



28 Day Challenge Meal Plan

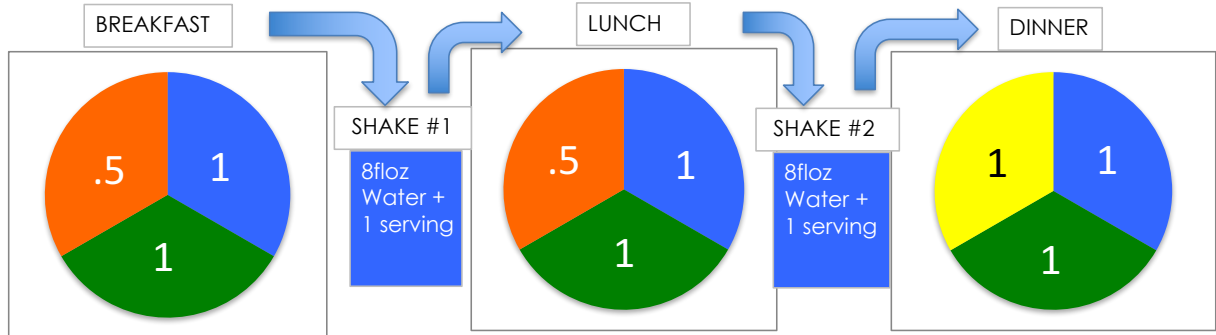
NAME: _____

| |
|--------|
| Start: |
| Wt: |
| BF%: |

NUTRITION PLAN: 1.75

| P - PROTEIN (PALM) | F - FAT (TB) | C - CARBS (FIST) | V - VEGGIES (FIST) |
|--|---|---|--|
| 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 0% 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 1.5 TB Olive Oil 1/2 of Medium Avocado 1/4 Cup ANY NUTS 4 Coffee Creamers (4 TB) 1.5 TB Any Cooking Oil ^^ Not vegetable or ^^ Canola Oil | 1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Brown Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Whole Grain Pasta 1.5 Cup Any Berries 1 Cup Cooked Quinoa 1 Cup Cooked Couscous 1 Piece of Fruit (Fist Size) | Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beats STICK W GREEN & LEAFY VEGGIES |

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



IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT FOR THE 3 WEEKS.

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

| Morning | 6Y&FY Workout | After Workout |
|---|--|---|
| 1 Serving Vibe 1 Serving Fish Oil 1 Serving Probiotic | 1 Serving Push (BCAA+pre workout) 1 Serving Ultra Shot | 1 Serving Strong (Creatine+Glutamine) 1 Serving Muscle Aid 1 Serving Protein Shake |

| 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> |
| <u>.5 Carb: 1/3 Cup Dry Oats</u> | <u>.5 Carb: .5 Cup Brown Rice</u> | <u>1 Fat: 1.5 TB Olive Oil</u> |
| <u>1 Veg: 1 Cup Spinach</u> | <u>1 Veg: 1 Cup Broccoli</u> | <u>1 Veg: 1 Cup Mixed Greens</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 1 Carton Eggs 124oz 0% Cottage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder | 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 Non-Veggie Cooking Oil No Canola Oil | 1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes 1 Container Oats 1 Box Whole Grain Pasta 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread 7 Pieces of Fruit 1 Bag Brown Rice | 3lbs Any Vegetable Except Peas Carrots Corn Any Squash Eggplant Pumpkin Beats |

STEP 1) Insert your meal plan you made here

| | | |
|---|---|-------------------------------------|
| Breakfast: Pro: _____ Carb: _____ Veg: _____ | Lunch: Pro: _____ Carb: _____ Veg: _____ | Dinner: Pro: _____ Veg: _____ |
|---|---|-------------------------------------|

Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
- SOY SAUCE
- ANY MRS DASH SEASONING
- ANY DRY SPICES
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA
- ANY HOT SAUCES

Optional Beverage Purchases

...THAT's IT!

(IN ORDER OF AWESOMENESS)

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

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