

Workhorse Fitness Nutritional Challenge

Replacement Plan

Week1.)

Week2.)

Week3.)

Week4.)

Suggestions: Soda, Milk, Juice, Fruit Juice, Sweet Tea, White Bread, All Bread, Grains, Sweets, Ice Cream, Alcohol, Cheese, White Potatoes, Artificial Sweetener, Processed Sauces/Condiments, Vegetable Oils, Legumes, Pasta, Unhealthy/Excessive Snacks, Fast Food etc....