



you^{for}you

CHALLENGE



MUSCLE BUILDING GUIDE

LIFETIME[®]
HEALTHY WAY OF LIFE



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WELCOME TO YOU FOR YOU

This year has underscored how important our health – inside & out – is for our well-being, safety, energy levels, and confidence.

In the past 6 months:



3 out of 4 people have gained weight



69% are struggling with weight loss



1/2 are struggling to stay physically active



61% of polled Life Time members report they've gained fat, lost muscle, and lost energy

While we can't control all facets of our health and wellness, our day-to-day choices carry a huge bearing on our outcomes and risks. **If you're choosing the muscle building plan, do note that the nutrition recommendations best support building lean tissue and mass. If your goal is to lose weight (over 20 pounds) you might find the fat loss guide more beneficial.**

Each of us is uniquely responsible for our own choices and the impact they have on our minds and bodies. We could not be more thrilled that you've decided to join this challenge— our goal is not only to help you boost energy, but to support your immune system. And if you're looking to change your body composition, we'll help you with that too.

We know that with the right tools, you can pursue this challenge for you – and possibly even look, feel, and function better than ever.

Honored to be on this journey with you,
The 60day Team

YOUR DAILY NON-NEGOTIABLES

NUTRITION

- ☐ Eat a calorie surplus of ~250-500 cal/day above your daily needs or usual intake
- ☐ Eat at least 3-4 meals per day prioritizing workout nutrition
- ☐ Eat at least 1g of protein per pound of your goal bodyweight
- ☐ Include carbs before/after strenuous workouts
- ☐ Limit alcohol to less than one standard drink per day, no more than 5 per week
- ☐ Include muscle building supplements including [creatine](#) and [BCAAs](#) as needed

EXERCISE

- ☐ Complete the daily workout
- ☐ Avoid back-to-back intense training days on the same muscle groups
- ☐ Don't "Over-do" Cardio
- ☐ Include Active Recovery

LIFESTYLE

- ☐ Prioritize sleep – the more you train, *the more sleep you require*
- ☐ 7 hours of sleep minimum – up to 10 for athletes
- ☐ Turn electronics off at least 1 hour before bed

HOW TO TRACK YOUR PROGRESS

When focusing on muscle building, we recommend tracking exactly what is changing – muscle, fat, water, etc. also known as **body composition**. Weight gain should accompany muscle building, although it is possible to see shifts in body composition (more muscle, less fat) without your scale weight increasing. If this happens, you may not yet be eating enough to maximize muscle gains.

A few ways to measure body composition:

- InBody machine in your Life Time club
- Smart scales with body composition features
- Skinfold measurements using calipers
- Clothing fit

Other ways to track your progress include:

WEIGHT

- Best done daily while tracking a rolling average
- Best for those who are desiring to lose more than 20 pounds

BENCHMARK WORKOUTS

- Easy to repeat
- Identifies areas you've improved
- Great way to track performance and athletic progress

CIRCUMFERENCE MEASUREMENTS

- Easy to do at home – only requires a tape measure
- Can identify if certain body areas are losing or gaining faster than others

LAB DATA

- Provides objective information about your internal metabolism – blood does not lie
- Can help identify areas that may be holding back progress
- Data can be used to fully customize your program
- Information can be used by your healthcare team to guide your medical care as well

SYMPTOM TRACKING

- Can assess easily and frequently
- Best for helping narrow down metabolic concerns without lab testing
- Use page 37 to track



NUTRITION



LIVE
WELL
HEALTHY WAY OF LIFE

the
60day

EAT TO BUILD MUSCLE

3 Nutrition Principles to Support Muscle Growth

EAT ENOUGH CALORIES

To build new tissue, we need to eat a surplus of calories over time. As we build more lean tissue (muscle), which also requires more energy to maintain than non-lean tissue (fat), our calorie needs may continue to rise as our program proceeds.

When we overeat calories relative to our current needs, some of the excess calories get used to generate more body heat, so in a sense, gaining muscle tissue can be difficult for some individuals who are also following a demanding resistance training program. Eating to support training and gain muscle can sometimes feel like a job. Avoid making the job any harder than it already is and make sure you eat enough.

Start with increasing total calorie intake by 10 to 20% above your baseline or estimated needs and measure progress. Work with an experienced coach to fine-tune your approach.

EAT AMPLE, QUALITY PROTEIN

Protein, or more specifically the amino acids that proteins are comprised of, is/are what lean muscle is built from. Fats or carbohydrates cannot be used to synthesize new muscle; only amino acids can. Since we are constantly rebuilding our protein structures (muscles, bone, organs, blood cells) we need consistent daily intake of protein (amino acids) just to maintain. We need to eat extra protein if our desire is to build more lean tissue. Animal sources of protein are thought to be a superior source of digestible essential amino acids (EAA's) to support muscle growth, though there are many plant sources of amino acids as well.

A suitable way to estimate protein needs for muscle growth is to aim for at least 1 gram of protein per pound of goal body weight per day, and try to distribute your intake evenly throughout the day. Some individuals will see better results from even higher intakes.

CAPITALIZE ON CARBS

While we can't build muscle from the components of carbohydrates by themselves, they play an important role in supporting muscle growth. They provide efficient energy to fuel strenuous resistance training that's required to stimulate or signal the body to grow stronger muscles or more muscle tissue.

Eating carbohydrates also stimulate insulin, a hormone that helps muscle tissue take up amino acids (and glucose) from the bloodstream – a potent “growth” signal.

Individuals might require or tolerate different amounts of carbohydrates, but it seems that if carb intake is concentrated before or after strenuous training they are most helpful to long-term health and fitness. The more muscle you have and the more active that muscle tissue is, the more carbs you can consume without potential downsides of excessive carb intake.

Eat your richest sources of carbs in the meals before and/or after your training sessions.

NUTRITION

GUIDELINES

To give yourself the best chance of mastering the muscle building nutrition principles, you need to be strategically consistent with planning meals and snacks accordingly around training sessions. Below are basic examples to use as you adjust your nutrition pattern for muscle building, depending on when you typically work out.

You'll notice shakes mentioned in each example – this is because it's often difficult to eat enough calories and protein from wholesome food without feeling full. It's possible, just not always easy. Shakes are an easy, convenient way to bolster calorie and protein intake, and they're often easier to digest before or after training sessions. The basic formula shown below is 3-4 meals + 1-2 shakes.

	Morning Workout	Mid-Day Workout	Evening Workout
Meal 1	Protein + Carb Shake	Protein + Veg + Fat meal	Protein + Veg + Fat meal
	WORKOUT		
Meal 2	Protein + Carb shake + Creatine or Protein + Carb meal	Protein + Carb shake	Protein + Veg + Fat meal
		WORKOUT	
Meal 3	Protein + Veg + Fat meal	Protein + Carb shake + Creatine or Protein + Carb meal	Protein + Veg + Fat meal
Meal 4	All in One Shake	All in One Shake	Protein + Carb shake
			WORKOUT
Meal 5	Protein + Veg + Fat meal or snack	Protein + Veg + Fat meal or snack	Protein + Carb shake + Creatine or Protein + Carb meal

HELPFUL TIPS

Using the example template above and the Low to No prep meal tool on page 16 will simplify your meal options but also help you maintain enough variety to never feel like you're "eating the same things all the time".

Isolate Protein & UCAN superstarch are excellent choices for pre/post workout protein and carb boosts.

All in One Shake (Whey or Vegan) are awesome options for high-protein, moderate-calorie "just add water" snack options to include in a muscle building program.

MEAL PREP:

YOUR SECRET WEAPON

Our most successful clients have a nutrition strategy: meal prep.

While it looks different for everyone, it usually falls into one of these categories (or a combination of both). Not only does it save you money, but it makes nutrition stay on track when life feels chaotic.

PLANNING OUT MEALS AHEAD OF TIME

Involves sitting down, usually once per week, and planning out what you and your family are going to eat on which days. It helps to put it on a calendar. You build a grocery list tailored to that plan, then cook most nights.

MAKING EXTRA AND USING LEFTOVERS

Involves doubling what you cook for dinner and having the leftovers for breakfast, lunch, or dinner the next day

BATCH COOKING

Typically done 1-2 times per week, this involves making a larger amount of 1-3 recipes, portioning them out into individual portions. It's designed to last you the whole week so you're not cooking most nights.

FREEZER MEALS

Involves cooking or prepping meals to store in the freezer so that you have a quick go-to when you need something fast.

You can use any or all of the above strategies based on what works best for your schedule. We'll give you tips to be successful with each one.

MEAL PREP:

PLANNING OUT MEALS

YOUR PANTRY STAPLES

No matter which food and meal preparation method works best for your schedule and family, there are certain pantry staples to have in-stock that are used frequently in recipes. We recommend making sure you have these on-hand at all times so that you're set up for success in case you need a Plan B or Plan C. Plus, they are used so frequently that the amounts needed are not listed in your weekly grocery guidance.

SPICES	CONDIMENTS	FATS	BAKING/SWEET	SHAKE INGREDIENTS
<input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Garlic <input type="checkbox"/> Onion <input type="checkbox"/> Ginger <input type="checkbox"/> Chili Powder <input type="checkbox"/> Cumin <input type="checkbox"/> Paprika <input type="checkbox"/> Turmeric <input type="checkbox"/> Oregano <input type="checkbox"/> Rosemary <input type="checkbox"/> Basil <input type="checkbox"/> Italian Herbs <input type="checkbox"/> Red Pepper flakes <input type="checkbox"/> Cayenne <input type="checkbox"/> Dill <input type="checkbox"/> Parsley <input type="checkbox"/> Coriander	<input type="checkbox"/> Coconut aminos <input type="checkbox"/> Avocado-oil based mayonnaise <input type="checkbox"/> Hot sauce <input type="checkbox"/> Vinegars – balsamic, red wine, rice, white <input type="checkbox"/> Dijon mustard	<input type="checkbox"/> Butter or ghee <input type="checkbox"/> Olive oil <input type="checkbox"/> Coconut oil <input type="checkbox"/> Sesame oil <input type="checkbox"/> Oil spray (coconut or avocado-oil based is best)	<input type="checkbox"/> Honey* <input type="checkbox"/> Maple syrup * <input type="checkbox"/> Natural granular sweeteners – erythritol, monk fruit, or stevia based <input type="checkbox"/> Extracts: vanilla, almond, and maple <input type="checkbox"/> Coconut flour <input type="checkbox"/> Almond flour <input type="checkbox"/> Cocoa powder	<input type="checkbox"/> Liquid base – organic milk, unsweetened nut milk, or unsweetened coconut milk <input type="checkbox"/> Frozen fruit/berries <input type="checkbox"/> Nut butter

PLANNING OUT MEALS

Once per week, set aside time to meal plan. Here's the easiest strategy to do that:

- Select the 1-3 recipes you plan on making for the week.
- Use a grocery list template like [this one](#) – fill in which days you are having which meals
- Go through each recipe and add each ingredient to the appropriate section of the grocery list – use numbers or tally marks for the total amount needed so that if multiple recipes need the same ingredient (example: garlic cloves), you'll end up with a tally of the total amount needed for each ingredient to make all the recipes
- Set time in your schedule to grocery shop

MAKING EXTRA AND USING LEFTOVERS

If batch cooking seems overwhelming to you, think of making extra on purpose to use as leftovers as the “gateway” to batch cooking. As you plan dinner, for example, make a double batch. It should be the same amount of work, but you'll have batch-prepped your lunch for the next day or two as well.

MEAL PREP: BATCH COOKING

If you plan on batch cooking, keep in mind that it starts with your planning and recipe selection.

Be sure you select recipes with different cooking modalities so that you can prepare several meals at one time. For example, choosing three slow cooker recipes to all make on a Sunday might be tough if you only have one slow cooker.

Here are common cooking modalities; it might help to only have one recipe in each if you're batch cooking:

- Slow cooker / instant pot cooker
- Oven / roasted
- Stovetop
- Grill
- No-to-minimal prep



HOW MUCH SHOULD I COOK?

Start first by totaling how many meals you need to prep to set yourself up for success. From there:

- Ballpark a yield of 4-6 meals from every two pounds of meat a recipe calls for.
- When meat is cooked, it shrinks down a bit depending on the fat content and moisture and will result, on average, of about 80% of what the original weight was.
- Two pounds of meat (32 oz) will often result in approximately 26 oz of cooked meat. (Again, this varies quite a bit based on what type of meat you're cooking, but this is a good general example). This would end up providing enough protein for six meals that are just over 4 oz of meat each or five meals that are just over 5 oz of protein each.

PRO TIPS

- Invest in individual-portion size food storage containers; glass is usually best and most versatile, as it can usually be safely used in the fridge, freezer, dishwasher, and microwave.
- Portion out your meals into individual containers as soon as you're done cooking and allow them to cool. Store them in fridge until ready to eat.
- If you make more than you need, you can pop a few meals in the freezer to have on-hand for the times that you run out of food and need something quick.

MAKE IT FUN

Host a freezer meal party with your friends as a monthly social gathering? Or make it part of family time on a Sunday afternoon (or whatever time and day works best for you).

MEAL PREP: FREEZER MEALS

Prepping ingredients and freezer meals to cook or heat later can be a time saver. By washing and chopping the veggies you need, or putting the meats in marinade and freezing them, you can easily prepare meals weeks ahead of time to save time on busy weekends that you might not be able to plan for or get to the grocery store.

GREAT INGREDIENTS TO PREP AND FREEZE

- Chicken breast, chopped and added to separate freezer bags in different marinades. As it defrosts, you have variety you don't have to think about
- Any leftover or extra sauces, such as homemade tomato sauce
- Homemade broth

TIPS BEFORE YOU START

1. Use a permanent marker to label the bag with the date frozen, name of meal, ingredients and instructions (in case you forget).
2. Don't overfill the freezer bag.
3. If you have a smaller household, portion out your meals in each bag.
4. Save on freezer space by stacking the bags flat on top of each other.



HOW TO BUILD A SUPER SMOOTHIE

MEAL REPLACEMENT SHAKE

Protein shakes are an easy, delicious way to get all your nutrients in the morning. To make sure you have a well-balanced shake, always include the ingredients below:

1. Liquid _____ water, nut milk
2. Protein _____ Protein powder
3. Veggies _____ spinach, kale, riced cauliflower, Life Greens
4. Fruit _____ berries, banana, lime, pineapple, mango
5. Healthy Fat _____ almond butter, avocado, chia seeds, flax seeds
6. Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon

For more shake recipes, visit lifetime60day.com/recipes

SNACK SHAKE

Another way to add in protein during the day is with a “snack shake”. These are normally a little lighter, and therefore have fewer ingredients.

1. Liquid _____ water, nut milk
2. Protein _____ Protein powder
3. Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon



HOW TO BUILD A SHEET PAN MEAL

Follow these steps for an easy, low-effort option for lunch or dinner any day of the week.

1. START WITH THE RIGHT SET UP

Choose a sheet pan that's around 18" x 26" and has a 1" tall rim around the edge. Line the bottom with either parchment paper or aluminum foil, and spray or rub with olive oil or coconut oil.

2. CHOOSE YOUR PROTEIN

Choose approximately 1 lb. of your protein (1 lb. will feed 2 people twice).

Meat	Temperature	Time
Chicken breast	400° F	25-35 minutes
Salmon	400° F	8-12 minutes
Tilapia/Halibut	400° F	8-12 minutes
Pork Chops	400° F	25-35 minutes
Shrimp	400° F	10 minutes

3. CHOOSE YOUR VEGETABLES

Ideally, choose 2-3 vegetables that cook at the same rate (add vegetables to the oven in intervals). You should include about 8 cups of vegetables total.

Vegetable	Temperature	Time
Pumpkins, Rutabagas, Spaghetti Squash (halved), Artichokes (whole), Acorn Squash (halved)	400° F	45-60 minutes
Beets, Cabbage (wedges), Carrots, Kohlrabi, Parsnips, Potatoes, Sweet Potatoes, Turnips, Butternut Squash	400° F	30-45 minutes
Artichoke Hearts, Broccoli, Brussels Sprouts, Cauliflower, Mushrooms, Eggplant, Cherry Tomatoes	400° F	15-30 minutes
Asparagus, Green Beans, Corn, Onions (chopped), Peas, Bell Peppers, Radishes, Yellow Squash, Zucchini, Garlic	400° F	10-15 minutes

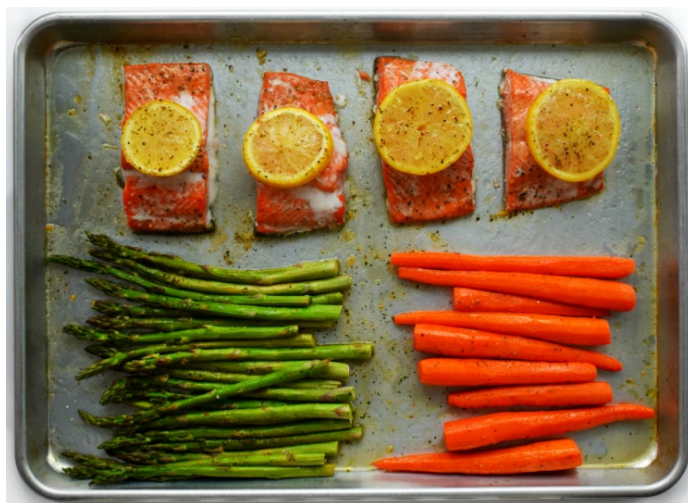
4. ADD FLAVOR

Flavor with healthy fats (like olive oil and butter) and top with seasonings, like salt & pepper, lemon, rosemary, oregano, etc.

HOW TO BUILD A SHEET PAN MEAL

Our favorite combinations:

Protein	Veggie	Flavor	Temp	Time
Shrimp, Andouille Sausage	Corn, Red Potatoes	Butter, Garlic, Old Bay, Lemon	425° F	15-20 minutes
Chicken	Broccoli, Carrots	Olive Oil, Lemon, Garlic, Italian Seasoning	375° F	30-35 minutes
Salmon	Asparagus,	Butter, Honey, Oregano	375° F	40-45 minutes
Bacon	Carrots, Cauliflower, Broccoli, Baby Bell Peppers, Brussels Sprouts	Salt, Pepper	450° F	30 minutes
Chicken Sausage	Yellow Zucchini, Bell Peppers, Sweet Potato	Olive Oil, Oregano, Salt, Pepper	375° F	35-40 minutes
Pork Chops	Potatoes, Yellow Zucchini, Asparagus	Olive Oil, Oregano, Salt, Pepper	375° F	35-40 minutes
Chicken	Zucchini, Eggplant, Bell Pepper	Olive Oil, Lemon	375° F	30 minutes
Steak	Potatoes, Broccoli	Olive Oil, Balsamic Vinegar, Garlic, Salt, Pepper	450° F	30 minutes



NO-TO-LOW PREP MEALS

Pick one from each column to put together a simple meal:

Proteins	Veggies	Fats	Carbs* Optional
<ul style="list-style-type: none"> - Protein powder - Pre-hard boiled eggs - Tuna or salmon pouch or can - Pre-cooked, frozen chicken/turkey burgers or salmon patties - Nitrate-free chicken sausage - Plain Greek yogurt - Plain cottage cheese - Preservative-free deli meat, such as turkey, ham, or roast beef 	<ul style="list-style-type: none"> - Mini cucumbers - Baby bell peppers - Baby carrots - Snap peas - Snow peas - Cherry tomatoes - Frozen, steam-in-bag veggies 	<ul style="list-style-type: none"> - Olive cups - Avocado cups - Hummus cups* - Nut butter packs - Nuts and seeds - String cheese - Wrapped mini cheese rounds - Pre-cooked, microwave bacon (nitrate-free) 	<ul style="list-style-type: none"> - Unsweetened applesauce cup - Small apple - Half a banana - Plum - Peach - Clementine - Hummus cups* - Canned beans (BPA-free can) - Pre-cooked lentils - Microwave ready rice - Packet of plain oatmeal

FAST FLAVOR ADDS

- Spice blends, such as bagel seasoning
- Hot sauce
- Mustard – Dijon or stone-ground
- Horseradish or sauerkraut
- Ready-made pesto
- Drizzle of avocado-oil or olive-oil based dressing
- Chopped herbs, like basil, cilantro, parsley

DIY FLAVOR ADDS

Asian Chili Dried Spice Rub

- salt to taste
- ½ tsp garlic
- ½ tsp ginger
- ¼ tsp red pepper flakes
- optional 1 tsp coconut aminos (liquid)

Fast Aioli

- 1 Tbs avocado-oil based mayo
- 1 tsp lemon juice
- shake of garlic powder, dried dill, dried parsley

Honey Mustard

- 1 tsp avocado-oil based mayo
- 1 tsp honey
- 1 tsp Dijon mustard
- optional dash cayenne

Greek Dried Spice Rub

- salt to taste
- ½ tsp oregano
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp dried basil
- 1/8 tsp dill

Indian Curry and Dried Spice Rub

- salt to taste
- ½ tsp cumin
- ½ tsp curry
- ½ tsp garam masala
- ¼ tsp coriander

Lemon Pepper Dried Spice Rub

- salt to taste
- ½ tsp lemon pepper
- ¼ tsp basil
- ¼ tsp oregano
- 1/8 tsp thyme

STUCK IN A PINCH?

Here are your go-to back-up plan options when you find yourself out and about, or without a pre-prepped lunch or dinner option:

SANDWICH SHOP

Double-protein lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.

COFFEE SHOP

Egg bites or soufflé cups + ready-made snack box with fruit and nuts
bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole – hold the cheese and sour cream.

FAST FOOD

Bun-less burger or chicken sandwich (optional add of avocado or bacon) topped with lettuce and tomato, with a side salad and side of steamed veggies.

RESTAURANT THAT SERVES ONLY BAR FOOD

Side of grilled chicken breast + small cup honey mustard, buffalo sauce, or ranch. Add a side salad or a veggie/hummus plate. Some places will sub in cut up veggies instead of chips/bread in their hummus plate or spinach-artichoke appetizer.

GROCERY STORE

Use the ready salad bar with fresh veggies, roasted chicken, hard boiled egg, sunflower seeds, and oil and vinegar.

GROCERY STORE STOP THEN HOME

Pick up a rotisserie chicken, bag of microwaveable vegetables, and sweet potato. When you get home:

- Make veggies, top with ghee or olive oil and Himalayan sea salt to taste, and serve alongside chicken.
- Try adding a side of microwaved sweet potato (poke holes all over with a fork, wrap in wet paper towels, and microwave 5-8 minutes or until pierced easily with a fork – then top with coconut oil and cinnamon).



YOUR BASE SUPPLEMENTS

You'll often hear us say:

"There's no supplement that can make up for a bad diet, and there's no diet so good that it can't benefit from quality supplementation."

Food always comes first. But due to today's food supply – combined with chronic stress levels and nutrition patterns, using a few quality, trusted supportive products can act as an insurance policy to help provide the required vitamins, minerals, omega-3 fatty acids, and protein to feel and function at it's very best.

Here's where to start:



PROTEIN POWDER

Many find that a trusted and quality-tested [protein powder](#) is a game changer when it comes to hitting their protein goals. Most people enjoy the convenience and taste of incorporating a daily shake either first thing in the morning (to set the tone for the day) or immediately post-workout (to help fuel recovery)

To read more about the importance of protein, [check out this article here.](#)



HIGH-QUALITY MULTIVITAMIN

The best multivitamins are capsule-based and contain activated, therapeutic amounts of key ingredients. Choose from [Men's](#), [Women's](#), or [Performance](#) Multivitamins.



OMEGA-3 FISH OIL

[Omega-3 fatty acid](#) is linked to enhanced fat loss, support of healthy lipids (cholesterol) and blood sugar, and increases in lean body mass, strength and immune function.

To read more about the importance of Fish Oil, [check out this article here.](#)

HOW TO USE THE MEAL PLAN

We know each individual has metabolic differences, so the example meal plan outlined will require you to make some personal decisions and adjustments. At a baseline, the example should give everyone some helpful structure while lending a great deal of flexibility.

Here's how it works: we've set up three primary meals per day, but to build muscle, you'll need to include protein and carb rich snacks or shakes strategically to get enough protein and calories. Explore what works best for you, and find what's easiest for you to stick to your program.

Remember – if it's too complicated or restrictive, you won't be able to keep it up. The goal here is to find a lifestyle that feels like second nature as you pursue your goals.

Last thing. If there is a recipe in the meal plan you don't like, you are welcome to swap it out with another. Any recipe under the "Batch Cooking" or "Entrees" section of the site are there to chose from

You can find all 60day recipes at lifetime60day.com/recipes

THE BASE

Each recommended day is programmed provide ~2,000 calories from the main meals (breakfast, lunch and dinner), which may not be enough for most men and many women to effectively build muscle. That's why we encourage you to add 250 to 500 calories once or twice a day through larger portions at meals, extra snacks or shakes, or additional pre/post workout nutrition.

We also include a page on calorie add-ons – quick ingredients you can add to any meal to bump it up when needed.

HOW TO USE THE MEAL PLAN

COOKING FOR ONE

If you are cooking for one, halve each of the recipes in the meal plan. Most include four servings – halving the recipes (and ingredients) will give you two servings.

COOKING FOR TWO

Follow the meal plan and recipes as written. Males should include an extra 100-200 calories per meal and snack.

COOKING FOR FOUR

If you are cooking for four, double each of the recipes in the meal plan. Most include four servings – doubling the recipes (and ingredients) will give you eight servings.

WEEK ONE

MEAL PLAN

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	6-Ingredient Pulled Chicken + Roasted Veggies	Steak Bites with Sweet Potatoes and Peppers	Pesto Salmon with Potatoes and Green Beans	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	6-Ingredient Pulled Chicken + Roasted Veggies	Steak Bites with Sweet Potatoes and Peppers	Pesto Salmon with Potatoes and Green Beans	Optional (pg.12)
WED.	Meal Replacement Protein Shake	6-Ingredient Pulled Chicken + Roasted Veggies	Steak Bites with Sweet Potatoes and Peppers	Pesto Salmon with Potatoes and Green Beans	Optional (pg.12)
THU.	Meal Replacement Protein Shake	6-Ingredient Pulled Chicken + Roasted Veggies	Steak Bites with Sweet Potatoes and Peppers	Shrimp Stir Fry	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Shrimp Stir Fry	Pesto Salmon with Potatoes and Green Beans	Harvest Hash	Optional (pg.12)
SAT.	French Toast	Shrimp Stir Fry	Harvest Hash	Bacon Wrapped Chicken Strips + Roasted Veggies	Optional (pg.12)
SUN.	Brinner Bowl	Shrimp Stir Fry	Bacon Wrapped Chicken Strips + Roasted Veggies	Sweet Potato, Apple and Maple Turkey Skillet	Optional (pg.12)

WEEK ONE

MEAL PREP DAYS

SUNDAY

[6-Ingredient Pulled Chicken](#) (double batch)

What you'll need:

- 4 lb. chicken breast
- nitrate-free bacon
- dried thyme
- rosemary
- dried oregano

[Roasted Veggies](#) (double batch)

What you'll need:

- 12 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, bell pepper, etc.
- olive oil

[Steak Bites with Sweet Potatoes and Peppers](#) (double batch)

What you'll need:

- 2 lbs skirt steak
- sweet potato
- onion
- garlic
- coconut oil
- bell peppers
- coconut aminos
- balsamic vinegar
- fresh rosemary

[Pesto Salmon with Potatoes and Green Beans](#) (double batch)

What you'll need:

- 4 salmon filets, skin on
- baby potatoes
- green beans
- olive oil
- pesto
- lemon

MONDAY – *No Preparation Needed*

TUESDAY – *No Preparation Needed*

WEDNESDAY – *No Preparation Needed*

WEEK ONE

MEAL PREP DAYS

THURSDAY

[Shrimp Stir-Fry](#) (double batch)

What you'll need:

- uncooked rice
- coconut aminos
- garlic
- honey
- sesame oil
- lime
- 2 pounds large shrimp
- red bell pepper
- carrots
- broccoli
- sugar snap peas
- 12-ounce can baby corn, drained
- red onion
- 8-ounce can water chestnuts
- Mushrooms

FRIDAY

[Harvest Hash](#)

What you'll need:

- sweet potatoes
- brussels sprouts
- coconut oil
- nitrate-free bacon
- 1 lb. cooked ham
- yellow onion
- apple
- pecans
- unsweetened cranberries
- cinnamon
- Dijon mustard
- apple cider vinegar
- lemon juice
- honey
- onion powder
- extra-virgin olive oil

SATURDAY

[Bacon Wrapped Chicken Strips](#)

What you'll need:

- 1 lb. chicken breast
- nitrate-free bacon

WEEK ONE

MEAL PREP DAYS

SUNDAY

[Brinner Bowl](#)

What you'll need:

- red potato
- cherry tomatoes
- bell peppers
- spinach
- coconut oil
- egg

[Sweet Potato, Apple and Maple Turkey Skillet](#) (double batch)

What you'll need:

- Brussels sprouts
- sweet potatoes
- Cooking spray
- coconut oil
- 4 lbs. ground turkey
- garlic
- Apple
- raw spinach
- maple syrup
- cinnamon

[Beef and Broccoli](#) + [Rice](#) (double batch)

What you'll need:

- 2 lb. flank steak
- broccoli
- coconut aminos
- sesame oil
- honey
- garlic
- fresh ginger
- black pepper
- 2 cups rice
- water or unsalted chicken broth

[Oven Roasted Sausage with Sweet Potatoes and Grapes](#) (double batch)

What you'll need:

- 2 lb. spicy Italian sausage
- sweet potatoes
- red seedless grapes
- balsamic vinegar
- coconut oil or ghee

[Roasted Veggies](#) (double batch)

What you'll need:

- 12 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, bell pepper, etc.
- olive oil

WEEK TWO

MEAL PLAN

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	Beef and Broccoli + Rice	Oven Roasted Sausage with Sweet Potatoes and Grapes + Roasted Veggies	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	Beef and Broccoli + Rice	Cilantro Lime Chicken Bowl	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	Beef and Broccoli + Rice	Oven Roasted Sausage with Sweet Potatoes and Grapes + Roasted Veggies	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Oven Roasted Sausage with Sweet Potatoes and Grapes + Roasted Veggies	Beef and Broccoli + Rice	Cilantro Lime Chicken Bowl	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Cilantro Lime Chicken Bowl	Oven Roasted Sausage with Sweet Potatoes and Grapes + Roasted Veggies	Shrimp and Corn Sheet Pan Boil	Optional (pg.12)
SAT.	French Toast	Shrimp and Corn Sheet Pan Boil	Cilantro Lime Chicken Bowl	Chopped Thai Chicken Salad	Optional (pg.12)
SUN.	Brinner Bowl	Shrimp and Corn Sheet Pan Boil	Meal Replacement Protein Shake	Chopped Thai Chicken Salad	Optional (pg.12)

WEEK TWO

MEAL PREP DAYS

MONDAY – *No Preparation Needed*

TUESDAY

[Cilantro Lime Chicken Bowl](#) (double batch)

What you'll need:

- 2 lbs. chicken
- coconut oil
- cilantro
- limes
- riced cauliflower
- garlic powder
- black beans
- black beans
- corn
- red onion
- garlic
- cherry tomatoes
- Avocado
- lime

WEDNESDAY – *No Preparation Needed*

THURSDAY – *No Preparation Needed*

FRIDAY

[Shrimp and Corn Sheet Pan Boil](#)

What you'll need:

- red potatoes
- corn ears
- 2 pounds medium shrimp, peeled and deveined
- 2 (12 oz.) package smoked andouille sausage
- unsalted butter
- garlic
- Old Bay Seasoning
- lemon
- garlic powder

WEEK TWO

MEAL PREP DAYS

SATURDAY

[French Toast](#)

What you'll need:

- unsweetened nut milk
- egg whites
- cinnamon
- Life Time collagen peptides (vanilla)
- gluten-free bread
- Oil spray

[Chopped Thai Chicken Salad](#)

What you'll need:

- 4 cups cooked shredded chicken
- coleslaw mix
- matchstick carrots
- fresh cilantro
- Peanuts
- green onions
- serrano peppers
- lime
- unsweetened coconut milk
- chunky peanut butter
- 1 garlic
- ginger powder
- coconut aminos
- sesame oil
- crushed red pepper flakes

SUNDAY

[Brinner Bowl](#)

What you'll need:

- red potato
- cherry tomatoes
- bell peppers
- spinach
- coconut oil
- egg

SUPPLEMENTAL MUSCLE SUPPORT

You're likely to come across a lot of information about supplements that support muscle building.

These are the priority to focus on as your go-to's in addition to the core [muscle building bundle](#) including Life Time multivitamin and omega-3 fish oil that we recommend everyone begin with.



CREATINE MONOHYDRATE

[Creatine](#) is one of the world's most-researched performance supplements, proven to help increase lean body mass, muscular strength, cardiovascular ability, brain function and overall athletic performance.*



BCAA POST WORKOUT

The use of [Branch Chain Amino Acids](#) (BCAA's) can be a great strategy for post-workout repair during fat loss phases as they contribute so few calories yet can protect against the loss of lean tissue from exercising in a caloric deficit. BCAA's are also popular tools for those seeking to gain muscle, most often used as in-between meal amino acid supplemental support to keep the body in an anabolic (tissue building) state.*

OR



AMINO COMPLEX

[Amino Complex](#) essential & branched chain amino acids help build lean muscle mass, and are readily absorbed and available for the body to use.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

EXERCISE



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MUSCLE BUILDING GUIDELINES

A few exercise guidelines to set you up for a successful 60 days.

COMPLETE THE DAILY WORKOUT

You can complete your daily workouts using the [60day online site](#) or the [Life Time Training App](#). If you come across any exercises that aren't feeling right, feel free to send your coaches a note at 60day@lt.life.

AVOID BACK-TO-BACK INTENSE TRAINING DAYS ON THE SAME MUSCLE GROUPS

The training stimulus (repetitions, load, time under tension) required to initiate muscle growth does considerable damage to the muscle group(s) trained. This damage can take days to repair properly, especially when nutrition isn't yet optimized, so we recommend spacing out training days for different muscle groups to allow for proper recovery and growth. For example, you might train heavy legs two to three times a week, but your leg training should not be on successive days if at all possible.

DON'T "OVER-DO" CARDIO

In fact, if your goal is to build muscle then consider minimizing cardio altogether. Resistance training in and of itself can provide cardiovascular benefits so you probably don't need to carve out time for extra "calorie burning" cardio sessions when your program calls for a calorie surplus. Enjoy easy walks outside, and don't fret over working up a sweat on the treadmill, elliptical, or stair climber.

INCLUDE ACTIVE RECOVERY

If you're exercising properly to stimulate lean muscle growth, you should expect to be sore often. It's part of the natural damage-inflammation-repair cycle that produces muscle hypertrophy (growth). Even if you're sore, keep moving – frequent, light-intensity activity helps facilitate blood flow to muscles in need of nutrients and repair.

Mind-body activities such as yoga and Pilates are also supportive of healthy stress management, inflammation control, and immune resilience. There are many online and in-club classes available to try out and fill in.

MUSCLE BUILDING GUIDELINES

You can complete your workouts using the [60day online site](#) or in the [Life Time Training App](#).

Strength training is the process of building muscle also known as “hypertrophy”. The landmarks of a hypertrophy-focused exercise plan generally include the following:

TERM	DEFINITION	FREQUENCY
Frequency	How often you’re targeting a specific muscle group	Minimum of 2x per week per muscle group
Rep Range	The number of repetitions you complete of a particular exercise	6-12
Set Range	The number of times you repeat an exercise before moving onto the next one	3-5
Intensity	Sometimes referred to as “Rate of Perceived Exertion,” or RPE, with 1 being “very easy” and 10 being “max effort”	5-10 Moderate-High
Tempo	The speed of movement broken down into four phases, often designated with four numbers. Each number correlates with a phase of the movement: lowering, pause, raising, pause again	2020
Rest Periods	The amount of time taken between each set, used to replenish energy and bring your heart rate back down	15-60 seconds

The above guidelines are general and not customized to you. Changes in these variables might be necessary based on:

- Current body composition
- Injuries or imbalanced movement patterns
- Both recent and long-term exercise history and experience

To build a customized muscle-building plan, connect with a fitness professional to learn about your options to maximize the efficiency and individualization of your workouts.

MUSCLE BUILDING GUIDELINES

PROGRESSION

In order to see continued change, you must continuously send a muscle-building signal and progress your exercise, meaning you do more cumulative work.

If you are able to finish all of your prescribed sets and the top end of the recommended repetition range for a given exercise, try increasing the weight you use in the next workout for that movement.

Coaches Suggestion:

- Upper Body Movements + 2 ½ - 5lbs.
- Lower Body Movements + 5-10lbs.

REGRESSION

For those new to exercise, a fewer number of rests & sets is required. Additionally, you may want to regress your exercise if you're experiencing any of the following:

- Extended soreness
- Decreased appetite
- Poor sleep

Coaches Suggestion:

- Decrease the number of sets of a given movement in your next workout
- Consult with a fitness professional

CARDIO

Aerobic activity has a variety of benefits, including building strength and stamina and supporting heart health.

When the goal is muscle building, it's important to adjust how much cardio you're doing to ensure you're not in a caloric deficit. For those with limited time, it also may be prudent for you to prioritize strength training sessions and frequency over focusing on dedicated cardiovascular exercise.

LIFESTYLE



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STRESS MANAGEMENT TIPS

When it comes to building muscle, all of the above stressors need to be balanced. Here are the top tips to managing stress:

✓ **OPTIMIZE YOUR SLEEP**

Adjust your workouts: If you have a night of poor sleep, adjust your workout the next day so it's lower-moderate intensity.

✓ **TAKE A SOCIAL MEDIA BREAK**

This can be done by either taking a complete break or through setting time limits or a cutoff time at night. Be sure not to start or end your day by scrolling social media.

✓ **"NO ELECTRONIC" TIME BREAKS**

Designate time breaks from electronic devices – especially the hour before bed. You could also consider abstaining from them first thing in the morning and perhaps for a family dinner.

✓ **PHONE-FREE BEDROOM**

Keep your bedroom phone-free, or at least on airplane mode – this will help you focus on having a more calm, restorative evening

✓ **SET A ROUTINE FOR MORNING AND EVENING**

Morning: Set intentions for the day and find a few quiet moments to yourself before the chaos of the day sets in.

Evening: Pack your lunch the next day, get your bag ready to ensure you will have what you need to get your workout in, and pick out your clothes for the next day to make the morning less hectic.

✓ **COMMIT TO A 10 MINUTE WALK**

When you're feeling overwhelmed throughout the day, get some fresh air and sunshine and sneak in a 10 minute break to refresh.

✓ **MAKE TIME FOR SUN & NATURE EACH DAY**

Evidence even shows the stress-relieving properties of being out in nature. Even if you don't have the time or desire to be fully outdoors-y, aim to get outside for at least 10-20 minutes each day for fresh air and sun exposure, ideally the first half of the day.

✓ **SCHEDULE YOUR STRESS MANAGEMENT**

Set appointments for yourself to ensure critical self-care actually happens. This could be your personal training appointment, Pilates class, massage, acupuncture, etc.

SLEEP

MANAGEMENT TIPS

Adequate, restorative sleep on a nightly basis is one of the unsung heroes of not only body composition and energy levels, but of overall health as well. **Not getting enough sleep will compromise your immune function and add stress to your body.** Try the below tips to optimize your sleep:

✓ **INCREASE YOUR HEART RATE**

Even if you cannot complete a full workout, ensure you get your heart rate up in the morning.

✓ **GET SOME SUN**

Exposure to sunlight can help set up an optimal circadian rhythm – aka you're internal clock

✓ **LIMIT STIMULANTS**

Stimulants interrupt melatonin production, leaving you sluggish. They stay in your system for hour, so avoid them after noon.

✓ **AVOID NIGHTCAPS**

Alcohol can severely interfere with REM sleep and negatively impact cortisol.

✓ **MUNCH ON VEGGIES**

Eating ½ cup of starchy vegetables at dinner may help with serotonin and melatonin production.

✓ **DECREASE BLUE LIGHT**

Blue light negatively impacts you sleep. After 7pm, use blue light filters on your electronics.

✓ **SET AN ALARM**

Remind yourself to start winding down at bedtime to help your brain recognize a normal sleep/wake cycle.

✓ **TURN DOWN THE LIGHTS**

Having bright lights on throughout your home at night can disrupt your body's concept of night and day.

✓ **ADJUST THE TEMP**

Crack a window or turn down the thermostat at night, and aim for less than 68 degrees. You'll sleep better.

✓ **BLACK IT OUT**

Keep your bedroom as dark as possible. Kill any artificial lights, night lights and electronics. Use blackout curtains if necessary.

APPENDIX



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MY DAILY - SYMPTOM TRACKER

Shade in the box associated with each food. Fill in the blank with symptom you'd like to track throughout the program.

[illegible]

CALORIE ADD ONS

Depending on your goals, your satiety, or your workouts, there may be times during the 60day where you need to bump up the calories in a meal or a snack. See below for a few options you can use to supplement your meals.

50-100 CALORIES

- 1 bell pepper
- 1 small banana
- 1 medium apple
- 2 Tbsp. hummus
- 1 scoop Life Time Collagen Protein
- 2 egg whites

100-200 CALORIES

- 1 Tbsp. olive oil
- 1 Tbsp. coconut oil
- 2 Tbsp. nut butter
- 2 eggs
- 1 cup low-sugar yogurt
- ½ cup blueberries
- ½ avocado
- ½ cup rice
- ½ cup quinoa
- 1 ½ scoops Life Time Collagen Protein
- 2 scoops Life Time Vegan or Whey
- 1 3 oz. can of tuna (in water)
- 4 oz. chicken breast
- ½ cup oats
- ¼ cup hummus

200-300 CALORIES

- 1 cup rice
- 1 cup quinoa
- 2 scoops Life Time Vegan All in One Protein or Whey All in One Protein
- ¼ cup almonds
- 1 cup black beans

300-350 CALORIES

- 1 whole avocado
- ½ cup pistachios



RECOMMENDED SNACKS

- 2 oz. nitrate-free beef jerky
- 1/2 cup cucumber slices + 2 Tbsp. guacamole
- 2 hard boiled eggs
- Small apple
- Whole red pepper + 2 Tbsp. hummus
- 1/4 cup olives (about 10)
- 10 celery strips with 2 Tbsp. almond butter
- [Veggie Roll Ups](#)
- 2 strips nitrate-free bacon
- 1 can BPA-free tuna
- 1 cup roasted veggies
- 1 scoop protein powder + 8 oz. water
- [Almond Butter Blender Muffins](#)
- 1 nitrate-free beef jerky stick

For more snack recipes, visit lifetime60day.com/recipes



MY WEEKLY GROCERY LIST

[illegible]

Don't forget to include ingredients for snacks and protein shakes!

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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.