

6 Week Challenge Meal Plan

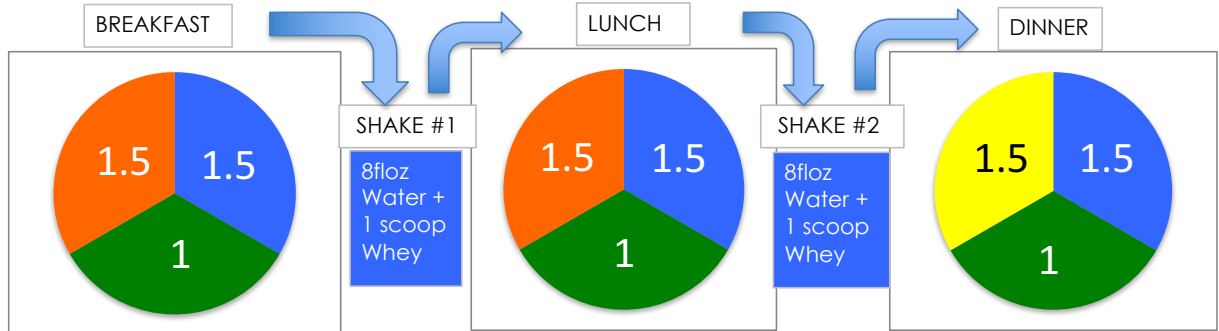
NAME: _____

Start:
Wt:
BF%:

NUTRITION PLAN: 2.75

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 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 Before Workout <i>(finish 15min before lifting)</i> _____ Scoops Triple X Pre-Workout	_____ Scoops BCAAs _____ 1TSP Creatine <i>(start drinking 15min prior to lifting, then finish by halfway point)</i>	_____ Scoops Glutamine _____ Scoops Grassfed Whey <i>(start drinking immediately after working out)</i>

Sample Breakfast	Sample Lunch	Sample Dinner
1.5 Pro: <u>2.25 Cups Greek Yogurt</u>	1.5 Pro: <u>9oz Chicken Breast</u>	1.5 Pro: <u>9oz Tilapia</u>
1.5 Carb: <u>2.25 Cups Berries</u>	1.5 Carb: <u>1.5 Cup Brown Rice</u>	1.5 Fat: <u>2.25 TB Olive Oil</u>
1 Veg: <u>1 Cup Celery</u>	1 Veg: <u>1 Cup Broccoli</u>	1 Veg: <u>1 Cup Mixed Greens</u>

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ULTIMATE GROCERY HELPER 2.25

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
4lbs Chicken Breast (Skinless) 4lbs Bison Burger 4lbs Venison 4lbs 99% Lean Turkey Breast 4lbs Pork Tenderloin 4lbs 96/4 Ground Beef 4lbs Any White Fish 4lbs Any Shellfish 1 24oz Carton Egg Whites 1 Carton Eggs 124oz 0% Cottage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder 11 Cans of 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 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 Pasta 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread 7 Pieces of Fruit 1 Bag White/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: _____ 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!**