

BOMBHELL

NUTRITION PLAN



BOMBHELL *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 Low Carb Tortilla Wrap

AND 2 TB No Sugar Added Condiment

AND Optional: Handful Lettuce, Tomato Slice, Red Onion

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: 1/2 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 Less than 100-cal serving of Sauce//Dressing of Choice

PM SNACK OR POST WORKOUT

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

TWO 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 ONE Slice 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 1 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)

DINNER

4 oz Lean Protein of Choice (cooked)

AND 1/2 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.

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***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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