

7 DAY FULL BODY BURN

LILLY SABRI X LINDA SUN



LEAN

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- LILLY SABRI -

HELLO FROM THE AUTHOR

Hi, I'm Lilly, and my goal is to be by your side, every step of the way, throughout your LEAN journey.

This is my first YouTube collaboration with YouTuber, Linda Sun. We're excited to bring you everything you need to live a healthy and happy lifestyle. This is your 7 Day Lilly Sabri x Linda Sun challenge.

This entire guide has been designed by Linda and I to challenge you and also you ensure you have fun whilst working out... plus eating some of our favourite delicious recipes ;)

A little more about Lilly, your trainer; I graduated from University after completing my BSc Physiotherapy. I have always been passionate about helping people and started my journey as a junior Physiotherapist working in the National Health Service in London, UK in 2010. Every spare minute I had, I spent perusing my dream of working with Athletes. Four years later, I had worked my way up to working as a Physiotherapist for Premier League and Championship level Football Clubs.

After completing my training as a Pilates instructor, I set up my own Pilates classes with a fusion concept of HIIT and Pilates. My next goal was to take my instructing online... That's where you guys come in- The Lean With Lilly Familia! Many of you would have completed my workouts on my social media channels and have seen incredible results so far.

The LEAN team and I are working flat out, to create an enjoyable Program that GETS RESULTS for both mind and body from home!

I can't wait to start this incredible journey, together, from all over the world. You are not alone!

#LetsDoThis
Love Lilly xx

WHAT TO EXPECT

The 7 Day Full Body Burn Guide is designed to target all muscle groups in the body, with different styles of training across 7 days.

There will be live workouts, Q and A's, live cook-offs, journaling, a habit tracker, and new delicious healthy recipes to try. Subscribe to my YouTube channel [here](#) and Linda's YouTube channel [here](#), to make sure you don't miss the workouts. You can find all this information on the workout calendar, on page 6.

Before we get stuck in, I would love for you to join our private Facebook group, it's such an incredible support group for everyone who is doing any of my LEAN Guides. [Click here to join](#)

WHAT WILL YOU NEED?

All of the workouts are home friendly as minimal equipment and space is required.

Equipment

Throughout the Guide, some of the following equipment may be needed for a workout. The equipment is not essential, but does increase the intensity of the workouts to give you an extra burn!

A mat or soft surface to lie down



LEAN Resistance Bands
Adjustable or HIIT



Weights
Dumbbells or Water bottles



Chair



Pillow



LEAN RESISTANCE BANDS
[CLICK HERE TO SHOP](#)
WWW.LEANWITHLILLY.COM

OUR FAMILIA

Join the most supportive community out there!

The #LWL family will not only share their journey with you, but they will also encourage you on your LEAN journey.

We are big believers in sharing motivation and inspiration and coming together as a community to become the healthiest and happiest versions of ourselves.

Don't forget to tag us on the social media handles listed below to be reposted.

We can't wait to watch your transformation journeys, mind and body.

Click the icons below and join the community:



LILLY SABRI



@LILLYSABRI



@LEANWITHLILLY



@SHOPBYLEAN




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FULL BODY BURN

LILLY SABRI X LINDA SUN

MON
7  **INSTAGRAM LIVE 3PM GMT**
CHAT WITH
@LILLYSABRI AND @LINDASUNYT

NEW 3PM GMT
11 LINE ABS
NO EQUIPMENT
6 MINS

[CLICK HERE](#)
FULL BODY FAT BURN
RESISTANCE BAND
30 MINS

TUES
8 **LIVE 12PM GMT**
LOWER BODY WEIGHTS VS CARDIO
RESISTANCE BAND, WEIGHTS & CHAIR
30 MINS

[CLICK HERE](#)
INTENSE ABS
NO EQUIPMENT
7 MINS

[CLICK HERE](#)
500 REP BOOTY CHALLENGE
BAND & WEIGHTS
12 MINS

WED
9 **NEW 3PM GMT**
THIGH BURN
RESISTANCE BAND
11 MINS

[CLICK HERE](#)
BOOTY & LEGS
RESISTANCE BAND, WEIGHTS & CHAIR
45 MINS

THURS
10 **LIVE 12PM GMT**
FULL BODY PILATES WITH WEIGHTS
RESISTANCE BAND, WEIGHTS & CHAIR
30 MINS

[CLICK HERE](#)
INTENSE WAIST
NO EQUIPMENT
6 MINS

FRI
11 **RECOVERY DAY**  **IG LIVE 3PM GMT**
PANCAKES COOK & CHAT
@LILLYSABRI AND @LINDASUNYT
HAVE THE INGREDIENTS READY!

[CLICK HERE](#)
FULL BODY STRETCH
30 MINS

SAT
12 **LIVE 12PM GMT**
CARDIO BOX
RESISTANCE BAND & WEIGHTS
30 MINS

[CLICK HERE](#)
SHOULDERS & ARMS
RESISTANCE BAND, WEIGHTS & PILLOW
10 MINS

SUN
13 [CLICK HERE](#)
SHREDDED ABS
NO EQUIPMENT
10 MINS

[CLICK HERE](#)
WEIGHTS VS CARDIO
RESISTANCE BAND & WEIGHTS
30 MINS

JOURNAL

Here is your 7 Day journal section. This is an opportunity for you to have a written record of your thoughts and feelings throughout this 7 Day challenge. Journaling is a way for you to track your everyday life and help you to figure out what brings you happiness.

There's no wrong or right when it comes to journaling. Just aim for consistency and write down a few words everyday about how you are feeling.

“Keeping a journal helps you establish order when your world feels like it’s in chaos. It helps you get to know yourself by revealing your innermost fears, thoughts, and feelings.

Look at your writing time as personal relaxation time, a time when you de-stress and wind down.

Write in a place that’s relaxing and soothing, maybe with a cup of tea.
Look forward to your journaling time, and know that you’re doing something good for your mind and body.”

-Ballas, Paul, DO

-Fraser, Marianne, MSN, RN

1

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

2

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

3

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

4

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

5

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

*"There is no 'right Time'
There is just Time
and what you choose to do with it"*

6

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

7

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

.....
.....

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

.....
.....

ONE THING YOU'RE GRATEFUL FOR TODAY?

.....
.....

*"What you think, you become.
What you feel, you attract.
What you imagine, you create."*

Buddah

"Motivation is what gets you started.
Habit is what keeps you going."
Jim Rgun

HABIT TRACKER

As you know from my Vlogs, I'm not a fan of cutting things out. Instead, let's encourage one another take on new healthy lifestyle habits. After all, your health and happiness is everything!

Choose 3 - 5 new habits you would like to start during this 7 Day Guide and write them in the left column. For example: do something you love for 30 minutes, remind yourself of the things you love and complete each daily workout on this guide.

Tick the box each day you complete this new habit.

Remember, no one is perfect and it's not realistic to feel 100% every single day, that's what makes us human. Don't be hard on yourself, you're doing great!

I recommend trying to not miss more than 2 days in a row, to help turn this new habit into a lifestyle change. Good luck, and most importantly, have fun!

HABIT	DAY														TOTAL
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	

HEALTHY RECIPES

For those of you who have been following me on social media for a while, you will already know that I LOVE COOKING. Even more than that, I love sharing my recipes with you all.

That's why I wrote the book: [*The Anti-Inflammatory & Immunity Boosting Cookbook*](#).

As health is at the forefront of all of our minds right now, Linda and I wanted to share 6 easy, healthy recipes that are packed full with many healthy ingredients.

This is just a small taster of what's to come in our new LEAN App. Healthy, delicious and easy to make recipes that are going to leave your mouth watering.

We hope you're as excited as we are!

Nothing would make us happier than to see the recipes being cooked all around the world. Tag us on the below social links and inspire others to eat healthy too.



@LILLYSABRI



@LINDASUNYT



@LEANWITHLILLY

VEGETARIAN

LINDA'S PROTEIN PANCAKES



TIME

COOK: 10 MINS



METHOD

HOB



SERVES

1-2

INGREDIENTS

- 1/2 to 1 banana
- 1/4 cup oats
- 1 tsp baking powder
- 1 scoop protein powder (Lilly uses Optimum Nutrition Protein Powder)
- 2 Tbsp of almond milk (more if needed)
- 1 egg
- 1 tsp cinnamon
- Chocolate chips

METHOD

1. Blend all the ingredients up in the blender.
2. Heat pan on medium (Make sure the pan is hot before pouring batter).
3. Spray with cooking oil or just put some oil on the pan.
4. Pour pancake batter on the pan.
5. Wait for it to bubble and the bottom to brown.
6. Flip!
7. Put on plate, top with A LOT of fruit, A LOT of peanut butter, and A LOT of maple syrup!
8. Enjoy :)



PESCATERIAN

HOMEMADE PESTO CRUSTED SALMON



TIME

PREP: 15 MINS
COOK: 15 MINS



METHOD

HOB



SERVES

2

INGREDIENTS

- 1 cup fresh basil leaves
- 1 cup baby spinach
- 1 avocado
- ½ cup pine nuts
- 3 gloves garlic
- 1 lemon wedge
- ¼ cup grated parmesan cheese
- 2 fillets of salmon
- Garlic Pepper
- Olive Oil

METHOD

1. Add basil, 1/2 avocado, spinach, garlic & pine nuts to a food processor / blender & pulse for approx 15 seconds.
2. Add approximately 1 Tbsp of water & 2 Tbsp of olive oil and blend until it reaches desired pesto consistency. Add a pinch of garlic pepper & a squeeze of lemon to taste.
3. Knead a thick layer of pesto on top of the salmon fillets.
4. Create a parcel using tin foil around each piece of salmon and place in the oven to bake at 200°C for 15-20 minutes.



Yummy Tip: To get a crunchy pesto coating, open the top of the parcel slightly for the last 5 minutes while oven baking.

Serve this yummy meal up with rice & veggies of your choice.

PESCATERIAN

CAJUN PRAWNS & CREAMY ASPARAGUS QUINOA



TIME

COOK: 20 MINS



METHOD

HOB



SERVES

2

INGREDIENTS

- Quinoa
- Prawns of your choice
- Asparagus
- Halloumi
- 1 avocado
- Cajun spice
- All purpose seasoning
- 1/2 vegetable stock
- Sea salt
- 1 lemon

METHOD

Quinoa

1. Measure 1 cup of quinoa to 2 cups of water.
2. Add 1/2 vegetable stock cube to the boiling water.
3. Place quinoa into a saucepan. Cover with the water and bring to boil, adding a pinch of salt and pepper.
4. Bring to simmer for 15 minutes as the quinoa cooks, stir periodically.
5. Test texture after 15 mins and continue to simmer or drain.
6. Once drained and cooled, add a finely chopped avocado to the quinoa, mixing thoroughly to form a soft texture.

Prawns

1. Preheat pan with 1 Tbsp coconut oil.
2. Add prawns to the pan before adding 2 Tbsp all-purpose seasoning and 1Tbsp Cajun spice.
3. Whilst stirring continuously, add a squeeze of lemon (be careful - this can splash back up from the heat).
4. Cook for 6-8 mins before allowing to simmer for a further 5 minutes (depending on how you like the texture of your prawns).

Vegetables

5. Pan fry asparagus in 1 Tbsp coconut oil and a squeeze of lemon on a low-medium heat for approximately 4-6 minutes.
6. Once the asparagus is cooked, grill the halloumi in the same pan for approximately 3-5 minutes on medium heat.



LILLY SABRI X LINDA SUN

VEGETARIAN OR VEGAN

BANANA BLUEBERRY OATS BAKE



TIME

PREP: 10 MINS
BAKE: 35 - 40 MINS



METHOD

OVEN



SERVES

2 mini loaves or
1 medium loaf

INGREDIENTS

- 1 cup of jumbo oats
- 3/4 cup of almond milk
- 1 egg (or flax egg for vegans)
- 1 tsp of baking powder
- 1 tsp of cinnamon
- 1 tsp vanilla extract
- 2 Tbsp. coconut oil (in liquid form, may need to microwave first)
- 4 Tbsp. agave syrup or honey
- 8-12 thin slices of banana
- A large handful of blueberries
- 4 Tbsp. almond flakes
- A few cracks of salt

METHOD

1. Pre heat the oven to 220 degrees C.
2. Place the following ingredients into a mixing bowl and mix: almond flakes, oats, cinnamon, baking powder and a few cracks of salt.
3. In a separate mixing bowl, add the following ingredients: almond milk, egg, vanilla extract, coconut oil and agave syrup/honey. Whisk the ingredients together until smooth.
4. Combine both mixtures and mix with a spoon. Next, add half of the blueberries to mixture and stir some more.
5. Line your baking tray with baking paper and then add a layer of sliced banana to the bottom. Pour the mixture on top leaving enough space for the bakes to rise.
6. Finally, scatter some blueberries on top and give the tray a shake, allowing the blueberries to settle into the mixture.
7. Place into the oven and bake for 25- 30 minutes, depending on the size of your dish. Check the bake is ready as the top becomes lightly golden brown and the centre spongy.



VEGETARIAN OR VEGAN

LOADED CHICKPEA BURGERS



TIME

PREP: 10 MINS
COOK: 20 MINS



METHOD

HOB



SERVES

6 - 8 Burgers

INGREDIENTS

- 2 cans chickpeas
- 1 grated carrot
- 1/2 lemon
- 1 tsp cumin
- 1 Tbsp Cajun
- 2 Tsp paprika
- 2 Tbsp all-purpose seasoning
- 1/2 cup flour
- Olive oil
- 4 wholemeal buns
- Halloumi
- 1 avocado
- Tomato relish (optional)

METHOD

1. Drain & rinse chickpeas.
2. Dice 1/2 an onion.
3. Add chickpeas, onion, grated carrot, 1/2 lemon juice and zest, 1/2 cup of flour & spices into a bowl & blend. Do not blend fully, leave some small chunks of ingredients to give the burgers a thick texture.
4. Heat 2 Tbsp oil in a pan.
5. Create balls of mixture in your hands and flatten into burger shapes (note a slightly thinner burger will taste better & cook faster).
6. Fry burgers for approx. 4 mins on each side until light brown in colour.

Serve up burger in a bun loaded with grilled halloumi, avocado & tomato relish.



PEANUT BUTTER SEA SALT SMOOTHIE BOWL



TIME

PREP: 5 MINS



METHOD

Blender or
Food Processor



SERVES

1 NanaBowl

INGREDIENTS

- 2 spoons of natural peanut butter
- 5 cubes of frozen almond / coconut milk
- 1/3 cup of chilled almond / coconut milk
- 2 frozen bananas chopped
- 1 serving of vanilla protein
- 2 pinches of sea salt
- 2 tbsp granola / mixed nuts

METHOD

1. Blend in high powered blender / food processor.
2. Serve as a smoothie bowl.
3. Top with sea salt and toppings sprinkled on top.

* Coconut milk gives a thicker and creamier texture.



YOU MADE IT!

So what's next?

I know you may be feeling a little lost now, but please don't worry, there's more to come! (read below)

Firstly, a huge congratulations for making it to the end of the guide!

This is the start of incredible things for you and I'm so proud of you for making it this far. I really hope you're enjoying new healthy lifestyle habits, as well as increased energy levels.

This is not the end!

THE NEW LEAN APP IS COMING SOON

This guide is a taster of what's involved in the LEAN App, so if you enjoyed this healthy lifestyle, motivation and structure, you are going to love the LEAN App!

#WatchThisSpace

If you just can't wait for LEAN App, check this out...

[8 Week LEAN Transformation Guide.](#)

To **get 20% off** the guide, enter the code below on checkout:

'IMREADY'

If you want to see the food I eat on a daily basis, check this out!

[My Cookbook](#)

To **get 20% off** my Cookbook, enter the code below on checkout:

'YUMMY'

The #LeanWithLilly community is always here to support you! Please don't forget to update me and the rest of the familia on how you've got on by posting your pictures and tagging us on Instagram and in our Facebook Group.

Love you loads, Lilly xx



@LILLYSABRI



LILLY SABRI



@LINDASUNYT



LEAN WITH LILLY GUIDES



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