



## 225lb Nutrition Guide & Weekly Meal Planner

Six Week  
Transformation  
challenge

**225 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!*

| <span style="font-size: 2em; color: #00728f; border: 1px solid #00728f; border-radius: 50%; padding: 5px;">F</span><br><b>FAT</b><br>(Thumb)   | <span style="font-size: 2em; color: white; border: 1px solid white; border-radius: 50%; padding: 5px;">P</span><br><b>PROTEIN</b><br>(Palm)  | <span style="font-size: 2em; color: white; border: 1px solid white; border-radius: 50%; padding: 5px;">C</span><br><b>CARBS</b><br>(Fist)  | <span style="font-size: 2em; color: white; border: 1px solid white; border-radius: 50%; padding: 5px;">V</span><br><b>VEGETABLE</b><br>(Cup)   |
|--|--|--|--|
| 2 Tablespoons of Peanut Butter<br>2 Tablespoons of Almond Butter<br>2 Tablespoons of Cashew Butter<br>1/2 Cup of Avocado<br>1/4 Cup of Peanuts<br>1/4 Cup of Almond<br>1/4 Cup of Walnut<br>1/4 Cup of Pistachio<br>1.5 Tablespoon of of Any Cooking Oil (NO vegetable/canola oil) | 6 oz Chicken Breast<br>6 oz Turkey Breast<br>6 oz Tilapia<br>6 oz Tuna<br>6 oz Top Round Steak<br>6 oz Shrimp<br>6 oz Bison<br>4 oz Pork Tenderloin<br>10 Egg Whites<br>1 Cup of Egg Whites (Carton)<br>1.5 Scoops of Protein Powder<br>1 Cup of 0% Cottage Cheese<br>1 Cup of 0% Greek Yogurt | 1 Cup of Cooked Brown Rice<br>1 Cup of Cooked Quinoa<br>1 Cup of Dry Oats<br>1 Cup of Cooked Beans<br>1 Cup of Cooked Pasta<br>1.5 Medium Baked Potato<br>1.5 Medium Red Potato<br>2 Medium Sweet Potato<br>3 Slices of Whole Wheat Bread<br>2 Medium Fruits | 2/3 Cup of of Frozen Mixed Veggies<br>1 Cup of Cooked Spinach<br>1 Cup of Green Beans<br>1 Cup of Asparagus<br>1 Cup of Broccoli<br>1 Cup of Brussel Sprouts<br>1 Cup of Carrots<br>1 Cup of Cauliflower<br>2 Cup of Mushroom<br><b>Unlimited Dark Leafy Green Veggies</b> |

## MEAL BUILD EXAMPLES

|            | BREAKFAST<br><span style="font-size: 1.5em; color: #00728f; border: 1px solid #00728f; border-radius: 50%; padding: 2px;">C</span> <span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <span style="font-size: 1.5em; color: #4db6ac; border: 1px solid #4db6ac; border-radius: 50%; padding: 2px;">V</span>  | SHAKE<br><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span>   | LUNCH<br><span style="font-size: 1.5em; color: #fff9c4; border: 1px solid #fff9c4; border-radius: 50%; padding: 2px;">F</span> <span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <span style="font-size: 1.5em; color: #4db6ac; border: 1px solid #4db6ac; border-radius: 50%; padding: 2px;">V</span>   | SHAKE<br><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span>   | DINNER<br><span style="font-size: 1.5em; color: #00728f; border: 1px solid #00728f; border-radius: 50%; padding: 2px;">C</span> <span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <span style="font-size: 1.5em; color: #4db6ac; border: 1px solid #4db6ac; border-radius: 50%; padding: 2px;">V</span>  |
|------------|---|--|--|--|--|
| SAMPLE DAY | <br><b>SAMPLE BREAKFAST</b>   | <br><b>SAMPLE SHAKE</b>  | <br><b>SAMPLE LUNCH</b>  | <br><b>SAMPLE SHAKE</b>  | <br><b>SAMPLE DINNER</b>   |
|            | <p><span style="font-size: 1.5em; color: #00728f; border: 1px solid #00728f; border-radius: 50%; padding: 2px;">C</span> <b>Carbs:</b> 1Cups Dry Oats</p> <p><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <b>Protein:</b> 1 Cup 0% Greek Yogurt</p> <p><span style="font-size: 1.5em; color: #4db6ac; border: 1px solid #4db6ac; border-radius: 50%; padding: 2px;">V</span> <b>Veggies:</b> 1 Cup Green Beans</p> | <p><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <b>Protein:</b> 1.5 Scoop of Protein Powder</p> | <p><span style="font-size: 1.5em; color: #fff9c4; border: 1px solid #fff9c4; border-radius: 50%; padding: 2px;">F</span> <b>Fat:</b> 1/4 cup of peanuts</p> <p><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <b>Protein:</b> 6 oz of Turkey Breast</p> <p><span style="font-size: 1.5em; color: #4db6ac; border: 1px solid #4db6ac; border-radius: 50%; padding: 2px;">V</span> <b>Veggies:</b> 1 Cup of Asparagus</p> | <p><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <b>Protein:</b> 1.5 Scoop of Protein Powder</p> | <p><span style="font-size: 1.5em; color: #00728f; border: 1px solid #00728f; border-radius: 50%; padding: 2px;">C</span> <b>Carbs:</b> 1.5 Med Baked Potato</p> <p><span style="font-size: 1.5em; color: #ff8a65; border: 1px solid #ff8a65; border-radius: 50%; padding: 2px;">P</span> <b>Protein:</b> 3 oz Shrimp &amp; 3 oz of Tilapia</p> <p><span style="font-size: 1.5em; color: #4db6ac; border: 1px solid #4db6ac; border-radius: 50%; padding: 2px;">V</span> <b>Veggies:</b> 1 Cup of Cauliflower</p> |

## SHOPPING LIST

| <span style="font-size: 2em; border: 1px solid white; border-radius: 50%; padding: 5px;">F</span><br><b>FAT</b><br><b>(Thumb)</b>  | <span style="font-size: 2em; border: 1px solid white; border-radius: 50%; padding: 5px;">P</span><br><b>PROTEIN</b><br><b>(Palm)</b>  | <span style="font-size: 2em; border: 1px solid white; border-radius: 50%; padding: 5px;">C</span><br><b>CARBOHYDRATES</b><br><b>(Fist)</b>   | <span style="font-size: 2em; border: 1px solid white; border-radius: 50%; padding: 5px;">V</span><br><b>VEGETABLE</b><br><b>(Cup)</b>  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>16 oz Jar of Peanut Butter (13 Servings)</li> <li>16 oz Jar of Almond Butter (13 Servings)</li> <li>16 oz Jar of Cashew Butter (13 Servings)</li> <li>5 Avocados</li> <li>16 oz Jar of Peanuts (16 Servings)</li> <li>16 oz Bag of Almonds (16 Servings)</li> <li>16 oz Bag of Walnuts (16 Servings)</li> <li>16 oz Bag of Pistacchios (16 Servings)</li> <li>1 Bottle of Oil (NO Vegetable or Canola Oil)</li> </ul> | <ul style="list-style-type: none"> <li>4 lb of Chicken (10 Servings)</li> <li>4 lb of Turkey (10 Servings)</li> <li>4 lb of Tilapia (10 Servings)</li> <li>4 lb of Tuna (10 Servings)</li> <li>4 lb of Top Round Steak (10 Servings)</li> <li>4 lb of Shrimp (10 Servings)</li> <li>4 lb of Bison (10 Servings)</li> <li>3 lb of Pork Tenderloin (12 Servings)</li> <li>32 oz Carton of Egg Whites (4 Servings)</li> <li>5 lb Bag of Protein Powder</li> <li>24 oz of Cottage Cheese (3 Servings)</li> <li>32 oz of Greek Yogurt (4 Servings)</li> <li>4 lb of Chicken (10 Servings)</li> </ul> | <ul style="list-style-type: none"> <li>1 Bag of Brown Rice</li> <li>1 Bag of Quinoa</li> <li>18 oz of Oats (6 Servings)</li> <li>4 Cans of Beans (7 Servings)</li> <li>16 oz of Pasta (8 Servings)</li> <li>3 lb Bag of Gold/Russet Potatoes</li> <li>3 lb Bag of Red Potatoes</li> <li>3 lb Bag of Sweet Potatoes</li> <li>1 Loaf of Bread</li> <li>1 Bag of Brown Rice</li> <li>1 Bag of Quinoa</li> <li>18 oz of Oats (6 Servings)</li> <li>4 Cans of Beans (7 Servings)</li> </ul> | <ul style="list-style-type: none"> <li>16 oz of Frozen Mixed Veggies (5 Servings)</li> <li>16 oz of Spinach (1 Serving)</li> <li>20 oz of Frozen Green Beans (4 Servings)</li> <li>16 oz of Frozen Broccoli (5 Servings)</li> <li>1 lb of Asparagus (3 Servings)</li> <li>16 oz of Frozen Brussel Sprouts (3 Servings)</li> <li>1 lb of Carrots (3 Servings)</li> <li>2 lb of Cauliflower (3 Servings)</li> <li>16 oz of Mushrooms (3 Servings)</li> </ul> |

**\*\*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!

|  |  |
|--|--|
| <p><b>NOTES:</b> _____</p> <p>_____</p> <p>_____</p> | <p><b>SHOPPING LIST:</b> _____</p> <p>_____</p> <p>_____</p> |
|--|--|

**FITNESS CHALLENGE:** .....

**DAILY MEAL PLAN GOAL:** .....

**WEEK NUMBER**

|                  | <b>BREAKFAST</b> | <b>LUNCH</b> | <b>DINNER</b> | <b>SHAKES</b> | <b>WATER</b> |
|------------------|------------------|--------------|---------------|---------------|--------------|
| <b>MONDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>TUESDAY</b>   | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>WEDNESDAY</b> | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>THURSDAY</b>  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>FRIDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>SATURDAY</b>  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>SUNDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |

**NOTES:** .....

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**SHOPPING LIST:** .....

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**GOALS MET**

**FITNESS CHALLENGE:** .....

**DAILY MEAL PLAN GOAL:** .....

**WEEK NUMBER**

|           | BREAKFAST   | LUNCH       | DINNER      | SHAKES | WATER |
|-----------|-------------|-------------|-------------|--------|-------|
| MONDAY    | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |
| TUESDAY   | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |
| WEDNESDAY | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |
| THURSDAY  | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |
| FRIDAY    | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |
| SATURDAY  | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |
| SUNDAY    | G<br>V<br>P | F<br>V<br>P | C<br>V<br>P | <br>P  |       |

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**DAILY MEAL PLAN GOAL:** .....

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|                  | <b>BREAKFAST</b> | <b>LUNCH</b> | <b>DINNER</b> | <b>SHAKES</b> | <b>WATER</b> |
|------------------|------------------|--------------|---------------|---------------|--------------|
| <b>MONDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |
| <b>TUESDAY</b>   | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |
| <b>WEDNESDAY</b> | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |
| <b>THURSDAY</b>  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |
| <b>FRIDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |
| <b>SATURDAY</b>  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |
| <b>SUNDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         | <br>         |

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**GOALS MET**



**FITNESS CHALLENGE:** .....

**DAILY MEAL PLAN GOAL:** .....

**WEEK NUMBER**

|                  | <b>BREAKFAST</b> | <b>LUNCH</b> | <b>DINNER</b> | <b>SHAKES</b> | <b>WATER</b> |
|------------------|------------------|--------------|---------------|---------------|--------------|
| <b>MONDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>TUESDAY</b>   | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>WEDNESDAY</b> | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
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| <b>FRIDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>SATURDAY</b>  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| <b>SUNDAY</b>    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |

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**GOALS MET**

**FITNESS CHALLENGE:** .....

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|           | <b>BREAKFAST</b> | <b>LUNCH</b> | <b>DINNER</b> | <b>SHAKES</b> | <b>WATER</b> |
|-----------|------------------|--------------|---------------|---------------|--------------|
| MONDAY    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| TUESDAY   | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
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| SATURDAY  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| SUNDAY    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |

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**GOALS MET**

**FITNESS CHALLENGE:** .....

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**WEEK NUMBER**

|           | <b>BREAKFAST</b> | <b>LUNCH</b> | <b>DINNER</b> | <b>SHAKES</b> | <b>WATER</b> |
|-----------|------------------|--------------|---------------|---------------|--------------|
| MONDAY    | G<br>V<br>P      | F<br>V<br>P  | G<br>V<br>P   | <br>P         |              |
| TUESDAY   | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
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| SATURDAY  | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |
| SUNDAY    | G<br>V<br>P      | F<br>V<br>P  | C<br>V<br>P   | <br>P         |              |

**NOTES:** .....

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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.