

# **LEAN BODY® CHALLENGE FOR HER**

**12-Week  
Transformation  
Program**

**WELCOME TO**

# **JAMIE EASON's LEANING OUT PROGRAM**

**Congratulations on taking the first steps to make a positive lifestyle change by transforming your body and mind!**



**Jamie Eason Middleton**

## **A MESSAGE FROM JAMIE:**

"This challenge was created with the hope that it would serve as the inspiration and motivation that you need to finally make lasting change and realize your fitness potential. My hope is that you will embrace this challenge as the catalyst to make a complete lifestyle change and put your dieting days behind you. Embracing this lifestyle was the best decision that I ever made and it's my privilege and pleasure to offer my guidance and expertise to help you do the same. For the next 12 weeks, my team and I will provide you with everything you need from exercise to food, and tips for motivation. You bring a positive attitude and the determination to succeed and it could end up being a year for the record books! **Ready, Set...Sweat!**"

## **ABOUT YOUR COACH: JAMIE EASON MIDDLETON**

At just 5'2", the last thing Jamie Eason Middleton imagined for her future was to become a model. Yet, for nearly ten years, she has done just that. With more than 100 major magazine covers to her credit, Jamie has used her platform as both a writer and fitness model to help educate and inspire others to adopt a fit lifestyle.

As a former NFL cheerleader for the Houston Texans in 2001, Jamie's dance career was side-lined when she found a suspicious lump in her breast. The return to an inactive lifestyle as a corporate trainer took a toll on Jamie, both mentally and physically. Nearly five years after her initial lumpectomy, suspicious cells returned and Jamie decided to take control of her health. After hiring a personal trainer and nutritionist, she began her journey to a healthy lifestyle and ultimately to a new career.

Today, Jamie Eason is one of the most recognized faces in the fitness industry. She holds several fitness titles, most notably Hard-body Entertainment's World's Fittest Model, and has been featured as a writer and a model in hundreds of thousands of magazine layouts. Jamie has a bachelor's degree in Communication; is the official female spokesperson for Bodybuilding.com and is a syndicated writer and columnist for numerous websites and magazines.

# JAMIE EASON's TIPS for LEANING OUT

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## 1. EAT YOUR FIRST MEAL WITHIN 1 HOUR OF WAKING

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## 2. PLAN AHEAD

Designate a food preparation day.

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## 3. MEASURE & WEIGH EVERYTHING

Purchase measuring cups and a kitchen scale.

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## 4. TAKE 1 TBSP. OF FLAXSEED OIL DAILY

Flaxseed aids in weight loss and encourages healthy bowel movements.

**For example:** Mix flaxseed oil in oatmeal or mashed sweet potato after heating food.

**DO NOT HEAT** flaxseed oil.

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## 5. DRINK LOTS OF WATER

You may also have coffee & tea (with Splenda™) and diet sodas occasionally.

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## 6. TAKE A DAILY MULTI-VITAMIN

If lifting weights, also take a calcium supplement.

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## 7. EAT EVERY 3 HOURS (5-6 times a day)

It's the secret to speeding up your metabolism.

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## 8. CONSISTENCY IS KEY

If you have a day where you slip up, don't give up!  
Start fresh at your next meal or the next day.

**YOU CAN DO IT!**

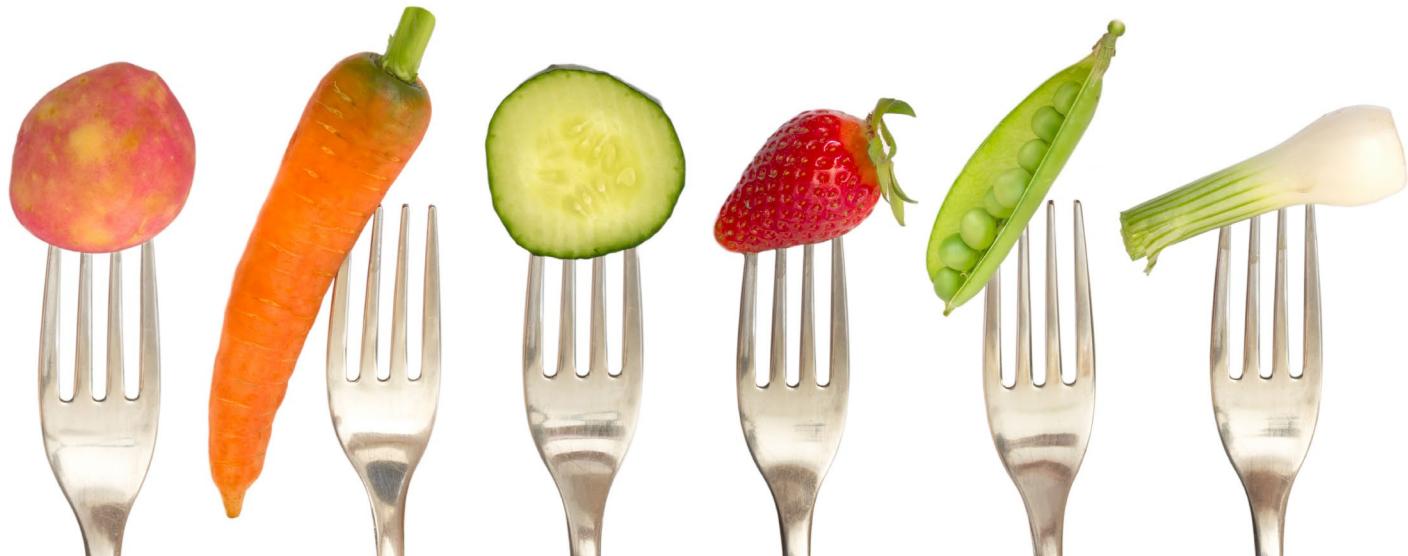
FEMALE	
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 5 egg whites</li> <li>• 1 serving of starch (see starch list)</li> </ul>
<b>MID-A.M.</b>	<ul style="list-style-type: none"> <li>• Small meal option (see list) <b>OR</b> Lean Body for Her® Shake</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• 5 ounces of lean meat (chicken breast, turkey (white meat), white fish (ex. tilapia or orange roughy), boiled shrimp, egg whites)</li> <li>• 1 serving of starch (see starch list)</li> <li>• Unlimited salad &amp; vegetables (see list)</li> </ul>
<b>MID-P.M.</b>	<ul style="list-style-type: none"> <li>• Small meal option (see list) <b>OR</b> Lean Body for Her® Shake</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• 5 ounces of lean meat (see above)</li> <li>• 1 serving of starch (see starch list)</li> <li>• Unlimited salad and vegetables (see list)</li> </ul>
<b>EVENING</b>	<ul style="list-style-type: none"> <li>• 5-6 egg whites**</li> <li>• Unlimited vegetables (see list)</li> </ul>

**\*\* NO CARBS (starch) AFTER 7:00 PM (about 3 hours before bedtime)**



<b>CARB/STARCH</b>	<b>PORTION SIZE</b>	
	<b>FEMALE</b>	<b>MALE</b>
<b>BARLEY</b>	3/4 c	1 1/2 c
<b>BEANS</b>	3/4 c	1 1/2 c
<b>BLACK-EYED PEAS</b>	3/4 c	1 1/2 c
<b>CORN TORTILLAS</b>	2-3	4-5
<b>CREAM of WHEAT/RICE or RYE</b>	1 serving	2 servings
<b>EZEKIEL BREAD</b> (made by Food for Life™)	1 serving	2 servings
<b>FLATBREAD</b> (Carbdown) Walmart	1 serving	1 serving
<b>KASHI™</b> (or other cereal that is 6 grams sugar or less)	3/4 c	1 1/2 c
<b>LENTILS</b>	3/4 c	1 1/2 c
<b>OATMEAL</b> (minute or whole oats, <b>no packaged oatmeal</b> )	1 serving	2 servings
<b>PASTA</b> (whole wheat)	1 c	2 c
<b>PEAS</b>	3/4 c	1 1/2 c
<b>WHEAT PITA BREAD</b> (low carb) Kroger's (Joseph's Pita Bread is a great brand)	1 serving	1 serving
<b>POTATO</b> (white)	5 oz.	7-8 oz.
<b>RICE</b>	3/4 c	1 1/2 c
<b>RICE CAKES</b> (lightly salted or salt-free)	3	4
<b>SWEET POTATO or YAM</b>	4-6 oz.	7-8 oz.
<b>TORTILLA</b> (low carb wheat)	1 serving	2 servings





## UNLIMITED VEGETABLES

Prepare vegetables by either steaming or grilling (may also eat raw). Stay away from anything sautéed or fried.  
Eat fresh or frozen vegetables; nothing canned.

<b>ARTICHOKES</b>	<b>CABBAGE</b>	<b>GREEN BEANS</b>	<b>ONIONS</b>	<b>SPAGHETTI SQUASH</b>
<b>ASPARAGUS</b>	<b>CARROTS</b> (only early in the day – contains natural sugar)	<b>LEeks</b>	<b>PEPPERS</b>	<b>SPROUTS</b>
<b>BAMBOO SHOOTS</b>	<b>CAULIFLOWER</b>	<b>LETUCE (Salad)</b>	<b>RADISHES</b>	<b>TOMATOES</b> (Garden tomatoes are fine all the time; eat cherry tomatoes early in the day.)
<b>BROCCOLI</b>	<b>CELERY</b>	<b>MUSHROOMS</b>	<b>SHALLOTS</b>	<b>WATER CHESTNUTS</b>
<b>BRUSSEL SPROUTS</b>	<b>EGG PLANT</b>	<b>OKRA</b>	<b>SPINACH</b>	<b>ZUCCHINI</b>



PROTEINS	PORTION SIZE	
	FEMALE	MALE
5 oz.	8 oz.	

**CHICKEN BREAST - BONELESS/SKINLESS WHITE-MEAT CHICKEN** fresh or water packed

**FISH - TILAPIA, COD, HALIBUT, TUNA, \*SALMON or \*SEA BASS** (\*occasionally)

**SHRIMP**

**PROTEIN POWDER**

**EGGS OR EGG WHITES**

**BEEF - GROUND** - extra-lean beef or round (92-96%), **RIB-EYE** - steaks or roast, **TOP ROUND** - steaks or roast aka stew meat, London broil, stir-fry, **TOP SIRLOIN** aka Sirloin Top Butt, **BEEF TENDERLOIN** aka Filet, Filet Mignon, **TOP LOIN** - NY Strip Steak, **FLANK STEAK** - Stir Fry, Fajita, **EYE OF ROUND** - Cube Meat, Stew Meat, Bottom Round , 96% Lean Ground Round

**TURKEY - GROUND** (extra lean), **BREAST** - slices or cutlets (fresh, **not deli cuts**)

HEALTHY FATS	PORTION SIZE	
	FEMALE	MALE
<b>NUT BUTTER</b> - natural-style or organic (look for peanuts & salt only)	1 tbsp.	1½ tbsp.
<b>OILS</b> - olive, safflower, coconut, flaxseed	½ tbsp.	1 tbsp.
<b>NUTS</b> - peanuts, almonds, walnuts, pumpkin seeds	10 nuts (14g)	15 nuts (21g)
<b>AVOCADO</b>	1/3	1/2

DAIRY	PORTION SIZE	
	FEMALE	MALE
<b>COTTAGE CHEESE</b> (low fat or fat-free)	½ c	1 c
<b>MILK</b> - low/non-fat	1½ c	2 c
<b>ALMOND MILK or SOY MILK</b> - (unsweetened)	1 c	1½ c
<b>GREEK or NON-FAT YOGURT</b> (low sugar)	½ c	¾ c
<b>CREAM CHEESE</b> (fat-free)	3 tbsp.	3 tbsp.



# SUGGESTIONS for a Healthy GROCERY SHOPPING LIST

**\*CHOOSE LOW-FAT/FAT-FREE, LOW SUGAR/SUGAR-FREE, LOW SODIUM SELECTIONS WHENEVER POSSIBLE\***

## PROTEIN

CHICKEN (white meat)

- boneless/skinless;
- fresh/water packed

FISH

- Tilapia, Cod, Halibut, Tuna
- Salmon or Sea Bass (occas.)

SHRIMP

PROTEIN POWDER

EGGS or EGG WHITES

BEEF

- GROUND - (92-96%)
- Rib-Eye - steaks or roast
- Top Round - steaks or roast aka stew meat, London broil, stir-fry
- Top Sirloin aka Sirloin Top Butt
- Beef Tenderloin aka Filet/Filet Mignon
- Top Loin - NY Strip Steak
- Flank Steak - Stir Fry, Fajita
- Eye of Round - Cube Meat, Stew Meat, Bottom Round , 96% Lean Ground Round

TURKEY

- GROUND - extra lean
- BREAST - slices or cutlets (fresh, not deli cuts)

## HEALTHY FATS

NUT BUTTER - natural/organic

OIL - olive, safflower, coconut, flaxseed

NUTS - peanuts, almonds, walnuts, pumpkin seeds

AVOCADO

## DIARY

COTTAGE CHEESE

MILK - alternatively: Almond or Soy (unsweetened)

GREEK or NON-FAT YOGURT

CREAM CHEESE

## BEVERAGES

BOTTLED WATER

ICED TEA (DECAF)

COFFEE (DECAF)

CRYSTAL LIGHT PURE

## CONDIMENTS

FAT-FREE MAYONNAISE (occas.)

KETCHUP

TABASCO™ SAUCE

SOY SAUCE

TERIYAKI

BALSAMIC VINEGAR

BALSAMIC or RASPBERRY

VINAIGRETTE (Farm Grove)

SALSA or fresh PICO DE GALLO

LOW-CALORIE SWEETENER

(Truvia™, Splenda™, Nuctresse™)

STEAK SAUCE

MAPLE SYRUP

JELLY

CHILI PASTE

MUSTARD - yellow or Dijon

EXTRACTS (vanilla, almond, etc)

BROTH - beef or chicken

TOMATO - sauce, puree, paste

PICKLES

WORCESTERSHIRE SAUCE

COOKING SPRAY

APPLESAUCE (unsweetened)

BBQ SAUCE (see also recipe)

## COMPLEX CARBS

OATMEAL (old-fashioned / quick oats)

POTATOES

- Sweet Potatoes or Yams
- Red, Baking or New

BEANS

- Pinto, Black or Kidney

EZEKIEL BREAD (frozen section)

CEREAL, COLD

- Oat Bran or Kashi (< 6g sugar)

CEREAL, HOT

- Farina (Cream of Wheat™)

- Multi-grain

PASTA - whole wheat

RICE - jasmine, basmati, arborio, wild, brown

RICE CAKES

PITA - WHOLE WHEAT (low carb)

CARBDOWN FLATBREAD™

TORTILLAS

- Corn or Whole Wheat (Food for Life™ brand)

## FIBROUS CARBS & VEGETABLES

LETTUCE

Green Leaf, Red Leaf, Romaine

SPINACH

CAULIFLOWER

CUCUMBER

BROCCOLI

BELL PEPPERS

CELERY

GREEN/RED PEPPER

ASPARAGUS

BRUSSELS SPROUTS

MUSHROOMS

ONIONS

STRING BEANS

CAULIFLOWER

PICKLES

GARLIC

BLACK BEANS

CELERY

CABBAGE

TOMATOES

EDAMAME

MUSHROOMS

SPROUTS

ZUCCHINI

PUMPKIN

## FRUIT

BERRIES

blueberries & raspberries

MELON

APPLES

PRINTER-FRIENDLY VERSION

# SUGGESTIONS for a Healthy GROCERY SHOPPING LIST

(CONTINUED)

GRAPES

MRS. DASH

GARLIC POWDER

LEMONS or LIMES

BAY LEAF

PAPRIKA

GRAPEFRUIT

SAGE

MARJORAM

DATES

CURRY

NUTMEG

ORANGES

CUMIN

ALLSPICE

## HERBS & SPICES

CHILI POWDER

ONION POWDER

THYME

BASIL

ROSEMARY

TARRAGON

GINGER

RED PEPPER

PUMPKIN PIE SPICE

OREGANO

SAFFRON

BLACK PEPPER

DRY MUSTARD

CINNAMON



# SMALL MEAL and SNACK OPTIONS



## SMALL MEAL / SNACK OPTIONS (MID-A.M. & MID-P.M.)

### MEAL/SNACK OPTION 1

- (X) Low carb flat bread **OR** small low carb wheat tortilla **OR** Ezekiel bread (2 slices)
- Lean meat (only nitrate-free deli meats – choose real turkey or chicken whenever possible)

F	M
(X) = 1/2	(X) = 1
4 oz.	8 oz.



### MEAL/SNACK OPTION 2

- Lean Body® Protein Bar (made with natural ingredients)

F	M
1	1



### MEAL/SNACK OPTION 3

- Low sugar vanilla Greek yogurt with (X) Tbsp. Lean Body for Her® Peanut Butter Protein **OR** cinnamon with blueberries & raspberries

F	M
X = 2 Tbsp.	X = 3 Tbsp.



### MEAL/SNACK OPTION 4

- Kashi or other cereal (< 6 g of sugar) with unsweetened almond milk or lite soy milk

F	M
1 serving	1 serving



(CONTINUED ON NEXT PAGE)

**MEAL/SNACK OPTION 5** \*\*Female portion is a choice of one or the other. Male portion has both.

- Kashi or low sugar cereal (dry)
- String cheese **OR** Apple\*\*

F	M
1 serving	1 serving
1 **	1 ea.

**MEAL/SNACK OPTION 6**

- Cottage cheese (fat-free) + cinnamon & sweetener

F	M
1 c	1 c

**MEAL/SNACK OPTION 7**

- 1 Lean Body for Her® Shake (Labrada Nutrition) + almond milk and ice

F	M
1	1

**MEAL/SNACK OPTION 8**

- (**X**) oz. lean meat with
- 3 rice cakes **OR** 2 rice rollers

F	M
X = 4 oz.	X = 8 oz.
3 or 2	3 or 2



(CONTINUED ON NEXT PAGE)

**MEAL/SNACK OPTION 9**

- Lean meat
- (X) oz. sweet potato **OR**
- (X) cup brown rice

F	M
4 oz.	8 oz.
X = 4 oz.	X = 8 oz.
X = 2/3 c	X = 1 c

**MEAL/SNACK OPTION 10**

- 1 c baby carrots or celery + (X) Tbsp. hummus

F	M
X = 3 Tbsp.	X = 4 Tbsp.

**MEAL/SNACK OPTION 11**

- (X) Tbsp. red pepper hummus
- (X) cup sugar snap peas

F	M
X = 2 Tbsp.	X = 4 Tbsp.
X = 1/2 c	X = 1 c

**MEAL/SNACK OPTION 12 \*\* or a Labrada protein shake**

- Lean Body for Her® protein shake\*\* + small apple

F	M
	**



(CONTINUED ON NEXT PAGE)

**MEAL/SNACK OPTION 13**

- 1 c steamed edamame

F	M
same	same

**MEAL/SNACK OPTION 14**

- 20 grape tomatoes + 4 Tbsp. Hummus

F	M
same	same

**MEAL/SNACK OPTION 15**

- Chips & Salsa (2 Ezekiel corn tortillas, microwaved + ½ c salsa)

F	M
same	same

**MEAL/SNACK OPTION 16**

- Turkey Muffin (see recipe)

F	M
2	4



## SMALL MEAL / SNACK SWEET-TOOTH OPTIONS (MID-A.M. & MID-P.M.)

The following “sweet-tooth” options replace a SMALL MEAL/SNACK OPTION from the previous table

### MEAL/SNACK SWEET-TOOTH OPTION 1

#### OATMEAL COOKIES

Combine  $\frac{1}{2}$  c Minute Oats, 2 egg whites, Butter Buds, cinnamon & low calorie sweetener. Place on a cookie sheet sprayed with non-fat cooking spray. Bake at 350° for 12 minutes.



### MEAL/SNACK SWEET-TOOTH OPTION 2

Vanilla Lean Body for Her® protein shake + water + (X) frozen medium banana plus 2 Tbsp. Lean Body for Her® peanut butter protein

F	M
same	same



# RECIPES

## TURKEY MUFFINS

Yields 24 muffins \*\*\*1 serving = 2 muffins (female) / 4 muffins (male)\*\*

- |  |  |   |
|--|--|---|
| • NON-STICK FAT-FREE SPRAY   | • ½ GREEN BELL PEPPER (diced)  | • 2 TSP. CUMIN  |
| • 2 PKGS. (1-1.5 lbs.) EXTRA LEAN GROUND TURKEY                            | • ½ RED BELL PEPPER* (DICED) *optional   | • 2 TSP. CORIANDER  |
| • 4 PKGS. ORIGINAL CREAM of WHEAT CEREAL (PLAIN) or 1c. QUICK COOKING OATS | • ½ RED or WHITE ONION (diced)   | • 2 TBSP. CHILI POWDER  |
| • 4 EGG WHITES   | • 3 TBSP. SALSA* (any low sugar variety – 3g or less)<br>*leave out for leaner muffins | • 1 TBSP. CRUSHED RED PEPPER  |
| • 4 STALKS OF CELERY* (diced)<br>*optional                                 | • 2 TBSP. WORCESTERSHIRE<br>*substitute low sodium soy sauce for leaner muffins        | • 2 TBSP. PAUL PRUDHOMMES BLACKENED STEAK MAGIC SEASONING (or seasoning of your choice) |

Preheat oven to 450°

Combine all the ingredients in a large bowl.

You may put the celery and peppers in the food processor if you don't want chunks. (I often use frozen bagged onions and peppers – thawed).

Mix all of the ingredients together with your hands.

Roll about a racquet ball size (or a little smaller) into your hand and place in a muffin tin sprayed with non-stick spray.

Bake for 20 minutes at 450°.

## CONDIMENTS

### SALAD DRESSING (fat-free/sugar-free), 2 tbsp.

- Walden Farms™ • Balsamic vinegar + yellow mustard + low calorie sweetener
- Lime juice + low calorie sweetener (A great alternative when eating out!)

### BBQ SAUCE

Low sugar ketchup, apple cider vinegar & Mrs. Dash™ Mesquite seasoning.



## Your Journey Begins



ABOVE:  
Lacey Marks and  
Sharon Schramm,  
previous Challenge  
Competitors, at the  
beginning of their  
journeys.

## Your Journey Begins

There are two main reasons that people fail in their plans to get into shape.

**Reason one:** People simply start out with the wrong information.

**Reason two:** People lose motivation.

We are here to provide you with the right information, the same approach to food and fitness that we used in our own transformations. This approach to fitness has proven to work time and time again with all levels of fitness. The key to your success will be the amount of effort and dedication that you are willing to provide to reach your goals. We can give you the tools and this challenge to serve as motivation, but the true key to success will be all your own. We are here to tell you that if you see this through to the end, you **CAN** and **WILL** get into great shape.

Now, read this carefully...

No matter what shape you are in now, you **CAN** improve your body, and by extension; your self confidence! Our hope is that your transformation will be so astounding that friends and family will take notice and want to do the same. You are in a position to serve as the inspiration and motivation for many of your loved ones. Do it for them, but more importantly, do it for yourself!

### This program works for the following reasons:

- It stimulates muscle growth while helping to reduce body fat.
- You don't have to go hungry while on this program.
- You learn skills to help make this a lifestyle.

### Before getting started, we recommend you do the following:

- Take a "before" picture to mark the beginning of your journey so that you will be able to see the progress and changes. When incorporating weight training, as this program does, ***the scale is not always a good indication of progress.*** Holding a current news paper, take one photo of the front, one of the back and one to the side. If possible choose clothing (a swimsuit or fitness apparel) that easily shows your physique and that you can potentially wear in your "after" photo as well.
- Have realistic expectations. If you are not able to give 100% effort, don't get discouraged and throw in the towel. One day won't break you, but day after day might. Stay focused and dedicated. You get out of this program what you are willing to put in.
- It is a good idea to take your measurements periodically. Using a soft measuring tape, measure your bust, waist, hips, around your shoulders, thighs and calves. Be sure to measure in the same places consistently for increased accuracy.

### PRIVATE FACEBOOK CHALLENGE GROUP

For our challenge participants, we have started an exclusive Facebook group to ask questions and come to for daily support: [www.facebook.com/groups/756475707740735/](https://www.facebook.com/groups/756475707740735/)

The Lean Body® for Her Challenge™ is designed to be a 12-week program and if you maintain focus and see it through to the end, you will see positive results. Once you complete the program, we hope that you will continue to maintain the lifestyle and never feel the need to diet again. We are excited to see your transformations and share your journey!

### The details:

We recommend that you eat 5–6 small meals each day. This approach will help keep your blood sugar stable and give you sustained energy throughout the day. By following this plan diligently for several weeks, you will reduce body fat while building lean muscle.



## Success Factor One: The Right Information

Why does this program put so much emphasis on weight training? Weight training is the key to an improved metabolism and your answer to becoming a fat-burning machine. Muscle is very metabolically active tissue, which means it takes more fuel (calories) to move and subsequently burns more calories, even at rest. Protein supports and builds muscle; therefore, consuming sufficient protein every day is extremely important.

### START WITH A PROTEIN SOURCE AT EVERY SINGLE MEAL.

Examples of protein sources are: Scrambled egg whites or egg substitutes, soy, tofu, chicken breast, extra-lean beef, extra-lean turkey breast and fish (mahi and tilapia). For more options, see the meal plan guidelines and recommended grocery list. Also, incorporating Lean Body® for Her shakes into your meal plan is a convenient and easy way to increase your daily protein intake.

**A note about sodium:** Avoid luncheon and deli meats because they typically contain nitrates and are extremely high in sodium. Boars Head™ has nitrate-free options that are okay to consume but watch out for the sodium. Experts recommend no more than 2400 milligrams of sodium a day. Too much sodium causes bloating and discomfort.

### SUGAR

Sugar can be detrimental to your success. Keep a sugar log and make it a point to keep your sugar intake under 25 grams per day, not counting sugar found naturally in fruits or vegetables. Examples of healthier sugar options: stevia, xylitol, cane sugar, monk fruit, coconut sugar, date sugar, fruit sugar (sparingly).

**INCLUDE COMPLEX CARBOHYDRATES WITH EVERY MEAL.** Complex carbohydrates give you energy. Most of your energy calories will come from “carbs.” Contrary to popular belief, unless you have an allergy or gluten sensitivity, carbs are NOT the enemy. If however you do have a sensitivity, simply stick to carbohydrates like sweet potatoes and vegetables. Examples of carbohydrate sources are: Oatmeal (avoid instant), Cream of Wheat™, brown rice, sweet potatoes (yams), beans, lentils, barley, 100% whole grain breads and corn tortillas.

Fruits are a simple healthy carbohydrate and can be eaten after a workout to speed the uptake of protein into your system or with protein and a healthy fat to help slow any spike in insulin. Examples include: apple w/peanut butter and Greek yogurt or strawberries w/low-fat cottage cheese and almonds.

### HEALTHY FATS

Although it is certainly possible to lose weight by limiting fat in your diet, eliminating all fat is horrible for hormone function and can actually inhibit your ability to lose weight long term. Remember: Many foods have the fat built in, like chicken or lean beef and even oatmeal has a small amount of fat.

### WATCH OUT FOR SATURATED FATS...

Avoid the following whenever possible: cheese (use low fat or non-fat varieties if at all), butter, margarine, sour cream, salad dressings (use fat-free Italian dressing or lemon juice instead), fries (try the fat-free baked fries), potato chips, ice cream, mayonnaise, chocolate, desserts, white breads, crackers and pastries.

**A Tip for Reading Nutrition Labels:** Watch for hidden fats in packaged foods. Read labels! Here is an easy formula to figure the percentage of fat in a labeled food: For every 100 calories, foods should contain no more than 20 calories from fat. You can also take the listed fat calories per serving and divide by the total calories per serving. Avoid foods with calories higher than 20% from fat.

**Another important aspect of success is sleep!** It is important to get adequate sleep throughout the challenge. Our bodies don't actually build muscle in the gym, they build it while sleeping. If you short-change yourself in the sleep department, you'll short-change your growth and recovery. It's also important to get adequate sleep (7 to 8 hours a night) to avoid the energy slump. Losing sleep is one of the fastest ways to halt your progress because you'll lack the energy to exercise and likely increase your craving for carbohydrates.

**Balanced Meals and Adequate Sleep is the key to SUCCESS!**



**Arm Yourself**  
with more great info  
written by Lee Labrada  
and Conchita Labrada

Order the  
**LEAN BODY®**  
Book Series



## Lean Body® for Her Challenge™ Tips for Success

- 1. COOK AND STORE YOUR MEALS IN ADVANCE.** We all prefer to eat foods made from fresh ingredients but in those times that you can't prepare your meals immediately, having cooked and frozen meals on hand will prevent slip-ups.

***Tip:*** Use small bags or plastic containers to create individual portions and refrigerate or freeze them. This makes it very easy to grab and go for work or when you're on the run. It's smart to invest in a small cooler for easy storage and convenience.



**When you  
Plan ahead,  
you Plan to  
Succeed**

*It only takes 10–15 minutes to eat. Everyone has a lunch break or a coffee break. With proper planning, "I don't have time to eat!" should never be an excuse again.*

- 2. PLAN AHEAD.** This is essential if you're going to succeed. Take a few minutes the night before to determine what foods you will consume the next day. Keeping a food log will help make future planning easier. Try using free software like FitDay® or MyFitnessPal.

- 3. PACK A COOLER.** Always pack a cooler with food and carry it with you when you are out and about or at work. Some examples of what to pack are: baked fish fillets and baked yams cooked the night before, oatmeal, protein powder, broiled chicken breasts, low-fat cottage cheese, fresh fruit and vegetables.

- 4. WHEN EATING OUT, PLAN AHEAD.** Familiarize yourself with menus from various restaurants, and try to pick restaurants that serve menu items compatible with the Lean Body® for Her Challenge™. If you have your meal selected before you arrive, no need to look at the rest of the menu. It's a great way to avoid temptation. Speaking of temptation, say "no thanks" to the chips or bread while you wait. When ordering salad, ask for low-fat or no fat dressing and request for it to come on the side. Another option is to simply request lemons and opt out of dressing all together.

- 5. DRINK PLENTY OF WATER.** Keeping your body hydrated will help flush out toxins, improve your performance in the gym and suppress your appetite. The average sedentary adult should consume 2.2 to 3.0 liters, about 75–101 ounces. This is approximately 9 to 13 cups per day. An athlete who participates in a workout program should drink about 8 additional ounces per 25 pounds of body weight or a gallon of water a day (128 ounces).

- 6. INVEST IN A FOOD SCALE.** Without weighing or measuring your food, it's hard to know what number of calories you are consuming. We often under estimate or over estimate portions. Food scales are fairly inexpensive and after you've used it for a few weeks; you will likely be able to guess portion sizes in the future with more accuracy.

- 7. EAT EVERY FEW HOURS.** Although there is no science to prove that eating frequent meals speeds up the metabolism, it does go a long way to help maintain energy. Calories are energy. What you consume will determine the kind of energy you feed your body and how long you wait will determine how much your body needs from meal to meal. Eating every few hours will ensure that you have enough fuel at any given time.

- 8. TAKE A GOOD MULTI-VITAMIN WITH ADEQUATE CALCIUM AND ESSENTIAL FATTY ACIDS.** Extra calcium is needed because women tend to lose bone density faster than men and because weight bearing activities, although good for you, can put extra stress on the bones. A good multi-vitamin for women contains adequate amounts of iron, calcium, folic acid and vitamin D. Essential fatty acids are necessary because we must get them through our diet and that's not always easy to do on a daily basis. EFAs support hormone health, reduce inflammation and are good for your heart.

# The Lean Body® for Her Challenge™ Exercise Program

## MONTH ONE

(Week 1 & 2 – Goal: Prime the muscles for heavier lifting)



Welcome to the first month of exercise. The goal this month will be to prep and prime the muscles, focusing on endurance the first two weeks to prepare you for heavier lifting in the month to come. The weight you lift with should be about 50%–60% of your maximum. To figure this out, try a single repetition of each exercise with the maximum amount of weight that you believe that you could lift one time safely. Then choose a weight either half that amount or slightly higher. (*Ex. Maximum Dumbbell Curl = 15 lbs for one rep. Choose 10 or 8 lbs to complete the set*).

With the higher repetitions required in this first month, it will challenge your muscles without lifting too much too soon. Making progress is about progressive resistance and gradually increasing the weights. Be patient and trust the process. It is recommended that you keep a workout journal to track your weights and repetitions from week to week. Each workout should last about an hour to an hour and half depending on the traffic in your gym.

### DAY ONE: SHOULDERS, CHEST & TRICEPS - Rest 30 seconds between sets

- 5 minute warm-up on the treadmill – walk or jog
- Pushups or modified pushups: 3 sets of 15–20 (Chest & Triceps)
- Bench press with dumbbells: 3 sets of 15–20 (Chest & Triceps)
- Dips on a bench (body weight): 3 sets of 15–20 (Triceps & Chest)
- Triceps kickback with dumbbells: 3 sets of 15–20 (Triceps)
- Triceps cable push down: 3 sets of 15–20 (Triceps)
- Alternating front deltoid raises: 3 sets of 15–20 (Shoulders)
- Pec Deck Machine – Reverse Flyes : 3 sets of 15–20 (Shoulders)
- Seated lateral raise with dumbbells: 3 sets of 15–20 (Shoulders)
- End with 5–10 minutes of stretching

### DAY TWO: LEGS & CALVES

- 5 minute warm-up on recumbent bike
- Leg extension: 3 sets of 15–20 (Quads)
- Bench step ups with dumbbells: 3 sets of 15–20 (Quads & Glutes)
- Walking lunges with dumbbells or smith machine lunges (long steps): 3 sets of 15–20 (Quads, Glutes, Hamstrings)
- Seated hamstring curl: 3 sets of 15–20 (Hamstrings)
- Stiff leg deadlift with barbell or dumbbells: 3 sets of 15–20 (Hamstrings)
- Glute bridge lift on floor – hold a weight: 3 sets of 15–20 (Glutes)
- Sumo squat with dumbbell: 3 sets of 15–20 (Glutes)
- End with 5–10 minutes of stretching

**REST DAY:** Be sure to add a rest day to the middle of your week. You will likely be sore and your muscles need time to repair and grow.

## Use slow, controlled, Proper Form!



### DAY THREE: BACK, BICEPS, ABS

- 5 minute warm-up on the treadmill – walk or jog
- Bent over barbell row (underhand): 3 sets of 15–20 (Back)
- Seated cable row: 3 sets of 15–20 (Back)
- Seated good morning with barbell: 3 sets of 15–20 (Back)
- Assisted pull ups – Gravitron Machine: 3 sets of 15–20 (Back)
- Hammer curl with dumbbells: 3 sets of 15–20 (Biceps)
- Alternate dumbbell curl: 3 sets of 15–20 (Biceps)
- Crunches on floor: 3 sets of 30 (Abs)
- Scissor kick: 3 sets of 20 (Abs)
- Plank: 3 sets of 20 seconds (timed) (Abs)
- Cardio for 20 minutes on the step mill, elliptical or walking uphill on the treadmill
- End with 5–10 minutes of stretching

### DAY FOUR: LEGS & CALVES

- 5 minute warm-up on recumbent bike
- Leg press wide stance: 3 sets of 15–20 (Hamstrings & Quads)
- Stability ball hamstring curl laying on floor: 3 sets of 15–20 (Hamstrings)
- Stiff leg deadlifts: 3 sets of 15–20 (Hamstrings)
- Jump squat: 3 sets of 15–20 (Quads, Hamstrings & Glutes) No weights, only bodyweight
- Barbell squat (feet shoulder width): 3 sets of 15–20 (Quads, Glutes, & Hamstrings)
- Leg extensions: 3 sets of 15–20 (Quads)
- Seated calf raise: 3 sets of 15–20 (Calves)
- Standing calf raise: 3 sets of 15–20 (Calves)
- End with 5–10 minutes of stretching

### DAY FIVE: CARDIO

- Cardio only: Cardio: 30 to 45 minutes on the elliptical, step mill or walking uphill on the treadmill
- For this type of steady state cardio, it is helpful to monitor your heart rate to stay within your fat burning zone. See formula below:
- Calculate your fat burning zone:

Example: 31 years old.  $220 - 31 = 189$ .

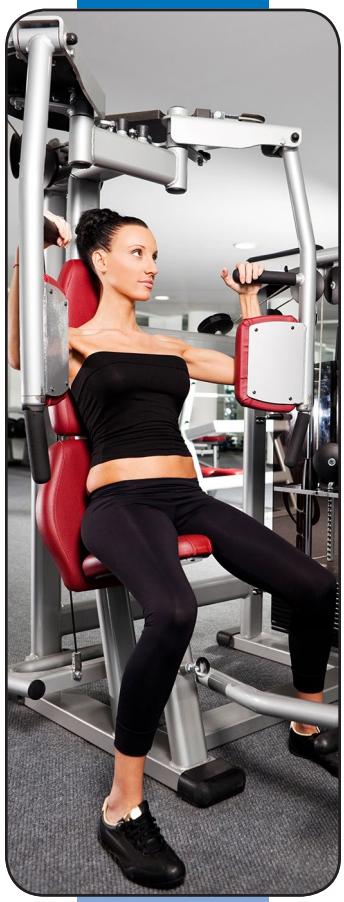
$$189 \times .70 = 132$$

$$189 \times .80 = 151$$

Fat burning heart rate zone for a 31 year old is 132–151.

\*\* (Week 3 & 4)

For weeks 3 & 4, try increasing the amount of weight for each exercises by a few pounds. Do as many reps as possible with that weight and if you are unable to complete the set, drop down to a lower weight to finish the reps. Do this for each set of exercises to help increase your strength. Focus on the mind/muscle connection, using slow and controlled movements.



## MONTH TWO and MONTH THREE

Congratulations on finishing Month One! It's time to kick up the fat burning and continue to focus on building muscle. This month we will introduce drop-sets and super-sets. On drop-set days, you will start with a heavy weight. Once you have performed a complete set, you will reduce (drop) your weight to the next lowest weight and perform the next set and finally lower the weight again and for the final set. There is no rest between each drop-set. Rest comes after the full drop-set is complete.

### DROP-SET EXAMPLE

**Note:** Weight varies depending on exercise.

#### Lying Hamstring Curl

- |       |   |                       |
|-------|---|-----------------------|
| Set 1 | = | 10 Reps @ "X" lbs.    |
| Set 2 | = | 9 Reps @ "X" -5 lbs.  |
| Set 3 | = | 8 Reps @ "X" -10 lbs. |

Super-sets refer to executing two exercises back to back without resting. This hits your muscle with more variety and intensity. After a super-set, rest about 30–45 seconds.

With exercises this intense, you will likely need to lower the amount of weight used in order to complete the required number of repetitions. You'll want to rest about one minute before moving to the next exercise.

\*\*Remember: The goal for month two is to promote muscle growth. Push yourself to lift as heavy as you are capable of without sacrificing form.

For the next four weeks, perform the following routine:

#### DAY ONE: HAMSTRINGS, GLUTES & ABS

- 5 minute warm-up on recumbent bike
- Lying hamstring curl: 3 sets of 10 – drop-set (Hamstrings)
- Seated one legged hamstring curl: 3 sets of 10 – drop-set (Hamstrings)
- Wide Stance Leg Press: 3 sets of 8–10 (Hamstring, Quads & Glutes)
- Bent leg deadlift with barbell or dumbbells: 3 sets of 8–10 (Hamstrings)
- Glute bridge lift on floor – hold a weight: 3 sets of 10 – drop-set (Glutes)
- Glute cable kickback: 3 sets of 10 – drop-set (Glutes)
- Crunches on stability ball: 3 sets of 50 (Abs)
- Bicycle Crunches: 4 sets of 25 (Abs)
- Plank 3 sets of 30 seconds (timed) (Abs)
- End with 5–10 minutes of stretching

#### DAY TWO: CHEST, TRICEPS & CARDIO

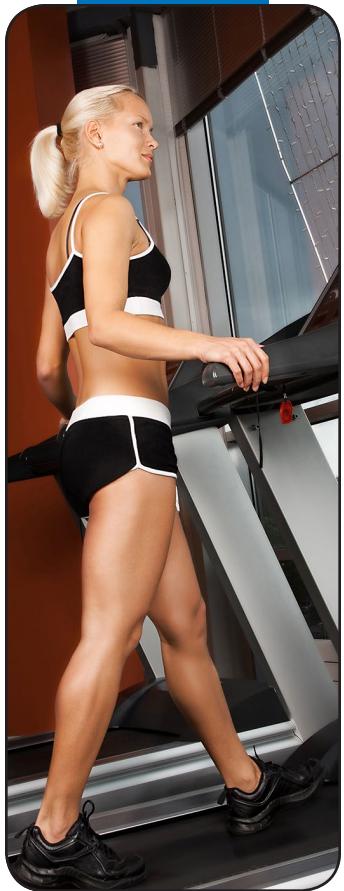
- 5 minute warm-up on the treadmill – walk or jog

#### SUPER-SET #1

- Push-ups: 3 sets of 15 (Chest & Triceps)
- Bench press with dumbbells: 3 sets of 8 - 10 (Chest)

#### SUPER-SET #2

- Cable cross over: 3 sets of 8–10 (Chest)
- Weighted dips on bench (use a dumbbell or plate): 3 sets of 8 - 10 (Triceps & Chest)



### **SUPER-SET #3**

- Triceps cable push down: 3 sets of 8–10 (Triceps)
- Overhead triceps press: 3 sets of 8–10 (Triceps)

### **SUPER-SET #4**

- Skull crushers: 3 sets of 8–10 (Triceps)
- Close-grip bench press: 3 sets of 8–10 (Triceps & Chest)
- Cardio for 30 – 45 minutes on the step mill, elliptical or walking uphill on the treadmill
- End with 5–10 minutes of stretching

**REST DAY:** Be sure to add a rest day to the middle of your week. You may be sore and your muscles need time to repair and grow.

### **DAY THREE: BACK, BICEPS & CARDIO**

- 5 minute warm-up on the treadmill – walk or jog
- Seated good morning with barbell: 3 sets of 8–10
- Bent over barbell row (underhand): 3 sets of 10 – drop-set
- Wide grip lat pull-down pull down, super-set with close grip pull down (underhand): 3 sets of 8–10
- Incline dumbbell curls: 3 sets of 8–10
- Standing alternating dumbbell curl: 3 sets of 10 – drop-set
- Single-arm preacher curls: 3 sets of 10 – drop-set
- Cardio for 30 – 45 minutes on the step mill, elliptical or walking uphill on the treadmill
- End with 5–10 minutes of stretching

### **DAY FOUR: QUADS, CALVES & CARDIO**

#### **SUPER-SET #1**

- Barbell bench step-ups: 3 sets of 8–10 (Quads)
- Leg press (shoulder width): 3 sets of 20 (Quads)

#### **SUPER-SET #2**

- Walking lunges with dumbbells (short strides): 3 sets of 20 (Quads & Glutes)
- Squats with barbell or on a smith machine (shoulder width): 3 sets of 20 (Quads & Glutes)

#### **SUPER-SET #3**

- Machine or Barbell Hack squats: 3 sets of 20
- Standing calf raise machine: 3 sets of 20 (Calves)
- Seated calf raise: 3 sets of 20 (Calves)
- Cardio for 30 – 45 minutes on the step mill, elliptical or walking uphill on the treadmill
- End with 5–10 minutes of stretching

### **DAY FIVE:**

- Cardio for 30 – 45 minutes on the step mill, elliptical or walking uphill on the treadmill
- End with 5–10 minutes of stretching

## Measure Your Progress



### Success Factor: Motivation

If you will recall, we mentioned early on in this program that the two main reasons people typically fail are; starting out with the wrong information and lack of motivation. Here are some of our favorite motivational techniques:

- 1. THE BUDDY SYSTEM.** Get a workout buddy or partner for accountability. Having a partner might be just the encouragement and push you need to stick with it!
- 2. PICTURES.** Collect pictures of fit people and put them in a place where you will see them daily. Choose images of people with physiques who inspire you. Consider taking it a step further and creating an inspiration board for those pictures with motivational quotes that you can put up for daily inspiration.
- 3. KEEP A JOURNAL.** Keeping a journal is really great for tracking progress and for staying focused on your goals from day to day. A training journal is not only useful for marking off your exercises as you do them, but you can look back at them to see how far you've come. This may help motivate you on days that you just can't get motivated. A food journal is equally as helpful for tracking your nutrition progress.
- 4. START A BLOG.** A blog is a great way to announce to others that you have made a commitment and you are sticking to it! You might be surprised at the number of people who want to encourage and cheer you on. Who knows? At the end of your journey, your blog could serve as a catalyst to positively change the lives of many people, including friends and family.
- 5. PROGRESS, NOT PERFECTION.** Many times when someone messes up on his or her diet or program, he or she will have the mentality that the entire program is blown. The thought goes something like this, "Well, I just messed up, so I might as well eat whatever I want and start over next week." Keep in mind that your program is about progress, not perfection. You want to maintain a diet and program that can become lifestyle. Don't dwell on the past. Just get right back on track and keep going.
- 6. SET SPECIFIC GOALS AND TARGET DATES.** It is important that you not only set realistic goals for yourself, but that you also set a specific target date in which you want to have it accomplished. "I want to lose 30 pounds this year" is not specific enough. Try something like, "By June 30, I am going to lose 15 pounds and fit into a size 6 dress." Pull out your training journal and keep marking off the days you work out, write down what you eat, and keep visualizing your goal. You can expect to lose 1–2 pounds per week safely. Any more than that is not considered healthy.

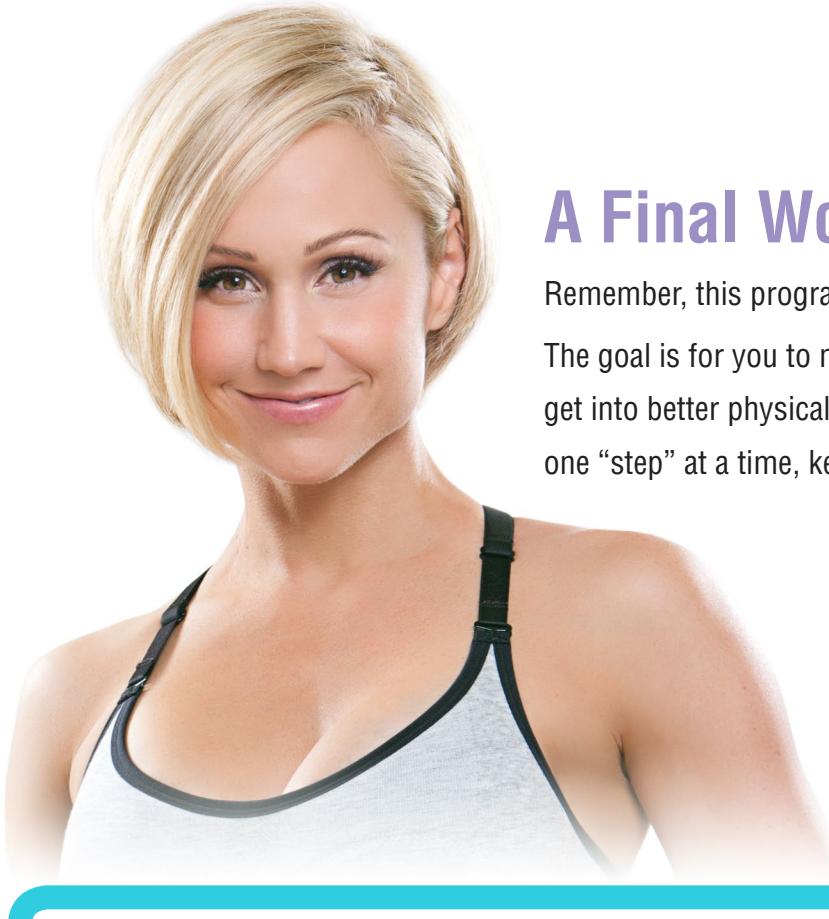
### Measure Your Progress

Measurement techniques we recommend include:

- Measuring body fat, using body fat calipers
- Using a soft tape measure (preferred and recommended)
- Underwater weighing (at a University)

All of the above measurements are beneficial and true indicators of progress. For the most accurate indication of your body composition, you may want to consider visiting a physician, nutritionist or university for a complete body composition analysis.

It is encouraged that you measure your body with a tape measure and judge your progress on how your clothes fit. Your goal is replace fat with muscle, so don't be too concerned with how much you weigh. It's more about how you feel and how the clothes fit.



## A Final Word of Encouragement

Remember, this program is all about progress, *not* perfection.

The goal is for you to make gradual lifestyle changes that will help you get into better physical shape and health. Day by day, week-by-week, one “step” at a time, keep making progress.

Jamie Eason Middleton

For daily motivation, join our exclusive Facebook group:

[www.facebook.com/groups/756475707740735/](https://www.facebook.com/groups/756475707740735/)

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