

A woman is shown from the waist down, wearing black patterned bikini bottoms. She is holding a white measuring tape around her waist. The tape has the Beachbody logo and the text "Decide. Commit. Succeed." on it. The background is a vibrant green with abstract white and yellow swirls and dotted lines.

6-DAY SUPERMODEL SLIMDOWN PLAN

Brazil!
BUTT LIFT™

6-DAY SUPERMODEL SLIMDOWN PLAN

Get ready for FAST results, Brazil-style. This plan will jump-start your progress and get you motivated to keep moving toward your transformation goals! Leandro designed this plan to help his private clients anytime they need a quick slimdown for a photo shoot, vacation, or special event. In just 6 days, you'll be well on your way to slimmer hips, thinner thighs, and a lifted butt.

This proven plan is unique. It's challenging at first, but it works. It will reset your body, your taste buds, and how you think about eating and working out. In just 6 days, you will eliminate many of the unhealthy behaviors you've been engaging in (like not working out!) and unhealthy foods you've been eating (like fast food!). For best results, use it as designed. The fitness and eating plan work synergistically when you follow them together.

Use this plan at the start of your booty transformation. Be sure not to use it for more than 6 days at a time. This plan is the best alternative to other drastic slimdown measures, but should not be considered a long-term diet guideline.



FOR BEST RESULTS:

1. Weigh and measure yourself before you begin.
2. Eat what's outlined.
3. Do the recommended Brazil Butt Lift® workout every day.

WHAT TO EAT

This plan maps out each day for you, with meals and snacks portioned for optimal nutritional balance. You'll jump-start your metabolism with healthy, tasty proteins combined with lots of dark green veggies and delicious fruits to maximize your slimdown results. Its nickname is the "green and white plan," since you mostly eat lean white proteins and green veggies.

For these 6 days, your calories and your carbs will be more restricted. Women will eat roughly 1,000 calories, and men about 1,200 calories.

It may not feel like a lot of calories, and you may feel tired and lethargic or get headaches. Don't be alarmed, as this is all very normal. You are cleaning out your system and retraining your body to use healthy, lean food as fuel. Stick with it! By Day 4, you will not only begin to feel different, you will also start to see the difference. Remember those jeans that were tight around the waist when you began this program? Try them on now. At this point, you will also feel more energized and less hungry.

To help you over the first few days, follow these simple tips:

- Both men and women may increase green salads at all meals, topped with low/no-calorie dressings, such as vinegar and mustard.
- Limit caffeine. While it will decrease your appetite in the short term, it will increase your hunger in the long term.
- Increase your water consumption to at least eight 8-oz. glasses per day.
- If you need more calories, select a 100-calorie snack from the snack list in the Bootylicious Food Plan.



6-DAY MEAL PLAN

DAY 1

Breakfast: Poached Egg and Asparagus

One poached egg (men: 2 eggs) with 8 steamed asparagus spears, ½ medium grapefruit, and ½ toasted whole wheat English muffin.

Snack: ¾ cup cubed pineapple and 1 piece string cheese.

Lunch: Tuna Salad

Combine 4 oz. water-packed white tuna, drained, with 1 tsp. mayonnaise. Scoop tuna salad onto a mixed green salad with 1 cup cucumber slices and 2 tomato slices.

Snack: 20 unsalted almonds (men: 30 almonds).

Dinner: Lemon Chicken with Steamed Snap Peas

Marinate a 6-oz. boneless, skinless chicken breast (men: 8-oz. chicken breast) in lemon juice and 2 tsp. extra-virgin olive oil, and bake at 375° F for 20 to 25 minutes, or until cooked through. Serve with 1 cup steamed snap peas.

Nutrition Information, Women:

995 calories

90 g protein

66 g carbohydrate

15 g fiber

45 g fat

33 g sugar

Nutrition Information, Men:

1,213 calories

111 g protein

69 g carbohydrate

17 g fiber

58 g fat

34 g sugar



Daily Workout

Basics & Cardio Axe



Daily Workout

Basics & Bum Bum



DAY 2

Breakfast: High-Fiber Cereal

In a cereal bowl, combine $\frac{2}{3}$ cup high-fiber cereal (men: 1 cup) and 1 cup skim milk.

Snack: 1 cup sliced strawberries with $\frac{1}{2}$ cup 1% cottage cheese (men: $\frac{2}{3}$ cup).

Lunch: Turkey, Avocado, and Arugula Salad

Combine 3 oz. sliced turkey breast, $\frac{1}{4}$ avocado, and 1 cup arugula (washed and trimmed) with 1 tsp. Dijon mustard, 1 tsp. extra-virgin olive oil, and 2 tsp. vinegar.

Snack: 14 walnut halves (men: 21 walnut halves).

Dinner: Herb-Grilled Tilapia with Broccoli

Brush a 5-oz. tilapia fillet (men: 7-oz.) with 1 tsp. extra-virgin olive oil and season with salt, pepper, and $\frac{1}{4}$ cup fresh herbs (such as basil, rosemary, or thyme). Cover and let marinate in fridge. Grill tilapia 5 minutes per side, or until cooked through and grill-marked on both sides, then top with 2 Tbsp. salsa. Serve with 1 cup steamed broccoli florets and $\frac{1}{2}$ cup cooked brown rice (men: $\frac{2}{3}$ cup brown rice).

Nutrition Information, Women:

998 calories
80 g protein
96 g carbohydrate
29 g fiber
44 g fat
28 g sugar

Nutrition Information, Men:

1,205 calories
100 g protein
112 g carbohydrate
39 g fiber
55 g fat
29 g sugar

DAY 3

Breakfast: Spicy Egg White and Mushroom Scramble

In a nonstick skillet lightly coated with nonstick cooking spray, scramble 3 egg whites (men: 1 whole egg plus 2 egg whites) with $\frac{1}{2}$ cup sliced white mushrooms. Sprinkle with Tabasco® sauce and 2 Tbsp. shredded cheddar cheese. Serve with 1 slice whole wheat toast.

Snack: 1 cup cubed watermelon and $\frac{1}{2}$ cup low-fat plain yogurt (men: 1 cup of yogurt).

Lunch: Shrimp Salad

In a salad bowl, place 4 oz. grilled shrimp on bed of large mixed green salad (lettuce, peppers, and cucumbers) tossed with 2 Tbsp. balsamic vinegar, 1 tsp. extra-virgin olive oil, and 1 tsp. Dijon mustard.

Snack: 10 baby carrots and 6 celery sticks, with 2 Tbsp. hummus for dipping.

Dinner: Rotisserie Chicken and Spinach

4 oz. skinless rotisserie chicken breast, served with 2 cups spinach sautéed in 1 tsp. extra-virgin olive oil and minced garlic with a twist of lemon. Serve with salad greens topped with $\frac{1}{4}$ avocado and 1 sliced tomato, dressed with 1 tsp. extra-virgin olive oil and lemon.

Nutrition Information, Women:

1,007 calories
85 g protein
86 g carbohydrate
20 g fiber
39 g fat
41 g sugar

Nutrition Information, Men:

1,200 calories
105 g protein
96 g carbohydrate
20 g fiber
46 g fat
50 g sugar

Tabasco is a registered trademark of McIlhenny Company.

Daily Workout

Basics & Cardio Axe



Daily Workout

Bum Bum



DAY 4

Breakfast: Egg White Omelet with Spinach and Salsa

In a nonstick skillet coated with cooking spray, make an omelet with 3 egg whites, 1 cup chopped spinach, and 2 Tbsp. shredded mozzarella cheese. Serve with 1 Tbsp. salsa (mild or spicy, as desired) and ½ toasted whole wheat English muffin. (Men: add 1½ toasted whole wheat English muffin.)

Snack: 1 cup cubed watermelon and 1 piece string cheese.

Lunch: Grilled Chicken Breast

4 oz. grilled chicken breast (men: 6 oz. chicken breast), sliced, over a bed of mixed greens, drizzled with balsamic vinegar and 1 tsp. extra-virgin olive oil.

Snack: ⅔ cup shelled edamame (Men: 1 cup edamame).

Dinner: Broiled Halibut with Zucchini and Squash Medley

A 6-oz. broiled halibut fillet (men: 8-oz. halibut fillet) served with 1 cup each sliced zucchini and squash, sautéed with 2 tsp. extra-virgin olive oil, 1 minced garlic clove, and salt and pepper (to taste).

Nutrition Information, Women:

984 calories
119 g protein
49 g carbohydrate
9 g fiber
37 g fat
20 g sugar

Nutrition Information, Men:

1,210 calories
156 g protein
53 g carbohydrate
11 g fiber
43 g fat
21 g sugar

DAY 5

Breakfast: High-Fiber Cereal

In a cereal bowl, combine $\frac{2}{3}$ cup high-fiber cereal and $\frac{2}{3}$ cup skim milk (men: 1 cup cereal and 1 cup milk). Top with 2 Tbsp. sliced raw almonds.

Snack: $\frac{1}{2}$ cup blueberries topped with 2 Tbsp. chopped raw walnuts.

Lunch: Julienne Turkey over Mixed Greens

4 oz. turkey breast, cut in matchsticks, served on a bed of 1 cup shredded romaine with 1 cup mesclun greens, $\frac{1}{2}$ cup sliced raw mushrooms, 5 black olives, and $\frac{1}{2}$ cup chopped cucumber, drizzled with 1 tsp. extra-virgin olive oil, 1 Tbsp. balsamic vinegar, and lemon (if desired).

Snack: 20 unsalted almonds and $\frac{1}{2}$ sliced apple (men: 30 almonds).

Dinner: Tofu and Broccoli

Combine 4 oz. grilled firm tofu (men: 6 oz. tofu) with 1 cup broccoli sautéed in 2 tsp. extra-virgin olive oil. Serve with a small mixed green salad drizzled with 2 Tbsp. balsamic vinegar.

Nutrition Information, Women:

1,009 calories
59 g protein
99 g carbohydrate
35 g fiber
55 g fat
36 g sugar

Nutrition Information, Men:

1,198 calories
72 g protein
120 g carbohydrate
45 g fiber
66 g fat
40 g sugar

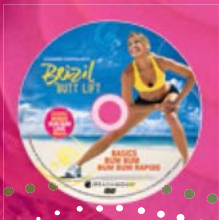
Daily Workout

Cardio Axe & Tummy Tuck



Daily Workout

Bum Bum



DAY 6

Breakfast: Green and White Omelet

In a nonstick skillet lightly coated with nonstick cooking spray, make an omelet with 3 egg whites, $\frac{2}{3}$ cup steamed spinach, and 2 Tbsp. shredded mozzarella. Sprinkle with Tabasco sauce for an extra kick. Serve with 1 slice whole wheat toast.

Snack: 10 frozen grapes and $\frac{2}{3}$ cup 1% cottage cheese (men: 1 cup cottage cheese).

Lunch: Poached Chicken and Arugula Salad

Place 4 oz. poached, sliced chicken breast (men: 6 oz. chicken breast) on a bed of 1 cup arugula (washed and trimmed), 2 tomato slices, $\frac{1}{4}$ avocado, and 1 sliced cucumber. Drizzle with 1 Tbsp. balsamic vinegar and lemon (if desired).

Snack: $\frac{2}{3}$ cup shelled edamame.

Dinner: Citrus-Baked Cod with Sautéed Green Beans

Coat a 5-oz. cod fillet (men: 7-oz. cod fillet) in lemon juice and 1 tsp. extra-virgin olive oil, and bake at 375° F for 12 to 15 minutes, or until cooked through. Serve with 1 cup green beans sautéed in 1 tsp. extra-virgin olive oil and minced garlic.

Nutrition Information, Women:

1,011 calories
116 g protein
65 g carbohydrate
19 g fiber
32 g fat
17 g sugar

Nutrition Information, Men:

1,211 calories
155 g protein
67 g carbohydrate
19 g fiber
35 g fat
19 g sugar

SUPERMODEL SECRETS

Here are some top training and eating tips straight from the “Butt Master” himself:

Be precise. More definition in your movement means more definition in your body.

Use flawless form. These moves work, but only if you perform them with proper form. Listen and watch carefully so you get the most out of each squeeze.

Elongate your movements. Think about how a ballerina lengthens her limbs when she performs. Imagine you are on a stage; stretch your body and be aware of your posture.

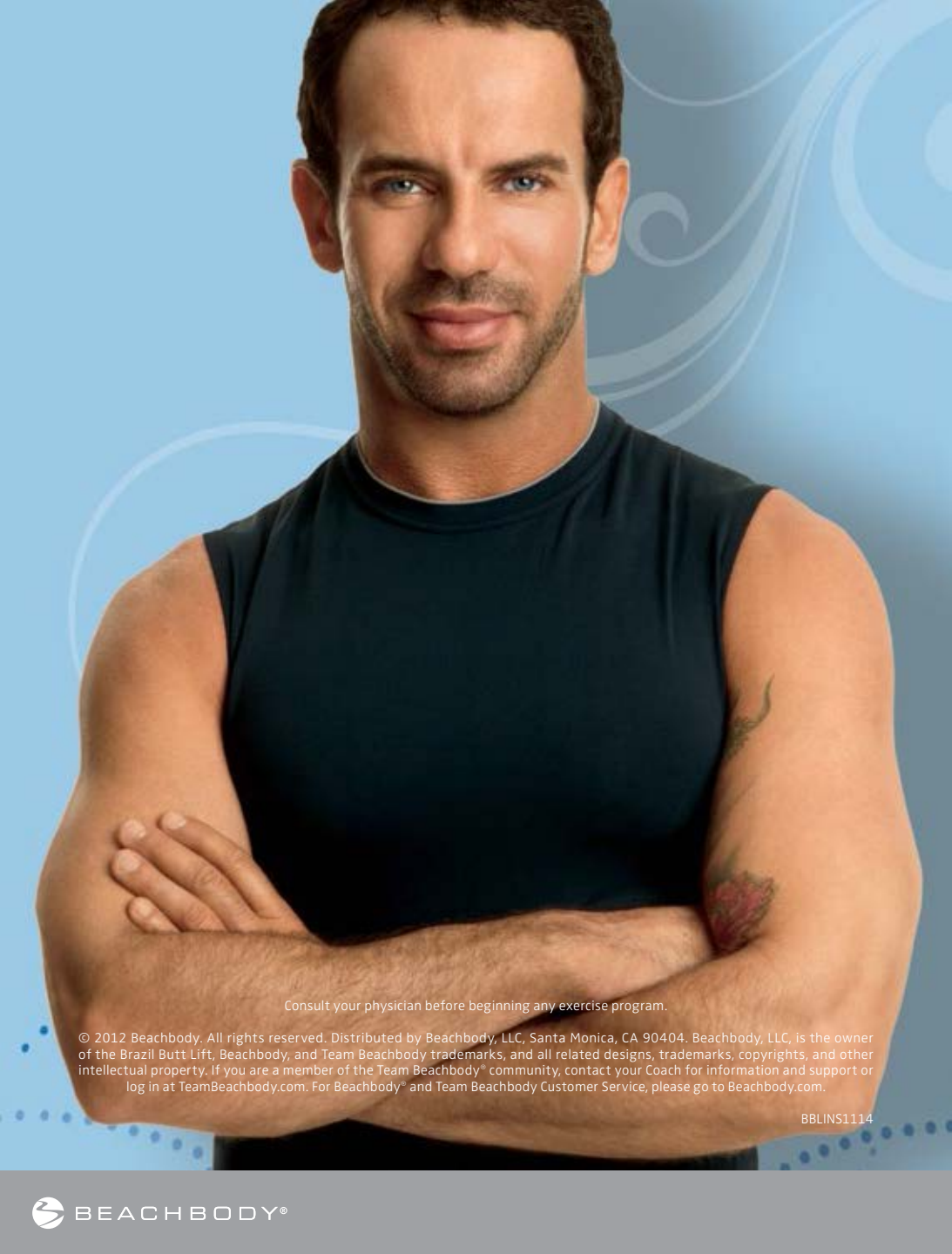
Visualize your goals. Focus your attention on the muscle group you are trying to tone. Be aware of your intention as you squeeze, lift, lengthen, and stretch your muscles.

Get your H₂O. Working muscles need hydration. Drink water before, during, and after your workouts, even during the sculpting and toning sections.

Eat protein. Eat protein with every meal. It helps you feel full longer so you won't be tempted by unhealthy snacks. Plus protein is a great muscle-builder!







Consult your physician before beginning any exercise program.

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