

NAME: _____

Start: _____

Weight: _____

BF%: _____

PROTEIN (palm)

- 4.5oz Chicken Breast (skinless)
- 4.5oz Bison Burger
- 4.5oz Venison
- 4.5oz 99% Lean Turkey Breast
- 4.5oz Pork Tenderloin
- 4.5oz 96/4 Ground Beef
- 4.5oz Any White Fish
- 1 Cup Egg Whites
- 4 Egg Whites
- 1 Cup 0% Cottage Cheese
- 1 Cup 0% Greek Yogurt
- 1 Scoops Protein Powder
- 1 Can Tuna

**Measure Proteins RAW

FAT (thumb)

- 1 TB Peanut Butter
- 1 TB Almond Butter
- 3/4 TB Coconut Oil
- 1 TB Grassfed Butter
- 3/4 TB Olive Oil
- 1/4 of Medium Avocado
- 1/8 Cup any Nuts
- 3/4 TB Cooking Oil*

*No vegetable oil

*No canola oil

CARB (fist)

- 3/4 Cup Sweet Potato
- 3/4 Cup Red Potato
- 1 Cup Bean/Legumes
- 1/2 Cup Cooked Rice (white or brown)
- 1.5 Slices Ezekiel Bread
- 1/2 Cup (dry) Rolled Oats
- 1 Small Baked Potato
- 1/2 Cup Cooked Quinoa
- 1/2 Piece Fruit
- 3/4 Cup Berries

VEGGIE (fist)

1 Cup of any Veggies
Except:

- Peas
- Carrots
- Corn
- Squash
- Zucchini
- Eggplant
- Pumpkin
- Beets

Stick with Green and Leafy Vegetables

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



MORNING



Shake #1
>20g Protein
<1g Sugar



Lunch



WORKOUT



Shake #2
>20g Protein
<1g Sugar



Dinner

BEDTIME



ULTIMATE GROCERY HELPER 1.25

PROTEIN (palm)

- 2LBS Chicken Breast (skinless)
- 2LBS Bison Burger
- 2LBS Venison
- 2LBS 99% Lean Turkey Breast
- 2LBS Pork Tenderloin
- 2LBS 96/4 Ground Beef
- 2LBS Any White Fish
- 1 24oz Carton Cup Egg Whites
- 2 Dozen Eggs
- 24oz 0% Cottage Cheese
- 24oz 0% Greek Yogurt
- 1 Tub Protein Powder
- 7 Cans Tuna

FAT (thumb)

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Jar Coconut Oil
- 2 Sticks Grassfed Butter
- 1 Bottle Olive Oil
- 3 Medium Avocado
- 1 bag/container any Tree Nuts
- No peanuts or cashews
- 1 Bottle Cooking Oil*
- No vegetable oil
- No canola oil

CARB (fist)

- 1 Bag Sweet Potato
- Bag Red Potato
- 2 Cans Beans
- 1 Bag Rice (white or brown)
- 1 Loaf Ezekiel Bread
- Container Rolled Oats
- 1 Bag Baked Potato
- 1 Bag Quinoa
- 4 Pieces of Fruit
- 1 lb Berries

VEGGIE (fist)

-3lbs Any Veggies Except-

- Peas
- Carrots
- Corn
- Squash
- Zucchini
- Eggplant
- Pumpkin
- Beets

Examples:

- Asparagus
- Broccoli
- Spinach
- Cauliflower
- Brussels Sprouts
- Cabbage
- Romaine Lettuce
- Greens
- Kale

STEP 1: INSERT THE MEAL PLAN YOU MADE HERE

BREAKFAST

PROTEIN: _____
 CARB: _____
 VEGGIE: _____

LUNCH

PROTEIN: _____
 CARB: _____
 VEGGIE: _____

DINNER

PROTEIN: _____
 FAT: _____
 VEGGIE: _____

STEP 2: DON'T FORGET YOUR PROTEIN IN BETWEEN MEALS

STEP 3: CHECK OFF ANY OPTIONAL FLAVOR ENHANCERS AND BEVERAGES YOU LIKE BELOW

- Mustard
- Soy Sauce
- Any Dry Spices
- Any Dry Rubs for Meat
- Lemon Juice
- Balsamic Vinegar
- Salt/Pepper
- Stevia/Splenda
- Any Hot Sauces

- Water (1oz for every 2lbs of body weight)
- Black Coffee
- Sugar Free Green Tea
- Sugar Free Iced Tea
- Crystal Light
- Mio Flavored Water

IF IT IS NOT ON THE LIST YOU CANNOT HAVE IT FOR THE 6 WEEKS.

**NOTE: *Eliminate BEFORE you moderate (that will come next)*
 If it is not on the list, it's by design!**