

# **6 WEEK CHALLENGE**NUTRITION GUIDE 1.75

### NAME:

Start:

#### Weight:

**BF%:** 

# PROTEIN (palm)

% 6oz Chicken Breast (skinless)

്പ് 6oz Bison Burger ്പ് 6oz Venison

6oz 99% Lean Turkey Breast

60z Pork Tenderloin

6oz 96/4 Ground Beef

60z Any White Fish

(a) 1.25 Cup Egg Whites (b) 6 Egg Whites

1.5 Cup 0% Cottage Cheese

1.5 Cup 0% Greek Yogurt

1.5 Scoops Protein Powder

2 1.5 Can Tuna

\*\*Measure Proteins RAW

## FAT (thumb)

🗞 2 TB Peanut Butter

2 TB Almond Butter 1.5 TB Coconut Oil

2 TB Grassfed Butter

🗞 1.5 TB Olive Oil

2 ½ of Medium Avocado

% ¼ Cup any Nuts
1.5 TB Cooking Oil\*

\*No vegetable oil

\*No canola oil

## CARB

(fist)

3/4 Cup Sweet Potato
3/4 Cup Red Potato

Cup Bean/Legumes

1/2 Cup Cooked Rice

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

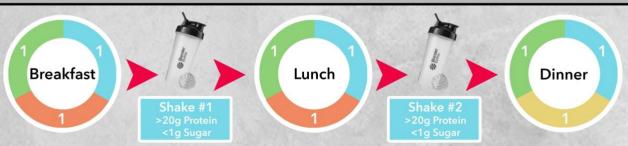
**Eggplant** 

Pumpkin

Beets

Stick with Green and Leafy Vegetables 💭

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



#### **MORNING**





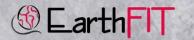






**BEDTIME** 

WORKOUT



## **ULTIMATE GROCERY HELPER 1.75**

			STATE OF THE PARTY OF	Salar Sa
PROTEIN (palm)	FAT (thumb)	CARB (fist)		VEGGIE (fist)
SLBS Chicken Breast (skinless) SLBS Bison Burger SLBS Venison SLBS 99% Lean Turkey Breast SLBS Pork Tenderloin SLBS 96/4 Ground Beef SLBS Any White Fish S1 24oz Carton Cup Egg Whites S24oz 0% Cottage Cheese S24oz 0% Greek Yogurt Tub Protein Powder SLBS Chicken Breast	□ 1 Jar Peanut Butter □ 1 Jar Almond Butter □ 1 Jar Coconut Oil □ 3 Sticks Grassfed Butter □ 4 Medium Avocado □ 1 bag/container any Tree Nuts -No peanuts or cashews □ 1 Bottle Cooking Oil* ○ No vegetable oil ○ No canola oil	□ 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		-3lbs Any Veggies Except-  Peas Carrots Squash Zucchini Eggplant Pumpkin Beets Beets  Examples: Asparagus Broccoli Spinach Cauliflower Brussels Sprouts Cabbage Romaine Lettuce Greens Kale
STEP 1: INSERT THE MEAL PLAN YOU MADE HERE				
BREAKFAST	LUNCH		DINNER	
PROTEIN: CARB: VEGGIE:	CARB:		FAT:	
STEP 2: DON'T FORGET YOUR PROTEIN IN BETWEEN MEALS				
STEP 3: CHECK OFF ANY OPTIONAL FLAVOR ENHANCERS AND BEVERAGES YOU LIKE BELOW				
<ul> <li>☐ Mustard</li> <li>☐ Soy Sauce</li> <li>☐ Any Dry Spices</li> <li>☐ Any Dry Rubs for Meat</li> <li>☐ Lemon Juice</li> <li>☐ Balsamic Vinegar</li> <li>☐ Salt/Pepper</li> <li>☐ Stevia/Splenda</li> </ul>	□ Water (1oz for every 2lbs of body weight) □ Black Coffee □ Sugar Free Green Tea □ Sugar Free Iced Tea □ Crystal Light □ Mio Flavored Water □ Water (1oz for every CANNOT 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!			

☐ Any Hot Sauces