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15 day idealfit body challenge

IdealFit Ready Challenge 15 Day Body Matching Challenge? This program focuses on fat loss. We can't wait for you to start your journey looking sculpted and thin. The Fit Body Challenge (FBC) nutrition program is based on a carbohydrate cycling method that, if carried out accordingly, can help you pour excess water and fat. Training will be quick and difficult. They are defined by Lindsey's unique circuit training technique that she has been using for more than a decade to help people lose fat and change their bodies. As with everything, the best results will be seen by those pushing themselves and sticking to the plan just as it rests for them. So, don't deceive yourself. Let it best go and enjoy the change. Good luck with your 15-day plan. We can't wait to hear everything about your journey. 10 11 Page 2 Save your program and claim mobile device Join our community. Visit Coach Lindsay's Facebook page to check in. Leave a comment and let us know you're starting the challenge. Also, make sure you follow TrainerLindsey on Instagram, Snapchat and Twitter so you don't miss out on anything! Comment on my messages. Send me pictures of your food, check with me - it may seem silly but it will keep you on track. This hashtag #trainerlindsey #FBC15 so I can look for you, watch your progress and give you some support. Take beginner measurements and weight. You'll have to take measurements and weigh yourself on day one, day seven and day 15. Always remember to take these measurements first thing in the morning after you use the toilet, but before you eat. This is the most consistent time to measure. Take pictures in front of me. You also want to take your progress photos first thing in the morning (just like your measurements and weight). Be sure to follow tips for the progress images. Before you start 12 13 page 3 takes your measurements and weighs yourself at consistent time, regular intervals will help you see exactly what changes are going on with your body. We know how important it is to see progress, it can be the difference between giving up and being results, so don't skip this step. Remember to weigh first thing in the morning after using the toilet but before eating. Also, make sure your midpoints weigh in is the morning of your prize meal. Before and after PIC tips: • Find a place in your home with good natural light to take your photos. • Wear the same thing of your before and after photos. • Try to be consistent with the lighting in two sets of images. • Stand at the same distance from the camera in two sets of images. • Make sure your whole body fills the frame of the image – in other words, don't be too far from the camera or you don't see your progress. • Wear a sports bra and shorts if you feel as comfortable as more of your body you can see, More progress you'll see. Track your progress 14 15 page 4 How to take perfect measurements. The chest circumference of the rib cage / chest waist circumference The nipple line at the smallest point - usually an inch or two below the GLUTES ribs Circumference of the acre muscles Hughes/thighs around the fullest part of the hip circumference of the right thigh around the calf circumference The fullest part of the right calf around the circumference of the right arm The fullest part of the right arm halfway between your shoulder and elbow measurements fill these charts with before and after measurements. Take them at the same time you make your morning weigh in. Day 1 day 15 waist chest Glutes right thigh right thigh right arm day 1 day 7 day 15 weight 16 17 page 5 following the schedule of carb cycling, there is one meal plan for FLUSH days and three meal plans to choose from for moderate DAYS. You can choose any moderate day meal plan you want but you can't choose different meals from different days. You've got to follow today's entire meal plan. Macronutrients and calorie amounts for each moderate day plan are about the same, but if you switch meals from different days you can change the macros for the resulting day and can delay your weight loss. Pick one meal plan and stick to it for the day. You don't have to try every meal plan. If there's one you like, you can stick to it all the time. We'll start and do the program with two FLUSH days. You should also follow flush day guidelines for best results. The middle 11 days will be your moderate days. You are allowed to treat one meal on day 6, 7 or 8 if you have followed the plan exactly as described during the first week. This treat meal can be anything you crave but it must be under 600 calories. Carbohydrate Schedule: Day 1: Jump Start Day 2: Jump Start Day 3: Mild Day 4: Mild Day 5: Mild Day 6: Mild Day 7: Mild Day + Day Treat Meal 8: Mild Day 9: Mild Day 10: Mild Day 11: Mild Day Day 12: Mild Day 13: Mild Day 14: Blush Day 15: Blush Day Carbohydrates Cycling 18 19 Page 6 Guidelines jump start/blush day guidelines • No diet drinks, fizzy drinks or hearty free sugar. You can taste your water with lemon or lime. • Drink 4-4.5 liters per day. • Eat all the food on the program. • Use only a natural sweetener if you need to. • No BLT's (bites, licks, flavors) of nothing on the program. • Allowed unlimited amounts of vegetables below: green leaves asparagus broccoli cauliflower cauliflower celery onion cucumber Gherkins COURGETTE mild carbohydrate guidelines • Drink 4 liters of water a day • Eat all food on the program. • Use only a natural sweetener if you need to. • No BLT's (bites, licks, flavors) of anything off the program. • You are allowed Amounts of vegetables below: Green leaves asparagus pepper broccoli cauliflower cauliflower celery cucumber aubergine mushrooms GHERKINS TOMATOES COURGETTE Important notes: If you don't exercise in the morning, see the section in the FAQ about training timings and adjusting your meals. When we recommend using a particular taste of IdealLean, you can try the recipe with any flavor you want. If you feel the need to use sweeteners, then we recommend natural sweeteners. Whatever your choice, please make sure they are calorie-free in order to stick to the plan. Almost every meal can be taken on the way if you have upperver: yes, you can really balance your food cold! You'll need a kitchen that considers scales for accurate food measurements. Be sure to follow the recipes in the brochure section as they are specific for your meal plan. 20 21 Page 7 What are JUMPSTART & FLUSH DAYS?: You'll see that a fit 15-day body challenge consists of leap days and blush days, which are designed to help alleviate your goals. You may find that you lose a few pounds every time you make a set of blush days. Days 1, 2, 14 and 15 will be all flush days, but we treat days 1 and 2 as your 'leap days' as they can jump-start your fat loss and get you ready for fat burning. Please note that these days they are very low in carbohydrates and you will be drinking a lot of water. The goal of these days is to give your body a good 'flush' by fully cleaning up your dietary choices and using the world's most natural dosage – water. The fitness industry can be full of confusing information and false claims, but we believe in making your fitness journey as simple as possible by sticking to clean containers, drinking water and pushing in the gym. JUMPSTART & FLUSH DAYS Possible side effects: • Lots of trips to the toilet. • Low energy due to the reduction in carbohydrates and sugars compared to what you can be used to. • Headaches, body aches, and maybe some dizziness or nausea due to low electrolyte levels (see tips on the next page on how to fix it). • Excess water weight loss • Leaner-looking body • Flow of positive notes on your new body tips: In order to use water as a denominator, you need to drink a lot of it – about 4 liters per day. When you drink so much water, you may feel a little dizzy, painful, weak or nauseous. It's 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: You've added a little more salt than you're used to doing and you'll feel a lot better. Once you've finished these two blush/leap days, you can switch to mild carbohydrate days where you can expect foods like pancakes, potatoes and rice. 22 23 Page 8 Mid-plan 15 days you will get a treat If you've been on the show 100% up to this point. Here are some guidelines on the pampering meal: Your treat meal should replace one of the meals on your plan. If you don't feel like you need it or you feel like you haven't stuck to the program like you should/could be -- don't take it. You don't have to take this treat dinner if you don't want it. You can have anything you want as long as it's under 600 calories. So, if you want dessert, I got some. If you want pizza or hamburger or ice cream, treat yourself. But, do your research and get an accurate calorie count and make sure you don't go for 600 calories. One more thing about your pampering dinner and that's important. I want you to weigh in the middle of the program. I want you to schedule your ttry jaws on the morning of your pampering dinner. It is common for your weight to gain a bit after a treat meal because of extra carbohydrates and sodium. It's no big deal and your weight will drop back. But we want a precise sheila halfway through, so if your treat dinner is scheduled for Sunday dinner, consider Sunday morning. Take care of meal 24 25 page 9 what to eat and when: blush & jump start days for flush & jump start days, move meals before and after your workout before and after your workout no matter what time of day. You can do the rest of your meals in any order you want. What to eat and when: Mild carbohydrate days based on when you work out, adjust your meals to mild carbohydrate days as follows. Planning meals very early in the morning Workout: 2 meal 1 meal 4 meal 5 meal 6 am Workout: meal 1 workout meal 2 meal 4 meal 5 meal 6 workout in the middle of the day: meal 1 meal 3 Workout Meal 2 Meal 5 Meal 6 Afternoon Workout: Meal 1 Meal 3 Meal 4 Workout Meal 2 Meal 5 Meal 6 Early Evening Workout: Meal 1 Meal 6 Meal 4 Workout Meal 2 Meal 5 After Dinner Workout: Meal 1 Meal 6 Meal 5 Meal 4 Meal 3 Workout Meal 2 26 27 page 10 Day Blush Meal 1 Before Training Banana Protein Shake Page 36 Meal 2 After Workout Smoothie 1 Strawberry Protein Page 37 Meal 3 Snacks Scrambled Eggs Page 58 Meal Chicken Salad With Garlic & Lime Sauce Page 42 Meal 5 Steak Salad with Vegetables Page 43 Meal 6 Sweet Chocolate & Peanut Butter Protein Fudge Page 60 Mild Carbohydrates Day 1 Meal 1 Before Training Fluffy Oat Pancakes Page 45 Meal 2 After Training Blueberries & Honey Protein Shake Page 39 Meal Chicken Sweet Potato Chips Page 46 Meal 4 Turkey Ginger Glazed Fish Page 49 Meal 6 Chocolate Sweet Coconut Fudge Page 61 Meal Plan Review Tracking Cycling Carbs Schedule Page 19 28 29 Page 11 Mild Carbohydrates Day 2 Meal 1 Before Protein Shake Workout & Rice Cakes Page 38 Meal 2 After Training Cheesecake Raspberry Smoothie Page 40 Meal Duration Piri Piri Chicken Page 50 Meal 4 Apples & Cream: Egg Bar Page 58 Meal Steak Salad With Vegetables Page 53 Meal Maple Nut Sweet Fudge Page 62 Mild Carbohydrates Day 3 Meal 1 Before Training Scrambled Eggs and Cereals Dish Side Page 54 Meal 2 Protein Shake After Workout & Workout Rice Cakes Page 38 Meal Taco Chicken with Honey & Lime Page 56 Meal 4 Snack Don't Bake Cookie Wrap Page 63 Meal Honey Meal Mixing Chicken Fry page 55 Meal 6 Protein Sweet Melted Cake Page 64 Meal Plan Review 30 31 page 12 Mild Carbohydrates Day 4 Meal 1 Before Training Fluffy Oat Pancakes Page 45 Meal 2 After Protein Smoothie Workout Page 41 Meal 3 Meal Chicken and Sweet Potato Fries Page 46 Meal Turkey Snacks Wrap Page 48 Meal 5 Meal Ginger Glazed Fish Page 49 Meal 6 Sweet Chocolate Coconut Fudge Page 61 Mild Carbohydrates Day 5 Meal 1 Before Protein Shake Workout & Rice Cakes Page 41 Meal 2 After Training Raspberry Cheese Protein Shake Page 40 Meal Duration Piri Piri Chicken Page 50 Meal 4 Apple Snack & Egg Snack Snacks 58 Meal Steak Salad with Vegetable Page 53 Meal 6 Fudge Maple Nut Sweet Page 62 Meal Plan Review 32 33 Page 13 This section will list all your meal plans for the next 15 days. Food measurements in each recipe were divided by weight category. Make sure you're following the right dose for your weight to ensure proper control of packets. You made a happy meal! Look for your weight category from the icons below meal plan 34 35 page 14 shake ingredients shake banana protein: method • Mix all ingredients with ice into a refreshing smoothie. • Try using frozen banana to make it especially creamy. - 25g 30g banana 60g - - almond milk not babes 235 ml - - Smoothie ingredients Strawberry Protein Shake: Method: • Mix all ingredients with ice into a smoothie. • Try adding 1 teaspoon of lime juice to a refreshing twist. Ideal Lean Protein - 25g 30g 35g Chopped Strawberries 75g - Unsweetal Almond Milk 235 ml - 36 37 Page 15 Protein Shake Protein Shake and Rice Cakes Ingredients: Method: • Ideal lean protein blend and milk almonds and enjoy rice cakes on the ideal lean protein side - 25g 30g 35g unsalted almond milk 235 ml - Rice cakes 2 - Blueberry smoothie & Protein Honey Smoothie Ingredients : Method: • Mix all ingredients with ice into a smoothie. - 120g 150g 150g unsweetal almond milk 235 ml - Honey 1 tsp - Ice 1 - 38 39 page 16 after training raspbery cheese protein shake ingredients: method: • Mix all ingredients in the mixture. • Crumbs 1 biscuit on ideal lean protein - 25g 30g 35g unsweetened almond milk 235 ml - Low-fat digestive biscuits 4 - - - Frozen raspberries 60g - - 30g fat-free cream cheese - - Ice 1 - - After protein shake workout & Rice Cakes Ingredients: Method: • Ideal lean protein blend almond milk and enjoy rice cakes on the ideal lean protein side - 25g 30g 35g unsalted almond milk 235ml - Rice cakes 2 - - - 40 41 page 17 chicken salad with garlic and ingredients in a lye sauce: Method: • Combine all the marinade ingredients. • Put 2 tpsps. Marinade's on the side to use as apparel. Soak the chicken breast for at least 30 minutes. • Roast the chicken until evenly cooked. Over the salad with the chicken, avocado and sauce. Chicken breast - 115g 115g avocado - 45g 45g Roman lettuce - Method: • Whisk all the ingredients together in a bowl. Or mix in a top zip freezer bag for an even easier way to soak your chicken reduced soy sauce salt 3 tbsp lime juice 1 tbsp Worcestershire sauce 2 tbsp garlic clove 1 mustard powder 1/2 tsp black pepper 1/2 tsp garlic & lime sauce: steak salad meal with vegetables wash day ingredients: method: • Season the steak with salt & pepper. • Grill to your liking. • Over the salad with steak, vegetables and gravy. Sirloin steak - 85g 115g 115g add any salad/vegetables - Method: • Put all the ingredients in a small bowl, mix together and pepper to taste. Olive oil 1 tablespoon balsamic vinegar 1/2 tablespoon mustard 1 tablespoon pepper oil and vinegar sauce: 42 43 page 18 meal ingredients fluffy oat pancakes: method: • Grind oatmeal. IdealLean, spices, baking powder, sweetener soda (if using) in a blender until it's like powder. Pour into a separate bowl. Mix medium-speed egg whites in a blender for about 30 seconds. Add the banana and stir again for 30 seconds. Add the dry ingredients to the blender and stir. Pour into a preheated pan and cook like pancakes. Top with sugar-free syrup if necessary. Egg whites - 80 ml - 1 1 - 2 oatmeal - 25g 40g IdealLean (scoop) 1/2 - - Banana 1/2 - Baking soda 1/4 - Baking powder 1/4 - - Cinnamon 1/4 1 4 - Ginger 1/8 - Nutmeg 1/8 - Natural Sweetener 1 - Splash Vanilla Splash - 44 45 page 19 Chicken meal with sweet potato chip ingredients: Method: • Cut the chicken into strips and season with sea salt and pepper, then grill. • Meanwhile, cut sweet potato into thin strips and toss olive oil. Season with 1/8 teaspoon garlic, 1/8 teaspoon paprika, 1/8 teaspoon salt and 1/8 teaspoon pepper. • Line a foil baking pan and spray with a cooking spray not a stick. • Spread the sweet potato fries on the foil and bake 230 degrees for 30 minutes or until soft and crispy. • If there is a spice, they have time, soak sweet potato fries in water for 30 minutes - 2 hours before seasoning and baking to ensure they bake nice and crispy. Chicken - 85g 4oz 115g sweet potato - 115g 5oz 170g olive oil 1 tsp - Garlic powder 1/8 tsp - Paprika 1/8 tsp - Salt 1/8 teaspoon - - pepper 1/8 teaspoon - - 46 47 page 20 meal turkey snack wrap ingredients: method: • Make a snack wrap by rolling the turkey and avocado in a tortilla. • You can even wrap in cling film and throw it in a small cool bag Take with you on the way. Whole wheat tortilla 1 - Turkey - 70g 85g avocado 25g - Glazed ginger meal Fish ingredients: Method: • Place fish in a baking dish with the marinade and season with salt and pepper. Cover and martha for 30 minutes or more. • Heat the coco-nut oil in a frying pan over medium-high heat. • Fry the fish for 4-6 minutes on each side, turning once until it disintegrates easily. • You can also roast the fish on the barbecue until cooked. • Pour the remaining marinade into the pan and heat to the boil to form the glaze. Drizzle 1 teaspoon glaze and sprinkle pecans over the fish and vegetables. Favorite white fish 85g - - 12g pecans - Add any salad/vegetables - Method: • Mix all the ingredients in a small bowl and you have your glaze dressing. Honey 3 tsp balsamic vinegar 3 tsp low sodium soy sauce 3 tsp ground ginger 1/4 tsp ginger glaze sauce: 48 49 page 21 meal pulled PIRI PIRI chicken ingredients: method: • Make a batch of piri piri chicken that you can divide. • Put 4 chicken breasts into a slow and upper pot with 1 slick of piri piri herbs and 125 ml of piri piri sauce. • Cook on low for 4-5 hours. Pull the chicken into strips. • Add more sauce if necessary and cook for another hour or so. Consider your part after cooking. Chicken breast 85g - - Piri Piri Spice bags Mix 1/4 - - Piri piri sauce (Nandos or another) 1/4 - Note if for one meal, we recommend making a batch. See recipe below. 50 51 page 22 Steak salad Meal with vegetarian ingredients: Method: • Salt, pepper and ground thyme to taste • Grill to your liking. • Any salad or vegetables from the approved list. Sirloin steak - 70g 85g 85g Add each salad/vegetable method: • Put all the ingredients in a small bowl, mix together and pepper to taste. Olive oil 1 tablespoon balsamic vinegar 1/2 tablespoon mustard 1 tablespoon pepper oil and vinegar sauce: 52 53 page 23 meal Scrambled eggs and cereal ingredients on the side: Method: • Prepare scrambled eggs and egg milk. In a separate bowl, add milk to the cereal. Eat in any order you prefer. Egg whites - 120 ml 3/4 3/4 unsweelwed almond milk 120 ml - Regular Chirius 35g - Meal 54 55 honey chicken Mix fried ingredients: Method: • Heat pan over medium heat with 1 tsp coconut oil. • Add chicken and fry until almost cooked. • Add all the vegetables you want. We like to add onions, peppers, celery and curd. • When the chicken and vegetables are almost finished cooking, top with honey and season to taste. Chicken 85g - - Coconut oil 1 tsp - Honey 1 tsp - Add each salad/vegetable page 24 meal 56 57 chicken tacos with honey & lemon ingredients Dressing: Method: • Make two chicken tacos with finely sliced cabbage and one serve of lemon honey sauce and chicken. • Don't fry the tortillas! You can cook or heat them in a heated pan with some Spray cooking stick. Corn tortillas 2 – 85g chicken - cabbage, thinly sliced method: • Mix all the ingredients in a small bowl and you have your glaze sauce! Mayo 1 tablespoon mustard 1 tablespoon honey 1 tablespoon lime juice 1/2 tablespoon ginger pincher honey lime sauce: page 25 snacks Scrambled eggs and vegetarian ingredients: Method: • Try mixing egg whites with chopped broccoli and corgat to add extra volume to this meal. Whole egg - 12 2 egg whites - 175 ml 1 1 apple bar and egg bar ingredients: Method: • Boil an egg to your liking and enjoy. Eat both the egg and apple as a cooked boiled boiled egg snack 1 – apple 250g - - 58 59 page 26 sweet chocolate peanut butter protein fudge chocolate chocolate coconut fudge ingredients: ingredients: method: • Mix together protein powder, 1 tsp sweetener cocoa (if using). Add 1.5-2 tablespoons water, half a teaspoon at a time until it has a thick but blended texture. • Pour half the 'night' into a small bowl. Place the peanut butter over the batter of the protein. • Over with the remaining batter of the protein, freeze for about 2 hours • Defrost for 20 minutes before eating. Method: • Mix together an ideal lean protein coconut oil, 1/4 teaspoon cocoa, sweetener to taste. • Add 1-2 teaspoon water and 1/2 teaspoon at a time until the cake mixture is evenly textured. Stop for two hours. • Defrost for 20 minutes before eating ideal lean protein chocolate - 25g 30g peanut butter - 16g 16g 24g cocoa powder 1 tsp - Ideal chocolate Lean protein 25g - Melted coconut oil 11/2 tsp - Cocoa powder 1/4 tsp - Sweet 60 61 61 61

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