

NAME: _____

Start: _____

Weight: _____

BF%: _____

PROTEIN (palm)

- 9oz Chicken Breast (skinless)
- 9oz Bison Burger
- 9oz Venison
- 9oz 99% Lean Turkey Breast
- 9oz Pork Tenderloin
- 9oz 96/4 Ground Beef
- 9oz Any White Fish
- 2 Cup Egg Whites
- 9 Egg Whites
- 2.25 Cup 0% Cottage Cheese
- 2.25 Cup 0% Greek Yogurt
- 2.25 Scoops Protein Powder
- 2.25 Can Tuna

**Measure Proteins RAW

FAT (thumb)

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

- *No vegetable oil
- *No canola oil

CARB (fist)

- 2.25 Cup Sweet Potato
- 2.25 Cup Red Potato
- 1.5 Cup Bean/Legumes
- 1.5 Cup Cooked Rice (white or brown)
- 4.5 Slices Ezekiel Bread
- 1 Cup (dry) Rolled Oats
- 2 Baked Potato
- 1.5 Cup Cooked Quinoa
- 1.5 Piece Fruit
- 2.25 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



WORKOUT



Shake #2
>20g Protein
<1g Sugar



BEDTIME



ULTIMATE GROCERY HELPER 2.75

PROTEIN (palm)

- 🍗 4LBS Chicken Breast (skinless)
- 🍖 4LBS Bison Burger
- 🍖 4LBS Venison
- 🍗 4LBS 99% Lean Turkey Breast
- 🍖 4LBS Pork Tenderloin
- 🍖 4LBS 96/4 Ground Beef
- 🐟 4LBS Any White Fish
- 🥚 2 24oz Carton Cup Egg Whites
- 🥚 3 Dozen Eggs
- 🧀 36oz 0% Cottage Cheese
- 🥛 36oz 0% Greek Yogurt
- 🏋️ 1 Tub Protein Powder
- 🥫 15 Cans Tuna

FAT (thumb)

- 🥜 1 Jar Peanut Butter
- 🥜 1 Jar Almond Butter
- 🥥 1 Jar Coconut Oil
- 🥛 4 Sticks Grassfed Butter
- 🫒 1 Bottle Olive Oil
- 🥑 6 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
- 🍠 1 Bag Red Potato
- 🥫 5 Cans Beans
- 🍚 1 Bag Rice (white or brown)
- 🍞 2 Loaf Ezekiel Bread
- 🌾 Container Rolled Oats
- 🍠 1 Bag Baked Potato
- 🌾 1 Bag Quinoa
- 🍌 10 Pieces of Fruit
- 🍓 2lb Berries

VEGGIE (fist)

-4lbs 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!**