

28 DAY Meltdown Challenge

Success Guide



Fit Yummy Mummy

Your Meltdown Success Guide Contains...

Meltdown Challenge Workout

- Getting Started Guidelines
- Scheduling Workouts – 2 Formats, Choose One
- Countdown Calendar
- Workout Logs
- How To Maximize Workouts
- Measuring & Improving
- Cool Downs

“How to Eat for Maximum Fat Burn” check list

The Top Secret To Your Better Body Success

28 Day Meltdown Challenge Workouts Disclaimer

The 28 Day Meltdown Challenge is for educational and informational purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Get your doctor's okay before starting any type of new exercise or nutrition plan, especially if you have existing or pre-existing injuries. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions. By continuing with the program you recognize that despite all precautions on the part of Fit Yummy Mummy, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Holly Rigsby, Fit Yummy Mummy or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Let's Get Started!

Congratulations for taking action and taking on this unique, 28 day challenge!! In this guide you will find the complete workout plan, countdown calendar and answers to your workout questions so you may begin this challenge with confidence.

Your Meltdown workouts – I will refer to them as MC3 workouts - are a mix of Strength Based & Metabolic formats, designed to keep you challenged and progressing toward your better body goals.

If it does not challenge you, it does not change you.

Workout Guidelines

- Once you choose Day 1, you will stick to your MC3 workouts for a full 28 days. No Program Hopping – this is ineffective – and also kills the purpose of helping you establish a consistent workout routine.
- You will rotate through the MC3 workouts each week. Day 1 – Workout A, Day 3 – Workout B, Day 5 – Workout C.
- WATCH the LEARN IT Segment for each MC3 Workout Video for proper form and practice each exercise before starting the full, follow along DO IT video.
- Do NOT Skip the Warm Up! You must prepare your body for movement in order to maximize the effectiveness of the workout you perform. Warm ups are built in to make it easy.
- Allow a Day of Rest between each Strength Workout and ONE Total day of rest each week for your body to recover.
- Days between MC3 Workouts. If you are not scheduled for an Intervals workout, I recommend you find a way to stay active. Options vary from going for a walk, to dynamic stretching (which can be done every day), to yoga, move your body in a way that feels good to you.
- Intervals are to be performed 2-4 days a week, either right after a MC3 workout or on alternating days (decide ahead of time if you will follow the 3 day a week or 6 day a week workout schedule).
- Intervals can be a full 15-minutes or a quick sizzler. Sizzlers are fantastic after a Maximum 50:10 Circuit or after an Intervals workout if you are following the 6 day a week workout format.
- Watch the Intervals Workshop for a quick HOW TO lesson as well as the Metabolic Interval Training Video for a demonstration of the Intervals options you have for this challenge.

Let's Get Started!

- Use the Interval Training Soundtracks – 30:30 or 60:30 – when performing your intervals workouts.
- Follow each MC3 workout with a Post Workout Recovery Shake – I use and recommend Prograde Workout.
- Keep a workout log, set personal records, add in progressions as you improve. You can use the printable workout logs can be found in each Lean Body Downloadable Workout log or use your own tracking system.

You can't improve what you don't measure

- The very nature of knowing that something is being monitored causes you to work harder and perform better. There's actually proof of this—it's called the Hawthorne Effect.
- When you measure your own performance, positive things happen:
 - You are able to set goals and evaluate your progress
 - You always know exactly where you stand
 - You can identify key aspects you want to refine
 - You are able to see the results of your refinements
 - You can quickly and accurately trouble shoot your problems

Specific suggestions for each MC3 Workout are outlined in the How To Maximize Workouts section.

Schedule Your Workouts

Choose: 6 Days a Week or 3 Days a Week

You have the choice to schedule your workouts following the 3 day a week or 6 day a week format. The difference is in choosing to do your MC3 Workouts and Interval Training Workouts on the SAME Day or on ALTERNATING Days.

Note: MC3 workouts do NOT have to follow a Mon-Wed-Fri schedule. You Meltdown Challenge Day One will Dictate the starting point and how you will schedule your MC3 Workouts.

6 Days a Week Workout Schedule Sample
IT = Intervals

MON	TUE	WED	THU	FRI	SAT	SUN
MC3 WO A	IT	MC3 WO B	IT	MC3 WO C	IT	REST
MC3 WO A	IT	MC3 WO B	IT	MC3 WO C	IT	REST
MC3 WO A	IT	MC3 WO B	IT	MC3 WO C	IT	REST
MC3 WO A	IT	MC3 WO B	IT	MC3 WO C	IT	REST

Schedule Your Workouts

Days a Week Workout Schedule Sample

IT = Intervals,

Blank Days can be used for a casual, low intensity activity

MON	TUE	WED	THU	FRI	SAT	SUN
MC3 WO A IT		MC3 WO B IT		MC3 WO C sizzler		
MC3 WO A IT		MC3 WO B IT		MC3 WO C sizzler		
MC3 WO A IT		MC3 WO B IT		MC3 WO C sizzler		
MC3 WO A IT		MC3 WO B IT		MC3 WO C sizzler		

If you choose the 3 Day a Week format, note that the MC3 Workout C is a 20 minute, 50:10 Circuit so my recommendation is to follow with a short sizzler rather than run out of fuel for a full 15 minute IT workout.

Intervals can be performed up to 4 Times a week. With this format you have the option to schedule one in each week based on what works best for your schedule.

Schedule Your Workouts

Which Schedule is Most Effective for Fat Loss?

Why the one you will **STICK To** and **DO!** One is not better than the other. Whether or not you stick to this schedule is what will determine the effectiveness of your workout schedule.

Create a workout schedule that best fits your lifestyle so you will be consistent.

Results are achieved by being **CONSISTENT** with your MC3 Workouts, staying challenged and sticking to your "How to Eat for Maximum Fat Burn" check list.

Rest Day

This is up to you, it does **NOT** have to be a Sunday. You need at least **ONE FULL** day of rest for your body to fully recover, recoup and make progress. Light activity is fine, it is just not advised to push through another intense activity or workout. Choosing to ignore rest will lead to overtraining which will cause your lean body results to backfire.

Rest is Essential.

Your body changes when you are **NOT** working it.

Countdown Calendar

You will use a Countdown Calendar to track your workouts. This is very motivating and eye opening to see just how consistent you are...and you can be! Feel free to use the one I made for you or make your own. Remember, you have the option to choose your Interval Training workout schedule.

These are my suggestions on how to implement them based on getting the best results during this 28 day challenge. Mark off each day you complete – make it motivating by using different color, stickers, etc. Make notes of accomplishments or ah ha moments.

Make it your own ~ Make it Fun!

3 Days a Week Countdown Calendar

Intervals can be performed up to four times a week. In this sample I suggest a 30:30 on the day after a Maximum Melt 50:10 Circuit. I also mix up ITs on the final week of the challenge to keep your body guessing and challenged!

Results Day ~ Kick it off with a Core Sizzler or an Intervals workout of your choice.

<p>DAY 28</p> <p>TANTALIZING TABATAS</p> <p>30:30 IT</p>	<p>DAY 27</p> <p>WALK</p>	<p>DAY 26</p> <p>SCINTILLATING SUPERSETS</p> <p>60:30 IT</p>	<p>DAY 25</p> <p>STRETCH FOAM ROLL</p>	<p>DAY 24</p> <p>MAXMELT CIRCUITS</p> <p>CORE SIZZLER</p>	<p>DAY 23</p> <p>30:30 IT</p>	<p>DAY 22</p> <p>REST</p>
<p>DAY 21</p> <p>TANTALIZING TABATAS</p> <p>30:30 IT</p>	<p>DAY 20</p> <p>WALK</p>	<p>DAY 19</p> <p>SCINTILLATING SUPERSETS</p> <p>60:30 IT</p>	<p>DAY 18</p> <p>STRETCH FOAM ROLL</p>	<p>DAY 17</p> <p>MAXMELT CIRCUITS</p> <p>CORE SIZZLER</p>	<p>DAY 16</p> <p>30:30 IT</p>	<p>DAY 15</p> <p>REST</p>
<p>DAY 14</p> <p>TANTALIZING TABATAS</p> <p>30:30 IT</p>	<p>DAY 13</p> <p>WALK</p>	<p>DAY 12</p> <p>SCINTILLATING SUPERSETS</p> <p>60:30 IT</p>	<p>DAY 11</p> <p>STRETCH FOAM ROLL</p>	<p>DAY 10</p> <p>MAXMELT CIRCUITS</p> <p>CORE SIZZLER</p>	<p>DAY 9</p> <p>30:30 IT</p>	<p>DAY 8</p> <p>REST</p>
<p>DAY 7</p> <p>TANTALIZING TABATAS</p> <p>60:30 IT</p>	<p>DAY 6</p> <p>WALK</p>	<p>DAY 5</p> <p>SCINTILLATING SUPERSETS</p> <p>30:30 IT</p>	<p>DAY 4</p> <p>STRETCH FOAM ROLL</p>	<p>DAY 3</p> <p>MAXMELT CIRCUITS</p> <p>CORE SIZZLER</p>	<p>DAY 2</p> <p>30:30 IT</p>	<p>DAY 1</p> <p>IT OF YOUR CHOICE OR A CORE SIZZLER</p> <p>RESULTS DAY</p>

6 Days a Week Countdown Calendar

Intervals can be performed up to four times a week. In this sample I suggest rotating when to perform your core sizzlers.

Results Day ~ Kick it off with a Core Sizzler or an Intervals workout of your choice.

DAY 28 TANTALIZING TABATAS	DAY 27 30:30 IT CORE SIZZLER	DAY 26 SCINTILLATING SUPERSETS	DAY 25 60:30 IT	DAY 24 MAXMELT CIRCUITS	DAY 23 30:30 IT	DAY 22 REST
DAY 21 TANTALIZING TABATAS	DAY 20 30:30 IT	DAY 19 SCINTILLATING SUPERSETS	DAY 18 60:30 IT	DAY 17 MAXMELT CIRCUITS	DAY 16 30:30 IT CORE SIZZLER	DAY 15 REST
DAY 14 TANTALIZING TABATAS	DAY 13 30:30 IT CORE SIZZLER	DAY 12 SCINTILLATING SUPERSETS	DAY 11 60:30 IT	DAY 10 MAXMELT CIRCUITS	DAY 9 30:30 IT	DAY 8 REST
DAY 7 TANTALIZING TABATAS	DAY 6 30:30 IT	DAY 5 SCINTILLATING SUPERSETS	DAY 4 60:30 IT CORE SIZZLER	DAY 3 MAXMELT CIRCUITS	DAY 2 30:30 IT	DAY 1 IT OF YOUR CHOICE OR A CORE SIZZLER RESULTS DAY

MC3 Workout Logs & Exercise Guide

You will follow three workouts during this 28 Day Meltdown Challenge. Please review the Getting Started Guidelines, How to Schedule and your Countdown Calendar in order to properly implement your workout routine.

The MC3 Workouts are:



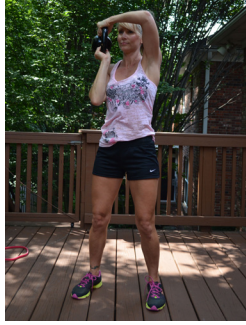
Tantalizing Tabata Circuits – MC3 WorkOut A
Scintillating 2x4 Super Sets – MC3 WorkOut B
Maximum Melt 50-10 Circuits – MC3 WorkOut C

Tantalizing Tabata Circuits – MC3 Workout A



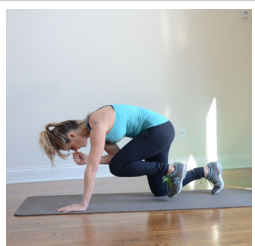
Record the Reps Completed during each round to track your progress.

Picture	Exercise	Weight	Reps Completed
	Lunge Combo		
	Plank Row Push Up		
	Prisoner Drop Squats		
	Wall Sit		

Scintillating 2x4 Super Sets – MC3 Workout B

Set	Picture	Exercise	Weight	Reps
Toy Soldiers 10 x ea, Duck Unders 10x ea, Band X Walk, 10x ea, Spiderman crawl 10x ea				
A1		RDL-Row		8-12x
A2		Swing-Clean-Push Press		10-12x
Repeat 4x				
B1		Offset Rev Lunge		6-8x ea
B2		Halo		8-10x ea
Repeat 4x				
Intervals or Cool Down				

Maximum Melt 50-10 Circuit – MC3 Workout C

Picture	Exercise	Reps			
Toy Soldiers 10x ea, Band Pull Aparts 10x, Band X Walk 10x ea					
	1 1/2 Split Squat	Round 1	Round 2	Round 3	Round 4
	Band Row	Round 1	Round 2	Round 3	Round 4
	Glute Raise March	Round 1	Round 2	Round 3	Round 4
	Bird Dog - Crunch	Round 1	Round 2	Round 3	Round 4
	SB Plank	Round 1	Round 2	Round 3	Round 4
Complete 2-4 times following 50-10 soundtrack					
Intervals or Cool Down					

Maximize Your MC3 Workouts

Challenge

Strength Training is the most effective way to sculpt and reshape your body for it is the ONLY way to increase lean, tight, defining muscle along with skyrocketing your metabolism.

You will get the most out of your challenge workouts due to the metabolic effect, so you will want to keep the intensity high. Expect your muscles to be challenged with 3-4 sets of 8 – 15 repetitions for each exercise. For time based circuits, reps should be tracked each round to keep up with the challenge.

You will want to choose a weight or exercise variation that allows you to feel challenged within this range of repetitions or timed work for a circuit.

If you can easily complete 20 or more – the weight is too light or exercise variation is too easy. If you can barely complete 5 and your form is less than good, weight is too heavy. As you progress with weights used, expect to drop rep range down in order to work back up to the max with new strength!

Set Personal Records

Train like an athlete. I am sure you are familiar with a professional athlete or two that has an amazing physique. If you think about it...these athletes are not going to the gym to train to look amazing ~ they train to perform amazing. Their physique is a byproduct of their performance. While you may not be competing in a high level event...you are in fact competing against yourself.

Know your strengths ~ Know your areas of improvement. Setting and tracking personal records goes hand in hand with keeping a workout log.

Each time and every time you workout your workout must be challenging you. Whether it's adding slightly more weight, an extra set, a few more repetitions, shortening the rest, changing the order of the exercises or increasing the intensity of your Intervals, you need to keep the metabolism boosting benefits coming.

TRACK Reps Completed ~ Each Round/Workout Aim to MEET or BEAT your Best

Progression is the only way to continually achieve amazing better body results in just 28 short days. Your body has the amazing ability to adapt to a workout routine after a couple run throughs, so change it up and keep it challenging!

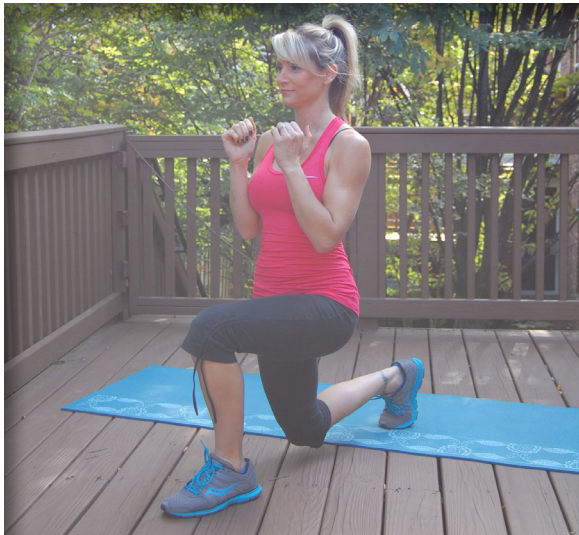
The following pages are a quick list of suggestions for really maximizing each MC3 Workout!

Maximize Your MC3 Workouts

Tantalizing Tabata Circuits – MC3 WorkOut A

Timed Circuit, Track Reps Completed. Meet or beat with each round.

Lunge Combo



- **Tempo.** Increase the speed at which you step forward and back while maintaining balance.
- **Add Weight.** Hold a 10+ weight goblet style balanced when the momentum speeds up.

Maximize Your MC3 Workouts

Plank Row Push Up

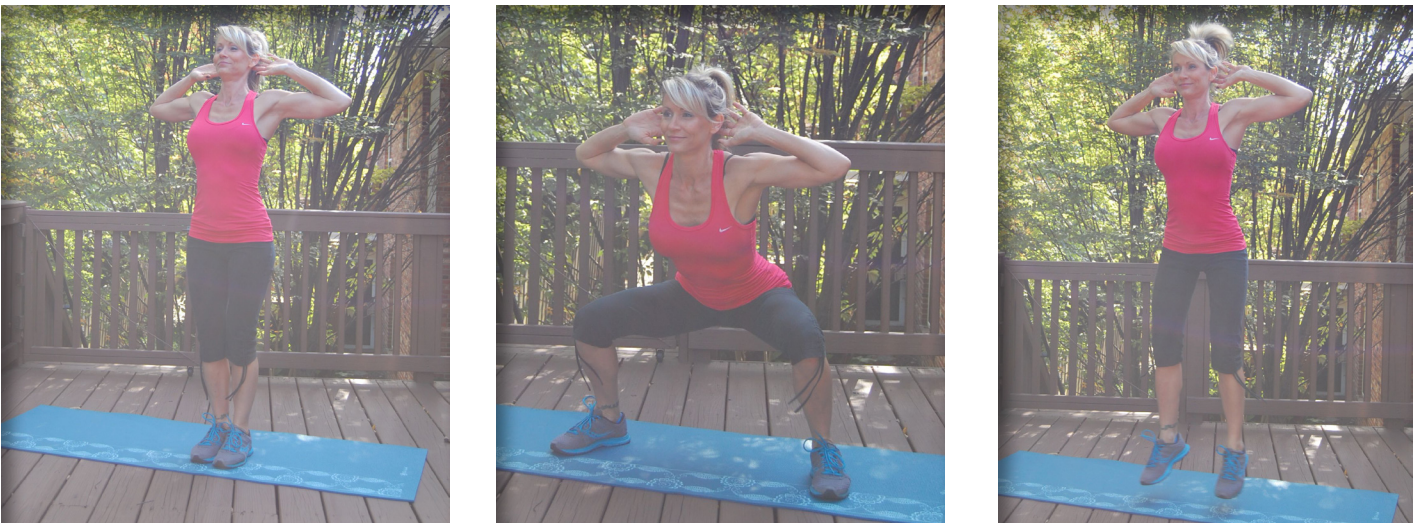
- Perform a push up between each plank row



- Add Weight. Hold two 8+lbs Dumbbells to complete plank rows (aka renegade rows)

Prisoner Drop Squats

- Tempo. Increase # of drop squats, reducing rest between in and out hops



- Get Low. Lower further into drop squat

Maximize Your MC3 Workouts

Wall Sit



- Hold a weight out in front of chest, be sure shoulder stay back against wall, gets core fired up.
- Hold a weight overhead
- Lift one leg at a time

Maximize Your MC3 Workouts

Scintillating 2x4 Super Sets – MC3 WorkOut B

Track Reps Completed and Weights used.

RDL Row



- Increase Reps, work up to a max of 15 before increasing weights
- Increase weights
- Tempo. Lower and Lift into RDL to the count of 3

Maximize Your MC3 Workouts

Swing Clean Push Press



- Increase Reps, work up to a max of 15 before increasing weights
- Increase weights

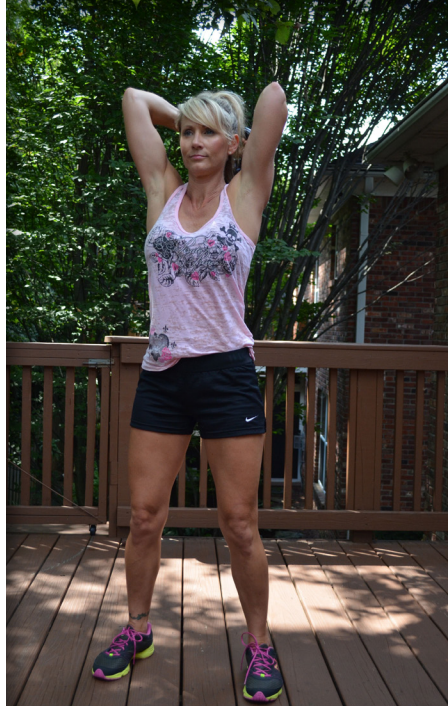
Off Set Reverse Lunge



- Increase Reps, work up to a max of 15 on each leg before increasing weights
- Increase weight
- Non Alternating – stay on the same side to complete all reps before switching to the next

Maximize Your MC3 Workouts

Halo



- Increase Reps, but keep the tempo slow and controlled. Work up to a Max of 10 each direction before increasing weight – doing more reps leads to fatigue and compromises form
- Increase weight
- Half Kneeling. Assume the half-kneeling position, start with right leg forward, kneeling on left leg, perform halo moving from left to right around head. Switch legs and switch directions.

Maximize Your MC3 Workouts

Maximum Melt 50-10 Circuits – MC3 WorkOut C

Timed Circuit, Track Reps Completed. Meet or beat with each round.

½ Split Squat



- Elevate back foot
- Add weight. Hold a weight in goblet position.

Band Row



- Increase distance of band
- Double up bands
- Sit lower down into the squat and hold

Maximize Your MC3 Workouts

Glute Raise March



- Inbetween each march, give those glutes an extra squeeze
- Elevate feet (bench, foam roller, medicine ball)

Bird Dog Crunch



- Upon extension of arm/leg, raise slightly to give a pulse

Maximize Your MC3 Workouts

SB Plank

- Stir the pot. Role forearms around in tiny circles, in each direction.
- Saw. Driving through forearms slightly shift SB forward and then back in a saw motion



Measuring and Improving - Bonus Tips

In order to improve and achieve better body results you need to do three things:

1. You need to know your starting point

This is often referred to as your benchmark or baseline—the point from which all progress is measured.

2. You need a goal

In the words of noted psychologist Arnold Glasgow, "In life, as in football, you won't go far unless you know where the goalposts are." Without a clear idea of where you are headed and what you wish to accomplish, how will you know if you ever get there?

Friendly Advice...

when it comes to setting better body goals, please allow others to be guides – not goals. Your results are unique to you and your body. You cannot (and will never be able to) look like or have someone else's exact lean body attributes. I tell you this for I see so many women get lost in the quest for perfection – holding their standards to those of professional fitness models or competitors. By wanting to look like someone else you are actually limiting yourself and your success.

I want you to be yourself and focus on becoming the very best YOU can look, feel and be.

3. You need to determine how you are going to measure your progress

Super helpful tip – if your desire is to achieve a leaner body, you must experience an increase in strength. Setting strength and performance goals rather than being consumed with the scale or measuring tape will help you stay focused on what truly matters as well as put you on the fast track to transformation success!

4. You Need To Take Your Before Photo!

While tracking your performance (whether it be with a workout or nutrition log) is essential to your success, in order to TRULY see the results of your efforts in just 28 short days, you must have a "starting point" photo to hold next to your "in progress" photo.

No matter how hard you stare into the mirror, it is inevitable that you will continue to see your body through a filter and often times skip past the changes your body is making and right to the areas you perceived as flawed.

Your Progress Photos will help you truly see the beautiful body shaping difference you are making in such a short period of time.



Cool Down & Recovery

Stretching regularly can potentially decrease the risk of injury and increase muscles' range of motion, while also alleviating pain and encouraging faster muscle recovery.

Stretch warmed-up muscles only, preferably after a workout using those muscles. According to MayoClinic.com, stretching cold muscles before working out has been associated with a greater risk of injury.

It is suggested that you stretch the muscle groups you challenged. Ease into each stretch - listening to your body. NO BOUNCING.

Slow, controlled mindful execution -- holding each stretch for at least 3 deep breaths - after which time, see if your body will go deeper into the stretch with a gentle nudge in whatever direction you are headed - but do NOT force.

Foam rolling is also an excellent option for recovery and care of sore muscles.

Cool Down Stretch Options

Pigeon



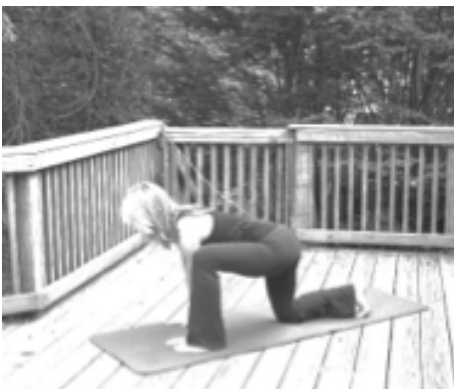
Butterfly Stretch



Knee Hug



Kneeling
Spiderman Crawl



Plow



Hip Extension



How To Eat for Maximum Fat Burn Check List

Cleaning up what you eat and how you eat is the FASTEST short cut you could EVER take to reach your better body goals.

To eat supportively means is to choose foods that support fat loss and enhance lean muscle. To “clean up” what you eat means to choose more supportive foods at each and every meal.

Your Checklist To Boost your Metabolism, Increase Lean Muscle & Heighten Fat Burn

√ **Eat every 3-4 hours**

Starting with eating Breakfast within an hour of waking, This is not about the number of meals...but rather Frequency of meals. Eating based on time rather than hunger keeps your blood sugar levels stable so you can burn more fat AND fight cravings! Plus you are less likely to overeat in the evening when your body stays satisfied and fueled during the day. An energizing breakfast contains protein, fruit and whole grains.

√ **Eat the RIGHT amount of calories**

As you Jump Start your Body Shaping Transformation you do not have to stress and focus on calories. You can simply track choices and portion sizes.

Eating Supportively is also about developing a healthy relationship between you and the foods you eat. As you fill your body with whole, natural foods, your body will be able to tell you what is enough, too much or too little. You will make adjustments based on this feedback. If you choose to eat too little – ignoring signs of hunger and fatigue, this will only slow your metabolism and cause you hold on to the fat. Of course if you eat too MUCH – even if it’s the good stuff - and you store more fat. The best way to manage your food intake is to keep a journal.

√ **Trade Dead Processed Foods for Live, Whole, Natural Food such as...**

Quality proteins

Fresh produce

Healthy fats

And on occasion, whole grains

How To Eat for Maximum Fat Burn Check List

Fats

Add healthy fats when necessary from avocados, nuts, olive oil, coconut butter and organic butter.

Whole grains

Optimal choices are whole, rolled oats and quinoa.

Grains when added are done so on occasion and only during the first half of the day, preferably morning since the body is better able to process and use these nutrients.

√ Every Meal must contain Protein and Produce

This is all you really need for each meal/snack. This meal combination is satisfying and energizing. Add healthy fats as needed. Eat whole grains in moderation and preferably during the 1st half of the day when your body is better able to digest and use this energy

Protein

You Must Eat Enough Protein - Your Muscles are Largely Composed of Protein

Protein makes up roughly 20 percent of your muscle cell composition. You'll need to have a supply of protein in your body in order to continue to develop and build these cells. Without it, you'll have a difficult time sustaining the cells that you do have and will certainly not be able to make a difference to your lean muscle growth.

Aim to take in 20 grams up protein within an hour of waking, and no less than 100 grams total for the day. ***See The Power of Protein Details Below

Produce

This simply your fruits and veggies.

Go fresh and organic whenever possible.

Aim for 8-10 Servings a day.

√ CUT out the SUGAR!

If you choose to do only ONE THING to your nutrition plan – let it be this strategy. The majority of sugar intake comes from what you drink as well as the empty calorie, over processed, junk foods - yes, even if it is touted as being a 100 calorie snack – read the ingredients list!

Sugar is the Anti-Fat Loss Nutrient. The less you eat – the Leaner you will become.

How To Eat for Maximum Fat Burn Check List

√ **Remove Unsupportive Foods**

These are the Foods that have stopped you in the past.

Eliminate this Obstacle and in turn Create a Supportive Environment

Packaged, processed, dead foods

Yes this includes diet foods, hundred calorie packs, low fat, sugar free, low calorie yogurt and many soy products – avoid overly processed soy.

Sugar

Consider this the Anti-Fat Loss nutrient. Consuming sugar daily will only prevent you from seeing fat loss results.

Artificial Sweeteners

These are chemicals and only cause your body to continue to crave more sugar.

Bread, Pasta, Crackers, Cereal

These are simply overly processed grains that act just like sugar in your body. Look at the ingredients list again...also note that these “whole grain” items have little to no fiber.

Dairy

Cow's Milk and limit cheese. Greek yogurt, Keifer and cottage cheese are better options.

Alcohol

You can do this...it's only for 28 days!

The Power of Protein

How Much Protein Do You Need?

The How to Eat for Maximum Fat Burn checklist has you create meals and snacks based around your protein source. Ideally you are getting your protein from a variety of sources - plant and animal. Reality is many women are not eating nearly enough protein. Exactly how much?

There is no magic number. Protein requirements vary based on individual needs - anywhere from 20-40% of your total calorie needs and your body's energy demands.

Keep it simple and establish a starting point of 100 grams of protein a day, adjust from here based on feedback from your body.

My Sample Menu

On a workout day (hence prograde workout)

Meal 1 - smoothie 2 scoop prograde protein = 24g

Meal 2 - Eggs (2 whole, 1 egg white) = 15g

Meal 3 - 2 Scoops Prograde Workout = 14g

Meal 4- Salmon = 20g

Meal 5 - Pistachios = 6g

Meal 6- Chicken tenderloins =25g

Meal 7- greek yogurt and scoop protein = 15g

Total Protein Intake = 119g

Protein Cheat Sheet

These are the most common protein sources. I have also added in the portion size and nutrient breakdown to help you see which foods give you the MOST Protein and to get a better idea of how to best plan the meals you eat each day to bump up your protein intake.

2 Eggs and 5 TBSP egg whites (or about 3 egg whites)

Calories: 182 Carb=0g Prot=20g Fat=10g

4 oz Chicken Breast

Calories: 120 Carb=0g Prot=26g Fat=1.1g

4 oz Turkey Breast

Calories: 120 Carb=0g Prot=24g Fat=1.1g

4 oz salmon

Calories: 130 Carb=0g Prot=22g Fat=3.9g

4 oz Tilapia

Calories: 110 Carb=0g Prot=23g Fat=1.7g

3 oz Sirloin Steak

Calories: 166 Carb=0g Prot=26g Fat=6.1g

4 oz Scallops

Calories: 80 Carb=1g Prot=17g Fat=1.1g

3 oz Tuna Albacore in water

Calories: 105 Carb=0g Prot=24g Fat=1.7g

2 oz beef jerky

Calories: 160 Carb=10g Prot=24g Fat=2.2g

1 cup Cottage Cheese

Calories: 180 Carb=10g Prot=26g Fat=4.4g

1 cup 2% Greek Yogurt Fage

Calories: 150 Carb=8g Prot=20g Fat=3.9g

Protein Cheat Sheet

1 cup plain Kefir : 1 cup : 110 cal
Calories: 110 Carb=12g Prot=11g Fat=2.2g

1 oz Goat Cheese
Total Calories: 90 Carb=0g Prot=5g Fat=7.8g

1 oz Buffalo Mozz
Total Calories: 70 Carb=0g Prot=6g Fat=5g

2 scoops Prograde Chocolate Protein
Calories: 135 Carb=2.5g Prot=24g Fat=1.1g

2 scoops Prograde Workout (pre/post workout shake)
Calories: 200 Carb=31g Prot=14g Fat=0.44g

1.5 oz Pistachios
Calories: 227 Carb=11g Prot=8.5g Fat=19g

1.5 oz Almonds
Calories: 241 Carb=8.5g Prot=8.5g Fat=22g

1/4 cup cooked Quinoa
Calories: 130 Carb=24g Prot=4.4g Fat=2.3g

1/2 cup Bob's Red Mill 5 Grains
Total Calories: 180 Carb=36g Prot=7.5g Fat=1.7g

1 slice Ezekiel Sesame Bread
Total Calories: 80 Carb=14g Prot=4g Fat=0.56g

5 TBSP Hummus Red Pepper
Total Calories: 125 Carb=12g Prot=2.5g Fat=6.9g

1 cup Black Beans
Calories: 200 Carb=38g Prot=14g Fat=0g

The Power of 10

Set a Goal to Eat 8-10 Servings of Produce a DAY

Not only will this help you stay satisfied and energized...produce helps to control calorie intake, cleanses the system naturally, eliminates cravings and helps burn off the excess belly fat.

No, 10 servings a day is not at all hard to do when you consider....

One Serving of Fruits is...

- 1 medium to large size fruit
- 1/2 cup small fruits like berries, grapes, etc.
- 1 cup chopped fruits like melons, grapefruit, etc.
- 1/4 cup dried fruit

One Serving of Veggies is...

- 1 cup cooked or raw veggies
- 2 cups leafy greens
- 1/2 cup beans/legumes

See How Easy It Is With My Sample Day ~ 10 Servings of Produce

Breakfast - 1 cup blueberries (2)

Snack - 1 banana (1)

Lunch - 3 cups spinach, 1 cup diced tomatoes and bell peppers (3)

Snack - 1/2 cup dried cherries (1)

Snack - 1 cup carrots, 1 pear (2)

Dinner - 1 cup sautéed spinach and squash (1)

Calorie Intake for 10 servings of Produce:
Less than 650 Calories



The Power of 10

While eating this much produce may sound like a LOT of food - calorie wise, **it is not even half the calories needed for the day** (I average 2,000 calories a day)- which means you get FULL on Less and naturally curb your calorie intake!

DIY: You will be eating produce at every meal....you are eating every 3 to 4 hours and with every meal you have should have produce - aiming to work your way up to a total of 10 servings. Meal meaning...EVERY time you eat - whether you want to call it breakfast, snack, dinner, etc.

A Fun Shortcut to 10 Servings

Drink a Green Smoothie at least Once a Day

These are simply smoothies that are made with fresh organic greens blended in to them with a fruit or two and a couple other tasty ingredients. Green smoothies provide a concentrated amount of fresh greens in quick and convenient drink. Plus blending greens and fruits together breaks down the cells of these plants which improves digestibility and makes it easier for your body to assimilate.

Keep It SIMPLE Sweetheart

I will ask that you please, not over think this. This the very mistake many women make when they begin to implement a healthy eating nutrition plan. Extreme diets, calorie restriction, calculating % of protein carbs and fat – numbers obsessed – the fact of the matter is that we are creatures of habit. On average we eat the same 10-15 foods week in and week out.

This is actually to your benefit, for when you are making changes to clean up your nutrition plan - mapping out 10-15 of your favorite supportive foods makes it easy to plan meals and buy groceries rather than approach meal planning thinking you need 28 different meals for just one week.

You don't have to create a brand new meal for every single time you eat. Instead focus on a variety of Protein & Produce combinations to mix and match.

TOP Secret Tip To Accelerate Your Better Body Results

Be Consistent

Okay – so it’s not exactly a “Secret” but it made you scroll down and take a look.

Above the most challenging strength training workouts, the most heart pumping interval training sessions and even the most squeaky clean meal plans....is that you Stick To It!

Partial commitment leads to partial results.

Each day you successfully complete a scheduled workout and eat a supportive meal, you build your discipline, confidence and self-esteem. When your self-esteem increases, you feel fantastic and that stimulates a positive self-reinforcing cycle of even more discipline, confidence and daily action.

You will not get results if you do not follow through with consistency. You will not get results if you give up after 2 weeks. Do something that aligns with your values and goals every day.

*Getting Results is a Process
and it Take Time*

The most effective strategy to creating a habit of consistent effort is...**To Do Something EACH and EVERY day** - a choice that will take you one step closer in the direction of your lean body goal.

That is the purpose of this 28 Day Meltdown Challenge!

Giving you a step-by-step plan so each day you know what to do and what to build upon for amazing results.

TOP Secret Tip To Accelerate Your Better Body Results

Consider the alternative...

- √ Doing Nothing - gets you nowhere
- √ Making excuses – drains you, drawing you backwards
- √ Saying “I’ll do it tomorrow” – keeps you right where you are – is this where you want to remain? Then stop putting off your happiness!

Something is Better Than Nothing
Something is what leads you to Success.

The only way to get results is to Take Action. Take it Every Day...starting RIGHT NOW.
Let’s get this challenge started!

I am here to help you when you need it
Just log in to **ClubFYM.com**

Don’t forget to send me your Meltdown Challenge Success Photos and Story
At the end of 28 Days!

Get featured – Get Free FYM Gifts!
Here’s to your Better Body Success!

Your Friend and Body Shaping Transformation Coach,



Author of Fit Yummy Mummy, The 28 Day Meltdown Challenge, Lean Body Workouts, Get Little Black Dress Ready Workouts, BusyMomWorkouts, The Trouble Spot Solution, Kettlebells for Busy Moms, Intervals for Moms, Founder of ClubFYM, ACE Certified Fitness Professional, KBA certified, MAT, Director of Fitness Consulting Group and Prograde Nutrition’s Weight Management Courses Specializing in Fat Loss Services and Programs for Busy Moms