

Lean Body Cookbook

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The following is the CO
per week. With each c
given below:

Cycle 1

- 7am Meal - Breakfast
Rolled Oats
Egg Whites
Almond Butter or Peanut
Black Coffee w/1 stevia

- 10am Meal - Snack
Low-carb Vanilla Protein
Unsweetened Almond
Blueberries, Raspberries

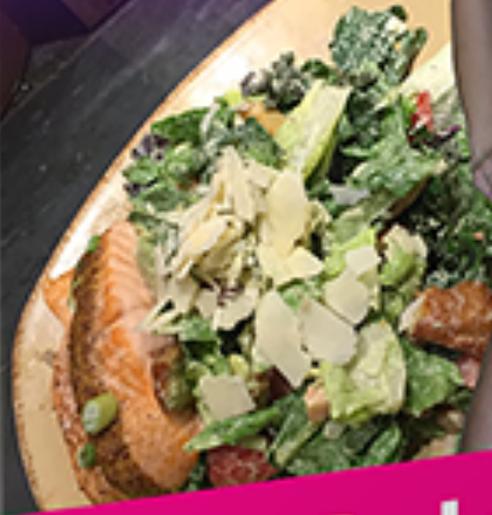
- 1pm Meal - Lunch
Grilled Fish or Chicken
Red potatoes (Baked)
Broccoli (steamed)
Avocado

- 4pm Meal - Snack
Apple
Almond Butter

- 7pm Meal - Dinner
Grilled Salmon
Luscious Brown
Asparagus (grilled)

NOTE:
If you are low
Tea (non-cal)

BODYWEIGHT PILATES COOKBOOK



Lean Body: Core

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BODYWEIGHT PILATES – Lean Body Cookbook – Component 2: CORE

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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.
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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.

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Welcome!

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

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 is the meal plan divided into cycles. Each cycle is an ideal day, it is recommended to use 1 cycle per week and switch the following cycle for ideal results.

Have fun and enjoy!

Sylvia Favela

Author|Creator: 360Pilates™, Bodyweight Pilates™

How To Use The Lean Body Diet CORE Meal Plan

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 Cycle 1 – Cycle 4. Each cycle represents 1 week of meal plan, your week can start on any day fits in your schedule.

After one week of Cycle 1, proceed to Cycle 2, then so forth. You may continue to repeat cycles if you see changes right away. Use as best fits into your routine and schedule.

Lean Body Cookbook

Component 2: CORE Meal Plan

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:

Cycle 1

- 7am Meal -Breakfast

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

- 10am Meal – Snack

Low-carb Vanilla Protein powder	1 Scoop
Unsweetened Almond Milk	6 ounces
Blueberries/Raspberries	3 ounces

- 1pm Meal - Lunch

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

- 4pm Meal -Snack

Apple	1 Medium
Almond Butter	1 Tablespoon

- 7pm Meal - Dinner

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

NOTE:

If you are hungry in the evening after you've had your last meal, drink a cup of Green Tea (non-caffeinated) It will also help you to digest your food after.

Cycle 2

- 7am Meal - Breakfast

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

- 10am Meal - Snack

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

- 1pm Meal - Lunch

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

- 4pm Meal - Snack

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

- 7pm Meal - Dinner

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

If you are hungry in the evening after you've had your last meal, drink a cup of Green Tea (non-caffeinated) It will also help you to digest your food after.

Cycle 3

- 7am Meal - Breakfast

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

- 10am Meal - Snack

Low-carb Vanilla protein powder	1 Scoop
Almond butter or peanut butter	1 teaspoon
Apple	Small

- 1pm Meal - Lunch

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

- 4pm Meal - Snack

Apple	1 Medium
Raw Almonds	Handful

- 7pm Meal - Dinner

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

Cycle 4

- 7am Meal - Breakfast

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

- 10am Meal - Snack

Greek Yogurt (2%)	4 ounces
Blueberries	¼ cup

- 1pm Meal - Lunch

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

- 4pm Meal - Snack

Hummus	2 Tablespoons
Baby carrots	5

- 7pm Meal - Dinner

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