

**FIT2
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**The Unexpected Lessons from
Gaining and Losing 75 lbs on Purpose**

**DREW MANNING
WITH BRAD PIERCE**

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Pumpkin Pie Protein Shake

Makes 1 serving

- 1 scoop Protein2Fit Vanilla Whey Protein Isolate
- ½ cup unsweetened almond milk
- 1 banana
- ¼ cup canned pumpkin puree
- ⅛ teaspoon nutmeg
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla
- 1 packet sugar substitute (such as Stevia or Splenda)
- 3 handfuls ice

Blend ingredients together and enjoy!

The Best Spinach Shake Ever

Makes 1 serving

- 1 scoop Protein2Fit Vanilla Whey Protein Isolate
- 3 cups fresh spinach
- ½ banana
- 2 tablespoons peanut butter (preferably natural)
- ¾ cup unsweetened almond milk
- 2 cups ice

Combine these items in a blender, and you're ready to go! This delicious, quick, healthy drink (featured on *The Dr. Oz Show*) is packed with quality protein, good fat, plenty of potassium, a dose of vitamin C, and beneficial fiber. This shake can be used as a great breakfast, lunch, dinner, or pre/postworkout meal; alternatively, you can halve the recipe and enjoy the shake as one of your snacks during the day. To make this extra-low in carbs, omit the banana.



Spinach Egg-White Omelet

Makes 1 serving

- ½ cup egg whites (from about 3 large eggs) and 1 whole egg
- ¼ cup chopped onions
- 2 tablespoons chopped jalapeños (optional)
- ½ cup fresh spinach
- ¼ cup chopped mushrooms
- ¼ cup chopped red bell pepper
- ½ cup precooked chicken breast
- 2 tablespoons salsa

Spray a medium-size skillet with olive oil nonstick spray. Mix the egg whites and whole egg together. Once the pan reaches medium-high heat, add the eggs and wait 30 seconds. Then add the onions, jalapeños, spinach, mushrooms, red bell pepper, and chicken breast, placing them in a line along the middle. Once the eggs start to bubble and become firm on the bottom (usually 1 to 2 minutes), indicating that the omelet is ready to flip, sprinkle the outside edges with water using your fingertips—as it bubbles it creates a space that helps make it easier to use a spatula for flipping. Flip/close the omelet and cook for another minute or so; then flip the omelet to the other side for another 1 to 2 minutes, or until done. Once the omelet is cooked to your liking, serve with the salsa on top and enjoy.

Egg-White Breakfast Burrito

Makes 1 serving Prep: 10 minutes Cook: 5 minutes

- ½ cup egg whites (from about 3 large eggs) and 1 whole egg
- ¼ cup chopped cauliflower
- ¼ cup chopped yellow bell pepper
- ¼ cup chopped mushrooms
- ½ cup fresh spinach
- ½ cup precooked chicken breast
- 1 low-carb tortilla
- 2 tablespoons salsa
- ¼ cup chopped avocado (optional)

Spray a medium-size skillet with olive oil nonstick spray. Mix the egg whites and whole egg together. Add the egg mixture to the preheated pan on medium-high heat and stir continuously until the eggs are thoroughly cooked (usually 3 to 4 minutes). Then add the vegetables and chicken. Top with salsa and avocado and wrap in a low-carb tortilla. Anything that doesn't fit in the tortilla, eat by itself.



Farmer's Breakfast Scramble

Makes 1 serving Prep: 10 minutes Cook: 5 minutes

- ½ cup egg whites (from about 3 large eggs) and 1 whole egg
- ½ cup precooked brown rice
- ¼ cup chopped onions
- ¼ cup chopped red bell pepper
- ¼ cup chopped mushrooms
- ½ cup fresh spinach
- 2 slices turkey lunch meat

Spray a medium-size skillet with olive oil nonstick spray. Mix the egg whites and whole egg together. Add the egg mixture to the preheated pan on medium-high heat and stir continuously until the eggs are thoroughly cooked (usually 3 to 4 minutes). Then add the brown rice, vegetables, and turkey meat. Other lunch meat can be substituted for the turkey, if you prefer.

Chinese “Fried Rice”

Makes 4 to 6 servings Prep: 10 minutes Cook: 15 minutes

- 10 ounces fresh cauliflower (about ½ medium head)
- Cooking oil
- 3 green onions, sliced and roughly separated into green and white
- 1 clove garlic, minced
- Dash of ginger, optional
- 3 tablespoons soy sauce
- Few drops of sesame oil, to taste
- 2 cups raw shrimp, peeled
- 3 eggs, beaten

Grate the cauliflower using either the largest holes on a hand grater or the grating blade in a food processor. The results should resemble cooked white rice—hence the recipe's name. Weigh out 10 ounces of the grated

cauliflower and reserve remaining florets (I had four good-size pieces left) for another use. On medium-high, heat enough oil to cover the bottom of a wok or large skillet. Quickly stir-fry the garlic and the white of the onions. Watch closely so as not to burn. Add the cauliflower; fry about 4 to 5 minutes, stirring constantly, until it begins to color a bit. Don't overcook or it will get mushy. Stir in the ginger, soy sauce, sesame oil, onion greens, and shrimp. Stir-fry until shrimp turn pink and are cooked through. Push the "rice" mixture to one side of the wok. Pour the eggs into the other side; scramble and cook until still moist. Mix the eggs into the "rice," breaking up any large chunks of egg.

Tip: This dish stores and reheats well.

Sun-Dried Tomato Chicken

Makes 4 servings Prep: 10 minutes Cook: 10 minutes

4 boneless, skinless chicken breasts

8 tablespoons Tuscan Sun-Dried Tomato Marinade

Cut chicken into small cubes. Spray a large skillet with nonstick cooking spray. Heat skillet to medium-high. Add chicken to the skillet and immediately add all the marinade on top of the chicken and stir in. The marinade will cook into the chicken to add more flavor. Cook chicken, stirring occasionally until it is completely cooked through (not pink in the middle of the chicken).

Tip: For better flavor, marinate chicken overnight. If you can't find sun-dried tomato marinade at your grocery store, feel free to substitute a different marinade that's low in sugar.



BBQ Chicken Lettuce Wraps

Makes 8 servings Prep: 20 minutes Cook: 60 minutes

- 3 pounds boneless, skinless chicken breasts
- BBQ sauce of your choosing (preferably one low in sugar)
- 1 large head iceberg lettuce
- 1 red onion, chopped (optional)
- 1 or 2 large carrots, grated (optional)

Preheat oven to 400°F. Line a 9 × 13-inch glass baking dish with aluminum foil. Spray foil with olive oil (or other) nonstick spray. Place chicken in baking dish (as many pieces as you can fit in, because leftovers will be useful over the next few days). Spoon your favorite BBQ sauce over the chicken until all the pieces are covered. Bake for 50 to 60 minutes, until chicken is no longer pink inside. Carefully shred the cooked meat into whole leaves of the iceberg lettuce, using the leaves as “wraps” to place the chicken in. Tuck shredded carrots and red onion in with the chicken, if you’d like, and enjoy.

Tip: This meal is even tastier if the chicken is prepared in a slow cooker. The meat is more tender that way, and the sauce has more time to simmer into the chicken.

Roast Chicken

Makes 4 servings Prep: 10 minutes Cook: 20–25 minutes

- ½ teaspoon sea salt (optional)
- ¾ teaspoon fennel seeds, crushed
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- 6 teaspoons olive oil, divided
- 1 large shallot, thinly sliced
- 2 teaspoons chopped fresh rosemary
- 2 medium red bell peppers, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 cup chicken broth
- 1 tablespoon balsamic vinegar

Preheat oven to 450°F. Combine salt, crushed fennel seeds, freshly ground black pepper, garlic powder, and oregano. Brush chicken with 2 teaspoons olive oil and sprinkle the spice rub over the meat. Heat a large skillet over medium-high heat and add 2 teaspoons olive oil. Add chicken and cook 3 minutes, or until browned. Turn each piece and cook 1 minute more. Remove chicken from the skillet and arrange pieces in a large baking dish. Bake for 15 to 20 minutes, or until fully cooked.

Meanwhile, heat remaining olive oil over medium-high heat in the same large skillet used to brown the chicken (without washing the pan first). When the pan is hot, add shallots and rosemary and sauté 3 to 5 minutes, or until shallot pieces are translucent. Add peppers and stir in broth, scraping the pan to loosen brown bits. Reduce heat and simmer 5 minutes. Add vinegar and season with additional sea salt and freshly ground black pepper. Cook 3 minutes more, stirring frequently. Serve sauce over chicken.



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Mexican Chicken

Makes 4 servings Prep: 20 minutes Cook: 50–60 minutes

- 1 pound boneless, skinless chicken breasts
- 1 teaspoon prepared taco seasoning
- ½ cup red enchilada sauce
- 1 small can chopped black olives
- 1 small can chopped green chilies
- 4 ounces cheddar cheese, shredded (optional)
- 3 green onions, chopped

Sprinkle the chicken on both sides with taco seasoning; grill or sauté. Cut the cooked chicken into cubes and place in a greased 8 × 8-inch baking dish. Add the enchilada sauce and toss the chicken to coat. Sprinkle the cheese (optional) and olives over the chicken and bake at 350°F for 10 to 20 minutes, until hot and bubbly. Scatter the green chilies and green onions over the top.

Basil Chicken with Vegetables

Makes 2–3 servings Prep: 10 minutes Cook: 10 minutes

- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 1 red bell pepper, chopped
- 8 ounces mushrooms, sliced
- 2 cups sliced zucchini or other summer squash
- 8 ounces fresh basil, chopped
- 3 cloves garlic, minced or pressed
- 3 tablespoons olive oil
- Salt and pepper to taste

Heat oil in a large skillet on high heat. Sprinkle salt and pepper on the chicken before placing it in the skillet. Cook chicken on one side and then turn the pieces over. Add the vegetables and stir. When food is nearly

cooked, push it to one side and add the garlic. After about 30 seconds, stir all those ingredients together and add the basil. Cook another 30 to 60 seconds and serve.

Tip: Pesto (homemade or store-bought) can be substituted for the garlic and basil.

Cajun Chicken Stir-Fry

Makes 2 to 4 servings Prep: 5 minutes Cook: 10 minutes

- 2 boneless, skinless chicken breasts, cut into strips
- 1 teaspoon spicy seasoning salt
- 1 large red bell pepper, cut into strips
- 1 small onion, slivered
- 1 clove garlic, minced
- Oil and/or butter
- Salt and pepper to taste

In a small bowl, toss the raw chicken with the seasoning to coat. Heat a small amount of oil and/or butter in a large skillet on medium-high. Sauté the chicken, red pepper, onion, and garlic until the chicken is cooked through and the pepper pieces are crisp-tender. Season with additional salt and pepper to taste.



Thai Turkey Skillet

Makes 4 servings Prep: 15 minutes Cook: 15 minutes

- 1 pound lean ground turkey
- 2 red bell peppers, thinly sliced
- 2 tablespoons minced or grated fresh ginger
- 3 cloves garlic, chopped
- 1 teaspoon red pepper flakes
- 3 tablespoons peanut butter (preferably natural)
- 2 tablespoons lime juice
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- ½ cup cilantro, chopped
- 8 romaine lettuce leaves

Brown the ground turkey in a large nonstick skillet or wok; drain the grease. Add the peppers, ginger, garlic, and red pepper flakes. Cook over medium-high heat about 4 minutes, or until the peppers have softened slightly. Meanwhile, whisk together the peanut butter, lime juice, soy sauce, sesame oil, and cilantro. Remove the skillet from the heat and add the peanut butter mixture to the skillet; mix well. Serve the meat mixture rolled up in the lettuce leaves (or, if you prefer, over chopped lettuce).

Turkey Breast and Berry Salad

Makes 1 serving

- 4 slices turkey lunch meat, cut up
- 1 handful almonds
- 1 handful blueberries
- 1 handful strawberries
- 3 cups mixed dark salad greens
- 2 tablespoons purchased or homemade light raspberry vinaigrette dressing

Arrange the lettuce and berries on a plate, add the turkey pieces, and top with salad dressing.

Tip: This can be made with any type of lunch meat you prefer.

Beef Fajitas

Makes 4 servings Prep: 5 minutes Cook: 10 minutes

- 1½ pounds frozen, seasoned beef fajita meat (or you can substitute fresh beef flank steak or carne asada with 1 package of fajita seasoning)
- 1 cup red bell pepper
- 1 cup white onion
- ½ cup salsa
- ½ of an avocado

Cook fajita meat in a medium to large skillet. Once the meat is defrosted and almost fully cooked, add in the peppers and onions for an additional two minutes. Remove from the heat and add in the salsa and avocado. Stir together and enjoy.



Caramelized Onion–Glazed Salmon

Makes 4 servings Prep: 5 minutes Cook: 30 minutes

- 4 salmon fillets (about 6 ounces each)
- 1 white onion, thinly sliced
- 8 slices precooked turkey bacon, cut into thirds
- ½ cup low-calorie brown sugar

Preheat oven to 350°F. Spray a 9 × 13-inch baking pan with cooking spray. Place salmon fillets in the bottom, topped by slices of onion. Next, layer each salmon piece with turkey bacon and sprinkle with low-calorie brown sugar. Cover the top of the pan with foil and cook for 20 minutes. Remove foil and bake for 10 more minutes, or until salmon is cooked all the way through.

Citrus Salmon with Avocado Salsa

Makes 4 servings Prep: 45 minutes Cook: 6–8 minutes

- 4 salmon fillets (about 6 ounces each)
- ½ tablespoon olive oil
- 4 tablespoons fresh orange juice
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon allspice
- ½ teaspoon cayenne pepper

Avocado Salsa

- 1 large avocado, diced
- ½ cup diced red onion
- 1 orange, peeled, sectioned, and diced
- 1 jalapeño pepper, seeded, ribs removed, and diced, or ½ teaspoon cayenne pepper

2 teaspoons fresh lime juice
3 tablespoons fresh orange juice
2 tablespoons fresh cilantro, minced
Sea salt and black pepper to taste

In a baking dish, combine the olive oil and the orange juice. Lay salmon in it and turn to coat. In a small bowl, combine the salt, onion powder, paprika, black pepper, allspice, and cayenne pepper. Sprinkle those spices over each side of the salmon fillets. Set fish aside to marinate for 30 minutes.

Meanwhile, in a small bowl, combine all ingredients listed above for Avocado Salsa. Mix, cover, and chill in the refrigerator until ready to use.

Lightly coat a large skillet with olive oil (or other) nonstick spray and heat the pan to medium-high. Add the salmon and cook for 4 to 5 minutes; turn fillets and cook on the other side for 2 to 3 minutes, or until fish flakes easily. Serve with chilled Avocado Salsa.

Sea Salt Salmon with Olive Oil Mayo

Makes 4 servings Prep: 5 minutes Cook: 30 minutes

4 salmon fillets (about 6 ounces each)
8 tablespoons purchased olive oil mayo
Dash of sea salt

Preheat oven to 350°F. Place salmon fillets on individual pieces of foil (sized to allow wrapping of each). Spread each salmon piece with 2 tablespoons olive oil mayo and sprinkle with sea salt before tightly closing the foil around each. Put the foil packets in a 9 × 13-inch pan. Place the pan in the oven and bake the fillets for 20 minutes. Open the foil packets and bake 10 more minutes, or until salmon is cooked.



MEAL PLANS

Meal Plan 1: The Beginning

The following monthlong meal plan is designed to jump-start your weight loss and change your unhealthy eating habits. For me, it was easier to make these changes while doing no formal workouts—only stretching and core exercises. I didn’t go to the gym at all during this phase, but instead focused on breaking some bad eating habits and cleansing my body of toxins from processed foods.

This meal plan cuts out dairy and grains in order to cut out the majority of fats and carbohydrates and help prevent digestive problems. The meal plan instead focuses on lean meats, fresh veggies, and fruits. In essence, I used a similar version of this for the first month on my journey from Fat2Fit. This may be a drastic change in most people’s eating regimen, but everyone I know of who has committed to following this for 30 days has seen not only weight loss but an increase in energy, as well as medical health benefits (improved levels of blood pressure, cholesterol, glucose, and testosterone).

As I mentioned earlier, I believe that we should eat approximately every three hours throughout the day, rather than simply three times daily. The purposes of eating every three hours is to keep your metabolism running, blood sugar levels steady, and to keep you satisfied throughout the day, to help prevent binge eating. Obviously, schedules for all of us are different, but the goal is to achieve a balanced regimen. My meal plans account for that more frequent intake of food.

For all the entrées listed in the meal plans, a recipe is provided in the appendix titled “Recipes,” preceding this one. You can substitute one recipe

for another on any day, as long as the new recipe contributes about the same number of calories and nutrients.

I created these meal plans for myself; thus they reflect a male’s caloric needs. If you’re a woman, I would recommend that you make a slight adjustment in the number of calories consumed per day on each plan. You can mix and match as you see fit, but in general reduce the overall daily caloric intake by about 400 calories. This can be done with portion size or by cutting out one of the snacks (or via a combination of anything that works well for you). Remember: the goal is balance.

Note that with entrées, the caloric count is given before any side dish is named. Calories from veggies are relatively low (less than 75 calories on average for 2 cups of steamed veggies), so we included them in the total calories.

You may notice that there are no built-in cheat/treat meals this month, as there are in the next meal plan. This is to help break through food addictions.

Finally, you will see a number of supplements listed below. My brands of choice are the following: Protein2Fit Whey Protein Isolate, Multi2Fit Whole Food Vitamin, and Enzymes2Fit Daily Digestive Enzymes (digestive enzymes “unlock” the nutritional value in our foods; aid in breaking down our food into their smallest components for optimal absorption of vitamins, minerals, and other nutrients; and help reduce bloating and gas, increase energy, and maintain proper glucose and insulin levels). Feel free to use whatever you like.



Day 1 Sunday*

The first thing to do upon waking up is to drink 16 ounces of water. Here, as in all my meal plans, I focus on hydration right away in the morning.

Meal 1: Spinach Shake
(about 400 calories)
Multivitamin
Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)
1 handful blueberries,
1 large handful almonds

Meal 3: Spinach Shake
(about 400 calories)
Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)
1 banana with 2 tablespoons natural peanut butter, 1 handful raspberries

Meal 5: Sun-Dried Tomato Chicken
(about 400 calories)**
Add 2 cups steamed asparagus on the side.
Digestive enzymes

Day 2 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)
Multivitamin
Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)
1 handful blueberries,
1 large handful almonds

Meal 3: Sun-Dried Tomato Chicken
(about 400 calories)
Add 2 cups steamed asparagus on the side.
Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)
1 large handful pumpkin seeds,
1 handful raspberries

Meal 5: Citrus Salmon with Avocado Salsa (about 450 calories)
Digestive enzymes

* Though we start the meal plan on Sunday, you can of course start any day of the week. The meal plan is outlined to cook a bulk of your meats in advance on Sunday and then again midweek on Wednesday. Feel free to adjust as needed.

** Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 3 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)
Multivitamin
Digestive enzymes

Meal 2: Midmorning snack (about 250 calories)
1 handful blueberries, 1 handful strawberries, 1 large handful almonds

Meal 3: Sun-Dried Tomato Chicken on a salad (about 450 calories)
Place 1 cup leftover Sun-Dried Tomato Chicken, ¼ cup chopped red and yellow bell peppers, ¼ cup chopped cucumbers, and 1 handful almonds on top of a mixed dark green salad with an oil-based vinaigrette dressing.
Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)
1 handful strawberries, 1 handful pumpkin seeds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Shake (about 400 calories)
Digestive enzymes

Day 4 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake (about 400 calories)
Multivitamin
Digestive enzymes

Meal 2: Midmorning snack (about 350 calories)
1 banana with 2 tablespoons natural peanut butter, 1 handful roasted pecans

Meal 3: Turkey Breast and Berry Salad (about 400 calories)
Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)
1 handful beef jerky,
1 large handful cashews

Meal 5: Beef Fajitas (about 450 calories)*
Add 2 cups steamed yellow squash.
Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



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Day 5 Thursday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)

1 handful strawberries,
1 large handful beef jerky

Meal 3: Beef Fajitas
(about 450 calories)

Add 2 cups steamed yellow squash.

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 handful blueberries, 1 handful
raspberries, 1 large handful almonds

Meal 5: Turkey Breast and Berry
Salad (about 400 calories)

Digestive enzymes

Day 6 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)

1 handful blueberries, 1 low-sugar,
high-fiber protein bar (preferably
with a ratio of 1g fiber/1g protein,
but no less than .5g/1g)

Meal 3: Beef Fajitas on a salad
(about 450 calories)

Place 1 cup leftover Beef Fajitas meat,
1 sliced red pepper, and 1 handful
roasted pecans on a mixed dark
green salad with an oil-based
vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

1 handful almonds, 1 handful
strawberries, 1 handful raspberries

Meal 5: Sea Salt Salmon with Olive
Oil Mayo (about 450 calories)

Add 2 cups steamed broccoli on
the side.

Digestive enzymes

Day 7 Saturday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 large handful almonds,

1 handful beef jerky

Meal 3: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

1 handful strawberries, 1 large handful

pumpkin seeds, 1 handful beef jerky

Meal 5: Spinach Shake

(about 400 calories)

Digestive enzymes

Day 8 Sunday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 handful pumpkin seeds, 1 low-sugar,

high-fiber protein bar (preferably

with a ratio of 1g fiber/1g protein,

but no less than .5g/1g)

Meal 3: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 200 calories)

1 handful blueberries, 1 handful

raspberries, 1 handful almonds

Meal 5: Roast Chicken

(about 450 calories)*

Add 2 cups steamed cauliflower on

the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



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Day 9 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 350 calories)

1 banana with 2 tablespoons natural
peanut butter, 1 handful almonds

Meal 3: Roast Chicken

(about 450 calories)

Add 2 cups steamed cauliflower on
the side.

Digestive enzymes

Meal 4: Midafternoon snack

(about 200 calories)

1 large handful pumpkin seeds,
1 handful blueberries

Meal 5: Caramelized Onion–Glazed

Salmon (about 450 calories)

Add 2 cups steamed green beans
on the side.

Digestive enzymes

Day 10 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito
without the tortilla

(about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 grapefruit, 1 low-sugar, high-fiber
protein bar (preferably with a ratio of
1g fiber/1g protein, but no less than
.5g/1g)

Meal 3: Roast Chicken on a salad

(about 450 calories)

Place 1 leftover Roast Chicken breast
with 1 cup leftover peppers on a
mixed dark green salad with an
oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful beef jerky, 1 handful
pumpkin seeds, 1 handful
strawberries

Meal 5: Spinach Shake

(about 400 calories)

Digestive enzymes

Day 11 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful blueberries,

1 large handful roasted pecans

Meal 3: Turkey Breast and Berry

Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

1 large handful pumpkin seeds,

1 handful almonds, 1 handful

raspberries

Meal 5: Turkey Fajitas (substitute

turkey breast for beef in the Beef

Fajitas recipe) (about 450 calories)*

Add 2 cups steamed zucchini on the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 12 Thursday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

1 handful almonds, 1 handful

strawberries, 1 low-sugar, high-fiber

protein bar (preferably with a ratio of

1g fiber/1g protein, but no less than

.5g/1g)

Meal 3: Turkey Fajitas

(about 450 calories)

Add 2 cups steamed zucchini on the side.

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

Celery with 2 tablespoons natural

peanut butter, 1 handful cashews

Meal 5: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes



Day 13 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful almonds, 1 handful strawberries, 1 handful blueberries

Meal 3: Turkey Fajitas on a salad

(about 500 calories)

Place 1 cup leftover Turkey Fajitas meat, 1 sliced pepper (your choice), and ¼ cup sliced avocado on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful pumpkin seeds

Meal 5: Citrus Salmon with

Avocado Salsa (about 450 calories)

Add 2 cups steamed broccoli on the side.

Digestive enzymes

Day 14 Saturday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 handful almonds, 1 handful beef jerky, 1 small handful blueberries

Meal 3: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 200 calories)

1 handful raspberries,
1 large handful pumpkin seeds

Meal 5: Citrus Salmon with Avocado

Salsa on a salad (about 450 calories)

Place 1 fillet of leftover Citrus Salmon on a mixed dark green salad with leftover Avocado Salsa.

Digestive enzymes

Day 15 Sunday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

1 handful pumpkin seeds, 1 handful strawberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Egg-White Breakfast Burrito

without the tortilla (about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful almonds, 1 handful beef jerky, 1 handful blueberries

Meal 5: Mexican Chicken

(about 450 calories; leave out the cheese in this recipe for this month)*

Add 2 cups steamed cauliflower on the side.

Digestive enzymes

Day 16 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful raspberries,
1 large handful almonds

Meal 3: Mexican Chicken

(about 450 calories)

Add 2 cups steamed cauliflower on the side.

Digestive enzymes

Meal 4: Midafternoon snack

(about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 handful pumpkin seeds

Meal 5: Sea Salt Salmon with Olive Oil Mayo (about 450 calories)

Add 2 cups steamed asparagus on the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



Day 17 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 handful blueberries, 1 handful roasted pecans, 1 handful beef jerky

Meal 3: Mexican Chicken on a salad (about 450 calories)

Place 1 cup leftover Mexican Chicken, ¼ cup sliced avocado, and ¼ cup sliced yellow pepper on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful almonds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Shake

(about 400 calories)

Digestive enzymes

Day 18 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake (about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful blueberries,
1 large handful almonds

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful blueberries, 1 handful raspberries, 1 large handful roasted pecans

Meal 5: Sun-Dried Tomato Chicken

(about 400 calories)*

Add 2 cups steamed green beans on the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 19 Thursday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 handful blueberries, 1 handful almonds, 1 handful beef jerky

Meal 3: Sun-Dried Tomato Chicken

(about 400 calories)

Add 1 cup steamed red peppers and 1 cup steamed cauliflower on the side.

Digestive enzymes

Meal 4: Midafternoon snack

(about 200 calories)

1 handful strawberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes

Day 20 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 large handful almonds

Meal 3: Sun-Dried Tomato Chicken on a salad (about 450 calories)

Place ½ cup leftover Sun-Dried Tomato Chicken, 1 small handful cashews, 1 handful blueberries, and 1 handful strawberries on a mixed dark green salad with a low-calorie vinaigrette dressing. (Raspberry vinaigrette goes well with berry salads.)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 large handful roasted pecans, 1 handful beef jerky

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Add 2 cups steamed zucchini on the side.

Digestive enzymes



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Day 21 Saturday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful beef jerky

Meal 3: Caramelized Onion–Glazed Salmon on a salad (about 500 calories)

Place 1 leftover fillet of Caramelized Onion–Glazed Salmon on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack (about 200 calories)

1 handful blueberries,
1 large handful pumpkin seeds

Meal 5: Spinach Shake (about 400 calories)

Digestive enzymes

Day 22 Sunday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet (about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

1 handful blueberries, 1 handful almonds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Spinach Shake (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful beef jerky

Meal 5: BBQ Chicken Lettuce Wraps (about 450 calories)*

Add 2 cups steamed yellow squash on the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 23 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful blueberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: BBQ Chicken Lettuce Wraps

(about 450 calories)

Add 2 cups steamed yellow squash on the side.

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful cashews, 1 handful beef jerky, 1 handful raspberries

Meal 5: Sea Salt Salmon with

Olive Oil Mayo (about 450 calories)

Add 2 cups steamed green beans on the side.

Digestive enzymes

Day 24 Tuesday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful almonds

Meal 3: BBQ Chicken Lettuce Wraps

on a salad (about 450 calories)

Place 1 cup leftover BBQ Chicken and ¼ cup chopped red onion on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

1 handful beef jerky, 1 large handful pumpkin seeds, 1 handful blueberries

Meal 5: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes



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Day 25 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful pumpkin seeds, 1 handful almonds, 1 handful raspberries

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 handful beef jerky

Meal 5: Basil Chicken with Vegetables (about 450 calories)*

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 26 Thursday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 large handful almonds, 1 handful beef jerky, 1 handful blueberries

Meal 3: Basil Chicken with Vegetables (about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 handful pumpkin seeds, 1 handful blueberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Shake
(about 400 calories)

Digestive enzymes

Day 27 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful raspberries, 1 handful beef jerky, 1 handful pumpkin seeds

Meal 3: Basil Chicken with Vegetables (about 450 calories)
Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 large handful almonds,
1 small handful beef jerky

Meal 5: Citrus Salmon with Avocado Salsa (about 450 calories)
Add 2 cups steamed green beans on the side.

Digestive enzymes

Day 28 Saturday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful roasted pecans

Meal 3: Spinach Shake
(about 400 calories)
Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 handful blueberries, 1 handful strawberries, 1 large handful almonds

Meal 5: Citrus Salmon with Avocado Salsa on a salad (about 450 calories)
Place 1 fillet of leftover Citrus Salmon on a mixed dark green salad with leftover Avocado Salsa.

Digestive enzymes



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Meal Plan 2: The Balance

The following monthlong meal plan is designed specifically for when you've started to really integrate healthy eating and workouts into your daily routine. This meal plan is extremely balanced and sustainable. I used a version of this for months 2 through 4 on my journey from Fat2Fit. I also reintegrated this meal plan once I hit my goal of 193 pounds after my Fat2Fit stage was complete. The results were fantastic, and I am confident that these guidelines can work for you.

Remember that I believe people should eat approximately every three hours throughout the day. Obviously, schedules for all of us are different, but the goal is to achieve a balanced regimen. Do what you can to fit these meals in.

Because this plan is based on a man's caloric needs, I recommend that women reduce the overall daily caloric intake by 500 calories (a greater reduction than in the previous meal plan), again either by reducing portion size or by omitting certain foods or meals. Also, you'll notice that I built two cheat/treat meals into this month's meal plan. In months 2 through 4 of my Fat2Fit journey, I had only two cheat meals per month, but once I reached my goal I loosened up: I now usually build in one cheat meal per week. You can adjust the cheat meals based on your own needs.

Day 1 Sunday*

The first thing to do upon waking up is to drink 16 ounces of water. As with all of my meal plans, I focus on hydration right away in the morning.

Meal 1: Farmer's Breakfast Scramble (about 550 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

1 handful blueberries, 1 handful almonds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Spinach Shake (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful raspberries,

Meal 5: Chinese "Fried Rice" (about 450 calories)**

Digestive enzymes

* Though we start the meal plan on Sunday, you can of course start any day of the week. The meal plan is outlined to cook a bulk of your meats in advance on Sunday and then again midweek on Wednesday. Feel free to adjust as needed.

** Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 2 Monday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake (about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 handful almonds

Meal 3: Chinese "Fried Rice" (about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

1 apple, 1 handful pumpkin seeds, 1 handful beef jerky

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Add 1 cup steamed zucchini on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout



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Day 3 Tuesday

Drink 16 ounces water.

Meal 1: Farmer's Breakfast Scramble
(about 550 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful blueberries, 1 handful strawberries, 1 handful almonds

Meal 3: Chinese "Fried Rice"

(about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 apple, 1 handful beef jerky,
1 handful almonds

Meal 5: Spinach Shake

(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 250 calories)

1 banana with 1 tablespoon peanut butter and $\frac{1}{4}$ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other $\frac{3}{4}$ protein shake after workout

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 4 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

1 handful raspberries, 1 handful pumpkin seeds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 grapefruit, 1 handful baby carrots,
1 handful beef jerky

Meal 5: Mexican Chicken

(about 450 calories)*

Add 1 cup steamed asparagus on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and $\frac{1}{4}$ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other $\frac{3}{4}$ protein shake after workout

Day 5 Thursday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 grapefruit, 1 handful baby carrots,
1 handful almonds

Meal 3: Mexican Chicken
(about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

Celery with 2 tablespoons natural
peanut butter, 1 apple

Meal 5: Turkey Breast and Berry
Salad (about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

1 banana with 1 tablespoon peanut
butter and $\frac{1}{4}$ protein shake (1 scoop
vanilla whey protein with water only)
45 to 30 minutes before workout,
and the other $\frac{3}{4}$ protein shake after
workout



Day 6 Friday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful almonds, 1 handful
raspberries, 1 grapefruit

Meal 3: Mexican Chicken on a salad
(about 450 calories)

Place 1 cup leftover Mexican Chicken,
¼ cup sliced red pepper, and ¼ cup
sliced avocado on a mixed dark green
salad with an oil-based vinaigrette
dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 handful pumpkin seeds, 1 handful
blueberries, 1 low-sugar, high-fiber
protein bar (preferably with a ratio of
1g fiber/1g protein, but no less than
.5g/1g)

Meal 5: Citrus Salmon with
Avocado Salsa (about 450 calories)

Add 1 cup steamed broccoli on
the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with
1 tablespoon peanut butter and
¼ protein shake (1 scoop vanilla
whey protein with water only)
45 to 30 minutes before workout,
and the other ¾ protein shake after
workout

Day 7 Saturday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful almonds, 1 handful beef jerky, 1 small handful raspberries

Meal 3: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 small handful pumpkin seeds

Meal 5: ★Cheat/Treat Meal★
(about 700 calories)

Eat whatever you want as long as your other four meals today were nutritious, but try to keep it under 700 calories.

Digestive enzymes

Day 8 Sunday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful pumpkin seeds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Egg-White Breakfast Burrito
(about 500 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 handful blueberries, 1 handful almonds, 1 handful beef jerky

Meal 5: BBQ Chicken Lettuce Wraps
(about 450 calories)*

Add 1 cup steamed cauliflower on the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



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Day 9 Monday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 handful almonds

Meal 3: BBQ Chicken Lettuce Wraps on a salad (about 500 calories)

Place 1 cup leftover BBQ Chicken and ¼ cup chopped red pepper on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 handful raspberries, 1 handful strawberries, 1 large handful pumpkin seeds

Meal 5: Sea Salt Salmon with Olive Oil Mayo (about 450 calories)

Add 1 cup steamed asparagus on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout

Day 10 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito
(about 500 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 grapefruit, 1 handful baby carrots, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: BBQ Chicken Lettuce Wraps
(about 450 calories)

Add 1 cup steamed asparagus on the side.

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 apple, 1 handful beef jerky, 1 large handful pumpkin seeds

Meal 5: Spinach Shake
(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

1 banana with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout

Day 11 Wednesday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 banana with 2 tablespoons natural peanut butter, 1 handful blueberries

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

1 handful pumpkin seeds,
1 handful beef jerky

Meal 5: Beef Fajitas with 1 low-carb tortilla (about 550 calories)*

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 12 Thursday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 handful almonds, 1 handful strawberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Beef Fajitas
(about 450 calories)

Add 1 cup steamed yellow squash
Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 grapefruit, celery with
2 tablespoons natural peanut butter

Meal 5: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

1 banana with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout



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Day 13 Friday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 handful almonds, 1 handful strawberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Beef Fajitas on a salad
(about 450 calories)

Place 1 cup leftover Beef Fajitas meat and 1 sliced pepper (your choice) on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

1 apple, 1 handful pumpkin seeds, 1 handful baby carrots

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Add 1 cup steamed broccoli on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout

Day 14 Saturday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 large handful almonds, 1 handful beef jerky, 1 small handful blueberries

Meal 3: Farmer’s Breakfast Scramble
(about 550 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 350 calories)

1 banana with 2 tablespoons natural peanut butter, 1 handful pumpkin seeds

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Place 1 fillet of leftover Caramelized Onion–Glazed Salmon on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Day 15 Sunday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 handful pumpkin seeds, 1 apple,
1 low-sugar, high-fiber protein bar
(preferably with a ratio of 1g fiber/1g
protein, but no less than .5g/1g)

Meal 3: Farmer's Breakfast Scramble
(about 550 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 banana with 2 tablespoons natural
peanut butter

Meal 5: Roast Chicken
(about 450 calories)*

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 16 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 350 calories)

1 banana with 2 tablespoons natural
peanut butter, 1 handful almonds

Meal 3: Roast Chicken
(about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 grapefruit, 1 handful raspberries,
1 handful pumpkin seeds

Meal 5: Sea Salt Salmon with
Olive Oil Mayo (about 450 calories)

Add 1 cup steamed asparagus on
the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with
1 tablespoon peanut butter and
¼ protein shake (1 scoop vanilla whey
protein with water only) 45 to 30
minutes before workout, and the
other ¾ protein shake after
workout



FIT2FAT2FIT

Day 17 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito
(about 500 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful blueberries, 1 handful
roasted pecans, 1 handful beef jerky

Meal 3: Roast Chicken on a salad
(about 500 calories)

Place 1 leftover Roast Chicken breast
and 1 cup leftover roasted red
peppers on a mixed dark green
salad with an oil-based vinaigrette
dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 grapefruit, 1 handful baby carrots,
1 low-sugar, high-fiber protein bar
(preferably with a ratio of 1g fiber/1g
protein, but no less than .5g/1g)

Meal 5: Spinach Shake
(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

1 banana with 1 tablespoon peanut
butter and $\frac{1}{4}$ protein shake (1 scoop
vanilla whey protein with water only)
45 to 30 minutes before workout,
and the other $\frac{3}{4}$ protein shake after
workout

Day 18 Wednesday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)

1 handful blueberries,
1 large handful almonds

Meal 3: Turkey Breast and Berry
Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

Celery with 2 tablespoons natural
peanut butter, 1 handful roasted
pecans

Meal 5: Sun-Dried Tomato Chicken
(about 400 calories)*

Add 1 cup steamed green beans on
the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with
1 tablespoon peanut butter and
 $\frac{1}{4}$ protein shake (1 scoop vanilla whey
protein with water only) 45 to 30
minutes before workout, and the
other $\frac{3}{4}$ protein shake after workout

* Make enough of this recipe to last for three
meals and refrigerate leftovers in tightly sealed
containers for use later in the week.

Day 19 Thursday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful blueberries, 1 handful almonds, 1 handful beef jerky

Meal 3: Sun-Dried Tomato Chicken
(about 400 calories)

Add ½ cup steamed red peppers and ½ cup steamed broccoli on the side.

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

1 apple, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

1 banana with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout



Day 20 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 large handful almonds,

1 handful strawberries,

Meal 3: Sun-Dried Tomato Chicken

on a salad (about 450 calories)

Place ½ cup leftover Sun-Dried

Tomato Chicken, 1 small handful

cashews, 1 handful blueberries, and

1 handful strawberries on a mixed

dark green salad with a low-calorie

vinaigrette dressing. (Raspberry

vinaigrette goes well with berry

salads.)

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

1 grapefruit, 1 handful roasted

pecans, 1 handful beef jerky

Meal 5: Citrus Salmon with

Avocado Salsa (about 450 calories)

Add 1 cup steamed yellow squash

on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 300 calories)

1 slice whole-wheat toast with

1 tablespoon peanut butter and

¼ protein shake (1 scoop vanilla whey

protein with water only) 45 to 30

minutes before workout, and the

other ¾ protein shake after workout

Day 21 Saturday

Drink 16 ounces water.

Meal 1: Farmer's Breakfast Scramble
(about 550 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 large handful almonds, 1 handful
beef jerky, 1 handful blueberries

Meal 3: Citrus Salmon with
Avocado Salsa on a salad
(about 450 calories)

Place 1 leftover fillet of Citrus Salmon
on a mixed dark green salad with
leftover Avocado Salsa.

Digestive enzymes

Meal 4: Midafternoon snack
(about 350 calories)

1 banana with 2 tablespoons natural
peanut butter, 1 small handful
pumpkin seeds

Meal 5: ★Cheat/Treat Meal★
(about 700 calories)

Eat whatever you want as long as
your other four meals today were
nutritious, but try to keep it under
700 calories.

Digestive enzymes

Day 22 Sunday

Drink 16 ounces water.

Meal 1: Farmer's Breakfast Scramble
(about 550 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 handful blueberries, 1 handful
almonds, 1 low-sugar, high-fiber
protein bar (preferably with a ratio
of 1g fiber/1g protein, but no less
than .5g/1g)

Meal 3: Spinach Shake
(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

Celery with 2 tablespoons natural
peanut butter, 1 handful raspberries

Meal 5: Basil Chicken with
Vegetables (about 450 calories)*

Digestive enzymes

* Make enough of this recipe to last for three
meals and refrigerate leftovers in tightly sealed
containers for use later in the week.



Day 23 Monday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 400 calories)

1 banana with 2 tablespoons natural peanut butter, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Basil Chicken with Vegetables (about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

1 grapefruit, 1 handful cashews

Meal 5: Sea Salt Salmon with Olive Oil Mayo (about 450 calories)

Add 1 cup steamed cauliflower on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and $\frac{1}{4}$ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other $\frac{3}{4}$ protein shake after workout

Day 24 Tuesday

Drink 16 ounces water.

Meal 1: Spinach Shake
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

Celery with 2 tablespoons natural peanut butter, 1 apple

Meal 3: Basil Chicken with Vegetables on a salad
(about 450 calories)

Place 1 cup leftover Basil Chicken with Vegetables over a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 handful blueberries, 1 handful beef jerky, 1 handful pumpkin seeds

Meal 5: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

1 banana with 1 tablespoon peanut butter and $\frac{1}{4}$ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other $\frac{3}{4}$ protein shake after workout

Day 25 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

1 handful raspberries, 1 handful pumpkin seeds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Turkey Breast and Berry

Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 banana with 2 tablespoons natural peanut butter

Meal 5: Beef Fajitas

(about 450 calories)*

Add 1 cup steamed yellow squash.

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 26 Thursday

Drink 16 ounces water.

Meal 1: Farmer's Breakfast Scramble

(about 550 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

1 apple, 1 handful almonds, 1 handful beef jerky

Meal 3: Beef Fajitas

(about 450 calories)

Add 1 cup steamed yellow squash.

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

1 handful pumpkin seeds, 1 handful blueberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Shake

(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 250 calories)

1 banana with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout



FIT2FAT2FIT

Day 27 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

1 handful pumpkin seeds, 1 handful blueberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Beef Fajitas on a salad

(about 400 calories)

Place 1 cup leftover Beef Fajitas meat and ¼ cup sliced red pepper (or a blend of red and yellow peppers) on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful almonds, 1 handful beef jerky, 1 handful blueberries

Meal 5: Caramelized Onion–Glazed

Salmon (about 450 calories)

Add 1 cup steamed zucchini on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 300 calories)

1 slice whole-wheat toast with 1 tablespoon peanut butter and ¼ protein shake (1 scoop vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ¾ protein shake after workout

Day 28 Saturday

Drink 16 ounces water.

Meal 1: Farmer's Breakfast Scramble
(about 550 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 grapefruit, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Spinach Shake
(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 350 calories)

1 apple with 2 tablespoons natural peanut butter, 1 handful pumpkin seeds

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Place 1 fillet of leftover Caramelized Onion–Glazed Salmon on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes



Meal Plan 3: The Breakthrough

The following monthlong meal plan is designed specifically for when you've been progressing in your weight loss and total health journey, but seem to have hit a wall, even though you're doing everything right. This meal plan is not as balanced as the one you should use when you're maintaining—like in meal plan 2—but it's great for helping you push through to continue seeing results. I used a similar version of this for months 5 and 6, the conclusion of my journey from Fat2Fit. I still reintegrate this plan every few months to help me achieve my goals, or if I don't seem to be progressing.

Remember that I believe we should eat about every three hours throughout the day. Obviously, schedules for all of us are different, but the goal is to achieve a balanced regimen. Do your best to fit meals in on an every-three-hours rotation. Also, remember that you can mix and match (substitute) meals as you wish as long as the nutrition and calorie count stay the same.

As in the previous meal plans, women should reduce the overall daily caloric intake. In this particular plan, the reduction should be about 350 calories, accomplished by reducing portion size or by omitting some foods/snacks altogether.

You'll notice in this meal plan that the amount of protein increases in your pre- and postworkout meal. This is to ensure you're getting enough protein in before and after the workout, which will aid in muscle growth and recovery. Also, since this is a very low-carb meal plan, the added scoop of protein will add some needed calories for this sixth meal. You may also notice there are no built-in cheat/treat meals this month. Again, this is to push through the wall: no sacrifice, no reward!

Day 1 Sunday*

The first thing to do upon waking up is to drink 16 ounces of water. As with all of my meal plans, I focus on hydration right away in the morning.

Meal 1: Spinach Egg-White Omelet

(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful blueberries,

1 large handful almonds

Meal 3: Pumpkin Pie Protein Shake

(about 300 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful roasted pecans

Meal 5: Thai Turkey Skillet

(about 500 calories)**

Digestive enzymes

* Though we start the meal plan on Sunday, you can of course start any day of the week. The meal plan is outlined to cook a bulk of your meats in advance on Sunday and then again midweek on Wednesday. Feel free to adjust as needed.

** Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 2 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake without the

½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 200 calories)

1 handful raspberries,

1 large handful almonds

Meal 3: Thai Turkey Skillet

(about 500 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 large handful pumpkin seeds,

1 handful beef jerky

Meal 5: Caramelized Onion–Glazed

Salmon (about 450 calories)

Add 2 cups steamed zucchini on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 250 calories)

½ protein shake (2 scoops vanilla

whey protein with water only) 45 to

30 minutes before workout, and the other ½ protein shake after workout.

Also, include another multivitamin postworkout.



FIT2FAT2FIT

Day 3 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 200 calories)

1 handful strawberries,
1 large handful almonds

Meal 3: Thai Turkey Skillet (about 500 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 200 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 handful almonds

Meal 5: Spinach Shake without the ½ banana (about 375 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 4 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

1 handful strawberries, 1 handful pumpkin seeds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful roasted pecans

Meal 5: Sun-Dried Tomato Chicken (about 400 calories)*

Add 2 cups steamed asparagus on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 5 Thursday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet
(about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)

1 handful strawberries,

1 large handful beef jerky

Meal 3: Sun-Dried Tomato Chicken
(about 400 calories)

Add 2 cups steamed broccoli on
the side.

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

3 rolled slices turkey lunch meat

dipped in mustard, 1 large handful
cashews

Meal 5: Turkey Breast and Berry
Salad (about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

½ protein shake (2 scoops vanilla
whey protein with water only) 45 to
30 minutes before workout, and the
other ½ protein shake after workout.
Also, include another multivitamin
postworkout.



Day 6 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake without the
½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 200 calories)

1 handful blueberries, 1 low-sugar,
high-fiber protein bar (preferably
with a ratio of 1g fiber/1g protein,
but no less than .5g/1g)

Meal 3: Sun-Dried Tomato Chicken
on a salad (about 450 calories)

Place 1 cup leftover Sun-Dried Tomato
Chicken with ¼ cup chopped red
pepper on a mixed dark green salad
with an oil-based vinaigrette
dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 handful almonds, celery with
2 tablespoons natural peanut butter

Meal 5: Citrus Salmon with Avocado
Salsa (about 450 calories)

Add 2 cups steamed broccoli on
the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

½ protein shake (2 scoops vanilla
whey protein with water only) 45 to
30 minutes before workout, and the
other ½ protein shake after workout.
Also, include another multivitamin
postworkout.

Day 7 Saturday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 large handful almonds,
1 handful beef jerky

Meal 3: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

3 rolled slices turkey lunch meat
dipped in mustard, 1 handful pumpkin
seeds

Meal 5: Spinach Shake without the
 $\frac{1}{2}$ banana (about 375 calories)

Digestive enzymes

Day 8 Sunday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful pumpkin seeds, 1 low-sugar,
high-fiber protein bar (preferably
with a ratio of 1g fiber/1g protein,
but no less than .5g/1g)

Meal 3: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 250 calories)

1 handful blueberries, 1 handful
almonds, 1 handful beef jerky

Meal 5: Cajun Chicken Stir-Fry
(about 450 calories)*

Add 2 cups steamed cauliflower on
the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



FIT2FAT2FIT

Day 9 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 350 calories)

Celery with 2 tablespoons natural peanut butter, 1 large handful almonds

Meal 3: Cajun Chicken Stir-Fry on a salad (about 450 calories)

Place about 1 cup leftover Cajun Chicken and ¼ cup chopped red peppers on a mixed dark green salad with an oil-based vinaigrette dressing.
Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 large handful pumpkin seeds

Meal 5: Sea Salt Salmon with Olive Oil Mayo (about 450 calories)

Add 2 cups steamed asparagus on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 10 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 250 calories)

1 grapefruit, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Cajun Chicken Stir-Fry (about 450 calories)

Add 2 cups steamed asparagus on the side.

Digestive enzymes

Meal 4: Midafternoon snack (about 200 calories)

1 handful beef jerky, 1 handful pumpkin seeds

Meal 5: Spinach Shake without the ½ banana (about 375 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 11 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 200 calories)

1 handful blueberries,
1 large handful roasted pecans

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 large handful pumpkin seeds

Meal 5: Beef Fajitas (about 450 calories)*

Add 2 cups steamed yellow squash.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 12 Thursday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

1 handful almonds, 1 handful strawberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Beef Fajitas (about 450 calories)

Add 2 cups steamed green beans on the side.

Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful cashews

Meal 5: Spinach Egg-White Omelet (about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.



FIT2FAT2FIT

Day 13 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake without the
½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 300 calories)

1 handful almonds, 1 handful
strawberries, 1 low-sugar, high-fiber
protein bar (preferably with a ratio
of 1g fiber/1g protein, but no less
than .5g/1g)

Meal 3: Beef Fajitas on a salad
(about 500 calories)

Place 1 cup leftover Beef Fajitas meat,
¼ cup sliced pepper (your choice),
and ¼ cup sliced avocado on a mixed
dark green salad with an oil-based
vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack
(about 300 calories)

1 handful pumpkin seeds,
Celery with 2 tablespoons natural
peanut butter

Meal 5: Caramelized Onion–Glazed
Salmon (about 450 calories)

Add 2 cups steamed broccoli on the
side.

Digestive enzymes

Meal 6: Pre/Postworkout snack
(about 250 calories)

½ protein shake (2 scoops vanilla
whey protein with water only) 45 to
30 minutes before workout, and the
other ½ protein shake after workout.
Also, include another multivitamin
postworkout.

Day 14 Saturday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful almonds, 1 handful beef jerky, 1 handful blueberries

Meal 3: Spinach Egg-White Omelet
(about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 handful pumpkin seeds

Meal 5: Caramelized Onion–Glazed Salmon on a salad (about 500 calories)

Serve 1 fillet of leftover Caramelized Onion–Glazed Salmon over a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Day 15 Sunday

Drink 16 ounces water.

Meal 1: Pumpkin Pie Protein Shake
(about 300 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack
(about 250 calories)

1 handful pumpkin seeds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Egg-White Breakfast Burrito without the tortilla (about 500 calories)

Digestive enzymes

Meal 4: Midafternoon snack
(about 200 calories)

1 handful almonds,
1 handful beef jerky

Meal 5: Mexican Chicken
(about 450 calories)*

Add 2 cups steamed cauliflower on the side.

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



FIT2FAT2FIT

Day 16 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 200 calories)

1 handful raspberries,

1 large handful almonds

Meal 3: Mexican Chicken (about 450 calories)

Add 2 cups steamed cauliflower on the side.

Digestive enzymes

Meal 4: Midafternoon snack (about 200 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 handful pumpkin seeds

Meal 5: Sea Salt Salmon with Olive Oil Mayo (about 450 calories)

Add 2 cups steamed asparagus on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 17 Tuesday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 250 calories)

1 handful blueberries, 1 handful

roasted pecans, 1 handful beef jerky

Meal 3: Mexican Chicken on a salad (about 450 calories)

Place 1 cup leftover Mexican Chicken, ¼ cup sliced avocado, and ¼ cup sliced yellow pepper on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

1 handful almonds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Shake without the ½ banana (about 375 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 18 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 200 calories)

1 handful blueberries,
1 large handful almonds

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 200 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 handful roasted pecans

Meal 5: Sun-Dried Tomato Chicken (about 400 calories)*

Add 2 cups steamed green beans on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 19 Thursday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 250 calories)

1 handful blueberries, 1 handful almonds, 1 handful beef jerky

Meal 3: Sun-Dried Tomato Chicken (about 400 calories)

Add 1 cup steamed red peppers and 1 cup steamed broccoli on the side.

Digestive enzymes

Meal 4: Midafternoon snack (about 150 calories)

1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Egg-White Omelet (about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



Day 20 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)
Multivitamin
Digestive enzymes

Meal 2: Midmorning snack (about 250 calories)
1 large handful almonds, 3 rolled slices turkey lunch meat dipped in mustard

Meal 3: Sun-Dried Tomato Chicken on a salad (about 450 calories)
Place ½ cup leftover Sun-Dried Tomato Chicken, 1 small handful cashews, 1 handful blueberries, and 1 handful strawberries on a mixed dark green salad with low-calorie vinaigrette dressing. (Raspberry vinaigrette goes well with berry salads.)
Digestive enzymes

Meal 4: Midafternoon snack (about 200 calories)
1 handful roasted pecans,
1 handful beef jerky

Meal 5: Citrus Salmon with Avocado Salsa (about 450 calories)
Add 2 cups steamed broccoli on the side.
Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)
½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 21 Saturday

Drink 16 ounces water.

Meal 1: Egg-White Breakfast Burrito without the tortilla (about 450 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful beef jerky

Meal 3: Citrus Salmon with Avocado Salsa on a salad (about 450 calories)

Place 1 leftover fillet of Citrus Salmon on a mixed dark green salad with leftover Avocado Salsa.

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 large handful pumpkin seeds

Meal 5: Spinach Shake without the ½ banana (about 375 calories)

Digestive enzymes

Day 22 Sunday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet (about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

1 handful blueberries, 1 handful almonds, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Pumpkin Pie Protein Shake (about 300 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful beef jerky

Meal 5: Chinese “Fried Rice” (about 450 calories)*

Digestive enzymes

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.



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Day 23 Monday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 250 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 3: Chinese “Fried Rice”

(about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 200 calories)

1 handful cashews,
1 handful beef jerky

Meal 5: Sea Salt Salmon with Olive Oil Mayo (about 450 calories)

Add 2 cups steamed green beans on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 24 Tuesday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack

(about 300 calories)

Celery with 2 tablespoons natural peanut butter, 3 rolled slices turkey lunch meat dipped in mustard

Meal 3: Chinese “Fried Rice”

(about 450 calories)

Digestive enzymes

Meal 4: Midafternoon snack

(about 250 calories)

1 handful beef jerky,
1 large handful pumpkin seeds

Meal 5: Spinach Egg-White Omelet

(about 400 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack

(about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 25 Wednesday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 200 calories)

1 handful pumpkin seeds,
1 handful almonds

Meal 3: Turkey Breast and Berry Salad (about 400 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful beef jerky

Meal 5: Turkey Fajitas (substitute turkey breast for beef in the Beef Fajitas recipe) (about 450 calories)*
Add 2 cups steamed yellow squash.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

* Make enough of this recipe to last for three meals and refrigerate leftovers in tightly sealed containers for use later in the week.

Day 26 Thursday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet (about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 250 calories)

1 large handful almonds,
1 handful beef jerky

Meal 3: Turkey Fajitas (about 450 calories)

Add 2 cups steamed yellow squash.

Digestive enzymes

Meal 4: Midafternoon snack (about 300 calories)

1 handful pumpkin seeds, 1 handful blueberries, 1 low-sugar, high-fiber protein bar (preferably with a ratio of 1g fiber/1g protein, but no less than .5g/1g)

Meal 5: Spinach Shake without the ½ banana (about 375 calories)

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.



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Day 27 Friday

Drink 16 ounces water.

Meal 1: Spinach Shake without the ½ banana (about 375 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 200 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 handful pumpkin seeds

Meal 3: Turkey Fajitas on a salad (about 450 calories)

Place 1 cup leftover Turkey Fajitas meat and ¼ cup chopped red pepper (or a mix of red and yellow peppers) on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

1 large handful almonds,
1 handful beef jerky

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Add 2 cups steamed zucchini on the side.

Digestive enzymes

Meal 6: Pre/Postworkout snack (about 250 calories)

½ protein shake (2 scoops vanilla whey protein with water only) 45 to 30 minutes before workout, and the other ½ protein shake after workout. Also, include another multivitamin postworkout.

Day 28 Saturday

Drink 16 ounces water.

Meal 1: Spinach Egg-White Omelet (about 400 calories)

Multivitamin

Digestive enzymes

Meal 2: Midmorning snack (about 300 calories)

Celery with 2 tablespoons natural peanut butter, 1 handful roasted pecans

Meal 3: Pumpkin Pie Protein Shake (about 300 calories)

Digestive enzymes

Meal 4: Midafternoon snack (about 250 calories)

3 rolled slices turkey lunch meat dipped in mustard, 1 large handful pumpkin seeds

Meal 5: Caramelized Onion–Glazed Salmon (about 450 calories)

Serve 1 fillet of leftover Caramelized Onion–Glazed Salmon on a mixed dark green salad with an oil-based vinaigrette dressing.

Digestive enzymes

EXERCISES

In this appendix I describe, in detail, some excellent exercises that are my personal favorites when it comes to getting fit. In the next section, titled “Workouts,” I’ll incorporate some of these exercises to provide detailed workouts, which will include the appropriate amount of repetitions (“reps”) and sets. Look at the pictures as you read the instructions. The words and images together should help you master the motions.

Note that there is some overlap between these two appendices. Consult this one, “Exercises,” if you’re trying to get the basic motions down; consult “Workouts” once you’ve mastered these and are ready to put them together and begin working toward the new you.



The Essential Exercises: Dumbbell Squats with a Pulse, Followed by Dumbbell Military Press

- STEP 1** With dumbbells held resting on your shoulders, get in position with your knees shoulder-width apart.
- STEP 2** Go down until your butt is parallel to the floor; then come up about a quarter of the way.
- STEP 3** Go all the way back down to your parallel position and come all the way up.
- STEP 4** On the way up, lift the dumbbells above your head until your arms are extended all the way.
- STEP 5** Bring dumbbells back to the starting position (resting on your shoulders) before you start your next rep.

The Essential Exercises: Dumbbell Push-Ups with Dumbbell Rows

- STEP 1** Start in push-up position, with your hands not flat on the floor but grasping dumbbells placed on the ground about shoulder width apart. (You can do this on your knees if needed.)
- STEP 2** With legs spread wide apart go down, do a push-up, and come back to the top.
- STEP 3** At the top, pull up one of the dumbbells and do a dumbbell row, keeping the dumbbell and your arm close to your body.*
- STEP 4** After the dumbbell row, lower your weight slowly back to the ground, resuming the starting position.
- STEP 5** Follow that with another push-up; and this time, at the top of the push-up, do a dumbbell row with the other hand.

Alternate arms after each push-up set.

* Pull one dumbbell up to your side until it makes contact with ribs or until your upper arm is just beyond horizontal.

Push-Ups with One Hand on Medicine Ball

I'm a big believer in keeping things simple. That's why push-ups will always be a staple in my exercises. I love feeling athletic, being able to do push-ups without feeling like I'm going to die after doing only 10! Push-ups on a medicine ball add a different dimension to boring old push-ups, and they allow you to get a deeper stretch in the pectoral muscles as well as strengthen the small stabilizer muscles in the shoulders. Adding a pulse at the bottom of the push-ups adds a degree of difficulty as well. Doing push-ups according to these instructions will definitely build strength, tone those chest muscles, and build endurance.



STEP 1 With your body prone, place your hands on the floor so that they're about shoulder width apart, one hand on a medicine ball.

STEP 2 Rise up onto your toes so that all of your body weight is on your hands and feet.

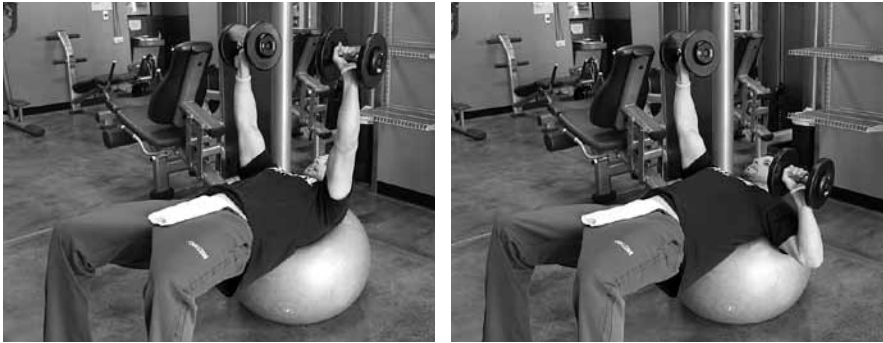
STEP 3 Bring your body into a straight line and keep it that way throughout the exercise.

STEP 4 Bend your elbows and lower your chest toward the floor.

STEP 5 Once your elbows bend slightly beyond 90 degrees, push off the floor slightly and return immediately to the bottom again (a so-called pulse); then extend your arms all the way so that you return to the starting position.

Dumbbell Bench Presses on Stability Ball (One Arm at a Time)

I like to focus on a lot of unilateral movements when it comes to my exercises. This helps with muscle imbalances, which are very common, and also helps to strengthen the small stabilizer muscles, which don't get worked out as often as the larger muscles. This exercise is another great chest workout; it allows you to isolate each chest muscle individually, and when you strengthen each component, you become stronger as a whole.



- STEP 1** Lie on your back on a medium- to large-size (55 to 75 cm) stability ball with knees bent so that your body is parallel to the floor. (Your upper back should be resting on the stability ball while your hips and butt will be off the medicine ball.)
- STEP 2** With arms perpendicular to your body and bent upward at the elbow, hold the dumbbells out to the side.
- STEP 3** Press both dumbbells up until arms are fully extended.
- STEP 4** Lower one of the weights toward the side of your upper chest (keeping your other arm extended) until a slight stretch is felt in the chest or shoulder.
- STEP 5** Finally, extend the arm fully to the step 3 position. Now switch arms!



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Pull-Ups

Pull-ups are a must in my workout routine. Even if I'm trying to build more muscle mass, I still include this excellent exercise in whatever routine I'm doing. This is definitely a good measuring tool for me as far as my athleticism is concerned, and I'm always striving to be able to perform more repetitions of this exercise. Pull-ups work multiple muscles in the back, as well as the biceps, forearms, and even core. That's why this exercise is a must, especially for those who desire to achieve the upper-body V shape that many fitness buffs strive for.



STEP 1 Grip the pull-up bar with palms facing away from you.

STEP 2 Extend your arms all the way and hang from the bar.

STEP 3 Pull your body up (without a swinging motion) until your chin reaches above the bar.

STEP 4 Return to the starting position and repeat.

Dumbbell Deadlifts

Deadlifts are an often-forgotten (or -neglected) exercise in the gym. I don't blame anyone for not wanting to perform these, because they're exhausting when done properly. However, dumbbell deadlifts are a great strengthening exercise for the lower back, middle back, upper back, core, legs, forearms, and grip strength. I generally perform these on those weight-training days that focus on my back.



STEP 1 Stand straight up, feet shoulder width apart, with dumbbells resting just in front of you, your arms fully extended downward.

STEP 2 Slowly lower the dumbbells while keeping your back straight (though angled forward), chest out, and butt back until the dumbbells go below the kneecaps.

STEP 3 Return to a fully standing position while keeping the dumbbells close to your body.



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Jumping Squats

Squats are another exercise that many people avoid, because their legs quickly feel like Jell-O after only the first set when squats are done properly. Like deadlifts, they benefit many muscle groups: lower back, quads, hamstrings, glutes, calves, and even abs. Some will argue that no other exercise works as many muscles as squats do. *Jumping* squats add a degree of difficulty, but in different ways than traditional barbell squats. This variation works the fast-twitch muscle fibers, and you won't want to be using nearly as much weight as in traditional squats. This is a great exercise you can do without a gym membership and without equipment. You'll be sweating and breathing hard after doing these no matter what your level of fitness!



STEP 1 Stand with feet shoulder width apart.

STEP 2 Lower your body while keeping your chest out, back straight, and butt back.

STEP 3 Go down until your thighs are parallel to the ground; then explode and jump up as high as you can.

STEP 4 Instead of landing with your legs locked straight, land with bent knees. Don't stop your motion, though; slowly lower yourself again and repeat the squat without pause (that is, no rest between).

Jumping Lunges

Lunges are another great exercise to help strengthen the legs and glutes. Most men think lunges are for “girls,” mostly because these exercises help to shape the glutes, but my opinion is that no one should have a saggy rear end. That’s why leg days, for me, will always include some form of lunges. *Jumping* lunges, like jumping squats, add a slight degree of difficulty. They’re very effective at burning calories during your workout and will definitely get your heart rate up, which is good for your cardiovascular system.



STEP 1 Stand with one foot way out in front of you and the other back behind you, with the back foot up on your toes.

STEP 2 Go straight down, with back straight, until your front leg is parallel to the floor, making sure that your front knee doesn’t go in front of your front toes.

STEP 3 From that lowest position, explode and jump up as high as you can.

STEP 4 Instead of landing with your legs locked straight, land with bent knees, switching legs each time you land (so that if your right leg was in back before the jump, it’s now in front). Don’t stop your motion, though; slowly lower yourself again and repeat without pausing.



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Side to Front to Side Dumbbell Raises

The title of this exercise might seem confusing, but it's actually two exercises—side dumbbell raises and front dumbbell raises—rolled into three simple motions. This is a solid endurance exercise as well as a great toning exercise for your side and front deltoids. I like to mix this one into my workouts to get a great burn.



STEP 1 Stand with feet shoulder width apart, with dumbbells hanging at your sides.

STEP 2 With elbows slightly bent raise both dumbbells to your sides, away from your body, until your arms are parallel to the floor.

STEP 3 Keeping your arms parallel to the floor, bring dumbbells in front of you until they touch (turning them so that they become perpendicular to the floor).

STEP 4 Still keeping arms parallel to the floor, bring dumbbells back out to the sides, and then lower down to your waist/hips.

Hand Step-Ups with Plank

This is a great exercise that I was able to perform with Dr. Oz when I was on his show. It's another multimuscle exercise, but I tend to do it on my shoulder days. It covers a wide variety of muscles, including shoulders, triceps, and core, and it's also great for cardiovascular endurance. The word "plank" refers to the straight line your body maintains.



STEP 1 Place a low step against a wall for stability, or use your stairs at home.

STEP 2 Now get in push-up position on the floor, facing the step in front of you. (If you're a beginner, you can do this exercise on your knees until you build up the strength to do it without the added assistance.)

STEP 3 Put one hand flat on the top of the step, followed by the other hand (keeping your body in a straight line—hence the word "plank").

STEP 4 Return hands down off the step/stair one at a time until you're back in the starting push-up position.

STEP 5 Repeat these movements at a fast pace for approximately 30 to 45 seconds, depending on your fitness level.



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Chin-Ups

This is another vital exercise to strengthen your upper body and improve your flexibility and athleticism. Chin-ups, which are different from pull-ups due to the way the palms are facing (pull-ups = palms facing away from you; chin-ups = palms facing toward you), allow you to focus more on the biceps muscles. This is why I always perform chin-ups on my biceps day instead of doing just a bunch of standard curls. This exercise strengthens so much more than just biceps, but it's a great way to get those “guns” for us men—or, for you ladies, it'll create some nice definition.



STEP 1 Grip the pull-up bar with palms facing you.

STEP 2 Extend your arms all the way and hang from the bar.

STEP 3 Pull your body up (without a swinging motion), using primarily your biceps, until your chin reaches above the bar.

STEP 4 Return to the starting position and repeat.

Dumbbell Curls

“Curls for the girls”—that’s what my wrestling coach used to call these back in high school. Curls aren’t that difficult to do, and they make your arms look defined. I like to add a few twists to traditional dumbbell curls, though. Adding a quick 1-count on the way up (positives) followed by a slow 3-count on the way down (negatives) is great for improved strength and explosiveness.



STEP 1 Stand with feet shoulder width apart while holding dumbbells. Let the weights hang in front of you with your palms facing forward.

STEP 2 While keeping your back straight, bring dumbbells up in the curve of a D-shaped motion, using your biceps. At the top, squeeze/flex the biceps. (Do the lifting motion as you count to 1; it should be a fast motion.)

STEP 3 Return back down in the same D-shaped arc—this time counting to 3 to get a slow motion—until your arms are fully extended and back in the starting position.



Dips with a Pulse

Dips are another great exercise I work into my routine no matter what phase I'm in (strength building vs. toning). There are many variations and degrees of difficulty for this exercise. I like to include a pulse at the bottom to add an extra degree of difficulty—and you'll feel better after even one set!



- STEP 1** Sit on a chair with your hands on the edges a bit out from your hips.
- STEP 2** Walk your body away from the chair so that you're holding yourself up with your arms, and your feet are about shoulder width apart, giving you extra support.
- STEP 3** Go straight down until your arms form a 90-degree angle (keeping your elbows in and your back straight).
- STEP 4** Come back up slightly (about $\frac{1}{4}$ of the way), then return all the way back down again.
- STEP 5** Return up to the starting position.

Triceps “Skull Crushers”

Another great and effective triceps workout is “skull crushers,” which sound intimidating but are pretty simple to do, even at home. This exercise really helps to isolate just the triceps muscles. Having stronger triceps will help with a lot of other upper-body exercises. My wife loves these; she says they help prevent those flabby arms that many women struggle with.



- STEP 1** Lie down with your back on a stability ball, knees bent as needed, so that your body is parallel to the floor.
- STEP 2** Bring dumbbells straight up above your head with arms extended and palms facing each other.
- STEP 3** Bend your arms to 90 degrees so that the dumbbells reach your forehead on both sides. (Don't actually hit your head; just get close!)
- STEP 4** At the bottom do a pulse by bringing the dumbbells back up a quarter of the way, then back down all the way; then straighten your arms so that the dumbbells are again above you, keeping your elbows in the same position throughout the entire step.



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Planks with a Hip Rotation

Strengthening your core is one of the most important things when it comes to physical fitness, yet it's overlooked by many, including professional athletes. Your core is your foundation, and if it is strong, that strength will benefit the rest of your body. So many people focus only on abs, and they think the key to a six-pack is to do as many sit-ups as possible. I love the plank, even though it's a yoga pose, because it's one of the most basic core exercises and is very effective. A lot of dudes think yoga is for "girls," but it has many benefits for everyone (yes, even if you're a bodybuilder). The extra hip rotation adds a degree of difficulty and helps widen the area of muscles worked during this exercise.



- STEP 1** Lie face down on a floor mat, resting on your forearms.
- STEP 2** Push off the floor, raising yourself up onto your toes and resting on your elbows.
- STEP 3** Concentrate on keeping your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air and your middle from sagging.
- STEP 4** Rotate to one side by bringing one of your hips to touch the floor.
- STEP 5** Return to the center position.
- STEP 6** Rotate to the other side by bringing the other hip to the floor. Repeat.

Side Planks with “Thread the Needle”

The side plank is another essential core exercise, reaching different muscles than a traditional plank. This exercise focuses on the obliques, hips, lower back, and “love handle” area. Being a guy, I get a lot of stares doing this one, since most guys in the gym are working some kind of ab-cruncher machine. The “thread the needle” motion adds an extra degree of difficulty to traditional side planks. This supplemental motion has many benefits, such as widening the area worked during the exercise—specifically, the motion helps to strengthen the small stabilizer muscles and improve balance.



STEP 1 Lie on your left side with your body straight, one foot on top of the other, but angled up from the hip to the shoulder. Support yourself with your left arm, bent 90 degrees at the elbow (your hand and forearm, flat on the floor, pointing directly in front of you). Rest your right arm on your right leg.

STEP 2 Push your midsection up so that only your left foot, hand, and forearm are in contact with the floor.

STEP 3 When you’re in the correct position, the space left between you and the floor should form a triangle. Try not to let your hip sag and touch the floor.

STEP 4 Extend your right arm straight up (perpendicular to your body); then use that same arm to push through the triangular hole created by this position. Bring that arm back until it’s completely extended away from your body. Repeat.

STEP 5 Switch sides and repeat.



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WORKOUTS

This appendix offers four workouts that combine exercises to strengthen the chest/back, legs/shoulders, biceps/triceps, and abs/core. For each exercise included, I offer three levels of difficulty. Begin where you feel comfortable and gradually work up to “The Breakthrough” level.

Within each workout, I specify how many reps and sets I do. Typically, I like to do my workouts as supersets—in other words, do two different exercises back to back with minimal or no rest between sets. This is great because you get the benefits of resistance training and cardio all in one.

I always start my workout with a warm-up, which can be anything from walking, biking, jumping, or running in place for a few minutes.

Chest/Back

Exercise 1: Push-Ups

With your body prone, place your hands on the floor so that they’re about shoulder width apart. Rise up onto your toes so that all of your body weight is on your hands and feet. Bring your body into a straight line and keep it that way throughout the exercise. Bend your elbows and lower your chest toward the floor. Once your elbows bend slightly beyond 90 degrees, push off the floor again and extend your arms so that you return to starting position.

THE BEGINNING As listed above, but with your legs resting on a stability ball (around hip level), which will provide less weight/resistance on your arms and shoulders when doing the push-up.

THE BALANCE As listed above.

THE BREAKTHROUGH As listed above, but with one hand on a medicine ball and the other on the floor.

Exercise 2: Pull-Ups

Grip the pull-up bar with palms facing away from you. Extend your arms all the way and hang from the bar. Pull your body up without a swinging motion until your chin reaches above the bar. Then lower yourself back to the starting position.

THE BEGINNING As listed above, using a chair or an “assisted” pull-up machine for support.

THE BALANCE As listed above.

THE BREAKTHROUGH As listed above, but with a 1-count on the way up and a 3-count on the way down.

Here are the sets and reps I do for these first 2 exercises: 2 push-ups/1 pull-up, 4 push-ups/2 pull-ups, 6/3, 8/4, 10/5. Rest for 60 seconds and repeat 3 times.

Exercise 3: Dumbbell Flies

Grasp two dumbbells. Lie flat on a bench or lie on a stability ball with your knees bent. Support dumbbells above your chest, your arms slightly bent. With palms facing each other, open your arms from your shoulder joints, until your arms are parallel to the ground. Then contract the chest muscles by closing your arms to the starting position until the dumbbells touch back together. Repeat.



THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but with a pulse at the bottom.

THE BREAKTHROUGH As listed above, but with a 3-count on the way down and a 1-count on the way up.



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Exercise 4: Bent-over Rows

With feet shoulder width apart and knees slightly bent, bend over until your chest comes close to parallel with the floor. With dumbbells in hands and arms completely extended toward the floor, pull one dumbbell up to your side until it makes contact with your ribs or until your upper arm is just beyond horizontal. Return that arm to full extension, the shoulder stretched downward. Now pull the other arm up and back down.



THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but on one foot with a slight pulse at the top.

THE BREAKTHROUGH As listed above, but on one foot with a 1-count on the way up and 3-count on the way down.

Here are the sets and reps I do for exercises 3 and 4: exercise 3, 15 reps; exercise 4, 15 reps each arm. Repeat this superset 3 times with minimal to no rest in between.

Exercise 5: Dumbbell Bench Presses

Lie on your back on a stability ball with knees bent so that your body is parallel to the floor. With arms perpendicular to your body and bent upward at the elbow, hold the dumbbells out to the side. Press both dumbbells up until arms are extended. Lower dumbbells to the sides of your upper chest until a slight stretch is felt in the chest or shoulders.

THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but doing one arm at a time.

THE BREAKTHROUGH As listed above, but doing one arm at a time with a 1-count on the way up and a 3-count on the way down.

Exercise 6: Dumbbell Deadlifts

Stand straight up, feet shoulder width apart, with dumbbells resting in your hands just in front of you, your arms fully extended downward. Slowly lower the dumbbells while keeping your back straight (though angled forward), chest out, and butt back until the dumbbells go below the kneecaps. Return to a fully standing position while keeping the dumbbells close to your body.

THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but with a barbell instead of dumbbells, and starting from the floor and coming all the way up and back down to the floor again for each rep.

THE BREAKTHROUGH As listed above, but with a barbell instead of dumbbells, and starting from the floor and coming all the way up and back down to the floor again for each rep, with a 1-count on the way up and a 3-count on the way down.

Here are the sets and reps I do for exercises 5 and 6: exercise 5, 12 reps each arm; exercise 6, 12 reps. Repeat this superset 3 times with minimal to no rest.



Legs/Shoulders

Exercise 1: Dumbbell Squats

Stand with your feet shoulder width apart and with dumbbells in hands, resting at your sides. As you lower your body to a squat, stay back on your heels, keeping your chest out, back straight, and butt back. Go down until your thighs are parallel to the floor and come back up in the same motion.

THE BEGINNING As listed above, but leaning your back against a stability ball (positioned between you and the wall), with a light weight or no weight.

THE BALANCE As listed above, but with a light barbell on the shoulders (right behind the neck) instead of dumbbells.

THE BREAKTHROUGH As listed above, but with a light barbell on the shoulders (right behind the neck) and doing jumping squats.

Exercise 2: Dumbbell Military Presses

Stand with feet shoulder width apart and hold dumbbells above your shoulders, your arms extended out and then bent upward at a 90-degree angle. Raise the dumbbells straight above your head until your arms are fully extended, then bring them back down to the starting position.



THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but on one foot.

THE BREAKTHROUGH As listed above, but on one foot, doing only one arm at a time.

Here are the sets and reps I do for exercises 1 and 2: exercise 1, 15 reps; exercise 2, 12 reps. Repeat this superset 3 times with minimal to no rest in between.



Exercise 3: Lunges

Stand with one foot way out in front of you and the other back behind you with the back foot up on your toes. Go straight down, with back straight, until your front thigh is parallel to the floor, making sure that your front knee doesn't go in front of your front toes, then come back up to starting position.

THE BEGINNING As listed above, but with light dumbbells hanging by your side.

THE BALANCE As listed above, but with the back foot up on a bench.

THE BREAKTHROUGH As listed above, but with light dumbbells and doing jumping lunges.

Exercise 4: Side Dumbbell Raises

Stand with feet shoulder width apart and with light dumbbells resting by your sides, your arms hanging naturally. Bring both dumbbells up to the side until they're shoulder height, with arms completely extended away from your body. Slowly lower them to the starting position.

THE BEGINNING As listed above, but with light dumbbells.

THE BALANCE As listed above, but on one foot.

THE BREAKTHROUGH As listed above, but on one foot, one arm at a time, with a pulse at the top.

Here are the sets and reps I do for exercises 3 and 4: exercise 3, 12 reps each leg; exercise 4, 12 reps. Repeat this superset 3 times with minimal to no rest in between.

Exercise 5: Step-Ups

Stand in front of a bench, low chair, or you can use your home stairs. Step up with one leg, then use your foot that is on the step to push your other leg up until both feet are on the bench/chair/stair. Step down with the first foot leading. Then repeat, alternating feet.

THE BEGINNING As listed above, but with light or no weight and on a smaller step/bench.

THE BALANCE As listed above, but with a knee raise added after the step up with the opposite leg.

THE BREAKTHROUGH As listed above, but doing jumping alternating step-ups.

Exercise 6: Hand Step-Ups with Plank

Place a low step or a chair up against a wall for stability. Get in push-up position on the floor, facing that wall with the step/chair in front of you. Put one hand flat on the seat of the step/chair and return that hand immediately to the floor; now do the other hand (keeping your body in a straight line).

THE BEGINNING As listed above, but doing it on your knees at a slow pace.

THE BALANCE As listed above.

THE BREAKTHROUGH As listed above, but doing it at a fast pace for at least 45 seconds per set.

Here are the sets and reps I do for exercises 5 and 6: exercise 5, 15 each leg; exercise 6, 30 seconds at a fast pace. Repeat this superset 3 times with minimal to no rest in between.



Biceps/Triceps

Exercise 1: Chin-Ups

Grip the chin-up bar with palms facing you. Extend your arms all the way and hang from the bar. Pull your body up (without a swinging motion), using primarily your biceps, until your chin reaches above the bar. Return to the starting position.

THE BEGINNING As listed above, but using a chair or an “assisted” pull-up machine for support.

THE BALANCE As listed above.

THE BREAKTHROUGH As listed above, but with a 1-count on the way up and a 3-count on the way down.

Exercise 2: Dips

Sit on a chair with your hands on the edge a bit out from your hips. Walk your body away from the chair so that you’re holding yourself up with your arms, and your feet are about shoulder width apart, giving you extra support. Go straight down until your arms form a 90-degree angle (keeping your elbows in and your back straight). Then return up to the starting position.

THE BEGINNING As listed above, but with an “assisted” dip machine for support.

THE BALANCE As listed above.

THE BREAKTHROUGH As listed above, but with extra weight on your lap and with a pulse at the bottom.

Here are the sets and reps I do for these first 2 exercises: exercise 1, 12 reps; exercise 2, 12 reps, then hold upright position for 10 seconds, then 12 more reps. Repeat this superset 3 times with minimal to no rest in between.

Exercise 3: Dumbbell Curls

Stand with feet shoulder width apart while holding dumbbells in hands. Let the weights hang in front of you with palms facing away from your body. While keeping your back straight, bring dumbbells up in the curve of a D-shaped motion, using your biceps. At the top, squeeze/flex the biceps. Return back down in the same D-shaped arc.

THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but on one foot.

THE BREAKTHROUGH As listed above, but on one foot, one hand at a time, with a pulse at the bottom.

Exercise 4: Dumbbell Kickbacks

Stand holding dumbbells close to your body with elbows bent. Bend over so that your chest and upper arms are almost parallel to the floor. Extend your arms until they're straight (in other words, pointing behind you, because of your bent body), flex the triceps when arms are fully extended, then bring the arms back to the starting body-bent position.



THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but on one foot.

THE BREAKTHROUGH As listed above, but on one foot, one hand at a time, with a pulse at the top.

Here are the sets and reps I do for exercises 3 and 4: exercise 3, 15 reps each arm; exercise 4, 15 reps each arm. Repeat this superset 3 times with minimal to no rest in between.



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Exercise 5: Hammer Curls

Stand with feet shoulder width apart. Holding dumbbells, let your arms hang by your sides with palms facing in toward your body. Bring one arm to a 90-degree angle pointing in front of you. Keeping your back straight, bring the other hand up and forward in the curve of a D-shaped motion, using your biceps. At the top, squeeze/flex the biceps and return back down in the same D-shaped arc. Switch sides and hold the other arm at a 90-degree angle while curling the second arm.

THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but on one foot.

THE BREAKTHROUGH As listed above, but on one foot, with a pulse at the bottom.

Exercise 6: Triceps “Skull Crushers”

Lie down with your back on a stability ball, knees bent as needed, so that your body is parallel to the floor. Bring dumbbells straight up above your head with arms extended and palms facing each other. Bend your arms to 90 degrees so that the dumbbells reach your forehead on both sides. (Don't actually hit your head; just get close!) Return arms to extended position.

THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but with a pulse at the bottom.

THE BREAKTHROUGH As listed above, but with a 3-count on the way down and a 1-count on the way up.

Here are the sets and reps I do for exercises 5 and 6: exercise 5, 12 reps each arm; exercise 6, 15 reps. Repeat this superset 3 times with minimal to no rest in between.

Abs/Core

I like to include core exercises in all my workouts. Sometimes I'll work them in between supersets, and other times I'll just do them at the end.

Exercise 1: Planks

Lie face down on a floor mat, resting on your forearms. Push off the floor, raising yourself up onto your toes and resting on your elbows. Concentrate on keeping your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air and your middle from sagging.

THE BEGINNING As listed above, but done on knees instead of on toes.

THE BALANCE As listed above, but with a slight toe raise (meaning that you're pushing yourself slightly forward and back) during the exercise.

THE BREAKTHROUGH As listed above, but on one foot, holding the other foot 6 inches off the floor.

Do 3 sets of 30–45 seconds.



Exercise 2: Side Planks

Lie on your left side with your body straight, one foot on top of the other, but angled up from the hip to the shoulder. Support yourself with your left arm, bent 90 degrees at the elbow (your hand and forearm, flat on the floor, pointing directly in front of you). Rest your right arm on your right leg. Push your midsection up so that only your left foot, hand, and forearm are in contact with the floor. When you're in the correct position, the space left between you and the floor should form a triangle. Try not to let your hip sag and touch the floor. Then roll over and repeat the process on your right side.

THE BEGINNING As listed above, but holding for only 10 seconds.

THE BALANCE As listed above, but with a slight wiggle at the hips, rotating back and forth for at least 30 seconds.

THE BREAKTHROUGH As listed above, but with a repeated “thread the needle” motion with your free arm (see page 215).

Do 3 sets of 30 seconds on each side.

Exercise 3: Sunrise/Sunsets

Lie flat on your back on a mat with your arms and legs completely extended, forming a long horizontal line. Grasp a stability ball in your hands. Bring your arms, with stability ball, and your legs up until they meet in the middle. Then pass the ball from your hands to your feet, squeezing the ball between your feet to hold on. Lower your legs and arms simultaneously until they're almost parallel with the floor. Bring both arms and legs back up again and pass the ball back from feet to hands. Repeat this process.



THE BEGINNING As listed above, but with no stability ball.

THE BALANCE As listed above, but allowing the ball to touch/tap the floor.

THE BREAKTHROUGH As listed above, but bringing head up to contract abs as arms/legs meet in the middle while not allowing the ball to touch the floor.

Do 3 sets of 10 reps.



Exercise 4: Oblique Medicine Ball Passes

Sit on a mat with a medicine ball in your lap. Bring your feet up 6 inches off the floor, knees bent, and balance on your butt while leaning back slightly. (Your torso and upper legs will be in almost a V-shaped position.) Using both hands, touch the medicine ball to the floor on first one side of your body and then the other, maintaining the balance on your butt.



THE BEGINNING As listed above, but with a light weight (or no) medicine ball and with feet resting on the floor.

THE BALANCE As listed above, at a fast pace.

THE BREAKTHROUGH As listed above, but with a heavier medicine ball at a fast pace for a longer period of time.

Do 3 sets of 30 reps (15 each side).

Exercise 5: Wood Choppers

With a medicine ball, a single dumbbell, or a cable machine, start with the weight above your head and directly to the side of your body with arms extended. (It's okay if your head turns to that side of your body, too.) Without letting your hips twist, bring the weight down and across the front of you in an “ax” motion to about knee level; slightly bend the knees and twist your obliques during this motion. Bring your arms back up in a reverse motion, twisting your obliques back to starting position. Then change sides and repeat.



THE BEGINNING As listed above, but with a light weight.

THE BALANCE As listed above, but with a heavier weight.

THE BREAKTHROUGH As listed above, but with a 1-count on the way down and a 3-count on the way up.

Do 3 sets of 30 reps (15 each side).



Exercise 6: Hanging Leg Raises

Hang from a pull-up bar with palms facing away from you or inward toward each other. Without swinging your entire body, bend at the hips and bring your legs up slightly above parallel to the floor, knees slightly bent. At the top, tilt your pelvis upward, then bring legs back down slowly until you reach the starting position.



THE BEGINNING

As listed above, but using straps so that the weight is resting on your arms instead of just your hands, and bringing your knees to your chest instead of legs straight up.

THE BALANCE

As listed above.

THE BREAKTHROUGH

As listed above, but with a 1-count on the way up and a 3-count on the way down.

Do 3 sets of 10 reps.