

# **6 WEEK CHALLENGE**NUTRITION GUIDE 2.25

#### NAME:

Start:

Weight:

**BF%:** 

## PROTEIN (palm)

- ്പ് 6oz Bison Burger ്പ് 6oz Venison
- 6oz 99% Lean Turkey Breast
- 6oz Pork Tenderloin
- 6oz 96/4 Ground Beef
- 60z Any White Fish 1.25 Cup Egg Whites
- 6 Egg Whites
- 1.5 Cup 0% Cottage Cheese
- 1.5 Cup 0% Greek Yogurt
- 1.5 Scoops Protein

  Powder
- **3** 1.5 Can Tuna

## FAT (thumb)

- 2 TB Peanut Butter
  2 TB Almond Butter
- 2 1.5 TB Coconut Oil
- 2 TB Grassfed Butter
- 1.5 TB Olive Oil
- ½ of Medium Avocado
- % ¼ Cup any Nuts
  1.5 TB Cooking Oil\*
- \*No vegetable oil
- \*No canola oil

BURN AM ... LAST MINUTE ...

### **CARB**

(fist)

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

#### **VEGGIE**

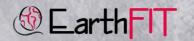
(fist)

- 1 Cup of any Veggies Except:
- Peas
  Carrots
- Corn
- 🖲 Squash 🕖 Zucchini
- Eggplant
  Dumpkin
- Pumpkin
  Beets
- Stick with Green and Leafy Vegetables 🖓

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



WORKOUT



#### **ULTIMATE GROCERY HELPER 2.25**

		CHIL MATERIAL STATE	
PROTEIN (palm)	FAT (thumb)	CARB (fist)	VEGGIE (fist)
□	□ 1 Jar Peanut Butter □ 1 Jar Almond Butter □ 1 Jar Coconut Oil □ 3 Sticks Grassfed Butter □ 1 Bottle Olive Oil □ 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 Pota □ 3 Cans Beans □ 1 Bag Rice (white or brown) □ 1 Loaf Ezekiel Brea ② Container Rolled ( ③ 1 Bag Baked Potat □ 1 Bag Quinoa □ 7 Pieces of Fruit □ 1.5lb Berries	○ Peas ○ Carrots ○ Corn ○ Squash ○ Zucchini
STEP 1: INSERT THE MEAL PLAN YOU MADE HERE			
BREAKFAST	LUN	ICH	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> </ul>	□ Water (1oz for every 2lbs of body weight) □ Black Coffee □ Sugar Free Green Tea □ Sugar Free lced Tea □ Crystal Light □ Mio Flavored Water □ Water (1oz for every  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!		

☐ Any Hot Sauces