

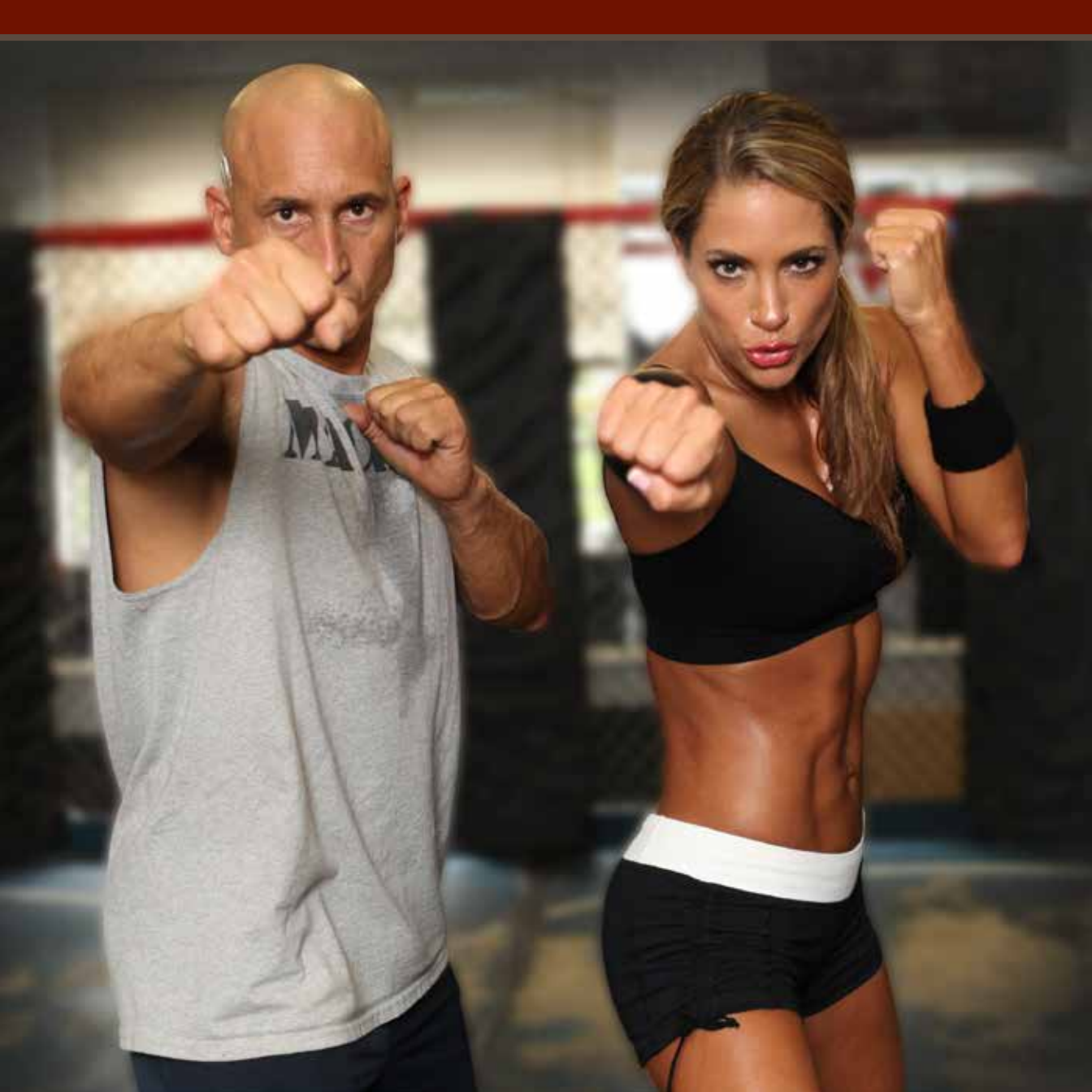


JN
FUSION

14 DAY

EXTREME

RAPID MAKEOVER



14-Day Extreme Rapid Makeover

If you are preparing to take the final photo of your transformation, getting ready to walk on stage for a show or competition, trying to lose excess water weight that is bloating you out, or just want to “dial it in” for a special event to look and feel your best, then this is the perfect extreme rapid makeover for you!

During this two week makeover, there will not be a lot of variety, but you will absolutely see results!

You are going to limit your diet to mostly protein and vegetables.

We recommend only working out in the morning, but if you have to, you can work out in the evening. Never skip a workout because you can't do it in the morning.

During the last seven days of this, you will want to eat plenty of the following: asparagus, cucumber, celery, black coffee, and tea (dandelion root tea).

You have to stay away from all salt and sodium, including hot sauce and soy sauce. You will want to increase your water intake by 30% in the beginning of the last week. On day 11, start cutting back water slowly. On day 12, cut back water intake even more. On day thirteen, only sip water and have an intense workout session. On the day of your event, only sip water. Afterwards, you can go back to your regular water intake.

Congratulations! You have made it!

** Please note: This is for individuals who have been working out to JNL Fusion and are 5-10 pounds away from their goal weight and figure.*



DAY 1

MEAL PLAN

BREAKFAST:

3 eggs
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX
1 medium apple

LUNCH:

4 oz. skinless chicken breast, grilled, baked, or steamed
1 cup sweet potato
2 cups spinach

SNACK:

Protein FX
12 almonds

DINNER:

4 oz. skinless chicken breast, grilled, baked, or steamed
15 asparagus spears

DAILY TOTAL:

Protein: 123g Carbs: 84g Fat: 40g

DAY 2

MEAL PLAN

BREAKFAST:

4 egg whites
½ avocado
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX
½ cup blueberries

LUNCH:

4 oz. skinless chicken breast, grilled, baked, or steamed
2 cups spinach
½ cup kidney beans

SNACK:

Protein FX
½ cup blueberries

DINNER:

4 oz. salmon, grilled or baked
½ cup baked zucchini
½ cup broccoli
½ cup squash
1 tbsp olive oil

DAILY TOTAL:

Protein: 124g Carbs: 86g Fat: 37g





DAY 3

MEAL PLAN

BREAKFAST:

3 eggs
1/3 cup black beans
3 mini bell peppers

SNACK:

Protein FX scoop
8 almonds
1/2 grapefruit

LUNCH:

3 oz. skinless chicken breast, grilled, baked, or steamed
1/2 cup pinto beans
2 cups spinach

SNACK:

Protein FX scoop
8 almonds
1/2 grapefruit

DINNER:

3 oz. skinless chicken breast, grilled, baked, or steamed
7 button mushrooms
2 cups mixed green salad

DAILY TOTAL:

Protein: 127g Carbs: 87g, Fat: 40g

DAY 4

MEAL PLAN

BREAKFAST:

3 eggs
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX
1 medium apple

LUNCH:

4 oz. skinless chicken breast, grilled, baked, or steamed
1 cup sweet potato
2 cups spinach

SNACK:

Protein FX
12 almonds

DINNER:

4 oz. skinless chicken breast, grilled, baked, or steamed
15 asparagus spears

DAILY TOTAL:

Protein: 123g Carbs: 84g Fat: 40g



DAY 5

MEAL PLAN



BREAKFAST:

3 eggs
1/3 cup black beans
3 mini bell peppers

SNACK:

Protein FX
1 tbsp. peanut butter

LUNCH:

3 oz. skinless chicken breast, grilled, baked, or steamed
2 cups spinach
1 cup sweet potato

SNACK:

Protein FX

DINNER:

4 oz. salmon, grilled or baked
1/2 cup baked zucchini
1/2 cup broccoli
1/2 cup squash
1 tbsp. olive oil

DAILY TOTAL:

Protein: 122g Carbs 85g Fat 45g

DAY 6

MEAL PLAN

BREAKFAST:

4 egg whites
½ avocado
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX
½ cup blueberries

LUNCH:

4 oz. skinless chicken breast, grilled, baked, or steamed
2 cups spinach
½ cup kidney beans

SNACK:

Protein FX
½ cup blueberries

DINNER:

4 oz. salmon, grilled or baked
½ cup baked zucchini
½ cup broccoli
½ cup squash
1 tbsp. olive oil

DAILY TOTAL:

Protein: 124g Carbs: 86g Fat: 37g



DAY 7

MEAL PLAN



BREAKFAST:

3 eggs
1/3 cup black beans
3 mini bell peppers

SNACK:

Protein FX scoop
8 almonds
1/2 grapefruit

LUNCH:

3 oz. skinless chicken breast, grilled, baked, or steamed
1/2 cup pinto beans
2 cups spinach

SNACK:

Protein FX scoop
8 almonds
1/2 grapefruit

DINNER:

3 oz. skinless chicken breast, grilled, baked, or steamed
7 button mushrooms
2 cups mixed green salad

DAILY TOTAL:

Protein: 127g Carbs: 87g, Fat: 40g

DAY 8

MEAL PLAN

BREAKFAST:

4 egg whites
½ cup 2% cottage cheese
8 cherry tomatoes
2 cups spinach

SNACK:

1 cup cucumber slices
1 cup Plain Greek Yogurt

LUNCH:

½ cup sweet potato
2 cups spinach
4 oz. skinless chicken breast, grilled, baked, or steamed

SNACK:

Protein FX
8 almonds

DINNER:

½ cup zucchini baked
15 medium asparagus spears
4 oz. skinless chicken breast, grilled, baked, or steamed

SNACK:

Protein FX
8 almonds

DAILY TOTAL:

Protein: 155g Carbs 72g Fat 31g



DAY 9

MEAL PLAN



BREAKFAST:

4 egg whites
¼ cup pinto beans
½ avocado
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX
1 tbsp. peanut butter

LUNCH:

4 oz. tuna
½ cup zucchini
10 asparagus spears
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX

DINNER:

4 oz. skinless chicken breast, grilled, baked, or steamed
½ cup broccoli
½ cup squash

SNACK:

¾ cup 2% cottage cheese

DAILY TOTAL:

Protein 146g Carbs 77g Fat 33g

DAY 10

MEAL PLAN

BREAKFAST:

3 eggs
1 cup spinach
5 cherry tomatoes
4 mushrooms
½ cup cucumber

SNACK:

Protein FX

LUNCH:

5 oz. salmon, grilled or baked
½ cup broccoli
½ cup zucchini
3 mini bell peppers
10 asparagus spears

SNACK:

Protein FX

DINNER:

4 oz. skinless chicken breast, grilled, baked, or steamed
2 cups spinach
8 cherry tomatoes
¼ cup cucumber
1 tsp. olive oil

SNACK:

1 cup 2% cottage cheese
8 cherry tomatoes
1 celery stick

DAILY TOTAL:

Protein 152g Carbs 71g Fat 35g



DAY 11

MEAL PLAN



BREAKFAST:

4 egg whites
½ cup 2% cottage cheese
8 cherry tomatoes
2 cups spinach

SNACK:

1 cup cucumber slices
1 cup Plain Greek Yogurt

LUNCH:

½ cup sweet potato
2 cups spinach
4 oz. skinless chicken breast, grilled, baked, or steamed

SNACK:

Protein FX
8 almonds

DINNER:

½ cup zucchini baked
15 medium asparagus spears
4 oz. skinless chicken breast, grilled, baked, or steamed

SNACK:

Protein FX
8 almonds

DAILY TOTAL:

Protein: 155g Carbs 72g Fat 31g

DAY 12

MEAL PLAN

BREAKFAST:

4 egg whites
¼ cup pinto beans
½ avocado
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX
1 tbsp. peanut butter

LUNCH:

4 oz. tuna
½ cup zucchini
10 asparagus spears
8 cherry tomatoes
2 cups spinach

SNACK:

Protein FX

DINNER:

4 oz. skinless chicken breast, grilled, baked, or steamed
½ cup broccoli
½ cup squash

SNACK:

¾ cup 2% cottage cheese

DAILY TOTAL:

Protein 146g Carbs 77g Fat 33g





DAY 13

MEAL PLAN

BREAKFAST:

3 eggs
1 cup spinach
5 cherry tomatoes
4 mushrooms
½ cup cucumber

SNACK:

Protein FX

LUNCH:

5 oz. salmon, grilled or baked
½ cup broccoli
½ cup zucchini
3 mini bell peppers
10 asparagus spears

SNACK:

Protein FX

DINNER:

4 oz. skinless chicken breast, grilled, baked, or steamed
2 cups spinach
8 cherry tomatoes
¼ cup cucumber
1 tsp olive oil

SNACK:

1 cup 2% cottage cheese
8 cherry tomatoes
1 celery stick

DAILY TOTAL:

Protein 152g Carbs 71g Fat 35g

DAY 14

MEAL PLAN

BREAKFAST:

4 egg whites
½ cup 2% cottage cheese
8 cherry tomatoes
2 cups spinach

SNACK:

1 cup cucumber slices
1 cup Plain Greek Yogurt

LUNCH:

½ cup sweet potato
2 cups spinach
4 oz. skinless chicken breast, grilled, baked, or steamed

SNACK:

Protein FX
8 almonds

DINNER:

½ cup zucchini baked
15 medium asparagus spears
4 oz. skinless chicken breast, grilled, baked, or steamed

SNACK:

Protein FX
8 almonds

DAILY TOTAL:

Protein: 155g Carbs 72g Fat 31g

