 cup unsweetened almond milk for a meal.



## **Chocolate Dipped Strawberry & Banana Crepes**

### **Crepes**

1/2 c liquid egg whites  
1/2 c low-fat cottage cheese  
1/2 c dry oats  
1 tsp. stevia  
1 tsp. cinnamon  
1 tsp. baking powder  
1/2 c unsweetened vanilla almond milk

Blend ingredients together until smooth. Pour into pan and spread as thin as possible (crepe thin). Cook through, toss, and repeat on other side.

### **Chocolate filling**

1 c plain nonfat Greek yogurt  
3 scoops Chocolate IdealShake  
3 tsp. stevia  
1 tsp. vanilla

Recipe makes 3 servings. For each serving, place 1 crepe on a plate and fill with 1/4 c each with sliced strawberries and bananas. Roll up and top with 1/4 puréed strawberries and 2 tbsp. whipped cream. Enjoy!!!

## **Ham, Egg, and Cheese Breakfast Sandwich**

1/2 whole wheat English muffin (approx. 75 calories)

1 whole egg

1/4 c liquid egg whites

1 slice low-fat cheese (approx. 50 calories)

2 oz smoked ham deli-meat

1/4 medium apple sliced

Fry egg and egg whites on stovetop with salt and pepper. When done top with cheese slice and ham. Place eggs, ham, and cheese on toasted English muffin and enjoy!

# LUNCH OPTIONS:

## **Blueberry Pomegranate Salad**

3.5 oz grilled chicken

1/4 c blueberries

1/2 apple sliced

2 tbsp. reduced fat feta cheese

mixed greens

2 tbsp. Hidden Valley® Pomegranate dressing (or 60 calories of comparable dressing)

## **Mexican Salad**

4 oz grilled chicken

1/2 c lime cilantro rice

2 tbsp. Bolthouse Farms® Cilantro Avocado Yogurt Dressing

2 tbsp. Reduced fat Mexican blend cheese

Put all of that on top of a green salad with as much lettuce, bell peppers, onion, cabbage, and cucumber as you would like.

To make the rice combine 3 c chicken broth, 3 c rice, 1 tsp. garlic salt, 1/2 tbsp. butter, 1 whole bunch of cilantro (finely chopped), and juice of two limes in your rice cooker. If you don't have a rice cooker, you can make it on the stove top by bringing everything to a boil and then reducing the heat to a simmer for about 30 minutes, or until all of the moisture is dissolved.

## **Turkey & Cheese Sandwich**

1 whole grain thin bun (Oroweat®- 100 cals)  
2 slices provolone (Sargento® Ultra Thin- 40 cals each)  
3 oz deli turkey  
2 tsp. honey Dijon mustard

On the side:

veggies (bell peppers, cucumbers, celery, etc)  
2 tbsp. Greek yogurt ranch dip

To make the ranch dip combine 1 c plain nonfat Greek yogurt,  
1 c light sour cream, and 1 packet dry ranch seasoning mix.

# DINNER OPTIONS:

## **Buffalo Turkey Burgers with Baked Sweet Potatoes & Grilled Veggies**

4 oz 93% lean ground turkey  
1/2 oz reduced fat blue cheese  
diced sweet bell pepper  
diced sweet white onion  
salt & pepper  
buffalo sauce (optional- to drizzle on top)

Combine all ingredients, form into patties & grill. Serve with 3/4 c sweet potatoes & unlimited grilled veggies!

For the sweet potatoes-

Peel and cube sweet potatoes. Line a baking sheet with tinfoil and spray with cooking spray. Sprinkle salt and pepper on top of the sweet potatoes and bake in oven at 375 degrees for 35-45 mins.

## **Pulled Pork Sandwich**

Whole grain sandwich thin (Oroweat® or similar brand)  
4 oz shredded pork  
1 tbsp. BBQ sauce  
1 slice reduced fat cheese (I use Sargento® Colby Jack)

Cook a pork tenderloin or sirloin roast in a slow cooker on low for about 6 hours. Season with only salt and pepper and do not add liquid or oil or anything else.

## **Spicy Peanut Asian Salad**

4 oz grilled chicken  
lettuce (as much as you want)  
1/4 c purple cabbage  
1/4 c baby carrots  
1/4 c cucumber  
mint leaves chopped  
cilantro chopped  
juice of 1 lime  
1/4 c Kami's homemade peanut sauce  
1/2 c brown rice

Here's the recipe for my homemade peanut sauce-

1 can light coconut milk  
1/2 c powdered peanut butter (PBfit®)  
1 tbsp. reduced sodium soy sauce  
1/4 tsp powdered ginger  
2 tsp. stevia  
2-4 tsp Sriracha Hot Chili Sauce (adjust according to your preference)

Combine everything and bring it to a boil in a saucepan & reduce heat and simmer for 2 mins.

# SNACK OPTIONS

(2 EACH DAY- SNACK BETWEEN MEALS)

## **IdealShake**

1 scoop any flavor IdealShake

1 c unsweetened almond milk

## **IdealBar**

String Cheese & Fruit

2 light string cheese

3/4 c grapes

## **Jerky & Fruit**

1.5 oz jerky

1/2 medium apple (or approx. 50 calories of any other fruit)

6 almonds

# MEAL REPLACEMENT SHAKE ADD-INS

## (TO REPLACE ANY MEAL)

1 scoop IdealShake  
1 cup unsweetened almond milk

Carb add in- pick 1:

1 c strawberries  
1 c mixed berries  
1 c blueberries  
1/2 banana  
1/2 c mango  
1/3 c pineapple  
2 tbsp. dry oats

Protein add in- pick 1:

1/4 c plain nonfat greek yogurt  
1/4 c low fat cottage cheese  
1/3 c liquid egg whites

Fat add in- pick 1:

1/2 tbsp. almond butter  
1/2 tbsp. peanut butter  
1 tsp. coconut oil  
1 tbsp. chia seeds

Or use 1% milk instead of unsweetened almond milk

Free add in:

Any flavor of sugar-free syrup (Torani®, DaVinci, etc.)



# SUPPLEMENT GUIDE:

Eating the right kinds of delicious foods and working out are the keys to weight loss. But supplements are an extra great way to help fast track your goals. IdealShape has put together the ultimate IdealPlan weight loss bundles -everything you need to curb your cravings, satisfy your sweet tooth, and support your weight loss goals!

## **IdealShake**

IdealShake is an absolutely delicious meal replacement shake designed to help control hunger for up to 3 hours. IdealShake comes in 9+ tasty flavors and makes eating healthy for weight loss easier than ever!

## **IdealBar**

The IdealBar is the perfect on-the-go snack bar to help you curb your cravings, satisfy your sweet tooth, and fast track your goals. Available in several mouthwatering flavors, they are super convenient, portable, and absolutely tasty. Now you can snack your way to a healthier YOU!

## **IdealPlan eBook**

The IdealPlan eBook is the ultimate guide to controlling hunger and losing weight for good! Complete with additional meal plans, recipes, workouts, weight loss hacks and more, the IdealPlan guide will help you break through your plateaus and stay on track.

## **Smoothie Recipes eBook**

Who knew losing weight could be so delicious? This Smoothie Recipes eBook comes with 51 tasty smoothie ideas, so you can take your weight loss to the next level!



## IDEALPLAN WEIGHT LOSS BUNDLE

**GET IT TODAY!**