



CROSSFIT CALOUNDRA

CHALLENGE MEAL PLAN

55-75KG BODYWEIGHT

PROTEIN (P) 1 SERVING = PALM SIZE

- BEEF
- LAMB
- CHICKEN
- PORK
- TURKEY
- EGGS (2 MIN)
- EGG WHITES
- FISH
- COTTAGE CHEESE
- HIGH PROTEIN YOGURT
- WHEY PROTEIN
- COLLAGEN PROTEIN

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
- POTATO
- SWEET POTATO

AVOID BREAD
CHOOSE
GLUTEN FREE
OPTIONS

FAT (F) 1 SERVING = 1 THUMB

- 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 TREAT MEAL IE, EAT OUT

FAST FROM
SAT 7PM -
SUN 11AM

MEAL 1
P/C/F

MEAL 2
P/C/F

**TREAT
MEAL**



EXAMPLE MEALS

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

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)

Recommended Supplements

Available at CrossFit Caloundra

WHEY PROTEIN ISOLATE



MAGNESIUM POWDER



CREATINE POWDER



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

Questions? Email or Call Marty:

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