

MEAL PLAN EXAMPLES



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THE DETAILS - CHALLENGE NUTRITION

3-1-2-1 CYCLE MEAL EXAMPLES

	MONDAY LOW CARB DAY 1	TUESDAY LOW CARB DAY 2	WEDNESDAY LOW CARB DAY 3	THURSDAY HIGH CARB DAY 4	FRIDAY LOW CARB DAY 5	SATURDAY LOW CARB DAY 6	SUNDAY HIGH CARB DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	BREAKFAST CASSEROLE (top with leftover avo if desired)	BREAKFAST CASSEROLE	SWEET POTATO EGG CUPS	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	EGGS WITH AVOCADO	SWEET POTATO EGG CUPS
MEAL 2	THAI CHICKEN SALAD	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	TURKEY W/ BROCCOLI AND CHEESE	CHICKEN ZOODLE SOUP WITH RICE	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ AVOCADO &/OR CHEESE AND ASPARA-GUS	THAI CHICKEN SALAD	CHICKEN ZOODLE SOUP	QUINOA CHICKEN BURRITO BOWL	DINNER OF YOUR CHOICE	CHICKEN STIR FRY •CHICKEN •PEPPERS •ONIONS •AVOCADO •SPINACH •CHEESE •SALSA	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY

STILL HUNGRY? EAT MORE FOOD!
PROTEIN AND VEGGIES ARE ALWAYS GREAT.

2-1 CYCLE MEAL EXAMPLES

	MONDAY LOW CARB DAY 1	TUESDAY LOW CARB DAY 2	WEDNESDAY HIGH CARB DAY 3	THURSDAY LOW CARB DAY 4	FRIDAY LOW CARB DAY 5	SATURDAY HIGH CARB DAY 6	SUNDAY LOW CARB DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	BREAKFAST CASSEROLE (top with leftover avo if desired)	SWEET POTATO EGG CUPS	BREAKFAST CASSEROLE	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	SWEET POTATO EGG CUPS	EGGS WITH AVOCADO
MEAL 2	THAI CHICKEN SALAD	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN ZOODLE SOUP WITH RICE	TURKEY W/ BROCCOLI AND CHEESE	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ AVOCADO &/OR CHEESE AND ASPARA-GUS	THAI CHICKEN SALAD	QUINOA CHICKEN BURRITO BOWL	CHICKEN ZOODLE SOUP	DINNER OF YOUR CHOICE	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN STIR FRY •CHICKEN •PEPPERS •ONIONS •AVOCADO •SPINACH •CHEESE •SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE

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THE DETAILS - CHALLENGE NUTRITION

1-1 CYCLE MEAL EXAMPLES

	MONDAY LOW CARB DAY 1	TUESDAY HIGH CARB DAY 2	WEDNESDAY LOW CARB DAY 3	WEDNESDAY HIGH CARB DAY 4	FRIDAY LOW CARB DAY 5	SATURDAY HIGH CARB DAY 6	SUNDAY LOW CARB DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	SWEET POTATO EGG CUPS	BREAKFAST CASSEROLE (top with leftover avo if desired)	BREAKFAST CASSEROLE + BERRIES	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	SWEET POTATO EGG CUPS	EGGS WITH AVOCADO
MEAL 2	THAI CHICKEN SALAD	CHICKEN ZOODLE SOUP WITH RICE	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN WITH BROCCOLI & SWEET POTATO	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ AVOCADO &/OR CHEESE AND ASPARA-GUS	QUINOA CHICKEN BURRITO BOWL	THAI CHICKEN SALAD	QUINOA CHICKEN BURRITO BOWL	DINNER OF YOUR CHOICE	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	CHICKEN STIR FRY •CHICKEN •PEPPERS •ONIONS •AVOCADO •SPINACH •CHEESE •SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE

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LIFESTYLE CYCLE MEAL EXAMPLES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1	BREAKFAST CASSEROLE	BREAKFAST CASSEROLE (top with leftover avo if desired)	BREAKFAST CASSEROLE	EGGS + A PROTEIN SHAKE	EGGS WITH PEPPERS, ONIONS, CHEESE & SALSA	EGGS WITH AVOCADO	SWEET POTATO EGG CUPS
MEAL 2	THAI CHICKEN SALAD	BEEF TACO SALAD •BEEF •SPINACH •AVOCADO •ANY OTHER VEGGIES •TOP WITH SALSA	TURKEY W/ BROCCOLI AND CHEESE	CHICKEN ZOODLE SOUP	BEEF W/ BRUSSELS SPROUTS	LUNCH OF YOUR CHOICE	CHICKEN W/ BRUSSELS SPROUTS & CHEESE
MEAL 3	BEEF W/ ASPARA-GUS AND SWEET POTATO	THAI CHICKEN SALAD W/ QUINOA	CHICKEN ZOODLE SOUP W/ RICE	QUINOA CHICKEN BURRITO BOWL	DINNER OF YOUR CHOICE	CHICKEN STIR FRY •CHICKEN •PEPPERS •RICE •ONIONS •SPINACH •SALSA	BEEF TACO SALAD •BEEF •SPINACH •RICE •ANY OTHER VEGGIES •TOP WITH SALSA
SNACKS	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ THIN LAYER NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •NUTS/SEEDS •GREEK YOGURT •PROTEIN SHAKE	•RICE CAKES W/ NUT BUTTER •FRUIT •GREEK YOGURT •PROTEIN SHAKE •BEEF JERKY

For the Lifestyle Cycle, you adjust the foods you are eating according to how your body is feeling and your activity.

A simple way to do this is to add carbs to your post-workout meal and/or add carbs to your evening meal. This can be adjusted as you identify what feels best for your body for energy, performance, and as a lifestyle.

STILL HUNGRY? EAT MORE FOOD!
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BUILD YOUR OWN MEAL CYCLES

	MONDAY _____ DAY 1	TUESDAY _____ DAY 2	WEDNESDAY _____ DAY 3	WEDNESDAY _____ DAY 4	FRIDAY _____ DAY 5	SATURDAY _____ DAY 6	SUNDAY _____ DAY 7
AM	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA	Morning Hydration •WATER •COFFEE/ TEA
MEAL 1							
MEAL 2							
MEAL 3							
SNACKS							

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