

CHALLENGE FOOD LIST

D1

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)

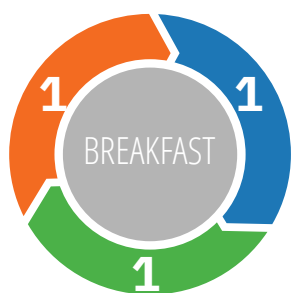
- 2TB. Peanut Butter
- 2TB. Almond Butter
- 1.5TB. Coconut Oil
- 2TB. Grassfed Butter
- 1.5TB. Olive Oil
- 0.5 Medium Avocado
- 0.25 Cup Any Nuts
- 4 TB. Coffee Creamer
- 1.5 TB Any Cooking Oil NOT Vegetable or Canola Oil

C-Carbs (Fist)

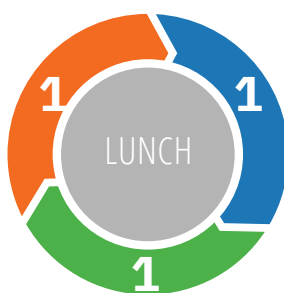
- 1.5 Cup Mash Sweet Potato
- 1.5 Cup Mash Red Potato
- 1 Cup Any Bean/Legumes
- 1 Cup Cooked Brown Rice
- 1 Cup Cooked White Rice
- 3 Slices Ezekiel Bread
- 2/3 Cup dry Rolled Oats
- 1 Cup Pasta
- 1.5 Cup Any Berries
- 1 Cup Cooked Quinoa
- 1 Piece of Fruit

V-Veggies (Fist)

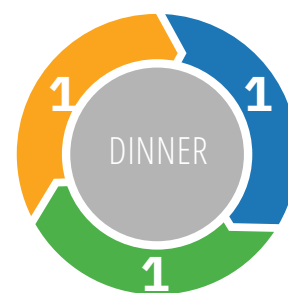
- Any Veggie Except:
- Peas
 - Carrots
 - Corn
 - Any Type of Squash
 - Eggplant
 - Pumpkin
 - Beets
 - Stick W Green & Leafy Veggies



1 / 2
Portion of
Protein



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 240z 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 ____N_/_A____

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.