



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 =  
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 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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