



# 6 Week Challenge Nutritional Guide

# Getting started

This guide is full of food combinations to keep you fueled while you complete the 6 Week Challenge.

We know nutrition is not one-size-fits-all. This guide was designed to help provide structure for healthy eating but allows enough flexibility to figure out what that looks like for you.

The one thing healthy eating has in common for everyone, is that it's sustainable and works for the long term. If that sounds intimidating, don't worry! We're in this together, creating a healthy lifestyle that finally sticks!

## Our top tips **for success:**

- **Make it work for you.** This guide is just that—a guide. Feel free to make changes based on your budget, taste preferences, and time.
- **Schedule time each week for grocery shopping and meal prep.** Designate one or two days per week (we love Sundays and Wednesdays) for going grocery shopping, portioning your snacks, and cooking several days' worth of food.
- **Stock up on healthy snacks.** Reference the healthy snack recommendations on page 8 and have snacks pre-portioned and available at all times. Having healthy snacks on hand can be a game changer when it comes to sticking to your nutrition plan.
- **Eat what you like.** If you see a recipe that has an ingredient you hate, substitute it with something else! Don't force yourself to eat food you know you don't enjoy. If you love one of the recipes and want to make it weekly, go for it. Eat what you like!

# Grocery Helper

As we mentioned previously, nutrition is **absolutely not one-size-fits-all**. Each person's body has different nutritional needs based on activity level, metabolism, medical history, and countless other factors. Keep that in mind as you reference this sample shopping list.

## PROTEIN (Serving: palm)

- 2 lbs chicken breast (skinless)
- 2 lbs bison burger
- 2 lbs venison
- 2 lbs 99% lean turkey breast
- 2 lbs pork tenderloin
- 2 lbs 96/4 ground beef
- 2 lbs any white fish
- 1 24 oz carton egg whites
- 2 dozen eggs
- 24 oz part-skim cottage cheese
- 24 oz Greek yogurt
- 1 tub protein powder
- 7 cans tuna

## FAT (Serving: thumb)

- 1 jar peanut butter
- 1 jar almond butter
- 1 jar coconut oil
- 2 sticks grass-fed butter
- 1 bottle olive oil
- 3 medium avocados
- 1 bag any tree nuts (excluding peanuts or cashews)
- 1 bottle cooking oil (excluding vegetable or canola oils)
- Block of grass-fed cheese

## CARB (Serving: fist)

- 1 bag sweet potatoes
- 1 bag red potatoes
- 2 cans beans
- 1 bag of white or brown rice
- 1 loaf Ezekiel bread
- 1 container of rolled oats
- 1 bag russet potatoes
- 1 bag quinoa
- 4-8 pieces of fruit
- 1 lb berries

## VEGGIE (Serving: fist)

- 3 lbs any vegetables
  - Asparagus
  - Broccoli
  - Spinach
  - Cauliflower
  - Brussels Sprouts
  - Cabbage
  - Romaine Lettuce
  - Greens
  - Kale
  - Celery
  - Cucumbers

### Extras:

- Mustard
- Soy sauce
- Any dry spices
- Any dry rubs for meat
- Lemon juice
- Balsamic vinegar
- Salt/pepper
- Stevia/Splenda
- Any hot sauces
- Water (1 oz for every 2 lbs of body weight!)
- Black coffee
- Sugar free green tea
- Sugar free iced tea
- Crystal Light
- Mio flavored water

*As long as it has zero calories, you can have as much as you want, even if it is not on the list!*

# Portion Suggestion

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Now that we have our grocery list down, here are sample serving sizes for each item.

As you put together your daily meal plan, aim for a **lean protein + carb + veggie** for breakfast, lunch, and dinner, with **two protein snacks** in-between meals. Limit healthy fats to 2-3 servings per day. Aim to finish your meal 1-2 hours before your workout, too!

## PROTEIN (Serving: palm)

- 4.5 oz chicken breast (skinless)
- 4.5 oz bison burger
- 4.5 oz venison
- 4.5 oz 99% lean turkey breast
- 4.5 oz pork tenderloin
- 4.5 oz 96/4 ground beef
- 4.5 oz any white fish
- 1 cup egg whites
- 2 eggs
- 1 cup part-skim cottage cheese
- 1 cup Greek yogurt
- 1 scoop protein powder
- 1 can tuna

## FAT (Serving: thumb)

- 1 TB peanut butter
- 1 TB almond butter
- 3/4 TB coconut oil
- 1 TB grass-fed butter
- 3/4 TB olive oil
- 1/4 medium avocado
- 1/8 cup any tree nuts (excluding peanuts or cashews)
- 3/4 TB cooking oil (excluding vegetable or canola oils)
- 1 oz grass-fed cheese

## CARB (Serving: fist)

- 3/4 cup sweet potato
- 3/4 cup red potato
- 1 cup beans
- 1/2 cup cooked white or brown rice
- 1.5 slices Ezekiel bread
- 1/2 cup (dry) of rolled oats
- 1 small baked potato
- 1/2 cup cooked quinoa
- 1 piece of fruit
- 3/4 cup berries

## VEGGIE (Serving: fist)

1 cup any vegetables

- Asparagus
- Broccoli
- Spinach
- Cauliflower
- Brussels Sprouts
- Cabbage
- Romaine Lettuce
- Greens
- Kale
- Celery
- Cucumbers

Feel free to add!  
Stay away from gourds (squash and eggplant) but load up on anything green and leafy.

# Shake & smoothie staples

You may be wondering if you can use a protein shake instead of a recommended protein for a meal. The answer is yes, but try not to replace more than one meal per day unless you are vegan. If you are vegan, we recommend having several different types of shakes from different sources to give your digestive tract some variety.

*PROTEIN SHAKE REQUIREMENTS (Mix 1 scoop with water unless otherwise indicated):*

- *LESS THAN 5 grams of sugar, LESS THAN 5 grams of fat, LESS THAN 10 grams of carbs*
- *AT LEAST 20 grams or more of protein*

## Super Smoothie

Smoothies are an easy, delicious way to kickstart your day. Include at least one ingredient from each category to make sure your smoothies are nutrient-dense and well balanced.

Category	Examples	Quantity
Base	Water, unsweetened nut milk, coffee	1 cup
Protein	Protein powder	1 – 2 scoops
Veggies	Spinach, kale, mixed greens, riced cauliflower	1/2 – 1 cups
Fruit	Berries, banana, lime, pineapple, mango	1/2 – 1 cups
Healthy Fat	Almond butter, Greek yogurt, avocado, chia seeds, flax seeds	1 – 2 Tbsp.
Bonus	<i>Vanilla extract, mint extract or mint leaves, oats, coconut, cinnamon</i>	

### Our favorite combinations:

1. Unsweetened coconut milk, chocolate protein, spinach, frozen banana, peanut butter, ice
2. Unsweetened oat milk, vanilla protein, frozen mixed berries, spinach, avocado, vanilla extract, ice
3. Unsweetened almond milk, vanilla protein, kale, frozen pineapple, coconut flakes, ice
4. Coffee, vanilla protein, spinach, banana, chia seeds, cinnamon, ice
5. Unsweetened cashew milk, chocolate protein, mixed greens, 1/2 avocado, mint extract, ice

Hint: Not all protein powders are created equal. When selecting a protein powder, we recommend one **without additives, preservatives, or added sweeteners.**

# Nourish Bowl

Power bowls are awesome when you're in a pinch—just add at least one ingredient from each of these categories and you'll have a delicious, healthy meal in no time.

Category	Examples	Quantity
<b>Base</b>	Brown or white rice, couscous, quinoa, sweet potatoes, cauliflower rice	1/2 – 1 cup
<b>Protein</b>	Rotisserie chicken, salmon, tofu, 1–2 eggs, tempeh, ground beef, ground turkey, steak strips	4 – 6 oz.
<b>Veggies</b>	Roasted broccoli, roasted cauliflower, roasted or grilled peppers, grilled eggplant, sauteed spinach, sliced radish, shredded carrots, sliced fresh peppers, cucumber, zucchini, yellow squash, corn	2 – 3 cups
<b>Sauce</b>	Soy sauce, balsamic glaze, salsa, Sriracha mayo, green goddess dressing	2 Tbsp.
<b>Toppings</b>	Olives, nuts, seeds, crumbled cheese, garbanzo beans, edamame, sesame seeds, jalapenos	1 – 2 Tbsp.

### Our favorite combinations:

1. Quinoa, rotisserie chicken, fajita veggies (bell peppers, red onion, corn), fajita seasoning
2. Rice, salmon, stir fry veggies (carrots, broccoli, peas, water chestnuts), sesame seeds, teriyaki sauce
3. Rice, ground turkey, bell peppers and tomatoes, salsa, cheese
4. Couscous, chicken, Greek veggies (cucumber, tomato, red onion), roasted chickpeas, feta, tzatziki sauce

# Power Salad

Salads don't have to be boring and bland! Add at least one ingredient from each of these categories below to create nourishing, filling and tasty salads that'll leave you wanting more.

Category	Examples	Quantity
<b>Base</b>	Lettuce, kale, arugula, mixed greens, shaved brussels sprouts, spring mix	1 – 2 cups
<b>Protein</b>	Rotisserie chicken, salmon, tofu, 1–2 eggs, shrimp, tempeh, ground beef, ground turkey, steak strips, tuna	4 – 6 oz.
<b>Color (Fruits and Veggies)</b>	Broccoli, cauliflower, bell peppers, cucumber, sliced radish, shredded carrots, red onion, strawberries, raspberries, blueberries, clementines, corn, black beans	1 – 2 cups
<b>Dressing</b>	Olive oil, balsamic vinaigrette, Caesar dressing, green goddess dressing, lime juice	2 Tbsp.
<b>Toppings</b>	Chopped nuts, seeds, crumbled cheese, garbanzo beans, edamame, jalapenos, pomegranate seeds, avocado	1 – 2 Tbsp.

### Our favorite combinations:

1. Spring mix, chicken, corn, black beans, tomato, bell pepper, chipotle-avocado dressing, cheddar cheese
2. Arugula, grilled shrimp, pineapple, tomato, avocado, red onion, jalapeno-lime vinaigrette, shaved almonds
3. Mixed greens, salmon, strawberries, blueberries, green onion, balsamic vinaigrette, feta cheese, sunflower seeds
4. Spring mix, chicken, olives, tomato, cucumber, artichoke hearts, red onion, olive oil, feta cheese

# Easy snacks to stay on track

We're here to share some important information with you: Snacking doesn't deserve the bad reputation it gets. Why? Because snacking helps keep your blood sugar regulated and helps squash hunger that pops up between meals. If you skip a snack after lunch and ignore your body's hunger cues, you're more likely to overindulge at dinner or with a late-night snack. Healthy eating means listening to your body. Fueling your body when it's hungry is always the right thing to do.

**The key to healthy snacking is picking good-for-you foods and eating them in moderation. A good snack size for most people is between 100–200 calories with a good balance of complex carbs, fat, and protein.**

**If you're eating a quick snack for energy before a hard workout, focus on carbs that will digest quickly to give you power. A piece of fruit with natural sugar is perfect! On the flip side, if you want to recover after a workout, seek out snacks with protein and carbs to help your muscles rebuild and refuel.**

***Here are our favorite, easy snack combos that will keep you full, fueled and satisfied.***

- 1 cup carrots + 2 Tbsp. hummus
- 1 cup cucumber + 2 Tbsp. guacamole
- 2 cups air-popped popcorn
- 2 hard-boiled eggs
- 4 peanut butter-stuffed dates
- 2 rice cakes + 1/2 avocado or 2 Tbsp. nut butter
- 1/2 cup plain, full-fat Greek yogurt and 1 cup fruit
- 1 cup salted edamame
- 2 oz. low-sodium turkey jerky
- 1 banana + 2 Tbsp. nut butter
- 1 small apple + 2 Tbsp. nut butter
- 1/2 cup cottage cheese
- 1 cup fruit salad
- 1 cup roasted veggies
- 1/2 cup pitted olives
- 1 cup roasted chickpeas

# 6 Week Challenge FAQs

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## What about water? Salt?

A good target is to drink half your bodyweight in ounces of water. Get yourself a nice big water bottle and keep filling it up throughout the day! As far as salt, you do not need to omit it completely from your diet. Experiment with spices, though!

## What if I go out of town? Can I eat at a restaurant?

Yes! If you cannot make this program livable, the results will be short-lived. When you go to a restaurant, simply order what you need.

For example, ask them: "What proteins do you have today? Can you grill, bake, or steam any of those?"  
Same with starches (rice or potatoes) and veggies.

## My weight loss is slowing down. Should I cut the protein? Carbs?

No! You never want to cut protein as it is the most essential macronutrient for body re-composition. You need it in order to recover from workouts and build and maintain muscle.

Carbs, too, are important for stimulating your metabolism. If you don't have carbs in your diet, the conversion from foods into energy slows down and results in a lower metabolism and body fat loss over time.

# Why is fruit limited?

Fruit is higher in sugar, which causes people to crave, you guessed it, more sugar. The fructose in fruit tends to refuel liver sugar stores instead of muscle. Since we are monitoring carbs with this plan, even though fruit can feel "guilt-free," we would prefer you get your carb intake from starch sources.

# I'm feeling stuffed? Is that normal?

Totally normal. It's the result of switching to more nutrient-dense foods. They are more voluminous in nature but are not calorie-dense. Example: 6 egg whites have about

**125 calories**

in them. It's a ton of volume, but not highly caloric. Don't confuse being full for "getting fat."

If you are having trouble eating all the food, spread it out throughout the day (ie eat every two hours instead of 3 meals + snacks). If you still can't fit it all in, drop some carbs. Just remember, **ALWAYS EAT YOUR PROTEIN**

## FAQs Continued...



## I'm so tired of eating chicken all the time! Can I mix and match?

*Absolutely.* You can split your portion between two different things on the same list.

- o 3 oz chicken, 3 egg whites, 1/2 scoop of protein powder, + 3/4 cup Greek yogurt

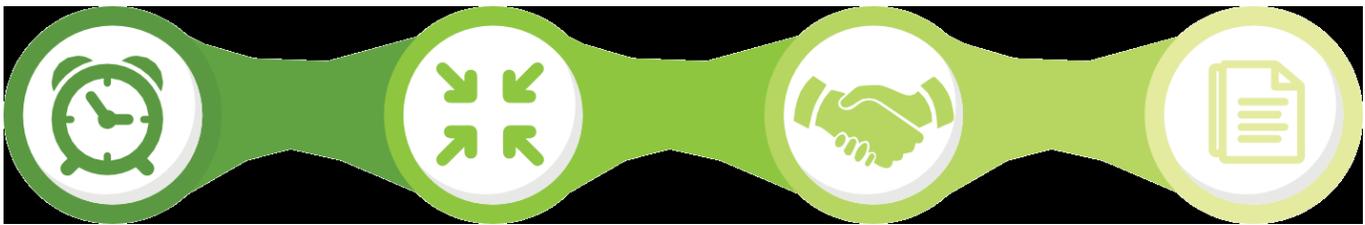
OR

- o 3 oz fish + 3 oz shrimp  
Give yourself variety and post in the online Facebook group asking for recipes.  
We are all here to help each other out!

## My schedule forces me to eat dinner close to bedtime. Isn't eating before bed bad for you?

No! Nothing about eating later in the day instead of earlier inherently causes you to gain or maintain extra body fat. If you cut out eating "bad" foods, that is what is going to make a difference - not the time of day. Keep in mind that our workouts are very depleting, which means you have muscle and liver stores that need replenishing. Don't stress and eat your dinner whenever you get home, especially if you work out at night.

# Habit Forming Cheat-Sheet



Chose 1 habit at a time that will be your focus.

Start small.

Commit to 42 days of putting forth effort to build this habit.

Fill out this cheat-sheet for each habit you are looking to build/change.

## What are triggers?

A trigger is a behavior you already do habitually that you can connect your habit to. Maybe your new habit is to walk 10 minutes a day. If you attach this to brushing your teeth, you make it a habit to walk 10 minutes every day before you brush you teeth.

## What are rewards?

Though the habit itself is a reward, do something that gives you short-term satisfaction every time you complete it. Maybe you play a song, watch a funny video, or say something to yourself out loud.

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MY TRIGGERS: (When this happens, I will complete my habit)

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MY REWARDS: (Every time I complete this habit, I will do)

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# Find Your WHY

What will it cost me if I don't form this habit?

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## WINS

Write it down every time you do something to reinforce your habit

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## WHEN YOU DON'T FEEL LIKE IT...

Trigger emotion through these reinforcers!

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### Days Completed (Check off as you go)

1 2 3 4 5 6 7 8  
9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24  
25 26 27 28 29 30 31 32  
33 34 35 36 37 38 39 40  
41 42

# MEAL PLAN TRACKER

## WEEK 1

Start to fill in your meals, remembering protein + carb + veggies. Limit healthy fats to 2-3 servings per day.

Don't forget about protein snacks between meals, and HYDRATE! Drinking water is essential.

	<b>breakfast</b>	<b>lunch</b>	<b>dinner</b>
<b>Sun</b>			
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

# WEEK 2

Start to fill in your meals, remembering protein + carb + veggies. Limit healthy fats to 2-3 servings per day.

Don't forget about protein snacks between meals, and HYDRATE! Drinking water is essential.

	<b>breakfast</b>	<b>lunch</b>	<b>dinner</b>
<b>Sun</b>			
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

# WEEK 3

Start to fill in your meals, remembering protein + carb + veggies. Limit healthy fats to 2-3 servings per day.  
Don't forget about protein snacks between meals, and HYDRATE! Drinking water is essential.

	<b>breakfast</b>	<b>lunch</b>	<b>dinner</b>
<b>Sun</b>			
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

# WEEK 4

Start to fill in your meals, remembering protein + carb + veggies. Limit healthy fats to 2-3 servings per day.

Don't forget about protein snacks between meals, and HYDRATE! Drinking water is essential.

	<b>breakfast</b>	<b>lunch</b>	<b>dinner</b>
<b>Sun</b>			
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

# WEEK 5

Start to fill in your meals, remembering protein + carb + veggies. Limit healthy fats to 2-3 servings per day.

Don't forget about protein snacks between meals, and HYDRATE! Drinking water is essential.

	<b>breakfast</b>	<b>lunch</b>	<b>dinner</b>
<b>Sun</b>			
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

# WEEK 6

Start to fill in your meals, remembering protein + carb + veggies. Limit healthy fats to 2-3 servings per day.  
Don't forget about protein snacks between meals, and HYDRATE! Drinking water is essential.

	<b>breakfast</b>	<b>lunch</b>	<b>dinner</b>
<b>Sun</b>			
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

# 6 Week Challenge Nutritional Guide

We couldn't be prouder of the progress you've made towards establishing healthy eating habits that finally stick. Keep this nutritional guide handy to provide inspiration and motivation as you continue your health and wellness journey.

And don't forget—we're always here to help you feel healthier and live happier. Our coaches don't just spot you—they see the real you. So, they build a real, personalized plan that actually fits your life, including nutritional advice.

**Chat with one of our coaches to learn more.**