



# CHALLENGE MEAL PLAN

## 75-95KG BODYWEIGHT

**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

GUYS: 40G PER MEAL  
 GIRLS: 30G PER MEAL

**VEGGIE (V)**  
**1 SERVING = 1 FIST**

- ALL VEGES ARE GOOD TO GO

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

EAT MAJORITY OF CARBS AS:

- FRUIT
- WHITE RICE
- SWEET POTATO

AVOID BREAD  
 CHOOSE GLUTEN FREE OPTIONS

**FAT (F)**  
**1 SERVING = 2 THUMBS**

- MACADAMIA NUTS
- PISTACHIO NUTS
- EGG YOLKS
- GHEE
- ORGANIC BUTTER
- BEEF TALLOW
- FULL FAT DAIRY
- OLIVE OIL
- COCONUT OIL
- COCONUT CREAM
- 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 11AM**

**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)**  
Thai Peanut Chicken

**Meal 3: (4pm)**  
Canned Tuna, Carrot Sticks & Hummus or Goats Cheese

**Meal 4: (6-7pm)**  
Grilled Steak Veges of choice

\*(Reference Challenge Cookbook)

## Exercise in PM

**Meal 1: (7-9am)**  
Whole Egg Omelet NO sweet potato

**Meal 2: (12-1pm)**  
Avocado Tuna Salad

**Meal 3: (4pm)**  
PB Sandwich Shake

**Meal 4 Post-Workout Meal: (6-7pm)**  
Seared Whitefish & Couscous  
Cucumber Salad

\*(Reference Challenge Cookbook)

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



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



**SB PROBIOTIC - \$85**  
2 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

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