

EQUIPMENT KEY



Free Weights



Exercise Mat

The Lose Weight in 8 Advanced workout system will take your fitness to the next level in just 8 weeks! This plan has more intense workout combinations that challenge your body, increase metabolism and burn more fat. Complete the workouts assigned to each day and watch your body transform. For tips and motivation from the trainers visit www.loseweightin8.com

WEEK 1								
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		
Athletic Conditioning Paul Vincent 30 MINS Yoga Tone Kathy Faulstich 30 MINS 	Agility X Kenny Kane 30 MINS Yoga Tone Kathy Faulstich 30 MINS 	Athletic Conditioning Paul Vincent 30 MINS Yoga Tone Kathy Faulstich 30 MINS 	Recovery 1 Paul Vincent 15 MINS 	Athletic Conditioning Paul Vincent 30 MINS Agility X Kenny Kane 30 MINS 	Agility X Kenny Kane 30 MINS Yoga Tone Kathy Faulstich 30 MINS 	Recovery 2 Kathy Faulstich 15 MINS 		
WEEK 2								
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14		
Athletic Conditioning Paul Vincent 30 MINS Agility X Kenny Kane 30 MINS 	Agility X Kenny Kane 30 MINS Yoga Tone Kathy Faulstich 30 MINS 	Recovery 1 Paul Vincent 15 MINS 	Agility X Kenny Kane 30 MINS Yoga Tone Kathy Faulstich 30 MINS 	Athletic Conditioning Paul Vincent 30 MINS Agility X Kenny Kane 30 MINS 	Recovery 2 Kathy Faulstich 15 MINS 	Agility X Kenny Kane 30 MINS Yoga Tone Kathy Faulstich 30 MINS 		
WEEK 3								
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21		
Athletic Conditioning Paul Vincent 30 MINS Add Cardio 20 MINS 	Recovery 2 Kathy Faulstich 15 MINS 	Agility X Kenny Kane 30 MINS Add Cardio 30 MINS 	Athletic Conditioning Paul Vincent 30 MINS Add Cardio 20 MINS 	Recovery 1 Paul Vincent 15 MINS 	Yoga Tone Kathy Faulstich 30 MINS Add Cardio 30 MINS 	Athletic Conditioning Paul Vincent 30 MINS Add Cardio 20 MINS 		



ADVANCED

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WEEK 4											
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28					
Athletic Conditioning Paul Vincent 30 MINS Add Cardio 30 MINS  	Recovery 1 Paul Vincent 15 MINS  	Yoga Tone Kathy Faulstich 30 MINS Add Cardio 30 MINS  	Agility X Kenny Kane 30 MINS Add Cardio 30 MINS  	Recovery 2 Kathy Faulstich 15 MINS  	Yoga Tone Kathy Faulstich 30 MINS Add Cardio 30 MINS  	Agility X Kenny Kane 30 MINS Add Cardio 30 MINS  					
WEEK 5											
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35					
Athletic Conditioning Paul Vincent 30 MINS Add Cardio 30 MINS  	Yoga Tone Kathy Faulstich 30 MINS Add Cardio 30 MINS  	Recovery 1 Paul Vincent 15 MINS  	Athletic Conditioning Paul Vincent 30 MINS Agility X Kenny Kane 30 MINS  	Recovery 2 Kathy Faulstich 15 MINS  	Yoga Tone Kathy Faulstich 30 MINS Add Cardio 30 MINS  	Agility X Kenny Kane 30 MINS Add Cardio 30 MINS  					
WEEK 6											
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42					
Recovery 2 Kathy Faulstich 15 MINS  	Athletic Conditioning Paul Vincent 30 MINS Add Cardio 30 MINS  	Athletic Conditioning Paul Vincent 30 MINS Yoga Tone Kathy Faulstich 30 MINS  	Agility X Kenny Kane 30 MINS Add Cardio 30 MINS  	Recovery 1 Paul Vincent 15 MINS  	Yoga Tone Kathy Faulstich 30 MINS Agility X Kenny Kane 30 MINS  	Athletic Conditioning Paul Vincent 30 MINS Add Cardio 30 MINS  					

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WEEK 4		DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
WEEK 5		Athletic Conditioning Paul Vincent 30 MINS Yoga Tone Kathy Faulstich 30 MINS	Agility X Kenny Kane 20 MINS Add Cardio 30 MINS	Recovery 2 Kathy Faulstich 15 MINS	Agility X Kenny Kane 20 MINS Add Cardio 30 MINS	Athletic Conditioning Paul Vincent 30 MINS Yoga Tone Kathy Faulstich 30 MINS	Recovery 1 Paul Vincent 15 MINS	Agility X Kenny Kane 30 MINS Athletic Conditioning Paul Vincent 30 MINS
		Athletic Conditioning Paul Vincent 30 MINS Agility X Kenny Kane 30 MINS	Yoga Tone Kathy Faulstich 30 MINS Add Cardio 20 MINS	Recovery 2 Kathy Faulstich 15 MINS	Agility X Kenny Kane 30 MINS Yoga Tone Kathy Faulstich 30 MINS Add Cardio 20 MINS	Strength 1 Athletic Conditioning Paul Vincent 30 MINS Add Cardio 30 MINS	Yoga Tone Kathy Faulstich 30 MINS Athletic Conditioning Paul Vincent 30 MINS	Agility X Kenny Kane 30 MINS Athletic Conditioning Paul Vincent 30 MINS Add Cardio 20 MINS

Lose Weight in 8 MEAL PLAN

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DIETARY GUIDELINES

In order to encourage fat burning and weight loss, the following dietary structure should be followed every day for the next 8 weeks. In addition to this diet outline, you will find additional goals for each week. Each week you will add the new notes to the goals from the prior week so that the action items increase in number. The combination of the diet strategy and the weekly tips are a sure way to success!

DAILY TIPS

- Drink 12 oz of pure cold water upon rising, and then eat within 30 minutes of rising.
- Eat 3 meals and 1 snack everyday.
- Finish eating dinner 10 hours before your scheduled rise time for the next day.
- Aim to eat a meal 2 hours prior to exercise, or a snack 30-60 minutes prior to exercise.
- Never go longer than 4.5 hours without eating a meal or snack.

WEEKLY STEPS

These tips are a great way to slowly adopt new healthy habits. Each week you'll add new habits to the previous week's steps so that at the end of 8 weeks you will have taken the necessary steps to achieve your goal! For example, in Week 1 you'll limit alcohol and increase your water intake. Then, in Week 2 you'll continue with those steps and add your increased green vegetable intake.

WEEK 1	Limit alcohol to only one serving per week. Drink 48 oz of pure water throughout each day.
WEEK 2	Include 2 servings of green vegetables.
WEEK 3	Increase water consumption to 72 oz of pure water.
WEEK 4	Limit caffeine to 12 oz per day.
WEEK 5	Increase water consumption to 96 oz of pure water per day.
WEEK 6	Completely remove alcohol for the next three weeks.
WEEK 7	Limit caffeine to only one serving per day.
WEEK 8	Continue with all action items from the previous weeks!

Lose Weight MEAL PLAN



MEAL PLAN

The Lose Weight in 8 Meal Plan below will be appropriate for most people. If you lost weight too quickly, or feel very sluggish after Week 2, increase your selections by one serving from each column below.

Create the perfect meal by selecting your favorite foods from the columns below! You can choose the foods that you like from the list below and add up your servings to match the following suggestions:

Choose 3 servings from Column 1

Choose 2 servings from Column 2

Choose 1 serving from Column 3

Choose at least 1 serving from Column 4; but you may eat an unlimited amount!

BREAKFAST			
COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
1 egg	1/3 cup dry oats	1/4 avocado	Broccoli, kale
2 egg whites	1 piece of toast	1 tsp butter or oil	Asparagus
1/4 c cottage cheese	1/4 cup cold cereal	1 tsp nut butter	Green beans
1/3 scoop whey protein	1 small tortilla	1 tbsp coconut milk	Peppers, cauliflower
1 oz lean breakfast meat	1 small piece of fruit		Tomatoes, lettuce
1/2 cup plain yogurt	1/2 cup chopped fruit		Cucumber
	1/3 c beans		Zucchini

LUNCH			
COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
1 oz lean meat	1/4 c of brown rice	1/4 avocado	Broccoli, kale
1.5 oz canned tuna	1 piece of bread	1 tsp butter or oil	Asparagus
1/4 c cottage cheese	3 whole grain crackers	1/4 c nuts	Green beans
1/3 scoop whey protein	1 small tortilla	1 tsp sandwich spread	Peppers, cauliflower
1.5 oz of fish	2 tbsp hummus	1 tbsp salad dressing	Tomatoes, lettuce greens
1.5 oz deli style meat	1 small piece of fruit		Cucumber
2 oz low fat cheese	1/2 c chopped fruit		Zucchini
1.5 oz deli meat			

Lose Weight MEAL PLAN

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SNACK – CHOOSE ONLY 1 FROM EACH COLUMN

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
1 hard boiled egg	3 whole grain crackers	¼ avocado	Broccoli, kale
2 egg whites	1 small fruit	1 tsp butter or oil	Asparagus
¼ c cottage cheese	½ c chopped fruit	1 tsp nut butter	Green beans
1/3 scoop whey protein	1 small tortilla	6 almonds, pecans, or walnuts	Peppers, cauliflower
1 oz lean meat	2 tbsp hummus		Tomatoes, lettuce greens
½ cup plain yogurt			Cucumber
1 low fat string cheese			Zucchini
1.5 oz deli meat			

DINNER

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
1 oz chicken	1 small dinner roll	¼ avocado	Broccoli, kale
1 oz turkey	¼ c of brown rice	1 tsp butter or oil	Asparagus
1.5 oz salmon	1 piece of bread	1 tsp nut butter	Green beans
1.5 oz tofu	3 whole grain crackers	1 tbsp salad dressing	Peppers, cauliflower
1.5 oz ground bison	1 small tortilla	6 almonds / pecans or walnuts	Tomatoes, lettuce greens
	2 tbsp hummus	1 tsp coconut oil	Cucumber
	1 small piece of fruit		Zucchini
	½ c chopped fruit		
	¼ c cooked sweet potato		
	1/3 c beans		

Lose Weight MEAL PLAN

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LOSE WEIGHT IN 8 SPECIALTY RECIPES

Holly's High Protein Pumpkin Breakfast Cake

4 servings

INGREDIENTS:

1 ½ C egg whites
1 can pumpkin
1/3 c canned coconut milk
2 packets stevia powder or Truvia
2 tsp baking powder
1 tsp cinnamon
½ tsp salt
1 tsp vanilla
34 g or 1 rounded scoop of whey protein
2 2/3 slow cook whole oats
½ c low fat cottage cheese
1 medium apple, finely chopped
3 tbsp pecan pieces

INSTRUCTIONS:

Preheat oven to 325 degrees
Mix all ingredients in blender except apple and nuts
Fold in apple
Spray 9x9 pan with non stick baking spray
Pour mixture in pan and sprinkle with nuts on top
Bake 50 minutes or until center of cake is dry

Ginger Chicken

1 serving

INGREDIENTS:

1 teaspoon olive oil
3 ounces boneless, skinless chicken breast, cut lengthwise into thin strips
2 cups broccoli florets, washed
1 ½ cups snow peas, washed
¾ cup yellow onion, peeled and chopped
1 teaspoon fresh ginger, grated
For Dessert
½ cup seedless grapes

INSTRUCTIONS:

In a wok or large nonstick pan, heat oil over medium high heat. Add chicken and sauté, turning frequently, until lightly browned, about 5 minutes. Add broccoli, snow peas, onion, ginger, and ¼ cup water. Continue cooking, stirring often, until the chicken is done, water is reduced to a glaze, and vegetables are tender, about 20 minutes. If the pan dries out during cooking, add water in tablespoon increments to keep moist. Serve grapes for dessert.

Lose Weight MEAL PLAN

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LOSE WEIGHT IN 8 SPECIALTY RECIPES

Thai Turkey Soup

1 Serving

INGREDIENTS:

4½ ounces of lean ground turkey
1½ cups bean sprouts
½ cup sliced scallions
1 teaspoon olive oil
3 teaspoons minced garlic
½ teaspoon grated fresh gingerroot
2 tablespoons soy sauce
3 cups chicken stock
1 tablespoon finely diced hot chili pepper
2 cups spinach leaves
¼ cup cooked fine egg noodles
½ cup light fruit cocktail

INSTRUCTIONS:

Combine the turkey, sprouts, scallions, oil, garlic, ginger, soy sauce, stock, and chili pepper in a medium saucepan. Bring to a boil over medium heat, reduce the heat, and simmer for 15 minutes. Add the spinach and noodles and simmer for 1 minute. Spoon the soup into a serving bowl. Serve the fruit cocktail in a side dish.

Salmon with Fruity Asian Salsa

1 serving

INGREDIENTS:

1 teaspoon olive oil
4 ½ ounces salmon steak
2 teaspoons soy sauce
1 teaspoon minced fresh gingerroot
½ teaspoon chopped fresh dill
Dash hot pepper sauce
½ cup mild or spicy salsa
½ cup canned pineapple cubes
½ Granny Smith apple, cored and diced

INSTRUCTIONS:

Preheat oven to 350F. Brush a small baking dish with the oil and place the salmon steak in the baking dish. Sprinkle with the soy sauce, ginger, dill, and hot pepper sauce. Cover with aluminum foil and bake 30 to 35 minutes, or until the salmon is cooked through. In a small bowl, combine the salsa and fruit. Place the fish on one side of a serving plate and the salsa beside it.