



CHALLENGE MEAL PLAN

WEIGHT GAIN

PROTEIN (P)
1 SERVING = PALM SIZE

- BEEF
- LAMB
- CHICKEN
- PORK
- TURKEY
- EGGS (4 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 = 2 FISTS

EAT MAJORITY OF CARBS AS:

- FRUIT
- WHITE RICE
- SWEET POTATO

AVOID BREAD
CHOOSE GLUTEN FREE OPTIONS

FAT (F)
1 SERVING = 2-3 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/C/F

MEAL 2
P/C/F

MEAL 3
P/F/V

POST-WORKOUT
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



CHALLENGE SUPPLEMENTS

PURCHASE ALL FOR A 15% DISCOUNT!

TRUE ZMA - \$58
1 SCOOP/DAY



TRUE WPI - \$75
1 SCOOP/DAY



SB PROBIOTIC - \$85
2 X DAY



BALANCE OIL - \$75
0.15 X BODYWEIGHT
X DAY



Example Meal Plan* - Exercise in AM

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

Blueberry Pie Smoothie in Milk (add 2 Frozen bananas & 1 Tblsp of honey)

Meal 2: (12-1pm)

Thai Peanut Chicken with Rice

Meal 3: (4pm)

2x Tuna Tins, handful of Pineapple & Papaya

Meal 4: (6-7pm)

Grilled Steak & Sweet Potato Chips

***(Reference Challenge Cookbook)**

Example Meal Plan* - Exercise in PM

Meal 1: (7-9am)

Whole Egg Omelet with Fruit side

Meal 2: (12-1pm)

Avocado Tuna Salad with Fruit side

Meal 3: (4pm)

PB Sandwich Shake

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

**Seared Whitefish & Couscous
Cucumber Salad or Steak again!**

***(Reference Challenge Cookbook)**

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

Aim to drink 0.03x
bodyweight in water per day
eg. 100kg x 0.03
= 3L/day