

## 6 Week At Home - Tone and Trim

Please submit before photos and weekly progress photos so I can review and we can talk about any issues you may be having and progress you have made! Looking back on previous weeks will give you motivation to keep going strong and stay dedicated to the plan! I am all about simplicity and this plan is easy to follow and straight to the point. Please follow the program strictly to receive the maximum results. Always trust the process. Results don't come over night but with hard work and commitment. Fully commit to each day, each workout, each meal, each gallon of water. Push yourself to the max through each workout. You don't stop when you're tired, you stop when you're done! If you cheat your workouts/diet you are just cheating yourself from being the best you can be. You CAN do this!! **Want better. Do better. Be better.**

**\*\* Email Before/Progress/After pictures to [BxMFitness@gmail.com](mailto:BxMFitness@gmail.com)**

**Keeping your heart rate up during your entire workout is crucial to burning fat.** So make sure you are pushing yourself to the max through each and every workout!! Deep breaths in through your nose and out through your mouth. DONT FORGET TO BREATHE!!

Make sure to get adequate sleep. It can speed fat loss and improve metabolic function. Getting a full night sleep will reduce stress and set you up for a successful day!

Below is a list of foods to avoid, foods I recommend eating and instructions to follow while on your plan. I have also attached a "What I eat in a day" and 5 sample menus that you are free to follow! I suggest buying and preparing your meals ahead of time so they are always there when you need them and you will be less likely to go for something easy that is on our "foods to avoid" list.

**During the course of your plan you will need to follow these DAILY instructions.**

- **Drink one gallon of water DAILY - 7 days a week.** (You can mix with BCAA's to make it easier to drink and help with muscle recovery. "Modern BCAA" is my favorite brand in flavor Raspberry-Lemonade.)
- 2 tbsp Braggs Apple cider vinegar with juice from one lemon and water (8-10oz) first thing in the morning (small amount of DARK maple syrup to sweeten if needed)
- Take a probiotic daily
- Take CLA capsules with 2-3 meals per day

- Sprint on your 5th day on treadmill or outside (if on a treadmill do 30 sec on 30 sec off) (if outside get to max speed) **AS FAST AS YOU CAN** for **8-10** rounds.
- Stretch

### **Supplements (recommended daily)**

- Probiotic
- CLA
- MCT Oil

### **The Whats and Whys**

Apple Cider Vinegar (ACV) aids in digestion and breaking down your food. It can aid in weight/fat loss. Clears skin. Lowers cholesterol. Regulates blood sugar and helps you to feel full. It is filled with lots of healthy bacteria that assists with gut health. It acts as a total detox. Do not drink it straight and always mix with water.

CLA Capsules ( Conjugated Linoleic Acid) is an Omega-6 fatty acid (made from safflower oil) that is found in things like beef, vegetable oil and dairy and has been proven to cause fat loss and improve overall body composition. It increases metabolic health and lowers the risk of many diseases.

BCAA's (Branched Chain Amino Acids) are amino acids that promote protein synthesis. BCAA's aid in muscles soreness and muscle recovery. They play a very important role in energy and muscle production during exercise. People who consume BCAA's daily have less belly fat because it improves the use of body fat for energy instead of muscle breakdown. They also taste delicious and make it much easier to get your daily water down.

MCT Oil (Medium Chained Triglycerides) is a type of fatty acid found in things like coconut oil and beef. Like CLA, MCT oil aids in weight loss, is antiviral and antimicrobial, improves muscle strength, helps with brain function and overall body health. ( I mix mine with my coffee in the morning or fruit smoothie. It is tasteless)

### **Daily tips and reminders**

**Limit yourself to 1-3 fats per day. Limit to 1 if trying to lose weight and 3 if gaining**  
**Limit to one dairy per day**  
**Portion control! Smaller meals every 2.5 - 3 hours**  
**Don't ever skip breakfast.**

**Cook with non-fat cooking spray.**

**Drink your Gallon of water DAILY!!!**

**Drink your ACV daily in the am**

( If you have a cheat meal thats ok, it happens. Just make sure you get right back on track)

( My daily warmup is available on my website. You can do that on your days off to stay active and/or after your workouts to get a good stretch.)

### **Foods to avoid:**

Soda  
Juice  
Artificial sugars  
White bread  
Ice cream  
Candy  
pastries/cakes/brownies  
Pasta  
Fried foods  
Sauces and dressings ( ketchup, mayo, salad dressings, bbq sauce etc.)  
Fast food  
Salt (iodized)  
Dairy (Other than yogurt or cottage cheese. Choose 1 per day)  
Artificially flavored coffees  
Vegetable oil  
Margarine

### **Replacements/Foods to eat:**

**Grams = Protein**

#### **CARBS**

Ezekial bread 1 slice - 6 grams  
Whole wheat bread  
Quinoa (Also a Protein) 1 cup - 8 grams

Brown rice  
Brown rice pasta  
White potato  
Sweet potato  
Yams  
Butternut squash  
Oatmeal  
Chickpea pasta (Also a protein) - 1 cup - 10 grams

## **PROTEIN**

Lean meats ( Chicken,Turkey, Beef,Fish, Shrimp )  
Chicken breast - 4oz - 32 grams  
Steak/Red meat - 4oz - 32 grams  
Salmon - 4oz - 24 grams  
Turkey - 4oz - 28 grams  
Turkey baco 1 slice - 6 grams  
Beans - 1 cup - 12 grams  
Greek Yogurt (Dairy) 1 container - 20 grams  
Cottage cheese (Dairy) 1/2 cup - 14 grams  
Tofu 4 oz - 10 grams  
Edamame - 1 cup - 26 grams  
Eggs - 1 egg - 6 grams  
Egg whites 1/2 cup - 13 grams  
Chickpeas - 1 cup - 14 grams  
Can tuna - 26 grams

## **FATS**

Nuts  
Coconut oil  
Olive oil  
Avocado oil  
Ghee  
Avocado  
Peanut butter  
Almond butter

## **Extras**

Truvia/ Stevia (Sweetener)  
Honey (sweetener)  
Halo top (Ice cream sub)

Kombucha (Fermented beverage)  
Coffee  
Tea  
DARK Maple syrup -Previously grade B (Sweetener)  
ACV  
Mrs Dash ( Salt free seasoning)  
Almond milk (Milk sub)  
Coconut milk (Milk sub)  
Hummus (Protein)  
Himalayan pink salt (Salt replacement)  
Fruit  
Veggies (carb)  
Fat free cooking spray

To lose fat/weight, you will need to consume a smaller amount of calories than you need to maintain your weight. To lose fat, your total calorie intake should look something like this. 40% protein, 30% fats, 30% carbs. When choosing carbs to eat, choose foods that are high in fiber (lots of veggies.) You will want to consume .8 - 1 gram of protein per pound of body weight. So if you weigh 150 pounds, consume around 150 grams of protein per day. Make sure to consume all food groups daily. 80-90% of your food should be made up of foods on the "foods to eat" list. **You should be eating smaller portions every 2.5 - 3 hours 4-5 times daily** to ensure your metabolism keeps pumping strong throughout the day and your body doesn't go into starvation mode and store what you are eating as fat.

## What I eat in a day (For Fat loss/ Weight maintenance)

**Pre Breakfast:** 2 Tbsp. AVC with lemon juice, 1 tbsp maple syrup and water.

**Breakfast:** Smoothie- Spinach. Frozen mixed berries. Frozen Pineapple. Frozen mango. chia seeds. 1 Tbsp MCT oil. Protein almond milk. 2 boiled eggs.

**Snack:** Yogurt. Granola. Berries.

**Lunch:** Chicken steak OR fish. Brown rice stir fry. Asparagus.

**Snack:** Hummus. Veggies.

**Dinner:** Mixed green salad with boiled egg. Avocado. Chicken or steak. Lemon juice and vinegar as dressing.

(Stay away from seasonings made with salt and salt in general. It causes you to retain water thus becoming bloated)

(I always have a protein shake within 30 minutes of finishing a heavy lift workout.)

Example menus (Around 1400-1700 calories per day)

<b><u>BREAKFAST</u></b>	<b><u>SNACK</u></b>	<b><u>LUNCH</u></b>	<b><u>SNACK</u></b>	<b><u>DINNER</u></b>
6 oz Yogurt with berries and granola	small handful of Mixed nuts	2 cups Spinach salad with shaved steak boiled egg, avocado, lemon vinegar dressing	Cucumber and 4oz hummus	5-8oz Grilled chicken with asparagus
Fruit smoothie with protein nut milk and 2 boiled eggs	Peppers and 4oz hummus	5-8oz Steak with mashed sweet potato	small handful of Nuts and 1/4 cup berries	6-8oz Salmon fillet with stir fry veggies
2 boiled eggs, 2 slices turkey bacon, 1/2 avocado	3 Strawberries and banana	Can of tuna, hot sauce with corn 1/2 mashed avocado	Orange	5-8oz Grilled seasoned shrimp, baked potato, broccoli
Oatmeal with cinnamon, berries and 1 hard boiled egg	Apple with peanut/almond butter	Bunless beef burger with 1/2 avocado, tomato, corn	5oz Cottage cheese and berries	5-8oz Chicken breast with sweet potato
Banana whole wheat pancake, grade b maple syrup and berries	Grapefruit	5-8oz Chicken breast with brown rice and spinach	6oz Yogurt with berries and honey	Turkey burger, 1/2 avocado, mushrooms and corn

Here is a [Printable Food Journal](#) to help you stay on track and hold yourself accountable each day. Feel free to print it out and take that extra step to making a permanent change for a better you!!

Attached are your Plyo workouts that you will be doing 4 days a week. I suggest always working out on a Monday. Its a great way to start the week and really sets the tone. Make sure to get a good stretch before and stretch after each workout. Remember to push through each set with all you've got and breathe!! **1-2 minutes rest between each circuit/round.** On your 5th day only sprints are required. Either on the treadmill or outside. 30 seconds on, 30 seconds off for 10 rounds. A sprint is AS FAST AS YOU CAN. Don't forget to breathe! Breathing deep in through your nose and out through your mouth will help control breathing when out of breathe.  
(You can switch the days you workout to whatever fits your schedule if need be.)

(The underlined words are your video links)

For **weeks 1** and **2** workouts will be as follows:

Monday - [Video 1](#)  
Tuesday - [Video 2](#)  
Wednesday - [Video 1](#)  
Thursday - [Video 2](#)

Week 1 - **3** rounds Mon-Thur

Week 2 - **4** rounds Mon-Thur

For **weeks 3** and **4** workouts will be as follows:

Monday - [Video 3](#)  
Tuesday - [Video 4](#)

**Wednesday - Video 3**

**Thursday - Video 4**

**Week 3 - 3 rounds Mon-Thur**

**Week 4 - 4 rounds Mon-Thur**

**For weeks 5 and 6 workouts will be as follows:**

**Monday - Video 1**

**Tuesday - Video 2**

**Wednesday - Video 3**

**Thursday - Video 4**

**Week 5 - 5 rounds Mon-Thur**

**Week 6 - 5 rounds Mon-Thur**

### **Weeks 1 and 2**

#### **Monday & Wednesday**

Squats x 20

Hip ups x 20

Flutter x 50

Push ups x 15

Bicycles x 50

#### **Tuesday & Thursday**

Kickbacks x 15 each side



Side planks x 15 each side  
Jump squats x 10  
V-Twists x 50  
Crabwalks x 20

### **Weeks 3 and 4**

#### **Monday & Wednesday**

Mountain climbers x 50  
Split squats x 20  
Scissor kicks x 50  
Hip extensions x 15 each leg  
Grab abs x 10 each leg

#### **Tuesday & Thursday**

Around the world lunges x 5 each direction/ each leg  
Ab taps x 10 each leg  
Burpees x 10  
Penguins x 50  
Single-leg RDL's x 10 each

### **Weeks 5 and 6**

#### **Monday**

Squats x 20  
Hip ups x 20  
Flutter x 50  
Push ups x 15  
Bicycles x 50

#### **Tuesday**

Kickbacks x 15 each side  
Side planks x 15 each side

Jump squats x 10  
V-Twists x 50  
Crabwalks x 20

**Wednesday**

Mountain climbers x 50  
Split squats x 20  
Scissor kicks x 50  
Hip extensions x 15 each leg  
Grab abs x 10 each leg

**Thursday**

Around the world lunges x 5 each direction/ each leg  
Ab taps x 10 each leg  
Burpees x 10  
Penguins x 50  
Single-leg RDL's x 10 each

Remember, this is the start to a permanently cleaner, healthier lifestyle. There will always be good and bad days. But don't let the bad days keep you down. Keep pushing and keep your eyes on the bigger picture! I am very excited for your new lifestyle change and cant wait to see your results!

**BodiByMari**