

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 Muscle Gaining Nutrition and Supplement Plan will help you add muscle and increase your metabolism while staying lean. You do not need to excessively bulk up by adding fat along with muscle! My realistic plan is specifically designed to help even hard gainers add quality muscle. You will have more energy, feel great and get the tight, strong muscle you want.

- Get stronger!
- Support your training & stop wasting time.
- Have more energy!
- Build the shape that you want.

Choose your level: Fundamental, Advanced or Off Season Max Muscle Building

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!

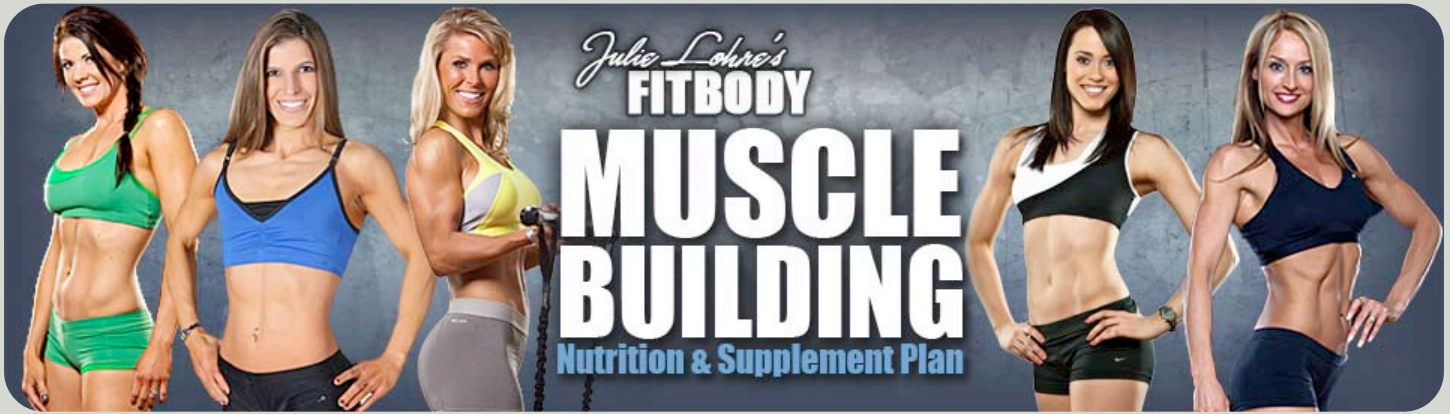
Julie



**YOUR
RECIPE FOR
SUCCESS**



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



2000 Cal Nutrition Plan (45% Protein - 30% Carbs - 25% Fat)

Meal #1

2 whole egg + 3 egg whites
 2 pieces high fiber toast (like Aunt Millies)
 3 slices Turkey bacon (like Jennie -O Extra Lean)

(180 cals - Protein & Fat)
 (70 cals - Complex Carbs)
 (60 cals - Protein)

Meal #2

4 slices Turkey Breast
 1 cup celery
 3 oz carrots
 1 TBPS Hummus

(80 cals Protein)
 (20 cals Veggies)
 (40 cals Veggies)
 (35 cals Complex Carbs)

Meal #3

6 oz chicken breast
 1/2 cup brown rice
 1 cup Mixed Veggies
 Small Salad with mixed veggies
 Olive Oil & Vinegar Dressing

(170 Cals - Protein)
 (110 cals - Complex Carbs)
 (20 cals Veggies)
 (30 cals Veggies)
 (75 Calories - Healthy Fats)

Meal #4

Ultimate Muscle Protein Drink
 1 TBSP Natural Peanut Butter
 2 scoops Ultimate Muscle Protein
 1 banana

(95 Calories - Healthy Fats)
 (260 cals - Protein)
 (110 Cals - Fruits)

Meal #5

6 oz salmon
 1 large zucchini
 1/2 cup black beans
 1/2 cup steamed green beans

(235 Cals - Protein/Healthy Fat)
 (45 cals Veggies)
 (110 cals Complex Carbs)
 (25 cals Veggies)

Meal #6

1/2 cup PLAIN Greek yogurt
 1 scoop Ultimate Muscle Protein

(100 Cals - Protein)
 (130 Cals - Protein)

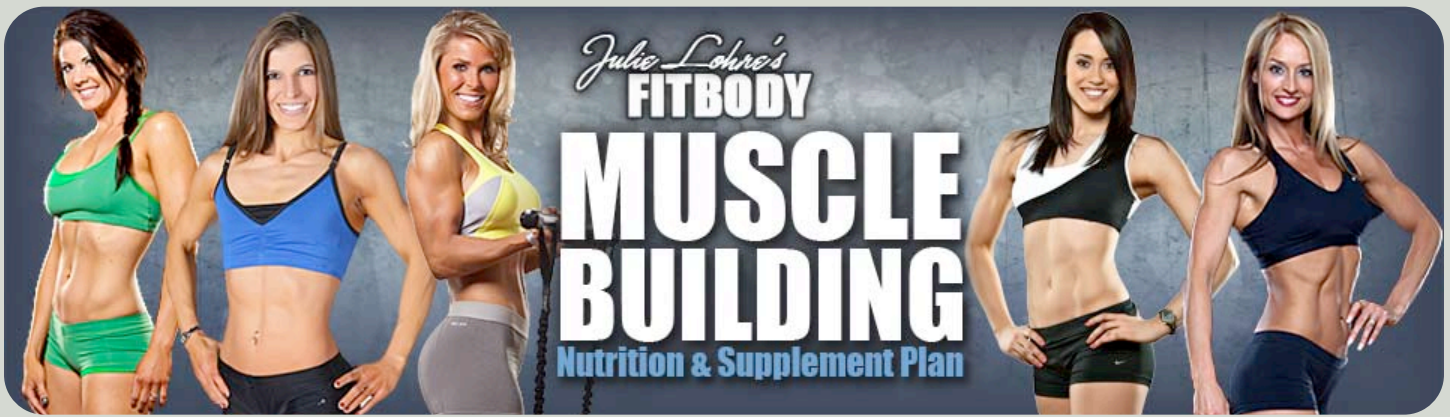


DIET IS KEY.
 80% OF THE
 RESULTS YOU'LL SEE
 COME FROM
 CHANGES HERE



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

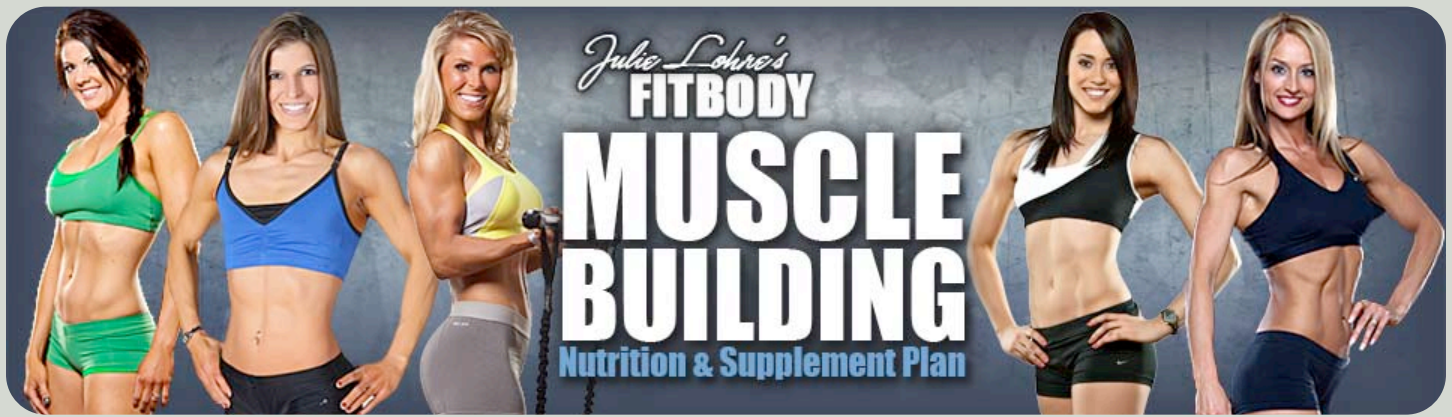
NON-STARCHY VEGETABLES

- **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.

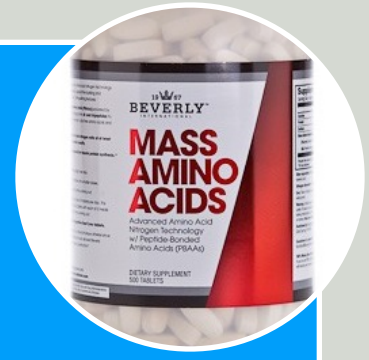


Mass Aminos

Mass Amino Acid Tablets are a rapid absorbing, pre digested protein source that acts almost like a trigger to force muscular gains. Taken before, during and after training it puts your body into a positive nitrogen balance (Positive Nitrogen Balance = Muscle Growth). Taken with meals, maximizes the amino acid profile of your whole food to squeeze muscle building nutrition out of the foods you eat

How to take:

Take 1 tablet per every 10 lbs of bodyweight divided throughout the day. Can be taken with meals (including shakes). For example 120 lb. woman would take 2 tablets with 6 meals per day.



Ultra 40

Ultra 40 comes from grass fed, steroid free Argentinean beef and is the most potent liver product on the market. The concentration process removes unwanted calories and the addition of B-12 enhances protein metabolism.

How to take:

Take 1 tablet per every 10lbs of bodyweight divided throughout the day. Can be taken with meals (including shakes). For example 120 lb. woman would take 2 tablets with 6 meals per day.



**SUGGESTED
SUPPLEMENT
PLAN**

Advanced Supplements (Add to Fundamental)

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

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. Best mixed in a water bottle or shaker. Mix 1-2 scoops with water and drink throughout your training session.



Creatine Select

Creatine Select will allow you to train harder with greater intensity and recover faster using the most studied, bioavailable (near 100%) and proven form of creatine in the world bolstered by β -alanine, electrolyte-bound phosphates and cinnamon bark extract.

How to take:

On training days take 1-2 servings twenty minutes before training. On non training days take one serving with your first meal. Optional Loading Phase - See Label.



Off Season Max Muscle Building Supplements (Add to Fundamental & Advanced)

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

Muscle Synergy (Replaces Creatine Select)

Muscle Synergy is a synergistic combination of potent bodybuilding ingredients. L-arginine and l-citrulline work together to give you the strongest NO pump; arginine and HMB together have been shown to preserve muscle under the most severe conditions; creatine and HMB are effective for strength and growth individually, but are much stronger when combined.

How to take:

Take 8 tablets per day, take 4 in the am and 4 before training. Ideal times are upon arising and before training. For powder drink option consume one serving divided into two equal dosings as above.



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.



**SUGGESTED
SUPPLEMENT
PLAN**

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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