



you for you

CHALLENGE



IMMUNITY GUIDE



LIFETIME[®]
HEALTHY WAY OF LIFE



TABLE OF CONTENTS

3	Welcome
4	Your Daily Non-Negotiables
5	How to Track your Progress
7	Eat to Support your Immune System
10	Your Healthy Plate
11	Meal Prep: Your Secret Weapon
12	Meal Prep: Planning out Meals
13	Meal Prep: Batch Cooking
14	Meal Prep: Freezer Meals
15	How to Build a Super Smoothie
16	How to Build a Sheet Pan Meal
18	No-to-Low Prep Meals
19	Stuck in a Pinch?
20	Your Base Supplements
21	How to use the Meal Plan
23	Meal Plan
31	Supplemental Immune Support
33	Exercise Guidelines
35	Managing Stress and Sleep
36	Stress Management Tips
37	Sleep Management Tips
39	My Daily Symptom Tracker
40	Calorie Add Ons
41	Recommended Snacks
42	My Weekly Grocery List

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.

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 at least one serving of fermented food (plain yogurt, sauerkraut, kimchi, kombucha)
- Eat at least one cup leafy greens, such as spinach
- Limit alcohol
- Limit sugar intake (<24g of added sugar)
- Take your daily gut supporting supplements (Probiotic, Digestive Enzymes, Collagen Protein)

EXERCISE

- Complete the daily workout
- Move Often
- Don't "Over-do" Cardio
- Include Active Recovery

LIFESTYLE

- Focus on your sleep routine
- Electronics off at least 1 hour before bed
- At least 8 hours of sleep

HOW TO

TRACK YOUR PROGRESS

When focusing on health and immunity, we recommend tracking *how you feel* after eating and exercising – otherwise known as **symptom tracking**. Symptom tracking can help identify changes on the inside that you may otherwise have missed. It provides motivation to keep going even before changes in body shape, size, etc. by pinpointing foods that bog you down.

After eating a meal, track how you feel using the chart on page 39. A few common symptoms are below. The goal is to feel satisfied and not physically hungry with no significant increase or decrease in energy.

A few common systems that you may have considered normal:

- Tired
- Energized
- Bloating
- Headaches
- Heartburn
- Sinus congestion
- Excess Gas/Belching

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

BODY COMPOSITION

- Helps analyze what exactly is changing – muscle, fat, water, etc.
- Can provide feedback on positive changes, even if scale body weight number is increasing (you might be gaining muscle)

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

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



NUTRITION



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60day

EAT TO SUPPORT YOUR IMMUNE SYSTEM

3 foods that support a healthy immune system:

FERMENTED FOODS

The bacteria in our large intestine play a large role in regulating our immune system. The bacteria levels in your colon can become off balance due to antibiotic use, a diet high in sugar or processed foods, or from not eating enough fermentable fibers and fermented foods.

- Plain fermented dairy (yogurt, kefir) with live & active cultures – dairy-free options such as no-added sugar coconut milk yogurt and water kefir can work too
- Fresh sauerkraut (not jarred/canned)
- Fresh kimchi (not jarred/canned)
- Low-sugar kombucha
- Fresh pickles not made with vinegar
- Coconut aminos
- For those who consume and tolerate soy: miso, natto, tempeh

BONE BROTH

Some of the nutrients in bone broth have been connected with supporting the digestive lining (which is important for immunity), joint health, and even supporting sleep.

Bone broth is full of flavor and nutritious and can be used as a base for soups, stews, and sauces – and can even be consumed hot on it's own as a warming beverage.

Aim to consume it several days per week.

COLLAGEN PEPTIDES

While collagen is found in bone broth, Life Time collagen peptides provide a more potent dose in an easy, convenient way.

Collagen peptides are typically well-tolerated and blend easily into liquids without thickening them, so it's a great add to hot coffee, tea, or if you're using unflavored – soups.

EAT TO SUPPORT YOUR IMMUNE SYSTEM

Foods that support a healthy immune system:

Proteins	Veggies	Carbs	Fats
<ul style="list-style-type: none"> - Beef - Salmon - Tuna - Chicken - Turkey - Eggs - Ham - Yogurt - Shrimp 	<ul style="list-style-type: none"> - Broccoli - Brussels sprouts - Spinach - Carrots - Bell peppers - Leafy greens - Asparagus 	<ul style="list-style-type: none"> - Potatoes - Pumpkin - Sweet potato - Citrus - Strawberries - Black-eyed peas - Chickpeas - Lentils 	<ul style="list-style-type: none"> - Peanuts - Pumpkin seeds - Avocado - Brazil nuts - Cashews

For reference: Tops foods for each immune-supporting nutrient

<ul style="list-style-type: none"> - Beef liver - Sweet potato - Spinach - Pumpkin - Carrots 	<ul style="list-style-type: none"> - Bell peppers - Citrus - Broccoli - Strawberries - Brussels sprouts 	<ul style="list-style-type: none"> - Salmon - Tuna - Beef liver - Egg yolks 	<ul style="list-style-type: none"> - Wheat germ - Nuts - Seeds - Peanuts - Spinach - Broccoli
<ul style="list-style-type: none"> - Beef liver - Spinach - Leafy greens - Black-eyed peas - Asparagus - Brussels sprouts - Avocado 	<ul style="list-style-type: none"> - Chickpeas - Beef liver - Salmon - Tuna - Poultry - Potatoes 	<ul style="list-style-type: none"> - Clams - Beef liver - Trout - Wild salmon - Tuna - Beef - Nutritional Yeast 	<ul style="list-style-type: none"> - Beef liver - Oysters - Cocoa Powder - Potatoes - Mushrooms - Cashews
<ul style="list-style-type: none"> - Oysters - Red meat - White beans - Kidney beans - Dark chocolate/cocoa - Beef liver - Lentils - Spinach - Tofu 	<ul style="list-style-type: none"> - Brazil nuts - Tuna - Halibut - Sardines - Ham - Shrimp - Beef 	<ul style="list-style-type: none"> - Oysters - Beef - Crab - Lobster - Pork - Baked beans - Dark meat chicken - Pumpkin seeds - Yogurt - Cashews 	<ul style="list-style-type: none"> - Salmon - Herring - Sardines - Mackerel - Trout - Oysters - Sea Bass

EAT TO SUPPORT YOUR IMMUNE SYSTEM

NON-APPROVED FOODS

Several foods can add stress to the body and move our health and immune system in the wrong direction.

- Alcohol
- Fruited yogurt
- Juice
- Sweetened beverages (unless they're sweetened with stevia, monk fruit, allulose, or erythritol)
- Artificial sweeteners – **be sure to check your protein bars, sauces, and any protein powders**
 - Sucralose
 - Ace-k/acesulfame potassium
 - *Approved natural sweeteners:* stevia, monk fruit, allulose, and erythritol.
 - *Approved sugar alcohols:* xylitol and malitol
- Artificial colors
- Added sugars – especially in high amounts

MORE ON ADDED SUGARS

When prioritizing immunity aim to limit added sugars to less than 24 grams per day, or six teaspoons.

Once you learn to spot added sugars on a label, it's eye-opening to see how pervasive it is in processed foods and the Western food supply. Even innocent-sounding added sugars (such as fruit juice concentrate or honey) contribute to your total added sugar intake.

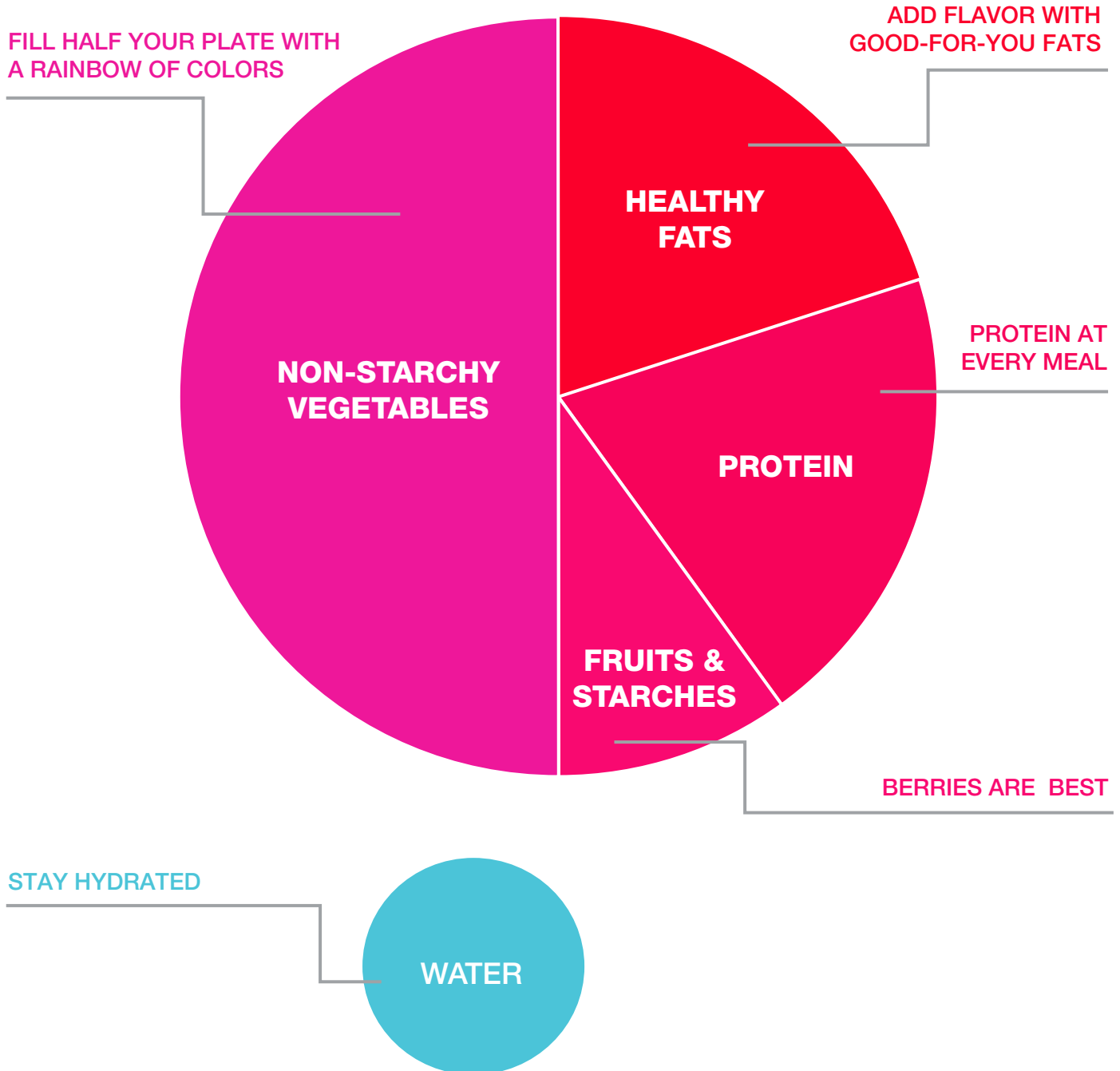
SPOTTING ADDED SUGAR ON LABELS

- | | | |
|---------------------------|----------------------------|------------------------|
| - Cane Sugar | - Brown rice syrup | - Invert sugar |
| - Coconut sugar | - Corn syrup | - Barley malt |
| - Coconut Palm sugar | - High fructose corn syrup | - Fruit nectar |
| - Fructose | - Corn syrup solids | - Malt syrup |
| - Dextrose | - Maple syrup | - Agave |
| - Maltose | - Raw sugar | - Evaporated sweetener |
| - Sucrose | - Fruit juice solids | - Honey |
| - Fruit juice concentrate | - Apple juice concentrate | - Molasses |

YOUR HEALTHY PLATE

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Here's what a healthy plate could look like for you, with minor adjustments made based on your individual goals.



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

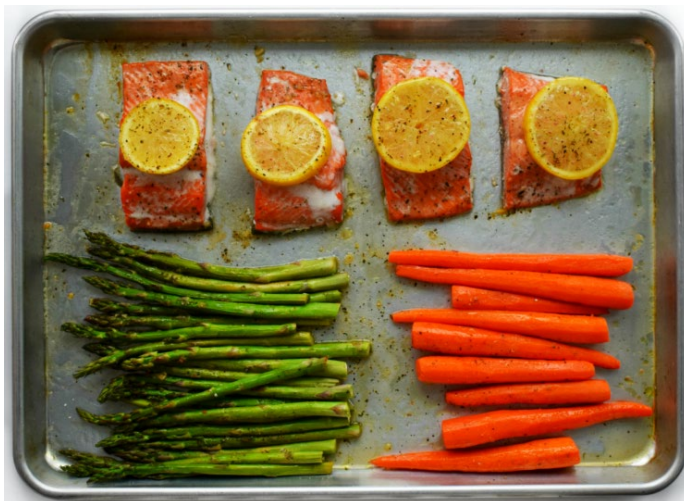
4. ADD FLAVOR

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 you 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 microwavable 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

Most people 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 metabolisms are all different, so we've built this sample meal plan with that in mind, hoping to provide enough structure that it makes your nutrition easier, but enough flexibility that it works for each individual.

Here's how it works. We've set up three primary meals per day, but you get to choose all of your snacks (and desserts). If you like to eat more often throughout the day, include smaller, less filling snacks more often. If you feel content with bigger meals, stick to the meal plan and only have 1-2 snacks per day. Do what works best for you, and 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 second nature to you.

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 is approved. If you find a recipe online you want to use but aren't sure if it's approved, just reach out to 60day@lt.life.

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

THE BASE

Each day is programmed to 100% of your daily total calories needs based on a 2,000 calorie diet (from breakfast, lunch and dinner). We've got recommendations below on your total calorie needs, but this is where that flexibility comes in if you already know your metabolism and your body – if you need more calories than what we recommend, choose your snacks accordingly (or double up on your servings). We also include a page on calorie add-ons – quick ingredients you can add to any meal to bump it up when needed.

WOMEN

We recommend shooting for about 2,000 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 150g
- Carbs: 35% or 175g
- Fat: 35% or 77g

MEN

We recommend shooting for about 2,500 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 185g
- Carbs: 35% or 220g
- Fat: 35% or 95g

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

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Mediterranean Egg Cups + 1 cup Berries	Oven Roasted Sausage with Sweet Potatoes and Grapes + 1 cup Veggies	Sweet Potato, Apple and Maple Turkey Skillet	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	Beef and Broccoli + ½ cup rice	Optional (pg.12)
WED.	Mediterranean Egg Cups + 1 cup Berries	Oven Roasted Sausage with Sweet Potatoes and Grapes + 1 cup Veggies	Pesto Salmon with Potatoes and Green Bean	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Sweet Potato, Apple and Maple Turkey Skillet	Beef and Broccoli + ½ cup rice	Optional (pg.12)
FRI.	Mediterranean Egg Cups + 1 cup Berries	Pesto Salmon with Potatoes and Green Bean	Turkey Pumpkin Chili	Optional (pg.12)
SAT.	Breakfast Hash + 1 cup Berries	Turkey Pumpkin Chili	Harvest Hash	Optional (pg.12)
SUN.	Brinner Bowl	Harvest Hash	One Pan Chicken Sausage and Veggie Bake	

WEEK ONE

MEAL PREP DAYS

SUNDAY

[Mediterranean Egg Cups](#)

What you'll need:

- coconut oil
- yellow onion
- red bell pepper
- garlic
- mushrooms
- ½ lb. ground turkey
- sun-dried tomatoes
- spinach
- feta cheese (optional)
- italian seasoning
- coconut oil cooking spray
- eggs

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

What you'll need:

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

[Roasted Veggies](#)

What you'll need:

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

MONDAY

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

What you'll need:

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

WEEK ONE

MEAL PREP DAYS

TUESDAY

[Beef and Broccoli](#)

What you'll need:

- 1 lb. flank steak
- broccoli
- coconut aminos
- sesame oil
- honey
- garlic
- fresh ginger
- black pepper

[Rice](#)

What you'll need:

- 1 cups rice
- water or unsalted chicken broth

WEDNESDAY

[Pesto with Salmon and Green Beans](#)

What you'll need:

- 2 salmon filets
- baby potatoes
- green beans
- olive oil
- pesto
- lemon

THURSDAY – *No Preparation Needed*

FRIDAY

[Turkey Pumpkin Chili](#)

What you'll need:

- 1 lb. ground turkey
- pumpkin puree
- can diced tomatoes
- can red kidney beans
- ½ yellow onion
- green pepper
- yellow pepper
- garlic
- chili powder
- cumin
- ground cinnamon
- jalapeno (optional)
- cilantro (optional)

WEEK ONE

MEAL PREP DAYS

SATURDAY

[Breakfast Hash](#)

What you'll need:

- sweet potato
- eggs
- breakfast sausage links
- bell pepper
- red onion
- coconut oil

[Harvest Hash](#)

What you'll need:

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

SUNDAY

[Brinner Bowl](#)

What you'll need:

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

[One Pan Chicken Sausage and Veggie Bake](#)

What you'll need:

- olive oil
- 1 pack cooked chicken sausage links
- sweet potatoes or butternut squash
- brussels sprouts
- carrot
- beet
- bell pepper
- red onion
- garlic powder
- fresh rosemary

WEEK TWO

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Harvest Hash	Steak Bites with Sweet Potatoes and Peppers + 2 cups Veggies	Optional (pg.12)
TUE.	Meal Replacement Protein Shake	One Pan Chicken Sausage and Veggie Bake	Healthy Fried Rice	Optional (pg.12)
WED.	Meal Replacement Protein Shake	Steak Bites with Sweet Potatoes and Peppers + 2 cups Veggies	Sheet Pan Meal	Optional (pg.12)
THU.	Meal Replacement Protein Shake	Healthy Fried Rice	Oven Roasted Pork Chop + Veggies	Optional (pg.12)
FRI.	Meal Replacement Protein Shake	Oven Roasted Pork Chop + Veggies	Blackened Salmon Cesar Salad	Optional (pg.12)
SAT.	French Toast + 1 cup Berries	Sheet Pan Meal	Shrimp Stir Fry	Optional (pg.12)
SUN.	Brinner Bowl	Shrimp Stir Fry	Blackened Salmon Cesar Salad	

WEEK TWO

MEAL PREP DAYS

MONDAY

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

What you'll need:

- 1 lb. skirt steak
- sweet potato
- onion
- garlic
- coconut oil
- bell peppers
- coconut aminos
- balsamic vinegar
- fresh rosemary

[Roasted Veggies](#) (double batch)

What you'll need:

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

TUESDAY

[Healthy Fried Rice](#)

What you'll need:

- cooked quinoa
- cooked basmati rice
- 3/4 lb. chicken breasts
- sesame oil
- coconut oil
- frozen peas
- Carrots
- yellow onion
- garlic
- eggs
- coconut aminos

WEEK TWO

MEAL PREP DAYS

WEDNESDAY

Sheet Pan Meal (page 16)

THURSDAY

[Oven Roasted Pork Chop + Veggies](#)

What you'll need:

- 4 boneless center pork chops
- potatoes
- 1 yellow zucchini
- bunch asparagus
- olive oil
- oregano

FRIDAY

[Blackened Salmon Cesar Salad](#)

What you'll need:

- nitrate-free bacon
- 2 salmon filets, skin on
- 1 cumin
- chili powder
- garlic powder
- onion powder
- paprika
- lemon
- lemon
- shaved brussels sprouts
- full-fat greek yogurt
- lemon juice and zest
- Dijon mustard
- Worcestershire sauce
- garlic powder
- parmesan cheese

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

[Shrimp Stir-Fry](#)

What you'll need:

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

SUNDAY

[Brinner Bowl](#)

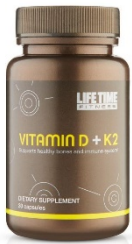
What you'll need:

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

SUPPLEMENTAL IMMUNE SUPPORT

You're likely to come across a lot of information about supplements that support a healthy immune system.

These are the priority to focus on first as your go-to [Immune Bundle](#), in addition to the core Life Time multivitamin and omega-3 fish oil that we recommend everyone begin with.



LIFE TIME VITAMIN D + K2

Unique formula combining Vitamin D3 with Vitamin K2 to support healthy levels of two nutrients which are difficult to consume enough of through food only.*



MULTIPRO 30B PROBIOTIC

MultiPro 30B Probiotic is formulated to help support a healthy balance of beneficial bacteria in the colon, help promote digestive health, bacterial diversity of the colon, and overall immune health. Some of the included strains may also benefit individuals with occasional digestive or bowel distress.*



VITAMIN C

Promotes healthy immune function and supports injury repair*



EXERCISE



LIVE LIFE
HEALTHY WAY OF LIFE

the
60day



EXERCISE 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](#). Don't have equipment? No worries – you can complete each workouts with or without. If you come across any exercises that aren't feeling right, feel free to send your coaches a note at 60day@lt.life.

MOVE OFTEN

Forceful muscle contractions, like those unique to resistance training, and consistent, regular movement are critical to help your body circulate immune cells through your lymphatic system.

Like your circulatory system, your lymphatic system is a network of tissues and canals throughout your body that's used to circulate immune cells, antibodies, and fatty acids. However, it doesn't have a pump; *you are the pump*.

Taking periodic breaks throughout your day may be a helpful strategy to better manage other life demands or stressors too, so make it a point to get up and move often even if it's not for a dedicated workout.

DON'T "OVER-DO" CARDIO

More or harder exercise isn't always better. Better exercise is better.

There are many potential benefits of aerobic or cardiovascular training, but as with anything that may be good, too much may also be detrimental at a certain point.

High-intensity and/or long-duration cardiovascular training is stressful on the body. The stress of "doing cardio" produces massive amounts of oxidative stress, and the mechanical stress of the sustained, repetitive motions creates a great deal of tissue breakdown. To be clear, these insults are what stimulates your body to adapt, so they're not always a negative thing.

Lower-intensity walks are a great way to keep your stress levels under control and meet your cardio needs outside of workouts.

INCLUDE ACTIVE RECOVERY

If you think you might be over-doing cardio but want to stay active between resistance training sessions, remember there are a number of exercise formats that will complement your overall health and wellbeing.

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.



LIFESTYLE



LIVE WELL
HEALTHY WAY OF LIFE | the 60day



MANAGING STRESS & SLEEP

The health of the immune system is closely tied to our body's cumulative stress load.

OUR BODIES ARE DESIGNED TO HANDLE STRESS

In fact, stress allows our bodies to adapt and survive. During times of stress, our adrenal glands release essential hormones including cortisol, our primary “fight-or-flight” hormone. It functions to quickly supply the energy we need to respond to the perceived threat. It's highest in the morning to help us wake up and feel alert and should naturally decline by evening to allow for restful sleep. It's also released throughout the day to respond to acute stressors and quickly comes back down as the body returns to a state of homeostasis.

SO WHAT'S THE ISSUE?

With the way we live today, we don't often make it back to baseline. Think of your ability to handle stress like a cup with a finite capacity to hold all of our stressors. Emotional and physical stressors like lack of sleep, work, relationships, poor nutrition, prescription or over-the-counter drugs, and toxins all take up space in our cup. Good stress, like exercise, or positive life changes also take up space. When your cup overflows, you've surpassed your tolerance for stress—a concept known as allostatic load. Each time you take action to recover from stress, like self-care activities, sleep, play, or recovery exercise, it's like pouring a little water out.

When we leave minimal margin, even positive stressors like exercise can send us over the edge and create metabolic barriers that stand in the way of our goals. The result is often weight gain, stubborn belly fat, poor digestion, disrupted hormonal balance, and imbalanced immunity.

STRESS

MANAGEMENT TIPS

When it comes to supporting the immune system, 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 immune 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



LIVE LIFE
HEALTHY WAY OF LIFE

the
60day



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



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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.