

# 6 Week Challenge Meal Plan

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

Start:

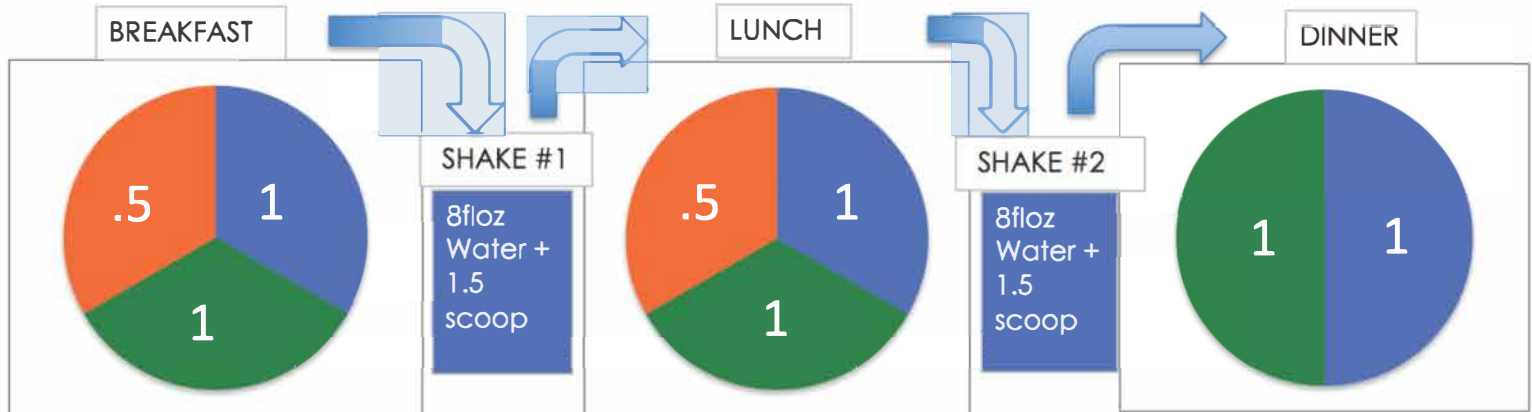
Wt:

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## NUTRITION PLAN: 1.25

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		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.

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>
.5 Carb: <u>1/3 Cup Dry Oats</u>	.5 Carb: <u>.5 Cup Brown Rice</u>	1 Veg: <u>1 Cup Mixed Greens</u>
1 Veg: <u>1 Cup Spinach</u>	1 Veg: <u>1 Cup Broccoli</u>	

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### ULTIMATE GROCERY HELPER 1.25

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 7 Cans of Tuna		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 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 Beets

**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**

(IN ORDER OF AWESOMENESS)  
\_\_\_WATER  
\_\_\_BLACK COFFEE  
\_\_\_GREEN TEA  
\_\_\_SUGAR FREE/CREAM FREE ICED TEA  
\_\_\_CRYSTAL LIGHT  
\_\_\_DIET SODA  
\_\_\_MIO FLAVORED WATER

**...THAT's IT!**

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