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Trainer lindsey 15 day challenge workout 7

THE CHALLENGE Ready for the IdealFit 15 Day Fit Body Challenge? This program focuses on fat loss. We can't wait to start your journey to look sculptural and lean. The Fit Body Challenge (FBC) diet program is based on a carbohydrate cycling method that, if followed correctly, could help you shed excess water and fat. The workouts will be quick and tough. They are set up under lindsey's signature circuit training technique that has been used for over a decade to help people lose fat and transform their bodies. As with anything, the best results will be seen by those who push themselves and stick to the plan just as it is set out for them. So don't steal yourself. Give your best go and enjoy the transformation. Good luck with your 15-day schedule. We look forward to hearing all about your trip. 10 11 Page 2 SAVE YOUR PLAN AND LOAD ON THE MOBILE DEVICE FOLLOW OUR COMMUNITY PART. Visit Trainer Lindsey'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 anything! COMMENT ON MY POSTS. Send me pictures of your food, check with me - it may seem silly, but this will keep you on track. Hashtag #trainerlindsey and #FBC15 so I can search for you, track your progress and give you some support. TAKE THE INITIAL MEASUREMENTS AND WEIGHT. You should take the measurements and weigh yourself on the first day, day seven and day 15. Remember to always take these measurements the first thing in the morning after you use the bathroom, but before you eat. This is the most consistent time to measure. GET BEFORE Photos. You'll also want to take your progress photos first thing in the morning (just like your measurements and weight). Make sure you follow the progress pic tips. BEFORE YOU START 12 13 Page 3 Taking your measurements and weighing yourself at a consistent time, at regular intervals will help you see exactly what changes are happening with your body. We know how important it is to see progress, it can be the difference between quitting and getting results, so don't miss this step. Remember to weigh in on the first thing in the morning after using the bathroom but before eating. Also, make sure that half your point weighs in is the morning of your reward meal. BEFORE AND AFTER PIC TIPS: • Find a place in your home with good natural light to your photos. • Wear the same thing in before and after photos. • Try to be consistent with lighting in both sets of images. • Stand at the same distance from the camera in both sets of images. • Make sure your full body fills the frame of the photo - in other words, don't be too far from the camera or won't see your progress. • Wear a sports bra and shorts if you are comfortable, as most of your body can see, see, more progress you'll see. MONITORING YOUR PROGRESS 14 15 Page 4 HOW TO TENTE FINAL MEASURES: THORAX Region of the chest/breast in the nipple line MIDDLE Circumference of the waist at the smallest point - usually an inch or two under the ribs GLUTIA Region of buttocks / hip around the fullest part of the buttocks THIGH Circumference of the right thigh around the fuller part CALF Region of the right calf around the fuller arm arm circumference of the right arm halfway between the shoulder and elbow YOUR MEASURES Fill these diagrams with you before and after measurements. Take them at the same time as you do your morning weigh in. Day 1 Day 15 Chest Middle Buttocks Right Thigh Right Calf Right Hand Day 1 Day 7 Day 15 Weight 16 17 Page 5 After the Carbohydrate Cycling Program, there is a meal plan for flush days and three meal plans to choose from for moderate DAYs. You can choose any moderate day meal plan you would like but you can't choose and choose different meals from different days. You must follow the whole day meal schedule. Macronuents and calorie totals for each moderate day plan are about the same but if you swap out meals from different days you will change macros for the day and could thus prevent your weight loss. Pick a meal plan and stick to it for the day. You don't have to try every meal plan. If there's someone you love, you can keep it all the time. We'll start and finish the program with two DAYS OF FLOS. You must also follow the FLUSH DAY guidelines for best results. The average eleven days will be your moderate days. You are allowed a treat meal on day 6, 7 or 8 IF you have followed the plan exactly as described through the first week. This Treat meal may be anything you're craving, but it should be below 600 calories. CARB PROGRAM: Day 1: Transition Start Day 2: Transition Start Day 3: Moderate Day 4: Moderate Day 5: Moderate Day 6: Moderate Day 7: Moderate Day 7: Moderate Day + Treating Meal Day 8: Moderate Day 9: Moderate Day 10: Moderate Day 10: Moderate Day Day 1 1: Moderate Day Day 12: Moderate Day 13: Moderate Day 14: Flush Day Day 15: Flush Day CARB CYCLING 18 19 Page 6 JUMP START Guidelines / FLUSH DAY Guidelines • No diet drinks, fizzy drinks or sugar-free cordials. You can flavor your water with lemon or lime. • Drink 4-4.5 liters per day. • Eat all the food in the plan. • Use only natural sweetener if necessary. • No BLT's (bites, licks, flavors) Anything that's not in the plan. • You are allowed unlimited amounts of vegetables below: FULL GREENS BROCCOLI BROCCOLI CABBAGE CAULIFLOWER CELERY ONIONS AGOURI COLOKYTH MEASURES CARB DAY INSTRUCTIONS • Drink 4 liters of water a day • Eat ALL the food in the plan. • Use only natural sweetener if necessary. • No BLT's (bites, licks, flavors) from anything off the plan. • You are allowed to amounts of vegetables below: LEAFY GREENS ASPARAGUS PEPPER BROCCOLI CABBAGE CAULIFLOWER CELERY CUCUMBER EGGPLANT FENNEL MUSHROOM CUCUMBER PUMPKIN COURGETTE IMPORTANT NOTES: If you don't work out in the morning, see the section in FAQ about workout times and adjusting your meals. When we recommend using a specific flavor 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 it is calorie-free in order to stick to the plan. Almost any meal can be taken on the go if you have Tupperware. Yes, you can really ear your food cold! You will need kitchen scales for accurate food measurements. Make sure you follow the recipes in the section of your brochure, as they are specific to your meal plan. 20 21 Page 7 WHAT IS JUMPSTART & FLUSH DAYS?: You will see that the 15 Day Fit Body Challenge consists of start days and rinse days, which are designed to facilitate your goals. You may find that you lose a few pounds every time you do a set of flush days. Days 1, 2, 14 and 15 will all be flush days, but we refer to days 1 and 2 as your 'jumpstart days' as they could jumpstart your fat loss and get you prepared for fat burning. You will notice that these days they are very low in carbohydrates and you will drink a lot of water. The purpose of these days is to give your body a good flush by completely cleaning your dietary choices and using the most natural diuretic in the world - water. The fitness industry may be full of confusing information and false claims, but we believe in making your fitness journey as simple as possible by insisting on clean food, drinking water and pushing yourself into the gym. JUMPSTART & FLUSH DAYS POSSIBLE SIDE EFFECTS: • Many excursions to the bathroom. • Low energy due to the drop in carbohydrates and sugars compared to what can be used. • Head pains, body arses, and possibly some dizziness or nausea due to low electrolyte levels (see tips on the next page on how to fix this). • Loss of excess water weight • Smoother body • A stream of positive comments on your new body TIPS: To use water as a diuretic, you need to drink a lot of it – about 4 liters a day. When you drink so much water, you may feel a little dizzy, itchy, weak or nauseous. This is very common and has a simple fix – just add a little more salt to your food. When you increase your water as you risk watering your electrolyte levels. adding a little more salt than you're used to doing and you'll feel a lot better. After you complete these two days 'flush/jumpstart', you will be able to move on to moderate carbohydrate days where you can look forward to foods like pancakes, potatoes and rice. 22 23 Page 8 In the middle of the 15 day program you will get a Treatment Treatment if you have in the plan 100% up to that point. HERE ARE SOME LINES FOR THE TRANSFER SERIES: Your meal treatment should replace one of the meals in your plan. If you don't feel like you need it or feel like you haven't stuck to the design as well as you should have/could have - don't take it. You don't have to get this meal treatment if you don't want it. You can have what you want as long as it's below 600 calories. So if you want dessert, have some. If you want pizza or a burger or ice cream, treat yourself. BUT, DO YOUR RESEARCH Get an accurate calorie count and make sure you don't go over 600 calories. One more thing about your meal treat - and it's important. I want you to weigh halfway through the program. I want you to time your breakfast. It is common for your weight to increase shortly after a meal treatment because of the extra carbohydrates and sodium. This is not biggie and your weight will fall back down. But we want an accurate halfway mark weigh-in so if your treatment meal is scheduled for Sunday dinner, weigh in on Sunday morning. TREAT MEAL 24 25 Page 9 WHAT TO EAT AND WHEN: FLUSH & JUMP START PRICES For flush & jump start days, move your meals before and after your workout, regardless of the time of day. You can make the rest of your meals in any order you want. WHAT TO EAT AND NEVER: DOWN CARB DAYS Based on training, adjust your meals for moderate carbohydrate days as follows. MOVIE DRAFT VERY EARLY MORNING TRAININGS: (without pre-workout) WORKOUT Lunch 2 Lunch 1 Meal 3 Lunch 4 Lunch 5 Lunch 6 a.m. WORKOUT: Lunch 1 WORKOUT Meal 2 Lunch 3 Lunch 4 Lunch 5 Lunch 6 MID DAY WORKOUT: Lunch 6 Meal 3 WORKOUT Meal 2 Lunch 4 Lunch 5 Lunch 6 AFTERNOON TRAINING: Lunch 1 Meal 3 Lunch 4 Workout Meal 2 Lunch 6 Early EVENING WORKOUT: Lunch 1 Meal 6 Lunch 3 Lunch 4 WORKOUT Meal 2 Lunch 5 AFTER DINNER WORKOUT: Lunch 1 Meal 6 Lunch 5 Lunch 4 Lunch 3 WORKOUT Lunch 2 26 27 Page 1 10 FLUSH DAY Meal 1 Pre-workout Banana Protein Shake Page 36 Meal 2 After Workout Strawberry Protein Shake Page 37 Meal 3 Snack Omelette Page 58 Meal 4 Meal Chicken Salad with Garlic & Lime Dressing Page 42 Meal 5 Meal Steak Salad with Vegetables Page 43 Meal 6 Sweet Chocolate & Peanut Butter Protein Fudge Page 60 MODERATE CARB DAY 1 Meal 1 Pre-workout Fluffy Oatmeal Pancakes Page 45 Lunch 2 After Workout Blueberry & Honey Protein Shake Page 39 Meal 3 Chicken Meal & Sweet Potato Potatoes Page 46 Meal 4 Meal Turkey Snack Wraps Page 48 Meal 5 Meal Ginger Glazed Fish Page 49 Meal 6 Sweet Chocolate Chocolate Fudge Page 611 PROGRAM OVERVIEW OF GENERAL REPORT page 19 28 29 Page 11 DAY 2 MODERATE CARB DAY 2 Lunch 1 Pre-workout Protein Shake & Rice Cake Page 38 Meal 2 After Workout Raspberry Cheesecake Shake Page 40 Meal 3 Meal Pulled Piri Chicken Page 50 Meal 4 Apple Snacks & Egg Snacks Page 58 Meal 5 Meal Steak Salad with Vegetables Page 53 Meal Meal Sweet Maple Nut Fudge Page 62 MODERATE CARB DAY 3 Lunch 1 Pre-workout Omelette & Cereal Side Dish Page 54 Meal 2 After Workout Protein Shake & Rice Cake Page 3 Meal 3 Meal Chicken Tacos with Honey & Lime Dressing Page 5 6 Meal 4 Snacks No Bake Cookie Protein Bar Page 63 Meal 5 Meal Honey Chicken Stir Fry Page 55 Meal 6 Sweet Protein Melting Cake Page 64 MEAL PROGRAMS OVERVIEW 30 31 Page 12 MODERATE Page 12 CARB DAY 4 Meal 1 Pre-workout Fluffy Oatmeal Pancakes Page 45 Meal 2 After Workout Protein Shake Page 41 Meal 3 Chicken Meal & Sweet Potato Fries Page 46 Meal 4 Lunch Turkey Snack Wrap Page 48 Meal 5 Meal Ginger Glazed Fish Page 49 Meal 6 Sweet Chocolate Coconut Fudge Page 61 MODERATE CARB DAY 5 Meal 1 Pre-Workout Protein Shake & Rice Cake Page 41 Meal 2 After Workout Raspberry Cheesecake Protein Shake Page 40 Lunch 3 Lunch Pulled Piri Piri Chicken Page 50 Meal 4 Snacks Apple & Egg Snack Page 5 Lunch 5 Meal Steak Salad with Vegetables Page 53 Meal 6 Sweet Maple Nut Fudge Page 62 MEAL PROGRAM OVERVIEW 32 33 Page 13 This section will detail all your meal plans for the next 15 days. The food measurements in each recipe have been divided by weight category. Make sure you follow the right one for your weight to ensure proper portion control. Good meal prepping! WATCH OUT FOR YOUR BARIUM CATEGORY FROM THE PICTURES BELOW FOOD BELOW MEAL PLAN 34 35 Page 14 Shake the ingredients shakes the banana protein: METHOD: • Mix all ingredients with ice in a refreshing smoothie. • Try using a frozen banana to make it extra creamy.. Ideal Lean Protein - 25g 30g 35g Banana 60g - - - Sugar-free almond milk 235ml - - - - SHAKE STRAWBERRY PROTEIN MOVEMENT INGREDIENTS: METHOD: • Mix all ingredients with ice in a smoothie. • Try adding 1 teaspoon of lime juice for a refreshing twist. Ideal Lean Protein - 25g 30g 35g Diced Strawberries 75g - - - Uninterested Almond Milk 235ml - - - 36 37 Page 15 Shake PROTEIN SHAKE & RIZE CAKES INGREDIENTS: METHOD: • Blend Ideal Lean Protein and almond milk and enjoy rice cakes on the side Ideal Lean Protein - 25g 30g 35g Sugar-free almond milk 235ml - - Rice Cake 2 - - - - - SHAKE BLUEBERRY & HONEY PROTEIN SHAKE INGREDIENTS : METHOD: • Mix all ingredients with ice in a smoothie. Ideal Lean Protein - 25g 30g 35g Frozen Blueberries - 120g 150g 150g Sugar-Free Almond Milk 235ml - - - Honey 1 tsp sweet - - - Ice 1 cup - - - 38 39 Page 16 POST-WORKOUT RASCAME CHEESECAKE PROTEIN MOVEMENT INGREDIENTS: METHOD: • Blend all ingredients into a blender. • 1 biscuit on top Ideal Lean Protein - 25g 30g 35g Sugar-free almond milk 235ml - - - - Low Fat Digestive Biscuits 4 - - - Frozen Raspberries 60g - - - Fat Free Cream 30g - - - Ice 1 cup - - - - POST-WORKOUT PROTEIN SHAKE & RICE CAKE INGREDIENTS: METHOD: • Blend Ideal Lean Protein and almond milk and enjoy rice cake on the side Ideal Lean Protein - 25g 30g 35g Sugar-free almond milk 235ml - - - - Rice Cake 2 - - - 40 41 Page 17 CHICKEN SALAD WITH GARLIC & LIME DRESSING INGREDIENTS: METHOD: • Combine all marinade ingredients. • Put 2 teaspoons of marinade aside to use as a sauce. Marinate the chicken breast for at least 30 minutes. • Bake the chicken until evenly cooked. Fill the salad with chicken, avocado and sauce. Chicken breast - 115g 115g 140g Avocado - 45g 45g Romaine lettuce - - - - METHOD: • Beat all ingredients together in a bowl, or mix in a zipper freezer bag for an even easier way to marinate your chicken Reduced Soy Sauce Salt 3 tablespoons Lime Juice 1 tablespoon Worcestershire Sauce 2 tablespoons garlic clove 1 mustard powder 1/2 teaspoon black pepper 1/2 teaspoon garlic & lime dressing: MEAL STEAK SALAD WITH VEGETABLES FLUSH DAY INGREDIENTS: • Season of steak with salt & pepper. • Grill according to your preferences. • Fill the salad with steak, vegetables and sauce. Steak fillet - 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 Pinch LATIN AND VINEGAR DRESSING: 42 43 Page 18 MEAL FLUFFY LATAKIA BACKGROUND: METHOD: • Grind oats, IdealLean, spices, baking powder, soda & sweetener (if using) in blender until it's like powder. Pour into a separate bowl. Mix the egg whites at medium speed in the blender for about 30 seconds. Add the banana and stir again for 30 seconds. Add the dry ingredients to the blender and mix. Pour into a preheated pan and cook like pancakes. Fill with sugar-free syrup if necessary. Egg Whites - 80ml - 1 1 - 2 2 Oats - 25g 40g 40g IdealLean (Scoop) 1/2 - - Banana 1/2 - - - Baking Soda 1/4 - - Baking Powder 1/4 - - Cinnamon 1/4 - - Ginger 1/8 - - - Nutmeg 1/8 - - Natural Sweetener 1 - - - Splash Vanilla Splash - - - - - - - 44 45 Page 19 LOOKED COTOPOULOS WITH SWEET POTATO FREE INGREDIENTS: METHOD: • Cut the chicken into strips and season with sea salt and pepper, then grill. • Meanwhile, cut the sweet potato into thin strips and cut it into olive oil. Season with 1/8 teaspoon garlic, 1/8 teaspoon paprika, 1/8 teaspoon salt and 1/8 teaspoon pepper. • Line a baking pan with foil and spray with non-stick cooking spray. • Spread the sweet potato potatoes on foil and bake at 230 degrees for 30 minutes or until fishy and crisp. • If you have time, soak your sweet potato potatoes in water for 30 minutes - 2 hours before seasoning and baking to that they bake until 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 tsp - - Pepper 1/8 teaspoon - - - 46 47 Page 20 TURKEY MARK SNACK WRAP INGREDIENTS: METHOD: • Make a snack wrapper by rolling up the turkey and avocado in the tortilla. • You can even wrap it in cling film and throw it in a small cooler bag Take me on the go. Wholemeal tortilla 1 - - - Turkey - 70g 85g Avocado 25g - - - - FISH GYROKALYFLIDOS WORK: METHOD: • Place the fish in a baking pan with the marinade and season with salt and pepper. Cover and marinate for 30 minutes or more. • Heat the oil with pine nuts in a frying pan over medium-high heat. • Fry the fish for 4-6 minutes on each side, turning once until easily peeled. • You can also cook the fish on the barbecue until you are cooked. • Pour the remaining marinade into a pan and heat to boil to make the icing. Spray 1 teaspoon of icing and sprinkle pecans over fish and vegetables. Preferred White Fish 85g - - - Pecan 12g - - - Add any salad / Vegetables - - - - METHOD: • Mix all ingredients in a small bowl and you have your icing sauce. Honey 3 tbsp balsamic vinegar 3 tbsp low sodium soy sauce 3 tbsp Ground Ginger 1/4 tbsp GINGER GLAZE DRESSING: 48 49 Page 21 MEAL PULLED PIRI PPI CHIEUM INGREDIENTS: METHOD: • Make a batch of Piri Piri Chicken that you can portion out. • Put 4 chicken breasts in a slow cooker and top with 1 sachet of piri piri herbs and 125ml piri piri sauce. • Cook on a low cook for 4-5 hours. Pull the chicken into strips. • Add more sauce if needed and cook for another hour or so. Weigh your portion after cooking. Chicken breast 85g - - - Piri Piri Spice Mix 1/4 - - - Piri Piri Sauce (Nandos or other) 1/4 - - - PLEASE NOTE This if for a meal, we recommend you make a batch. See the recipe below. 50 51 Page 22 STEAK SALAD WITH LACHANIC INGREDIENTS: METHOD: • Salt, pepper and mustard ground to taste • Grill according to your preferences. • Any salad or vegetables from the approved list. Steak fillet - 70g 85g 85g 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 pinch of oil and vinegar DRESSING: 52 53 Page 23 LUNCH OMELETTE & SIDE DISHES: METHOD: • Make omelette from egg whites. In a separate bowl, add the milk to the cereals. Eat in whatever order you prefer. Egg whites - 120ml 3/4 3/4 Unsweetened almond milk 120ml - - - Plain Cheerios 35mg - - - MEAL 54 55 COULI COUTO RE-INGREDIENTS: METHOD: • Heat a pan over medium heat with 1 teaspoon coconut oil. • Add the chicken and sauté until almost cooked through. • Add any vegetables you want. We love to add onion, peppers, celery and zucchini. • When the chicken and vegetables are almost finished top with honey and season to try. Chicken 85g - - - Coconut oil 1 teaspoon - - Honey 1 teaspoon - - Add any salad / Vegetables Page 24 LUNCH 56 57 CHICKEN TACOS WITH HONEY & LIME DRESSING INGREDIENTS: METHOD: • Make two chicken tacos with thin slices of cabbage and one serving of honey lime sauce and chicken. • Do not fry the tortillas! You can cook them or heat them in a pan heated with stick cooking spray. Corn tortillas 2 - - - Chicken 85g - - - Cabbage, Thin Slices METHOD: • Mix all the ingredients in a small bowl and you have your icing sauce! Mayo 1 tbsp Mustard 1 tbsp Honey 1 tbsp Lime Juice 1/2 tbsp Ginger Pinch HONEY LIME DRESSING: Page 25 SNACK OMELETTE & VEGGIES INGREDIENTS: METHOD: • Try mixing egg whites with chopped broccoli and zucchini to add more volume to this meal. Whole egg - 1 2 2 egg whites - 175ml 1 cup 1 cup APPLE SNACK & EGG SNACK INGREDIENTS: METHOD: • Boil an egg to your liking and enjoy. Eat both egg and apple as a snack Hard Boiled Egg 1 - - Apple 250g - - - - 58 59 Page 26 SWEET SOCOLATE PHYSTICFI PROTEIN FONTAN SOCOLATE ZACHARIA: INGREDIENTS: METHOD: • Mix together protein powder, 1 teaspoon cocoa and sweetener (if using). Add 1 1/2 - 2 tablespoons water, half a teaspoon at a time until you have a thick but stir-in consistency. • Pour half the batter into a small bowl. Lay the peanut butter over the protein batter. • Fill with the remaining protein batter, freeze for about 2 hours • Defrost for 20 minutes before eating. METHOD: • Mix together Ideal Lean Protein coconut oil, 1/4 teaspoon cocoa, and sweetener to taste. • Add 1-2 teaspoons of water 1/2 teaspoon at a time until the cake is consistent. Freeze for 2 hours. • Defrost for 20 minutes before eating Chocolate Ideal Lean Protein - 25g 30g 35g Peanut Butter - 16g 16g 24g Cocoa Powder 1 tbsp soup - - - Chocolate Ideal Lean Protein 25g - - - Melted coconut oil 11/2tbsp - - - Cocoa Powder 1/4 tbsp - - - SWEET 60 61 61

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