

# NEVADA FITNESS

# CHALLENGE MEAL PLAN

## PROTEIN

Chicken Breast  
Lean Beef (<15% fat)  
Bison  
Buffalo  
Pork Tenderloin  
Lean Turkey  
Fish & Shellfish  
Venison  
Eggs  
Nonfat Greek Yogurt  
1% Cottage Cheese  
Protein Powder  
"Meatless" Protein

## FAT

Peanut Butter  
Other Nut Butters  
Nuts & Seeds  
Olives  
Coconut Oil  
Olive Oil  
Coffee Creamer  
Grassfed Butter  
Any Cooking Oil  
Salad Dressing  
Cheese  
Avocado

## CARBS

Corn  
Peas  
Plantains  
Sweet & White Potatoes  
Winter Squash  
Black Beans  
Lentils  
Oatmeal  
Quinoa  
Brown & White Rice  
Fruit  
  
High Fiber (>5g) bread, english muffins or tortillas

## VEGGIES

Asparagus  
Bamboo Shoots  
Beets  
Broccoli  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Jicama  
Mushrooms  
Onions  
Peppers  
Radishes  
Salad Greens  
Tomatoes  
Summer squash

## PALM



## THUMB



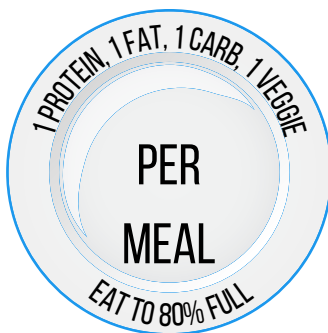
## CUPPED HAND



## FIST



- Choose foods from the approved list above
- Portion foods based on handsized servings above
- Build a balanced plate 2-3x daily



- Must get 3 servings of protein daily (up to 5)
- Pick 0 calorie seasonings & no added sugars
- Eat slow & stop eating when you get to 80% full



## WATER



Daily minimum water intake goal: 1/2 your weight (lbs) in ounces =

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## SNACKS

Still pick foods from the approved list & only snack when physically hungry

Choose protein or veggie based snacks  
ie. cucumbers + cottage cheese

If you have a carb, we suggest fruit and always pair it with a protein or healthy fat ie. greek yogurt + berries, or apple + nut butter

## SUPPLEMENTS

Most Athletes benefit from:

- Protein & Greens Powder for easy liquid meal/snack
- Multivitamin & Fish Oils to fill in any nutrient gaps
- Prenatal & Intra for energy + hydration during a workout