



1 Month Lifestyle Plan for JANE DOE  
Month of November 2007

Assigned Nutritionist: Omar Khan

Assigned Virtual Trainer: Melissa Santorelli

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Lifestyle Change Online in no way shape or form guarantees results from the following meal plan unless the individual follows it directly with no deviation. Although we do claim that our services will provide you with the means to achieve your personal goals, we do not in any way guarantee its effectiveness for anyone other than the person for whom this design was specifically customized.

Lifestyle Change Online and its employees take no responsibility for an individual's lack of discipline or personal decision not to follow what is given unto them. Lifestyle Change Online also takes no responsibilities for accidents occurring as a result of negligence on the part of the consumer. All allergies, medical concerns, and other pertinent information should and hopefully has been given to us upon purchasing of the following meal plan so that we may best service your needs.

### **Terms of Compliance**

By reading further into this document you acknowledge the terms of use above. Comments and concerns can be sent to your assigned nutritional or fitness consult at their email address located on page 1.

## LETTER FROM YOUR NUTRITIONIST

Hello Jane,

Welcome to Lifestyle Change Online's personal nutritional service. In the following document you will find the custom nutrition plan that you ordered tailored to your very specific individual needs that you indicated to me during your registration process. Here is what you will encounter:

- Concise Monthly Meal Plan
- Supplements & Vitamin Recommendations
- Helpful Facts & Information
- Meal Consumption Frequency
- Complete Measurements of Ingredients
- Complete Calorie Count of Macronutrient Ratios
- Monthly Easy-Print Grocery List
- Nutrition Tips & Tricks
- Thorough Instruction on How To Follow Your Plan
- Coupon Code For 20% Off of Future Purchases
- Printable Monthly Nutrition Planner & Food Log

As bonus content, we've included a coupon for 20% off of your next purchase with us. Feel free to share it with a friend instead, however do bare in mind that the coupon code can only be used once. Thank you for your business, it has been a pleasure designing for you. Email me as soon as you can to keep me informed of your results! I'm eager to hear the good news.

Sincerely,

Omar Khan



## LETTER FROM YOUR PERSONAL TRAINER

Hello Jane,

Welcome to Lifestyle Change Online's personal training service. In the following document you will find the custom nutrition plan that you ordered tailored to your very specific individual needs that you indicated to me during your registration process. Here is what you will encounter:

- Concise Monthly Workout Program
- Intensity, Duration, Sets, and Reps Recommendation
- Helpful Facts & Information
- Suggested Training Frequency
- Approximate Resistance Suggested in LBS
- Complete Diagrams (Videos Available Free Upon Request)
- Monthly Easy-Print Workout Schedule
- Fitness Tips & Tricks
- Thorough Instruction on How To Follow Your Plan
- Coupon Code For 20% Off of Future Purchases
- Printable Monthly Workout Planner & Weight Log

As bonus content, we've included a coupon for 20% off of your next purchase with us. Feel free to share it with a friend instead, however do bare in mind that the coupon code can only be used once. Thank you for your business, it has been a pleasure designing for you. Email me as soon as you can to keep me informed of your results! I'm eager to hear the good news.

Sincerely,

Melissa Santorelli

A handwritten signature in cursive script that reads "Melissa".

## FORMING A RITUAL

The most difficult part of following a diet isn't really the lack of sugary treats for most people; it's the part where you have to get into a steady habit of preparing your daily meals and carrying them with you be it at work, at school, or even at a recreational function if the situation calls for it. It is commonplace for an individual to complain about eating eggs in the morning because they don't have the time to wake up, crack 2 eggs into a bowl in the morning, and let them sit in the microwave for less than a minute. Where there is a will there is a way, but if you won't even wake up 2-3 minutes earlier in the morning to accommodate your diet plans, you clearly aren't prepared for the discipline that will be required of you for the next month.

Here is a tried, tested, and true way of forming those habits easily without compromising your sanity...

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL

## INSTRUCTIONS

Here are your instructions to best follow your newly designed program. Please keep in mind that the instructions must be followed as closely as possible in order to maximize the results of your requirements.

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## RECOMMENDED SUPPLEMENTS

### **The Concerns you Indicated:**

- Menopause
- Anemia
- Mild Headaches (Infrequent)
- Calf Cramps
- Difficulty to Lose Abdominal (Visceral) Fat
- Liver Problems
- Urinary Tract Infections
- Lack of Muscle

### **The Supplemental Solutions:**

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL

## TIPS & TRICKS

Here are some helpful hints on how to maximize the efficiency of your diet plan that you likely haven't thought of. These aren't necessary applications, but will undoubtedly help you along your journey.

### **Tip #1:**

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL

## YOUR DIET PLAN

Here it is! The very custom design that you requested. All of your concerns, allergies, and even favorite and least favorite foods have been considered in the creation of the plan. Every calorie has been counted for you, and every measurement has been taken into account as well. Please make sure to weigh your food accordingly if necessary, or use measuring cups to denote the proper amount of each liquid or dry nutrient.

### **November 2007 – GOAL: Weight Loss**

#### **Weekdays – X% Carbs / X% Fat / X% Protein (XXXX Cals)**

<b>XXg Protein</b>		<b>XXg Carbohydrates</b>		<b>XXg Fat</b>	
<b>Time</b>	<b>Food</b>	<b>Carbs</b>	<b>Protein</b>	<b>Fat</b>	
<b>MEAL 1</b>	<b>Breakfast: Lean Turkey and Toast</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	3 Slices Lean Turkey Bacon (X Cals)	X	X	X	
	½ Slice Whole Wheat Toast (X Cals)				
	2 TBSP 3-6-9 Oil (X Cals)	X	X	X	
<b>MEAL 2</b>	<b>Mid-Morning Shake &amp; Snack: Walnuts &amp; Strawberry</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	1 Scoop Low Carb Iso-Pro <b>Strawberry</b> Shake (X Cals)	X	X	X	
	½ Serving Green Apple "Greens+ Daily Detox" (X Cals)	X	X	X	
	4oz English Walnuts (X Cals)	X	X	X	
<b>MEAL 3</b>	<b>Lunch: Salmon &amp; Broccoli w/ Tartar Sauce</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	4oz Fresh Salmon Filet (X Cals)	X	X	X	
	2 Cups Frozen Broccoli (X Cals)	X	X	X	
	1/8 <sup>th</sup> Cup Spiced Tartar Sauce (X Cals)	X	X	X	
<b>MEAL 4</b>	<b>Afternoon Shake: Strawberry &amp; Green Apple</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	1 Scoop Low Carb Iso-Pro <b>Strawberry</b> Shake (X Cals)	X	X	X	
	½ Serving Green Apple "Greens+ Daily Detox" (X Cals)	X	X	X	
<b>MEAL 5</b>	<b>Dinner: Fresh Chicken w/ Garlic &amp; Spinach Sauce</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	1 Boneless Skinless Chicken Breast (X Cals)	X	X	X	
	3 TBSP Garlic Butter (X Cals)	X	X	X	
	1 Stalk Diced Celery & ¼ Cup Onions (X Cals)	X	X	X	
	2 Cups Fresh Spinach (X Cals)	X	X	X	
<b>MEAL 6</b>	<b>Evening Shake: Chocolate Delight</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	2 TBSP "Kirkland" Pure Olive Oil (X Cals)	X	X	X	
	1 Scoop Low Carb Iso-Pro Shake (X Cals)	X	X	X	
<b>Total Calories = X,XXX</b>		<b>XX</b>	<b>XX</b>	<b>XX</b>	

#### **Weekend (Saturday & Sunday) – X% Carbs / X% Fat (XXXX Cals)**

<b>XXg Protein</b>		<b>XXg Carbohydrates</b>		<b>XXg Fat</b>	
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**Information inserted Here. Purchase Meal Plan for Full Detail.**

## PRINTER FRIENDLY FORMAT

### November 2007 – GOAL: Weight Loss

#### Weekdays – X% Carbs / X% Fat / X% Protein (XXXX Cals)

	<b>XXg Protein</b>	<b>XXg Carbohydrates</b>	<b>XXg Fat</b>		
<b>Time</b>	<b>Food</b>	<b>Carbs</b>	<b>Protein</b>	<b>Fat</b>	
<b>MEAL 1</b>	<b>Breakfast: Lean Turkey and Toast</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	3 Slices Lean Turkey Bacon (X Cals)	X	X	X	
	½ Slice Whole Wheat Toast (X Cals)				
	2 TBSP 3-6-9 Oil (X Cals)	X	X	X	
<b>MEAL 2</b>	<b>Mid-Morning Shake &amp; Snack: Walnuts &amp; Strawberry</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	1 Scoop Low Carb Iso-Pro Strawberry Shake (X Cals)	X	X	X	
	½ Serving Green Apple "Greens+ Daily Detox" (X Cals)	X	X	X	
	4oz English Walnuts (X Cals)	X	X	X	
<b>MEAL 3</b>	<b>Lunch: Salmon &amp; Broccoli w/ Tartar Sauce</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	4oz Fresh Salmon Filet (X Cals)	X	X	X	
	2 Cups Frozen Broccoli (X Cals)	X	X	X	
	1/8 <sup>th</sup> Cup Spiced Tartar Sauce (X Cals)	X	X	X	
<b>MEAL 4</b>	<b>Afternoon Shake: Strawberry &amp; Green Apple</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	1 Scoop Low Carb Iso-Pro Strawberry Shake (X Cals)	X	X	X	
	½ Serving Green Apple "Greens+ Daily Detox" (X Cals)	X	X	X	
<b>MEAL 5</b>	<b>Dinner: Fresh Chicken w/ Garlic &amp; Spinach Sauce</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	1 Boneless Skinless Chicken Breast (X Cals)	X	X	X	
	3 TBSP Garlic Butter (X Cals)	X	X	X	
	1 Stalk Diced Celery & ¼ Cup Onions (X Cals)	X	X	X	
	2 Cups Fresh Spinach (X Cals)	X	X	X	
<b>MEAL 6</b>	<b>Evening Shake: Chocolate Delight</b>	<b>X</b>	<b>X</b>	<b>X</b>	
	2 TBSP "Kirkland" Pure Olive Oil (X Cals)	X	X	X	
	1 Scoop Low Carb Iso-Pro Shake (X Cals)	X	X	X	
<b>Total Calories = X,XXX</b>		<b>XX</b>	<b>XX</b>	<b>XX</b>	

#### Weekend (Saturday & Sunday) – X% Carbs / X% Fat (XXXX Cals)

<b>XXg Protein</b>	<b>XXg Carbohydrates</b>	<b>XXg Fat</b>
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**Information inserted Here. Purchase Meal Plan for Full Detail.**



PRINTABLE FOOD LOG

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL

PRINTABLE GROCERY LIST

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL

## EXERCISE LIST W/ DIAGRAMS

### **Butterfly**

#### **Exercise Data**

**Main Muscle Worked:** Chest

**Other Muscles Worked:** None

**Equipment:** Machine

**Mechanics Type:** Isolation



**Tips:** Also known as the Pec Deck Fly. Sit at the machine with your back flat on the pad. Place your forearms on padded lever. Position your upper arms approximately parallel to the ground. Push levers together slowly and squeeze your chest in the middle. Return until chest muscles are stretched fully.

### **Cable Crossover**

#### **Exercise Data**

**Main Muscle Worked:** Chest

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Hold the stirrup cable attachments that are attached to a high pulley. Stand about one foot in front of the weight stacks with a handle in both hands. Lean slightly forward and put one foot in front of the other (for balance). Your front knee should be slightly bent. Bring your hands around and in front of your body in a hugging motion with your elbows slightly bent. You should be pulling down at a slight angle. When your hands meet directly in front of your midsection, squeeze the muscles and then slowly return to the starting position. Your elbows should stay in the same slightly bent position the whole time. Do not walk out too far in front of the pulley system or bend over too much!

## YOUR WORKOUT SCHEDULE

Monday – Pectoralis

Exercise & Related Equipment	Sets	Reps
<b>Butterfly (Suggested: 3<sup>rd</sup> Plate)</b>	<b>6</b>	<b>4-6</b>
<b>Cable Crossover (Suggested: 2<sup>nd</sup> Plate)</b>	<b>6</b>	<b>4-6</b>

Tuesday - Quadriceps / Hamstrings / Gluteal Group / Adductor Group / Trapezius

Exercise & Related Equipment	Sets	Reps
<b>Exercise #1 (Suggested: 20 LBS)</b>	<b>6</b>	<b>4-6</b>
<b>Exercise #2 (Suggested: 20 LBS)</b>	<b>6</b>	<b>4-6</b>

Cardio & Core Component	
Cardiovascular Workout – 90 Minutes	Machine Abdominal Crunches
Machine Oblique Twists	Machine Erector Spinae Extensions

MORE DETAILED INFORMATION PLACED HERE  
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PRINTER FRIENDLY WORKOUT SCHEDULE

MORE DETAILED INFORMATION PLACED HERE  
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## INSTRUCTIONS

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# Jane's Workout Log - LifestyleChangeOnline.com

## Sample LCO Workout Plan

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO \_\_\_\_\_  
EXERCISE DURATION

**DURATION:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**MOOD WHEN STARTING:**  
\_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Exercise #1			
Exercise #2			
Exercise #3			
Exercise #4			

### TRAINING, NUTRITION & SUPPLEMENT NOTES:

THANK YOU!

***please enjoy this 20% discount  
on all of our services. Code: 123456***



*Lifestyle Change Online*  
Healing Through Change

## AFFILIATES

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL

PERSONAL THANK YOU

INFORMATION PLACED HERE  
PURCHASE CUSTOM PLAN FOR FULL DETAIL