## **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: 1/3 C Oats (dry) OR One 100-cal Thin Bun

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 DINNER 4 oz Lean Protein of Choice (cooked) AND Choose one: 1/2 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

#### **MORNING SNACK**

#### 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 Apple OR Orange

#### 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 1/3 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 One Zero Sugar Jello Cup

#### **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 1/2 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

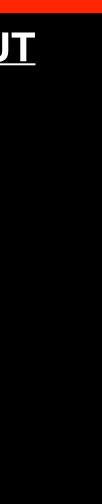
#### **PM SNACK OR POST WORKOUT**

One Protein Bar (180-220 calories)

#### Protein and Grain/Starch options can be found under the <u>Nutrition Exchange List</u> 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.

# **BONBSHELL**

© 2024 All Rights Reserved & Created Exclusively for Bombshell Fitness

