



6 Week Challenge Meal Plan

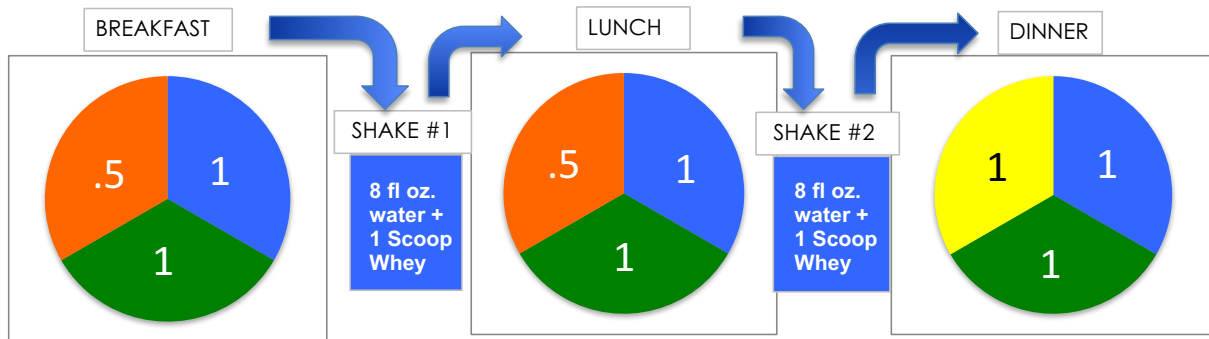
NAME: _____

Start: _____
 Wt: _____
 BF%: _____

NUTRITION PLAN: 1.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
1 serving = 30-35g protein 6oz Chicken Breast (Skinless) 6oz Bison Burger 6oz Venison 6oz 99% Lean Turkey Breast 6oz Pork Tenderloin 6oz 96/4 Ground Beef 6oz Any White Fish 6oz Any Shellfish 1.25 Cup Egg Whites 6 Egg Whites 1.5 Cup 0% Cottage Cheese 1.5 Cup Greek Yogurt 1.5 Scoops Protein Powder 1.5 Can Tuna	2 TB Peanut Butter 2 TB Almond Butter 1.5 TB Coconut Oil 2 TB Grassfed Butter 1.5TB Olive Oil 1.5TB EVOO Oil 1.5TB Avocado Oil ¼ Cup Almonds ¼ Cup Pistachios ¼ Cup Walnuts 4 TB Coffee Creamer	BEST 1.5 Cup Sweet Potato 1 Cup Brown Rice 1 Cup Quinoa 2/3 Cup (dry) Rolled Oats 3 Slices Ezekiel Bread Good 1.5 Cup Red Potato 1 Cup Beans/Legumes 1 Cup Couscous OK 1 Cup Whole Wheat Pasta 1.5 Cup Any Berries 1 Piece of Fruit (Fist Size)	Broccoli Asparagus Spinach Green Beans Kale Collard Greens Lettuce/Mixed Greens Brussels Sprouts Tomato Onions Mushrooms Pico de Gallo Cauliflower Cucumber

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT FOR THE 6 WEEKS.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Morning	Before Workout	After Workout
1 Serving Vibe (multi-vitamin) 1 Serving Fish Oil 1 Serving Probiotic	1 Serving Ultra Shot (optional energy booster)	1 Serving Muscle Aid 1 Serving Protein Shake <i>(if not eating a meal within 60 mins)</i>

Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: <u>6 Egg Whites</u>	1 Pro: <u>6oz Chicken Breast</u>	1 Pro: <u>6oz Tilapia</u>
.5 Carb: <u>1/3 Cup Dry Oats</u>	.5 Carb: <u>.5 Cup Brown Rice</u>	1 Veg: <u>1 Cup Mixed Greens</u>
1 Veg: <u>1 Cup Spinach</u>	1 Veg: <u>1 Cup Broccoli</u>	



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ULTIMATE GROCERY HELPER 1.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
3lbs Chicken Breast (Skinless) 3lbs Bison Burger 3lbs Venison 3lbs 99% Lean Turkey Breast 3lbs Pork Tenderloin 3lbs 96/4 Ground Beef 3lbs Any White Fish 3lbs Any Shellfish 1.24oz Carton Egg Whites 3.5 Carton Egg (42 eggs) 124oz 0% Greek Yogurt 1 Tub Protein Powder 7 Can Tuna	1 Jar Peanut Butter 1 Jar Almond Butter 1 Jar Coconut Oil 1 Stick Kerry Gold Butter 1 Bottle Olive Oil 1 Bag of Avocados 1 Container/Bag of Nuts 1 Pack of Coffee Creamer 1 Bottle of Olive/EVOO /Avocado Oil	1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (any) 3 Cans Cooked Legumes 1 Container Oats 1 Box Whole Wheat Pasta 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread 7 Pieces of Fruit	<i>3 lbs of Any Veggies Listed Below:</i> Broccoli Asparagus Spinach Green Beans Kale Collard Greens Lettuce/Mixed Greens Brussels Sprouts Tomato Onions Mushrooms Pico de Gallo

STEP 1) Insert your meal plan you made here

Breakfast: Pro: _____ Carb: _____ Veg: _____	Lunch: Pro: _____ Carb: _____ Veg: _____	Dinner: Pro: _____ Veg: _____
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Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARDS
- SOY SAUCE (low sodium)
- ANY Mrs. Dash or Flavor God Seasonings
- ANY DRY SPICES / RUBS FOR MEATS
- ANY FRESH / DRY HERBS
- LEMON / LIME JUICE
- BALSIMIC / RED / WHITE WINE – VINEGARS
- SALT / PEPPER
- STEVIA
- HOT SAUCES
- LOW-SUGAR BBQ SAUCE (5g sugar or less per serving – USE SPARINGLY)

Optional Beverage Purchases

(IN ORDER OF AWESOMENESS)

- WATER
- BLACK COFFEE
- GREEN TEA
- SUGAR FREE/CREAM FREE ICED TEA
- CRYSTAL LIGHT
- MIO FLAVORED WATER

...THAT'S IT!

AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH AS YOU WANT EVEN IF IT IS NOT ON THIS LIST!