



# CHALLENGE MEAL PLAN

## ANIMAL-BASED

**PROTEIN (P)**  
**1 SERVING = PALM SIZE**

- BEEF
- LAMB
- CHICKEN
- PORK
- TURKEY
- EGGS (3 MIN)
- EGG WHITES
- FISH
- CHEESE (P/F)
- YOGURT (P/F)
- WHEY PROTEIN
- COLLAGEN PROTEIN
- BONE BROTH

**BEEF ORGANS**  
**1 SERVING = SMALL CUPPED HAND**

20 GRAMS PER DAY

- BEEF LIVER
- BEEF HEART
- BEEF TESTICLE

CAN SUB IN BEEF ORGAN/LIVER CAPSULES

**CARBS (C)**  
**1 SERVING = 1 FIST**

EAT 100-150G OF CARBS AS:

- FRUIT
- WHITE RICE
- SWEET POTATO

**FAT (F)**  
**1 SERVING = 4 THUMBS**

- EGG YOLKS
- GHEE
- ORGANIC BUTTER
- BEEF TALLOW
- FULL FAT DAIRY
- COCONUT OIL
- COCONUT CREAM
- GOATS CHEESE
- AVOCADO

**MON - SAT: MEN - 4 MEALS/DAY**

**WOMEN - 3 MEALS/DAY**

**MEAL 1**  
**P/V/F**

**MEAL 2**  
**P/V/F**

**MEAL 3**  
**P/V/F**

**POST-WORKOUT SHAKE**  
**P/C**

**SUN: 1 MEAL OF THE DAY CAN BE A FREE MEAL IE, EAT OUT**

**FAST FROM SAT 7PM - SUN 12PM**

**MEAL 1**  
**P/C/F**

**MEAL 2**  
**P/C/F**

**FREE MEAL**  
**INC PROTEIN**



## EXAMPLE MEAL PLANS

### Exercise in AM

#### Meal 1 Post-Workout Shake: (7-9am)

Blueberry Pie Smoothie (add 1 frozen banana & tblsp of honey)

#### Meal 2: (12-1pm)

Chicken Tenderloins in Bacon

#### Meal 3: (4pm)

Pulled Pork with Bone Broth

#### Meal 4: (6-7pm)

Grilled Steak with Goats Cheese

\*(Reference Challenge Carnivore Cookbook)

### Exercise in PM

#### Meal 1: (7-9am)

Cheesy Chicken Keto Meatballs

#### Meal 2: (12-1pm)

Lamb Kebabs with Coconut Curry Sauce

#### Meal 3: (4pm)

Whey Protein/Collogen Protein shake in whole milk

#### Meal 4 Post-Workout Meal: (6-7pm)

Keto Meatloaf with Sweet potato

\*(Reference Challenge Carnivore Cookbook)

**TRUE WPI - \$75**  
**1-2 SCOOP/DAY**



**BALANCE OIL - \$75**  
**0.15 X BODYWEIGHT**  
**X DAY**



**BEEF LIVER**  
**CAPSULES - \$50**  
**6 X DAY**



**TRUE ZMA - \$58**  
**1 SCOOP/DAY**



### FLAVOUR ENHANCERS

- MUSTARD
- COCONUT AMINOS
- ANY DRY SPICE
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPER
- STEVIA/ SPENDA
- ANY HOT SAUCE

### BEVERAGES

- WATER - 0.03XBW
- BLACK COFFEE
- GREEN TEA
- RAW MILK
- SPARKLING WATER
- BONE BROTH
- COCONUT WATER

**Purchase All**  
**Supplements for a**  
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