



YOUR JOURNEY TO A TIGHT & FIRM FITBODY STARTS HERE!

Nothing is sexier than having a toned and defined body, and the confidence that goes along with it! Julie's Fit 40+ Nutrition and Supplement Plan will help you add lean muscle and increase your metabolism while losing bodyfat. Designed to work with the unique needs of women in their 40's, 50's & 60's, you will have more energy, increased libido and get that tight, strong muscle that will take you to the next level.

Women over 40 have specific needs that aren't usually addressed in most general fat loss programs. With Julie's Fit 40+ program find out what you need to get your very best body now!

- Feel great inside & out!
- Support your changing metabolism.
- Increase your libido!
- Tighten your trouble spots.

Choose your level: Fundamental, Advanced or Max Fit at 40+

Nutrition: An easy to follow, sensible diet that has been proven to work in the real world. This is not an extreme, crash diet but rather a balanced plan that will give you more energy and keep you satisfied.

Supplements: You'll see faster and more lasting results by using super premium supplements from Beverly International, specifically recommended to work with the nutrition plan including instructions on how to take them.

Options: Julie's own Healthy Food Options List to help you stay on track with plenty of enticing and yummy healthy alternatives to keep you from being bored and falling off the plan.

Experiment & Enjoy!

Julie



**YOUR
RECIPE FOR
SUCCESS**



**TOOLS TO HELP YOU
TRANSFORM
YOUR BODY AND YOUR LIFE**



1600 Calorie 40% Protein, 30% Carbs, 30% Fat

Meal #1

1 whole egg	(70 cals Protein/Fats)
3 egg whites	(45 cals Protein)
1/2 cup mixed omlette veggies	(20 cals veggies)
1/4 cup oatmeal (before cooking)	(75 cals complex carbs)
1/2 grapefruit	(50 cals fruit)



Meal #2

Ultimate Muscle Protein Shake	(260 cals Protein)
2 Scoops Ultimate Muscle Protein or 1 scoop UMP & 1 scoop Provosyn; add water to desired consistency	

DIET IS KEY.
80% OF THE
RESULTS YOU'LL SEE
COME FROM
CHANGES HERE

Meal #3

6 oz. Grilled Chicken	(170 cals Protein)
3 oz. sweet potato	(75 cals Complex Carbs)
2 cups vegetables (broccoli, etc.)	(60 cals veggies)



Meal #4 (240 calories)

1/2 cup Plain Greek Yogurt	(70 cals Protein - I prefer Chobani)
1/2 cup mixed berries	(50 cals Fruit)
1/4 cup almonds	(90 cals from healthy fats)

Meal #5

8 oz. Talapia or other white fish	(170 cals Protein)
2 cups steamed mixed vegetables	(60 cals veggies)

Meal #6

1 scoop Ultimate Muscle Protein or 1 scoop Provosyn mixed with water as a shake or pudding.	(130 calories Protein)
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**SUGGESTED
NUTRITION
PLAN**

*Be sure to substitute meals with healthy options as you like



Bored with eating chicken and rice everyday?

There is no reason to suffer through a boring diet that makes you feel like you are, well, dieting. Below is a list of my favorite healthy foods. Mix, match and rotate as you would like, being sure that as you swap foods, you stay within that macronutrient group.

Calories are important, so be sure when you make a swap, you pay attention to the calories listed and account for that. When possible, choose organic, locally grown/raised foods for optimal health. Remember, variety will not only keep your taste buds happy! Your body functions best when it receives a variety of nutrients from different, healthy sources.

Experiment & Enjoy!

PROTEINS

- *Chicken – Fresh or frozen boneless chicken breast, chicken breast tenderloins, ground white meat chicken
- *Seafood – tuna, salmon, cod, tilapia, snapper, mahi mahi, shrimp, scallops, crab meat, sea bass
- *Turkey – ground turkey breast (90% lean or leaner), turkey bacon
- *Beef – ground beef (90% lean or leaner), filet, sirloin steak, round & flank
- *Dairy – skim milk, string cheese, PLAIN nonfat Greek yogurt, low carb yogurt, low fat cottage cheese, eggs, egg whites
- *Protein Powder – Muscle Provider, Ultimate Muscle Protein, Provosyn

NON-STARCHY VEGETABLES

- **Eat as many from this group as you would like – no limits on portion size.
- *Artichoke
 - *Asparagus
 - *Bamboo Shoots or Water Chestnuts
 - *Cabbage
 - *Carrots
 - *Cauliflower
 - *Celery
 - *Cucumbers
 - *Green beans
 - *Lettuce (all varieties)
 - *Mushrooms
 - *Onions, scallions, shallots
 - *Peppers (all varieties)
 - *Spinach
 - *Sprouts
 - *Squash & zucchini
 - *Tomatoes

FRUITS

- *Apples
- *Apricots
- *Bananas
- *Blueberries
- *Cantaloupe
- *Cherries
- *Cranberries
- *Fresh peaches
- *Goji Berries
- *Grapes
- *Grapefruit
- *Kiwi
- *Mangos
- *Oranges
- *Papaya
- *Pears
- *Plums & Prunes
- *Pineapple
- *Raspberries
- *Strawberries

**HEALTHY
EATING
LIST**



COMPLEX CARBOHYDRATES

- * Beans (black, lima and kidney)
- * Brown rice
- * Buckwheat
- * Barley
- * Edamame
- * High fiber English muffins
- * High fiber pancake mix
- * Low carb bread (40 calories per slice with 5+grams of fiber)
- * Low carb tortilla wraps
- * Millet
- * Oat bran
- * Oatmeal & cream of rice
- * Red potatoes
- * Sweet potatoes or yams
- * White potatoes
- * Wheat bran
- * Quinoa

FATS

**Be sure to use appropriate portion sizes with healthy fats in particular as they are very easy to overeat. NEVER drizzle oil onto food out of the bottle. Misting bottles are a much better option.

- * Avocado
- * Almonds
- * Cashews
- * Almond or Cashew butter
- * EFA Gold
- * Flaxseed oil
- * Heavy whipping cream
- * Olive oil
- * Oil & vinegar dressing
- * Peanut butter
- * Safflower oil
- * Sunflower & Pumpkin Seeds
- * Walnuts

FREE FOODS

- * Vinegar
- * Lemon juice
- * Lime juice
- * Mustard
- * Citrus peels
- * Chili peppers
- * Dry seasonings
- * Salt
- * Pepper
- * Salsa
- * Sugar-free gum
- * Sugar-free
Jell-O

Beverages

**Be sure to drink at least 1 gallon of water per day on this nutrition plan.

You will see the best results if you completely eliminate drinks with calories from your plan (regular sodas & fruit juices should be avoided)

Acceptable Drinks:

- * Water
- * Coffee
- * Tea (not sweetened) esp. Green Tea
- * Diet sodas
- * Sparkling water
- * Flavor additives such as Crystal Light.



**HEALTHY
EATING
LIST**

**WITH
THE RIGHT
PLAN YOU CAN
EAT HEALTHY**

Fundamental Supplements

This is your solid foundation stack to get you started toward a sexy, FITBODY!

FitTabs

FitTabs are a sophisticated, time released multi vitamin and mineral formula custom designed for the fitness lifestyle. Each tablet is carefully processed into a unique, sustained release formulation in synergistic ratios to help you build a better body.

How to take:

Take 2 FitTab tablets in the morning with a meal or protein shake; and 2 tablets with your evening meal.



Ultimate Muscle Protein

UMP is a powdered drink mix made from top quality protein sources. As a protein supplement to the diet, UMP is intended to be mixed with cold water and consumed before and after exercise and at any other time of day in order to encourage greater gains in muscle mass, tone, strength, and performance, and reductions in body fat.

How to take:

Ultimate Muscle Protein is perfect in place of a meal, between meals, and after training. See nutrition plan for suggested intake.



Quadracarn

Quadracarn benefits at least 21 different interconnected physiological actions of critical importance to your appearance, performance, and overall health and longevity. This supplement is ideal for women who want to feel younger and improve the way your body looks and performs (both in the gym and the bedroom).

How to take:

Take Quadracarn three times daily: one serving (3 tablets) with meal one; one serving before training; and one serving with final meal (or before bed).



EFA Gold

EFA Gold is an excellent source of essential fatty acids from flax, fish and borage oils (1200 mg each). Recent scientific research highlights the importance of "good" Omega fatty acids for cellular, heart and metabolic health. These fatty acids are essential - meaning your body needs them but cannot make them.

How to take:

Take 3 EFA Gold softgels 2 times daily for cellular, heart and metabolic health benefits.



**SUGGESTED
SUPPLEMENT
PLAN**

Advanced Supplements (Add to Fundamental Supplements)

Take your strength and muscle gains to the next level by supporting your workout and recovery.

GH Factor

When taken on an empty stomach GH Factor can increase biologically active growth hormone levels which can reduce harmful effects of aging, improve ability to lose fat in stubborn places like hips & thighs, and improve the immune system.

How to take:

Take 6 capsules on arising from bed on an empty stomach for maximum results.



Lean Out

Lean Out belongs to a new category of supplements known as "fat transporters", so-named because it contains ingredients that support the extraction of fat from adipose tissue (the tissue where almost all fat is stored in the body) and its transport to tissues like the liver and muscle where it can be burned for energy. **In a nutshell, the nutrients in Lean Out help your body retrieve fat out of storage and utilize it as energy.**

How to take:

Lean Out can be taken with or without food but most find they are more consistent when they take it with 5 meals per day, then increase to 2 capsules at each meal/shake.



Julie Lohre's
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**HELPING REAL WOMEN
TRANSFORM
THEIR BODIES AND LIVES**
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- Online Training & Contest Prep
- Contest Prep Camp & Mock Contest
- FITBODY Contest Prep Team
- Workout & Training DVD's
- Figure & Bikini Posing Guide DVD's
- Beverly Supplements & Training Tools

40+ Max Muscle & Fat Loss Supplements (Add to Fundamental & Advanced)

For the serious woman looking to get the best possible results.

7 Keto Musclean

7-Keto Musclean contains ingredients clinically proven to increase the rate at which you burn calories (fat calories, in particular) so that you can get lean faster. It is especially valuable if you are following a diet or if your metabolism is slowing down because of the inevitable effect of aging. **Improve metabolism, burn more calories, and lose fat while preserving lean muscle and acts as an appetite suppressant.**

How to take:

You can take 7-Keto with or without food. The best results come when you take 2 doses, about 8 hours apart. The full dose is 3 capsules twice a day. But you might have to work up to that amount if you are sensitive to caffeine.



Provosyn Ultra Premium

Powdered drink mix made from a premium blend of the highest quality muscle building proteins - 100% whole egg, milk protein isolate & natural beef which makes it chocked full of amino acids. **Together at this ratio, these proteins help you gain lean muscle without adding body fat.** Easy to digest with an absorption rate that supports muscle development

How to take:

Within 1 hour before and/or after lifting weights (resistance exercise)

- First thing in the morning
- Before bed
- Any other time of day to increase your daily protein intake

See nutrition plan for suggested intake.



Glutamine Select

Glutamine select is a powdered drink mix that is perfect for the woman who is performing an intense training program. Primary benefits include muscle repair, decreased muscle soreness, sustained mental acuity and stabilizes blood sugar therefore reducing cravings.

How to take:

Use before, during, and/or after training or cardio. It is best mixed in a water bottle or shaker cup and sipped. Mix 1-2 scoops with water and drink before and throughout your training session.



Julie Lohre's
FITBODYnews

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Helping REAL Women get REAL Results!!



A little more about Julie:

IFBB Fitness Professional, Certified Personal Trainer, Fitness Nutrition Specialist, Women's Fitness Expert ...did I mention I'm a MOM? I've been happily married for 14 years to Commercial Fitness Photographer, Rick Lohre my college sweetheart. We also have a son, Tre who keeps me incredibly active.

A little more about me:

Julie Lohre is an accomplished IFBB Fitness & Figure Professional with over 15 years experience in the Fitness industry. As one of the world's most successful Fitness Competitors, she has been featured in numerous fitness magazines worldwide including FLEX magazine, Muscle & Fitness, Muscle & Fitness Hers, Ironman, Body Fitness, Body Muscle Journal, Fitness RX for Women & Oxygen Magazine. She is a leading expert in Women's health and fitness and regularly acts as a correspondent and writer.

Julie is known not only for her personal success as a Fitness Cover Model and Figure & Fitness competitor but also for her ability to help other women achieve their personal best. Julie is a natural - drug free competitive athlete. She strives to teach women how to get and keep the body of their dreams at any age.



Julie Lohre's FITBODY Nutrition & Supplement recommendations are not intended to provide medical advice, diagnosis, or treatment.

DISCLAIMER: You should consult your physician or other health care professional before starting this or any other program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this program if your physician or health care provider advises against it. If you experience any unwanted symptoms you should stop immediately.

This program offers health and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

All material provided in this program is provided for informational or educational purposes only. Consult a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition.

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