OVERVIEW

MY STORY

NUTRITION GUIDES:

WOMEN UNDER 140 lbs

WOMEN 140-190 lbs

WOMEN OVER 190 lbs

MEN UNDER 250 lbs

MEN OVER 250 lbs
Welcome to the IdealShape Up Challenge!

Lindsey here, I hope you’re ready to transform the way you look and feel! I’m here to help you through the entire process. During this program you will:

- Lose Weight by Burning Fat
- Tone Up by Sculpting Muscle
- Build Confidence With Results
- Clean Up Your Diet For Effective Nutrition
- Learn New Exercises That Work
- Have FUN Getting Your Sweat On!
Workouts and Meal Plans

The workouts will be quick and tough. But completely worth it! I set up the workouts in my signature circuit training technique, to help you lose fat and reach your goals. If done the right way, you will see results! Trust me, I’ve been using this technique for over a decade.

Workouts are only part of the equation. Let’s talk about proper nutrition. Cleaning up your diet is made easy through the meal plans in this book. You’ll know exactly what and when to eat, in order to reach your goals, lose fat and get healthy. The meal plans are simple to follow, easy to prepare and will leave you feeling full and satisfied.

Healthy weight loss is between 1 and 3 lbs per week and by following this 12 week program (exactly as laid out) you can expect to lose 6-12 lbs.

You’ll feel more confident and happier in your skin!
Let Me Tell You My Story

I want you to know that I’m just like you! I’m a busy, working mom to three little kids. I know how hard it is to plan and budget your time in order to fit in daily workouts and meal planning.

I spent years working out at the gym, BUT because I couldn’t get my nutrition in line with my goals I wasn’t seeing any results from all my hard work! I didn’t know how important both exercise AND nutrition were for weight loss.

During the time that I had my kids, I developed a major BLT problem! This doesn’t mean I chowed down on Bacon, Lettuce and Tomato sandwiches... No. I had “bites, licks and tastes" of anything and everything.

I tried the cereal that I was pouring into my kids bowls in the morning. I licked the peanut butter off the knife when I made their sandwiches at lunch. I finished the food they didn’t eat at dinner. The list could go on and on! I felt like I was “doing everything" to lose the weight, and I honestly thought I had “tried everything".

It wasn’t until years later that I finally learned that, not only did I need to do the right kind of workouts, I also needed to eat enough good food (instead of starving myself on low calories). After that realization, I was able to consistently stick to an exercise and nutrition plan over the long-term and totally change my habits.
When I combined the right nutrition with the right workouts, my body evolved. Since then, I have competed in six figure competitions in the last two years, winning two overall figure titles and placing in the top 15 nationally.

Using the techniques that I've perfected through years of trial and error, I help my clients change their bodies too.

When you can master your nutrition and put in the work with the right kind of exercise, you can transform your body in ways you never thought possible AND create your ideal shape.

So, let's get started!
Creating Your Meal Plan

For your meal plans, I’ve given you multiple options for each category. Mix and match the following meal options to create your very own, personalized daily meal plan.

Pick one recipe from each meal category to create endless meal plans.
Chocolate Banana
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
1 banana
Ice cubes

Key Lime Pie
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 T. lime juice
1 low fat graham cracker*
Ice cubes

*Graham cracker subs for the fruit in your breakfast shake
Salted Caramel Pumpkin Latte
1 scoop Mocha or Vanilla IdealShake
½ c. coffee, cooled
½ c. unsweet almond milk
2 T. canned pumpkin
½ banana
1-2 T. sugar free Torani Salted Caramel Syrup
Pinch of sea salt
Ice cubes

Candybar
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
2 T. PB2 peanut butter powder
(in place of fruit in template)
1 t. cocoa powder
2 t. sugar free caramel syrup
Ice cubes
Raspberry Cheesecake
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
½ c. frozen/fresh raspberries
1 graham cracker square
½ oz. dark chocolate*
2 T. cottage cheese
Ice cubes

*Dark chocolate can be sprinkled over the top or blended in

Calorie Goal:
Choose one of these delicious breakfast smoothies, or if you have your own great recipe look to eat around 250 calories.
Apple Swiss Rice Cakes
- 2 wedges light Laughing Cow cheese
- ½ small granny smith apple, thinly sliced
- 1 lightly salted rice cake

*Spread the cheese over the rice cake and top with apple slices

Calorie Goal:
These morning snack recipes are interchangeable with your afternoon snack options. If you would like to create your own snack, shoot for around 150 calories.
Peachy Greens
1 scoop Vanilla IdealShake
½ c. water
½ c. orange juice
½ peach, pitted
⅓ avocado
1 c. spinach
Ice cubes

Honey Nut
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
2 T. PB2 peanut butter powder
1 t. honey
1 T. almond butter
Ice cubes
Chocolate Peanut Butter Cup
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
2 T. PB2 peanut butter powder
1 T. peanut butter
Ice cubes

Berries n Cream
1 scoop Strawberry IdealShake
1 c. unsweetened almond milk
½ c. frozen raspberries
½ c. frozen strawberries
2 T. sugar free french vanilla creamer
1 T. fat free sugar free vanilla pudding mix
2 T. flax seeds
Ice cubes
The Butter-Finger
1 scoop Chocolate IdealShake
1 c. Hood Carb Countdown Chocolate milk
1 T. peanut butter
1 T. sugar free fat free butter-scotch pudding powder
¼ c. oats
½ T. unsweetened cocoa
Sweetener to taste
Ice cubes

Calorie Goal:
If you don’t have access to a blender for lunchtime, that’s ok! Just mix up your IdealShake in a shaker bottle and eat the other ingredients on the side. If you would like to use your own recipe shoot for around 325 calories.
**Tuna “Sandwich”**
- 3 oz. tuna
- ½ T. light mayo
- 1 lightly salted rice cake

*Mix tuna and mayo and spread over the rice cake*

**Turkey Sandwich**
- 1 slice low carb 45 calorie Sara Lee bread
- 3 oz. turkey
- ½ T. light mayo
- Lettuce, tomato, onion

*Make a half turkey sandwich and add lettuce, tomato and onion*

**Fruit and Jerky**
- 1 plum
- 1oz. beef jerky

**Cheesy Rice Cake Snack**
- 1 cheddar rice cake
- ½ c. low fat cottage cheese

*Top the rice cake with cottage cheese*

**Coconut Cream Pie**
- 1 container Coconut Dannon Light & Fit Greek yogurt
- 1 low fat graham cracker, crumbled

*Stir graham cracker crumbs into yogurt*

**Calorie Goal:**
These afternoon snack recipes are interchangeable with your morning snack options. BONUS: The IdealBar is a great on-the-go snack for a busy afternoon. If you would like to create your own snack, shoot for around 150 calories.
Beef and Broccoli Stir Fry
3 oz. lean beef such as top sirloin, flank or London Broil, sliced into thin slices
½ t. minced garlic
¼ t. ginger
½ T. light soy sauce
1 c. broccoli
1 t. coconut oil
2 T. water
6 T. beef broth
½ T. cornstarch
¼ c. bean sprouts, optional
1 T. peanuts, chopped

1. Combine beef, garlic, ginger and soy sauce in a bowl and let stand.

2. Wash broccoli thoroughly and cut into florets.

3. Heat 1 t. oil in a nonstick skillet over high heat, add broccoli and stir fry for 2 minutes. Add water and stir until the water evaporates. Move broccoli to a separate bowl.

4. Heat remaining 2 t. oil, and add beef mixture. Stir fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir fry until sauce is thickened, about 3 more minutes.

5. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 more minutes.

6. Top with 1 T. chopped peanuts and enjoy!
Maple Chicken Salad

Salad:
3 oz. chicken, cooked and cut into strips
Romaine Lettuce
Red onion, thinly sliced
5 large strawberries
½ oz. swiss cheese, shredded
1 slice turkey bacon, cooked and crumbled

Dressing:
1 t. extra virgin olive oil
1 T. vinegar
1 t. light mayo
½ T. sugar free maple syrup
Stevia to taste, if needed

1. Combine dressing ingredients and allow to sit for 15-30 minutes in the fridge.
2. Meanwhile combine salad ingredients.
3. Toss salad in dressing and enjoy!
Low Carb Grilled Chicken Pizza

½ zucchini, thinly sliced
2 mushrooms, sliced
1 small corn tortilla (approx 50 cals)
2-3 T. tomato basil pizza sauce
1 oz. low fat mozzarella cheese
4 cherry tomatoes
4 oz. chicken, cooked and sliced
1 T. fresh basil, chopped

1. Preheat oven to 180 degrees.
2. Grill or roast zucchini and mushrooms until desired tenderness.* Transfer to a plate.
3. Place tortilla on a baking tray lined with foil. Spread sauce over tortilla and sprinkle with ½ oz. of cheese. Top with grilled veggies, tomatoes and chicken. Top with remaining cheese.
4. Bake for 12-15 minutes or until tortilla is crisp and cheese is melted. Sprinkle with basil and serve with a side salad.

*To grill veggies preheat gas grill over medium heat. Spray the veggies with spray butter or cooking spray and lightly salt them. Cook over low-med heat for approx 5-8 minutes or until desired tenderness is reached. To roast veggies preheat oven to 400 degrees and bake on a baking sheet for approx 20-25 minutes or until desired tenderness is reached. Then let oven cool before baking pizza.
Vegetable Beef Soup

4 oz. extra lean ground beef
¼ can (14.5 oz.) stewed tomatoes, undrained, cut up
¼ (14 oz.) can beef broth
¼ can (8 oz.) no salt added tomato sauce
1 c. frozen mixed veggies
¼ avocado

1. Brown ground beef and drain. In saucepan combine all ingredients and heat to boiling. Reduce heat to medium. Cover and cook 10-15 minutes, stirring occasionally until vegetables are tender. Top with avocado.
Creamy Crock Pot Chicken

3 oz. Chicken breast
¼ can cream of chicken soup
4 sliced mushrooms
½ garlic cloves, pressed
¼ t. Worcestershire sauce
¼ t. lemon juice
1 slice turkey bacon, cooked and crumbled
¼ t. vinegar
1 oz. cheddar cheese

1. Combine all ingredients except cheese and chicken breast in a mixing bowl and mix well.

2. Put chicken into a crockpot. Cover with soup mixture.

3. Cook on low 4-6 hours or until cooked through.

4. While still hot top with shredded cheese and allow to melt. Serve with steamed veggies.
Calorie Goal:
Dinner is a great time to mix things up. There's no reason to go hungry at night because you can load up on veggies. If you would like to use your own dinner recipe, aim to eat around 300 calories. Free veggies include: dark leafy greens, onions and fibrous veggies like broccoli.
Creating Your Meal Plan

For your meal plans, I’ve given you multiple options for each category. Mix and match the following meal options to create your very own, personalized daily meal plan.

Pick one recipe from each meal category to create endless meal plans.
Chocolate Banana
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
1 banana
¾ c. plain fat free Greek yogurt
Ice Cubes

Key Lime Pie
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 T. lime juice
1 low fat graham cracker*
½ c. low fat cottage cheese
Ice Cubes

*Graham cracker subs for the fruit in your breakfast shake
Salted Caramel Pumpkin Latte

1 scoop Mocha or Vanilla IdealShake
½ cup coffee, cooled
½ c. unswt almond milk
½ c. low fat cottage cheese
2T canned pumpkin
½ banana
1-2T sugar free Torani Salted Caramel Syrup
Pinch of sea salt
Ice Cubes

Candybar Shake

1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
½ c. low fat cottage cheese
2T PB2 peanut butter powder (in place of fruit in template)
1 t. cocoa powder
2 t. sugar free caramel syrup
Ice Cubes
Raspberry Cheesecake

1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 c. frozen/fresh raspberries
1 graham cracker square
½ oz dark chocolate*
2 T. cottage cheese
Ice cubes

*Dark chocolate can be sprinkled over the top or blended in

Calorie Goal:
Choose one of these delicious breakfast smoothies, or if you have your own great recipe look to eat around 375 calories.
Apple Swiss Rice Cakes
2 wedges light Laughing Cow cheese
½ small granny smith apple, thinly sliced
1 lightly salted rice cake
*Spread the cheese over the rice cake and top with apple slices

Cheese and Crackers
½ serving whole wheat crackers
1 string cheese

IdealBar

Berries ‘n’ Cream
½ c. low fat cottage cheese
½ c. strawberries
Cinnamon and stevia, to taste

*Stir berries into cottage cheese and top with cinnamon and stevia

Fruit and Eggs
¾ c. grapes
1 hardboiled egg

Calorie Goal:
These morning snack recipes are interchangeable with your afternoon snack options. If you would like to create your own snack, shoot for around 150 calories.
**Peachy Greens**

- 1 scoop Vanilla IdealShake
- ½ c. water
- ½ c. orange juice
- 1 peach, pitted
- ½ avocado
- 1 c. spinach
- Ice cubes

**Honey Nut**

- 1 scoop Vanilla IdealShake
- 1 c. unsweetened almond milk
- 3T PB2 peanut butter powder
- 1 T. honey
- 1 T. Almond butter
- Ice Cubes
Chocolate Peanut Butter Cup

1 scoop Chocolate IdealShake
1 c. unswt almond milk
4 T. PB2 peanut butter powder
1 T. Peanut butter
Ice Cubes

Berries n Cream

1 scoop Strawberry IdealShake
1 c. unswt almond milk
½ c. frozen raspberries
½ c. frozen strawberries
2 T. sugar free french vanilla creamer
1 T. fat free sugar free vanilla pudding mix
2 T. flax seeds
Ice Cubes
The Butter-Finger
1 scoop Chocolate IdealShake
1 c. Hood Carb Countdown Chocolate milk
1 T. peanut butter
1 T. sugar free fat free butterscotch pudding powder
½ c. oats
½ T. unsweetened cocoa
Sweetener to taste
Ice Cubes

Calorie Goal:
If you don’t have access to a blender for lunch-time, that’s ok! Just mix up your IdealShake in a shaker bottle and eat the other ingredients on the side. If you would like to use your own recipe shoot for around 425 calories.
**WOMEN 140 – 190**

**LUNCH SNACKS**

**Coconut Cream Pie**
1 container Coconut Dannon Light & Fit Greek yogurt
1 low fat graham cracker, crumbled

*Stir graham cracker crumbs into yogurt*

**Turkey Sandwich**
1 slice low carb 45 calorie Sara Lee bread
3 oz. turkey
½ T. light mayo
Lettuce, tomato, onion

*Make a half turkey sandwich and add lettuce, tomato and onion*

**Tuna “Sandwich”**
3 oz. tuna
½ T. light mayo
1 lightly salted rice cake

*Mix tuna and mayo and spread over the rice cake*

**Fruit and Jerky**
1 plum
1 oz. beef jerky

**Cheesy Rice Cake Snack**
1 cheddar rice cake
½ c. low fat cottage cheese
*Top the rice cake with cottage cheese*

**Calorie Goal:**
These afternoon snack recipes are interchangeable with your morning snack options. BONUS: The IdealBar is a great on-the-go snack for a busy afternoon. If you would like to create your own snack, shoot for around 150 calories.
Beef and Broccoli Stir Fry

3 oz lean beef such as Top Sirloin, Flank or London Broil, sliced into thin slices
½ t. minced garlic
¼ t. ginger
½ T. light soy sauce
1 c. broccoli
½ T. coconut oil
2 T. water
6 T. beef broth
½ T. cornstarch
¼ c. bean sprouts, optional
1 T. peanuts, chopped
½ c. brown rice, cooked

1. Combine beef, garlic, ginger and soy sauce in a bowl and let stand.

2. Wash broccoli thoroughly and cut into florets.

3. Heat 1 t. oil in a nonstick skillet over high heat, add broccoli and stir fry for 2 minutes. Add water and stir until the water evaporates. Move broccoli to a separate bowl.

4. Heat remaining 2 t. oil, and add beef mixture. Stir fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir fry until sauce is thickened, about 3 more minutes.

5. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 more minutes.

6. Top with 1 T. chopped peanuts, spread over ½ c. brown rice and enjoy!
Maple Chicken Salad

Salad:
4 oz. chicken, cooked and cut into strips
Romaine Lettuce
Red onion, thinly sliced
5 large strawberries
½ oz. swiss cheese, shredded
1 slice turkey bacon, cooked and crumbled
½ c. quinoa, cooked

Dressing:
1 t. extra virgin olive oil
1 T. vinegar
1 t. light mayo
½ T. sugar free maple syrup
Stevia to taste, if needed

1. Combine dressing ingredients and allow to sit for 15-30 minutes in the fridge.
2. Meanwhile combine salad ingredients.
3. Toss salad in dressing and enjoy!
Low Carb Grilled Chicken Pizza

1/2 zucchini, thinly sliced
2 mushrooms, sliced
1 pita or whole wheat tortilla (approx 100 calories)
2-3 T. tomato basil pizza sauce
1 1/2 oz. low fat mozzarella cheese
4 cherry tomatoes
4 oz. chicken, cooked and sliced
1 T. fresh basil, chopped

1. Preheat oven to 180 degrees.

2. Grill or roast zucchini and mushrooms until desired tenderness. * Transfer to a plate.

3. Place tortilla on a baking tray lined with foil. Spread sauce over tortilla and sprinkle with 1/2 oz of cheese. Top with grilled veggies, tomatoes and chicken. Top with remaining cheese.

4. Bake for 12-15 minutes or until tortilla is crisp and cheese is melted. Sprinkle with basil and serve with a side salad.

*To grill veggies preheat gas grill over medium heat. Spray the veggies with spray butter or cooking spray and lightly salt them. Cook over low-med heat for approx 5-8 minutes or until desired tenderness is reached. To roast veggies preheat oven to 400 degrees and bake on a baking sheet for approx 20-25 minutes or until desired tenderness is reached. Then let oven cool before baking pizza.
Vegetable, Beef and Barley Stew

4 oz. extra lean ground beef
¼ can (14.5 oz) stewed tomatoes, undrained, cut up
¼ (14 oz) can beef broth
¼ can (8 oz) no salt added tomato sauce
1 c. frozen mixed veggies
3 T. quick cooking barley
¼ avocado

1. Brown ground beef and drain. In saucepan combine all ingredients and heat to boiling. Reduce heat to medium. Cover and cook 10-15 minutes, stirring occasionally until vegetables and barley are tender. Top with avocado.
Creamy Crock Pot Chicken

3 oz. Chicken breast
½ can cream of chicken soup
4 Sliced mushrooms
½ garlic cloves, pressed
¼ t. worcestershire sauce
¼ t. lemon juice
1 slice turkey bacon, cooked and crumbled
¼ t. vinegar
1 oz. cheddar cheese
½ c. white rice, prepared

1. Combine all ingredients except cheese, rice and chicken breast in a mixing bowl and mix well.

2. Put chicken into a crockpot. Cover with soup mixture.

3. Cook on low 4-6 hours or until cooked through.

4. While still hot top with shredded cheese and allow to melt. Serve with ½ c. white rice and steamed veggies.
Calorie Goal:
Dinner is a great time to mix things up. There’s no reason to go hungry at night because you can load up on veggies. If you would like to use your own dinner recipe aim to eat around 400 calories. Free veggies include: dark leafy greens, onions and fibrous veggies like broccoli.
Creating Your Meal Plan

For your meal plans, I’ve given you multiple options for each category. Mix and match the following meal options to create your very own, personalized daily meal plan.

Pick one recipe from each meal category to create endless meal plans.
Creating Your Meal Plan

Chocolate Banana
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
1 banana
1 c. plain fat free Greek yogurt
Ice Cubes

Key Lime Pie
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 T. lime juice
1 low fat graham cracker*
¾ c. low fat cottage cheese
Ice Cubes

*Graham cracker subs for the fruit in your breakfast shake
Salted Caramel Pumpkin Latte

1 scoop Mocha or Vanilla IdealShake
½ cup coffee, cooled
½ c. unswt almond milk
¾ c. low fat cottage cheese
2T canned pumpkin
½ banana
1-2 T. sugar free Torani Salted Caramel Syrup
Pinch of sea salt
Ice Cubes

Candybar

1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
¾ c. low fat cottage cheese
2T PB2 peanut butter powder
(in place of fruit in template)
1 t. cocoa powder
2 t. sugar free caramel syrup
Ice Cubes
Calorie Goal:
Choose one of these delicious breakfast smoothies, or if you have your own great recipe look to eat around 400 calories.

Raspberry Cheesecake
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 c. frozen/fresh raspberries
1 graham cracker sheet
1 oz. dark chocolate*
2 T. cottage cheese
Ice cubes

*Dark chocolate can be sprinkled over the top or blended in
WOMEN OVER 190
BREAKFAST SNACKS

Apple Swiss Rice Cakes
2 wedges light Laughing Cow cheese
½ c. low fat cottage cheese
¼ small granny smith apple, thinly sliced
1 lightly salted rice cake
*Spread the cheese over the rice cake and top with apple slices

IdealBar

Berries ‘n’ Cream
¾ c. low fat cottage cheese
½ c. strawberries
cinnamon and stevia, to taste
*Stir berries into cottage cheese and top with cinnamon and stevia

Cheese and Crackers
½ serving whole wheat crackers
2 string cheese sticks

Fruit and Eggs
¾ c. grapes
2 hardboiled eggs

Calorie Goal:
These morning snack recipes are interchangeable with your afternoon snack options. If you would like to create your own snack, shoot for around 225 calories.
Peachy Greens

1 scoop Vanilla IdealShake
¾ c. orange juice
1 peach, pitted
¾ avocado
1 c. spinach
Ice cubes

Honey Nut

1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
3 T. PB2 peanut butter powder
1 T. honey
2 T. Almond butter
Ice Cubes
Chocolate Peanut Butter Cup
1 scoop Chocolate IdealShake
1 c. unswt almond milk
3 T. PB2 peanut butter powder
¼ c. oats
2 T. Peanut butter
Ice Cubes

Berries n Cream
1 scoop Strawberry IdealShake
1 c. unswt almond milk
½ c. frozen raspberries
½ c. frozen strawberries
2T. sugar free french vanilla creamer
1T. fat free sugar free vanilla pudding mix
¼ c. oats
2T. flax seeds
½ avocado
Ice Cubes
The Butter-Finger

1 scoop Chocolate IdealShake
1 c. Hood Carb Countdown chocolate milk
2 T. peanut butter
1 T. sugar free fat free butterscotch pudding powder
½ c. oats
½ T. unsweetened cocoa
Sweetener to taste
Ice Cubes

Calorie Goal:
If you don’t have access to a blender for lunchtime, that's ok! Just mix up your IdealShake in a shaker bottle and eat the other ingredients on the side. If you would like to use your own recipe shoot for around 500 calories.
Coconut Cream Pie
1 container Coconut Chobani Greek yogurt
1 low fat graham cracker, crumbled

*Stir graham cracker crumbs into yogurt

Tuna “Sandwich”
3 oz. tuna
1 hard boiled egg
½ T. light mayo
1 lightly salted rice cake

*Mix tuna and mayo and spread over the rice cake

Turkey Sandwich
1 slice low carb 45 calorie Sara Lee bread
3 oz. turkey
½ T. light mayo
Lettuce, tomato, onion

*Make a half turkey sandwich and add lettuce, tomato and onion

Fruit and Jerky
1 plum
2 oz. beef jerky

Cheesy Rice Cake Snack
1 cheddar rice cake
¾ c. low fat cottage cheese

*Top the rice cake with cottage cheese

Calorie Goal:
These afternoon snack recipes are interchangeable with your morning snack options. BONUS: The IdealBar is a great on-the-go snack for a busy afternoon. If you would like to create your own snack, shoot for around 200 calories.
Beef and Broccoli Stir Fry
3 oz lean beef such as Top Sirloin, Flank or London Broil, sliced into thin slices
½ t. minced garlic
¼ t. ginger
½ T. light soy sauce
1 c. broccoli
½ T. coconut oil
2 T. water
6 T. beef broth
½ T. cornstarch
¼ c. bean sprouts, optional
1 T. peanuts, chopped
½ c. brown rice, cooked

1. Combine beef, garlic, ginger and soy sauce in a bowl and let stand.

2. Wash broccoli thoroughly and cut into florets.

3. Heat 1 t. oil in a nonstick skillet over high heat, add broccoli and stir fry for 2 minutes. Add water and stir until the water evaporates. Move broccoli to a separate bowl.

4. Heat remaining 2 t. oil, and add beef mixture. Stir fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir fry until sauce is thickened, about 3 more minutes.

5. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 more minutes.

6. Top with 1 T. chopped peanuts, spread over ½ c. brown rice and enjoy!
Maple Chicken Salad

Salad:
4 oz. chicken, cooked and cut into strips
Romaine Lettuce
Red onion, thinly sliced
5 large strawberries
½ oz. swiss cheese, shredded
1 slice turkey bacon, cooked and crumbled
½ c. quinoa, cooked

Dressing:
1 t. extra virgin olive oil
1 T. vinegar
1 t. light mayo
½ T. sugar free maple syrup
Stevia to taste, if needed

1. Combine dressing ingredients and allow to sit for 15-30 minutes in the fridge.
2. Meanwhile combine salad ingredients.
3. Toss salad in dressing and enjoy!
Low Carb Grilled Chicken Pizza

½ zucchini, thinly sliced
2 mushrooms, sliced
1 pita or whole wheat tortilla (approx 100 calories)
2-3 T tomato basil pizza sauce
1 ½ oz. low fat mozzarella cheese
4 cherry tomatoes
4 oz. chicken, cooked and sliced
1 T. fresh basil, chopped

1. Preheat oven to 180 degrees.

2. Grill or roast zucchini and mushrooms until desired tenderness.* Transfer to a plate.

3. Place tortilla on a baking tray lined with foil. Spread sauce over tortilla and sprinkle with ½ oz of cheese. Top with grilled veggies, tomatoes and chicken. Top with remaining cheese.

4. Bake for 12-15 minutes or until tortilla is crisp and cheese is melted. Sprinkle with basil and serve with a side salad.

*To grill veggies preheat gas grill over medium heat. Spray the veggies with spray butter or cooking spray and lightly salt them. Cook over low-med heat for approx 5-8 minutes or until desired tenderness is reached. To roast veggies preheat oven to 400 degrees and bake on a baking sheet for approx 20-25 minutes or until desired tenderness is reached. Then let oven cool before baking pizza.
Vegetable, Beef and Barley Stew

4 oz extra lean ground beef
¼ can (14.5 oz.) stewed tomatoes, undrained, cut up
¼ (14 oz.) can beef broth
¼ can (8 oz.) no salt added tomato sauce
1 c. frozen mixed veggies
3T quick cooking barley
½ avocado

1. Brown ground beef and drain. In saucepan combine all ingredients and heat to boiling. Reduce heat to medium. Cover and cook 10-15 minutes, stirring occasionally until vegetables and barley are tender. Top with avocado.
Creamy Crock Pot Chicken

3 oz. Chicken breast
½ can cream of chicken soup
4 Sliced mushrooms
½ garlic cloves, pressed
¼ t. worcestershire sauce
¼ t. lemon juice
1 slice turkey bacon, cooked and crumbled
¼ t. vinegar
1 oz. cheddar cheese
½ c. white rice, prepared

1. Combine all ingredients except cheese, rice and chicken breast in a mixing bowl and mix well.

2. Put chicken into a crock pot. Cover with soup mixture.

3. Cook on low 4-6 hours or until cooked through.

4. While still hot top with shredded cheese and allow to melt. Serve with ½ c. white rice and steamed veggies.
Calorie Goal:
Dinner is a great time to mix things up. There's no reason to go hungry at night because you can load up on veggies. If you would like to use your own dinner recipe aim to eat around 500 calories. Free veggies include: dark leafy greens, onions and fibrous veggies like broccoli.
Creating Your Meal Plan

For your meal plans, I’ve given you multiple options for each category. Mix and match the following meal options to create your very own, personalized daily meal plan.

Pick one recipe from each meal category to create endless meal plans.
Chocolate Banana
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
1 banana
1 c. plain fat free Greek yogurt
Ice Cubes

Key Lime Pie
1 scoop Vanilla IdealShake
1 unsweetened almond milk
1 T. lime juice
1 low fat graham cracker*
¾ c. low fat cottage cheese
Ice Cubes

*Graham cracker subs for the fruit in your breakfast shake
Salted Caramel Pumpkin Latte

1 scoop Mocha or Vanilla IdealShake
½ cup coffee, cooled
½ c. unswt almond milk
¾ c. low fat cottage cheese
2 T. canned pumpkin
½ banana
1-2 T. sugar free Torani Salted Caramel Syrup
Pinch of sea salt
Ice Cubes

Candybar

1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
¾ c. low fat cottage cheese
2 T. PB2 peanut butter powder (in place of fruit in template)
1 t. cocoa powder
2 t. sugar free caramel syrup
Ice Cubes
Raspberry Cheesecake

1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 c. frozen/fresh raspberries
1 graham cracker sheet
1 oz. dark chocolate*
¾ c. low fat cottage cheese
Ice cubes

*Dark chocolate can be sprinkled over the top or blended in

Calorie Goal:

Choose one of these delicious breakfast smoothies, or if you have your own great recipe look to eat around 425 calories.
MEN UNDER 250
BREAKFAST SNACKS

IdealBar

Berries ‘n’ Cream
1 c. low fat cottage cheese
1 c. strawberries
Cinnamon and stevia, to taste

*Stir berries into cottage cheese and top with cinnamon and stevia

Cheese and Crackers
1 serving whole wheat crackers
2 string cheese sticks

Apple Swiss Rice Cakes
2 wedges light Laughing Cow cheese
½ c. low fat cottage cheese
1 small granny smith apple, thinly sliced
2 lightly salted rice cakes

*Spread the cheese over the rice cake and top with apple slices

Fruit and Eggs
1 ½ c. grapes
2 hardboiled eggs

Calorie Goal:
These morning snack recipes are interchangeable with your afternoon snack options. If you would like to create your own snack, shoot for around 325 calories.
Morning Snack Options

**Peachy Greens**
1 scoop Vanilla IdealShake  
1 c. orange juice  
½ c. liquid egg whites  
1 peach, pitted  
¾ avocado  
½ c. plain fat free Greek yogurt  
1 c. spinach  
Ice cubes

**Honey Nut**
1 scoop Vanilla IdealShake  
1 c. unsweetened almond milk  
½ c. liquid egg whites  
3 T PB2 peanut butter powder  
1 T. honey  
2 T. Almond butter  
½ c. low fat cottage cheese  
Ice Cubes
Chocolate Peanut Butter Cup
1 scoop Chocolate IdealShake
1 c. unswt almond milk
¾ c. low fat cottage cheese
3 T. PB2 peanut butter powder
¼ c. oats
2 T. Peanut butter
Ice Cubes

Berries n Cream
1 scoop Strawberry IdealShake
1 c. unswt almond milk
1 c. fat free plain greek yogurt
½ c. frozen raspberries
½ c. frozen strawberries
2 T. sugar free french vanilla creamer
1 T. fat free sugar free vanilla pudding mix
¼ c. oats
2 T. flax seeds
½ avocado
Ice Cubes
The Butter-Finger

1 scoop Chocolate IdealShake
1 c. Hood Carb Countdown chocolate milk
2 T. peanut butter
¾ c. low fat cottage cheese
1 T. sugar free fat free butterscotch pudding powder
½ c. oats
½ T. unsweetened cocoa
Sweetener to taste
Ice Cubes

Calorie Goal:
If you don’t have access to a blender for lunchtime, that’s ok! Just mix up your IdealShake in a shaker bottle and eat the other ingredients on the side. If you would like to use your own recipe shoot for around 600 calories.
**MEN UNDER 250**

**LUNCH SNACKS**

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**Coconut Cream Pie**

1 container Coconut Chobani Greek yogurt
2 low fat graham cracker, crumbled

*Stir graham cracker crumbs into yogurt*

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**Tuna “Sandwich”**

3 oz. tuna
1 hard boiled egg
½ T. light mayo
2 lightly salted rice cake

*Mix tuna and mayo and spread over the rice cake*

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**Turkey Sandwich**

2 slice low carb 45 calorie Sara Lee bread
4 oz. turkey
½ T. light mayo
Lettuce, tomato, onion

*Make a half turkey sandwich and add lettuce, tomato and onion*

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**Fruit and Jerky**

1 banana
2 oz. beef jerky

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**Cheesy Rice Cake Snack**

2 cheddar rice cake
¾ c. low fat cottage cheese

*Top the rice cake with cottage cheese*

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**Calorie Goal:**

These afternoon snack recipes are interchangeable with your morning snack options. BONUS: The IdealBar is a great on-the-go snack for a busy afternoon. If you would like to create your own snack, shoot for around 250 calories.
Beef and Broccoli Stir Fry

5 oz lean beef such as Top Sirloin, Flank or London Broil, sliced into thin slices

½ t. minced garlic

¼ t. ginger

½ T. light soy sauce

1 c. broccoli

½ T. coconut oil

2 T. water

6 T. beef broth

½ T. cornstarch

¼ c. bean sprouts, optional

2 T. peanuts, chopped

¾ c. brown rice, cooked

1. Combine beef, garlic, ginger and soy sauce in a bowl and let stand.

2. Wash broccoli thoroughly and cut into florets.

3. Heat 1 t. oil in a nonstick skillet over high heat, add broccoli and stir fry for 2 minutes. Add water and stir until the water evaporates. Move broccoli to a separate bowl.

4. Heat remaining 2 t. oil, and add beef mixture. Stir fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir fry until sauce is thickened, about 3 more minutes.

5. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 more minutes.

6. Top with 2 T. chopped peanuts, spread over ¾ c. brown rice and enjoy!
Maple Chicken Salad

Salad:
5 oz chicken, cooked and cut into strips
Romaine Lettuce
Red onion, thinly sliced
5 large strawberries
1 oz swiss cheese, shredded
2 slices turkey bacon, cooked and crumbled
¾ c. quinoa, cooked

Dressing:
½ T. extra virgin olive oil
1 T. vinegar
1/2 T. light mayo
½ T. sugar free maple syrup
4 pecans, chopped, optional
Stevia to taste, if needed

1. Combine dressing ingredients and allow to sit for 15-30 minutes in the fridge.
2. Meanwhile combine salad ingredients.
3. Toss salad in dressing and enjoy!
Low Carb Grilled Chicken Pizza

½ zucchini, thinly sliced
2 mushrooms, sliced
1 pitas or whole wheat tortillas (approx 150 calories)
3-4 T. tomato basil pizza sauce
3 oz. low fat mozzarella cheese
4 cherry tomatoes
5 oz. chicken, cooked and sliced
1 T. fresh basil, chopped

1. Preheat oven to 180 degrees.

2. Grill or roast zucchini and mushrooms until desired tenderness.* Transfer to a plate.

3. Place tortillas on a baking tray lined with foil. Spread sauce over tortillas and sprinkle with ½ oz of cheese. Top with grilled veggies, tomatoes and chicken. Top with remaining cheese.

4. Bake for 12-15 minutes or until tortilla is crisp and cheese is melted. Sprinkle with basil and serve with a side salad.

*To grill veggies preheat gas grill over medium heat. Spray the veggies with spray butter or cooking spray and lightly salt them. Cook over low-med heat for approx 5-8 minutes or until desired tenderness is reached. To roast veggies preheat oven to 400 degrees and bake on a baking sheet for approx 20-25 minutes or until desired tenderness is reached. Then let oven cool before baking pizza.
Vegetable, Beef and Barley Stew

7 oz extra lean ground beef
¼ can (14.5 oz.) stewed tomatoes, undrained, cut up
¼ (14 oz.) can beef broth
¼ can (8 oz.) no salt added tomato sauce
1 c. frozen mixed veggies
5 T. quick cooking barley
½ avocado, diced

1. Brown ground beef and drain. In saucepan combine all ingredients and heat to boiling. Reduce heat to medium. Cover and cook 10-15 minutes, stirring occasionally until vegetables and barley are tender. Top with avocado.
Creamy Crock Pot Chicken

5 oz. Chicken breast
½ can cream of chicken soup
4 Sliced mushrooms
½ garlic cloves, pressed
¼ t. Worcestershire sauce
¼ t. lemon juice
1 slice turkey bacon, cooked and crumbled
¼ t. vinegar
2 oz. cheddar cheese
¾ c. white rice, prepared

1. Combine all ingredients except cheese, rice and chicken breast in a mixing bowl and mix well.

2. Put chicken into a crock pot. Cover with soup mixture.

3. Cook on low 4-6 hours or until cooked through.

4. While still hot top with shredded cheese and allow to melt. Serve with ½ c. white rice and steamed veggies.
Calorie Goal:
Dinner is a great time to mix things up. There’s no reason to go hungry at night because you can load up on veggies. If you would like to use your own dinner recipe aim to eat around 600 calories. Free veggies include: dark leafy greens, onions and fibrous veggies like broccoli.
Creating Your Meal Plan

For your meal plans, I’ve given you multiple options for each category. Mix and match the following meal options to create your very own, personalized daily meal plan.

Pick one recipe from each meal category to create endless meal plans.
Chocolate Banana
1 scoop Chocolate IdealShake
1 c. unsweetened almond milk
1 banana
1 c. plain fat free Greek yogurt
¼ c. plain cheerios*
Ice Cubes

*Stir in the cheerios after blending to add some crunch!

Key Lime Pie
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 T. lime juice
2 low fat graham crackers*
¾ c. low fat cottage cheese
Ice Cubes

*Graham cracker subs for the fruit and carb in your breakfast shake. Try blending one graham cracker into your shake and crunching the other one up on top!
Salted Caramel
Pumpkin Latte

- 1 scoop Mocha or Vanilla IdealShake
- ½ cup coffee, cooled
- ½ c. unsweet almond milk
- 1 T. chia seeds
- ¾ c. low fat cottage cheese
- 2T canned pumpkin
- ½ banana
- 1-2 T. sugar free Torani Salted Caramel Syrup
- Pinch of sea salt
- Ice Cubes

Candybar

- 1 scoop Chocolate IdealShake
- 1 c. unsweetened almond milk
- ¾ c. low fat cottage cheese
- 4 T. PB2 peanut butter powder (in place of fruit in template)
- 1 t. cocoa powder
- 1 ½ T. sugar free caramel syrup
- Ice Cubes
Raspberry Cheesecake

1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
1 c. frozen/fresh raspberries
1 graham cracker sheet
1 oz dark chocolate*
¾ c. low fat cottage cheese
Ice cubes

*Dark chocolate can be sprinkled over the top or blended in

Calorie Goal:
Choose one of these delicious breakfast smoothies, or if you have your own great recipe look to eat around 525 calories.
**IdealBar**

**Berries ‘n’ Cream**
1 c. low fat cottage cheese
1 c. strawberries
Cinnamon and stevia, to taste

*Stir berries into cottage cheese and top with cinnamon and stevia*

**Apple Swiss Rice Cakes**
2 wedges light Laughing Cow cheese
⅓ c. low fat cottage cheese
1 small granny smith apple, thinly sliced
2 lightly salted rice cake

*Spread the cheese over the rice cake and top with apple slices*

**Cheese and Crackers**
1 serving whole wheat crackers
2 string cheese sticks

**Fruit and Eggs**
1 ½ c. grapes
2 hardboiled eggs

**Calorie Goal:**
These morning snack recipes are interchangeable with your afternoon snack options. If you would like to create your own snack, shoot for around 225 calories.
Peachy Greens
1 scoop Vanilla IdealShake
1 c. orange juice
½ c. liquid egg whites
1 peach, pitted
¾ avocado
½ c. plain fat free Greek yogurt
1 c. spinach
Ice cubes

Honey Nut
1 scoop Vanilla IdealShake
1 c. unsweetened almond milk
½ c. liquid egg whites
3 T. PB2 peanut butter powder
1 T. honey
2 T. almond butter
½ c. low fat cottage cheese
Ice Cubes
Chocolate Peanut Butter Cup
1 scoop Chocolate IdealShake
1 c. unswt almond milk
¾ c. low fat cottage cheese
3 T. PB2 peanut butter powder
¼ c. oats
2 T. Peanut butter
Ice Cubes

Berries n Cream
1 scoop Strawberry IdealShake
1 c. unswt almond milk
1 c. fat free plain greek yogurt
½ c. frozen raspberries
½ c. frozen strawberries
2 T. sugar free french vanilla creamer
1 T. fat free sugar free vanilla pudding mix
¼ c. oats
2 T. flax seeds
½ avocado
Ice Cubes

MEN OVER 250
LUNCH
The Butter-Finger

1 scoop Chocolate IdealShake
1 c. Hood Carb Countdown chocolate milk
2 T. peanut butter
¾ c. low fat cottage cheese
1 T. sugar free fat free butterscotch pudding powder
½ c. oats
½ T. unsweetened cocoa
Sweetener to taste
Ice Cubes

Calorie Goal:
If you don't have access to a blender for lunchtime, that's ok! Just mix up your IdealShake in a shaker bottle and eat the other ingredients on the side. If you would like to use your own recipe shoot for around 650 calories.
MEN OVER 250
LUNCH SNACKS

**Coconut Cream Pie**
- 1 container Coconut Chobani Greek yogurt
- 2 low fat graham cracker, crumbled

*Stir graham cracker crumbs into yogurt

**Tuna “Sandwich”**
- 3 oz. tuna
- 1 hard boiled egg
- ½ T. light mayo
- 2 lightly salted rice cake

*Mix tuna and mayo and spread over the rice cake

**Turkey Sandwich**
- 1 slice low carb 45 calorie Sara Lee bread
- 3 oz. turkey
- ½ T. light mayo
- Lettuce, tomato, onion

*Make a half turkey sandwich and add lettuce, tomato and onion

**Fruit and Jerky**
- 1 banana
- 2 oz. beef jerky

**Cheesy Rice Cake Snack**
- 2 cheddar rice cake
- ¾ c. low fat cottage cheese

*Top the rice cake with cottage cheese

**Calorie Goal:**
These afternoon snack recipes are interchangeable with your morning snack options. BONUS: The IdealBar is a great on-the-go snack for a busy afternoon. If you would like to create your own snack, shoot for around 250 calories.
Beef and Broccoli Stir Fry

7 oz lean beef such as Top Sirloin, Flank or London Broil, sliced into thin slices
½ t. minced garlic
¼ t. ginger
½ T. light soy sauce
1 c. broccoli
½ T. coconut oil
2 T. water
6 T. beef broth
½ T. cornstarch
¼ c. bean sprouts, optional
2 T. peanuts, chopped
1 c. brown rice, cooked

1. Combine beef, garlic, ginger and soy sauce in a bowl and let stand.

2. Wash broccoli thoroughly and cut into florets.

3. Heat 1 t. oil in a nonstick skillet over high heat, add broccoli and stir fry for 2 minutes. Add water and stir until the water evaporates. Move broccoli to a separate bowl.

4. Heat remaining 2 t. oil, and add beef mixture. Stir fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir fry until sauce is thickened, about 3 more minutes.

5. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 more minutes.

6. Top with 2 T. chopped peanuts, spread over 1 c. brown rice and enjoy!
Maple Chicken Salad

Salad:
7 oz chicken, cooked and cut into strips
Romaine Lettuce
Red onion, thinly sliced
5 large strawberries
1 oz swiss cheese, shredded
2 slices turkey bacon, cooked and crumbled
1 c. quinoa, cooked

Dressing:
½ T. extra virgin olive oil
1 T. vinegar
1/2 T. light mayo
½ T. sugar free maple syrup
4 pecans, chopped, optional
Stevia to taste, if needed

1. Combine dressing ingredients and allow to sit for 15-30 minutes in the fridge.
2. Meanwhile combine salad ingredients.
3. Toss salad in dressing and enjoy!
Low Carb Grilled Chicken Pizza

1 zucchini, thinly sliced
4 mushrooms, sliced
2 pitas or whole wheat tortillas (approx 200 calories)
¼ c. tomato basil pizza sauce
3 oz low fat mozzarella cheese
4 cherry tomatoes
8 oz chicken, cooked and sliced
1 T. fresh basil, chopped

1. Preheat oven to 180 degrees.

2. Grill or roast zucchini and mushrooms until desired tenderness.* Transfer to a plate.

3. Place tortillas on a baking tray lined with foil. Spread sauce over tortillas and sprinkle with ½ oz of cheese. Top with grilled veggies, tomatoes and chicken. Top with remaining cheese.

4. Bake for 12-15 minutes or until tortilla is crisp and cheese is melted. Sprinkle with basil and serve with a side salad.

*To grill veggies preheat gas grill over medium heat. Spray the veggies with spray butter or cooking spray and lightly salt them. Cook over low-med heat for approx 5-8 minutes or until desired tenderness is reached. To roast veggies preheat oven to 400 degrees and bake on a baking sheet for approx 20-25 minutes or until desired tenderness is reached. Then let oven cool before baking pizza.
Vegetable, Beef and Barley Stew

7 oz. extra lean ground beef
½ can (14.5 oz) stewed tomatoes, undrained, cut up
½ (14 oz) can beef broth
½ can (8 oz) no salt added tomato sauce
1 c. frozen mixed veggies
6T quick cooking barley
⅔ avocado, diced

1. Brown ground beef and drain. In saucepan combine all ingredients and heat to boiling. Reduce heat to medium. Cover and cook 10-15 minutes, stirring occasionally until vegetables and barley are tender. Top with avocado.
Creamy Crock Pot Chicken

7 oz. Chicken breast
½ can cream of chicken soup
4 Sliced mushrooms
½ garlic cloves, pressed
¼ t. Worcestershire sauce
¼ t. lemon juice
1 slice turkey bacon, cooked and crumbled
¼ t. vinegar
1½ oz cheddar cheese
1 c. white rice, prepared

1. Combine all ingredients except cheese, rice and chicken breast in a mixing bowl and mix well.

2. Put chicken into a crock pot. Cover with soup mixture.

3. Cook on low 4-6 hours or until cooked through.

4. While still hot top with shredded cheese and allow to melt. Serve with ½ c. white rice and steamed veggies.
Calorie Goal:
Dinner is a great time to mix things up. There’s no reason to go hungry at night because you can load up on veggies. If you would like to use your own dinner recipe aim to eat around 700 calories. Free veggies include: dark leafy greens, onions and fibrous veggies like broccoli.