



275lb Nutrition Guide & Weekly Meal Planner

Six Week Transformation challenge

275 lb



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:











## 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!



- 3 Tablespoons of Peanut Butter
- 3 Tablespoons of Almond Butter
- 3 Tablespoons of **Cashew Butter**
- 3/4 Cup of Avocado
- 3/8 Cup of Peanuts
- 3/8 Cup of Almond
- 3/8 Cup of Walnut
- 3/8 Cup of Pistacchio
- 2.25 Tablespoon of Any Cooking Oil (NO vegetable/canola oil)



### <u>PROTEIN</u> (Palm)

- 9 oz Chicken Breast
- 9 oz Turkey Breast
- 9 oz Tilapia
- 9 oz Tuna
- 9 oz Top Round Steak
- 9 oz Shrimp
- 9 oz Bison
- 6 oz Pork Tenderloin
- 15 Egg Whites
- 1.5 Cup of Egg Whites (Carton)
- 2.25 Scoops of Protein Powder
- 1.5 Cup o% Cottage Cheese
- 1.5 Cup of 0% Greek Yogurt



## (Fist)

- 1.5 Cup of Cooked Brown Rice
- 1.5 Cup of Cooked Quinoa
- 1.5 Cup of Dry Oats
- 1.5 Cup of Cooked Beans
- 1.5 Cup of Cooked Pasta 2.25 Medium Baked Potato
- 2.25 Medium Red Potato
- 3 Medium Sweet Potato 4.5 Slices of Whole Wheat Bread
- 3 Medium Fruits



# (Cup)

- 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** 









LUNCH









SHAKE

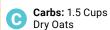


DINNER









Protein: 1.5 Cup 0% Greek Yogurt

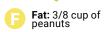
Veggies: 1 Cup Green Beans



Protein: 2.25 Scoop of Protein Powder









Veggies: 1 Cup of Asparagus

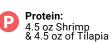








Carbs: 2.25 Med **Baked Potato** 



Veggies: 1 Cup of Cauliflower



### **SHOPPING LIST**



FAT (Thumb)

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)



## PROTEIN (Palm)

5 lb of Chicken (9 Servings)

5 lb of Turkey (9 Servings)

5 lb of Tilapia (9 Servings)

5 lb of Tuna (9 Servings)

5 lb of Top Round Steak (9 Servings)

5 lb of Shrimp (9 Servings)

5 lb of Bison (9 Servings)

4 lb of Pork Tenderloin (11 Servings)

64 oz Carton of Egg Whites (5 Servings)

5 lb Bag of Protein Powder

24 oz of Cottage Cheese (2 Servings)

32 oz of Greek Yogurt (3 Servings)

32 oz of Greek Yogurt (4 Servings)



### CARBOHYDRATES (Fist)

- 1 Bag of Brown Rice
- 1 Bag of Quinoa
- 36 oz of Oats (8 Servings)

6 Cans of Beans (7 Servings)

32 oz of Pasta (10 Servings)

3 lb Bag of Gold/Russet Potatoes

3 lb Bag of Red Potatoes

3 lb Bag of Sweet Potatoes

2 Loaves of Bread



## VEGETABLE (Cup)

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 teh 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: SHO	OPPING LIST:



	WEEKLY MEAL PLANNE					
THE FITNESS CHALLENGE:  WEEK NUMBER  DAILY MEAL PLAN GOAL:						
<b>*</b>	BREAKFAST	LUNCH	DINNER	SHAKES	WATER	
MONDAY	© Ø	P	©  V  P	• • • • • • • • • • • • • • • • • • •		
TUESDAY	③ ② P	(3)	©	<b>₽</b>		
WEDNESDAY	© V P	[] V	©	© 0		
THURSDAY	© V	[] V P	©			
FRIDAY	© V P	[] []	©			
SATURDAY	© V	[] [] []	©	(P)		
SUNDAY	© V	(3) (V) (P)	©	• • • • • • • • • • • • • • • • • • •		
NOTE	S:		SHOPPING LIST:		GOALS MET	



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FRIDAY	© V P	[] []	©			
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SUNDAY	© V	(3) (V) (P)	©	• • • • • • • • • • • • • • • • • • •		
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THURSDAY	© V	[] V P	©			
FRIDAY	© V P	[] []	©			
SATURDAY	© V	[] [] []	©	(P)		
SUNDAY	© V	(3) (V) (P)	©	• • • • • • • • • • • • • • • • • • •		
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### "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 brow n 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.