

GAME PLANS: PHASE 3

WEEK 5 GAME PLAN

In week 5, you have the option to follow your phase 3 macros.

At this point in the challenge, many people progress to their phase 3 macros, however, if you are still losing more than 1% of your bodyweight per week with your phase 1 or 2 macros, we recommend staying with those macros until your weight loss stalls.

FIT BODY TRANSFORMATION CHALLENGE							
NAME:	MATT						
PHASE 3.0							
4 MEALS	PROTEIN	9	CARBS	- Ru	FAT	4	
Carb Meal		41		41			0
Non-Carb Meal		41		0			15
Non-Carb Meal		41		0			15
Non-Carb Meal		41		0			15
5 MEALS	PROTEIN	<u></u>	CARBS	₽	FAT	•	
Carb Meal		32		41			0
Non-Carb Meal		32		0			11
Non-Carb Meal		32		0			11
Non-Carb Meal		32		0			11
Non-Carb Meal		32		0			11
6 MEALS	PROTEIN	<u></u>	CARBS	- GA	FAT	4	
Carb Meal		27		41			0
Non-Carb Meal		27		0			9
Non-Carb Meal		27		0			9
Non-Carb Meal		27		0			9
Non-Carb Meal		27		0			9
Non-Carb Meal		27		0			9

Remember, you should only move to your phase 3 macros if you followed your meal plan and food list accurately, worked out at least 3 times, limited diary to no more than 3 servings a day, and did not lose between .5% - 1% of your bodyweight the previous week.

Our goal is for you to eat as many calories as possible while still losing weight. We aren't drastically changing your macros, just enough to help your body burn as much fat as possible.

As you can see, in phase 3, we eliminate one of your carb meals.

WHEN TO EAT YOUR 1 CARB MEAL

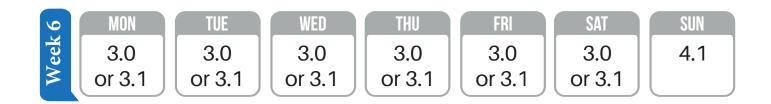
On days you work out, eat your carb meal AFTER you work out; ideally within one hour of working out.

On non-workout days, eat your carb meal as the last meal of the day.

Continue to focus on how many inches you're losing; not simply lost pounds. Be sure to record your measurements in your habit tracker each week.

WEEK 6 GAME PLAN

In week 6, you will follow your phase 3.0 or 3.1 macros Monday through Saturday. You will follow your phase 4.1 macros on Sunday.



Remember, if you are still losing weight and inches, there is no reason to move to 3.1. You should only move to your phase 3.1 macros if you followed your meal plan and food list accurately, worked out at least 3 times, limited diary to no more than 3 servings a day, and did not lose between .5% - 1% of your bodyweight the previous week.

Our goal is for you to eat as many calories as possible while still losing weight. We aren't drastically changing your macros, just enough to help your body burn as much fat as possible.

WHEN TO EAT YOUR 1 CARB MEAL

On days you work out, eat your carb meal AFTER you work out; ideally within one hour of working out.

On non-workout days, eat your carb meal as the last meal of the day.

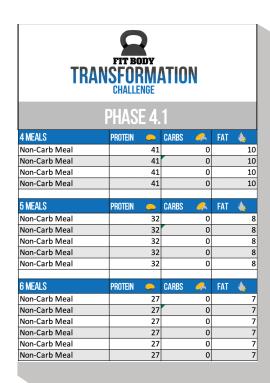
On Sunday, you will switch to your 4.1 macros.

WHEN TO EAT YOUR 1 CARB MEAL

On days you work out, eat your carb meal AFTER you work out; ideally within one hour of working out.

On non-workout days, eat your carb meal as the last meal of the day.

On Sunday, you will switch to your 4.1 macros.



With your phase 4.1 macros, you will not have any carbs. This will ramp up your fat-burning capabilities by forcing your body to tap into its own fat storage as its primary energy source.

Continue to focus on how many inches you're losing; not simply lost pounds. Be sure to record your measurements in your habit tracker each week.