

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 grill 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
- ½ cup sliced peach
- 1 slice whole-grain bread

Snack

Fruit Salad

- 1 cup fresh fruit (melon, berries, apple)

Lunch

Tuna 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
- ½ cup skim, nonfat, soy, or rice milk
- ½ cup frozen strawberries
- Ice

Snack

Quick Bite

- 2 tsp. nut butter
- 2 whole-grain crackers

Lunch

Pita Sandwich

- 3 oz. chicken, or lean roast beef
- 1 Tbsp. honey mustard
- Lettuce and tomato to taste
- 1 mini whole-wheat pita

Snack

Veggie Break

- ½ 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 Three

Breakfast

Egg Scramble

- 1 scrambled egg plus 2 egg whites
- 1 slice low-fat cheese

Snack

Quick Boost

- ½ apple
- 2 tsp. nut butter

Lunch

Soup & Salad

- 1 cup lentil soup
- 2 whole-grain crackers
- Small green salad with ½ sliced cucumber
- 1 Tbsp. vinaigrette

Snack

Banana Shake

- 1 scoop (2 Tbsp.) whey protein powder
- ½ banana
- 1 cup water
- Ice

Dinner

Chicken Stir-Fry

- 4 oz. cubed chicken
- 2 cups assorted vegetables (steamed)
- Dessert: ½ cup low-fat yogurt

Workouts: Cardio and Abs



Day Four

Breakfast

OMG! Oatmeal

- 1 cup cooked oatmeal
- 6 walnut halves
- 1 Tbsp. raisins
- ½ tsp. cinnamon
- ½ cup low-fat, nonfat, soy, or rice milk

Snack

Hit the Spot

- 2 tsp. nut butter
- 2 celery stalks

Lunch

Chef Salad

- 2 oz. turkey
- 1 oz. lean roast 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 Lower Body



Day Five

Breakfast

Quickie Breakfast

- 1 poached or boiled egg plus 2 egg whites
- 1 slice rye toast
- ½ grapefruit

Snack

Get Nutty

- 12 to 15 raw almonds

Lunch

Waldorf Salad

- 3 to 4 oz. chopped chicken
- 2 cups chopped lettuce
- ½ diced apple
- 1 Tbsp. raisins
- 4 walnut halves
- Dressing: ½ Tbsp. lemon juice, 1 Tbsp. light mayo, and 1 Tbsp. plain nonfat yogurt

Snack

Light & Creamy

- ½ cup plain nonfat yogurt

Dinner

Mediterranean Kabobs

- 4 oz. shrimp
- Onions, peppers, and tomatoes (Thread onto skewers and grill until desired doneness)
- ½ cup cooked brown rice

Workouts: Cardio and Abs



Day Six

Breakfast

Peanut Butter & Go

- 1 Tbsp. natural peanut butter
- 1 slice whole-grain bread
- ½ sliced apple

Snack

Strawberry Shake

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

Lunch

Pizza

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

Snack

Veggie Plus

- ½ 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 pickle slices
- Dessert: 4 oz. frozen low-fat yogurt

Workouts: Cardio and Yoga Flex



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?

- ½ cup 1% cottage cheese
- or
- ½ cup nonfat yogurt

Lunch

Caesar Salad

- 3 oz. chopped chicken
- 2 cups romaine lettuce
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. Caesar dressing

Snack

Movie Time

- 3 cups air-popped popcorn

Dinner

Tuna and Veggies

- 4 oz. grilled tuna steak
- 2 cups mixed steamed veggies (bok choy, zucchini, green beans, etc.)
- Dessert: 1 oz. dark chocolate

Workouts: Cardio and Abs



Day Eight

Breakfast

Veggie Omelet

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

Snack

Tea Time

- 1 cup fresh herbal tea
- 1 nectarine
- 10 raw almonds

Lunch

Salad Nicoise

- 3 to 4 oz. tuna packed in water
- 1 hard-boiled egg
- 1 small new potato (baked or steamed)
- 10 green beans (steamed)
- ¼ sliced tomato
- Lettuce
- 1 Tbsp. balsamic vinaigrette

Snack

Veggie Break

- 2 Tbsp. hummus
- Cucumber, carrot, and celery sticks

Dinner

Catch of the Day

- 4 oz. cod, halibut, or haddock (grilled, poached, or steamed)
- 2 cups broccoli or cauliflower (steamed)
- ½ cup brown rice

Workouts: Cardio and Lower Body



Day Nine

Breakfast

Fruit Smoothie

- 1 scoop (2 Tbsp.) whey protein powder
- ½ cup skim, nonfat, soy, or rice milk
- ¼ banana or ¼ cup frozen strawberries
- Ice

Snack

Go Nuts

- 10 to 12 raw almonds

Lunch

Greek Salad

- 2 oz. chicken
- 1 oz. feta cheese
- 1 cup romaine lettuce leaves
- ¼ sliced tomato
- ¼ green pepper
- ½ 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 beans (steamed)
- 2 mini red potatoes (baked or steamed)
- Dessert: 50-calorie juice popsicle

Workouts: Cardio and Total Body



Day Ten

Breakfast

Champion Breakfast

- 1 cup high-fiber whole-grain cereal
- ½ cup skim milk
- ¼ cup fresh blueberries or strawberries

Snack

Fresh & Light

- ⅓ cantaloupe
- ½ cup 1% cottage cheese

Lunch

Jack Apple Salad

- 3 to 4 oz. diced chicken
- 2 cups baby spinach
- ¼ oz. diced apple
- ½ oz. raw pecans
- 1 Tbsp. honey mustard dressing

Snack

Movie Time

- 3 cups air-popped popcorn

Dinner

Thank Cod

- 4 oz. baked cod, topped with 1 Tbsp. slivered almonds
- ½ cup green beans (steamed)
- ½ cup carrots (steamed)

Workouts: Cardio and Yoga Flex



10 MINUTE TRAINER

the **LEAN JEAN** plan

LOSE ONE
JEAN SIZE IN
10 DAYS!

Consult your physician before beginning any exercise program or using any supplement or meal replacement product.

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