



F.I.T.TM C9 F15 V5

Look Better. Feel Better.

**Foundation.
Inspiration.
Transformation.**

F15

INTERMEDIATE 1 & 2

**TAKE THE
NEXT STEP**



FOREVER

F15

INTERMEDIATE 1

ARE YOU LOOKING TO STEP UP YOUR ROUTINE?

Forever's F.I.T. programme will provide you with the **foundation** and **inspiration** needed to achieve your **transformation** goal. *F15 Intermediate* forms part of Forever F.I.T. and this level is aimed at those who are already moderately active.

This hassle-free pack comes with all the products you need to complete a fifteen-day programme, and this booklet is designed to guide you through a routine that is both attainable and flexible. You'll learn customised workouts, interval training and high intensity routines, and you'll discover healthy recipes (P.36), exercise ideas, weight management products and lifestyle tips. All of this will help you to form positive habits and build a healthier, stronger and fitter you.

F15 Intermediate has been split into two fifteen-day regimes so that you can choose the one that suits your lifestyle. They both follow the same supplement and meal schedule (P.7 and P.25), but the exercise regime does vary across the two plans. Before you begin, look closely at each plan's suggested exercises (*F15 Intermediate 1*: P.15. *F15 Intermediate 2*: P.29) and consider which course would suit you before you begin. If you are already active but want to ease yourself in, we suggest you follow *F15 Intermediate 1*.

NOT SURE HOW
TO PERFORM SOME
OF THE EXERCISE
ROUTINES?

CHECK OUT OUR
USEFUL VIDEO
TUTORIALS ON
foreverfit15.com

Please note:
if you want to
complete both parts
(*F15 Intermediate 1*
and *F15 Intermediate 2*)
you will need to
purchase additional
products.

TAKE EACH PRODUCT
AS DIRECTED IN THE
SUPPLEMENT SCHEDULE
FOR MAXIMUM RESULTS!

FOREVER ALOE VERA GEL

Forever Aloe Vera Gel is a digestive aid.



FOREVER FIBER

Forever Fiber is designed for digestive health and is high in fibre and low in saturated fat.



FOREVER THERM

Forever Therm is formulated with vitamins to provide supplemented support whilst achieving your diet and lifestyle goals.



FOREVER GARCINIA PLUS

Forever Garcinia Plus contains the prized Asian culinary fruit *Garcinia*. It is high in chromium which helps with healthy macronutrient metabolism and also contributes to the maintenance of normal blood glucose levels.



FOREVER LITE ULTRA

Forever Lite Ultra is available in chocolate and vanilla flavours and provides 24g of protein per serving, plus many other vitamins and minerals.



BE MINDFUL OF YOUR HEALTH

Please note that the F.I.T. programme (*C9* and *F15*) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia. It should not be followed during pregnancy or when breastfeeding, and it is not suitable for children.

If you have any medical condition or are taking medication, please consult your doctor before starting the programme.

This programme may not be suitable if you are obese or underweight. Check your BMI and consult your doctor before changing your diet and exercise regime.

Please refer to the foods supplement kit packaging for further information on usage.

LET'S GET STARTED.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.

1

WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.

Record your measurements in this booklet and calculate the difference at the end of the *F15* programme.

2

RECORD YOUR DAILY EXERCISE, FOOD INTAKE, AND HOW YOU FEEL WHILE ON *F15*.

Accountability will help prevent you from deviating from the programme.

3

DRINK PLENTY OF WATER.

Approximately 3 litres a day for men and 2 - 2½ litres a day for women.

4

PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavour foods with herbs and spices instead.

5

AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

KNOW THAT YOU CAN DO THIS.



Forever
Aloe Vera Gel
2X 1 litre
bottles

Forever
Lite Ultra
1X pouch
(15 servings)

Forever
Garcinia Plus
90 softgels

What your
F15 pack
includes:

Forever Therm
30 tablets

Forever Fiber
15 packets

F.I.T. Shaker

INTERMEDIATE 1 SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS WHILE ON THE *F15 INTERMEDIATE 1* FIFTEEN-DAY PROGRAMME.

Morning	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i></p>	<p>120ml <i>Forever Aloe Vera Gel</i></p> <p>With a minimum of 240ml of water.</p>	<p>1X <i>Forever Therm</i> tablet*</p> <p>*Take with food.</p>	<p>300-calorie breakfast for women</p> <p>450-calorie breakfast for men</p> <p>See P.36 for suggestions.</p>
Mid-morning	<p>1X packet <i>Forever Fiber</i></p> <p>Mixed with 240-300ml of water or other beverage.</p> <p>This can be consumed at any time of the day.</p>	<p>Be sure to take <i>Forever Fiber</i> separately from your daily supplements. Fibre can bind to some nutrients, impacting its absorption by your body.</p>	<p>100 - 250-calorie snack for women</p> <p>200 - 350-calorie snack for men</p> <p>This can be consumed at any time of the day. See P.38.</p>		
Noon	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	<p>1X <i>Forever Therm</i> tablet*</p> <p>*Take with food.</p>	<p>450-calorie lunch for women</p> <p>550-calorie lunch for men</p> <p>See P.39 for suggestions.</p>	
Early evening	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	<p>450-calorie dinner for women</p> <p>550-calorie dinner for men</p> <p>See P.39 for suggestions.</p>		
Night	A minimum of 240ml of water				

You can have your *Forever Lite Ultra* shake at any time of the day to suit your lifestyle.

F.I.T. TIP

A great way to drink your daily aloe is to mix it with *ARGI+* (sold separately). *ARGI+* provides 5g of L-Arginine per serving plus vitamin C, which contributes to the reduction of tiredness and fatigue. Give your body the energy boost it needs to keep going all day long!

Turn to P.15 for the recommended workout schedule.

Mix 120g of *Forever Aloe Vera Gel*, 1 scoop of *ARGI+* and water to taste. Shake with ice for a delicious way to enjoy the benefits of aloe.

FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.

07

Please note: If you are lactose intolerant or you want to spice up your shake, why not try the *Cherry Ginger Zinger* shake on P.11.

08

SIMPLIFY YOUR DIET.

Sometimes it can be hard to keep track of all the tips and tricks to maintaining a healthy diet, especially if you're on the go. The good news? There's one golden rule to follow that can keep you moving in the right direction: eat colourful foods. The colours of different fruits and vegetables represent different phytonutrients that provide varied benefits to the body.

Orange and yellow colour in vegetables signifies the presence of beta-carotene. The body converts beta-carotene to vitamin A. One small fresh carrot (100g) typically contains about 7,801mcg of carotene. Vitamin A can contribute to the maintenance of normal skin, vision and the normal function of the immune system.

Fruits and vegetables that are **pink or red** in colour like tomatoes and peppers contain lycopene and many other beneficial vitamins and minerals.

Green fruits and veggies are packed full of vitamins and are great when counting calories. **Leafy greens**, such as a 100g serving of kale, only contain around 40kcal and can provide over 100% of your recommended intake of vitamin C. Vitamin C helps with normal energy-yielding metabolism as well as helping with the reduction of tiredness and fatigue.

Blue and purple fruits and vegetables provide many different nutrients including lutein, zeaxanthin, resveratrol and vitamin C.

Finally, don't forget about **white** fruits and vegetables. These nutrient packed foods contain potassium, magnesium and a whole complement of vitamins and minerals that provide seemingly endless benefits.

WHETHER YOU'RE PLANNING YOUR MEALS FOR THE WEEK, OUT TO DINNER WITH FRIENDS OR LOOKING FOR A QUICK SNACK, CHOOSING COLOURFUL FRUITS AND VEGETABLES FUELS YOUR BODY AND KEEPS YOU ON THE ROAD TO LOOKING AND FEELING BETTER.

PREPARE FOR SUCCESS.

One of the pitfalls of any weight management programme is time. Between work responsibilities and family obligations it can be hard to find time to exercise, make a healthy meal or even just make time for yourself. Follow the tips below for meal preparation so that even on-the-go you are set up for success!

+ Plan Ahead

By identifying when you will be pressed for time before it happens, you can make sure you have something healthy to eat ready to grab and go.

+ Create A Menu

Determine which **F15** recipes you are going to make for the week, taking into consideration when your schedule is especially busy. Recipes can be found starting on **P.36**.

+ Go Shopping

Make a list of ingredients you need to prepare your weekly menu and head to the grocery store.

+ Get Cooking

Pre-cook menu ingredients, like chicken breast, some vegetables and anything else that can save time for the week.

FOREVER LITE ULTRA SHAKE RECIPES.

In the **F15 INTERMEDIATE** programme, drink your shake after your workout or for a mid-day boost.

Remember to keep an eye on how many calories you're consuming. If you choose a high-calorie shake, you will need to increase your exercise levels.

	+ WOMEN	+ MEN
CHERRY GINGER ZINGER	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 125g fat-free plain Greek yoghurt 77g cherries / 4g ginger 7g <i>Forever Bee Honey</i> / 4-6 ice cubes (Approx. 274kcal)	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 166g plain Greek yoghurt 115g cherries / 4g ginger 10.5g <i>Forever Bee Honey</i> / 4-6 ice cubes (Approx. 447kcal)
PEACHES & CREAM	1 scoop <i>Forever Lite Ultra</i> / 237ml unsweetened almond milk / 225g peaches / ½ teaspoon cinnamon 14g walnut pieces / 4-6 ice cubes (Approx. 295kcal)	1 scoop <i>Forever Lite Ultra</i> / 296ml unsweetened almond milk / 338g peaches / ½ teaspoon cinnamon 28g walnut pieces / 4-6 ice cubes (Approx. 452kcal)
GREEN GOODNESS	1 scoop <i>Forever Lite Ultra</i> / 118ml unsweetened soy milk 114g kale leaves / 115g spinach / 50g banana 7.5g flax seeds (Approx. 318kcal)	1 scoop <i>Forever Lite Ultra</i> / 177ml unsweetened soy milk 171g kale leaves / 225g spinach / 75g banana 11g flax seeds (Approx. 476kcal)
BLUEBERRY MUFFIN	1 scoop <i>Forever Lite Ultra</i> / 177ml skimmed milk or alternative / 83g fat-free plain Greek yoghurt 50g blueberries / 15g old fashioned oats pinch of cinnamon / 0.6ml vanilla extract 12.5g granola for topping (Approx. 320kcal)	1 scoop <i>Forever Lite Ultra</i> / 177ml skimmed milk or alternative / 125g fat-free plain Greek yoghurt 75g blueberries / 21g old fashioned oats pinch of cinnamon / 0.6ml vanilla extract 25g granola for topping (Approx. 489kcal)
CHOCOLATE RASPBERRY DELIGHT	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 130g fresh or frozen raspberries 3.7g cocoa powder / 15g almond butter 17g cacao nibs (optional topping) / 4-6 ice cubes (Approx. 305kcal)	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 195ml fresh or frozen raspberries 7.4g cocoa powder / 22g almond butter 17g cacao nibs (optional topping) / 4-6 ice cubes (Approx. 470kcal)
STRAWBERRY SHORTCAKE	1 scoop <i>Forever Lite Ultra</i> / 180g fat-free plain Greek yoghurt / 133g strawberries / 15g old fashioned oats 0.6ml vanilla extract / 4-6 ice cubes (Approx. 278kcal)	1 scoop <i>Forever Lite Ultra</i> / 360g fat-free plain Greek yoghurt / 166g strawberries / 21g old fashioned oats 0.6ml vanilla extract / 4-6 ice cubes (Approx. 440kcal)
APPLE CRISP	1 scoop <i>Forever Lite Ultra</i> / 177ml unsweetened soy milk 57g unsweetened apple sauce / 113g apple, chopped pinch of cinnamon and nutmeg / 17g dates 3g chia seeds / 4-6 ice cubes (Approx. 300kcal)	1 scoop <i>Forever Lite Ultra</i> / 296ml unsweetened soy milk 113g unsweetened apple sauce / 133g apple, chopped pinch of cinnamon and nutmeg / 34g dates 6g chia seeds / 4-6 ice cubes (Approx. 461kcal)

F.I.T. TIP

Create your own shake by combining 1 scoop of *Forever Lite Ultra* with 240-300ml of skimmed, almond, coconut, soy or rice milk, 90g-180g of fruits and vegetables, 1 tablespoon of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil, and ice, water or green tea. Blend together and serve.

Feel free to substitute the milk in these recipes with skimmed, rice milk, unsweetened almond milk, unsweetened coconut milk or unsweetened soy milk.

Creating your own shake can be fun but it is important to keep an eye on the calories that you're putting in. We recommend 300kcal for women and 450kcal for men so keep this in mind when combining ingredients.

**HAVE A GREAT RECIPE?
SHARE IT WITH US AT
facebook.com/foreveruk**

RESISTANCE MAKES RESULTS.

Many people think that weightlifting isn't related to weight loss or that introducing weights or resistance into their workouts will create bulky muscle. The reality is, when done properly, weight training burns calories and can continue to boost metabolism long after your workout has ended.

The exercises in the **F15 INTERMEDIATE** programme are designed to introduce weight resistance to core foundational movement. Maximum results can be gained through the use of resistance bands. Resistance bands keep tension on the muscles for an extended period of time to help build lean muscle and burn more calories.

RESISTANCE BANDS COME IN SEVERAL STRENGTHS, ALLOWING YOU TO ADJUST THE RESISTANCE AS YOU GET STRONGER.

For **F15 INTERMEDIATE**, we recommend you have a set of light, medium and heavy bands.

F.I.T. TIP

Make sure to challenge yourself. If you can complete a workout easily or don't feel some muscle fatigue at the end of your exercise, you're not doing enough. Choose a fitness band with more resistance to get the best results.

REMEMBER

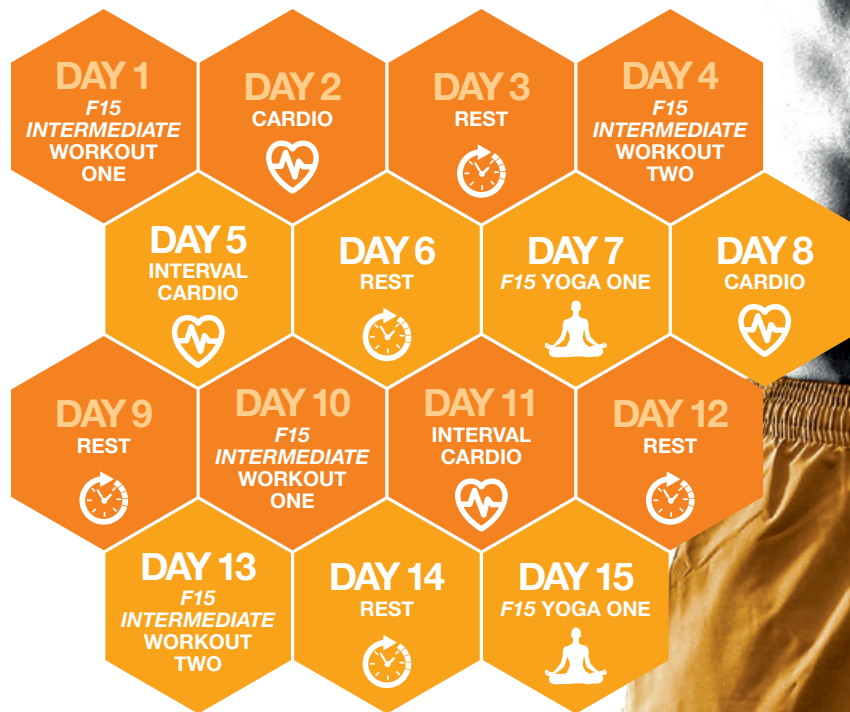
Always warm up and cool down before and after exercising. Be aware that training too hard can lead to injury. Listen to your body and if you feel pain, stop. If you have existing injuries or pain, consult your doctor before starting this or any exercise regime.

F15 INTERMEDIATE 1 WORKOUT SCHEDULE.

LET'S GET MOVING.

The *F15 Intermediate* programme combines two bodyweight workouts, yoga that you can do anywhere and cardio at your own pace to get you moving!

REMEMBER: Always warm up and cool down before and after exercising; be aware that training too hard can lead to injury. Listen to your body and if you feel pain, stop. If you have existing injuries or pain, consult your doctor before starting this or any exercise regime.



CRANK UP THE CARDIO.

Cardio exercises increase heart rate, can help boost metabolism, support a healthy heart and help you recover more quickly after strenuous exercise.

During the *F15 Intermediate 1* programme, commit to doing at least **two-to-three days** of cardio activity per week. These sessions should be **30-60 minutes** and ideally performed without interruption.

RECOMMENDED CARDIO EXERCISES INCLUDE:

Walking, jogging, climbing stairs, elliptical, rowing, swimming, yoga, biking, hiking, aerobics, dancing and kickboxing

THE BENEFITS OF INTERVAL CARDIO.

Introducing intervals into your cardio routine is an effective way to rev up your metabolism. Brief bursts of intensity can add enormous benefits to your workout in a short period of time.

To complete cardio intervals, choose the cardio that works best for you and can be done at varied degrees of intensity. For the first **30 seconds** of each minute, complete your cardio at a comfortable pace, then challenge yourself for the next **20 seconds**. Finally, for the last **10 seconds**, kick it into high gear and complete your exercise at the highest intensity you can.

Repeat this five times in a row before recovering for 2 minutes by walking slowly or jogging. That's it! In **12 minutes** you've completed a powerful, heart-pumping cardio workout. Complete interval cardio two times during the *F15 Intermediate 1* programme.

WARM UP.

YOUR BODY IS A MACHINE.

It's important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury.

Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the **F15 INTERMEDIATE** programme.

SUMO SQUAT
AND REACH
8X

STEP/TOUCH
16X

ALTERNATE
KNEE LIFTS
16X

BUTT-
KICKERS
16X

KNEE LIFT
TO REVERSE
LUNGE
16X

LATERAL
LUNGES
16X

JUMPING
JACKS
20X

COOL DOWN.

Save a few minutes at the end of each workout to cool down. This allows your heart rate to transition easily into recovery, while breathing and blood pressure come back to normal.

It also helps improve flexibility and helps prevent injury. The cool down should be performed fluidly as a series of movements rather than individual exercises.

SUMO
SQUAT
8X

STANDING
REACHES
16X

LATERAL
SUPPORTED
LUNGES
16X

LUNGE
WITH QUAD
STRETCH
RIGHT
16X

HAMSTRING
STRETCH
LEFT
16X

LUNGE
WITH QUAD
STRETCH
LEFT
16X

HAMSTRING
STRETCH
RIGHT
16X

CHEST
OPENER
16X

SHOULDER
CIRCLES
8X



TO SEE VIDEOS OF
ALL WARM UPS AND
EXERCISES, VISIT:
FOREVERFIT15.COM

F15 INTERMEDIATE WORKOUT ONE

This workout builds on foundational moves learned in **F15 BEGINNER** with added resistance. Using resistance bands challenges the body and helps build lean muscle. Repetitions of each exercise will be performed in a circuit style.

Once you have finished all thirteen exercises, recover for **60 seconds** and start again with a goal of completing two-to-three rounds total!

EQUIPMENT REQUIRED: RESISTANCE BANDS

- + Static lunges with bicep curl (per side) 16x
- + Squats with tricep kickback 16x
- + Split squats with mid-back pull (per side) 16x
- + Squat to shoulder press 16x
- + Quadraped with left leg extensions 16x
- + Quadraped with right leg extensions 16x
- + Pushups 16x
- + Plank step outs 16x
- + Superman 16x
- + Side planks (per side) 8x
- + Seated reverse crunches 16x
- + Inverted bike 32x
- + Mountain climbers 32x

Rest 60
seconds

Repeat
2-3 times
for full
workout!

F15 INTERMEDIATE WORKOUT TWO

This workout introduces alternate exercises with added resistance. Repetitions of each exercise will be performed in a circuit style.

Once you have finished all ten exercises, recover for **60 seconds** and start again with a goal of completing two-to-three rounds total!

EQUIPMENT REQUIRED: RESISTANCE BANDS

- + Squat side outs (per side) 16x
- + Upright rows 16x
- + Alternating step touches 16x
- + Side upright rows 16x
- + Squats with glute lift (per side) 16x
- + Thread the needle left side planks 16x
- + Full body tricep pushups 16x
- + Thread the needle right side planks 16x
- + Glute bridges with leg extension (per side) 16x
- + Core roll ups 16x

Rest 60
seconds

Repeat
2-3 times
for full
workout!

F.I.T. TIP

Challenge makes changes!
Completed two rounds last time?
Take on three this time to get stronger
and take the next step on your path
to looking and feeling better.

F15 YOGA ONE

The *F15 Yoga One* workout introduces twenty-two fundamental yoga poses. While each is its own exercise, try to move fluidly between poses for maximum results.

Instead of focusing on completing each pose perfectly, breathe deeply and allow the body to lengthen, stretch and relax to help increase flexibility and build a mind/body connection.

Follow along with the *Yoga One* workout at foreverfit15.com.

+ Relaxation pose	15 seconds
+ Knees to chest	4x
+ Bridge	8x
+ Inverted bike	16x
+ Cat-cow	8x
+ Bird-dog	16x
+ Child's pose	5x
+ Downward dog	16x
+ Mountain pose	1x
+ Sunflower	8x
+ Sun salutation	5x
+ Warrior 1, 2, reverse right	1x
+ Extended angle	1x
+ Triangle pose	1x
+ Mountain pose	1x
+ Warrior 1, 2, reverse left	1x
+ Extended angle	1x
+ Triangle pose	1x
+ Mountain pose	1x
+ Child's pose	5x
+ Knees to chest	4x
+ Happy baby	15 seconds
+ Spinal twist	15 seconds
+ Relaxation pose	30-60 seconds

**CONGRATULATIONS
ON COMPLETING
FOREVER F15
INTERMEDIATE 1!**

**KEEP MOVING!
F15 INTERMEDIATE 2
IS THE NEXT STEP ON
YOUR JOURNEY TOWARDS
LOOKING AND FEELING
BETTER.**

Don't forget to record your weight and measurements on **P.6** to track your progress. This is always a great time to re-evaluate your goals and make sure you're pushing for what you want.

**ALREADY MET ONE OF YOUR
GOALS? AMAZING WORK!**

Consider the progress you're making and the changes you're seeing in your body, and set a new goal to challenge yourself!



F15

INTERMEDIATE 2

TAKE THE NEXT STEP.

In *F15 INTERMEDIATE 1*, you learned the importance of challenging yourself to help you look better, feel better and achieve your goals. Take that knowledge to the next level with *F15 INTERMEDIATE 2*.

If you haven't already, make sure you record your weight and measurements on **P.6** and take progress photos to track your results. Review your goals and focus on what you'll need to do during the Forever *F15 Intermediate 2* programme to get there.

**FEELING
MOTIVATED?
LET'S GET
MOVING!**

INTERMEDIATE 2 SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 INTERMEDIATE 2 FIFTEEN-DAY PROGRAMME.

Morning	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i></p>	<p>120ml Forever Aloe Vera Gel</p> <p>With a minimum of 240ml of water.</p>	<p>1X Forever Therm tablet*</p> <p>*Take with food.</p>	<p>300-calorie breakfast for women</p> <p>450-calorie breakfast for men</p> <p>See P.36 for suggestions.</p>
Mid-morning	<p>1X packet Forever Fiber</p> <p>Mixed with 240-300ml of water or other beverage.</p> <p>This can be consumed at any time of the day.</p>	<p>Be sure to take <i>Forever Fiber</i> separately from your daily supplements. Fibre can bind to some nutrients, impacting its absorption by your body.</p>	<p>100 - 250-calorie snack for women</p> <p>200 - 350-calorie snack for men</p> <p>This can be consumed at any time of the day. See P.38.</p>		
Noon	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	<p>1X Forever Therm tablet*</p> <p>*Take with food.</p>	<p>450-calorie lunch for women</p> <p>550-calorie lunch for men</p> <p>See P.39 for suggestions.</p>	
Early evening	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	<p>450-calorie dinner for women</p> <p>550-calorie dinner for men</p> <p>See P.39 for suggestions.</p>		
Night	A minimum of 240ml of water				

You can have your *Forever Lite Ultra* shake at any time of the day to suit your lifestyle.

Turn to P.29 for the recommended workout schedule.

FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.



SLEEP YOUR WAY TO FIT.

Okay, so you can't exactly 'sleep your way to fit', but did you know that sleep can still play an important part in your weight loss strategy? This often overlooked component of a healthy routine can make a big difference in helping you look better and feel better.

The importance of sleep to your fitness routine and healthy diet has more to do with what happens when you don't get enough sleep than what happens when you do. Lack of sleep influences the body's hormonal response and can make you more prone to gain weight and overeat.

Those who get less than an adequate amount of sleep each night may also feel sluggish and less energised, making them more likely to skip a workout and generally be less active throughout the day.

When you add these things together, it's easy to see what a powerful impact not getting enough sleep could have on your routine, even when you're doing everything else right.

MAKE SURE YOU ARE GETTING THE RIGHT AMOUNT OF SLEEP FOR YOU AND YOUR LIFESTYLE SO THAT YOU WAKE UP FEELING RESTED AND READY TO FACE THE DAY!

CURB YOUR CRAVINGS.

Do you have a sweet tooth or find yourself craving fatty foods? You're not alone. Many people crave unhealthy foods, especially if they used to have them regularly and suddenly find themselves eating a healthy diet. Good news! Here are several ways to fight these cravings and stay on track with your routine!

+ Drink More Water

Often times when we feel hungry, our body is actually thirsty. Drinking 240ml of water when you begin feeling hungry can fight hunger pangs. Still find that you're hungry after a few minutes? Grab a healthy snack. For *F15 Intermediate* snacks, go to **P.38**.

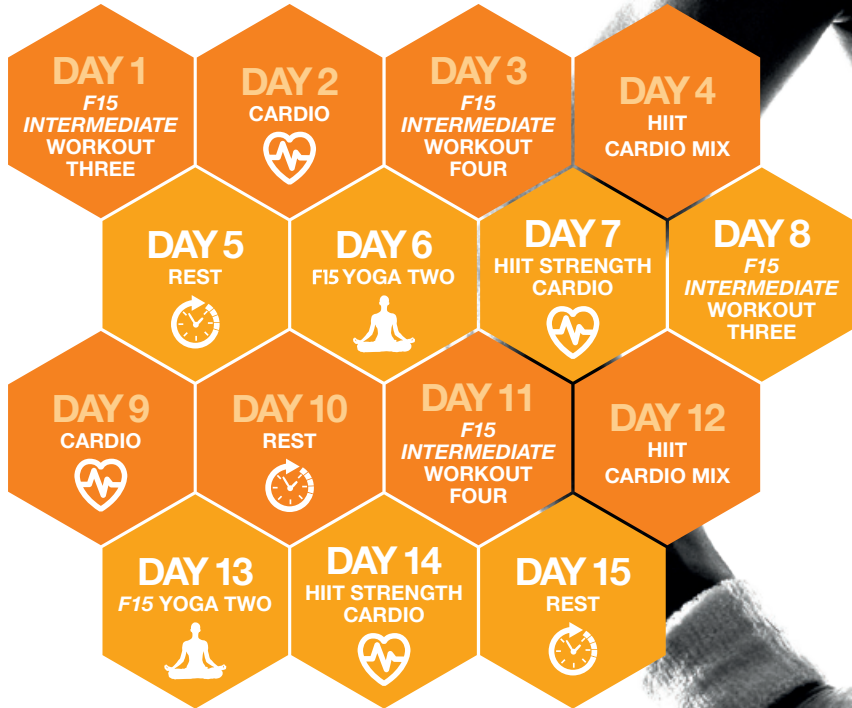
+ Plan Ahead

If you know there's a time of day when you tend to get a craving, plan your meals around it. If everyone meets in the break room at your office for a mid-morning doughnut break, eat something healthy before you join them so you are less likely to give in to sugary cravings just because you are hungry.

+ Mindfulness and Moderation

Denying yourself of cravings entirely can actually be detrimental to your healthy diet. Studies have found that those who deny themselves foods craved during a programme are more likely to binge once the programme has ended and gain back weight that they may have lost. Instead, if you are craving something unhealthy, enjoy a small amount as part of a meal once a week paired with healthy foods. Indulging a craving in moderation will help you stick to your diet, feel satisfied and stay motivated!

F15 INTERMEDIATE 2 WORKOUT SCHEDULE.



TAKE YOUR FITNESS TO THE NEXT LEVEL.

F15 INTERMEDIATE 2 builds on the bodyweight and yoga workouts that you've already learned and introduces exciting new cardio trainings to get you moving.

HIGH INTENSITY CARDIO.

High Intensity Interval Training (HIIT) workouts can add variety to your cardio routines. These high energy workouts increase your heart rate and help to burn more fat and calories in less time. But don't be fooled. HIIT workouts require maximum effort for maximum results.

The **F15 INTERMEDIATE 2** programme introduces two HIIT cardio workouts to change up your cardio routine. These fast-paced workouts can be done anywhere in 16 minutes and require no equipment other than your body and a chair.

F.I.T. TIP

Integrate **F15 HIIT Cardio** with one steady-state cardio routine each week for maximum results. Steady-state cardio should be **30-60 minutes** in length and feel like an intensity of five to seven on a scale of ten with ten being extremely difficult. For a refresher on steady-state cardio, check out **P.16**.

WARM UP.

In **F15 INTERMEDIATE 1**, you learned the importance of warming up to give you the best quality workout and lowest possible risk of injury. Use those foundational moves before each **F15 INTERMEDIATE 2** workout to get started. Need a refresher? Review the warm up and exercises on **P.17** or watch the video at foreverfit15.com.

F15 HIIT STRENGTH CARDIO

Each exercise will be performed for **45 seconds** with a **15-second** recovery. Complete the entire circuit and repeat again without taking time to recover. Intensity is the key to success with this workout. Challenge yourself to compete at your highest level for maximum results.

EQUIPMENT REQUIRED: CHAIR

- + Reverse lunge to front kicks left
- + Jackknife shoulder press
- + Reverse lunge to front kicks right
- + Chair tricep dips
- + Plank to squat thrusts
- + Mountain climbers
- + Steady-state exercise
- + Mountain climbers
- + Speed squats
- + Inverted bike

45 seconds each
15 second recovery

Repeat 2 times with no rest between!

F15 HIIT CARDIO MIX

This cardio **HIIT Mix** will use **Tabata** timing. This means **20 seconds** of high intensity exercise followed by **10 seconds** of recovery. Four rounds of each exercise will be completed followed by **1-2 minutes** of recovery before moving on to the next exercise.



- + Jumping jacks
- + Pushups
- + Side-to-side shuffles
- + Spiderman mountain climbers
- + High knees
- + Reverse crunches

F.I.T. TIP

Remember, the key to HIIT workouts is intensity. Without maximum intensity you won't achieve maximum results. **Want more?** If you can complete this workout easily and are looking for a challenge, double the rounds of each exercise before resting.

F15 INTERMEDIATE WORKOUT THREE

EQUIPMENT REQUIRED: DUMBBELLS, STEP OR CHAIR, RESISTANCE BANDS

This workout builds on the **F15 INTERMEDIATE 1** workouts by adding weight resistance and muscle group isolation. Using weights challenges the body, helps to build lean muscle and causes the body to move in different ways. Repetitions of each exercise will be performed before moving on to the next exercise.

Once you have finished all ten exercises, recover for **60 seconds** and start again with a goal of completing between two-to-three rounds total!



- + Lunge to step up and bicep curls left
- + Lunge to step up and bicep curls right
- + Reverse lunge to tricep kickbacks left
- + Reverse lunge to tricep kickbacks right
- + Split squats with mid-back row left
- + Split squats with mid-back row right
- + Squat to single arm overhead presses left
- + Squat to single arm overhead presses right
- + Renegade rows
- + Weighted reverse crunches



F.I.T. TIP

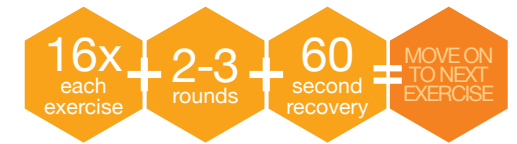
Choose dumbbells that allow you to complete the exercises, but feel fatigued at the end of each set before your rest. If you are not able to complete two-to-three rounds of each exercise due to fatigue, you need lighter weights. If the exercises seem too easy at the end of two-to-three rounds, invest in heavier weights to challenge yourself.

F15 INTERMEDIATE WORKOUT FOUR

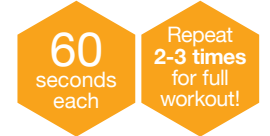
EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS

This workout builds on the **F15 INTERMEDIATE 1** workouts by adding weight resistance and muscle group isolation. Using weights challenges the body, helps to build lean muscle and causes the body to move in different ways. Repetitions of each exercise will be performed before moving on to the next exercise.

Once you have finished all fourteen exercises, recover for **60 seconds** and start again with a goal of completing between two-to-three rounds total!



- + Squat side outs left
- + Lateral shoulder raise
- + Squat side outs right
- + Sumo squats with upright row
- + Curtsey lunges with lateral bicep curl left
- + Curtsey lunges with lateral bicep curl right
- + Lateral lunge to knee balances left
- + Lateral lunge to knee balances right
- + Squat and step overs
- + Planks with alternating hip drop
- + Table top tricep pushups
- + Glute bridges with single glute work left
- + Glute bridges with single glute work right
- + Row boat core



F15 YOGA TWO

The **F15 Yoga Two** workout builds on the beginner yoga poses that were introduced in **F15 INTERMEDIATE 1**. While each is its own exercise, try to move fluidly between poses for maximum results.

Instead of focusing on completing each pose perfectly, breathe deeply and allow the body to lengthen, stretch and relax to help build flexibility.

Follow along with the **Yoga Two** workout at foreverfit15.com.

- + Sunflower 8x
- + Sun salutation 5x
- + Warrior series right 3x
- + Extended angle 1x
- + Triangle pose 1x
- + Tree pose 1x
- + Warrior series left 3x
- + Extended angle 1x
- + Triangle pose 1x
- + Tree pose 1x
- + Lunge left 1x
- + Kneeling twist 1x
- + Lunge right 1x
- + Kneeling twist 1x
- + Child's pose 5x
- + Relaxation pose 30-60 seconds

COOL DOWN.

Don't forget to save a few minutes at the end of each workout to cool down. To review the cool down, visit **P.18** or watch at foreverfit15.com.

FEEDING YOUR BODY.

The road to looking and feeling better goes right through your kitchen. Follow the daily calorie requirements below throughout the **F15 Intermediate** programme.

+ Women 1,600-1,750 calories

+ Men 1,900-2,200 calories

BREAKFAST.

Mix and match the following recipes during **F15 Intermediate** to start your day.

SPECIAL SCRAMBLED EGGS

Women - (Approx. 296kcal)	Men - (Approx. 452kcal)
2 eggs	2 eggs
28g smoked salmon	42g smoked salmon
1 slice wholemeal toast	2 slices wholemeal toast
1 ½ teaspoons butter	1½ teaspoons butter
	Small banana

Break eggs into a bowl and whisk with a tablespoon of water. Add black pepper to taste. Heat half the butter in a pan on low. Heat eggs and cook gently until firm. Add remaining butter to the cooked eggs and stir in smoked salmon strips. Pile onto toast.

BREAKFAST BAGEL

Women - (Approx. 313kcal)	Men - (Approx. 426kcal)
1 cinnamon and raisin bagel	1 cinnamon and raisin bagel
½ tablespoon almond butter	½ tablespoon almond butter
½ apple, sliced	1 apple, sliced
	200ml oat milk

Toast bagel lightly and spread on butter while hot. Slice the apple and put on butter. Men can enjoy oat milk on the side.

COFFEE N COCONUT OATS

Women - (Approx. 315kcal)	Men - (Approx. 471kcal)
150g low-fat Greek yoghurt	225g low-fat Greek yoghurt
40g porridge oats	60g porridge oats
65ml coconut milk	95ml coconut milk
65ml brewed coffee	65ml brewed coffee
½ teaspoon cinnamon	½ teaspoon cinnamon

Mix everything together thoroughly then transfer to suitable container. Leave overnight. This is great to take to work or when on a busy schedule.

SIMPLE BREAKFAST CEREAL

Women - (Approx. 298kcal)	Men - (Approx. 423kcal)
2 shredded-wheat biscuits	2 shredded-wheat biscuits
175ml semi-skimmed milk	175ml semi-skimmed milk
115ml fresh orange juice	150ml fresh orange juice
	10 almonds

Pour ice-cold milk on the shredded-wheat cereal; enjoy orange on the side and a handful of nuts (men only).

BREAKFAST.

HAM AND MUSHROOM FRITTATA

Women – (Approx. 293kcal)

Men – (Approx. 420kcal)

½ **teaspoon** olive oil
40g chestnut mushrooms, sliced
25g ham, diced
40g bag of spinach
2 **medium** eggs, beaten
1 **tablespoon** grated cheddar
1 **slice** wholemeal bread

½ **teaspoon** olive oil
40g chestnut mushrooms, sliced
50g ham, diced
40g bag of spinach
2 **medium** eggs, beaten
2 **tablespoons** grated cheddar
2 **slices** wholemeal bread

Heat the grill to its highest setting. Heat the oil in an ovenproof frying pan over a medium-high heat. Tip in the mushrooms and fry for 2 minutes until softened. Stir in the ham and spinach and cook for 1 minute more until the spinach has wilted. Season well with black pepper. Reduce the heat and pour over the eggs. Cook undisturbed for 3 minutes until the eggs are mostly set. Sprinkle over the cheese and put under the grill for 2 minutes. Serve hot or cold.

PEACH QUINOA PORRIDGE

Women – (Approx. 306kcal)

Men – (Approx. 425kcal)

40g quinoa
15g porridge oats
135ml unsweetened almond milk
1 fresh peach
1 **teaspoon** *Forever Bee Honey*

60g quinoa
25g porridge oats
175ml unsweetened almond milk
1 fresh peach
1 **teaspoon** *Forever Bee Honey*

Put the quinoa oats in a small saucepan with 125ml water and half of the almond milk. Bring to the boil then simmer gently for 5-10 minutes, stirring occasionally. Pour in the remaining almond milk and cook for 5 minutes until creamy. Spoon into bowls or jars and top with sliced peach and *Forever Bee Honey*.

SNACK.

A well-balanced snack can help you feel full, fight cravings and keep you energised throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

CHEESY POPCORN

Women – (Approx. 197kcal)

Men – (Approx. 282kcal)

30g popcorn, cooked
1½ **tablespoons** dried parmesan
1 **teaspoon** olive oil

48g popcorn, cooked
2 **tablespoons** dried parmesan
1 **teaspoon** olive oil

Put all ingredients in a plastic bag and shake; serve in a bowl.

CARROT AND CORIANDER SOUP

Women – (Approx. 206kcal)

Men – (Approx. 312kcal)

400g tin of light carrot and coriander soup
1 **slice** wholemeal toast
1 **teaspoon** butter

400g tin of light carrot and coriander soup
2 **slices** wholemeal toast
2 **teaspoons** butter

Serve hot with buttered toast.

PLOUGHMAN'S ON A STICK

Women – (Approx. 183kcal)

Men – (Approx. 293kcal)

2 **thin slices** of lean ham, visible fat removed
4 silverskin (pickled) onions, drained
25g Edam cheese
1 apple

3 **thin slices** of lean ham, visible fat removed
6 silverskin (pickled) onions, drained
50g Edam cheese
1 apple

Cut each slice of ham into three long strips and roll up each strip tightly. Thread the rolled-up ham strips on to skewers or cocktail sticks along with the pickled onions. Add chunks of cheese and eat with the apple.

TOMATO AND FETA CHEESE ON OAT CAKES

Women – (Approx. 204kcal)

Men – (Approx. 302kcal)

2 oatcakes
40g crumbled feta cheese
1 sliced tomato
Sprinkle dried mixed herbs

3 oatcakes
60g crumbled feta cheese
1 sliced tomato
Sprinkle dried mixed herbs

Layer the tomato on the oatcakes and top with cheese. Sprinkle with the mixed herbs.

BANANA RICE CAKES

Women – (Approx. 191kcal)

Men – (Approx. 277kcal)

2 brown rice cakes
1 **tablespoon** peanut butter
½ **small** banana

2 brown rice cakes
1½ **tablespoons** peanut butter
1 **small** banana

Spread the rice cakes with the peanut butter. Top with sliced banana.

COOKIE AND LATTE

Women – (Approx. 188kcal)

Men – (Approx. 273kcal)

200ml semi-skimmed milk
1 **teaspoon** coffee granules
½ *Forever Pro X2 bar*, chocolate

200ml semi-skimmed milk
1 **teaspoon** coffee granules
1 *Forever Pro X2 bar*, chocolate

Add a teaspoon of water to the coffee and mix into a paste, stirring vigorously. Add the hot milk. Enjoy with the cookie.

HONEY-ROASTED CHICKPEAS

Women – (Approx. 191kcal)

Men – (Approx. 286kcal)

100g tinned chickpeas
1 **teaspoon** coconut oil
1 **teaspoon** *Forever Bee Honey*
Pinch of cinnamon
Pinch of nutmeg

150g tinned chickpeas
1½ **teaspoons** coconut oil
1½ **teaspoon** *Forever Bee Honey*
Pinch of cinnamon
Pinch of nutmeg

Drain and rinse the chickpeas in a colander. Place them on a towel to dry off. Spread chickpeas on a baking sheet in a single layer. Bake 160°C for approximately 45 minutes or until crispy. While the chickpeas are still hot, toss them in a bowl with the oil, honey, cinnamon, and nutmeg. Make more and store in an airtight container for a ready-to-go snack.

F.I.T. TIP

Studies have shown that those who skip breakfast tend to over-compensate with more food throughout the day or high-calorie snacks to stave off hunger pains. Enjoy a filling breakfast to start your day in the right direction.

HAVE A GREAT RECIPE? SHARE IT WITH US AT facebook.com/foreveruk

LUNCH & DINNER.

Mix and match the following recipes during the *F15 INTERMEDIATE* programme to make sure you're meeting your calorie requirement and staying properly fuelled throughout the day!

MEXICAN CHICKEN STUFFED PEPPERS

Women – (Approx. 465kcal)

½ **tablespoon** olive oil
25g chopped onion
 ¼ **teaspoon** garlic salt
 ¼ **teaspoon** chilli powder
112g minced chicken/turkey
75g chopped tomatoes
1 medium red pepper
 Seasoning
 ½ **teaspoon** paprika
 ¼ **teaspoon** dried oregano
Pinch of ground cinnamon
125g cooked brown rice

Men – (Approx. 535kcal)

½ **tablespoon** olive oil
25g chopped onion
 ¼ **teaspoon** garlic salt
 ¼ **teaspoon** chilli powder
142g minced chicken/turkey
75g chopped tomatoes
1 medium red pepper
 Seasoning
 ½ **teaspoon** paprika
 ¼ **teaspoon** dried oregano
Pinch of ground cinnamon
150g cooked brown rice

Heat oil in a frying pan. Add onion, garlic and chilli and cook for 2 minutes while stirring. Add chicken and cook until no longer pink. Sprinkle with seasoning mixture, stir well. Stir in tomatoes and bring to a boil. Reduce heat then simmer until most of the liquid has evaporated. In a pan of water, blanch peppers cut in half (and deseeded) for 2–3 minutes. Fill peppers with chicken mixture. Serve with the rice.

CHICKEN QUINOA SALAD

Women – (Approx. 442kcal)

95g cooked quinoa
50g canned red kidney beans
30g canned sweetcorn
 ¼ **medium** red onion, chopped
 ¼ **red** pepper, chopped
115g cooked chicken, diced
1 tablespoon low-fat French dressing
Small orange, apple or pear

Men – (Approx. 549kcal)

145g cooked quinoa
50g canned red kidney beans
30g canned sweetcorn
 ¼ **medium** red onion, chopped
 ¼ **red** pepper, chopped
140g cooked chicken, diced
1 tablespoon low-fat French dressing
Small orange, apple or pear

Place the quinoa in a large bowl and add the kidney beans, corn, onion, pepper and chicken. Pour the vinaigrette over the salad and stir to combine well. Enjoy the fruit for dessert.

BLT SALAD WITH AVOCADO

Women – (Approx. 456kcal)

2 rashers unsmoked lean bacon chopped
1 tomato, chopped
1 tablespoon light mayonnaise
 Fresh black pepper, to taste
150g mixed salad leaves
 ½ **avocado**, diced
75g grapes
150ml semi-skimmed milk

Men – (Approx. 540kcal)

2 rashers unsmoked lean bacon chopped
1 tomato, chopped
1 tablespoon light mayonnaise
 Fresh black pepper, to taste
150g mixed salad leaves
 1 **avocado**, diced
75g grapes
175ml semi-skimmed milk

Combine the diced tomatoes with the mayonnaise and season with a fresh pepper. To serve, put the mixed salad leaves on a plate then top with avocado and chopped bacon. Enjoy with a glass of ice-cold milk.

BAKED SALMON AND NEW POTATOES

Women – (Approx. 437kcal)

113g salmon fillet
200g boiled new potatoes
75g cooked green beans
 Lemon wedges to serve

Men – (Approx. 559kcal)

170g salmon fillet
200g boiled new potatoes
75g cooked green beans
 Lemon wedges to serve

Bake salmon, wrapped in foil with a squeeze of lemon and a pinch of freshly ground black pepper, in 180°C oven until cooked. Serve the rest of the cooked vegetables.

CAULIFLOWER MAC N CHEESE

Women – (Approx. 471kcal)

50g cauliflower
100g gnocchi
 ½ **teaspoon** butter
 ½ **teaspoon** garlic salt
 ½ **tablespoon** plain flour
150ml semi-skimmed milk
30g low-fat cheddar cheese, grated
 Black pepper, to taste
1 tablespoon wholemeal breadcrumbs

Men – (Approx. 561kcal)

50g cauliflower
150g gnocchi
 ½ **teaspoon** butter
 ½ **teaspoon** garlic salt
 ½ **tablespoon** plain flour
150ml semi-skimmed milk
30g low-fat cheddar cheese, grated
 Black pepper, to taste
1 tablespoon wholemeal breadcrumbs

Preheat oven to 180°C. Bring a pan of salted water to the boil, add cauliflower then gnocchi. Cook until gnocchi floats to the top. Drain cauliflower and gnocchi in a colander and rinse with cold water. Set aside. In a small saucepan set over a medium heat, melt butter and stir in garlic. Cook until aromatic. Whisk in flour, then slowly whisk in the milk. Bring sauce to a low boil to thicken. Stir in cheese until melted, remove from heat and season with pepper to taste. Place gnocchi and cauliflower in a baking dish and coat with cheese mixture. Top with breadcrumbs and mist with low-calorie cooking oil. Bake for 20 minutes or until cheese bubbles and topping is browned.

BBQ PULLED PORK SANDWICH

Women – (Approx. 455kcal)

113g pulled pork
1 medium wholemeal roll
1 tablespoon BBQ sauce
Handful of watercress
1 tomato
100g beetroot salad
1 apple

Men – (Approx. 568kcal)

150g pulled pork
1 large wholemeal roll
1 tablespoon BBQ sauce
Handful of watercress
1 tomato
100g beetroot salad
1 apple

Cook the pork as instructed on the pack. Cut open and toast the roll lightly. Add the watercress to the open roll as well as the sliced tomato and pork. Drizzle the BBQ sauce and serve with the beetroot salad and apple wedge on the side.

BETROOT, CHICKEN AND FETA SALAD

Women – (Approx. 452kcal)

85g cooked chicken breast
1 hard-boiled egg
50g cooked beetroot
1 tablespoon feta cheese
1 wholemeal pitta bread
2 tablespoons low-fat French dressing
150g spinach leaf salad

Men – (Approx. 557kcal)

140g cooked chicken breast
1 hard-boiled egg
50g cooked beetroot
2 tablespoons feta cheese
1 wholemeal pitta bread
2 tablespoons low-fat French dressing
150g spinach leaf salad

Chop the egg and beetroot. Add the spinach and toss. Top with the chicken and crumbled feta. Drizzle on the dressing and serve with the pitta bread.

ALOO GOBI WITH BASMATI RICE

Women – (Approx. 444kcal)

Low-calorie cooking spray
 ½ **onion**, peeled and finely chopped
 ½ **teaspoon** garlic salt
 ½ **teaspoon** ground ginger
 ½ **tablespoon** mild curry powder
125g potatoes, peeled and cut into chunks
75g cauliflower/broccoli florets
 ½ **red** pepper, deseeded and cut into chunks
80g frozen peas
125ml passata
50ml water
1 tablespoon low-fat Greek yoghurt
A handful of coriander
125g cooked brown basmati rice

Men – (Approx. 543kcal)

Low-calorie cooking spray
 ½ **onion**, peeled and finely chopped
 ½ **teaspoon** garlic salt
 ½ **teaspoon** ground ginger
 ½ **tablespoon** mild curry powder
150g potatoes, peeled and cut into chunks
100g cauliflower/broccoli florets
 ½ **red** pepper, deseeded and cut into chunks
100g frozen peas
150ml passata
50ml water
2 tablespoons low-fat Greek yoghurt
A handful of coriander
150g cooked brown basmati rice

Spray a frying pan with low-calorie cooking spray and place over a medium heat. Add the onions and stir-fry for 2–3 minutes. Add the garlic, ginger and curry powder and stir-fry for 20–30 seconds. Add the potatoes, cauliflower/broccoli, red pepper and peas and stir-fry for 2–3 minutes. Stir in the passata, water and bring to the boil. Cover, reduce the heat to medium, and cook, stirring occasionally, for 15–20 minutes. Drizzle with the yoghurt and coriander. Serve with steamed basmati rice. Tip: This recipe is suitable for freezing.

VEGETARIAN SPAGHETTI BOLOGNESE

Women – (Approx. 453kcal)	Men – (Approx. 572kcal)
¼ red onion	¼ red onion
1 small carrot	1 small carrot
1 garlic clove	1 garlic clove
½ celery stick	½ celery stick
Low-calorie cooking spray	Low-calorie cooking spray
100g meat-free mince	150g meat-free mince
200g chopped tomatoes	300g chopped tomatoes
1 tablespoon freshly chopped basil	1 tablespoon freshly chopped basil
1 teaspoon dried mixed herbs	1 teaspoon dried mixed herbs
A pinch of chilli	A pinch of chilli
140g cooked whole-wheat spaghetti	175g cooked whole-wheat spaghetti
1 tablespoon grated parmesan cheese	1 tablespoon grated parmesan cheese
150g fresh fruit salad	150g fresh fruit salad

Slice the red onion, carrots, garlic, and celery. Place in a pan sprayed with low-calorie cooking spray and fry for 2-3 minutes. Add the mince and fry for a few minutes. Add the tomatoes and herbs and bring to the boil; cover and simmer gently for 30 minutes. Serve with the spaghetti and sprinkle with cheese and basil. Enjoy fresh fruit salad for dessert.

OPEN TURKEY SANDWICH

Women – (Approx. 416kcal)	Men – (Approx. 551kcal)
113g cooked turkey slices	170g cooked turkey slices
¼ avocado	½ avocado
15g lettuce	15g lettuce
2 slices wholemeal bread	2 slices wholemeal bread
2 teaspoons cranberry sauce	2 teaspoons cranberry sauce
Apple or orange	Apple or orange

Layer the bread with the lettuce, turkey, avocado and cranberry sauce. Enjoy the fruit for dessert.

PARMESAN HERB-CRUSTED FISH

Women – (Approx. 458kcal)	Men – (Approx. 545kcal)
200g white fish of your choice	250g white fish of your choice
1 tablespoon grated parmesan cheese	1 tablespoon grated parmesan cheese
2 teaspoons olive oil	2 teaspoons olive oil
1 teaspoon mixed dried herbs	1 teaspoon mixed dried herbs
200g boiled new potatoes	200g boiled new potatoes
75g cooked green beans	75g cooked green beans
	75g grapes

Lay fish skin-side down on a baking sheet. Mix together the parmesan and dried herbs. Brush half the oil on the fish and coat with the crust mix. Take the potatoes and cut in half; coat with the remaining oil and spread on a baking sheet. Cook both fish and potatoes in the oven 190°C until potatoes are golden and fish is firm. Serve with beans and lemon wedges.

LIME AND GINGER PORK & NOODLES

Women – (Approx. 444kcal)	Men – (Approx. 537kcal)
100g cooked noodles	100g cooked noodles
¼ onion	¼ onion
100g stir-fry vegetables, mixed	100g stir-fry vegetables, mixed
1 clove of garlic	1 clove of garlic
113g pork tenderloin cubed	170g pork tenderloin cubed
1 medium lime, juiced	1 medium lime, juiced
½ teaspoon ground ginger	½ teaspoon ground ginger

In a wok or large frying pan, heat low-calorie spray oil. Add onion and sauté. Add garlic and vegetables to soften. Add this to the cooked noodles, put on the side. Now cook the pork in the pan until cooked through and add to the noodle mix. Finally, add lime juice, ginger and 2 tablespoons of water. Mix well to create a smooth sauce. Simmer for 1 minute until thickened and slightly reduced. Coat the pork stir fry!

CREATE YOUR PERFECT MEAL.

For a quick and easy way to add variety to your lunches and dinners, create your own perfect meal by making one selection from each of the four categories. Following these food charts ensures that you're getting the correct balance of protein, carbohydrates and healthy fats with each meal while staying within your recommended calories.

CARBOHYDRATES.

	TYPE	SERVING SIZE	
		WOMEN	MEN
OATS	Rolled (GF)	43g (161kcal)	56g (209kcal)
GRAINS	Quinoa	43g (123kcal)	56g (189kcal)
	Rice (wild or brown)	45g (175kcal)	61g (264kcal)
	Barley	105g (126kcal)	157g (188kcal)
	Popcorn (plain with salt n pepper)	2 tablespoons uncooked or 16g cooked (62kcal)	3 tablespoons uncooked or 42g cooked (93kcal)
	Wheat semolina	35g (raw = 122kcal)	55g (raw = 192kcal)
BREAD	Wholemeal bread	1 slice (87kcal)	2 slices (174kcal)
	Wholemeal tortillas	1 tortilla (117kcal)	2 tortillas (234kcal)
	Corn tortilla	2 small (120kcal)	4 small (200kcal)
	Crumpet	1 crumpet (120kcal)	1½ crumpet (180kcal)
PASTA	Whole wheat pasta	93g (126kcal)	140g (188kcal)
	GF pasta	35g (dry = 124kcal)	50g (dry = 199kcal)
	Rice noodles	50g (67kcal)	100g (135kcal)
LEGUMES (CANNED)	Chickpeas	133g (153kcal)	200g (196kcal)
	Black beans	40g (46kcal)	60g (70kcal)
	Pinto beans	114g (156kcal)	171g (234kcal)
STARCHY VEG	Baked desiree potato	300g (165kcal)	300g (165kcal)
	Baked sweet potato	150g (130kcal)	225g (195kcal)
	Butternut squash	226g (75kcal)	410g (131kcal)

GF - Gluten Free

PROTEIN.

	TYPE	SERVING SIZE	
		WOMEN	MEN
FISH	Tuna	113g (154kcal)	142g (193kcal)
	Cod	113g (90kcal)	142g (112kcal)
	Salmon	85g (184kcal)	113g (245kcal)
TURKEY	Turkey bacon	3 slices (159kcal)	4 slices (212kcal)
	Turkey fillet	113g (119kcal)	142g (149kcal)
	Turkey mince	113g (199kcal)	142g (250kcal)
	Sandwich meat	113g (139kcal)	170g (193kcal)
CHICKEN	Chicken breast (grilled)	113g (168kcal)	142g (210kcal)
	Ground chicken (ask butcher to mince for you)	113g (168kcal)	142g (210kcal)
	Sandwich meat	113g (129kcal)	170g (193kcal)
BEEF	95% Lean mince	85g (110kcal)	113g (147kcal)
	Sandwich meat	113g (131kcal)	170g (197kcal)
EGG	Egg	1 whole + 3 whites (134kcal)	2 whole (152kcal)
	Powdered egg substitute	6g (18kcal)	12g (37kcal)
DAIRY	Plain fat-free Greek yogurt	250g (142kcal)	333g (189kcal)
	Fat-free cottage cheese	150g (102kcal)	195g (133kcal)
	Semi-skimmed milk	296ml (100kcal)	355ml (121kcal)
VEGETARIAN	Lentils (dried)	50g (52kcal)	100g (105kcal)
	Black beans	40g (46kcal)	60g (70kcal)
	Steamed tofu	227g (166kcal)	283g (207kcal)
	Forever Lite Ultra (without milk)	25g or 1 scoop (96kcal)	25g or 1 scoop (96kcal)
	Edamame (shelled)	78g (153kcal)	118g (231kcal)
	Veggie burger	1 burger 60g (96kcal)	1½ burgers 90g (144kcal)

PRODUCE.

	TYPE	SERVING SIZE	
		WOMEN	MEN
FRUIT (fresh or frozen)	Apple	1 med (67kcal)	1 med (67kcal)
	Apricot	4 small (52kcal)	4 small (52kcal)
	Banana	1 small (81kcal)	1 small (81kcal)
	Berries (all)	175g (65kcal)	175g (65kcal)
	Cantaloupe melon	117g (28kcal)	117g (28kcal)
	Grapefruit	½ large (56kcal)	½ large (56kcal)
	Grapes	151g (98kcal)	151g (98kcal)
	Orange	1 med or 2 clementines (43kcal)	1 med or 2 clementines (43kcal)
	Peach	1 med (50kcal)	1 med (50kcal)
	Pear	1 med (58kcal)	1 med (58kcal)
	Pineapple	165g (68kcal)	165g (68kcal)
	Tomato	200g (28kcal)	200g (28kcal)
	FRUIT (dried)	Raisins	20g (54kcal)
Prunes		4 large (58kcal)	4 large (58kcal)
VEGETABLES (fresh, frozen, raw or steamed)	Artichokes	1 large (60kcal)	1 large (60kcal)
	Carrots	128g (44kcal)	128g (44kcal)
	Asparagus	18 spears (40kcal)	18 spears (40kcal)
	Corn on the cob	1 whole (47kcal)	1 whole (47kcal)
	Brussel sprouts	12 sprouts (54kcal)	12 sprouts (54kcal)
FREE	Courgette	1 (40-50kcal)	1 (40-50kcal)
	Pepper	Free	Free
	Broccoli	Free	Free
	Cabbage	Free	Free
	Celery	Free	Free
	Cucumber	Free	Free
	Green beans	Free	Free
	Kale	Free	Free
	Lettuce (all types)	Free	Free
	Spinach	Free	Free
Cauliflower	Free	Free	

FATS.

	TYPE	SERVING SIZE	
		WOMEN	MEN
NUT	Peanut butter	1 tablespoon (91kcal)	1½ tablespoons (137kcal)
	Almond (whole and unsalted)	12 almonds (14.4g/88kcal)	18 almonds (21.6g/132kcal)
	Walnuts (halves)	7 halves (21g/145kcal)	10 halves (30g/206kcal)
	Cashew (whole and unsalted)	7 cashews (15g/86kcal)	10 cashews (22.5g/129kcal)
	Pistachio	20 kernels (15g/90kcal)	30 kernels (30g/129kcal)
FRUIT	Avocado	50g (95kcal)	56g (106kcal)
	Coconut flakes (unsweetened)	18g (57kcal)	20g (63kcal)
	Olives	9 whole (19kcal)	10 whole (20kcal)
SEED	Pumpkin seeds	1½ tablespoons (124kcal)	2 tablespoons (170kcal)
	Sunflower seeds	1½ tablespoons (86kcal)	2 tablespoons (115kcal)
	Chia seeds	1½ tablespoons (13kcal)	2 tablespoons (27kcal)
	Flax seeds	1 tablespoon (135kcal)	1½ tablespoons (202kcal)
OIL	Olive oil	2 teaspoons (90kcal)	1 tablespoon (135kcal)
	Coconut oil	2 teaspoons (90kcal)	1 tablespoon (135kcal)
	Sunflower oil	2 teaspoons (90kcal)	1 tablespoon (135kcal)
DAIRY	Mozzarella cheese	28g (72kcal)	28g (72kcal)
	Reduced-fat cheese	28g (77kcal)	43g (117kcal)
	Full-fat cheese	14g (58kcal)	21g (87kcal)
	Dark chocolate (at least 70% cacao)	14g (71kcal)	21g (107kcal)



**CONGRATULATIONS
ON COMPLETING
FOREVER F15
INTERMEDIATE 2!**

YOU DID IT!

WHAT'S NEXT?
**BUILD ON EVERYTHING YOU'VE LEARNED IN THE
 F15 INTERMEDIATE PROGRAMME, CRANK UP THE
 INTENSITY AND TAKE THE NEXT STEP TO LOOKING
 AND FEELING BETTER WITH F15 ADVANCED!**

Don't forget to record your weight and measurements on **P6** to track your progress. This is always a great time to re-evaluate your goals and make sure you're pushing for what you want.

**ALREADY MET ONE OF YOUR
GOALS? AMAZING WORK!**

Now that you're experiencing some changes in your body, it's a great time to dream bigger! Consider the progress you're making and set a new goal to challenge yourself!

Not ready to move on? Repeat the *F15 INTERMEDIATE* programme until you achieve your maximum results or are ready for a new challenge, whichever comes first!

Find out more about *F15 ADVANCED* at foreverliving.com or speak to the FBO who gave you this booklet.

Share your success with *F15* on social using the hashtag **#IAmForeverFIT**. We can't wait to hear about your transformation and the goals you've reached.



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Ensuring the
highest quality.

We own numerous patents for the stabilisation of aloe vera, which assures you of the highest quality aloe vera-based health and beauty products. Our aloe vera products were the first to receive the International Aloe Science Council Seal of Approval for consistency and purity. Many of the products also feature the Kosher, Halal and Islamic Seals of Approval. Forever does not test its products on animals.

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