

# **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 1 Scoop [Glam Pro Protein Powder](#)

*AND Optional:* 1/2 C Unsweetened Almond, Cashew, or Coconut Milk

**AND Choose one:** 2 Slices Turkey Bacon OR 1 Whole Egg

**AND Choose one:** 1/2 C Oats (dry) OR 1 English Muffin

**AND Choose one:** 2oz Avocado OR 1 TB Nut/Seed Butter

## MORNING SNACK

ONE Single serve Nonfat Greek yogurt

1 Banana or Pear

1 100-calorie Nuts/Seeds/Legumes Pack

## LUNCH

4oz Lean Protein of Choice (Chicken, Turkey, Sirloin) (cooked)

**AND ONE** Whole Wheat (or GF) Tortilla Wrap

**AND 2 TB** No Sugar Added Condiment

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

## AFTERNOON SNACK

ONE Bag Quest Protein Chips

1 Stick Reduced Fat String Cheese (Dairy free if needed)

## DINNER

4oz Lean Protein of Choice (cooked)

**AND Choose one:** 1 C Potato or Whole Grain (Gluten free if needed) Pasta of Choice (cooked)

**AND Choose one:** 1/2 C Green Leafy Vegetable of Choice (cooked) OR 2 cups Lettuce Mix

**AND 1 TB** Olive Oil

**AND** <100-cal serving of Sauce//Dressing of Choice

## PM SNACK OR POST WORKOUT

1 scoop (70 calories) [Glam Pro Protein Powder](#)

FOUR Dates

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



# NUTRITION PLAN OPTION B

## BREAKFAST

**Choose one:** 1 C Egg Whites OR 4oz Deli Meat of Choice

AND TWO Slices Whole Grain Toast (or gluten free)

AND **Choose one:** 2oz Avocado OR 1 TB Nut/Seed Butter

AND 1/2 C Berries of Choice

## MORNING SNACK

ONE Bag Skinny Pop Popcorn (100 calories)

AND TWO Hard Boiled Eggs

## LUNCH

4 oz Lean Protein of Choice (cooked)

AND ONE Single Serve minute Rice Cup (any)

AND 1/2 C Green Vegetable of Choice

## AFTERNOON SNACK

AND ONE Sargento Balanced Break Snack Pack (~200 calories)

AND 1/2 C Grapes

## DINNER

4 oz Lean Protein of Choice (cooked)

AND 1 C Grain of Choice (cooked)

AND 1/2 C Mixed Vegetable of Choice

## PM SNACK OR POST WORKOUT

ONE QUEST, ONE-BAR, or PURE PROTEIN Protein Bar

**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.

**BOMBHELL**

***Schedule a CALL  
with our Registered  
Dietitian TODAY »»»»***



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**NUTRITION CONSULTATIONS**  
[BOMBHELLFITNESS.COM/NUTRITION-CONSULTATION](https://bombshellfitness.com/nutrition-consultation)

*Valentina Sabella*  
**REGISTERED DIETITIAN NUTRITIONIST**

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THE WORLD NEEDS MORE  
BOMBHELLS



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