



COACH KRISTI'S 15 DAY

READY.

SET.

RUN.

WELCOME!

I'm so excited you are doing this challenge with me! Running has my heart and I LOVE sharing my passion for it with others.

IN THIS PROGRAM YOU WILL:

- Build Your Running Ability**
- Cross-train For Strength**
- Burn Fat**
- Lose Inches**
- Eat For Performance**
- Strengthen Your Heart**
- Build Self-Esteem And Confidence**
- Have FUN**



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MY STORY



A little about me —

I have been passionate about fitness for the past 17 years. I grew up a dancer, and even lived in Japan for a time, dancing at Tokyo Disneyland. I was also able to dance in the 2002 Winter Olympics—yeah, it was pretty surreal. But when I came home from Japan, I needed a break from dancing, so I put my heart and soul into fitness.

I started running when I was pregnant with the little girl I placed for adoption. During this time, running was an emotional outlet for me, where I could think and feel as my feet hit the ground. It was also a huge stress relief, doing something I loved and also enjoying nature and the outdoors. Running became a love of mine, and I frequently experienced the “runner’s high.” I ran my first marathon, the Ogden Marathon, the spring after she was born, and then it just became a habit—a great exercise that was easy to do from home, a relief from stress, a sweaty workout, and an effective way to lose my baby weight.

Soon after, I started biking as cross-training for running, as a way to break up my runs and allow my body to recover. Then I started teaching cycling after that, and it slowly became my favorite form of cardio. I discovered I was pretty good at it, and loved doing it as a way to burn calories!

I have taught cycling classes for the past six years, and am a USAT Certified Triathlon Coach and RRCA Certified Running Coach. I qualified for the Kona Ironman Championships at the 2014 Arizona Ironman and competed in the 2015 Championship. In total, I’ve competed in six full Ironmans, nine half Ironmans, three marathons, and 15 half marathons. That’s a lot of hours on the road!

I’m pretty excited to bring the world of running to IdealFit, as it is such a passion of mine. I can’t wait to help you be able to improve your running performance in this program. Even if you’re not an Ironman, running (and cycling) are both awesome ways to get your heart pumping and torch calories. After a while, you’ll feel the “runner’s high” and be hooked.

I know this program works, because I designed it based on how I train myself—and running and strength training are what helped me get back to my pre-pregnancy weight just six months after I had my daughter.

Transitioning from dance to fitness was pretty natural for me—both require tons of discipline, and I love a good challenge. Dance didn’t end up being a career for me, but fitness has become something that I can do the rest of my life, and it has changed my life by being able to help and motivate others in the fitness world.

I am so excited to work with YOU, because I love being able to help people reach their goals and their potential. There isn’t a better feeling in the world than seeing my clients and challengers accomplish things they didn’t think possible and seeing their confidence soar; I love being able to help people be more confident in their own skin. Whether it’s running a 5K, a marathon, or a triathlon, I am so proud of every person that accomplishes their goal.

That’s why I’m SO excited you are doing the 15 Day Ready, Set, Run! Challenge. Whether it’s a starting point in your fitness journey, or another fun challenge to complete along the way, the

workouts, nutrition, and support that I’ve created WILL help you achieve your goal of becoming a better runner.

This challenge will condition your body to run well, tighten and tone you up, and help you feel like a running rock star.

Whatever your goals are in life, I hope that you can turn them into reality. Dedicate yourself to what you are passionate about and make things happen. Great things happen when you do. Let’s do this!

READY.SET.RUN.

Run on,

Kaithi



READY.SET.RUN.

BEFORE YOU START, THERE ARE A FEW THINGS YOU NEED TO DO!

1. SAVE YOUR PLAN AND LOAD TO MOBILE DEVICE

2. JOIN OUR COMMUNITY!

Visit the Coach Kristi's 15 Day Ready, Set, Run! Challenge Facebook page to check in. Leave a comment that you're beginning the challenge! Also make sure you're following [@coachkristi](#) on Instagram so you don't miss ANYTHING! Leave comments on my posts, send me pictures of your food, and check in with me—it might seem silly, but this will keep you on track! Use the hashtags #coachkristi, #readysetrn, and #readysetrnrunners so I can search for YOU, watch your progress, and give you some love!

3. TAKE STARTING MEASUREMENTS AND WEIGHT

You'll be taking measurements and weight on Day One, Day Seven and Day 15! Remember to always take these measurements first thing in the morning, after you use the bathroom, but before you eat! This is the most consistent time for measuring.

4. TAKE BEFORE PICS

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



TIPS FOR TAKING BEFORE AND AFTER PICTURES

- Find a place in your home with good, natural light to take your pictures
- Try to have the lighting be as similar as possible in both the before AND after pictures
- Wear the same thing in your before AND after pictures
- Stand the same distance from the camera in both sets of pictures
- Include your full body and fill up 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!



TAKING AND TRACKING YOUR WEIGHT & MEASUREMENTS

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

TRACK YOUR WEIGHT HERE ON THESE DAYS

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

	DAY 1	DAY 7	DAY 15
WEIGHT			

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

Fill out this chart with your before and after measurements.
Tip: Take them at the same time that you do your morning weigh-in.

HOW TO TAKE PERFECT MEASUREMENTS

Chest: Circumference of rib cage/chest at the nipple line

Waist: Circumference of waist at the smallest point—usually an inch or two below ribs

Belly Button: Circumference of stomach at the point that is level with belly button

Glutes: Circumference of glutes/hips around the fullest part of glutes

Right Thigh: Circumference of thigh around the fullest part

Right Calf: Circumference of calf around the fullest part

Right Arm: Circumference of arm half way between shoulder and elbow



COACH KRISTI'S 15 DAY

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RUN.**

NUTRITION PLAN

You've probably heard the saying "food is fuel." Well, that's never been more true than it is with this program. You have to eat to give your body the energy it needs for your training. I have set the calories in a "sweet spot" that will help you perform AND help you lose some pounds and/or inches. So be sure to read over all of the tips and guidelines for your meal plan and follow it to a "T!" I promise you'll love it. I've even included a sweet treat for you every day of the program. Does it get any better than that?!

NUTRITION TIPS:

1. Drink a gallon of water every day!
2. Eat ALL of the meals on your plan, and nothing that isn't ;))
3. Choose one meal plan a day and eat ONLY the meals on that plan—no swapping out meals from other days.
4. Use a food scale to measure out your cooked meats for your meals. Scales are cheap and don't need to be fancy!
5. Any meal can be prepped and taken with you to eat on-the-go!
6. Take IdealLean Pre-Workout or Burner 30 minutes before your workout DAILY (if desired).
7. Drink IdealLean BCAAs during or after your workout DAILY.
8. You are allowed one can or one small fountain diet soda per day. Black coffee and tea are OK too (sweeten with no-calorie sweeteners and use a splash of almond milk for creamer, if desired). No alcohol.
9. Stevia and Splenda are preferred sweeteners, but any no-calorie sweetener works.
10. You are allowed unlimited amounts veggies.

See some ideas below:

Any leafy greens

Asparagus

Broccoli

Brussel Sprouts

Cabbage

Cauliflower

Celery

Cucumber

Eggplant

Mushrooms

Onions

Pickles

Summer Squash

Tomatoes

Zucchini

Recommended IdealLean Products

IdealLean Protein powder

IdealLean BCAAs (Grape Explosion and Strawberry Kiwi are my favs!)

(optional)

IdealLean Pre-Workout/Burner (optional)

IdealLean Protein Bars (optional)

How To Use Your Treat Meal

In the middle of the 15 day program, on day five, six, or seven, you will get a “treat meal.”

Here are some guidelines for your treat meal:

- Your treat meal should replace one of the meals on your plan.
- You can have anything you'd like in moderation—just don't go crazy! So, if you want dessert, have some! If you want pizza, a hamburger, or ice cream, go for it!
- 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—don't take it! You do not NEED to take this treat meal if you don't want it.
- One more thing about your treat meal—and it's important. I want you to weigh-in halfway through the program on the MORNING of your treat meal!

It's common for your weight to go up a bit after a treat meal, because of extra carbs and sodium. This is not a big deal, and your weight will drop back down. But we want an accurate halfway mark weigh-in, so if your treat meal is planned for Sunday dinner, weigh-in Sunday morning.

MEAL PLAN #1

Pre-Workout Fuel

Easy Protein Shake

1 scoop IdealLean Protein, any flavor
1 c unsweetened almond milk
Crushed ice

Blend all together and enjoy!

Breakfast

Breakfast Burrito

3 egg whites
2-3 tbsp. diced onion
2-3 tbsp. diced peppers
1 LaTortilla Factory Tortilla (low-carb, 80 calories)
1/4 c salsa
1/4 medium avocado

Scramble egg whites with onion and peppers, fill tortilla with egg mixture, add salsa and avocado, and wrap into burrito.

Snack

Strawberry & Banana Protein Shake

1 scoop IdealLean Protein, any flavor
10 strawberries (I like them frozen)
3/4 medium banana (freeze your banana—it makes your smoothie so much creamier and delicious)
1 c unsweetened almond milk
Crushed ice (makes it thicker and icier!)

Blend ingredients and enjoy!

Lunch

Green Salad with Ranch Chicken Salad

4 c mixed green lettuce

1 serving Ranch Chicken Salad*

Top lettuce with chicken salad and enjoy!

*Ranch Chicken Salad Recipe

1/4 c plain greek yogurt

1/4 c mayonnaise

1/4 c cilantro

1 lime, juiced

1/2 c diced red pepper

2 c black beans, drained and rinsed

1 1/2 cans (12.5oz) chicken breast or 10.5 oz
cooked chicken breast

1 tsp. cumin

1/2 tsp. ground red pepper

1/4 c diced red onion

Salt and pepper to taste

Combine greek yogurt, mayonnaise, lime juice, cumin, and ground red pepper in a large bowl.

Chop cilantro, red pepper, onion and shred chicken.

Drain and rinse black beans.

Combine ALL ingredients, let chill in the refrigerator for a few hours or overnight. Recipe makes 4 servings.

Snack

3 Peanut Butter Balls*

*Peanut Butter Balls Recipe

2 c rolled oats

1 c smooth natural peanut butter

1/4 c honey

1 scoop IdealLean Protein, any flavor

1 tsp. cinnamon

1/2 tsp. vanilla

Mix all ingredients together. Roll into 1 tbsp. balls.

Put on tinfoil and put in the freezer. Once frozen, I put mine in a container and keep them in the fridge or freezer. Makes 22 balls.

Dinner

Ground Turkey or Ground Beef Taco

4 oz raw 93% ground turkey or 93% lean ground beef taco meat

1 LaTortilla Factory Tortilla (low-carb, 80 calories)

1-2 c shredded lettuce/spinach

1/4 c salsa

Brown ground turkey/beef; after drained, add taco seasoning to taste. Fill tortilla with meat and top with lettuce and salsa.

Sweet

Berry Delight

8 strawberries

1/2 c raspberries

2 coffee creamers (60 calories), any flavor

Just pour creamers over fruit! I use french vanilla flavor, and it is SO good!

MEAL PLAN #2

Pre-Workout Fuel

Blueberry Protein Shake

1 scoop IdealLean Protein, any flavor

1 c unsweetened almond milk

1/2 c blueberries (freeze them!)

Crushed ice

Blend all ingredients together and enjoy!

Breakfast

Sweet Oatmeal

1/2 c dry oats

1/2 c unsweetened almond milk

1 tbsp. agave, honey, or brown sugar

Cook oats in 1/2 c water and 1/2 c almond milk and top with agave, honey or brown sugar; OR cook oats in all water and top with 1/2 c milk and sweetener of choice.

Snack

Fruit and Cottage Cheese

3/4 c cottage cheese

1 medium apple, sliced or chopped

Top cottage cheese with chopped apple and sprinkle cinnamon on it—delicious!

Lunch

Turkey & Avocado Wrap

9 slices deli turkey (I used Oscar Mayer thin-sliced. Any is fine as long as it equals 70 cal.)

1/2 medium avocado
2 c shredded lettuce/spinach
1/2 medium tomato

Mustard, to taste
1 LaTortilla Factory Tortilla (low-carb, 80 calories)

Spread mustard on tortilla, top with turkey, avocado, lettuce, tomato, and wrap!

Snack

Berry Smoothie

1/2 c strawberries
1/2 c raspberries
1 scoop IdealLean Protein, any flavor
1 c unsweetened almond milk
Crushed Ice

Blend all ingredients. If too thick, add 1/2-1 c water.

Dinner

Grilled Chicken & Veggies

4 oz raw chicken breast (about 1/2 c), seasoned to taste
1 tbsp. olive oil
1 c chopped carrots
6 oz asparagus

Lay chicken and veggies flat on pan covered in foil. Drizzle olive oil over chicken and veggies, sprinkle with minced garlic and seasoning of choice, and toss.

Bake for 45 minutes at 400 degrees.

Sweet

1 Skinny Cow ice cream sandwich

MEAL PLAN #3

Pre-Workout Fuel

1 medium banana

Breakfast

Spinach & Onion Omelette

1 egg, plus 2 egg whites

2 c spinach

1/4 c diced onion and peppers

1/4 medium avocado

Salt & pepper

Saute spinach, onions, and peppers and set aside. Whisk together eggs and pour into heated saute pan. Let eggs set, and flip over to finish cooking. Transfer to plate, fill with veggies and top with avocado. Season with salt and pepper.

Snack

1 Peanut Butter Ball (from Day 1)

Lunch

Burrito Bowl with Brown Rice

3/4 c cooked brown rice

4 oz cooked chicken

1/2 c can black beans

1-3 c chopped romaine lettuce

1/4 c canned corn
2 diced roma tomatoes
1/4 medium avocado
1/4 c salsa
2 tsp. cilantro
1/2 lime squeezed
Salt & pepper to taste

Layer in a bowl rice the chicken, beans, lettuce, corn, tomatoes, avocado, salsa, cilantro, lime juice, and salt and pepper.

Snack

Blueberry Protein Smoothie

3/4 c frozen blueberries
1 scoop IdealLean Protein, any flavor
1 c unsweetened almond milk
Crushed ice

Blend all ingredients and enjoy.

Dinner

Grilled Chicken Quesadilla

4 oz cooked chicken breast, sliced
1 LaTortilla Factory Tortilla (low carb, 80 calories)
1/2 c grated cheese
1/4 c salsa
2-3 tsp. ranch dressing mix (mix in salsa)
Garlic powder to taste

Heat saute pan. Layer cheese and chicken on half the tortilla, sprinkle with garlic powder, fold tortilla in half and warm on both sides. Top with salsa/ranch mix!

Sweet

1 Creamie (Ice Cream popsicle), any flavor

MEAL PLAN #4

Pre-Workout Fuel

1 Peanut Butter Ball (from Day 1)

Breakfast

Maple Pancakes & Eggs

1/4 c Kodiak Power Cakes pancake mix, mixed with 2 tbsp. pure maple syrup. If you can't find Kodiak Power Cakes pancake mix, try blending up 2 tbsp. liquid egg whites (or 1 egg white separated from its yolk) with 1/3 cup dry oats and cook like a pancake. Add a splash of almond milk if it needs to be thinner.

1 whole egg, plus 3 egg whites, scrambled

Mix pancake mix and syrup with enough water to desired consistency (you can also mix pancake mix with just water and top pancakes with syrup). Cook on heated pan. Scramble eggs separately with salt and pepper and enjoy.

Snack

1 Peanut Butter Ball (from Day 1)

Lunch

Ranch Chicken Salad Wrap (Chicken Salad from Day 3)

1 serving Ranch Chicken Salad

1 LaTortilla Factory Tortilla (low-carb, 80 calories)

1-2 c shredded lettuce

1/4 medium avocado

Fill tortilla with chicken salad, lettuce and avocado and wrap.

Snack

Easy Protein Shake

1 1/4 scoop IdealLean Protein, any flavor

1 c unsweetened almond milk (if too thick add 1/2 c water).

Crushed ice

Blend protein powder with almond milk and ice.

Dinner

Chicken Marinara with Spaghetti Squash

1 1/2 c cooked spaghetti squash (or zucchini noodles)

3 oz cooked chicken breast

1/2 c marinara (70-80 calories)

Add choice of seasoning such as basil, oregano, salt, and pepper to taste.

1/4 medium avocado or 3 tbsp. part-skim mozzarella cheese

Top noodles with chicken, marinara, avocado or cheese, and spices.

Spaghetti squash directions: preheat oven to 375 degrees, and halve squash lengthwise. Use spoon to scoop out and discard seeds from the middle of each half. Put cut sides down in 9x13 inch dish. Pour 1/2 c water into dish and cook until tender, 30-35 mins. Rake a fork back and forth across the squash to remove its flesh in strands... like spaghetti!

Sweet

1 Creamie (Ice Cream popsicle), any flavor

MEAL PLAN #5

Pre-Workout Fuel

1 Medium Apple

Breakfast

Eggs and Salsa

3 eggs

4 tbsp. salsa (optional for eggs)

Scramble eggs and top with salsa.

Snack

Strawberry & Banana Protein Shake

1 scoop IdealLean Protein, any flavor

1/2 frozen medium banana

8 strawberries (frozen if desired)

1 c unsweetened almond milk (if too thick add 1/2 c water).

Crushed ice if desired

Blend all ingredients and enjoy.

Lunch

Healthy Pizza

8 slices (120 cals) canadian bacon (or

120 calories of turkey pepperoni)

8 tbsp. pizza sauce

1/2 c shredded part-skim mozzarella cheese

1 LaTortilla Factory Tortilla (low-carb, 80 calories)

Veggies of choice

Lay tortilla down on cookie sheet, assemble pizza as desired, you can add as

many veggies as you'd like. Top with cheese and bake. Bake at 400 degrees for 8-10 mins. You may want to bake it longer, depending on how crispy you like your crust. Cut into pizza slices and enjoy!

Snack

Carrots and Cottage Cheese

1 c carrots

1/2 c low-fat cottage cheese

Dip your carrots in your cottage cheese or enjoy separately. Also feel free to season cottage cheese!

Dinner

Chicken, Sweet Potatoes, and Veggies

3 oz grilled chicken breast (about 1 c)

1 medium baked sweet potato or regular potato

1/2 tbsp. butter

3 c steamed broccoli

Top potato with butter, eat along with chicken breast and broccoli.

Sweet

Skinny Cow Ice Cream Sandwich

COACH KRISTI'S 15 DAY

**READY.
SET.
RUN.**



WORKOUTS

ARE YOU READY TO RUN?

I'm so excited for you to train. I have designed these workouts for you the same way I train myself. Yes, I consider myself an endurance athlete, first and foremost; I run A LOT, all the time! So, the progressive running workouts are your main focus here. After all, one of your main goals is to run some good distance by the end of this program! But to be strong and stay healthy as an endurance athlete, you have to cross-train. Functional, explosive body movements will build muscular strength that will let your body run further, and without injury. Not to mention it will torch calories, boost your metabolism, and get you lean and mean!

Have FUN with these workouts. Grab a friend, or fellow challenger and do them together! Running is ALWAYS better with a partner!

WEEK 1

Monday

Walk 2 min

Run 2 min
(5 rounds)

Tuesday

Walk 3-5 min to warm-up

20 Squats

10 Push-ups

20 Sit-ups

30 Second plank

20 Jumping jacks

10 Surrenders

REPEAT 3-5 times

Wednesday

Walk 1 min

Run 4 min
(5 rounds)

Thursday

Walk 3-5 min to warm-up

15 Static lunges, each leg

15 Tricep dips

20 Russian twists abs

20 Supermans w/ 5 second hold

30 Second high knees

30 Second side plank, each side

REPEAT 3-5 times

Friday

Walk 2 min

Run 6 min
(3 rounds)

Saturday

Walk 1 min

Run 8 min
(3 rounds)

Sunday

Choice of rest day and stretch

OR

20 minute walk and stretch

WEEK 2

Monday

Walk 1 min
Run 6 min
(4 rounds)

Tuesday

Walk 3-5 min to warm-up
30 Plank shoulder taps
20 Donkey kicks, each leg
50 Crunches
30 Second wall sit
30 Second mountain climbers
25 Squats

REPEAT 3-5 times

Wednesday

Walk 2 min
Run 8 min
(3 rounds)

Thursday

Walk 3-5 min to warm-up
15 push-ups
30 Second plank jacks
30 Second flutter kicks
20 Bridges
1 Minute stair taps
25 Sumo squats

REPEAT 3-5 times

Friday

Walk 2 min
Run 9 min
(3 rounds)

Saturday

Walk 2 min
Run 10 min
(3 rounds)

Sunday

Choice of rest day and stretch
OR
20 minute walk and stretch

WEEK 3

Monday: Day 15!

Walk 2, run 1 mile or run 15 minutes straight without walking (whichever comes first).

Repeat, if desired, as many times as you want!

CONGRATULATIONS!

YOU DID IT! You finished
the 15 Day Ready, Set, RUN!
Challenge!

FREQUENTLY ASKED QUESTIONS

Q: How do I drink a whole gallon of water a day without going to the bathroom all night long?

A: Start drinking your water as soon as you get up in the morning, and set a “halfway” mark in the day to have half of your water done. For example, begin drinking your water at 7am, half a gallon down by 1pm, and the whole gallon down by 7pm. Find what works for you!

Q: Can I eat the meals on my daily meal plan in whatever order I like?

A: Yes! You don't have to eat the meals in the same order listed in the meal plan. For example, you can switch lunch and dinner that day, etc. But you CANNOT switch meals for other meals on different meal plans!

Q: I'm having a hard time getting in all of my meals and have even missed some. How do I fit in seven meals a day?

A: As with your water, be sure to start your meals early enough in the morning that you can space them out more or less equally during the day and fit them all in. Schedule them out and plan ahead to take them with you, if necessary.

Q: I feel like I'm eating a ton of food! And I feel really full most of the time. Do I need to eat it all?

A: It's normal to feel full when you are eating mostly whole, unprocessed foods. I DO want you to eat everything on your plan, though. Your metabolism will actually speed up and after awhile it won't feel like so much food.

Q: I'm starving in-between meals! What do I do?!

A: Eat veggies! You are free to eat as many veggies as you like. Roast them, steam them, eat them raw. There are lots of ways to enjoy them!

Q: Do I have to rotate through all five meal plans? There are one or two I like best. What should I do?

A: No, you do not have to eat all five meal plans. I recommend trying them all, but if there are some plans you like best, feel free to repeat them as often as you like. You just have to stick to the ENTIRE day meal plan—no swapping out meals for other days.

Q: Do I alter the meal plans on my rest days?

A: No. When you're working out 5-6 days a week, your body is always in a state of recovery and the amount of food I planned is perfect to fuel your body and help it recover, even on your rest days.

Q: Can I have coffee or tea on this challenge?

A: Yes! You can have coffee and tea as long as you don't use sugar or creamer. Feel free to use 2 tbsp. unsweetened almond milk as a creamer, and any non-caloric sweetener to sweeten.

Q: I don't eat gluten. What are my options?

A: 1 LaTortilla Factory tortilla = 1-2 corn tortillas, depending on the type (totaling 80 calories)

Oats = gluten-free oats

Kodiak Power Cakes pancakes = gluten-free pancake mix (95 calories per 1/4 scoop)

Q: I don't like some ingredients in the meal plans. Are there substitutions I can make for some of the foods on the meal plan?

A: Yes! See options below

1/4 medium avocado = 3 tbsp. shredded cheddar cheese = 2 tsp. peanut butter

1/2 banana = 2/3 c berries = 1/2 medium apple = 1/2 medium peach

3/4 banana = 1 c berries = 1 medium apple = 1 medium peach

2 tbsp. maple syrup = 1 c any berries

1/2 c low-fat cottage cheese = 1 egg and 2 egg whites

93% lean ground turkey = 93% lean ground beef

Spaghetti squash = zucchini noodles

Skinny Cow = Creamie and 5 strawberries = 3 caramel rice cakes = 1 scoop of Stephens Hot Chocolate

Creamie = 5 strawberries and 2 coffee creamers (60 calories)

Spice Ideas = Trader Joe's 21 Seasoning Salute, Any Flavor God seasoning, Kirkland Organic No-Salt Seasoning

Q: There are days where I just don't have time to prepare certain meals on my plan. Is there anything I can substitute entirely for a meal?

A: Yes! IdealLean Protein Bars is a great option when you just don't have the time to pull together the meals in the plan. The calories and macronutrient content won't exactly match the meal (the bars have 5-6g of fat, 20-21g carbs, and 20-23g protein), but it will be close enough.

They are nutritionally well-rounded and taste so yummy! I would definitely recommend grabbing some to keep on hand for the rare moments you might have a change of plan.

Q: I am super sore after my cross-training and running workouts. Help me!

A: Recovery is SO important in any workout program. Roll out your muscles with a foam roller or lacrosse ball, stretch, take warm epsom salts baths, and even ice baths. All of these practices will help push the lactic acid that is making you sore, out of your muscles. Branched chain amino acids, or BCAAs, also help a TON with quick repair and recovery, so I never do without them. IdealLean's are, of course my favorite :) These things will keep you running at full speed!



idealfit™