

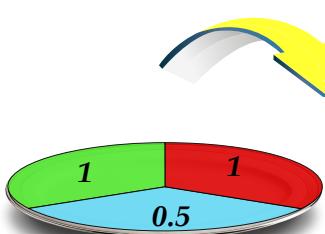
6 Weeks Challenge Meal Plan



Nutrition plan: 1.0

Phase 1 Adaption (day 8-14)

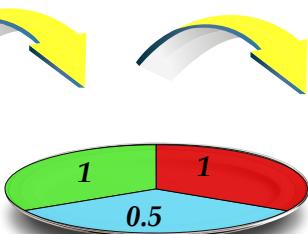
Breakfast



Shake 1

8 Fl Oz
Water + 1
Scoop of
Protein

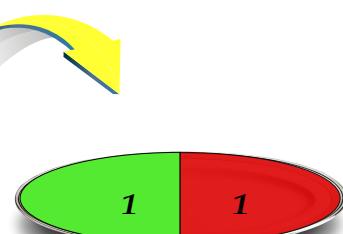
Lunch



Shake 2

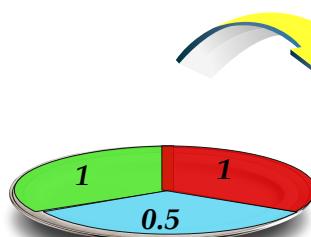
8 Fl Oz
Water + 1
Scoop of
Protein

Dinner



Phase 2 Depletion (day 15-28)

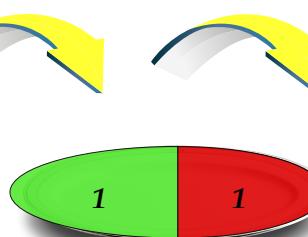
Breakfast



Shake 1

8 Fl Oz
Water + 1
Scoop of
Protein

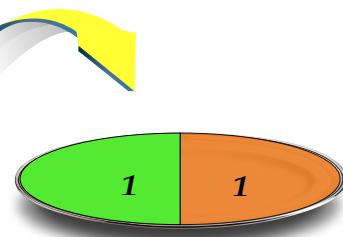
Lunch



Shake 2

8 Fl Oz
Water + 1
Scoop of
Protein

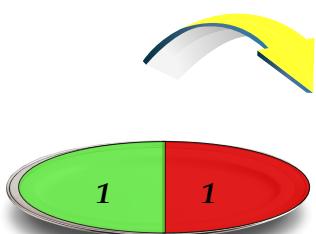
Dinner



Phase 3 Carb Cycle (day 29-42)

Every other day alternate between Phase 2 and Phase 3. Also once or twice a week have a phase 1 day instead of going back to phase 2 in order to reload

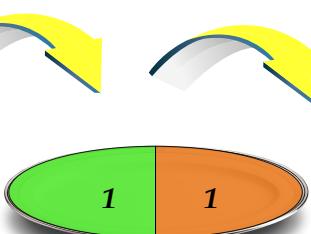
Breakfast



Shake 1

8 Fl Oz
Water + 1
Scoop of
Protein

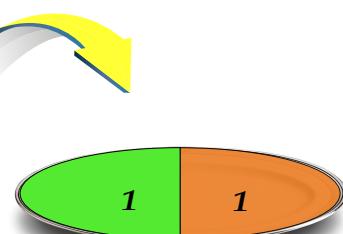
Lunch



Shake 2

8 Fl Oz
Water + 1
Scoop of
Protein

Dinner



Protein Source (1.5 Palm)

- 6 oz of Chicken Breast (skinless)
- 6 Egg Whites
- 1.5 Cups 0% Cottage Cheese
- 6 oz of Venison
- 1.5 Scoops Protein Powder
- 6 oz of 99% Lean Turkey Breast
- 1.25 Cups Egg Whites
- 1.5 Cups of 0% Greek Yogurt
- 6 oz of 96/4 Ground Beef
- 6 oz of Any White Fish
- 6 oz of Any Shellfish
- 1.5 Can Tuna

Fatty Protein Source (1.5 Palm)

- 6 oz of Ground Chicken
- 6 oz of Lean Ground turkey 93/7
- 6 oz of Salmon
- 6 oz of Pork Tenderloin
- 6 oz of Chicken Liver
- 6 oz of Roasted Chicken Thigh No Skin | w/ Bone
- 6oz of Top Round/Bottom Round
- 2 Large Whole Eggs+4 Egg Whites
- 6oz of Herring
- 6oz of Trout
- 1.5 Cups 2% Greek yogurt
- 1.5 Cups 1% Cottage Cheese
- 6 oz of Ground Beef 93/7
- 6 oz of Canadian Bacon

Carbs (Fist)

- 1 Cup Brown Rice Pasta
- 1.5 Cups Mashed Sweet Potatoes
- 1 Cup Any Bean/Legumes
- 1 Cup Cooked Brown Rice
- 1 cup of cooked buckwheat
- 1 Cup Cooked White Rice
- 1.5 Cups Mashed Potatoes
- 3 Slices Ezekiel Bread
- 2/3 Cup (Dry) Rolled Oats
- 1 Cup Cooked Quinoa
- 1.5 Cups Any Berries
- 1 Cup Cooked Couscous
- 1 Piece of Fruit (Fist Size)
- 2 Ezekiel Tortillas
- 1 cup of Cooked Barley
- 4 Large Zucchinis/Squash (spiralize for pasta)

Fat (TB)

- 2 TB Peanut Butter
- 1.5 TB Coconut Oil
- 1/2 of Medium Avocado
- 2 TB Almond Butter
- 1.5 TB Any Cooking Oil (not Vegetable or Corn Oil)
- 4 Coffee Creamers (4 TB)
- 2 TB Quality Butter
- 1.5 TB Olive Oil
- 1/4 Cup Any Nuts
- 1.5 oz Gruyeres or Swiss Cheese
- 6 Tbsp of Parmesan Cheese
- 2 oz of Goat Cheese

Veggies (Fist)

- Any Vegetable Except:
- Peas
- Carrots
- Corn
- Any type of Eggplant
- Pumpkin
- Beets
- Artichoke

Stick with Green and Leafy Veggies

Morning:

- Tabs Raspberry Ketones
- Tabs Fish Oil

Before Workout:

- Scoops Pre-Workout
- Creatine. (Finish 15 min Before Lifting)

During Workout:

- Scoops BCAAs
(Start drinking 15 min prior to lifting, then finish by halfway point)

After Workout:

- Scoops Glutamine
- Scoops Natural Whey

Before Bed:

- Scoops Glutamine

If it is not on this list you cannot have it for the 6 weeks

*To order the supplements that go along with this plan visit:
<https://senzunutrition.com>*

Grocery List

Protein Source

- 3 lbs Chicken Breast (Skinless)
- 3 lbs Venison
- 3 lbs 99% Lean Turkey Breast
- 3 lbs Pork Tenderloin
- 3 lbs 96/4 Ground Beef
- 3 lbs Any White Fish
- 3 lbs Any Shellfish
- 1 24oz Carton of Egg Whites
- 1 Carton of Eggs
- 1 24oz 0% Cottage Cheese
- 1 24oz 0% Greek Yogurt
- 1 Tub Protein Powder
- 7 Cans of Tuna

Fatty Protein Source

- 3 lb of Ground Chicken
- 3 lb of Lean Ground turkey 93/7
- 3 lb of Salmon
- 3 lb of Pork Tenderloin
- 3 lb of Chicken Liver
- 3 lb of Roasted Chicken Thigh
No Skin | w/ Bone
- 3 lb of Top Round/Bottom Round
- 1 Carton of Eggs
- 1 24oz Carton of Egg Whites
- 3 lb of Herring
- 3 lb of Trout
- 1 24oz of 2% Greek yogurt
- 1 24oz of 1% Cottage Cheese
- 3 lb of Ground Beef 93/7
- 3 lb of Canadian Bacon

Fat

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Jar Coconut Oil
- 1 Stick Kerry Gold Butter
- 1 Bottle of Olive Oil
- 1 Bag of Avocados
- 1 Container/Bag of Nuts
- 1 Pack of Coffee Creamer
- 1 Bottle of Non-Veggie
Cooking Oil (Not Corn Oil)
- 1 Bag White/Brown Rice
- 1 block of Gruyeres or Swiss
Cheese
- 1 Jar of Parmesan Cheese
- 1 Container of Goat Cheese

Carbs

- 1 Bag of Sweet Potatoes
- 1 Bag of Potatoes
- 3 Cans of Cooked Beans (Any)
- 3 Cans of Cooked Legumes
- 1 Container of Oats
- 1 Box of Brown Rice Pasta
- 1 Container of Berries
- 1 Bag of Quinoa
- 1 Bag of Couscous
- 1 Loaf of Ezekiel Bread
- 7 Pieces of Fruit
- 1 bag of Ezekiel Tortillas
- 1 bag of Buckwheat
- 1 bag of Barley
- 14 Zucchinis

Veggies

- 3 lbs Any Vegetable Except:
- Peas
- Carrots
- Corn
- Any type of Squash
- Eggplant
- Pumpkin
- Beets
- Artichoke

On the Go Hacks

- Chicken Breast from Rotisserie Chicken.
- Plain Grilled Chicken Breast bought from Store.
- Microwavable Pouches of Plain Brown or White Rice.
- Yams and Potatoes Microwave in 8 min.
- Plain Instant Oats.
- Hard Boiled Eggs.
- Frozen Microwavable Plain Veggies.
- 1 Fluid Ounce of Liquid Egg Whites.
- Protein Shake.
- Tuna/Salmon in a Pouch or Can.
- Pb2 Instead of Peanut Butter.

Sample Diet Plan

Breakfast:

Pro: _____

Carb: _____

Veg: _____

Lunch:

Pro: _____

Carb: _____

Veg: _____

Dinner:

Pro: _____

Carb: _____

Veg: _____

Optional Add-ons for Flavor:

Optional Beverage Purchases

...THAT's IT!

- Mustard
- Soy Sauce
- Any 0 Calorie Sweetener
- Any dry spices
- Any dry rubs for meat
- Lemon juice
- Balsamic vinegar
- Salt/pepper
- Stevia
- Any Hot Sauces
- Horseradish
- Cinnamon
- 1/2 c. of Veggie Broth
- Garlic
- Ginger
- Fresh Herbs
- Sugar Free Gum

- Water
- Black Coffee
- Green Tea
- Sugar Free Iced Tea

(not recommended but allowed)

- Calorie Free Soda/Diet Tea
- Crystal Light

Anything that isn't calorie free
can't be added on to the plan

To get your meals prepped for you and delivered
to your door order here:

<https://eatzmealprep.com/product-category/bulk/>