BOMBSHELL NUTRITION PLAN

BONBSHELL Sever Science Challenge

#BOMBSHELLFITNESS

BOMBSHELL 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 Aicd (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)

<u>POST WORKOUT</u>

- L-Lysine
- L-Leucine
- L-Glutamine

BOMBSHELL FITNESS



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

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

One Single Serve Nonfat Greek Yogurt (any flavor)

AND One 100-cal Pack Nuts or Seeds

4 oz Lean Protein of Choice (cooked)

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

AND 1/2 C Green Vegetable of Choice

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

MORNING SNACK

AND 2 TB Granola

DINNER

(cooked)

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

PM SNACK OR POST WORKOUT

2 scoops (140 calories) <u>Glam Pro Protein Powder</u>

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

AFTERNOON SNACK

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

AND 4 Rice Cakes (any flavor)

BOMBSHELL FITNESS

MORNING SNACK

- 2 Sticks Reduced Fat String Cheese
 - AND Handful of Baby Carrots
 - AND 2 TB Hummus of Choice

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



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

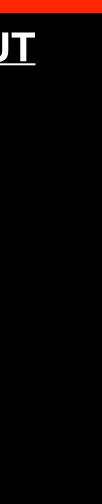
PM SNACK OR POST WORKOUT

One Protein Bar (180-220 calories)

Protein and Grain/Starch options can be found under the Nutrition Exchange List under your Resources tab.







BOMBSHELL ADDITIONAL GUIDELINES

Try to eat every 2-3 hours.	Drink 1 ounce of body w
Stick to no more than 1/4 C creamer/milk and only use stevia as a sweetener.	Proetins and S measure, asid and

*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.

e of water per pound weight per day. Cut off Caffiene intake by about 3 PM.

Starches are cooked ide from egg whites d cereals. Limit Protein Powder to 2 servings per day.

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