

SNEAK PEEK

12 Week

# BODY SOLUTION



Your complete guide to  
looking good and feeling  
great for life!

*Lindy*  
OLSEN

Get results without the guesswork

# What Can I Expect

TAKE CONTROL, GET RID OF THE GUESS WORK AND SEE RESULTS WITH MY 12 WEEK BODY SOLUTION!



» If you're looking for a training and nutrition program that is straightforward, clear, direct and most importantly, GETS RESULTS – then my 12 Week Body Solution eBook is for you! Everything you need to kickstart your results is right here - a 12 week phased nutrition and training plan to help take the guess work out of taking the steps towards getting you started on your journey to a healthier, happier you!

## HERE'S WHAT'S INSIDE THIS 3 PHASE PLAN OF ATTACK I'VE DESIGNED:

### PHASE 1 FOOD BASICS

This phase will introduce you to a new way of eating which will allow you to make significant changes to your body composition and overall health. I've also designed your Full Body Weight Training Program to maximise your time in the gym during this first phase.

### PHASE 2 MAXIMISING YOUR METABOLISM

Phase 2 is all about maximising your metabolism to allow your body to start using the fuel (food) that you are consuming in the most efficient way possible. The Three-Day Split Weight Training Program I've included for this phase is designed to take all the guesswork out of your program so that your nutrition and your training go hand in hand.

### PHASE 3 GETTING LEAN

The last phase is all about focusing on getting rid of as much body fat as possible to reveal all the hard work that you've put in over the previous two phases. Both the Meal Plan and Four-Day Split Weight Training Program have been designed to maximise your fat burning while still maintaining as much lean muscle as possible.

SO IF YOU'VE BEEN LOOKING FOR A COMPLETE SOLUTION TO REIGNITE YOUR RESULTS AND PASSION FOR HEALTH AND FITNESS, THEN MY 12 WEEK BODY SOLUTION EBOOK IS FOR YOU!



# WHAT'S INCLUDED



## FIRST THINGS FIRST

**Nutrition** *Introduces* the program. You'll get an overview of the program, including the importance of nutrition, the role of the dietitian, and the importance of understanding the science of nutrition. You'll also learn about the importance of understanding the science of nutrition.

**Introduction** *Introduces* the program. You'll get an overview of the program, including the importance of nutrition, the role of the dietitian, and the importance of understanding the science of nutrition. You'll also learn about the importance of understanding the science of nutrition.



**So where do you start?**  
This section provides a checklist of items to have ready before starting the program, such as a kitchen scale, measuring cups, and a list of ingredients.

## Grocery List



**Rule 5**  
**Avoid sugar and limit your complex starches with your last two meals unless you are active at night!**  
This rule explains the importance of limiting sugar and complex starches, particularly in the evening, to support metabolic health.

## PHASE 1 TRAINING

**Weeks 1-4 Full Body**  
This section details the training protocol for the first four weeks, including exercise routines and frequency.

**Protein power smoothie**  
A recipe for a protein smoothie, including ingredients like almond butter, banana, and protein powder.

**Quick & easy omelette**  
A recipe for a quick omelette, including ingredients like eggs, cheese, and vegetables.

## OVERVIEW

**Foreword**  
**First things first**  
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**Tuna Balls**  
**Mexican chili beef stir-fry**  
**Roasted eggs, smoked salmon and mustard yogurt**  
**Hot and sour soup**  
This section contains several recipes for meals and snacks, including Tuna Balls, Mexican chili beef stir-fry, Roasted eggs, smoked salmon and mustard yogurt, and Hot and sour soup.

## FIRST THINGS FIRST

- Introduction to the program
- Nutrition 101
- Understanding macro-nutrients
- Cleaning out your kitchen
- Grocery list

## PHASE 1 FOOD BASICS

- My 7 Rules for Success
- Phase 1 meal plan
- Full-body weight training

## PHASE 2 MAXIMISING YOUR METABOLISM

- My bonus Rules for Success
- Phase 2 meal plan
- Three-day split weight training

## PHASE 3 GETTING LEAN

- Phase 3 meal plan
- Four-day split weight training
- Ignite your results with cardio HIIT programs for fat-loss
- My no-time, no equipment, no excuses workout!
- Over 40 recipes!

# WHAT PEOPLE ARE SAYING

“ I just wanted to let you know how much I love your 12 week body solution. I completed my 12 weeks in early December and lost 5kg. I kept doing my usual exercise and followed your meal plan. I probably could have lost more - I was a little bit slack at times. Everyone was noticing so I have recommended your program to heaps of people. I let things slip in December and gained 4kg, but after starting another round this week I am already 1kg down. I am finding it really easy and I love all the food. ”

“ December was a disaster food and exercise wise. I've been on phase 2 for a week now and muscle memory is a glorious thing. I have taken a big step back since Boxing Day and thought about what's really important.

I must say, your program has really simplified my fitness journey and this community has really boosted my appreciation for how I should be spending my physical and emotional energy. And I really don't mean to sound too sucky by saying this but, you are doing a great job of improving my quality of life. I sincerely thank you for that. XX ”

“ I love that I'm able to work my meals to fit in with the families, without cooking too many different options. ”

“ A huge thank you to you Lindy Olsen for being so inspiring and more than helpful to all of us 4 weeks in and feeling so good mentally and physically no words can thank you enough! ”

“ Ha! I just found a new purpose for my scale. I carried it to my basement gym to find out what my dumbbells weight. Then it will go to the storage room. Lindy please put a warning sign on your program. Be aware about severe losses of your wardrobe! I will have to throw away two pairs of jeans and buy a smaller one again. Maybe I will sneak into the storage room once in a while to check my weight. Psss, don't tell anybody, it is a secret! ”



# SAMPLE MEAL PLAN

	MONDAY
BREAKFAST	60g oats with 30g protein powder on water
MORNING TEA	2 x boiled eggs + raw veggie sticks 120g (60g carrot, 60g celery)
LUNCH	120g chicken breast with 150g baked sweet potato + 200g fibrous veggies
AFTERNOON TEA	30g protein shake + 1 med size apple (100g)
DINNER	120g barramundi with 150g fibrous veggies + 30g walnuts



# SAMPLE TRAINING PLAN

<b>MONDAY</b>	Chest, Shoulders, Triceps
<b>TUESDAY</b>	Cardio
<b>WENESDAY</b>	Legs
<b>THURSDAY</b>	Cardio
<b>FRIDAY</b>	Back, Biceps, Abs
<b>SATURDAY</b>	Cardio
<b>SUNDAY</b>	Rest



## CHEST, SHOULDERS, TRICEPS

MUSCLE GROUP	EXERCISE	SETS	REPS
Chest	Chest press	1 prep set*	12-15
	Cable chest flye	1 working set	12-15
Shoulders	Upright row	1 prep set*	12-15
	Front raise	1 working set	12-15
	Rear delt raises seated	1 prep set*	12-15
Triceps	Triceps pull-down	1 working set	12-15
	Overhead triceps extension	1 prep set*	12-15
		1 working set	12-15





# SAMPLE MEAL PLAN



## PROTEIN POWER SMOOTHIE

- 5 strawberries\*
- Cold water/crushed ice
- 1 scoop protein powder
- 2 egg whites
- Stevia to taste
- 1 teaspoon psyllium husks

*\*strawberries can be substituted for any other berries*

## METHOD

Blend all ingredients until combined. Add extra water if required.



## QUICK & EASY OMELETTE

- 1 whole egg
- 4 egg whites
- 100g chicken, turkey or tinned tuna finely chopped
- 1 tablespoon cottage cheese
- 4 mushrooms
- ½ large tomato
- ½ spring onion
- 2 handfuls of baby spinach leaves

## METHOD

Beat eggs until white and fluffy. Place onion, and chosen meat, mushrooms and tomato into non-stick frypan and sauté until thoroughly warmed. Pour egg mixture over the top. When completely set, flip omelette over in pan and cook through. Omelette should appear slightly brown when ready. Place on a bed of baby spinach leaves and garnish with parsley and freshly ground black pepper if required.



## SWEET POTATO BOAT

- 1 small sweet potato
- 1 tin tuna
- 1 cup baby spinach
- Lemon juice, mixed herbs

## METHOD

Cut sweet potato in half, layer spinach leaves and top with tuna. Add a squeeze of lemon and fresh herbs for taste.



## LIME CHICKEN POACHED IN LETTUCE LEAVES

Serves: 4

- 1 cup almonds raw
- 1 large red chilli
- 1 handful of fresh coriander leaves
- Grated rind and juice of 1 lime
- 1 large iceberg lettuce
- 500ml chicken stock
- 1 teaspoon finely grated ginger
- 3 chicken breasts

## METHOD

Place almonds, chilli, coriander, lime rind and juice in a food processor and work to a paste. Set aside. Bring a large pot of water to the boil and remove the core of the lettuce and carefully uncurl approximately 12 leaves. Blanch each leaf for 1 minute, then refresh in a large bowl of cold water. Drain the water from the pot and add the chicken stock and the ginger. Bring to the boil and then reduce to a simmer. Slice the chicken breast lengthways and place a piece of chicken on lettuce and top with almond paste. Roll up and set aside. Repeat this process with all remaining ingredients. Place the parcels in the simmering stock and cook for 5 minutes on each side. Remove from the stock and place into serving bowl. Use small amount of stock and pour over parcels.







## GREEN SMOOTHIE

½ cup blueberries, 1 scoop whey protein, 1 handful spinach leaves, 1 cup almond milk. Combine ingredients and blend.



## COCONUT LIME CHEESECAKE

- 4 x eggs
- 1 cup stevia
- 1kg smooth ricotta
- 1 teaspoon coconut extract
- 1 teaspoon lime zest
- 1 cup (250ml) coconut milk
- 1 tablespoon shredded coconut to garnish
- 1 scoop vanilla whey protein powder

## METHOD

Pre-heat oven to 170C. Spray a 20cm springform tin with coconut spray and line with baking paper along the base and sides. Combine all ingredients. Pour into the prepared pan. Bake for 40-50 minutes, until the top is set. Remove from the oven and allow to cool completely. The cake will continue to set during this time. Refrigerate for two to three hours before serving.

# LIKE WHAT YOU SEE?



So if you've been looking for a complete solution to **reignite** your **results** and **passion** for health and fitness, then My 12 Week Body Solution eBook is for you!



**ORDER YOURS NOW:**

[www.lindyfitness.com](http://www.lindyfitness.com)