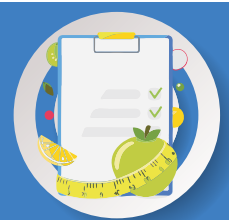


# THE CHALLENGE FOOD LIST



Name

Meal Plan 2.75

## P-PROTEIN(PALM)

- 9 oz. Chicken Breast (Skinless)
- 9 oz. Bison Burger
- 9 oz. Venison
- 9 oz. 99% Lean Turkey Breast
- 9 oz. Pork Tenderloin
- 9 oz. 96/4 Ground Beef
- 9 oz. Any White Fish
- 9 oz. Any Shellfish
- 2 Cup Egg Whites
- 9 Egg Whites
- 2.25 Cup 0% Cottage Cheese
- 2.25 Cup 0% Greek Yogurt
- 2 Cans Tuna

## F-FATS (TB)

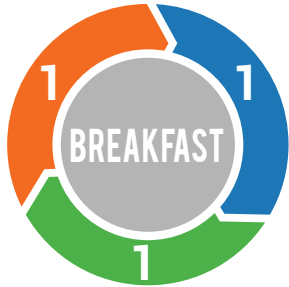
- 3TB. Peanut Butter
- 3TB. Almond Butter
- 2.25TB Coconut Oil
- 3TB Grassfed Butter
- 2.25TB Olive Oil
- 0.75 Medium Avocado
- 0.33 Cup Any Nuts
- 6 TB Coffee Creamer
- 2.25TB Any Cooking Oil
- Not Vegetable or Not Canola Oil

## C-CARBS (FIST)

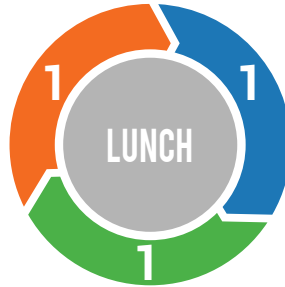
- 2.25 cup Mash Sweet Potato
- 2.25 Cup Mash Red Potato
- 1.5 Cup Any Bean/Legume
- 1.5 Cup Cooked Brown Rice
- 1.5 Cup Cooked White Rice
- 3 Slices Ezekiel Bread
- 1 Cup dry Rolled Oats
- 1.5 Cup Pasta
- 2.25 Cup Any Berries
- 1.5 Cup Cooked Quinoa

## V-VEGGIES (FIST)

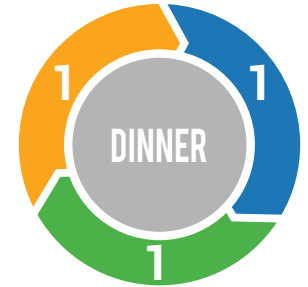
- Any Veggie Except:
- Peas
  - Carrots
  - Corn
  - Any Type of Squash
  - Eggplant
  - Pumpkin
  - Beets
  - Stick W Green & Leafy Veggies



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 2.75











## P-PROTEIN(PALM)

-  4lbs Chicken Breast (Skinless)
-  4lbs Bison Burger
-  4lbs Venison
-  4lbs 99% Lean Turkey Breast
-  4lbs Pork Tenderloin
-  4lbs 96/4 Ground Beef
-  4lbs Any White Fish
-  4lbs Any Shellfish
-  1 24oz Cup Egg Whites
-  1 Carton Eggs
-  1 24oz 0% Cottage Cheese
-  1 24oz 0% Greek Yogurt
-  1 Tub Protein Powder
-  11 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

Snack 1\_\_\_\_\_

Snack 2\_\_\_\_\_

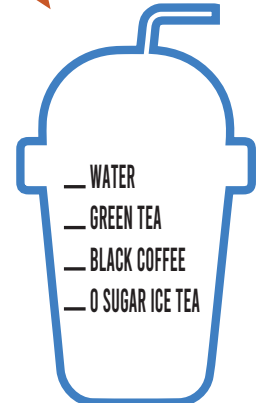
### 0 Calorie Condiments



### 0 Calorie Spices



### 0 Calorie Beverages



**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.