



175lb Nutrition Guide & Weekly Meal Planner

Six Week
Transformation
challenge

175 lb



INTRODUCTION

WELCOME to our transformation challenge. We couldn't be more excited to have you here!

This meal plan is carefully put together to ensure that you will see maximal results in weight loss AND have variety for all of your meals for these upcoming 6 weeks. The diet is flexible but rigid, because it's key to eliminate poor eating habits before moderating and automating.

As a reminder, this is all part of our complete transformation process towards what would be a complete lifestyle change that consists of three parts.

This is the first part, **Transformation**.

After that, comes step two, **Habit Formation**.

Then step three, **Identity Association**.

*If it's not on the meal plan or recipe book in its exact portions, you **cannot** have it*

Ingredients are color coded:



FAT



CARBS



PROTEIN



VEGGIE S



APPROVED CONDIMENTS & SPICES

Pink Himalayan Sea Salt
Black Pepper
Red Pepper Flakes
Chili Powder
Cayenne Pepper Powder
Garlic Powder
Paprika
Smoked Paprika
Cumin
Ground Cumin
Oregano
Coriander
Majoram
Dried Bay Leaves
Dried Sage
Cilantro
Basil
Turmeric
Vinegar
Low Sodium Soy Sauce
Hot Sauce
Sriracha
Mustard
Lemon Juice

Before beginning the meal plan and making any of the recipes, you **MUST** purchase a food scale and be ready to weigh everything out in its exact portions.

NAME: _____ DATE: _____ BMI: _____ WEIGHT: _____

FOOD TYPES & QUANTITIES

****ALL FOODS SHOULD BE MEASURED AND ALL MEAT SHOULD BE MEASURED RAW/UNCOOKED****

QUICK TIP: Food Should Be Consumed 90+ Minutes Prior to Workout!

F FAT (Thumb)	P PROTEIN (Palm)	C CARBS (Fist)	V VEGETABLE (Cup)
<ul style="list-style-type: none"> 2 Tablespoons of Peanut Butter 2 Tablespoons of Almond Butter 2 Tablespoons of Cashew Butter 1/2 Cup of Avocado 1/4 Cup of Peanuts 1/4 Cup of Almond 1/4 Cup of Walnut 1/4 Cup of Pistachio 1.5 Tablespoon of of Any Cooking Oil (NO vegetable/canola oil) 	<ul style="list-style-type: none"> 6 oz Chicken Breast 6 oz Turkey Breast 6 oz Tilapia 6 oz Tuna 6 oz Top Round Steak 6 oz Shrimp 6 oz Bison 4 oz Pork Tenderloin 10 Egg Whites 1 Cup of Egg Whites (Carton) 1.5 Scoops of Protein Powder 1 Cup 0% Cottage Cheese 1 Cup 0% Greek Yogurt 	<ul style="list-style-type: none"> 0.5 Cup of Cooked Brown Rice 0.5 Cup of Cooked Quinoa 0.5 Cup of Dry Oats 0.5 Cup of Cooked Beans 0.5 Cup of Cooked Pasta 3/4 Medium Baked Potato 3/4 Medium Red Potato 1 Medium Sweet Potato 1.5 Slice of Whole Wheat Bread 1 Medium Fruit 	<ul style="list-style-type: none"> 2/3 Cup of of Frozen Mixed Veggies 1 Cup of Cooked Spinach 1 Cup of Green Beans 1 Cup of Asparagus 1 Cup of Broccoli 1 Cup of Brussel Sprouts 1 Cup of Carrots 1 Cup of Cauliflower 2 Cup of Mushroom Unlimited Dark Leafy Green Veggies

MEAL BUILD EXAMPLES

	BREAKFAST C P V	SHAKE P	LUNCH F P V	SHAKE P	DINNER C P V
SAMPLE DAY	<p>SAMPLE BREAKFAST</p> <ul style="list-style-type: none"> C Carbs: 0.5 Cups Dry Oats P Protein: 1 Cup 0% Greek Yogurt V Veggies: 1 Cup Green Beans 	<p>SAMPLE SHAKE</p> <ul style="list-style-type: none"> P Protein: 1.5 Scoop of Protein Powder 	<p>SAMPLE LUNCH</p> <ul style="list-style-type: none"> F Fat: 1/4 cup of peanuts P Protein: 6 oz of Turkey Breast V Veggies: 1 Cup of Asparagus 	<p>SAMPLE SHAKE</p> <ul style="list-style-type: none"> P Protein: 1.5 Scoop of Protein Powder 	<p>SAMPLE DINNER</p> <ul style="list-style-type: none"> C Carbs: 3/4 Med Baked Potato P Protein: 3oz Shrimp & 3oz of Tilapia V Veggies: 1 Cup of Cauliflower

SHOPPING LIST

F FAT (Thumb)	P PROTEIN (Palm)	C CARBOHYDRATES (Fist)	V VEGETABLE (Cup)
<ul style="list-style-type: none"> 16 oz Jar of Peanut Butter (13 Servings) 16 oz Jar of Almond Butter (13 Servings) 16 oz Jar of Cashew Butter (13 Servings) 5 Avocados 16 oz Jar of Peanuts (16 Servings) 16 oz Bag of Almonds (16 Servings) 16 oz Bag of Walnuts (16 Servings) 16 oz Bag of Pistacchios (16 Servings) 1 Bottle of Oil (NO Vegetable or Canola Oil) 	<ul style="list-style-type: none"> 4 lb of Chicken (10 Servings) 4 lb of Turkey (10 Servings) 4 lb of Tilapia (10 Servings) 4 lb of Tuna (10 Servings) 4 lb of Top Round Steak (10 Servings) 4 lb of Shrimp (10 Servings) 4 lb of Bison (10 Servings) 3 lb of Pork Tenderloin (12 Servings) 32 oz Carton of Egg Whites (4 Servings) 5 lb Bag of Protein Powder 24 oz of Cottage Cheese (3 Servings) 32 oz of Greek Yogurt (4 Servings) 4 lb of Chicken (10 Servings) 	<ul style="list-style-type: none"> 1 Bag of Brown Rice 1 Bag of Quinoa 18 oz of Oats (13 Servings) 4 Cans of Beans (14 Servings) 16 oz of Pasta (16 Servings) 3 lb Bag of Gold/Russet Potatoes 3 lb Bag of Red Potatoes 3 lb Bag of Sweet Potatoes 1 Loaf of Bread 	<ul style="list-style-type: none"> 16 oz of Frozen Mixed Veggies (5 Servings) 16 oz of Spinach (1 Serving) 20 oz of Frozen Green Beans (4 Servings) 16 oz of Frozen Broccoli (5 Servings) 1 lb of Asparagus (3 Servings) 16 oz of Frozen Brussel Sprouts (3 Servings) 1 lb of Carrots (3 Servings) 2 lb of Cauliflower (3 Servings) 16 oz of Mushrooms (3 Servings)

****Protein Powder Should Have 20+ Grams of Protein/Scoop and Less Than 120 Calories****

QUICKTIP: Always Circle Around Store Perimeter For Veggies & Meat!

- STEP 1: Make a list of all of the food and spices you will need for the week.
- STEP 2: Plan a time to go grocery shopping and do all the cooking.
- STEP 3: Execute!

NOTES: _____

SHOPPING LIST: _____

FITNESS CHALLENGE:

DAILY MEAL PLAN GOAL:

WEEK NUMBER

	BREAKFAST	LUNCH	DINNER	SHAKES	WATER
MONDAY	G V P	F V P	C V P	 P	
TUESDAY	G V P	F V P	C V P	 P	
WEDNESDAY	G V P	F V P	C V P	 P	
THURSDAY	G V P	F V P	C V P	 P	
FRIDAY	G V P	F V P	C V P	 P	
SATURDAY	G V P	F V P	C V P	 P	
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GOALS MET



NUTRITION FAQ

"I'm still hungry..."

It's crucial to understand difference between hunger vs. the desire to eat. The latter has many underlying reasons behind it (stress, habit, pleasure, etc.). Drink lots of water first to make sure you're actually hungry and not just wanting to eat. If still hungry, add an extra portion of veggies to your meals! If this persists, talk to your accountability coach and we'll modify it.

"I'm still hungry even after drinking water AND adding a portion of veggies to my meals."

Reach out to your accountability coach and we'll see if it's important for us to modify it.

"I'm pretty constipated..."

Constipation is often caused by a lack of fiber in your diet, so make sure you're eating whole grain vs. simple carbs, anything brown (for example brown vs. white rice) and more vegetables. Make sure you're drinking enough water also!

"I feel bloated..."

Bloat is caused by a build-up of gas in your Gastrointestinal tract and is often caused by your body retaining more water (because it thinks you're lacking it). Solution is eating whole grain food and actually drinking more water.

"I feel very full, is this normal?"

The program is packed with foods that are high in volume and nutrient dense. Compared to processed food, it's much much more fillings when you compare them calorie to calorie. This is normal and your stomach will get used to it.

"Can I mix and match food?"

Yes but it's crucial you have the correct number of servings and types of food (Protein, Carbs, or Fat) every day but as long as you mix & match it correctly you're good! For example, instead of 6 oz of chicken breast (Protein), you'd rather eat 3 oz of tilapia (Protein) and 3 oz of turkey breast (Protein).

"Can I switch my meals up? For example my lunch with my breakfast?"

You can switch it around all of the meals however you'd like as long as you hit the required types of food in its exact portions daily. For example, for lunch you have 1 Protein, 1 Fat, 1 Veggie meal and you decide that you want to swap with breakfast which is 1 Protein, 1 Carbs, 1 Veggie meal. Go ahead and do that!

"This isn't on the meal plan but can I have this...?"

NO unless it has 0 calories because the meals and recipes have been selectively chosen to ensure optimal weight loss & transformation. It's important to eliminate bad habits/choices first before we moderate. This meal plan is made to be flexible but it's highly calculated and is only for 6 weeks, so stick to it!

"How was this meal plan designed?"

Around the fact that a person needs variety (choices, tastes) and certainty (weight loss inducing) in their diet. It's strict but it's necessary to see transformative results. Only after this we can work on how do we now sustainably make it a lifestyle.