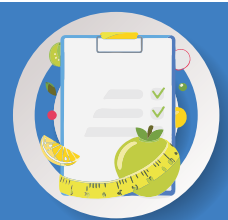


# THE CHALLENGE FOOD LIST



Name

Meal Plan 1.25

## P-PROTEIN(PALM)

- 6oz.Chicken Breast (Skinless)
- 6oz.Bison Burger
- 6oz.Venison
- 6oz.99% Lean Turkey Breast
- 6oz.Pork Tenderloin
- 6oz.96/4 Ground Beef
- 6oz.Any Shellfish
- 1.25 Cup Egg Whites
- 6 Egg Whites
- 1.5 Cup 0% Cottage Cheese
- 1.5 Cup 0% Greek Yougurt
- 1.5 Scoop Protein Powder
- 1.5 Cans Tuna

## F-FATS(TB)

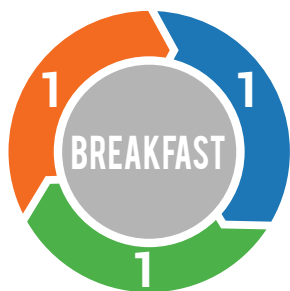
- 2TB Peanut Butter
- 2TB Almond Butter
- 1.5TB Coconut Oil
- 2TB Grassfed Butter
- 1.5TB Olive Oil
- 1/2 of Medium Avocado
- 4TB Coffee Creamer
- 1.5TB Any Cooking Oil
- Not Vegetable
- Not Canola Oil

## C-CARBS(FIST)

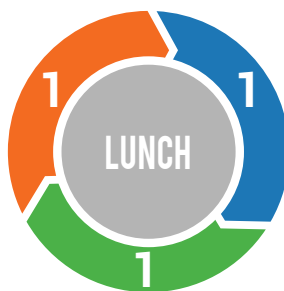
- .75 Cup Mash Sweet Potato
- .75 Cup Mash Mash Red Potato
- .5 Cup Any Bean/Legumes
- .5 Cup Cooked Brown Rice
- .5 Cup Cooked White Rice
- 1.5 Cup Slices Ezekiel Bread
- 5 Cup Cup dry Rolled Oats
- .5 Cup Pasta
- .75 Cup Any Berries
- .5 Cup Cooked Quinoa

## V-VEGGIES(FIST)

- Any Veggie Except:
- Peas
  - Carrots
  - Corn
  - Any Type of Squash
  - Eggplant
  - Pumpkin
  - Beets
  - Stick W Green & Leafy
  - Veggies



1/2 Portion of Protein



1/2 Portion of Protein



## Supplements

Pro Tip: keep your supps next to things you use every AM and PM.  
Ex; car keys, toothbrush.



## AM Stack

- M/F Multi-Intense
- Burn AM
- Test Storm



## PM Stack

- Sleep Multiplier
- Burn PM
- EFA

## Workout Supps

Workout Days Only  
Pro Tip: keep supps in car for ease of use.

## Pre Workout

**Prestige Pre**  
Take with at least 8oz of water

## Intra Workout


**Prestige Intra**  
Use 20oz of ice cold water.

## Post Workout












After workout  
(On way home or work)

# GROCERY HELPER 1.25













## P-PROTEIN(PALM)

-  3lbs Chicken Breast (Skinless)
-  3lbs Bison Burger
-  3lbs Venison
-  3lbs 99% Lean Turkey Breast
-  3lbs Pork Tenderloin
-  3lbs 96/4 Ground Beef
-  3lbs Any White Fish
-  3lbs Any Shellfish
-  1 24oz Cup Egg Whites
-  1 Carton Eggs
-  1 24oz 0% Cottage Cheese
-  1 24oz 0% Greek Yogurt
-  1 Tub Protein Powder
-  7 Cans Tuna

## F-FATS (TB)

-  1 Jar Peanut Butter
-  1 Jar Almond Butter
-  1 Jar Coconut Oil
-  1 Stick Kerry Gold Butte
-  1 Bottle Olive Oil
-  1 Bag of Avocados
-  1 Container/Bag of Nuts
-  1 Pack Coffee Creamer
-  1 Bottle of Non-Veggie
-  Cooking Oil
-  No Canola Oil

## C-CARBS (FIST)

-  1 Bag Sweet Potato
-  1 Bag Potatoes
-  3 Cans Cooked Beans (Any)
-  3 Cans Cooked Legumes
-  1 Container Oats
-  1 Box Pasta
-  1 Frozen Bag Berries
-  1 Bag Quinoa
-  1 Bag Couscous
-  1 Loaf Ezekiel Bread
-  7 Pieces of Fruit
-  1 Bag White/Brown Rice

## V-VEGGIES (FIST)

- 3lbs Any Vegetable Except:
-  Peas
  -  Carrots
  -  Corn
  -  Any Squash
  -  Eggplant
  -  Pumpkin
  -  Beets

## Insert Meal Plan Choices Below

### Break Fast

Protein\_\_\_\_\_

Fat \_\_N/A\_\_

Carb

Veggie

### Lunch

Protein\_\_\_\_\_

Fat \_\_N/A\_\_

Carb

Veggie

### Dinner

Protein\_\_\_\_\_

Fat \_\_N/A\_\_

Carb

Veggie

### Snacks

Protein\_\_\_\_\_

Fat \_\_N/A\_\_

Carb

Veggie

### 0 Calorie Condiments

- \_\_\_ MUSTARD
- \_\_\_ SOY SAUCE
- \_\_\_ LEMON JUICE
- \_\_\_ BALSAMIC
- \_\_\_ HOT SAUCES

### 0 Calorie Spices

- \_\_\_ DRY SPICES
- \_\_\_ DRY SEASONING
- \_\_\_ DRY RUBS
- \_\_\_ SALT
- \_\_\_ PEPPER
- \_\_\_ MRS.DASH SPICES

### 0 Calorie Beverages

- \_\_\_ WATER\_GREEN TEA
- \_\_\_ BLACK COFFEE
- \_\_\_ 0 SUGAR ICE TEA

**Pro Tip:** If a condiment, spice, or beverage has 0 calories you can have it. Other than that, if it is not on these lists, you cannot have it for the 4 week challenge.