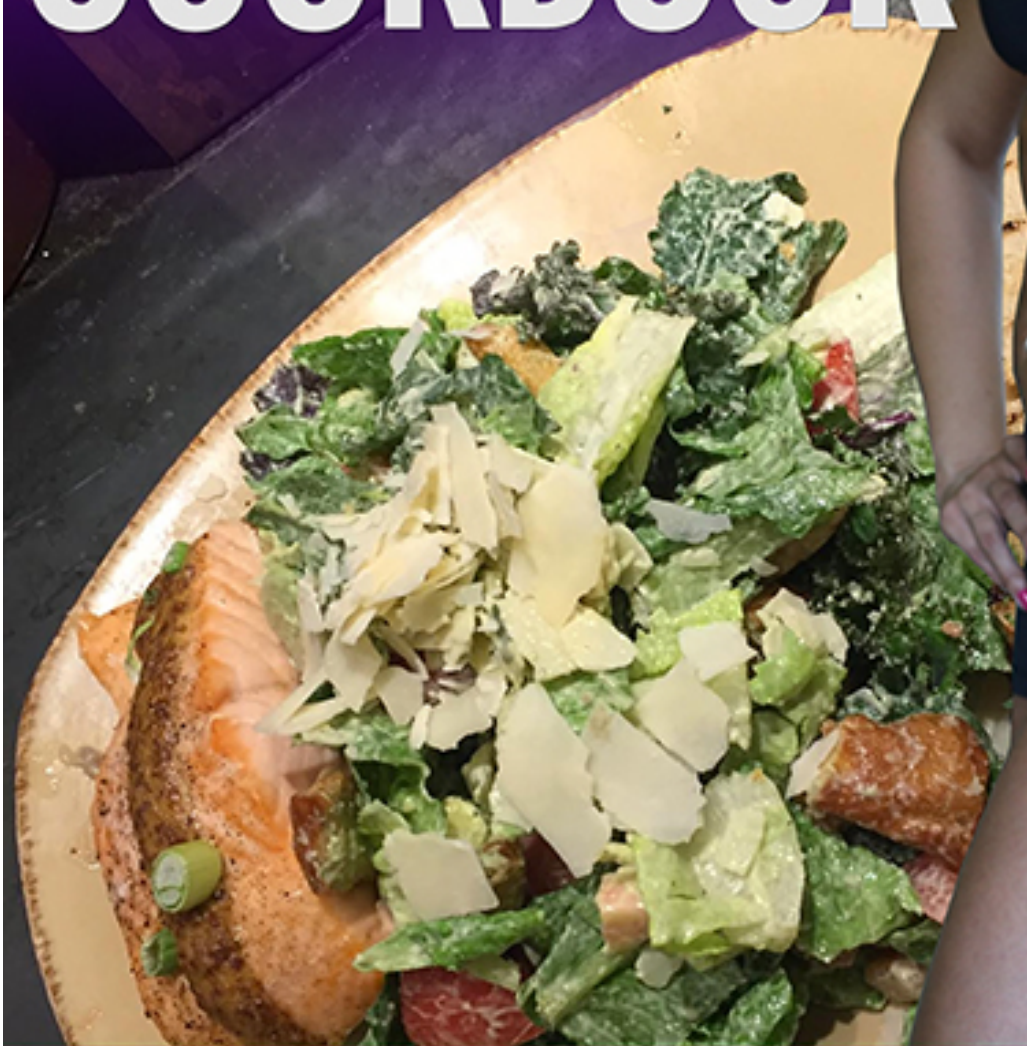


BODYWEIGHT PILATES COOKBOOK



Lean Body: Core

BODYWEIGHT PILATES – Lean Body Cookbook – Component 1: CORE

Copyright © 2004-2015 360Pilates Workout. All Right Reserved.

No part of this information may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, distributing, or by any information storage or retrieval system, without permission in writing from the author. The author and publisher disclaim any responsibility for any adverse effects or consequences from the misapplication or injudicious use of the information presented in this text.

Inquiries should be addressed to 360Pilates Workout (support@360pilatesworkout.com)

Disclaimer

Fitness training in any form involves a potential risk for serious injury, health complications, or death. The dietary and exercise techniques discussed and utilized in this manual are planned and demonstrated by highly trained professions, and should no be attempted by anyone, regardless of age or physical condition, without help from a fitness professional, medical doctor or registered dietician/licensed dietician. Anyone who attempts any of these techniques, whether under supervision or not, assumes all risks. Neither 360Pilates Workout, www.360pilatesworkout.com, nor any business affiliates of 360Pilates Workout shall be held liable to anyone for use of any of these exercises, diet plans, or any advice whatsoever contained within this book. This Lean Body Nutrition Plan is informational and for your entertainment only. The data and information contained herein are based upon information from the author's own personal experience and practice gained by various sources, some peer-reviewed, and some not. The author and publisher of this manual makes no warranties, expressed or implied, regarding the currency, completeness or scientific accuracy of this information, nor does it warrant the fitness of the information for any particular purpose. This summary of information from anecdotal experience, books, research journals and articles not intended to replace the advice or guidance from health care professional, personal trainers, corrective exercise specialist, or registered and licensed dietitians. It is not intended to direct their behavior or replace their independent professional judgment. Be fore you embark on any health, fitness or sports training programs, seek clearance from a qualified health care professional.

Terms & Conditions

1. I am aware that Bodyweight Pilates and it's member are not medical doctors and are not qualified to determine a participant's physical capability to engage in strenuous exercise.
2. I am aware that 360Pilates Workout and it's member are not registered/licensed dietitians are not qualified to provide nutritional counseling and guidance.
3. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any of these exercise contained within this manual.

Table of Contents

Table of Contents	3
Welcome	4
How To Use the Lean Body Cookbook Core	4
Lean Body Cookbook	5
Breakfast Options	5-6
Snack Options.....	7-8
Lunch Options	9
Dinner	10-11

Welcome!

I'm excited for you to dive into the Lean Body Cookbook Core Manual!

The Lean Body Core Cookbook is full of flavorful recipes strategically targeted to break down the most stubborn fat in areas such as the belly, butt, hips and thighs.

Below are options for Breakfast, Snack, Lunch and Dinner. Within each option is a recipe for the meal for the day. These recipes are used within the CORE meal plans.

Have fun and enjoy!

Sylvia Favela

Author|Creator: 360Pilates™, Bodyweight Pilates™

How To Use The Lean Body Cookbook CORE Manual

The LBD CORE manual will show you how to strategically plan your meals to burn the most fat and lose the belly fat.

You will find various options for Breakfast, Snack, Lunch and Dinner.

Choose any option for your meal of the day. For your convenience simply follow the CORE meal plan which include the recipes below.

Lean Body Cookbook

Component 2: CORE Cookbook

The following is the CORE Meal Plan, divided into cycles. Each cycle is per week. With each cycle the suggested time of day for each meal is given below:

Breakfast options:

Option 1:

Rolled Oats	½ cup
Egg Whites	4 large
Almond Butter or Peanut Butter	1 teaspoon
Black Coffee w/1 stevia packet or Green Tea	1 cup

Instructions:

1. Put the raw oats and eggs together in a bowl and place in the refrigerator overnight. Cook the mix on a pan as you would a pancake.
2. Add the almond butter or peanut butter on top.

Option 2:

Sweet Potato	3 ounces
Egg Whites	4 large
Avocado	2 ounces
Black Coffee w/1 stevia packet or Green Tea	1 cup

Instructions:

1. Shred sweet potato and turn them into hash browns, add cinnamon and nutmeg for flavor.
2. Cook your eggs with a non-stick spray, you may add pepper, a pinch of Morton's low-sodium salt.
3. Slice avocado, place with eggs on plate.

Option 3:

Rolled Oats	½ cup
Egg Whites	4 large
Blueberries	1/3 cup
Black Coffee w/1 stevia packet or Green Tea	1 cup
Almond or Peanut Butter	1 Tablespoon

Instructions:

1. Add 1/3 cup water to oats, place in microwave, cook on high for 2 minutes.
2. Mix in blueberries to oats, top with cinnamon and almond or peanut butter.
3. Cook Egg whites in medium size pan on low heat.

Snack Options:

Option 1:

Low-Carb Vanilla protein powder	1 Scoop
Unsweetened Almond Milk	6 ounces
Blueberries/Raspberries	3 ounces

Instructions:

1. Combine all the ingredients in a blender to make a smoothie. Add ice if desired.
2. Be sure to note the fat and carb content of your protein powder keep the fat and sugar below 2 grams and the carb low.

Option 2:

Apple	1 Medium
Almond Butter	1 Tablespoon

Instructions:

1. Cut apple in slices, scoop almond butter with apples.

Option 3:

Greek Yogurt (2%)	1 container (99g)
Banana	1 small

Instructions:

1. Slice bananas, mix into Greek yogurt. Top with cinnamon if desired.

Option 4:

Apple	1 small
Raw Almonds or Unsalted Nuts	1/3 cup

Instructions:

1. Eat as desired.

Option 5:

Low-Carb protein powder
Almond butter or peanut butter
Apple

1 Scoop
1 teaspoon
Small

Instructions:

1. Mix your protein with 1 cup water, shake and mix in shaker cup.
2. Cut apple into slices, scoop almond butter with apples.
3. Be sure to note the fat and carb content of your protein powder keep the fat and sugar below 2 grams and the carb low.

Option 6:

Apple
Raw Almonds

1 Medium
Handful

Instructions:

1. Eat as desired

Option 7:

Greek Yogurt (2%)
Blueberries

4 ounces
 $\frac{1}{4}$ cup

Instructions:

1. Mix blueberries into yogurt.

Option 8:

Hummus
Baby carrots

2 Tablespoons
5

Instructions:

1. Use baby carrots to scoop hummus.

Lunch Options:

Option 1:

Grilled Fish or Chicken	4 ounces
Red potatoes (baked)	3 ounces
Broccoli (steamed)	1 cup
Avocado	2 ounce

*Use pam or a non-stick spray to cook your fish or chicken. Do not add oils to it, use lemon pepper, garlic powder for taste. I like to grill onions and parsley to add flavor.

Option 2:

Grilled Chicken or Turkey	4 ounces
Quinoa	2 ounces
Asparagus (steamed or grilled)	5 spears
Avocado	2 ounce

*Use pam or a non-stick spray to cook your protein. Do not add oils to it, use lemon pepper, and garlic powder for taste.

Option 3:

Grilled Chicken or turkey	4 ounces
Jasmine Brown Rice	½ cup
Broccoli (steamed)	1 cup

*Use pam or a non-stick spray to cook your protein. Do not add oils to it, use lemon pepper, and garlic powder for taste. I like to grill onions and parsley with garlic powder to add flavor.

Option 4:

Grilled Fish or Chicken	4 ounces
Red potatoes (baked)	3 ounces
Broccoli (steamed)	1 cup
Baby spinach	2 cups
Balsamic Vinegar dressing	2 Tablespoons

*Use pam or a non-stick spray to cook your fish or chicken. Do not add oils to it, use lemon pepper, and garlic powder for taste. I like to grill onions and parsley to add flavor.

Dinner Options:

Option 1:

Grilled Salmon or Mahi-Mahi	5 ounces
Jasmine Brown Rice	½ cup
Asparagus (grilled or steamed)	5 spears

Instructions:

1. Cook with a non-stick spray. Grill fish on a heated pan Add lemon pepper, Mrs.Dash or any other salt-free spice.
2. Cook rice in a rice cooker or pot.
3. Grill or steam asparagus, add black pepper and garlic powder for flavor.

Option 2:

Grilled Chicken	5 ounces
Spinach (steamed)	½ cup
Avocado	2 ounces

Instructions:

1. Grill chicken breast in medium pan using non-stick cooking spray. Add lemon pepper, Mrs. Dash or any other salt-free spice.
2. Steam spinach in steamer or cooking pot, add garlic powder for taste.
3. Slice avocado.
4. Serve on dish, Enjoy!

Option 3:

Grilled Chicken	5 ounces
Red Bell Peppers	3 ounces
Broccoli (grilled or steamed)	1 cup
Baked Sweet Potato	4 ounces

Instructions:

1. Cut bell pepper and broccoli.
2. Cut chicken breast into square cubes, toss in heated medium size pan, sprayed with non-stick cooking spray.
3. Cook chicken and veggies in pan until thoroughly cooked.
3. Add lemon pepper, Mrs. Dash or any other salt-free spice.
4. Bake sweet potato in oven at 375 degrees F. for 45 minutes or until done.

Option 4:

Grilled Chicken	5 ounces
Asparagus (grilled or steamed)	5 spears
Broccoli (grilled or steamed)	½ cup
Brown rice (steamed)	¼ cup

Instructions:

1. Slice asparagus and broccoli.
2. Cut chicken breast into square cubes, toss in heated medium size pan, sprayed with non-stick cooking spray.
3. Cook chicken and veggies in pan until thoroughly cooked.
3. Add lemon pepper, Mrs. Dash or any other salt-free spice.
4. Steam brown rice in rice cooker or on stove in pot.