

# BODYWEIGHT PILATES COOKBOOK



**Lean Body: Prime**

## **BODYWEIGHT PILATES – Lean Body Diet Prime Manual**

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## Welcome!

I'm excited for you to dive into the Lean Body Diet Prime Manual! You'll find valuable information on what you should be eating right away to naturally cleanse your diet.

While working with my private clients, one of the most pressing questions I was presented with was how to detoxify and clean up a diet. From my personal experience, research and collaborating with a friend of mine who is Registered Dietician, she approved the menu I've created below as a simplified method to clean eating and detoxifying to prime your body to burn calories and boost your metabolism as part of the Lean Body Diet System.

Below I've shared with you the menu and suggested foods to consume within the first week of starting your Bodyweight Pilates program. Getting you on track and eliminate harmful foods from your daily regimen.

Have fun and enjoy!

Sylvia Favela

Author|Creator: 360Pilates™, Bodyweight Pilates™

## **How To Use The Lean Body Diet PRIME Manual**

The LBD PRIME manual will show you how to eat delicious toxic-fighting foods that automatically cleanse your body of free radicals and toxic build up.

Below is a list of the 9 Key Components to follow as you start your PRIME Phase.

Read through the list and follow each component and the suggestions as see fit for you.

It is important you start with the list below as you proceed to the next phase in the program. Refer to this manual at any time in your Bodyweight Pilates Program.

# Lean Body Diet – PRIME Manual

## Breakfast Recipe Options:

### **Option 1:**

1/2 cup or 4-6 egg whites scrambled with 1 teaspoon olive oil , season with Mrs. Dash or any other salt-free spice.

1 slice whole-grain toast

1/2 cup blueberries

1 cup unsweetened vanilla almond milk

### **Instructions:**

1. Heat medium saucepan, coat with olive oil. Add eggs cook until eggs are no longer running. Add spices
2. Toast bread. Rinse berries.
3. Once eggs are finished add to plate, add berries and toast on the side.
4. Enjoy!

### **Option 2:**

3/4 cup steel-cut or old-fashioned oatmeal prepared with water; stir in 1/2 cup water and 1tbs Flax oil

2 links country-style turkey sausage or bacon

1 cup blueberries

### **Instructions:**

1. Put water and oats in a bowl. Put in microwave for 2 minutes, add flax oil.
2. Heat small pan, spray with nonstick cooking spray, cook turkey sausage or bacon until brown on both sides.
3. Rinse fresh blueberries. Eat them by themselves or add to your oats for extra flavor.
4. Enjoy!

### **Option 3:**

Omelet made with 4 egg whites and 1 whole egg,  
1/4 cup chopped broccoli,  
2 tablespoons each fat-free refried beans, diced onion, diced mushrooms, and salsa  
1/2 cup diced watermelon or cantaloupe

### **Instructions:**

1. In a medium size bowl, mix eggs add pepper for taste.
2. Heat a medium pan. Add eggs, cook until no longer running. Add onion, mushrooms. Fold egg into an omelet.
3. Heat fat-free beans in medium pan on stove or in microwave for 2 minutes.
4. Place omelet on plate, top with salsa. Scoop beans onto plate. Add fruit on the side.
5. Enjoy!

### **Option 4:**

1 light whole-grain English muffin with 1 tablespoon peanut or almond butter and 1  
tablespoon sugar-free fruit spread  
1 wedge honeydew or cantaloupe  
1 cup skim milk or almond milk  
2 slices Turkey bacon

### **Instructions:**

1. Toast whole-english muffin in toaster. Top with peanut or almond butter and 1  
tablespoon sugar-free fruit spread.
2. Heat small pan, cook turkey bacon until brown.
3. Cut honeydew or cantaloupe
4. Place English muffin, turkey bacon and fruit on plate.
5. Enjoy!

### **Option 5:**

3 large egg whites omelet, 2 tablespoons diced bell peppers, 2 teaspoons chopped spinach

½ cup fresh raspberries

½ whole grain English muffin

1 cup skim milk or almond milk

### **Instructions:**

1. Heat medium pan on stove-top. Whisk eggs together in a bowl. Pour eggs into pan, add bell peppers and chopped spinach. Cook until eggs are no longer running.
2. Toast English muffin in toaster.
3. Rinse fresh raspberries.
4. Put eggs, fruit and muffin on plate. Pour almond milk into glass.
5. Enjoy!

### **Option 6:**

Burrito made with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa.

1 cup blueberries.

### **Instructions:**

1. Heat medium sized pan on stove-top, pour olive oil to heat. Pour eggs into pan to cook until no longer running.
2. Heat black beans on stove top or in microwave for 2 minutes.
3. Heat whole-wheat tortilla.
4. Scoop eggs into tortilla, add beans and salsa.
5. Rinse and serve side of blueberries.



## Snack Options:

### **Option 1:**

1/2 cup fat-free Greek yogurt topped  
1/4 cup sliced strawberries or blueberries

### **Option 2:**

2 tablespoons hummus and 6 baby carrots

### **Option 3:**

½ cup fat-free vanilla yogurt or Greek yogurt  
1 Gala sliced apple

### **Option 4:**

Smoothie made with 3/4 cup skim milk,  
1/2 banana  
1/2 cup low-fat yogurt  
1/4 cup sliced strawberries

### **Option 5:**

3 ounces sliced lean ham  
1 medium apple

### **Option 6:**

1/4 cup plain fat-free Greek yogurt  
1 tablespoon ground flaxseed  
1/4 cup blueberries

## Lunch Recipe Options:

### **Option 1:**

4 ounces chopped grilled chicken breast,

3/4 cup cooked small sweet potato

2 cups raw baby spinach

Diced grilled veggies (2 tablespoons onion, 1/4 cup diced zucchini, 1/2 cup bell pepper),

1 tablespoon low-fat vinaigrette (look for olive oil base ingredient)

### **Instructions:**

1. Cook chicken in a small pan on medium heat. Cut into slices mix with baby spinach.
2. Place sweet in a bowl, cover with saran wrap, cook in microwave for 5 minutes or until soft. Cut into cubes. Add into salad.
3. Grill veggies in medium size pan, spray with non-stick cooking spray. Add onion zucchini and bell peppers cook until slightly brown (add black pepper and garlic powder for flavor. Add veggies in salad.
4. Add vinaigrette dressing.
5. Enjoy!

### **Option 2:**

Salad made with 4 ounces water-packed tuna, 1 cup chopped Romaine lettuce, 1/2 cup sliced bell pepper, and 1/4 cup chopped green onions topped with 2 tablespoons low-fat Italian dressing

### **Instructions:**

1. Add romaine lettuce, sliced bell pepper, chopped green onions into bowl.
2. Drain water out of tuna, add tuna into bowl with vegetables.
3. Mix together, add low-fat Italian dressing.

### **Option 3:**

Salad made with 2 cups chopped Romaine, 4 ounces grilled chicken, 1/2 cup chopped celery, 1/2 cup diced mushrooms, 1 tablespoon low-fat Caesar dressing  
1 medium nectarine  
1 cup unsweetened Almond milk

### **Instructions:**

1. Add romaine lettuce, grilled chicken (cooked or baked), and vegetables in bowl.
2. Mix in low-fat vinaigrette dressing
3. Peel nectarine.
4. Enjoy!

### **Option 4:**

Wrap made with 4 ounces thinly sliced lean turkey slices, 1 6-inch whole wheat tortilla, 1/4 cup shredded green leaf lettuce, 3 medium tomato slices, 1 teaspoon horseradish, and 1 teaspoon Dijon mustard  
1 teaspoon chopped basil and 1 tablespoon light Caesar dressing

### **Instructions:**

1. Place whole-wheat tortilla on plate, layer with turkey slices, shredded green lettuce, tomato slices, horseradish and Dijon mustard.
2. Add chopped basil and dressing.
3. Enjoy!

### **Option 5:**

Salad made with 2 cups baby spinach, 4 ounces grilled chicken, 1 tablespoon chopped dried cranberries, 3 slices avocado, 1 tablespoon slivered walnuts, and 2 tablespoons low-fat vinaigrette

1 small apple

### **Instructions:**

1. Add baby spinach with grilled chicken, chopped dried cranberries, avocado, walnut and vinaigrette.
2. Cut apple into slices
3. Add slices into salad.
4. Enjoy!

### **Option 6:**

#### **Lunch**

Turkey burger

Salad made with 1 cup baby spinach, 1/4 cup halved cherry tomatoes, 1/2 cup cooked lentils, 2 teaspoons grated Parmesan, and 1 tablespoon light vinaigrette dressing

1/4 cup avocado

### **Instructions:**

1. Form 4oz. patties using 93/7 ground turkey, cook in medium pan sprayed with non-stick cooking spray.
2. Add baby spinach, cherry tomatoes, and cooked lentils, mix with vinaigrette dressing. Top with avocado.
3. Enjoy!

## Dinner Recipes Options:

### **Option 1:**

4 ounces grilled salmon or Tilapia

1 cup baby spinach with 1 teaspoon each olive oil, balsamic vinegar, 1/2 cup diced cantaloupe topped and 1/3 cup sliced almonds

### **Instructions:**

1. Heat oven to 350 degrees F. Using a baking pan, spray with non-stick spray, season salmon or tilapia with black pepper, garlic powder. Bake for 30 minutes or until cooked.
2. Add spinach, olive oil, balsamic vinegar, mix well in bowl. Add salmon or tilapia cantaloupe and almonds.

### **Option 2:**

1 – 4oz. turkey burger

3/4 cup roasted cauliflower and broccoli florets

1 cup spinach salad with 1 tablespoon light balsamic vinaigrette

### **Instructions:**

1. Use 93/7 ground turkey. Form into 4oz. patties.
2. Heat a medium pan sprayed with non-sticking cooking spray. Cook until brown.
3. In a medium pan cook cauliflower and broccoli florets with 1 Tablespoon olive oil.
4. Mix baby spinach with balsamic vinaigrette.
5. Enjoy!

### ***Option 3:***

4 ounces shrimp, chicken, or fish, grilled or sautéed with 1 teaspoon olive oil and 1 teaspoon chopped garlic

1 medium artichoke, steamed

1/4 cup garbanzo beans, 1 teaspoon chopped fresh cilantro, and 1 tablespoon fat-free honey mustard dressing

### **Instructions:**

1. In medium size pan, sauté shrimp or chicken with 1 teaspoon olive oil and 1 teaspoon chopped garlic.
2. Steam 1 medium artichoke
3. Mix garbanzo beans, cilantro and fat-free honey mustard dressing.
4. Put all ingredients on plate.
5. Enjoy!

### ***Option 4:***

4 ounces grilled halibut/salmon/orange roughy/tilapia

1/2 cup sliced mushrooms sautéed with 1 teaspoon olive oil, 1/4 cup chopped yellow onion, and 1 cup green beans

Salad made with 1 cup arugula leaves, 1/2 cup halved cherry tomatoes, and 1 teaspoon balsamic vinaigrette

1/2 cup warm unsweetened applesauce with 1/4 cup fat-free vanilla yogurt,

1 tablespoon chopped pecans and dash cinnamon

### **Instructions:**

1. Heat oven at 350 degrees F. Spray baking pan with non-stick cooking spray. Place fish on pan. Season fish with black pepper, garlic powder and parsley then bake for 30 minutes or until done.
2. Add vegetables in medium size pan, sauté with olive oil.
3. Mix arugula tomatoes and balsamic vinaigrette together.
4. Add vegetables to salad.
5. Place fish and vegetables on plate. Enjoy!

### ***Option 5:***

5 ounces grilled wild salmon

2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing

1/2 cup all-fruit strawberry sorbet with 1 sliced pear

#### **Instructions:**

1. In medium size pan, grill salmon, season with black pepper and garlic powder.
2. Mix baby greens low-fat Caesar dressing.
3. Rinse blueberries.
4. Add blueberries to salad.
5. Add fish to plate with salad on the side.

### ***Option 6:***

4 ounces orange roughy/redsnapper/talapia baked with 1 teaspoon olive oil, 1 teaspoon lemon juice, and 1/2 teaspoon no-sodium seasoning

1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoon grated Parmesan cheese

1 cup steamed green beans with 1 tablespoon slivered almonds

#### **Instructions:**

1. Heat oven to 350 degrees F. Line baking pan with non-stick cooking spray. Add lemon juice, black pepper and garlic powder. Bake for 30 minutes or until well done.
2. Cut spaghetti squash into cubes, cook in medium pan with olive oil.
3. Steam green beans. Top with silvered almonds.
4. Place on plate. Enjoy!