## **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





## NUTRITION PLAN OPTION A

#### **BREAKFAST**

**Choose one:** 1/2 C Egg Whites OR 1 Scoop <u>Glam Pro</u>

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:** 1/3 C Oats (dry) OR 1 Bagel Thin

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

Butter

#### **AFTERNOON SNACK**

ONE Bag Quest Protein Chips

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

ONE Single serve Nonfat Greekk yogurt

1 100-calorie Nuts/Seeds/Legumes Pack

4oz Lean Protein of Choice (cooked)

AND **Choose one:** 1/4 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

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

**BOMBSHELL FITNESS** 

#### **MORNING SNACK**

#### DINNER

#### **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

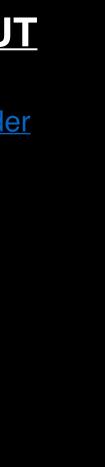
#### **PM SNACK OR POST WORKOUT**

1 scoop (70 calories) <u>Glam Pro Protein Powder</u>

**TWO Dates** 







**BOMBSHELL FITNESS** 



## 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

#### **AFTERNOON SNACK**

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

AND TWO Hard Boiled Eggs

4 oz Lean Protein of Choice (cooked)

AND 1/4 C Grain of Choice (cooked)

#### **MORNING SNACK**

ONE Bag Skinny Pop Popcorn (100 calories)

#### DINNER

AND 1/2 C Mixed Vegetable of Choice

#### **LUNCH**

4 oz Lean Protein of Choice (cooked)

AND TWO Rice Cakes

AND 1/2 C Green Vegetable of Choice

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

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

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.

#### **BOMBSHELL**

## Schedule a CALL



### FOMBSHEL

BOMBSHELLFITNESS.COM/NUTRITION-CONSULTATION



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# MORE

## **BOMBSHELL**

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