

# 6 Week Challenge Meal Plan

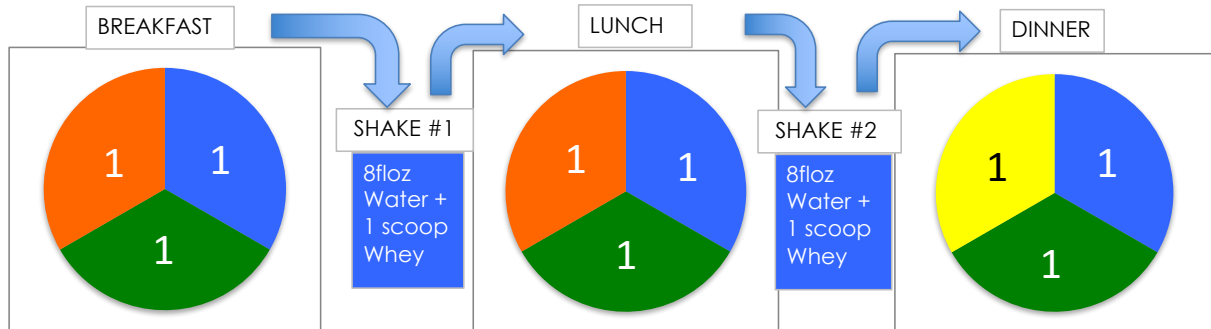
NAME: \_\_\_\_\_

Start:  
Wt:  
BF%:

## NUTRITION PLAN: 2.25

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 Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup 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 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	_____ Scoops BCAAs _____ 1TSP Creatine	_____ Scoops Glutamine _____ Scoops Grassfed Whey
<b>Before Workout</b> (finish 15min before lifting) _____ Scoops Triple X Pre-Workout	(start drinking 15min prior to lifting, then finish by halfway point)	(start drinking immediately after working out)

Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: <u>6oz Tilapia</u>	1 Pro: <u>6oz Chicken Breast</u>	1 Pro: <u>6 Egg Whites</u>
1 Carb: <u>1 Apple</u>	1 Carb: <u>1 Cup Brown Rice</u>	1 Fat: <u>1.5 TB Olive Oil</u>
1 Veg: <u>1 Cup Mixed Greens</u>	1 Veg: <u>1 Cup Broccoli</u>	1 Veg: <u>1 Cup Spinach</u>

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ULTIMATE GROCERY HELPER 2.25

<b>P - PROTEIN (PALM)</b>	<b>F - FAT (TB)</b>	<b>C - CARBS (FIST)</b>	<b>V - VEGGIES (FIST)</b>
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:  Pro: _____  Veg: _____	Lunch: Pro: _____  Carb: _____  Veg: _____	Dinner: Pro: _____  Carb: _____  Veg: _____
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**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!**