

*Trainer Lindsey's*

**FBC**

**6 WEEK FIT BODY CHALLENGE**



## OVERVIEW

### Welcome to my 6 Week Fit Body Challenge!

With this programme in your hands, you've got all the tools you'll need to help you lose weight, gain confidence, earn your ideal body.

My custom 30 minute training circuits burn calories and build strength. You'll find a corresponding instructional video featuring myself, Kaytlin and Daniel for each day. Workout with us from home or watch for reference if needed before heading to the gym and you can always bring us along on your smartphone too!

Throughout the 6 week programme you'll find strategically placed Flush Days mixed with moderate carb days and cheat meals, a process meant to accelerate fat loss without feeling starved or deprived. If you've completed my 15 Day Challenge, you'll recognise this component and understand how well it really works!

THIS NUTRITION  
PLAN FEATURES  
MY UNIQUE  
CARB CYCLING  
STRATEGY I CALL  
"THE FLUSH  
SYSTEM."

You won't FEEL like you're cutting calories or eating sparse on this plan. You have to EAT to boost your metabolism in order to lose fat and build lean muscle. Under eating does the body more harm than good, especially when it comes to weight loss. Your body needs the right kinds of food to accelerate your metabolism and fuel your muscle growth. This programme is here to help you figure that process out.



With my own fitness journey and over a decade of training under my belt, I've learned that if you want to see lasting results, you have to hit it from all angles. Stay focused in your workouts, keep your nutrition on point, drink enough water and use the appropriate supplements. The programme is here to guide you at every point but you have to put in the preparation and work to reap the rewards.

If you follow the plan as outlined, you could begin to see real changes to your body and gain the kind of confidence you need to make the right nutrition and fitness choices. It's important to love the process and take pride in your hard work.

Thanks for bringing me along on your journey, time to hit those weight loss goals!

*Lindsey x*

**#trainerlindsey #fitwithlinds #fbc**

**CLICK HERE** to download everything you need for this challenge



*Trainer Lindsey's*  
 **FBC**  
**6 WEEK FIT BODY CHALLENGE**

OVERVIEW

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## WHAT YOU WILL NEED

IDEALLEAN PROTEIN POWDER

IDEALLEAN BCAA'S

TWO SETS OF DUMBBELLS

STABILITY BALL

FOOD SCALE

MEASURING TAPE

SCALE FOR WEIGH INS

## FIT TEST

You will complete this fit test before beginning the six week programme to give you a baseline, and again when you finish to measure your progress against that baseline. It's important to monitor your progress in many different ways and measuring your fitness level is just as important as watching your weight, measurements and pictures!

You will complete four tests below after a 5 minute warm up. Walk or jog for 5 minutes on a treadmill or do jumping jacks for 30 seconds on/30 seconds rest for 5 minutes to warm up your muscles. Once you are warmed up, complete the test below, taking time to rest 5 minutes between each one OR by doing each test on a separate day. Remember to do the test the same way at the end of the programme!

## FIT TEST

### Push ups

Do as many pushups as you can in 60 seconds. Start on your toes and do as many as you can (even if it's just one) before modifying and dropping to your knees. Keep your core nice and tight the whole time and go quick. Write down how many push ups you did on your toes and how many on your knees. When you repeat the fit test, look at your numbers again so you know what to beat.



### Wall Sit

Find a sturdy wall to complete this test. You will hold a wall sit with proper form for as long as you can and then record your time. For proper form, make sure your back is flat against the wall, hips are in line with your knees and ankles are right under your knees. Shoot for right angles at the hips, knees, and ankles. Don't rest your hands on your legs while you sit, that's cheating.

## FIT TEST

### Plank Test

For this test you will hold an elbow plank for time. For proper form, keep your hands and forearms relaxed on the floor with elbows right under your shoulders, keep your core tight and in a straight line from your shoulders to your toes.



### Burpee Test

Perform as many burpees as you can in 60 seconds. Put your hands on the floor outside of your feet, hop your feet back out into plank position, then hop your feet back into your hands and explosively jump up into the air. That counts as one rep. Try to do the full version. It's ok to rest between reps if you need to, but remember you are doing this test for time and there's always room for improvement. If the jumping hurts your knees you can do step burpees where you step your feet out, step them back in and simply stand up instead of jumping up.





## FIT TEST

	DAY 1	LAST DAY
<b>PUSH UP TEST</b>		
<b>WALL SIT TEST</b>		
<b>PLANK TEST</b>		
<b>BURPEE TEST</b>		



**LOVE THE  
PROCESS**

## NUTRITION PROGRAMME

### Flush Days

Flush days are what really jumpstart your progress, the purpose is to give your body a good “flush”. You’ll notice these flush days are very low in carbs and high in water intake. I don’t believe in cleanses or quick fixes using funny drinks or strange pills. What I DO believe in is good clean food and drinking a tonne of water.

Flush days are strategically placed throughout the challenge and you’ll likely lose a few pounds each time you finish them. I refer to your first set of flush days as your “jumpstart days” since they will jumpstart your progress and get your body primed for fat burning.

### Possible Side Effects

- lots of bathroom trips
- low energy due to the drop in carbs and sugars from what you’re probably used to
- headaches, body aches and possibly some dizziness or nausea due to low electrolyte levels (remedies and tips to follow)
- less bloated
- loss of excess water weight



## NUTRITION PROGRAMME

### Tips

In order to use water as a diuretic, you need to drink a tonne of it. I want you to double the amount of water you're currently drinking OR drink 4 litres of water a day, whichever amount is higher. If you currently drink 4 litres of water a day only increase to a 6 litres.

When you drink this much water, you may feel 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 additional salt to your food is an easy fix to help keep everything in balance.

After you finish "flush" days you'll be ready to move into the moderate carb days where you can look forward to foods like pancakes, raspberry cheesecake shakes, potatoes and rice.

## **NUTRITION PROGRAMME**

### **Flush Day Guidelines**

- Choose one of the flush day meal plans to follow and stick to that plan for the entire day. Do not switch between flush day meal plans mid day or pick and choose meals from different flush days.
- Double your current water intake. If you're drinking a 2 litres, double it to 4 litres. I want you to cap it at 6 litres. If you're already drinking 4 litres, only increase to 6 litres.
- No diet drinks ie: diet coke, sprite lite, etc. You may flavour your water with lemon, lime or stevia sweetened powders. IdealLean BCAAs and Pre-Workout are approved for Flush days.
- Use only stevia as your sweetener.
- No BLT's (bites, licks, tastes) of anything off the plan.
- You must eat ALL of the food on the plan. Do not skip meals.
- You are allowed unlimited amounts of the veggies below:

**ANY LEAFY GREENS**

**ASPARAGUS**

**BROCCOLI**

**CABBAGE**

**CAULIFLOWER**

**CELERY**

**CUCUMBER**

**ONIONS**

**COURGETTE**

## NUTRITION PROGRAMME

### MODERATE DAYS

Your moderate carb day meal plans are the ones you'll follow for the majority of the challenge.

Feel free to try different plans and pick your favorite as long as you stick to the same plan for the entire day. No mixing and matching between moderate carb day plans is allowed.





## **NUTRITION PROGRAMME**

### Moderate Carb Day Guidelines

- Choose one of the moderate day meal plans to follow and stick to that plan for the entire day.
- Do not switch between moderate day meal plans mid day or pick and choose meals from different moderate days.
- Drink 4 litres of water a day
- You may use any calorie-free sweetener
- No BLT's (bites, licks, tastes) of anything off the plan.
- You must eat ALL of the food on the plan. Do not skip meals.
- You are allowed unlimited amounts of the veggies below:

**ANY LEAFY GREENS**

**ASPARAGUS**

**BELL PEPPER**

**BROCCOLI**

**BRUSSEL SPROUTS**

**CABBAGE**

**CAULIFLOWER**

**CELERY**

**CUCUMBER**

**AUBERGINE**

**FENNEL**

**MUSHROOM**

**ONIONS**

**RADISH**

**MANGETOUT**

**TOMATO**

**COURGETTE**

# NUTRITION PROGRAMME

## Treat Meals

Treat meals are worked into this programme as a reward for your hard work and to give your metabolism and hormones a boost. Eating clean makes me happy, as does the occasional treat. No need to feel deprived.

## Guidelines

Ideally, there are no treat meals during week 1 and week 6. If you do feel the need to have a small treat meal at the end of week one in order to continue staying on track, you can. Just follow the guidelines listed below and then do a flush day the day after your treat meal.

- You can have one treat meal each week on any day you choose. Try to take your treat meal on the same day each week when possible. Follow your treat meal day with a flush day. For example, take your treat meal every Friday and follow with a flush day the Saturday after.
- You do NOT need count the calories from your treat meal. This should be a time when you can go to a restaurant or to a party and eat moderate servings of the food that is served or a normal serving size of whatever it is you're craving.
- Don't pig out or binge. This is not an excuse to hit a 'all you can eat' buffet. Enjoy a moderate serving size of whatever it is you choose to have and move on.

- PLAN your treat meal. It's much more satisfying to plan it out in advance and anticipate the meal to come. Doing this can also help you stay on track. Your treat meal should replace one of the meals on your plan. If you are going out to dinner, skip meal 5 on that day's plan and eat on track the rest of the day.
- 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 a treat meal if you don't want it.
- Time your weekly weigh in on the MORNING OF your treat meal and most definitely not after! It's common for your weight to go up a bit after a treat meal because of extra carbs and sodium so stay away from the scale after you take one and don't stress, it will even right back out.







**BELIEVE IN  
YOURSELF**

# CALANDAR

## Rundown

I have a calendar created for you to be able to print out and keep track of everything you need to track. But here is the rundown on how the days will look throughout this challenge:

**Day 1: Flush Day**

**Day 2: Flush day**

Day 3: Moderate Day

Day 4: Moderate Day

Day 5: Moderate Day

Day 6: Moderate Day

(optional **treat meal**)\*

**Day 7: Flush Day or Moderate day\*\***

Day 8: Moderate Day

Day 9: Moderate Day

Day 10: Moderate Day

Day 11: Moderate Day

Day 12: Moderate Day

Day 13: Moderate Day + **Treat Meal**

**Day 14: Flush Day**

Day 15: Moderate Day

Day 16: Moderate Day

Day 17: Moderate Day

Day 18: Moderate Day

Day 19: Moderate Day

Day 20: Moderate Day + **Treat Meal**

**Day 21: Flush Day**

Day 22: Moderate Day

Day 23: Moderate Day

Day 24: Moderate Day

Day 25: Moderate Day

Day 26: Moderate Day

Day 27: Moderate Day + **Treat Meal**

**Day 28: Flush Day**

Day 29: Moderate Day

Day 30: Moderate Day

Day 31: Moderate Day

Day 32: Moderate Day

Day 33: Moderate Day

Day 34: Moderate Day + **Treat Meal**

**Day 35: Flush Day**

Day 36: Moderate Day

Day 37: Moderate Day

Day 38: Moderate Day

Day 39: Moderate Day

Day 40: Moderate Day

**Day 41: Flush Day**

**Day 42: Flush Day**

\*The first treat meal is at your discretion, you don't have to take it if you don't want to since you've only been eating moderately for a few days. Take a treat meal if you feel like you might struggle going for two weeks without one.

\*\*If you have a treat meal the first weekend, follow the treat meal day with a flush day. If you do not take the treat meal, do not use a flush day and continue on with moderate days.

## CALANDAR

### Modifications

You CAN change the day of your treat meal depending on your schedule. Take your weight weekly and measurements every other week on the morning of your treat meal.

A flush day should be on the day following your treat meal, do not weigh yourself the day after a treat meal. Your weight will be up from the extra food and sodium. This is ok and normal and it will come back down over a couple of days.

See the FAQ's at the back of the book for how to modify the meal plans around your workout schedule. I understand that not everyone exercises in the mornings so I've outlined options for every time of day.

# CALANDAR

<b>FLUSH DAY</b>	<b>FLUSH DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b> (+OPTIONAL TREAT MEAL)	<b>FLUSH DAY OR MODERATE DAY</b>
<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b> (+TREAT MEAL)	<b>FLUSH DAY</b>
<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b> (+TREAT MEAL)	<b>FLUSH DAY</b>
<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b> (+TREAT MEAL)	<b>FLUSH DAY</b>
<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b> (+TREAT MEAL)	<b>FLUSH DAY</b>
<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>MODERATE DAY</b>	<b>FLUSH DAY</b>	<b>FLUSH DAY</b>



## CALANDAR

### Meal Plan Chart Notes

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

Drink 1 scoop of **IdealLean BCAA's** during your workout. You may also drink another scoop at the opposite time of day between meals. If you workout in the morning hours you can have your 2nd scoop mid afternoon. If you workout in the afternoon or evening, have your second scoop mid morning. If there are certain times of the day when you have more cravings, that would be a great time to take your BCAAs.

Take one scoop of **IdealLean Pre-Workout** 15-20 minutes before your workout. Assess your tolerance by starting with 1/2 scoop before moving on to one scoop.

Preferred sweeteners are stevia or splenda (depending on the day) but you may use any calorie-free sweetener.

Practically any meal can be taken on the go if you have a tuppaware box. Yes, you really CAN eat your food cold.

You'll need a food scale for accurate food measurements.

Make sure you follow the recipes in YOUR section of the booklet or attachment as they are formatted to fit YOUR specific meal plan.

## SUPPLEMENTS

### Meal Plan Chart Notes

You don't need to run off to your local supplement shop and drop hundreds of dollars. We are relying primarily on whole foods and hard workouts for results in this programme, there are only a few specific supplements we do recommend listed below:

**IDEALLEAN PROTEIN POWDER**

**IDEALLEAN BCAA'S**

**IDEALLEAN PRE-WORKOUT**

That's it!







**LET'S  
GET FIT**

## FOOD SUBSTITUTIONS

### Love The Process

Part of loving the process is loving your food. Feeling restricted or limited in your choices can have some pretty disastrous effects and cause you to fall way off plan. It's important to have some flexibility in your options to give you ownership and confidence to make good nutrition choices both during and after the challenge ends.

To adapt any plan to fit your preferences use the food substitution chart. To use this tool, simply find the item in the chart in the right amount that you want to sub out and you can sub in anything in the same row. The approximate calorie total for that food is in the left column so you can also substitute ANYTHING you'd like of the same macronutrient in the right calorie amount. Remember to only sub carbs for carbs, protein for protein and fat for fat. Also, keep in mind that if you want to follow the recipe, subbing in different foods may affect the recipe and the nutritional content. For your fruit, you can sub in any fruit you'd like as long as it matched the calorie count of the fruit on your Meal Plan Chart.

IT'S IMPORTANT  
TO HAVE SOME  
FLEXIBILITY IN  
YOUR OPTIONS



## FOOD SUBSTITUTIONS

### Macros

The term “macros” refers to macronutrients and refers to the food you eat. All of your calories can be classified as one macronutrient or another whether it’s considered “healthy” or not.

Macronutrients can be divided up into three categories:

#### **Protein**

#### **Carbohydrates**

#### **Fats**

**(Alcohol is technically a 4th category, this is addressed later on)**

How people choose to track and eat their macronutrients varies, but is ultimately based off of a few different factors including weight, height, and body fat percentage in relation to how often you workout and what your goals are (weight loss, build muscle, etc.).

All of the meals in this challenge have been carefully constructed around specific macronutrient amounts to help your metabolism operate at top efficiency for burning fat and developing lean muscle.

## **FOOD SUBSTITUTIONS**

### **Protein**

Protein is made up of amino acids that are the building blocks of muscle tissue. When you lift weights, your muscles actually tear microscopically as you break them down. Protein is responsible for building those muscles back up and even stronger than before through a process called protein synthesis. If you want to build lean muscle to burn more fat and effectively lose weight, then you should start including more protein in your meals.

### **Fat**

Somewhere in the recent past, fats in any form became something to fear. Lowfat diets were all the rage and even though science and research has disproved this approach over and over, some people are still fooled. The truth is that your body needs and depends on healthy fats such as those found in avocados, oils, eggs, nuts and nut butter, meats and even dairy products. Fat gives you energy, helps with cell structure, helps you absorb other nutrients, and assists in nerve, brain and heart function. Plus, it's delicious and makes your food taste better. Because fats are so rich and tasty, it's easy to go overboard. Like most things in life, moderation is a key part of fat consumption.

## FOOD SUBSTITUTIONS

### Carbohydrates

Carbs are not the enemy, ESPECIALLY when it comes to boosting your metabolism and sustaining your workouts. Carbs are your body's preferred and most efficient source of energy and are very important when it comes to fueling high intensity exercise.

Simple carbs are digested and broken down in the body very quickly, triggering a rise in your blood sugar (via insulin release) and promoting fat storage. Most simple carbs are high in sugar and highly processed think white bread, sweets, crisps, chocolate, cakes and everything your sweet tooth probably craves. Ideally, you avoid simple carbs in your daily diet as much as you can with the exception of treat meals and a few specific postworkout related windows.

Complex carbs take longer to digest and create less of a need for an immediate insulin release, which helps stabilise your blood sugar level. They contain important vitamins, minerals and nutrients that are essential to your health. These carbs are "unrefined", meaning they aren't broken down and processed. Generally, complex carbs come in the form of vegetables and whole grains.

## FOOD SUBSTITUTIONS

### Hydration

Drinking 4 litres of water a day is crucial to this programme. Water is a natural appetite suppressant, improves metabolic function and keeps you hydrated during workouts and throughout the day. Plain old water is one of the best tools for accelerating fat loss.

On your flush days you'll be doubling your current water intake or drinking 6 litres of water at the most. If you're doing well at getting in your 4 litres, drink 6 litres on flush days. If you're falling short, I want you to double your water intake on your flush days but not drink more than 6 litres.

### Hydration Strategy

**2 cups immediately upon waking**

**2 cups by 9am**

**4 cups by 12pm**

**4 cups by 3pm**

**4 cups by 6pm**

Some of you may prefer to just sip on your 4 litres throughout the day and that's fine too. Try to get at least half of your water in by mid-day and finish early enough in the evening to make sure you're not up all night making trips to the bathroom.



## FOOD SUBSTITUTIONS

### Acceptable Low Calorie Water Alternatives

**Idealfit BCAA's**

**Tea**

**Black Coffee (can use almond milk and stevia to sweeten)**

**Lucozade Zero**

**Any drink with 5 or fewer calories per serving**

\*Diet soda is allowed in moderation, do not exceed 1 can per day while on this programme.

### Alcohol

We recommend cutting out all alcohol for the entirety of the 6 weeks. If that's not feasible, please limit your intake to one drink and include it with your cheat meal.

Most alcoholic beverages are sugar laden and high calorie. Alcohol has low nutritional value and can actually keep your body from metabolising other needed nutrients. Our bodies recognise alcohol as a toxin and will stop other processes (ie: your metabolism and digestion) in order to rid your body of this toxin. Also, when your judgement is impaired so is your willpower, potentially causing you to disregard calorie intake and drive your meal plan completely off track. So let's keep things easy and stick with water.

## FOOD SUBSTITUTIONS

### Eating Out

I understand that situations arise where you're not always home for meal times so follow these guidelines to help you stay as on plan as possible.

Consider the planned meal you'd normally be having and try your best to replicate it. Eyeball your portion size and match up carbs and fats accordingly to what you would have been eating for that meal otherwise. Try to plan ahead of time, especially if you know the restaurant where you'll be eating, many have their menus posted and some even include the nutritional content. If you're using a phone app like MyFitnessPal, you can search out the nutritional information of different foods which can also be a big help.

Remember, restaurant portions are usually huge, don't be tempted. Keep your portion size in check and box up any excess to go before you start eating.

## FAQS

### **What if I don't know how to do the exercises in the workouts?**

Every workout comes with an accompanying video where I demonstrate proper form and walk you through every exercise. You can either watch the video for reference before going to the gym or you can do the workout at home along with me. You can even pull up the video on your mobile device while working out if you need to. The workouts are also written out and included at the end of this book.

### **How do I know what size dumbbells to use for the workouts?**

I want the workouts to be challenging! In order to change your body you MUST push outside of your comfort zone. The weights you use should be very challenging to finish the set but not impossible. If you feel like you could have done 3-5 more reps when the set is over, increase the weight next time. If you couldn't finish the set, decrease the weight. Most people like to start with two sets of weights one heavier and one lighter. Try starting with 5 lb or 8 lb dumbbells and then a set of 12's, 15's or 20's.

### **Do I need to eat before working out?**

It's ALWAYS best to eat before working out, but can be difficult to do if you workout early in the morning or simply prefer to exercise on an empty stomach. The eating plan includes a schedule designed for an early morning pre-workout meal. I recommend giving it a try. If you find that doesn't work for you, working out on an empty stomach is ok too.

## FAQS

### Why is there sugar/junk food included in some of the postworkout meal options?

Your body burns through a postworkout meal very fast, adding in a fast digesting carb or simple sugar (i.e. "treat") during this window can actually help speed up that digestion even more. This is the one time of the day that eating simple carbs or sugars can be considered helpful. I've also observed that having a postworkout treat helps people stay on plan because they feel rewarded and can satisfy their sweet tooth which in turn, keeps them motivated and moving forward. You do not need extra fat postworkout because it can slow digestion and impede the body's ability to recover so you'll notice the treats we use are all low fat or fat free options.

If you do include a treat with your postworkout meal you might feel hungry faster than you would normally. This is normal and you can eat your next scheduled meal 90 minutes after your post workout meal if you need to, you don't have to wait the full 2 ½ to 3 hours as directed in the nutrition plan.

I've included a complex carb option that can be used instead if you feel like a treat postworkout would be mentally counterproductive for you . However, rest assured that a little sugar will not affect your results when included as part of your postworkout meal.



## FAQS

### I'm really sore after my workouts, what should I do? Is it ok to skip a workout?

Your body burns through a postworkout meal very fast, adding in a fast digesting carb or simple sugar (i.e. "treat") Muscle soreness is a result of lactic acid built up in your muscles from resistance training. Some things that can help break this lactic acid buildup down and reduce soreness include:

- Low intensity cardio such as a walk or easy jog
- Foam rolling
- Stretching
- Epsom salts bath put 2 c. epsom salts into a really warm bath and soak for 20 minutes

Remember that as a protein supplement, IdealLean is also formulated with a blend of B vitamins, calcium, glutamin and antioxidants from super fruits that support muscle function and may reduce soreness. Use IdealLean Protein and make sure you're drinking IdealLean BCAA's during your workout and one other time during your day between meals. BCAA's help muscle recovery and protein synthesis. Your sore muscles can use the extra help.

If you're so sore you feel like you can't even walk or move, try rearranging the workouts for the rest of the week so that you have another day off before you work the sore body part again. It's also okay to drop the weight a little bit but still complete the workout if you can. If you are absolutely too sore to move, add a rest day in and pick things back up the day after.

## FAQS

### **I'm not sore anymore, is this bad?**

Being sore is generally a good indicator of how hard you pushed yourself, but if you're not sore that doesn't necessarily mean your workout was unsuccessful.

As mentioned above, soreness is the result of built up lactic acid. Some people will produce more lactic acid than others and some workouts will cause you to produce more lactic acid than others, thus causing more soreness. Not all bodies react the same.

### **What if I don't workout in the morning? How do I adjust my meals?**

For the low carb days, just move your pre and post workout meals to before and after you workout no matter what time of day it is, you can do the rest of your meals in any order you'd like.

## FAQS

### Workout/Food Times

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

#### **VERY EARLY AM:**

no pre-workout

#### **Workout**

**Meal 2**

**Meal 1**

**Meal 3**

**Meal 4**

**Meal 5**

**Meal 6**

#### **AM WORKOUT:**

plan as written

#### **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**

**LATE AFTERNOON / 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**

## FAQS

### Do I alter the meal pland 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 and food. Sometimes I would recommend dropping carbs on rest days but since this plan is already fairly low carb, you don't need to drop carbs any lower.

### Can men do this programme?

Yes. Just multiply all food amounts by 1.3, this will increase the carbs, protein and fats in proportion with each other.

For example:

If the plan calls for 40g oats you would do the following:

40g oats x 1.3 = 52g oats

Use the same calculation for every single food item on the plan. This will ensure you're getting enough calories to fuel your workouts and your metabolism and still lose fat.

### Why can't I skip a meal if I'm not hungry?

Please, DO NOT skip meals. The calories and macros in this plan are calculated specifically for fat loss and tailored to your body composition. Skipping meals means you aren't getting enough fuel in your body to burn excess fat effectively. You risk affecting your hormone levels and slowing down your metabolism, putting a halt on progress and fat loss. Too much food is a good problem to have, so make sure you eat every last bit.

## FAQS

### **I'm having a lot of sugar cravings, what can I do to curb them?**

Keeping your blood sugar levels stable will do a lot to help you avoid cravings, do this by adding in more approved veggies to each of your daily meals. You can also try any of the following strategies to help you stay on plan:

- Drink 1 scoop of IdealLean BCAA's
- Take a walk outside for 10 minutes
- Drink 450ml water
- Chew a piece of gum
- Brush your teeth
- Take a bath
- Change up your scenery and keep yourself busy! Do you have errands to run? Laundry to fold?
- Work that needs done? Get yourself involved in those tasks and take your mind off your cravings.

### **Can I still do this programme if I'm pregnant or breastfeeding? What do I need to adapt?**

If you're pregnant or breastfeeding you should receive clearance from a doctor before beginning any new fitness regime.



## FAQS

### **I am lactose intolerant/gluten intolerant/vegetarian. Can I still follow this programme?**

Yes. Just use the Food Substitution Chart to sub out any non-allowed food items and sub in gluten free or lactose free foods, or nonmeat based protein sources off the list.

### **I'm going on holiday during the challenge and I don't want to lose all of my results and ruin my progress, what should I do?**

If it's the type of holiday where you have control over some of your food, try to stick to the plan when you can. Use the food substitution chart and sub out the basic foods in the meal plan for more travel friendly options. Some of my holiday travel friendly options are:

- Carbs: tortillas, rice cakes, low sugar cereal, fruit
- Protein: IdealLean Protein, beef jerky, tinned tuna, low sugar protein bars
- Fats: nuts and nut butters

For the meals where you don't have control over your food, try to eat as close to plan as possible with your food choices. If that's not possible, focus on the amount of food eaten and keep portions small. Get back on track with your next on plan meal as soon as you are able.

## FAQS

For your workouts, invest in an inexpensive set of bands, most dumbbell exercises can also be done with bands. Bands are easy to tuck into a suitcase and you can take them anywhere. If you need to make a weighted move body weight due to lack of equipment, you can increase the reps to increase the intensity of the workout. You can also add in more plyometric type moves such as burpees, mountain climbers, squat thrusts, etc. to increase the overall intensity of the workout. Don't forget to look into local gyms or your hotel gym, there are sometimes great options close by.

Staying on plan on holiday CAN be done. It is hard but completely worth it to come home from holiday feeling amazing and knowing you earned great results even while you were away from home.

### **Why do you always use unsweetened almond milk? Can I use a different kind of milk?**

Unsweetened almond milk is a creamy, low calorie alternative to cow's milk. Other acceptable milks are unsweetened coconut or cashew milk, any milk that is 30-40 calories per cup is fine. If you'd like to use skimmed milk you can, but use half the amount that is listed in the plan for almond milk to sub properly. Soy milk isn't recommended because too much soy can affect women's hormone levels.

## FAQS

### How far apart should my meals be spaced?

In order to get all six meals in during the day your meals will end up being approximately 2 ½–4 hours apart, the one exception to this is that postworkout meal. Since your body burns through those calories quicker than it does the other meals, you might need to eat sooner and that's okay. After your postworkout meal you can eat again as soon as 1.5 hours later.

### I lost a couple pounds during my jump start days but haven't lost any since. I'm on day 7 of the programme. What am I doing wrong?

Absolutely nothing! It's normal to lose a few pounds during your first two flush days. Some of that is water weight but that's not a bad thing! It's good to rid your body of excess water and after your jumpstart days your body's water balance will return to normal and you will continue to lose fat. Sometimes this doesn't always show up on the scale right away. Be patient and consistent for the full 6 weeks and you will see amazing results.

### Why do you list the weights and measurements for the food items?

Weighing your food is actually a much more accurate way to portion your food than using measuring cups and spoons. It's so easy to use a rounded tbsp of peanut butter and a rounded ¼ c. of oats which can add extra calories and throw off your macro count. It's best to weigh your food but the plan also includes measurements so you can use what you feel works best for you.

## FAQS

### What do I do when I reach my goal weight?

First of all, CONGRATULATIONS!! Hitting your goal weight is a huge accomplishment.

The great news is that you no longer need to be in a calorie deficit, meaning you won't need to be eating less calories than your body burns throughout the day. You will need to increase your calorie intake in small increments until you've found a place where you can prevent additional weight loss, don't feel hungry, have high energy levels, and are able to maintain a weight that feels good to you.

This process does take some trial and error so don't get frustrated if you see a small increase or fluctuation from your goal weight, your body needs to figure out what works best! Start by adding just 50 calories each week until you find that sweet spot where you are able to be consistent in your weight without feeling hungry or deprived.

Remember that increasing your calories to maintain your weight will look a lot different than giving yourself a free pass to eat whatever you want and risk falling back into old habits.

If you've reached your goal weight before the challenge has ended, add in the calories as instructed above and stick with the workouts all the way to the end to see more positive changes in your physique and strength.

**WORKOUTS IN A SEPARATE EBOOK**