**Peptic Ulcer Disease (PUD) Protocol**

Use the **Standard Calculator** to calculate challenger’s macros.

Please send the following information to your challenger along with their macros:

* Choose 5 or 6 meals/day instead of 4, smaller meals will be better tolerated
* Avoid foods that increase gastric secretions (Ex: pepper, caffeine)
* Avoid any foods from the list that irritate your stomach
* Avoid eating within 2 hours of bedtime

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.