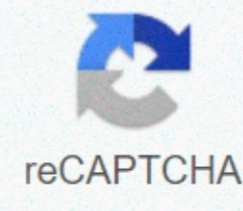




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Ideal fit 15 day challenge day 2

According to New Year's resolutions, I've decided to give the challenge a go. My bestie came to me with the idea of this 15 day challenge that Trainer Lindsey from IdealFit has presented to women. There's a meal plan for those 15 days, depending on your weight, which you have to follow almost directly, and there are workouts related to days 1-15, with a break in the middle. How hard can it be? I was able to download a meal plan, food you can and can't have, and a workout list, and it's kind of hard! Well, planning is difficult. The first two and last two days of food are the same. Eating planning is pretty simple for those first 2 days, you just have to figure out what you need for those two days, and cook enough day one to last you through day 2. Then it gets tough... There are 3 different meals for the other 11 days that you can choose from. As long as you eat these foods, breakfast with dessert, in these 11 days, you will be fine. Now, with meal planning and prep, My friend and I decided to do 3 days for one meal plan, 4 days for another, and 4 days for another. Then we can prep food for 4 days, the day before. It's work. And science, converting grams of oz, and oz into pounds. I went through the whole plan and figured out a list of groceries that will get me through 2 weeks. Here's that list > Groceries Ideal 15 I spent about \$40 on chicken, greens, and veggies and berries, \$8 on corn tortillas, cereal and rice cakes, and \$10 I gave my friend for breaking things up with me. I also spent \$10 on a pound top sirloin. I also buy all organic! The only thing I have left to get is another steak on day 10-13. I already had vanilla protein powder, and she gave me cups of chocolate protein that she had for some meals. That's about \$68 for 2 weeks. And with the extra steak I'll get, it's about \$78 in total. So \$40 a week? Not bad! We also found a calendar that you can edit to keep track of meals, and I've edited it in your plan. Here's the document! -> 15 Day Fit Body Challenge Meal Plan Calendar I also made a prep list of what to do for which days so I can prep meals in advance and just grab them from the refrigerator. Especially since I'll be eating 2 of my 6 meals at work! Ideal 15 Prep List Sign Up Here! I think the real challenge here will be drinking a recommended gallon of water a day... It's hard enough to drink 64 oz that I try to drink daily. I know it's only 15 days and I can't wait for drastic results, but with high protein, lots of veggies, and a low carb food plan, it will help me eat better, plan ahead, and jump start my fitness routine. I wish me good luck! According to New Year's resolutions, I've decided to give the challenge a go. My bestie came to me with on this 15 day challenge that Trainer Lindsey from submitted to women. There's a meal plan for those 15 days, depending on your weight, which you have to follow almost directly, and there are workouts related to days 1-15, with a break in the middle. How hard can it be? I was able to download a meal plan, food you can and can't have, and a workout list, and it's kind of hard! Well, planning is difficult. The first two and last two days of food are the same. Eating planning is pretty simple for those first 2 days, you just have to figure out what you need for those two days, and cook enough day one to last you through day 2. Then it gets tough... There are 3 different meals for the other 11 days that you can choose from. As long as you eat these foods, breakfast with dessert, in these 11 days, you will be fine. Now, with meal planning and prep, My friend and I decided to do 3 days for one meal plan, 4 days for another, and 4 days for another. Then we can prep food for 4 days, the day before. It's work. 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A system that ne_tikai fuel your but also fuel your mind to motivate you likenever before so you will feel strong and confident all day until you reach your weight loss goals! TAKE CHALLENGE Our completely unique carb cycling strategy will lose you more fat, faster than you thought, probably in just 15 days! We also give you tasty recipes that you are going to love so you even miss the foods you ate before! So what sets thisfit body challenge apart from everyone else is that it is a complete system. A system that will not only fuel your body, but also fuel your mind to motivate you likenever before so you will feel strong and confident all day until you reach your weight loss goals! TAKE CHALLENGE At Idealfit we are familiar with our line of amazing 15 day challenges. We couldn't be more excited to introduce the latest addition to our challenging family IdealFit 15 day Twerk Challenge! This challenge has been three years in the making and was developed and perfected by one of the world's fore-body figures for twerking. The 15-day Twerk Challenge, complete with exercises and meal plans, provides everything you need to optimize your twerk game and take advantage of your fitness for the next level! This exciting challenge will give you the tools you need to perfect your twerking game while solving some of the most common problems faced by women today. The #1 – Feeling uncomfortable Twerking at Get-Togethers Do you ever show up at get-togethers or parties and wish you could split it down on the dancefloor? Do you want you to feel comfortable enough in your twerking ability to jump in the middle of a circle and show off your moves? If you feel like this, don't worry. You're definitely not alone! The #2 – No Mobility Limited's flexibility in your hips and booty can be the main bummer. It can hold you back from living an active lifestyle and keep you from twerking to the best of your abilities! Waking up every day with limited booty mobility is not the way to live your life. But the good news is that this is something you have control over! The #3 – Having Trouble Growing Peach-shaped Booty Are you working to create this perfect peach for every woman chasing after while struggling to see any growth? Have you trained using other dance moves until you're completely exhausted but haven't yet seen the results you're looking for? If you find yourself thinking that there must be a better way, then read on! Problem #4 - Feeling Like You've Hit a Plateau Have you stopped seeing gains from your regular booty workout regimen? If you've been doing the same exercises over and over, your booty has been on you so far. These booty muscles know to drill and they've certainly adapted to your routine, which is a sure sign that it is time to switch things up! Ultimate Solution: IdealFit 15 Day Twerk Challenge At IdealFit We Put Together ULTIMATE 15 Day Day Challenge to solve all these problems mentioned above, and more! No more need to feel like you can't bust out a twerk or 2 of your get-togethers. You will learn all you need to know about twerking: from basics to professional skills. Don't you have the mobility you've always wanted? Do not worry! This 15 day twerking challenge will help you get the feeling of 4 Twerk levels – From the basics to the Pro You can do with minimal equipment Twerk workout video to follow along with the Complete twerking diet plan click here to go to the 15 Day Twerk Challenge and Sign Up Today! JANUARY SALE IS LIVE! UP TO 55% OFF + EXTRA 10% OFF WITH CODE: JAN10 If you're ready to push yourself and see results quickly, join IdealFit's 15 day Fit Body Challenge! You can burn fat, tone lean muscle, lose pounds and inches & get FIT! Join today and ready to be surprised at what you can do in just 15 days! VIEW CHALLENGE Beat boredom, burn fat and become a total knockout with Coach Kaytlin's free 15-day Knockout Fitness Challenge. As a personal trainer and MMA fighter, Kaytlin knows what it takes to overcome obstacles and be your best self. You will get MMA-style workouts, customizable meal plans, training and support from Kaytlin. Getting together a knockout has never been so much fun! VIEW CHALLENGE Learn the fitness model diet, exercise, and attitude when you join Karina Elle's Karina Elle's 15 day Fit Model Fitness Challenge. In this challenge Karina shares her secrets to burning fat, getting toned, and feeling confident. Join the 15-day Fit Model Fitness Challenge to burn fat and build fitness model confidence! SEE CHALLENGE CHALLENGE

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