

core CHALLENGE

PHASE **2** **IGNITE**
MELT YOUR BELLY



Weeks 2-8

1 BURN

Ignite your metabolism by taking 1 capsule of the **CORE Boost Burn** with your morning and afternoon **CORE Protein Shakes**.*

More Info:

- Avoid taking the **CORE Boost Burn** late in the afternoon as it may cause you to be energized into the night.
- Repeat the DETOX Phase if you ever feel your body is in need of a cleanse or reset.

2 SCULPT

Start sculpting your body with suggested calorie-burning exercises listed below.

| 2-3 DAYS/WEEK | 2 DAYS/WEEK |
|---|---|
|  <p>30 Minutes of Strength Training Examples: pilates, yoga, workout class, cross fit, weights</p> |  <p>30 Minutes of High Intensity Cardio Examples: jumping rope, sprinting, spinning, running stairs</p> |
| PLUS | |
|  <p>30+ Minutes of Fat Burning Cardio Examples: stair climbing, cycling, jogging, walking, elliptical, swimming</p> | |

Note: Perform all strength training and high intensity cardio first; then do fat burning cardio.

3 RESTORE

Restore the healthy bacteria in your digestive system with the **CORE Boost Pro-Bio**.*

| SAMPLE MEAL PLAN | |
|--|--|
| See page 2 for suggested meal portions | |
| Breakfast | Protein + Carb + Fat (Ex: Eggs + Oatmeal + Almonds) |
| Mid-Morning | CORE Protein Shake + CORE Boost Burn + CORE Boost Pro-Bio |
| Lunch | Protein + Carb + Fat (Ex: Salmon + Brown Rice + Avocado) |
| Mid-Afternoon | CORE Protein Shake + CORE Boost Burn + optional CORE Boost Build** |
| Dinner | Protein + Carb + Fat (Ex: Steak + Broccoli + Spinach + Spinach (free food) + Salad Dressing) |
| Late Night | Optional CORE Protein Shake |

** **Lean Muscle Option:** For those who want to gain lean muscle mass, begin supplementing the **CORE Boost Build** to enhance your results.*

Portion Exchange System & Clean Foods
See page 2 for suggested clean foods and portion sizes.

Meal Plans
See page 3 for suggested meal plans.

Workout Schedule
See page 4 for workout schedule.

IGNITE Phase Products (7 weeks/49 days)
4 bags **CORE Protein Shake** 2 boxes **CORE Boost Burn**
2 boxes **CORE Boost Pro-Bio** 2 boxes **CORE Boost Build****



* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Portion Exchange System & Clean Foods







The **CORE Program** uses a simple measuring system (1 protein, 1 carb, 1 fat) for each meal. This gender specific guide will assure that you're eating the appropriate amount of clean food in order to reach your goals.

The same portion sizes & food exchange system guidelines in the Detox Phase apply to the Ignite Phase.

| DAILY MEAL PLAN | |
|-----------------|----------------------------|
| Breakfast | 1 Protein + 1 Carb + 1 Fat |
| Mid-Morning | Protein Shake + Boosts |
| Lunch | 1 Protein + 1 Carb + 1 Fat |
| Mid-Afternoon | Protein Shake + Boosts |
| Dinner | 1 Protein + 1 Carb + 1 Fat |
| Late Night | Optional Protein Shake |

Guidelines to Optimizing Your Portion Sizes:

- Let go of the calorie mindset. Simply follow your portion sizes each meal.
- You can measure your portion sizes by weight or with your hands (palm, fist and thumb). Do whatever is easiest and most convenient.
- Make sure you are hungry (never starving) before each meal and satisfied (never full) after. If you are hungry before 3 hours, simply eat a balanced meal before the 3-hour mark.
- If you measure food with a scale, always measure it pre-cooked since weight will be lost during cooking. If you measure portion sizes with your hands, pre-cooked weight does not matter.

| 1 PROTEIN | 1 CARB | 1 FAT | FREE FOODS |
|--|---|---|--|
| <p>SERVING SIZE</p>  <p>Female: 1 palm or 3 oz.</p>  <p>Male: 1 1/2-2 palms or 5 oz.</p> | <p>SERVING SIZE</p>  <p>Female: 1 fist or 3 oz.</p>  <p>Male: 2 fists or 5 oz.</p> | <p>SERVING SIZE</p>  <p>Female: 1 thumb</p>  <p>Male: 1 big thumb</p> | <p>SERVING SIZE</p> <p>Female: Unlimited</p> <p>Male: Unlimited</p> |
| CHOOSE 1 PER MEAL | CHOOSE 1 PER MEAL | CHOOSE 1 PER MEAL | UNLIMITED PER MEAL |
| Protein List | Carbs List | Fats List | Free Foods List |
| <p>Lean Proteins:</p> <ul style="list-style-type: none"> • Bison (extra-lean) • Chicken • Egg Whites • Hemp (low in fat): (ex. hemp powder) • Lean Fish (ex. bass, halibut, tilapia, tuna, etc.) (shellfish can be eaten in this phase) • Turkey • Venison • CORE Protein Shakes <p>Non-Lean Proteins: (do not choose a fat with any of these options)</p> <ul style="list-style-type: none"> +Beef (filet) +Beef (ground: 99% lean) +Eggs (whole) +Fish (non-lean): (ex. salmon) +Hemp (regular fat content) +Lamb +Pork Tenderloin | <p>Fruits:</p> <ul style="list-style-type: none"> • Apples • Bananas • Berries • Grapefruit • Mangos • Oranges • etc. <p>Vegetables:</p> <ul style="list-style-type: none"> • Bell Peppers • Broccoli • Carrots • Cucumber • Green Beans • Tomato • etc. <p>Grains/Calorie Dense Carbs: (Choose gluten free when relevant)</p> <ul style="list-style-type: none"> +Beans (fresh or dried) (ex. black, kidney, garbanzo, etc.) +Brown Rice +Millet +Oatmeal +Potatoes (sweet potatoes are best) +Quinoa +Yams <p>For grains/calorie dense carbs & olives, please only use hand sizes rather than weight.</p> | <ul style="list-style-type: none"> • Avocado • Chia Seeds • Flax Seeds • Oils <ul style="list-style-type: none"> - Olive - Coconut - Macadamia +Olives • Raw Nuts & Natural Nut Butters | <p>Herbs:</p> <ul style="list-style-type: none"> • Basil • Bay Leaves • Cilantro • Parsley • Rosemary • Thyme • etc. <p>Spices:</p> <ul style="list-style-type: none"> • Cinnamon • Garlic • Ginger • Nutmeg • Peppercorns • Saffron • etc. <p>Leafy Greens (fresh only)</p> <ul style="list-style-type: none"> • Collard Greens • Kale • Lettuce (all types) • Spinach <p>Condiments:</p> <ul style="list-style-type: none"> +Vinegars (Balsamic, Red Wine, etc.) +Extracts (Almond, Vanilla, etc.) |
| | | | + NEW to IGNITE Phase |

Suggested Meal Plan

Repeat this meal plan each day for the next **7 WEEKS** (49 Days)

| DAILY MEAL PLAN | |
|-----------------|----------------------------|
| Breakfast | 1 Protein + 1 Carb + 1 Fat |
| Mid-Morning | Protein Shake |
| Lunch | 1 Protein + 1 Carb + 1 Fat |
| Mid-Afternoon | Protein Shake + Boost |
| Dinner | 1 Protein + 1 Carb + 1 Fat |
| Late Night | Optional Protein Shake |




Guidelines to Optimizing Results:

- 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 "Reboot" your plan by simply repeating your 7 day DETOX phase

IGNITE Meal Plan for Females

| | 1 PROTEIN | 1 CARB | 1 FAT | FREE FOODS |
|---------------|--|---|--|--------------|
| | SERVING SIZE | SERVING SIZE | SERVING SIZE | SERVING SIZE |
| |  1 palm or 3 oz. |  1 fist or 3 oz. |  1 tip of thumb | Unlimited |
| Breakfast | 3 oz. Eggs | 3 oz. Oatmeal | Almonds | |
| Mid Morning | CORE Protein Shake + 1 capsule CORE Boost Burn + CORE Boost Pro-Bio (use only water for your desired consistency) | | | |
| Lunch | 3 oz. Salmon | 3 oz. Brown Rice | Avocado | |
| Mid Afternoon | CORE Protein Shake + 1 capsule CORE Boost Burn + optional CORE Boost Build (use only water for your desired consistency) | | | |
| Dinner | 3 oz. Steak | 3 oz. Broccoli | Salad Dressing | Spinach |
| Late Night | Optional CORE Protein Shake (if hungry) (use only water for your desired consistency) | | | |

Any protein, carb, or fat can be evenly exchanged, simply swap from the food exchange list.

Water Recommendations




8-12
GLASSES
PER DAY



8 OUNCE
GLASS

Drink water with each meal and between each meal.

IGNITE Meal Plan for Males

| | 1 PROTEIN | 1 CARB | 1 FAT | FREE FOODS |
|---------------|--|--|--|--------------|
| | SERVING SIZE | SERVING SIZE | SERVING SIZE | SERVING SIZE |
| |  1 1/2 palms or 5 oz. |  2 fists or 5 oz. |  1 thumb | Unlimited |
| Breakfast | 5 oz. Eggs | 5 oz. Oatmeal | Almonds | |
| Mid Morning | CORE Protein Shake + 1 capsule CORE Boost Burn + CORE Boost Pro-Bio (use only water for your desired consistency) | | | |
| Lunch | 5 oz. Salmon | 5 oz. Brown Rice | Avocado | |
| Mid Afternoon | CORE Protein Shake + 1 capsule CORE Boost Burn + optional CORE Boost Build (use only water for your desired consistency) | | | |
| Dinner | 5 oz. Steak | 5 oz. Broccoli | Salad Dressing | Spinach |
| Late Night | Optional CORE Protein Shake (if hungry) (use only water for your desired consistency) | | | |

Any protein, carb, or fat can be evenly exchanged, simply swap from the food exchange list.

Water Recommendations

12-16
GLASSES
PER DAY



8 OUNCE
GLASS


Drink water with each meal and between each meal.

SCULPT






















































Start sculpting your body with suggested calorie-burning exercises listed below.

Suggested Workout Plan

Follow this workout plan for the next **7 WEEKS** (49 Days)

| | |
|--|--|
| 2-3 DAYS/WEEK | 2 DAYS/WEEK |
|  30 Minutes of Strength Training Ex: pilates, yoga, workout class, cross fit, weights |  30 Minutes of High Intensity Cardio jumping rope, sprinting, spinning, running stairs |
| PLUS | |
|  30+ Minutes of Fat Burning Cardio stair climbing, cycling, jogging, walking, elliptical, swimming | |

Note: Perform all strength training and high intensity cardio first; then do fat burning cardio.

| WORKOUT TRACKER | | Strength Training | High Intensity Cardio | Fat Burning Cardio | Strength Training | High Intensity Cardio | Fat Burning Cardio | Strength Training | High Intensity Cardio | Fat Burning Cardio | Strength Training | High Intensity Cardio | Fat Burning Cardio | Strength Training | High Intensity Cardio | Fat Burning Cardio | Strength Training | High Intensity Cardio | Fat Burning Cardio | ✓ COMPLETED EACH COMBINED EXERCISE 2 TIMES/DAYS EACH WEEK | | | | |
|------------------------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|--|---|--------------------------|--------------------------|---|---|
| | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | | |
| WEEK 1 | Day/Date | 1 | / | | 2 | / | | 3 | / | | 4 | / | | 5 | / | | 6 | / | | 7 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |
| WEEK 2 | Day/Date | 8 | / | | 9 | / | | 10 | / | | 11 | / | | 12 | / | | 13 | / | | 14 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |
| WEEK 3 | Day/Date | 15 | / | | 16 | / | | 17 | / | | 18 | / | | 19 | / | | 20 | / | | 21 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |
| WEEK 4 | Day/Date | 22 | / | | 23 | / | | 24 | / | | 25 | / | | 26 | / | | 27 | / | | 28 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |
| WEEK 5 | Day/Date | 29 | / | | 30 | / | | 31 | / | | 32 | / | | 33 | / | | 34 | / | | 35 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |
| WEEK 6 | Day/Date | 36 | / | | 37 | / | | 38 | / | | 39 | / | | 40 | / | | 41 | / | | 42 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |
| WEEK 7 | Day/Date | 43 | / | | 44 | / | | 45 | / | | 46 | / | | 47 | / | | 48 | / | | 49 | / | |    |   |
| | ✓ COMPLETED | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2x <input type="checkbox"/> 3x <input type="checkbox"/> | 2x <input type="checkbox"/> |

CORE Program Phases

There are **3 phases** to the **CORE Program**. It's as easy as **1, 2, 3!** For more information on the CORE Program, visit COREin8.com

PHASE 1
DETOX
LOSE YOUR BLOAT
Week 1 (7 days)

- 3 STEPS
- 1 CUT
 - 2 CLEAN
 - 3 FLUSH

PHASE 2
IGNITE
MELT YOUR BELLY
Weeks 2-8 (49 days)

- 3 STEPS
- 1 BURN
 - 2 SCULPT
 - 3 RESTORE

PHASE 3
THRIVE
LIVE YOUR LIFE
Weeks 9+

- 3 STEPS
- 1 REPROGRAM
 - 2 DIVERSIFY
 - 3 ENERGIZE

CORE Products

The **CORE Program** simplifies weight management and provides an effective guide for leading a healthy and fit lifestyle.* **Build your nutrition** with **CORE's** premium products, including exclusive protein shakes and customizable boosts that target your specific health goals.



CORE Protein Shake
Chocolate and Vanilla



CORE Boost
Cleanse



CORE Boost
Burn



CORE Boost
Build



CORE Boost
Pro-Bio

For complete product information, visit COREin8.com/core-products

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition before starting any health and wellness program. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. If you are under 18 years of age or pregnant and nursing, consult with your physician prior to using this product.

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Mark Macdonald co-creator of the **CORE Program** is an international nutrition and fitness expert, TV Personality and author of the New York Times bestselling book, *Body Confidence*.



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