

# CHALLENGE FOOD LIST



Name \_\_\_\_\_

Meal Plan 2.25

## P-Protein(PALM)

- 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 Cans Tuna

## F-Fats (tb)

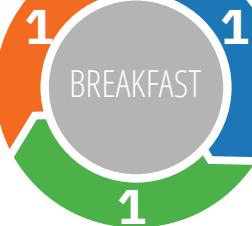
- 2TB. Peanut Butter
- 2TB. Almond Butter
- 1.5TB. Coconut Oil
- 2TB. Grassfed Butter
- 1.5TB. Olive Oil
- 0.5 Medium Avocado
- 0.25 Cup Any Nuts
- 4 TB. Coffee Creamer
- 1.5 TB Any Cooking Oil NOT Vegetable or Canola Oil

## C-Carbs (Fist)

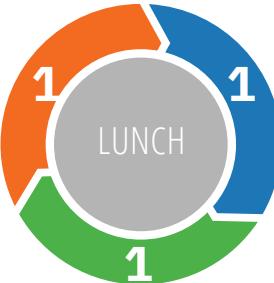
- 1.5 Cup Mash Sweet Potato
- 1.5 Cup Mash Red Potato
- 1 Cup Any Bean/Legumes
- 1 Cup Cooked Brown Rice
- 1 Cup Cooked White Rice
- 3 Slices Ezekiel Bread
- 2/3 Cup dry Rolled Oats
- 1 Cup Pasta
- 1.5 Cup Any Berries
- 1 Cup Cooked Quinoa
- 1 Piece of Fruit

## V-Veggies (Fist)

- Any Veggie Except:
- Peas
- Carrots
- Corn
- Any Type of Squash
- Eggplant
- Pumpkin
- Beets
- Stick W Green & Leafy Veggies



**SNACK**  
1 / 2  
Portion of  
Protein



**SNACK**  
1 / 2  
Portion of  
Protein



## Supplements

Pro Tip: keep your supps next to things you use every AM and PM.  
Ex; car keys, toothbrush.



### AM Stack

- M/F Multi-
- Intense Burn
- AM Test Storm



### PM Stack

- Sleep
- Multiplier Burn
- PM
- EFA

## Workout Supps

Workout Days Only  
Pro Tip: keep supps in car for ease of use.

## Pre Workout

**Prestige Pre**  
Take with at least  
8oz of water

## Intra Workout

**Prestige Intra**  
Use 20oz of ice cold water.

## Post Workout

After workout  
(On way home or work)

# GROCERY HELPER 2.25



## P-Protein(PALM)

- 3 lbs Chicken Breast (Skinless)
- 3 lbs Bison Burger
- 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 Egg Whites
- 1 Carton Eggs
- 1 24oz 0% Cottage Cheese
- 1 24oz 0% Greek Yogurt
- 1.5 Cans Tuna
- 1 Tub Protein Powder

## F-Fats (tb)

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Container Coconut Oil
- Butter/Avocado Oil
- 1 Bag of Avocados
- 1 Container/Bag of Nuts
- Coffee Creamer
- Any Cooking Oil Not Vegetable or Canola Oil

## C-Carbs (Fist)

- 1 Bag Sweet Potatoes
- 1 Bag Potatoes
- 3 Cans Cooked Beans (Any)
- 3 Cans Cooked Legumes
- 1 Bag White/Brown Rice
- 1 Loaf Ezekiel Bread
- 1 Container Oats
- 1 Cup Pasta
- 1 Frozen Bag Berries
- 1 Bag Quinoa
- 1 Bag Couscous
- 1 Bag Amaranth

## V-Veggies (Fist)

- Any Veggie Except:
- Peas
- Carrots
- Corn
- Any Type of Squash
- Eggplant
- Pumpkin
- Beets
- Stick With Green & Leafy Veggies

Insert Meal Plan Choices Below

## Break Fast

Protein \_\_\_\_\_  
 Fat \_\_\_N/\_A\_\_\_  
 Carb  
 Veggie

## Lunch

Protein \_\_\_\_\_  
 Fat \_\_\_N/\_A\_\_\_  
 Carb  
 Veggie

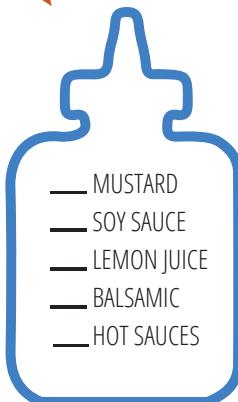
## Dinner

Protein \_\_\_\_\_  
 Fat \_\_\_\_\_  
 Carb  
 Veggie

## Snacks

Snack 1 \_\_\_\_\_  
 Snack 2 \_\_\_\_\_

### 0 Calorie Condiments



- MUSTARD
- SOY SAUCE
- LEMON JUICE
- BALSAMIC
- HOT SAUCES

### 0 Calorie Spices



- DRY SPICES
- DRY SEASONING
- DRY RUBS
- SALT
- PEPPER
- MRS.DASH SPICES

### 0 Calorie Beverages



- WATER
- GREEN TEA
- BLACK COFFEE
- 0 SUGAR ICE
- TEA

**Pro Tip:** If a condiment, spice, or beverage has 0 calories you can have it. Other than that, if it is not on these lists, you cannot have it for the 6 week challenge.