6 Week Challenge Meal Plan

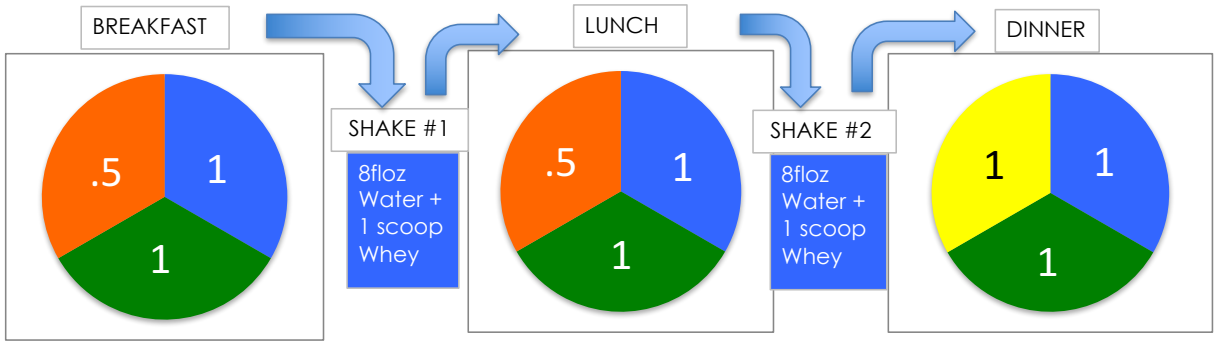
NAME: _____

Start:
Wt:
BF%:

NUTRITION PLAN: 1.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
6oz Chicken Breast (Skinless)	2 TB Peanut Butter	1.5 Cup Mash Sweet Potato	Any Vegetable Except:
6oz Bison Burger	2 TB Almond Butter	1.5 Cup Mash Red Potato	Peas
6oz Venison	1.5 TB Coconut Oil	1 Cup Any Bean/Legumes	Carrots
6oz 99% Lean Turkey Breast	2 TB Grassfed Butter	1 Cup Cooked Brown Rice	Corn
6oz Pork Tenderloin	1.5 TB Olive Oil	1 Cup Cooked White Rice	Any Type of Squash
6oz 96/4 Ground Beef	1/2 of Medium Avocado	3 Slices Ezekiel Bread	Eggplant
6oz Any White Fish	1/4 Cup ANY NUTS	2/3 Cup (dry) Rolled Oats	Pumpkin
6oz Any Shellfish	4 Coffee Creamers (4 TB)	1 Cup Pasta	Beats
1.25 Cup Egg Whites	1.5 TB Any Cooking Oil	1.5 Cup Any Berries	
6 Egg Whites	^^ Not vegetable or	1 Cup Cooked Quinoa	STICK W GREEN & LEAFY
1.5 cup 0% Cottage Cheese	^^ Canola Oil	1 Cup Cooked Couscous	VEGGIES
1.5 Cup 0% Greek Yogurt		1 Piece of Fruit (Fist Size)	
1.5 Scoops Protein Powder			
1.5 Can Tuna			

****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	During Workout	After Workout
_____ Tabs Raspberry Ketones _____ Tabs Fish Oil **Before Workout** *(finish 15min before lifting)* _____ Scoops Triple X Pre-Workout	_____ Scoops BCAAs _____1TSP Creatine *(start drinking 15min prior to lifting, then finish by halfway point)*	_____ Scoops Glutamine _____ Scoops Grassfed Whey *(start drinking immediately after working out)*

Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: 6 Egg Whites	1 Pro: 6oz Chicken Breast	1 Pro: 6oz Tilapia
.5 Carb: 1/3 Cup Dry Oats	.5 Carb: .5 Cup Brown Rice	1 Fat: 1.5 TB Olive Oil
1 Veg: 1 Cup Spinach	1 Veg: 1 Cup Broccoli	1 Veg: 1 Cup Mixed Greens

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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)	1 Jar Peanut Butter	1 Bag Sweet Potatoes	3lbs Any Vegetable Except
3lbs Bison Burger	1 Jar Almond Butter	1 Bag Potatoes	Peas
3lbs Venison	1 Jar Coconut Oil	3 Cans Cooked Beans (Any)	Carrots
3lbs 99% Lean Turkey Breast	1 Stick Kerry Gold Butter	3 Cans Cooked Legumes	Corn
3lbs Pork Tenderloin	1 Bottle Olive Oil	1 Container Oats	Any Squash
3lbs 96/4 Ground Beef	1 Bag of Avocados	1 Box Pasta	Eggplant
3lbs Any White Fish	1 Container/Bag of Nuts	1 Frozen Bag Berries	Pumpkin
3lbs Any Shellfish	1 Pack of Coffee Creamer	1 Bag Quinoa	Beats
1 24oz Carton Egg Whites	1 Bottle of Non-Veggie	1 Bag Couscous	
1 Carton Eggs	Cooking Oil	1 Loaf Ezekiel Bread	
124oz 0% Cottage Cheese	No Canola Oil	7 Pieces of Fruit	
1 24oz 0% Greek Yogurt		1 Bag White/Brown Rice	
1 Tub Protein Powder			
7 Cans of Tuna			

STEP 1) Insert your meal plan you made here

Breakfast:	Lunch:	Dinner:
Pro: _____	Pro: _____	Pro: _____
Veg:_____	Carb: _____	Carb: _____
	Veg:_____	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/ASPARTAME/SPLENDA
____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
____DIET SODA
____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!