

YOUR EIGHT WEEK RUN.

THRESHOLD
FITNESS

to LIFE

WEEK TWO - EIGHT.
Ignite Phase, Melt Your Belly.

BURN. SCULPT. RESTORE

1

Burn your belly fat.

2

Sculpt your body.

3

Restore your digestive system.

In the this phase, you'll be following the same principles as the Detox Phase, only the plan will be expanded to turn your metabolism into a fat burning machine.

STEP ONE

Burn your belly fat by adding more food, complex carbs and metabolism boosters.

- Add a 6th meal to keep your body fueled and attack its stored fat, especially your trouble areas.
- Add complex carbs like brown rice, quinoa & sweet potatoes to a maximum of 1-2 of your meals per day to help keep you more satisfied. *(complex carbs can cause water retention, only add daily if they do not cause bloating.)*
- Add metabolism booster to ignite your body's furnace and maximize fat burning.

Sculpt your body by activating your engine with cardio & strength training.

Sculpting is all about activating all your muscles and working out smarter, not harder.

Here is exactly how to rock your exercise *(adjust the days below to match your schedule):*

MON
WED
FRI

Strength Training
2-3 Days Per Week
30 Minutes
pilates, yoga, workout class, cross fit, weights.

TUE
THUR

High Intensity Cardio
2 Days Per Week
30 Minutes
jumping rope, sprinting, spinning, run stairs.

1 Min. High HR & 1 Min. Recovery

MON
thru
FRI

Fat Burning Cardio
4-5 Days Per Week
30 - 60 Minutes
stair climbing, cycling, jogging, walking, elliptical, swimming.

STEP TWO

NOTE: Perform all strength training and high intensity cardio before fat burning cardio.

STEP 3

Restore your digestive system with pro-biotics.

Your Detox Phase cleaned out your colon and now it's time to Restore your digestive tract. Pro-Biotics are live bacteria that help restore your digestive system & assist in allowing your intestines to optimally function.



FEMALE PORTION SIZE

Protein



- 1 Palm
or
• 3-4 oz

Carbs



- 1 Fist
or
• 3 oz

Fats



- 1 Thumb



MALE PORTION SIZE

Protein



- 2 Palm
or
• 5-6 oz

Carbs



- 2 Fist
or
• 5 oz

Fats



- 1 Thumb

CLEAN FOOD LIST | UPDATED.

For Your Ignite Phase - List of Foods Below.

PROTEINS

Lean Proteins

- **Bison** *Extra Lean*
- **Chicken**
- **Egg Whites**
- **Hemp**

Low in fat, ex. Hemp Powder

Lean Fish

*Shellfish can be eaten in this phase.
Ex. Bass, Halibut, Tilapia, Tuna, etc.*

- **Turkey**
- **Venison**

Non-Lean Proteins

do not choose a fat with any of these options

- **Beef** *(Filet)*
 - **Beef** *(Ground 99% Lean)*
 - **Egg Whole**
 - **Fish**
- Non-Lean, ex. Salmon*
- **Hemp** *(regular fat content)*
 - **Lamb**
 - **Pork Tenderloin**

Protein Powder (shakes)

- **Whey & Casein** *Zen Fuze - Available at Threshold Fitness*
- **Hydrolyzed Whey** *BNRG ProtoWhey*
- **Plant Based** *Vega One or Warrior Blend*
- **Egg Whites** *Multiple Quality Brands*

CARBS

Veggies

- **Bell Peppers**
- **Green Beans**
- **Broccoli**
- **Carrots**
- **Cucumber**
- **Tomato, etc.**

Fruits

- **Apples**
- **Mangos**
- **Bananas**
- **Grapefruit**
- **Berries**
- **Oranges, etc.**

Grains / Calorie Dense Carbs*

Choose Gluten Free When Relevant

- **Beans** *(fresh/dried ex. black, kidney, garbanzo)*
- **Brown Rice**
- **Millet**
- **Oatmeal**
- **Potatoes** *(preferably sweet)*
- **Quinoa**
- **Yams**

FATS

Avacodo

Chia & Flax Seeds

Raw Nuts & Natural Nut Butters

Oils

- **Olive**
- **Coconut**
- **Macadamia**
- **Olives***

PLEASE NOTICE:

Both Grains/Calorie Dense Carbs, Condiments & Non-Lean Proteins besides Salmon are new to the Ignite food list.



For Grains/Calorie Dense Carbs & Olives, Please only use hand sizes rather than weights.

For more information on this plan, please go to www.thresholdspokane.com



FREE FOODS

Herbs

- **Basil**
- **Bay Leaves**
- **Cilantro**
- **Parsley**
- **Rosemary**
- **Thyme**

Spices

- **Cinnamon**
- **Garlic**
- **Ginger**
- **Nutmeg**
- **Peppercorns**
- **Saffron**

Leafy Greens

- **Collard Greens**
- **Kale**
- **Lettuce**
- **Spinach**

Repeat this meal plan each day for the next 7 weeks.

- ➔ Keep “eating in 3’s” and follow the meal time guidelines presented in the Detox Phase.
- ➔ New Meal Guidelines for Ignite Phase
If you fall off plan for more than 2-3 days, you can “Re-Boot” your plan by simply repeating your 7 day detox phase.
You can have 1 protein bar or ready to drink shake at max per day.
- ➔ Supplements are optional, they are designed to Turbo Charge Your Results.



Guys

- Drink at least 4 to 6 liters per day.
- Some with each meal & between each meal

Ladies

- Drink at least 2 to 4 liters per day.
- Some with each meal & between each meal

IGNITE MEAL PLAN FOR FEMALES

Breakfast (ex. Vegetable Omelet with Olive Oil)

- 3 oz of protein (3-4 oz)
- 3 oz of Carb (size of your fist)
- 1 serving of fat (1 thumb)
- Essential Fat & Fiber Supplements
 - Omega 3 Fatty Acids - 3000 mg (3 gel caps)
 - Psyllium Husk - 5g (approx. 1 heaping TSP)
(fiber supp. is optional if having daily bowel mvmts)

Mid Morning

- 1 Shake Serving (use only water, if needed, can add 1/2 cup of unsweetened almond milk or coconut water.)
- Fat Burning Supplements (take 15 mins before meal)
 - Zen Shape

Lunch

- 3 oz protein (3-4 oz)
- 3 oz of fruit or vegetables (size of your fist)
- 1 serving of fat (1 thumb)
**may also choose a different fat food from list*

Mid Afternoon

- 1 Shake Serving (use only water, if needed, can add 1/2 cup of unsweetened almond milk or coconut water.)
- Digestive Supplement
 - Pro-Biotic - 1 Capsule
- Fat Burning Supplement (take 15 minutes before meal)
 - Zen Shape

Dinner (ex. Halibut, Green Beans & Sliced Almonds)

- 3 oz of Protein (3-4 oz)
- 3 oz of Carbs (size of your fist)
- 1 Serving of fat (1 thumb)
- Fiber Supplement
 - Psyllium Husk - 5g (approx. 1 heaping TSP)
(fiber supp. is optional if having daily bowel mvmts)

Late Nights (Optional - Eat if hungry)

- Shake or meal consisting of Protein, Fat or Carbs

IGNITE MEAL PLAN FOR MALES

Breakfast (ex. Vegetable Omelet with Olive Oil)

- 5 oz of protein (5-6 oz)
- 5 oz of Carb (size of your fists)
- 1 serving of fat (1 thumb)
- Essential Fat & Fiber Supplements
 - Omega 3 Fatty Acids - 3000 mg (3 gel caps)
 - Psyllium Husk - 5g (approx. 1 heaping TSP)
(fiber supp. is optional if having daily bowel mvmts)

Mid Morning

- 2 Shake Servings (use only water, if needed, can add 1/2 cup of unsweetened almond milk or coconut water.)
- Fat Burning Supplements (take 15 mins before meal)
 - Zen Shape

Lunch

- 5 oz protein (5-6 oz)
- 5 oz of fruit or vegetables (size of your fists)
- 1 serving of fat (1 thumb)
**may also choose a different fat food from list*

Mid Afternoon

- 2 Shake Servings (use only water, if needed, can add 1/2 cup of unsweetened almond milk or coconut water.)
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