

BOMBSHELL

NUTRITION PLAN



BOMBSHELL *Sexy Santa* CHALLENGE



BOMBHELL

DAILY SUPPLEMENTS >>>>>

Supplements are NOT required. Always check with your physician prior to starting any supplementation and/or making changes to your diet. Always check supplement label for details on vegan/vegetarian friendly, allergens, and other dietary restrictions you may have.

BREAKFAST

Bombshell Fat Fighter Stack
Multivitamin Pill
Glam Pack
Omega 3 (1200mg)
Digestive Enzymes
Glucosamine/Chondroitin / Joint Support
Alpha Lipoic Acid (optional)

LUNCH

Bombshell Fat Fighter Stack
Digestive Enzymes
B-Complex with B12

DINNER

Bombshell Fat Fighter Stack
Calcium / Magnesium / Zinc (1000/300/15)
Vitamin C (1000)
Vitamin D3 (1000ui)
Digestive Enzymes
Ashwagandha (optional)

POST WORKOUT

L-Lysine
L-Leucine
L-Glutamine

NUTRITION PLAN OPTION A

BREAKFAST

Choose one: 1/2 C Egg Whites OR 3 oz Deli Chicken/
Turkey Breast

AND **Choose one:** 1 Egg OR 2 Slice Turkey Bacon

AND **Choose one:** 1/5 C Oats (dry) OR One English
Muffin

AND **Choose one:** 1 TB Peanut/Almond Butter OR 1
Guacamole Single Serve Cup

MORNING SNACK

One Single Serve Nonfat Greek Yogurt (any flavor)

AND One 100-cal Pack Nuts or Seeds

AND 2 TB Granola

LUNCH

4 oz Deli Meat of Choice (Chicken/ Turkey/ Roast Beef)

AND 2 Slices Whole Grain Bread

AND *Optional: Handful Lettuce, Tomato Slice, Red
Onion*

AND 2 TSP Condiment of Choice

AND **Choose one:** 1 Banana OR Pear

AFTERNOON SNACK

Choose one: 2 Hard Boiled Eggs OR 2 oz Jerky (no
added sugar)

AND 1 Single Serve (100 cal) Bag Skinny Pop Popcorn

DINNER

4 oz Lean Protein of Choice (cooked)

AND **Choose one:** 1 C Rice OR 4 oz Potato of Choice
(cooked)

AND 1/2 C Green Vegetable of Choice

AND Less than 100-cal serving of Sauce/Cheese/
Dressing of Choice

PM SNACK OR POST WORKOUT

2 scoops (140 calories) [Glam Pro Protein Powder](#)

AND 1 TB Peanut/Almond Butter

Protein and Grain/Starch options can be found under the [Nutrition Exchange List](#) under your Resources tab.

NUTRITION PLAN OPTION B

BREAKFAST

2 scoops (140 calories) [Glam Pro Protein Powder](#)
 AND Optional: 1 C Unsweetened Almond or Coconut
 Milk

AND 1/2 C Oats (dry)

AND 2 TB Nuts/Seeds of Choice

AND 1/2 C Berries

MORNING SNACK

2 Sticks Reduced Fat String Cheese

AND Handful of Baby Carrots

AND 2 TB Hummus of Choice

LUNCH

4 oz Protein of Choice (cooked)

AND One Low Carb Tortilla

AND Optional: Handful Lettuce, Tomato Slice, Red
 Onion

AND 1-2 TB Condiment/Sauce of Choice

AND One Zero Sugar Jello Cup

AFTERNOON SNACK

Choose one: 1 Tuna Packet OR One Single Serve
 Cottage Cheese Cup

AND 4 Rice Cakes (any flavor)

DINNER

4 oz Lean Protein of Choice (cooked)

AND 1 C Grain/Pasta of Choice (cooked)

AND 1/2 C Colorful Vegetable of Choice

AND Less than 50-cal serving of Sauce/Cheese/
 Dressing of Choice

PM SNACK OR POST WORKOUT

One Protein Bar (180-220 calories)

BOMBHELL

ADDITIONAL GUIDELINES

Try to eat every 2-3 hours.

Drink 1 ounce of water per pound
of body weight per day.

Cut off Caffeine intake by about 3
PM.

Stick to no more than 1/4 C
creamer/milk and only use stevia
as a sweetener.

Proteins and Starches are cooked
measure, aside from egg whites
and cereals.

Limit Protein Powder to 2
servings per day.

*NOTE: FDA/EPA advisory to choose a
variety of low mercury fish, up to 12 oz per
week. Refer to FDA website for a list of best
choices, fish to limit, and fish to avoid.



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