

# 6-WEEK CHALLENGE

## Nutrition Guide

L E V E L   T H R E E   -   2 . 2 5

REDEFINE



# Your 6 Week Transformation Starts Here.

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N A M E

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S T A R T   D A T E

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W E I G H T

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B O D Y   F A T   %

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REDEFINE





# Nutrition Guidelines

\*\*\*MEASURE ALL PROTEIN RAW

## PROTEIN

- 6 oz Chicken Breast (skinless)
- 6 oz Bison Burger
- 6 oz Venison
- 6 oz 99% Lean Turkey Breast or 99% Lean Ground Turkey
- 6 oz Pork Tenderloin
- 6 oz 93/7 Lean Ground Beef
- 6 oz Any White Fish
- 6 oz Shrimp
- 3/4 Cup Egg Whites
- 6 Egg Whites
- 1.5 Cup 0% Cottage Cheese
- 1.5 Cup 0% Plain Greek Yogurt
- 1.5 Scoops VMI Protolyte Protein Powder
- **Up to 2x weekly:** 6 oz wild-caught salmon or sea bass **(also replaces a serving of fats)**

## FAT

- 2 TB Peanut Butter
- 2 TB Almond Butter
- 1.5 TB Coconut Oil
- 2 TB Grass-fed Butter
- 1.5 TB Olive Oil
- 1/2 of Medium Avocado
- 1/4 Cup any Nuts
- 2 Egg Yolks
- 1.5 TB Cooking Oil\*
- **Up to 2x weekly:** 6 oz wild-caught salmon or sea bass **(also replaces a serving of protein)**

\*No Vegetable Oil

\*No Canola Oil

## CARB

- 1.5 Cups Sweet Potato
- 1.5 Cups Red Potato
- 1 Cup Bean/Legumes
- 1 Cup Cooked Rice (white or brown)
- 3 Slices Ezekiel Bread
- 2/3 Cup (dry) Rolled Oats
- 1 Yellow Potato
- 1 Cup Cooked Quinoa
- 1 Piece Fruit
- 1.5 Cup Berries

## VEGGIE

**About 1 cup of each. Ideal to stick with green & leafy vegetables such as:**

- Asparagus
- Broccoli
- Spinach
- Cauliflower
- Brussels Sprouts
- Cabbage
- Romaine Lettuce
- Greens
- Kale
- Summer squash (zucchini or yellow)



# Portion Guide

\*\*\*MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2 HOURS BEFOREHAND.



Protein



Fat



Carb



Veggie



BREAKFAST



SHAKE 1

1.5 Scoops VMI Protein  
Powder  
8oz of water



LUNCH



SHAKE 2

1.5 Scoops VMI Protein  
Powder  
8oz of water



DINNER

## SAMPLE BREAKFAST

**1 Protein:** 6 Egg Whites

**1 Veggie:** 1 Cup Spinach

**1 Carb:** 1 Apple

## SAMPLE LUNCH

**1 Protein:** 6 oz Grilled  
Chicken Breast

**1 Veggie:** 1 Cup Broccoli

**1 Carb:** 1 Cup White  
or Brown Rice

## SAMPLE DINNER

**1 Protein:** 6 oz Tilapia

**1 Veggie:** 1 Cup Asparagus

**1 Fat:** 1.5 TB Olive Oil



**VMI Creatine  
Monohydrate**

Take 1 5g Scoop  
with Breakfast



**VMI KXR Sport  
Pre-Workout**

1 Scoop, 15 mins  
before Workout



**VMI Aminogex  
EAA/BCAA**

1 Scoop,  
drink during  
Workout

## CHECK-OFF ANY OPTIONAL FLAVOR ENHANCERS AND BEVERAGES

As long as it has zero calories, you can have as much as you want even if it is not on the list.  
NOTE: \*Eliminate BEFORE you moderate (that will come next)\* If it is not on the list, it's by design!

- ☐ Mustard
- ☐ Soy Sauce
- ☐ Any Dry Spices
- ☐ Any Dry Rubs for Meat
- ☐ Lemon Juice
- ☐ Balsamic Vinegar

- ☐ Salt/Pepper
- ☐ Stevia/Splenda
- ☐ Any Hot Sauces
- ☐ Water (1oz for every  
2lbs of body weight)

- ☐ Black Coffee
- ☐ Sugar Free Green Tea
- ☐ Sugar Free Iced Tea
- ☐ Crystal Light
- ☐ Mio Flavored Water





# Grocery List

## PROTEIN

- 3 LBS Chicken Breast (skinless)
- 3 LBS Bison Burger
- 3 LBS Venison
- 3 LBS 99% Lean Turkey Breast or 99% Lean Ground Turkey
- 3 LBS Pork Tenderloin
- 3 LBS 93/7 Lean Ground Beef
- 3 LBS Any White Fish
- 3 LBS Shrimp
- 1 24 oz Carton Cup Egg Whites
- 2 Dozen Eggs
- 24 oz 0% Cottage Cheese
- 24 oz 0% Plain Greek Yogurt
- 1 Tub VMI Protolyte Protein Powder
- 10 Cans Tuna
- 6-12oz Wild-Caught salmon or Sea Bass

## FAT

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Jar Coconut Oil
- 3 Sticks Grass-fed Butter
- 1 Bottle Olive Oil
- 4 Medium Avocado
- 1 bag/container any Nuts
- 1 Bottle Cooking Oil\*

**\*No Vegetable Oil**

**\*No Canola Oil**

## CARB

- 1 Bag Sweet Potatoes
- 1 Bag Red Potatoes
- 3 Cans Beans
- 1 Bag Rice (white or brown)
- 1 Loaf Ezekiel Bread
- 1 Container Rolled Oats
- 1 Bag Yellow Potatoes
- 1 Bag Quinoa
- 7 Pieces of Fruit
- 1.5 LB Berries

## VEGGIE

### 3 LBS Any Veggies Except

- Peas, Carrots, Corn, Winter Squash, Eggplant, Pumpkin, Beets

### Examples

- Asparagus
- Broccoli
- Spinach
- Cauliflower
- Brussels Sprouts
- Cabbage
- Romaine Lettuce
- Greens
- Kale
- Summer squash (zucchini or yellow)



# Meal Planner

**Breakfast** - Protein, Carb, Veggie

**Lunch** - Protein, Carb, Veggie

**Dinner** - Protein, Fat, Veggie

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

BREAKFAST

LUNCH

DINNER