

Lee Haney's

60 Day Weight Lose Meal and Exercise Plan

#1 Breakfast: small bowl of oatmeal or bran cereal with brown sugar
1 scrambled (with vegetable oil, black pepper) or boiled egg
Glass of water w/lemon

#2 Breakfast: Low fat yogurt
Fruit medley (melon, berries, pineapple) small
1 glass of Water/lemon

#3 Breakfast: Meal Support shake (2scoops w/8oz water)
Medium apple
Glass of water

Snack: 1 small orange
5-7 whole walnuts (no salt)
Glass of water/water

#1 Lunch: grilled chicken or salmon salad served with balsamic balsamic basamic
vinegarettte or low calorie dressing
Small sweet potato or small serving of brown rice (Long Horn has an excellent menu)
1 glass of ice tea w/lemon, sweeten with stevia

#2 Lunch: half cup of cottage cheese w/ 1 piece of fruit (pair, peach, berries)
1 glass of ice tea w/lemon, sweeten w/stevia, or equal

#3 Lunch: meal support (2 scoops w/water) available at: www.leehaney.com
1 piece of fruit
Glass of water/lemon

Snack: large mixed salad w/balsamic vinegarettte dressing
Glass of water w/lemon

#1 Dinner: small to medium portion of grilled, baked, or broiled chicken or fish
Medium serving of mixed veggies
Glass of water or ice tea sweeten with stevia

#2 Dinner: 1 cup of beans (crowder, black eyes, kidney, pintos, navy, field peas)
2 cups (select any two veggies) of squash w/saut ed onions, green beans, greens, cabbage
(use smoked turkey for flavor) or a mixed green salad w/balsamic vinegarettte salad
dressing

Glass of water w/lemon

*Keep in mind that meal choices can be altered to fit your culture food sources. However, the choices selected must remain low fat, low carb, and high fiber.

*Your last meal should be consumed before 8pm.

*Foods can be flavored with smoked turkey. Be sure to boil in hot water for 5 -7 minutes if turkey has sodium on it. Afterwards, place the turkey with veggies for flavor while cooking. Other low sodium spices can be used to add flavor.

*Follow the directions shown on the back panel of the containers when taking the vitamin supplements.

Supplements recommended for the Challenge

***The 7 day Detox** is recommended to get you off to a good start. This will help your body get rid of stored waste and bloat. In order to get the best results follow the eating recommendations shown on the back panel of the container.

The 7 Detox program must be completed before starting the recommended 60 day eating plan.

After the Detox is completed you may add the **Fat Metabolism**. The Fat Metabolism is design to help the body burn fat more efficiently. **Meal Support** (contains 9 servings) can be added as a meal replacement when needed. The **Multivitamin** is the foundation for balanced supplementation.

***All supplements should be taken according to the directions given on the container.**

***Consult with your physician if taking prescription medications.**

Exercise Recommendations

Exercise is an important part in you getting the best results. Research the weight loss link available at:www.leehaney.com. However, the program I recommend for lifestyle fitness is the Total Body Circuit Training workout (Functional Exercise). There are also other exercise activities that can be part of your program. See the Activity link available at: www.leehaney.com.

Total Body Circuit Training Workout

The Total Body circuit training workout consists of strength training; core training, stretching, and aerobics combine to make a complete set. The following are the exercises that will be performed to include a 60 second aerobic exercise and or an abdominal exercise between each set. *see Total Body Circuit Training DVD

*Before getting started read the bullet points at the bottom of this exercise program. They are important in the care of your physical well being.

The following exercise program can be performed every other day (Mon, Wed, Friday or Tues, Thurs, Saturday).

Exercises	Sets	Reps
Bicep Curls	1-2	12-15
Abdominal Exercise (standing or seated leg raises)	In between	12-15
Standing Shoulder Press	1-2	12-15
Aerobic Exercise (step ups, treadmill, or stepping place)	In between	60sec
Bent Over Dumbbell Row (seated rows on incline bench)	1-2	12-15
Abdominal Exercise (same as before)	In between	60sec
Chest Press (flat dumbbell bench press or pushups)	1-2	12-15
Aerobic Exercise (step, treadmill, or walking in place)	In between	60sec
Standing Tricep Ext (or tricep kickbacks)	1-2	12
Abdominal Exercise (standing or seated leg raise)	In between	12-15
Squats Using Body Weight (beginners) or dumbbells	1-2	12
Aerobic Exercise (same as before)	In between	60sec

***Before participating in the 60 day weight lose challenge please consult with your physician.**

*Stretching between sets is very important

*Be sure to have water present during exercise (room temperature).

*If you feel dizzy or feel faint, stop immediately and cool down with room.

*Once you're stamina has increased, you may increase your number of sets to 3.

*Add 30-45 minutes of walking, cycling, treadmill, yard work, washing the car (the perfect functional training activity), golf, on in between workout days for faster weight lose results.

*The Total Body Circuit Training DVD is an awesome functional training workout. The format is similar to the one shown on the program shown above.