

# FAT LOSS & MUSCLE GAIN CHALLENGE NUTRITION GUIDELINES

## CARBS

### COMPLEX CARBS

PORTION: 1/2 CUP - 1 CUP

PROVIDE ENERGY SLOWLY  
OVER THE DAY.

Oats  
Sweet Potato  
Beans/Lentils  
Chickpeas  
Quinoa  
Brown rice  
Wild Rice

#### FOR MUSCLE GAIN ONLY:

WHOLE GRAIN BREAD  
WHITE RICE  
POTATO  
WHOLE WHEAT / GLUTEN FREE PASTA

### SIMPLE CARBS

PROVIDE ENERGY QUICKLY

#### Vegetables (1 cup = 1 portion)

Any except white potatoes, peas, corn

#### Leafy Greens (1-2 cups = 1 portion)

i.e. spinach, lettuce, arugula, mixed greens

#### Fruits (1/2 - 1 cup)

Blueberries, Raspberries, Strawberries, Blackberries  
Kiwi  
Pomegranate  
Apples  
Pears  
Orange  
Grapefruit

**Limit:** grapes, mango, pineapple, banana

## FATS

### 2ND SOURCE OF ENERGY

EAT SPARINGLY

#### NUTS (Handful):

Almonds, Walnuts, Pistachios

#### NUT BUTTER (1 tsp - 1 tbsp):

Almond Butter, Natural Peanut Butter,  
Cashew Butter

#### OILS (1 tsp - 1 tbsp):

Avocado Oil  
Olive Oil (raw or cooked at low temps)  
Coconut Oil

#### SEEDS (1 tsp - 1 tbsp):

Sunflower seeds, Pumpkin seeds  
Chia seeds, Flax seeds

#### FOODS:

Egg Yolks (1)  
Avocado (1/4 - 1/2)  
Olives (handful)

#### MILKS:

Almond Milk  
Coconut Milk  
Cashew Milk

## PROTEIN

### NEEDED TO BUILD MUSCLE

PORTION: 4 OZ - 8 OZ / SIZE OF PALM

EAT GENEROUSLY

Wild Salmon  
Tuna  
White Fish (i.e. Basa, Halibut, Mahi-Mahi)  
Shrimp

Chicken / Turkey Breast  
Chicken / Turkey Burger  
Extra Lean Ground Chicken/ Turkey

Flank Steak, Sirloin Steak  
Extra Lean Ground Beef  
Eye of Round

Greek yogurt (0% or 2%) PLAIN  
Cottage Cheese (0% or 2%)

Edamame (V)  
Tempeh (V)  
Tofu (V)  
Ground Veggie Round (V)  
Beans & Legumes (V)  
Veggie Burgers (V)  
Free Range Eggs (Veg)  
Egg Whites (Veg)  
Protein Powder (V option)

**IF IT IS NOT ON THE LIST YOU SHOULD NOT INCLUDE IT IN YOUR DIET FOR THE DURATION OF THE CHALLENGE.**

Breakfast



■ Protein ■ Carbs (Complex and Simple) ■ Fat

Lunch



■ Protein ■ Carbs (Mostly Veg) ■ Fat

Dinner



■ Protein ■ Carbs (Veg) ■ Fat

MUSCLE GAIN Dinner



■ Protein ■ Carbs (Complex & Simple) ■ Fat

Your food can be grilled, baked, steamed, air-fried or stir-fried (with little to no oil or with non-stick cooking spray).

Drink 2.5-3L water per day. You may only drink water, coffee or tea (no cream or sugar).  
No processed foods - try to eat food in its most natural, wholesome and unprocessed state.

Eat 3 meals plus 2-3 snacks per day.

Meal plan to prepare for the day(s) in advance to avoid stress and making bad choices.  
Record your meals on MyFitnessPal or the FatSecret app to log your macros and follow the guidelines in the sample meal plans provided.