

Start your fitness program and start seeing great results! In just 10 days you can shed some serious pounds and inches—even drop a whole jean size.*

How it works

The 10-Day Lean Jean Plan is 10 days of "clean" eating. It takes commitment and willpower, but it works in almost no time! Following this plan, you will eat high-protein/low-carb foods to stimulate your metabolism in combination with 10-Minute Trainer® workouts. Before you begin, use the measuring tape and jot down your starting inches—make note of your weight, too.

For 10 days, simply work out and eat the foods in this guide. Make sure to eat your dinner three hours before going to bed. We recommend that you drink water as your beverage of choice—and be sure to get at least eight glasses a day. Carbonated water is all right, as is herbal tea or black coffee (no sugar or cream), but sodas, sports drinks, or alcohol are out for these 10 days.

Can I do the Lean Jean diet for more than 10 days?

We recommend it for 10 days. A balanced long-term diet contains a greater variety of fruits and more complex carbs, so just use this plan as designed to slim down for a special occasion or as a jump-start to an improved nutrition plan like Beachbody's Michi's Ladder (in your Rapid Results Guidebook).

Is this enough food for me?

This plan is roughly 1,000 calories. Men should add 100 to 200 calories per day by adding 2 to 3 ounces of lean protein each day.

- For more accelerated results, you can replace 1 meal a day with one of the whey protein shake recipes listed.
- For smoothies and shakes we recommend Beachbody's Whey Protein Powder (Vanilla or Chocolate)—a great source of 18 grams of protein per serving without the fat, and only 110 calories.
- All chicken and turkey in this plan are skinless white meat, prepared without oil.
- Optional seasonings are herbs, light soy sauce, lime juice, spices, ginger, garlic, vinegar, and arill seasoning.
- Cooking spray is used instead of oil or butter.
- * Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

Day One

Breakfast

Morning Munch

1 cup low-fat cottage cheese 1/2 cup sliced peach

1 slice whole-grain bread

Snack

Fruit Salad

1 cup fresh fruit (melon, berries, apple)

Lunch

Tung Sandwich

4 oz. tuna packed in water

1 tsp. mayo

Chopped onion and celery to taste

1 to 2 slices whole-grain bread

Dinner

Roast Turkey

4 oz. roasted turkey breast 1 cup spinach (steamed)

Snack

Apple Treat

1 baked apple, sliced

1 tsp. sugar and cinnamon

Workouts: Cardio and Lower Body

Day Two

Breakfast

Strawberry Smoothie

1 scoop (2 Tbsp.) whey protein powder 1/2 cup skim, nonfat, soy, or rice milk

1/2 cup frozen strawberries

Snack Quick Bite

Lunch

2 tsp. nut butter

2 whole-grain crackers

Pita Sandwich

3 oz chicken, or legg rogst heef

1 Tbsp. honey mustard

Lettuce and tomato to taste

1 mini whole-wheat pita

Snack

Veggie Break

1/2 cup shelled edamame or carrot and celery sticks

Dinner

Heart Healthy

4 oz. grilled salmon

2 cups mixed steamed veggies (broccoli, cauliflower, snow peas, bean sprouts, bamboo shoots)

Workouts: Cardio and Total Body



Day Four

Breakfast

OMG! Oatmeal

1 cup cooked oatmeal

6 walnut halves

1 Tbsp. raisins ½ tsp. cinnamon

1/2 cup low-fat, nonfat, soy, or rice milk

Snack

Hit the Spot

2 tsp. nut butter 2 celery stalks

Lunch

Chef Salad

2 oz. turkev

1 oz legn rogst beef

1 oz slice low-fat Swiss cheese

2 cups mixed greens

1 Tbsp. olive-oil-based vinaigrette

Snack

Apple Treat

1 baked apple, sliced

1 tsp. sugar and cinnamon

Dinner

Go Lean & Green

4 oz. lean top round, broiled 1 cup asparagus (steamed)

Workouts: Cardio and Abs

Day Three

1 scrambled egg plus 2 egg whites

Breakfast

Snack

1/2 apple

Lunch

Snack

Ice

Dinner

1/2 banana

1 cup water

Ega Scramble

Quick Boost

2 tsp. nut butter

Soup & Salad

1 cup lentil soup

1 Tbsp. vingigrette

Banana Shake

Chicken Stir-Fry

4 oz. cubed chicken

2 whole-grain crackers

Small green salad with 1/2 sliced cucumber

1 scoop (2 Tbsp.) whey protein powder

2 cups assorted vegetables (steamed)

Dessert: 1/2 cup low-fat yogurt

1 slice low-fat cheese



Workouts: Cardio and Lower Body



Day Five

Breakfast

Quickie Breakfast

1 poached or boiled egg plus 2 egg whites

Snack

Get Nutty

Lunch

Waldorf Salad

3 to 4 oz. chopped chicken

2 cups chopped lettuce

Dressing: ½ Tbsp. lemon juice, 1 Tbsp. light mayo, and 1 Tbsp. plain nonfat vogurt

Snack

Light & Creamy

½ cup plain nonfat vogurt

Dinner

Mediterranean Kahohs

Onions, peppers, and tomatoes

(Thread onto skewers and grill until desired doneness)

1/3 cup cooked brown rice





Breakfast

Peanut Butter & Go

1 Thsp. natural peanut butter

Day Six

1 slice whole-grain bread

1/2 sliced apple Snack

Strawberry Shake

1 scoop (2 Tbsp.) whey protein powder ½ cup frozen strawberries

1 cup water

Lunch

Pizza

1 slice pizza, topped with mushroom, onion, peppers, or broccoli

Snack

Veggie Plus

1/2 cup low-fat cottage cheese Bell peppers and cucumbers (sliced)

Dinner

Burger Heaven

4 oz. ground chicken, turkey, or veggie patty 1 whole-grain English muffin

Onion, tomato, lettuce, mustard, and nickle slices

Dessert: 4 oz. frozen low-fat yogurt

Workouts: Cardio and Yoga Flex





1 slice rve toast 1/2 grapefruit

12 to 15 raw almonds

1/2 diced apple

1 Tbsp. raisins

4 walnut halves

4 oz. shrimo

Workouts: Cardio and Abs



Day Seven

Breakfast Just Peachie

1 scoop (2 Tbsp.) whey protein powder

1 cup frozen peaches

½ cup skim, nonfat, soy, or rice milk

Snack Got Dairy?

1/2 cup 1% cottage cheese

½ cup nonfat vogurt

Lunch Caesar Salad

3 oz. chopped chicken 2 cups romaine lettuce

2 Tbsp. grated Parmesan cheese

2 cups mixed steamed vegaies (bok chov.

1 Tbsp. Caesar dressing Snack

Movie Time

3 cups air-popped popcorn

Dinner **Tuna and Veggies**

4 oz. grilled tung steak

zucchini, green beans, etc.)

Dessert: 1 oz. dark chocolate

4 oz. cod, halibut, or haddock (grilled, poached, or steamed)

Workouts: Cardio and Abs





Day Eight

Breakfast

Veggie Omelet

2 eggs plus 1 egg white ½ cup mushrooms, onion, and broccoli

Snack

Teg Time

1 cup fresh herbal tea 1 nectarine 10 raw almonds

Lunch

Salad Nicoise

3 to 4 oz. tung packed in water 1 hard-boiled eag

1 small new potato (baked or steamed)

10 green begns (steamed)

1/4 sliced tomato

Lettuce

1 Tbsp. balsamic vinaigrette

Snack

Veggie Break 2 Tbsp. hummus

Cucumber, carrot, and celery sticks

Dinner

Catch of the Day

2 cups broccoli or cauliflower (steamed)

1/2 cup brown rice

Workouts: Cardio and Lower Body





Day Nine

Breakfast Fruit Smoothie

1 scoop (2 Tbsp.) whey protein powder 1/2 cup skim, nonfat, soy, or rice milk 1/4 banana or 1/4 cup frozen strawberries

Snack

Go Nuts

10 to 12 raw almonds

Lunch Greek Salad

2 oz. chicken

1 oz. feta cheese

1 cup romaine lettuce leaves 1/4 sliced tomato

1/4 green pepper

1/2 cucumber

1 oz. black olives (about 5 olives)

Dressing: 2 tsp. olive oil, lemon juice, salt, pepper, and oregano

Snack

Light Bite 2 Tbsp. hummus

10 baby carrots

Dinner

Baked Chicken

3 to 4 oz. baked chicken

2 cups green begins (steamed) 2 mini red potatoes (baked or steamed)

Dessert: 50-calorie juice popsicle

Workouts: Cardio and Total Body







Breakfast

Snack

Lunch

Snack

Dinner

½ cup skim milk

Fresh & Light

1/3 cantaloupe

Champion Breakfast

1/2 cup 1% cottage cheese

Jack Apple Salad

2 cups baby spinach

1/4 oz. diced apple

½ oz. raw pecans

Movie Time

Thank Cod

slivered almonds

3 to 4 oz. diced chicken

1 Tbsp. honey mustard dressing

3 cups gir-popped popcorn

1 cup high-fiber whole-grain cereal

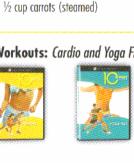
1/4 cup fresh blueberries or strawberries



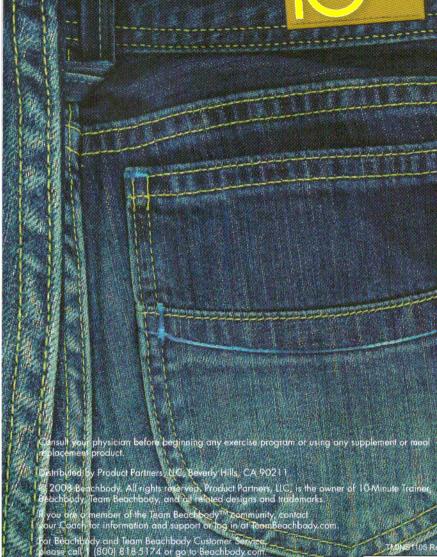
4 oz. baked cod, topped with 1 Tbsp.

1/2 cup green beans (steamed)









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