



FIT BODY
TRANSFORMATION
CHALLENGE

GETTING-STARTED GUIDE

“THE WAY TO
GET STARTED IS TO
QUIT TALKING
— AND —
BEGIN DOING”

-WALT DISNEY

WHAT WE'LL BE COVERING IN THIS GUIDE

Combined with the education, motivation, and support provided by your coach, this guide includes the information you need to be successful on the challenge. Be sure to read it thoroughly and ask your coach if you have any questions.

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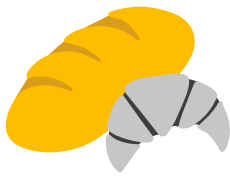


WE ARE NOT DOCTORS.

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 and within this guide 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.

ICON GUIDE

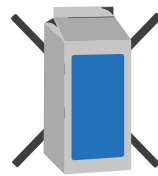
Look for these icons throughout the challenge materials to easily identify key information.



CARB



COMMON
ADDITIVES



DAIRY FREE



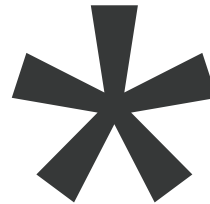
FAT



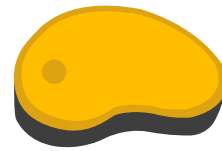
FREE
VEGETABLES



GLUTEN FREE



HIGHER
CARBS



PROTEIN

Look for the splurge-worthy gold coin to indicate items that are worth spending a little extra money on.



SPLURGE
WORTHY



SUGAR



VEGAN



1X A WEEK

FAT LOSS, NOT WEIGHT LOSS

**“EVERY CHOICE
YOU MAKE HAS AN
END RESULT.”**

To lose weight, you need to burn more calories than you eat. But if you only focus on calories, you'll lose weight, but not fat and fat loss is what makes you look lean, feel great, and get results that LAST!

In fact, you can completely transform your body without losing a lot of weight.

**YOU CAN COMPLETELY
TRANSFORM YOUR BODY
WITHOUT LOSING A LOT OF WEIGHT.**



DENA “ONLY” LOST 6 POUNDS WITH THIS PROGRAM!

SO, HOW DID DENA ACHIEVE SUCH AN AMAZING TRANSFORMATION?

She lost 6 pounds of FAT. If you're thinking ... "But, doesn't muscle weigh more than fat?", the answer is "NO!"

A pound of muscle weighs the exact same as a pound of fat - 16 ounces - but muscle takes up less space than fat in your body because it's much denser.

**THIS IS WHY DENA LOOKS LEAN
AND TONED AFTER LOSING JUST
6 POUNDS!**



5 LBS



5 LBS

SIMPLY PUT: THIS IS A FAT LOSS PROGRAM, NOT A WEIGHT LOSS PROGRAM.

Don't worry, you will lose weight, but we're not going to simply underfeed you like most programs do just to make the scale go down. This robs you of muscle, destroys your metabolism, and all but guarantees you'll put the weight RIGHT BACK ON. The truth is, most diets set you up for failure and leave you frustrated, angry, and frankly HUNGRY!

No one wants that!

The goal of a well-structured fat-loss program is to maintain or build lean muscle while stripping away body fat. And that's what our program does.

We use a proprietary macro-counting system that is customized to your body type to make sure you're eating enough to keep your metabolism humming so you can lose fat while feeling satisfied. It's a win/win. We'll get into what macros are in just a minute.

IMPORTANCE OF PHOTOS AND MEASURING

BEYOND THE SCALE

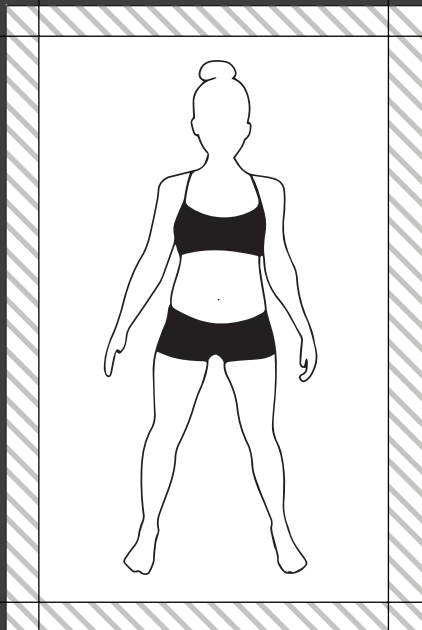
Sometimes, the scale doesn't always reflect the progress you're making so it's important to measure your success in multiple ways. This is especially true with fat-loss programs because the scale doesn't provide the whole picture, and it's easy to become frustrated when the scale doesn't move as much as we'd like or expect it to given our efforts. *Sound familiar?*

TAKE YOUR PICTURES!

We get it, you're here because you might not like how you look NOW, but one of the BEST ways to track your progress is by taking your pictures before, during, and after the challenge. Imagine if Dena hadn't taken her pictures! She'd be disappointed that she "only" lost 6 pounds and likely would have given up!

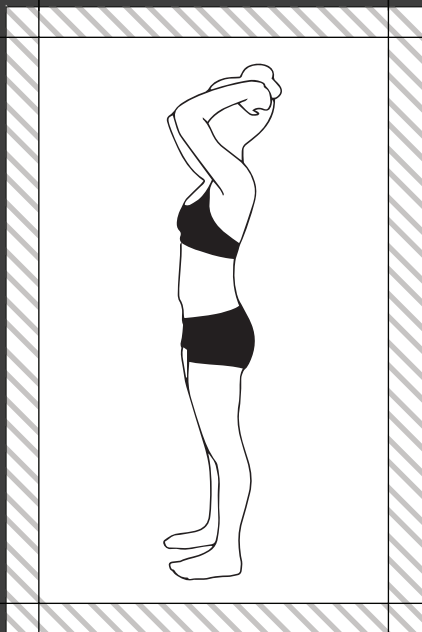


You don't need to share your photos with anyone but DO take them! You won't regret it.



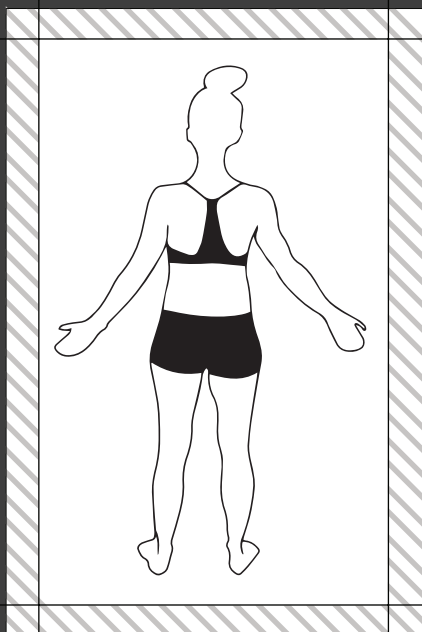
FRONT

Stand with your feet shoulder width apart. With your shoulders rolled back, your arms should be inline with your legs and slightly away from your body.



SIDE

Stand with your feet shoulder width apart. Turn to the side (same side each photo set you take) and place your hands behind your head.



BACK

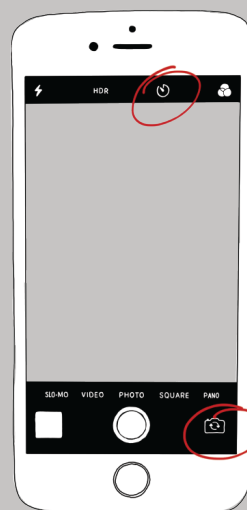
Stand with your feet shoulder width apart. Face the wall, roll your shoulders back, and slightly bring your hands away from your body.

HOW TO TAKE PROGRESS PICTURES

Be sure to take your photos as shown here, standing against a neutral background or door. We recommend that women wear a sports bra or tight-fitting tank top and shorts or a bikini. Men, a pair of workout shorts, no top.

DON'T HAVE SOMEONE TO TAKE PHOTOS FOR YOU?

Follow these steps to set a timer on your iPhone



STEP 1: Touch the icon to open the menu and choose 10s.

STEP 2: Touch the icon to flip the camera towards you.

Set the phone on a dresser/shelf, with a stack of books to prop it up.

IF YOU'RE LOSING INCHES, YOU'RE LOSING FAT!

You may notice that your clothes are fitting better before you see the number on the scale go down. That's why it's so important to take your measurements every week. Be sure to measure your chest, waist, belly button, hips, arms, and legs as shown below.

If you're taking your own measurements, wrap the measuring tape around yourself and stand in front of a mirror to make sure the tape is straight across your backside. You want the measuring tape to be taut, but not too tight.

You'll report your lost inches each week to your coach, so we recommend recording your measurements in your habit tracker.

Another way to measure your progress is to celebrate non-scale victories – or NSVs – throughout the challenge. Non-scale victories include things like your clothes fitting better, having more energy, sleeping better, eating healthier food, and being in a better mood, just to name a few!

CHEST

Measure around your chest, inline with your nipples.

NATURAL WAIST

Measure around your waist. Stand straight, and lean slightly to the right. Where you naturally bend is your natural waist.

BELLY BUTTON

Measure around your body inline with your belly button.

NSV = NON-SCALE VICTORY

ARM

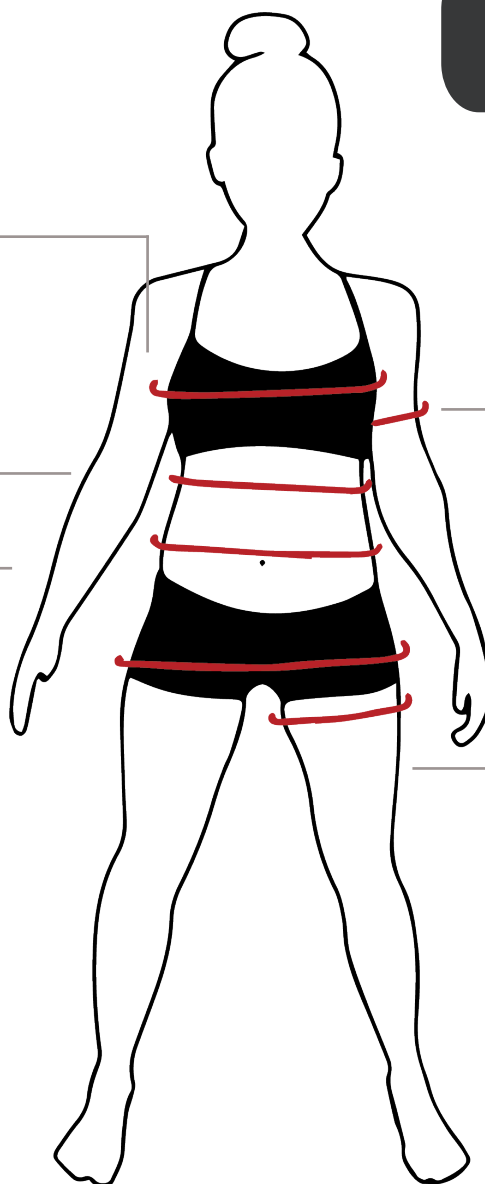
Measure around the arm, at the midpoint between your elbow and shoulder.

HIPS

Measure around your body at the widest part of your hips.

LEG

Measure around your leg, about an inch below your butt.



NUTRITION

“EXERCISE IS KING;
NUTRITION IS QUEEN.
PUT THEM TOGETHER AND YOU’VE GOT
A KINGDOM.”
— JACK LALANNE



After a lifelong battle with her weight, Barb lost 80 pounds and 40 inches in just 11 months by working out at Fit Body Boot Camp three times a week; eating clean, wholesome foods; and drinking a lot of water. No gimmicks. No crazy cleanses or body wraps. Just consistent habits that fit her lifestyle. Best of all? Barb is off all medications and has the energy to play with her grandkids.

**TO BE SUCCESSFUL ON THE FIT BODY
TRANSFORMATION CHALLENGE, YOU NEED TO
KNOW HOW TO DO 2 THINGS:**

1

HOW TO COUNT DIRECT MACROS

2

HOW TO MAKE A MEAL PLAN

LET'S START WITH HOW TO COUNT MACROS

To lose weight, you need to burn more calories than you eat. But if you only focus on calories, you'll lose weight, but not fat and fat loss is what makes you look lean, feel great, and get results that LAST (remember Dena?). That's why we focus on WHAT YOU EAT, not simply how many calories you eat.

WHAT'S A MACRONUTRIENT?

Throughout this program, we're going to refer to what you eat as "**macros.**" The word macros is short for macronutrients, which simply refers to carbohydrates, protein, and fats.

CARBOHYDRATES



PROTEINS



FATS



WHAT'S A DIRECT MACRO?

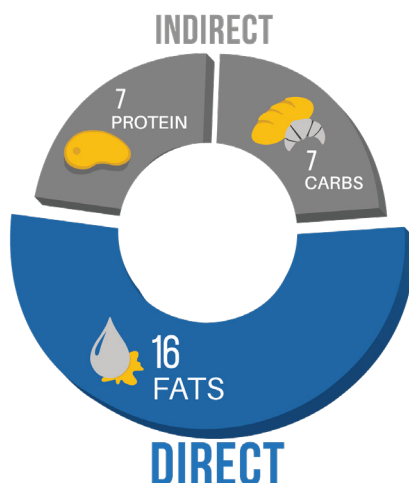
There are several macro-counting programs out there that require you to track every bite of protein, carbs, and fats which can be overwhelming and difficult to follow long-term.

At Fit Body, we use a proprietary macro counting system that only counts the macro that is found in the highest amount in a food. This is called a direct macro.

FOR EXAMPLE

2 tablespoons of peanut butter has
16 grams of fat, 7 grams of carbs, and 7 grams of protein.

2 TBSP PEANUT BUTTER

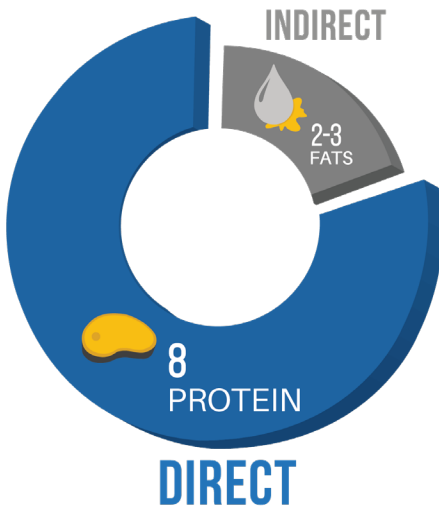


As you can see, there is more fat in peanut butter than carbs or protein, so we only count the fat. In peanut butter, the fat is the **direct** macro, so you will count the 16 grams toward your total fat intake. The protein and carbs in peanut butter are considered **indirect** sources, so you won't count them toward your macro totals.

HERE'S ANOTHER EXAMPLE

1 ounce of cooked steak has
8 grams of protein, 0 grams of carbs, and 3 grams of fat.

1 OZ STEAK

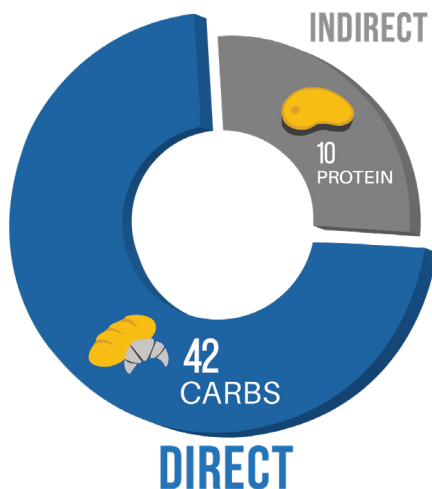


Since there is more protein than there are carbs or fat in steak, we only count the protein. That means, protein is the **direct** macro in steak, and you will count the 8 grams toward your protein intake. The carbs and fat are considered **indirect**, so you won't count them toward your macro totals.

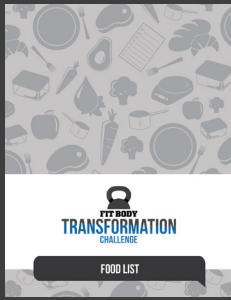
HERE'S ONE MORE EXAMPLE

1 cup of quinoa has
42 grams of carbs, 10 grams of protein, and 0 grams of fat.

1 CUP QUINOA



Since there are more carbs than protein or fat in quinoa, we only count the carbs. That means, carbs are the **direct** macro in quinoa, and you will count the 42 grams toward your carb intake. The protein and fats are considered **indirect**, so you won't count them toward your macro totals.









FOOD LIST

If you're feeling overwhelmed, don't be! You don't have to calculate a thing! We've done the math for you. The food list includes HUNDREDS of foods with the direct macros already figured out!

On the food list, you'll see foods listed by macro category: protein, carbs, and fat.


















PROTEIN



SOURCE	PROTEIN (G)	MEASUREMENT	GRAMS												
			10	12	14	16	18	20	22	24	26	28	30	32	
Ahi tuna steak	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	
 Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	
Broth (beef or chicken)	Read Label	1 Oz													
Chicken breast	8	1 Oz	1.3	1.5	1.6	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	
Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1	1	1.1	
 Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	
 Egg whites (1 large egg)	4	1 Egg	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	
 Egg whites (pourable)	27	1 Cup	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.2	
Halibut	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	
Lamb	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	
Pork tenderloin	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	
Salmon (safe catch/wild caught)	5	1 Oz	2	2.4	2.8	3.2	3.6	4	4.5	4.8	5.2	5.6	6	6.4	
Scallops	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	
Shrimp	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	
Steak, bottom round	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	
Steak, eye round	8	1 Oz	1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	
Steak, sirloin tip side	8	1 Oz	1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	
Steak, top round	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	
Steak, top sirloin	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	
Tilapia	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	
 Tuna canned in water (safe catch/wild caught)	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	
Turkey, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	
Turkey breast	5	1 Oz	2	2.4	2.8	3.2	3.6	4	4.4	4.8	5.2	5.6	6	6.4	
Venison	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	
Yogurt, plain greek 0%	23	1 Cup	0.4	0.5	0.6	0.7	0.8	0.8	0.9	1	1.1	1.2	1.3	1.4	

Simply find the food you want to eat and count the direct macro amount listed next to it!

As you'll see in the food list, peanut butter (it's actually listed as nut butter because the direct macros for almond butter, cashew butter, and peanut butter are the same) is listed in the fat section of the food list because we only count the fat in peanut butter as the direct macro.

FAT		GRAMS						
SOURCE		FAT (G)	MEASUREMENT	1	2	3	4	5
	Almonds, raw	14	1 Oz	0.1	0.1	0.2	0.3	0.4
	Almond meal flour	56	1 Cup	0	0	0.1	0.1	0.1
	Avocado	4	1 Oz	0.3	0.5	0.8	1	1.3
	Avocado oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Butter, Kerry Gold unsalted	12	1 Tbsp	0.1	0.2	0.2	0.3	0.4
	Brazil nuts, raw	19	1 Oz	0.1	0.1	0.2	0.2	0.3
	Cashews, raw	12	1 Tbsp	0.1	0.2	0.3	0.3	0.4
	Cacao nibs	4	1 Tbsp	0.3	0.5	0.8	1	1.3
	Coconut flakes, unsweetened	5	1 Tbsp	0.2	0.4	0.6	0.8	1
	Coconut milk, full fat	36	1 cup	0.0	0.1	0.1	0.1	0.1
	Extra virgin coconut oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Extra virgin olive oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Flax seed	4	1 Tbsp	0.3	0.5	0.8	1.0	1.3
	Flax seed oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Flax seeds, ground	3.5	1 Tbsp	0.3	0.6	0.9	1.1	1.4
	Ghee	5	1 Tbsp	0.3	0.4	0.5	0.7	1
	Grapeseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Guacamole	3	1 Tbsp	0.4	0.5	1	1.3	1.5
	Hazelnuts, raw	17	1 Oz	0.1	0.1	0.2	0.2	0.3
	Heavy cream	5.5	1 Tbsp	0.2	0.4	0.5	0.7	0.9
	Hummus, Sabra (classic, garlic, pine nuts, red pepper)	2.5	1 Tbsp	0.4	0.8	1.2	1.6	2
	Macadamia nut oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Nut butters (salt and nut only ingredients)	8	1 Tbsp	0.1	0.3	0.4	0.5	0.6
	Nut pods (cottage creamer)	1	1 Oz	1	2	3	4	5
	Olives (black)	2.7	1 Oz	0.4	0.8	1.2	1.5	1.9
	Olives (green)	4	1 Oz	0.3	0.5	0.8	1	1.3
	Peanuts, unsalted	14	1 Oz	0.1	0.1	0.2	0.3	0.4
	Pecans, raw	20	1 Oz	0.1	0.1	0.2	0.2	0.3
	Pistachios, shelled	14	1 Oz	0.1	0.1	0.2	0.3	0.4
	Pumpkin seeds, raw	14	1 Oz	0.1	0.1	0.2	0.3	0.4
	Safflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4
	Sunflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3	0.4

Likewise, you'll find steak in the protein section because we only count protein as the direct macro in steak.

PROTEIN		GRAMS					
SOURCE	PROTEIN (G)	MEASUREMENT	10	12	14	16	18
Ahi tuna steak	7	1 Oz	1.4	1.7	2	2.3	2.6
Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	3
Broth (beef or chicken)	Read Label	1 Oz					
Chicken breast	8	1 Oz	1.3	1.5	1.6	2	2.3
Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5	0.5	0.6
Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3	2.7	3
Egg whites (1 large egg)	4	1 Egg	2.5	3	3.5	4	4.5
Egg whites (pourable)	27	1 Cup	0.4	0.5	0.5	0.6	0.6
Halibut	6	1 Oz	1.7	2	2.3	2.7	3
Lamb	7	1 Oz	1.4	1.7	2	2.3	2.6
Pork tenderloin	6	1 Oz	1.7	2	2.3	2.7	3
Salmon (safe catch/wild caught)	5	1 Oz	2	2.4	2.8	3.2	3.6
Scallops	7	1 Oz	1.4	1.7	2	2.3	2.6
Shrimp	7	1 Oz	1.4	1.7	2	2.3	2.6
Steak, bottom round	9	1 Oz	1.1	1.3	1.6	1.8	2
Steak, eye round	8	1 Oz	1.3	1.5	1.8	2	2.3
Steak, sirloin tip side	8	1 Oz	1.3	1.5	1.8	2	2.3
Steak, top round	9	1 Oz	1.1	1.3	1.6	1.8	2
Steak, top sirloin	9	1 Oz	1.1	1.3	1.6	1.8	2
Tilapia	7	1 Oz	1.4	1.7	2	2.3	2.6
Tuna canned in water (safe catch/wild caught)	7	1 Oz	1.4	1.7	2	2.3	2.6
Turkey, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	3
Turkey breast	5	1 Oz	2	2.4	2.8	3.2	3.6
Venison	9	1 Oz	1.1	1.3	1.6	1.8	2
Yogurt, plain greek 0%	23	1 Cup	0.4	0.5	0.6	0.7	0.8

And, finally, quinoa. You'll find it in the carb section because the direct macro you'll count in quinoa is carbs.

CARB		GRAMS					
STARCHY VEGETABLES		GRAMS					
SOURCE	CARB (G)	MEASUREMENT	10	12	14	16	18
Acorn squash (cooked)	15	1 Cup	0.7	0.8	0.9	1.1	1.2
Artichoke	13	1 Artichoke	0.7	0.9	1	1.2	1.4
Beets	13	1 Cup	0.7	0.9	1	1.2	1.4
Butternut squash (cooked)	16	1 Cup	0.6	0.8	0.9	1	1.1
Corn	26	1 Cup	0.4	0.5	0.5	0.6	0.7
Daikon	14	1 Daikon	0.7	0.8	1	1.1	1.3
Hearts of palm (canned)	10	1 Cup	1	1.2	1.4	1.6	1.8
Jicama	11	1 Cup	0.9	1.1	1.3	1.4	1.6
Parsnips (cooked)	5	1 Oz	2	2.4	2.8	3.2	3.6
Pumpkin (cooked)	1.5	1 Oz	6.7	8	9.3	10.7	12
Potatoes, red skin	5	1 Oz	2	2.4	2.8	3.2	3.6
Potatoes, russet	5	1 Oz	2	2.4	2.8	3.2	3.6
Rutabaga	12	1 Cup	0.8	1	1.1	1.3	1.5
Sweet potatoes	6	1 Oz	1.7	2	2.3	2.7	3
Water chestnuts	32	1 Cup	0.3	0.3	0.4	0.5	0.5
COOKED GRAINS		GRAMS					
SOURCE	CARB (G)	MEASUREMENT	10	12	14	16	18
Amaranth	51	1 Cup	0.2	0.2	0.3	0.3	0.4
Basmati brown rice	35	1 Cup	0.3	0.3	0.4	0.5	0.5
Brown rice	35	1 Cup	0.3	0.3	0.4	0.5	0.5
Buckwheat	32	1 Cup	0.3	0.4	0.4	0.5	0.6
Farro	74	1 Cup	0.1	0.2	0.2	0.2	0.2
Kamut	43	1 Cup	0.2	0.3	0.3	0.4	0.4
Millet	40	1 Cup	0.3	0.3	0.4	0.4	0.5
Old fashioned oatmeal	27	1 Cup	0.4	0.4	0.5	0.6	0.7
Quinoa	43	1 Cup	0.2	0.3	0.3	0.4	0.4
Spelt	51	1 Cup	0.2	0.2	0.3	0.3	0.4
Steel cut oats	36	1 Cup	0.3	0.3	0.4	0.4	0.5

PAY ATTENTION TO HOW FOODS ARE MEASURED:
Ounces, cups, grams, tablespoons.



Remember, ALL foods have some combination of protein, carbs, and fats, but with our proprietary direct-macro counting system, you only count the direct macros.


That's why it's important to use the food list and not traditional macro counting apps like MyFitnessPal or MyPlate to track your macros. These apps count ALL macros in foods and with our program, we only count direct macros.

TWO-CATEGORY FOODS


In the food list, you'll also see a few food categories that include combinations of 2 macros, like protein and carbs, carbs and fat, and protein and fat. With these foods, you'll count both macros that are listed next to the food.

FOR EXAMPLE






Cheese is listed in the protein and fat category, so if you eat cheese, you'll count the protein and fat macros in cheese.

PROTEIN & FAT 			
SOURCE	PROTEIN (G)	FAT (G)	MEASUREMENT
Bevond Meat (<i>bevond burger, bevond beef, bevond sausage</i>)	Read Label	Read Label	1 Serving
Cheese, raw or natural	7	9	1 Oz
Chicken sausage (<i>No sugar added</i>)	Read Label	Read Label	1 Link
Eggs	6	5	1 Egg

Lentils are listed in the protein and carb category, so you'll count the protein and carbs in lentils.

PROTEIN & CARB 			
SOURCE	PROTEIN (G)	CARB (G)	MEASUREMENT
Black beans	15	38	1 Cup
Edamame	16	18	1 Cup
Garbanzo beans (<i>Chick peas</i>)	12	40	1 Cup
Green peas	8	21	1 Cup
Kidney beans	15	40	1 Cup
Lentils	18	38	1 Cup

Chia seeds are listed in the carb and fat category, so you'll count the carbs and fat in chia seeds.

CARB & FAT 			
SOURCE	CARB (G)	FAT (G)	MEASUREMENT
 Chia seeds	4	4	1 Tbsp
 Nutcase Vegan Meats (<i>vegan chorizo, sweet Italian sausage, hot Italian sausage, nutty burger</i>)	Read Label	Read Label	1 Serving
 Sami's Bakery gluten free bread (<i>low carb</i>)	11	3	1 Slice
 So Delicious coconut milk yogurt (<i>unsweetened, plain</i>)	10	7	1 Cup

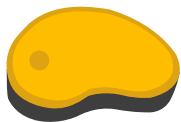
FREE FOODS

There's also a category for free foods which don't have a significant enough amount of any macro to count. So, if something is labeled as free, you don't have to count any macros.

These foods are clearly labeled in the food list, so you never have to guess or calculate anything.



If you decide to eat something that is not on the food list, count all the fat, protein, and carb macros in that food based on what the food label says. You don't need to ask permission to eat something that's not on the food list, just count the fat, protein, and carbs in it as listed on the food label. With that said, we recommend sticking to the foods on the list for optimal results!



PROTEIN



CARB



FAT

DON'T LOOK AT THE FOOD LIST AND FOCUS ON THE THINGS YOU CAN'T HAVE. INSTEAD, FOCUS ON HOW MANY GREAT FOODS YOU CAN ENJOY.

PHASES

The Fit Body Transformation Challenge is designed to turn your body into a fat-burning machine by manipulating what and when you eat. Remember, we'll use the word "macros" to describe the fats, protein, and carbohydrates you eat.


The challenge includes 4 phases. Each phase builds on the previous phase to maximize your body's ability to burn fat. As soon as your body gets used to one phase, we provide a new stimulus.

Here are the phases at a glance.



Your coach will send you your macros along with a game plan for each phase so that you always know what to do!

Each phase includes 2 sets of macros. For example, your phase 1 macros include 1.0 and 1.1 macros. The slight difference between the phase 1.0 and 1.1 macros is designed to accelerate your fat loss if you're not losing fat each week. Your coach will provide a weekly game plan so that you know exactly what macros to follow each week.






NAME:




MATT

PHASE 1.0




4 MEALS


	PROTEIN 	CARBS 	FAT 
Carb Meal	43	45	0
Carb Meal	43	45	0
Non-Carb Meal	43	0	27
Non-Carb Meal	43	0	27

5 MEALS

	PROTEIN 	CARBS 	FAT 
Carb Meal	34	45	0
Carb Meal	34	45	0
Non-Carb Meal	34	0	18
Non-Carb Meal	34	0	18
Non-Carb Meal	34	0	18

6 MEALS

	PROTEIN 	CARBS 	FAT 
Carb Meal	29	45	0
Carb Meal	29	45	0
Non-Carb Meal	29	0	14
Non-Carb Meal	29	0	14
Non-Carb Meal	29	0	14
Non-Carb Meal	29	0	14

 FIT BODY TRANSFORMATION CHALLENGE				
PHASE 1.1				
4 MEALS	PROTEIN	CARBS	FAT	
Carb Meal	41	43	0	
Carb Meal	41	43	0	
Non-Carb Meal	41	0	26	
Non-Carb Meal	41	0	26	
5 MEALS	PROTEIN	CARBS	FAT	
Carb Meal	32	43	0	
Carb Meal	32	43	0	
Non-Carb Meal	32	0	17	
Non-Carb Meal	32	0	17	
Non-Carb Meal	32	0	17	
6 MEALS	PROTEIN	CARBS	FAT	
Carb Meal	27	43	0	
Carb Meal	27	43	0	
Non-Carb Meal	27	0	13	
Non-Carb Meal	27	0	13	
Non-Carb Meal	27	0	13	
Non-Carb Meal	27	0	13	

The Fit Body Transformation Challenge is designed to feed you the maximum number of calories while still helping you achieve your goals and transform your body. Moving to a different phase that is not part of the game plan or is not necessary can hinder your long-term results. Trust the process and trust your coach.

FREE MEALS

With the Fit Body Transformation Challenge, you can eat a free meal every week or every 2 weeks depending on your fitness goals and lifestyle. If you eat 1 free meal each week, you will likely see different results than someone who eats a free meal every 2 weeks.

LEVEL 1

Free meal every week

LEVEL 2

Free meal every 2 weeks

When choosing your level, do what fits your lifestyle. For example, if you have a standing date every Saturday night with friends to eat pizza, go with level 1!

Likewise, choose a level that you can be consistent with. If having one free meal a week helps you stay consistent with your other meals throughout the week, choose level 1. Consistency is key.

With both options, you will see amazing results and will completely transform your body.

Understanding Free Meals

The purpose of a free meal is to strategically increase the number of calories you eat, which positively impacts the hormones that control fat loss and metabolism. Free meals also give you a mental break and allow you to eat whatever you'd like.

With your free meal, try to eat foods that are higher in carbohydrates and lower in fats and protein. You can eat whatever you'd like, but only eat until you're satisfied. Do not stuff yourself. And get right back on track with your next meal. Do not allow one free meal to become a free day, week, month ...

Lower-carb nutrition plans (and lower-calorie plans in general) lower your thyroid production. Your thyroid controls your metabolism. Eating a free meal every 1 or 2 weeks keeps your thyroid hormones high and your metabolism up over the course of the challenge.



Eat your free meal!

When to Enjoy Your Free Meal

We recommend eating your free meal on Saturday, as the last meal of the day. That way, you're less likely to turn your free meal into a free day. Follow your regular macros for all other meals that day. And get right back on track on Sunday.

TO BE SUCCESSFUL ON THE FIT BODY TRANSFORMATION CHALLENGE, YOU NEED TO KNOW HOW TO DO 2 THINGS:

1

HOW TO COUNT DIRECT MACROS

2

HOW TO MAKE A MEAL PLAN

We've already covered number 1, so let's dive into how to make a meal plan.

To make a meal plan, you'll need your food list and the personalized macros your coach sent you. If you don't have your macros from your coach yet, no worries! Simply review this information when you have your macros. And, be sure to watch the meal planning video on the website.

MAKING A MEAL PLAN IS AS EASY AS 1, 2, 3.

- 1 Circle your favorite foods in the food list
- 2 Decide how many meals you want to eat each day
- 3 Determine the portion sizes of your favorite foods

LET'S START WITH CIRCLING YOUR FAVORITE FOODS IN THE FOOD LIST

HOW TO MAKE A MEAL PLAN

Let's dive into each step.

1. Circle your favorite foods in the food list












2. Decide how many meals you want to eat each day

3. Determine the portion sizes of your favorite foods

On the Fit Body Transformation Challenge, there's no reason to eat anything you don't like. The challenge is designed to help you form the habits you need for long-term success, and that starts with eating foods you like!

So, grab your food list and **circle the proteins, carbs, and fats you like.**

These macros (remember, macros refer to protein, carbs, and fat) are the building blocks for most of your meals.

PROTEIN & FAT	
SOURCE	
Beyond Meat (beyond burger, beyond beef, beyond sausage)	
Cheese, raw or natural	
Chicken sausage (No sugar added)	
	Eggs
	Hemp seeds
	Kite Hill greek style (unsweetened, plain)
Yogurt, plain greek (2% and above)	
	Tempeh, unflavored (read label, some options contain gluten)
	Tofu, unflavored
	Turkey bacon (No sugar added)
Turkey sausage (No sugar added)	
PROTEIN	
SOURCE	
Ahi tuna steak	
	Beef, lean ground (90/10 or above)
Broth (beef or chicken)	
	Chicken breast
Cottage cheese (low fat 2% or less)	
	Deli meat (nitrate/nitrite free)
	Egg whites (1 large egg)
	Egg whites (pourable)
Halibut	
Lamb	

Next, circle your favorite foods from the other categories in the food list, including free veggies and beverages, dressings and sauces, Fit Body protein powder, and foods in the protein and carbs*, carbs and fat*, and protein and fat* sections.

*Count both macros that are listed next to these foods in the food list.

Now that you know what you're going to eat, write these foods on a separate piece of paper. This will simplify things when you go to make a meal plan because you'll have only YOUR food choices written on a piece of paper, so you won't have to flip back and forth in the food list. Trust us! This little bit of work on the front end will save you time and energy on the back end.

Let's decide how often you want to eat!











1. Circle your favorite foods in the food list

2. Decide how many meals you want to eat each day

3. Determine the portion sizes of your favorite foods

On the macros your coach provided, you'll see the option to eat 4, 5, or 6 meals per day.


Pick which option works for you. If you have a busy life and struggle to eat 3 meals a day today, you might opt for 4 meals to start.

<div> FIT BODY TRANSFORMATION CHALLENGE</div>				
NAME:		MATT		
PHASE 1.0				
4 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	43	45		0
Carb Meal	43	45		0
Non-Carb Meal	43	0		27
Non-Carb Meal	43	0		27
5 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	34	45		0
Carb Meal	34	45		0
Non-Carb Meal	34	0		18
Non-Carb Meal	34	0		18
Non-Carb Meal	34	0		18
6 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	29	45		0
Carb Meal	29	45		0
Non-Carb Meal	29	0		14
Non-Carb Meal	29	0		14
Non-Carb Meal	29	0		14
Non-Carb Meal	29	0		14

Your daily macros are the same regardless of how many meals you eat each day.

THERE'S NO RIGHT OR WRONG ANSWER. IT'S ABOUT FINDING WHAT WORKS FOR YOU.








TO SHOW YOU HOW TO
BUILD A MEAL PLAN, WE'RE
GOING TO PICK THE
4-MEAL-A-DAY OPTION.



NAME:	MATT
PHASE 1.0	
4 MEALS	<div>PROTEIN</div> <div>CARBS</div> <div>FAT</div>
Carb Meal	43 45 0
Carb Meal	43 45 0
Non-Carb Meal	43 0 27
Non-Carb Meal	43 0 27
5 MEALS	<div>PROTEIN</div> <div>CARBS</div> <div>FAT</div>
Carb Meal	34 45 0
Carb Meal	34 45 0
Non-Carb Meal	34 0 18

On your macros, you'll see
2 carb meals.

You will eat your carb meals
before and after you work-
out. Eat your first carb meal
30-90 minutes before your
workout and your second
carb meal 30-90 minutes
after your workout.

<div> FIT BODY TRANSFORMATION CHALLENGE</div>				
NAME:		MATT		
PHASE 1.0				
4 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	43	45	0	
Carb Meal	43	45	0	
Non-Carb Meal	43	0	27	
Non-Carb Meal	43	0	27	
5 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	34	45	0	
Carb Meal	34	45	0	
Non-Carb Meal	34	0	18	

HERE'S AN EASY WAY TO REMEMBER WHEN TO EAT YOUR CARB MEALS:
SANDWICH YOUR WORKOUT BETWEEN YOUR CARB MEALS.



We know what you're thinking:

“DO I HAVE TO EAT MY FIRST CARB MEAL AT 4:30 A.M. IF I WORK OUT AT 5:00 A.M.?”

NO! If you're an early-morning boot camper, you can eat your first carb meal after your workout and your second carb meal in the evening.

On days you don't workout, eat your carb meals in the afternoon and evening. No, you will not gain weight doing this!





Eating carbs later in the evening supports deep sleep and helps your body regulate normal cortisol patterns. Cortisol is a hormone that supports your metabolism and helps your body respond to stress. Evening carbs also help fuel your body for the next day's early-morning workout.

NOW, IT'S TIME TO TACKLE THE FINAL STEP OF MEAL PLANNING.

1. Circle your favorite foods in the food list
2. Decide how many meals you want to eat each day
3. **Determine the portion sizes of your favorite foods**

Grab the piece of paper you used to write down YOUR food choices from the food list. We're going to create the serving sizes for each food you circled.

In these sample macros, you'll see that your macros for 4 meals a day are 43 grams of protein, 45 grams of carbs for your 2 carb meals, and 27 grams of fat.




<div> FIT BODY TRANSFORMATION CHALLENGE</div>				
NAME:		MATT		
PHASE 1.0				
4 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	43	45	0	
Carb Meal	43	45	0	
Non-Carb Meal	43	0	27	
Non-Carb Meal	43	0	27	

LET'S START WITH THE PROTEINS YOU CHOSE FROM THE FOOD LIST. WE'LL START WITH CHICKEN.

To figure out how much chicken you need to eat in order to get your 43 grams of protein, you will find chicken in the protein section on the food list and find the number 43 across the top of the chart.

Then find where the number 43 intersects with chicken on the chart and that will show you how much chicken to eat!

PROTEIN

SOURCE	PROTEIN (G)	MEASUREMENT	GRAMS		
			10	12	14
Ahi tuna steak	7	1 Oz	1.4	1.7	2
 Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3
Broth (beef or chicken)	Read Label	1 Oz			
 Chicken breast	8	1 Oz	1.3	1.5	1.6
Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5
 Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3

Sometimes, your macros may fall between numbers.

16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52
2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4
2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7
2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3	6.6
0.5	0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.9
2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7

In this case, the number is 5.4. You will then check the measurement column to see if you need to measure in ounces, grams, cups, or something else.

Chicken is measured in ounces, so you will eat 5.4 ounces of chicken!

LET'S WORK THROUGH ONE MORE FOR PRACTICE.

Let's say you also selected steak for a protein. To figure out how much steak you need to eat in order to get your 43 grams of protein, you will find steak in the protein section on the food list and find the number 43 across the top of the chart.

Next, find where the number 43 intersects with steak on the chart and that will show you how much steak to eat!

PROTEIN



SOURCE

PROTEIN (G)

MEASUREMENT

GRAMS

10

12

14

16

Ahi tuna steak

7

1 Oz

1.4

1.7

2

2.3



Beef, lean ground (90/10 or above)

6

1 Oz

1.7

2

2.3

2.6

Broth (beef or chicken)

Read Label

1 Oz

Chicken breast

8

1 Oz

1.3

1.5

1.6

1.8

Cottage cheese (low fat 2% or less)

28

1 Cup

0.4

0.4

0.5

0.6



Deli meat (nitrate/nitrite free)

6

1 Oz

1.7

2

2.3

2.6



Egg whites (1 large egg)

4

1 Egg

2.5

3

3.5

4



Egg whites (pourable)

27

1 Cup

0.4

0.5

0.5

0.6

Halibut

6

1 Oz

1.7

2

2.3

2.6

Lamb

7

1 Oz

1.4

1.7

2

2.3

Pork tenderloin

6

1 Oz

1.7

2

2.3

2.6

Salmon (safe catch/wild caught)

5

1 Oz

2

2.4

2.8

3.2

Scallops

7

1 Oz

1.4

1.7

2

2.3

Shrimp

7

1 Oz

1.4

1.7

2

2.3

Steak, bottom round

9

1 Oz

1.1

1.3

1.6

1.8

Steak, eye round

8

1 Oz

1.3

1.5

1.8

2

Steak, sirloin tip side

8

1 Oz

1.3

1.5

1.8

2

Steak, top round

9

1 Oz

1.1

1.3

1.6

1.8

Steak, top sirloin

9

1 Oz

1.1

1.3

1.6

1.8

Tilapia

7

1 Oz

1.4

1.7

2

2.3

6	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52
3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4
7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7
	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3	6.5
5	0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.8
7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7
	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.8	1.9
7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7
3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4
7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7
2	3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4
3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4
3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4
8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8
	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3	6.5
	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3	6.5
8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8
8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8
3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4

In this case, the number is 4.8. You will then check the measurement column to see if you need to measure in ounces, grams, cups, or something else.

Steak is measured in ounces, so you will eat 4.8 ounces of steak!

Repeat this process for every item on YOUR food list.

CREATING A MEAL PLAN

Once you've determined the portion sizes of the foods you plan to eat, it's time to assemble these foods into a meal. We recommend using your habit tracker to record your meals, but you can also use the meal planning worksheet or a plain piece of paper. Whatever works for YOU!









Let's start with a carb meal.

MEAL PLANNING WORKSHEET

OF MEALS PER DAY 4

MACROS PER MEAL











 43  45  27

	ITEM	AMOUNT
MEAL	 P Chicken	5.4
	 C Sweet potato	7.5
	 F N/A	
	 V Asparagus	
MEAL	 P	
	 C	
	 F	
	 V	

First, we're going to write down our protein. We know that we're going to eat 5.4 ounces of chicken and 7.5 ounces of sweet potato.

As you can see on "Matt's" custom macros, his carb meal does not include fat, so we'll write "N/A" on the meal planning worksheet next to the fat icon.

Every meal should include 1-2 servings of free veggies, so be sure to include them on your meal planning template also. On our first meal, we're going to eat asparagus.

<div> FIT BODY TRANSFORMATION CHALLENGE</div>				
NAME:	MATT			
PHASE 1.0				
4 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	43	45	0	
Carb Meal	43	45	0	
Non-Carb Meal	43	0	27	
Non-Carb Meal	43	0	27	
5 MEALS	PROTEIN 	CARBS 	FAT 	
Carb Meal	34	45	0	
Carb Meal	34	45	0	
Non-Carb Meal	34	0	18	
Non-Carb Meal	34	0	18	
Non-Carb Meal	34	0	18	
6 MEALS	PROTEIN 	CARBS 	FAT 	

LET'S PRACTICE!

Now that you know how it all works, it's time to practice making your first meal on the meal-planning worksheet on the next page. Be sure to download the meal-planning worksheet from the website and repeat the process week after week. With a meal plan in hand, you can plan your grocery trip around what you plan to eat and avoid buying anything else. You'll save money AND avoid temptation.

Be sure to watch the meal planning video on the website and ask your coach if you need help. It's perfectly normal to be confused at the beginning, but once you get the hang of it, you'll be meal planning in your sleep!









FOR THE FIRST 2 WEEKS,
it's a good idea to avoid using recipes because it's a little more complex to determine portion sizes that fit your macros. Stick to making simple meals using the food list and then graduate to the recipe guide once you get the hang of counting macros and meal planning.

MAKING A MEAL PLAN IS AS EASY AS 1, 2, 3.

1

Circle your favorite foods in the food list and write them on the meal-planning worksheet.

PROTEIN 	
SOURCE	
	Ahi tuna steak
	Beef, lean ground (90/10 or above)
	Broth (<i>beef or chicken</i>)
	Chicken breast
	Cottage cheese (low fat 2% or less)
	Deli meat (nitrate/nitrite free)
	Egg whites (1 large egg)
	Egg whites (pourable)
	Halibut
	Lamb






MEAL-PLAN WORKSHEET

MACROS PER MEAL

 _____  _____  _____ # OF MEALS PER DAY _____

Write the foods you circled from the food list and determine the portion sizes based on the number of meals you plan to eat. We've chosen to eat 4 meals.


Remember, if a food is listed as a protein and carb; carb and fat; or protein and fat, count both macros. If something is labeled count everything - or, you eat something that isn't on the food list - count the protein, fat, and carb macros in that food.

 PROTEIN	Amount	 CARB	Amount	 FAT	Amount	 FREE VEGGIES	Amount
1  Chicken	_____		_____		_____		_____
	_____		_____		_____		_____
	_____		_____		_____		_____
	_____		_____		_____		_____

2

Decide how many meals you want to eat each day. Then, write the number of meals and the macros on the top of your meal-planning worksheet.

For example, we're going to choose 4 meals, so we'll write 43 in the protein field, 45 in the carb field, and 27 in the fat section.

<div> FIT BODY TRANSFORMATION CHALLENGE</div>				
NAME:		MATT		
PHASE 1.0				
4 MEALS	PROTEIN	CARBS	FAT	
Carb Meal	43	45	0	
Carb Meal	43	45	0	
Non-Carb Meal	43	0	27	
Non-Carb Meal	43	0	27	
5 MEALS	PROTEIN	CARBS	FAT	
Carb Meal	34	45	0	
Carb Meal	34	45	0	
Non-Carb Meal	34	0	18	
Non-Carb Meal	34	0	18	
Non-Carb Meal	34	0	18	
6 MEALS	PROTEIN	CARBS	FAT	
Carb Meal	29	45	0	
Carb Meal	29	45	0	
Non-Carb Meal	29	0	14	
Non-Carb Meal	29	0	14	
Non-Carb Meal	29	0	14	
Non-Carb Meal	29	0	14	

MEAL-PLAN WORKSHEET

MACROS PER MEAL

2

43 45 27 # OF MEALS PER DAY 4

Write the foods you circled from the food list and determine the portion sizes based on the number of meals you plan to eat. We've chosen to eat 4 meals.

Remember, if a food is listed as a protein and carb; carb and fat; or protein and fat, count both macros. If something is labeled count everything - or, you eat something that isn't on the food list - count the protein, fat, and carb macros in that food.

PROTEIN Amount CARB Amount FAT Amount FREE VEGGIES Amount

Chicken

3

Determine the portion sizes of your favorite foods.

To figure out your portion sizes, find where the food item and your macros intersect on the food list. For example, if you want to eat chicken and your protein macros are 43, find where chicken and 43 intersect. The number is 5.4. Chicken is measured in ounces, so you will write 5.4 ounces next to chicken on your meal plan worksheet.

PROTEIN		GRAMS																		
SOURCE	PROTEIN (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44
Ahi tuna steak	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3
Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3
Broth (beef or chicken)	Read Label	1 Oz																		
Chicken breast	8	1 Oz	1.3	1.5	1.6	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5
Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.3	1.4	1.5	1.5
Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3

MEAL-PLAN WORKSHEET

MACROS PER MEAL

43 45 27 # OF MEALS PER DAY 4

Write the foods you circled from the food list and determine the portion sizes based on the number of meals you plan to eat. We've chosen to eat 4 meals.

Remember, if a food is listed as a protein and carb; carb and fat; or protein and fat, count both macros. If something is labeled count everything - or, you eat something that isn't on the food list - count the protein, fat, and carb macros in that food.

PROTEIN Amount 3 CARB Amount FAT Amount FREE VEGGIES Amount

























Chicken 5.4 oz.

Now that you know how much of each food to eat, it's time to make a meal.

MACROS PER MEAL

 43
 45
 27
 # OF MEALS PER DAY 4

WORKOUT TIME: _____

	ITEM		AMOUNT
MEAL	 P	Chicken	5.4 oz.
	 C	Sweet Potatoes	7.5 oz.
	 F	N/A	
	 V	Asparagus	1 cup
MEAL	 P		
	 C		
	 F		
	 V		
MEAL	 P		
	 C		
	 F		
	 V		
MEAL	 P		
	 C		
	 F		
	 V		
MEAL	 P		
	 C		
	 F		
	 V		
MEAL	 P		
	 C		
	 F		
	 V		

Now it's time to make a day's worth of meals.

Remember to sandwich your workout between your carb meals.



MACROS PER MEAL

43 45 27

OF MEALS PER DAY 4

WORKOUT TIME: 4:30pm

	ITEM	AMOUNT
MEAL	P egg whites	1.5 cups
Non-Carb Meal	C N/A	
	F Avocado	6.8 oz.
	V Tomato	1 cup
MEAL	P Salmon	8.6 oz.
Non-Carb Meal	C N/A	
	F Olive oil	1.9 tbsp
	V Asparagus	1 cup
MEAL	P Chicken	5.4 oz.
Carb Meal	C Sweet Potatoes	7.5 oz.
	F N/A	
	V Asparagus	1 cup
work out!		
MEAL	P Protein powder (w/ water)	1.9 scoops
Carb Meal	C Banana	1.6 bananas
	F N/A	
	V Zucchini	1 cup
MEAL	P	
	C	
	F	
	V	
MEAL	P	
	C	
	F	
	V	

CHALLENGE RULES

Everyone's challenge experience and results will be different. Don't compare yourself to others. Instead, focus on your WHY and build healthy habits to reach your goals. Also, be sure to follow the rules of the road.



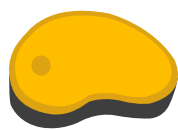
COUNT DIRECT MACROS ONLY

See pages 14-18 for information on direct macros and be sure to watch the macro counting video on the website.



CARBOHYDRATES

On days you work out, sandwich your workout between your carb meals. On days you don't work out, eat your carb meals in the afternoon and evening. See page 27 for information on when to eat your carbs.



PROTEIN

Be sure to include a variety of protein sources at every meal.



FAT

Be sure to vary your fat sources. Try different nuts, incorporating oil in your cooking, or using avocado as an alternative to mayonnaise.



VEGETABLES

Include free veggies in every meal. Aim to eat a minimum of 6 servings a day. The food list includes several to choose from!



PROTEIN SHAKES

Protein shakes are a delicious, convenient alternative to whole-food meals (and a great way to kill sugar cravings!), but limit protein shakes to no more than half of your meals. For example, if you eat 6 meals a day, you should limit your protein shakes to 3.



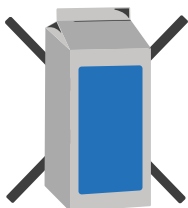
WATER

Water is essential to every function in your body and it helps you burn fat, so be sure to drink half your body-weight in ounces of water each day. Yes, you can do it and no, you will not have to live in the bathroom.



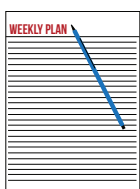
STICK TO THE FOOD LIST

Eating whole foods is good for your body and necessary for optimal results. If you eat something that is not on the food list, count the fat, protein, and carbs that are listed on the food label. You do not need to ask permission if you eat something that is not on the list; just know that it may impact your results.



LIMIT DAIRY

Because it's easy to overdo dairy (e.g., whey protein powder, butter, cheese, milk, and yogurt to name a few), we recommend limiting your dairy intake to no more than 3 servings each day, including dairy-containing protein shakes (whey, whey isolate, casein).



PLAN TO SUCCEED

Plan and prepare your meals ahead of time to ensure you have healthy food available at all times. This will reduce the likelihood that you'll go off plan.

SUPPLEMENTS

Supplements not currently available in Canada.

At Fit Body, we believe in whole-food nutrition, but sometimes, it can be difficult to get the vitamins, minerals, and antioxidants we need to optimize our health through whole foods alone, especially when we're trying to lose weight.

That's why we created the FBBC Approved TruLean supplements. These clean, all-natural, organic, great-tasting supplements will unlock a level of fat loss, energy, confidence, and beauty unlike anything you've ever experienced before.

If improving your weight loss results, energy levels, daily well-being, and even your mood sounds appealing, simply add these supplements to your routine. They're designed to support all fitness levels.



FISH OIL *

Improve your body, brain, and heart by taking a daily dose of Omega-3 fatty acids found in fish oils. These fatty acids have been shown to prevent heart disease and aid in cognitive functions.



MULTIVITAMINS *

Get all your body's most needed vitamins and minerals with our easy-to-swallow and fast absorbing multivitamins. This daily dose contains 100% of the recommended intake you need to promote a lean figure, increase your energy, and bring a healthy glow to your skin and nails.



WHEY ISOLATE PROTEIN *

Our protein line contains zero sugar and 100% pure protein isolate. That's why it's easily digestible, great tasting, and contains all the essential ingredients to support muscle building and a healthy metabolism!

* These supplements are so important we include them in our Essentials Package.



VEGAN, PLANT-BASED PROTEIN

Build and support lean muscle with plant-based protein! Our products contain zero sugar and 100% pure protein. That's why they're easily digestible, great tasting, and contain all the essential ingredients to support muscle building and a healthy metabolism.



EVERYDAY FIT

Our appetite-curbing, non-stimulant mix tastes delicious and boosts your metabolism while keeping you hydrated, which is incredibly important for fat loss. This is the first-ever water enhancer that replenishes nutrients and supports an active lifestyle without harmful sugar or stimulants. It's also great for controlling your appetite, killing unhealthy cravings, and improving your mood and focus.



PRE-WORKOUT, STIM AND NON-STIM

Available with or without caffeine, Pre-Workout improves blood flow, focus, cognitive function, and energy so you can give your best effort at every workout and accelerate your progress.



POWDERED GREENS

Revitalize your body with our organic, delicious Powdered Greens. Boost your immune system, balance your body's PH, and increase your energy with a single serving. Just one micronutrient-dense scoop of these greens will revitalize your whole day!



BRANCHED CHAIN AMINO ACIDS (BCAAs)

The perfect way to refuel your body during a workout, BCAAs are a must if you find yourself hitting a plateau. BCAAs are the building blocks of lean muscle, and because your body doesn't produce BCAAs on its own, you can only get them through your diet.

Be sure to read the supplement guide for more information on the importance of supplements. You'll also find delicious recipes that are made using these ultra-clean products.

SUPPORT AND ACCOUNTABILITY

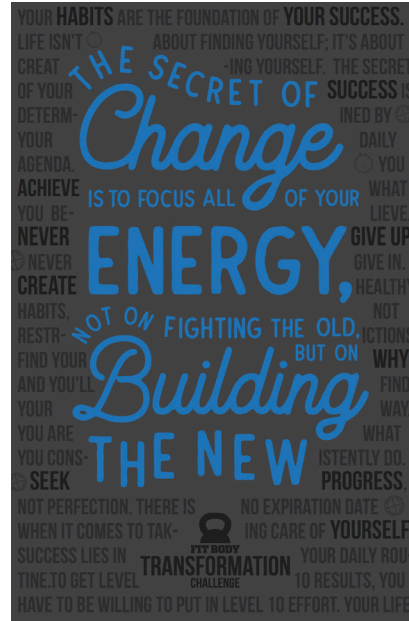
One of the many things that makes Fit Body unique and unlike any “gym” you’ve tried in the past is the support we provide. Throughout the challenge, your coach will be with you every step of the way, motivating, encouraging, and pushing you to become the best version of YOU possible.

Each week, your coach will check in with you to ensure you’re on track. In addition to reporting your lost pounds and inches, you’ll also let your coach know how you’re doing with your habits – water, sleep, nutrition, etc. Your coach will want to know how often you’re having a free meal and more importantly, if you’re struggling with anything.

Be sure to read the content we share each week and complete the weekend homework. The information is designed to help you overcome the mental barriers that may be getting in the way of you reaching your goals. Use your habit tracker every day to celebrate your newfound habits and record any struggles you’re having. Ask your coach or anyone on our team for help. The most successful challengers do.

HABIT TRACKER

Beyond fat loss, our goal is to help you develop the habits required to make healthy eating and exercise a routine part of your day - just like brushing your teeth. That's why we created the habit tracker, an interactive, easy way for you to track your physical and emotional transformation throughout the challenge.



RESEARCH PROVES THAT PEOPLE WHO
**TRACK THEIR FOOD, EXERCISE, AND HEALTHY
BEHAVIORS** INCREASE THE LIKELIHOOD OF
REACHING THEIR GOALS BY
MORE THAN 50%!

HABIT TRACKER

In your habit tracker, you will focus on a few daily habits and weekly habits.

Your daily habits include:

Drinking half your bodyweight in ounces of water each day

Getting a minimum of 6 hours of sleep each night

And being at least 90% compliant with your macros

“YOU DETERMINE YOUR HABITS, AND YOUR HABITS DETERMINE YOUR FUTURE.”

DAILY HABITS
Check off the completed habits

 WATER  SLEEP  NUTRITION  WORKOUT

HOW DID TODAY GO? fill in the bar.w 1= horrible 10= amazing!

1 2 3 4 5 6 7 8 9 10

IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY I'M GRATEFUL FOR...

MY WHY IS _____

If you do THESE 3 things every day, the results WILL follow.

Each time you complete a daily habit, check it off and celebrate your commitment to improving your LIFE!

Your results are always a lagging measure of your habits, so when you focus on your habits, the results will follow.

Your habit tracker also includes a place for you to record your weekly habits. These include:

Working out at least 3 times each week

Planning your meals so that you know what to eat each week

And, of course, preparing and eating your meals

DAILY HABITS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SLEEP								7
WATER								7
NUTRITION								7
								NO POINTS
								NO POINTS

WEEKLY HABITS	BONUS POINTS!						MEAL PLAN	MEAL PREP	
WORK OUT									5

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

WEEK 3 HOMEWORK

Read today's email, then fill out your homework below.

LIE I TELL MYSELF	➡	TRUTH TO REPLACE IT
	➡	
	➡	
	➡	
	➡	

MY WEEKLY SCORE IS

26

You'll even see a space to record additional habits you want to form. Maybe you'd like to start meditating or reading more. Write those in and celebrate your wins each time you do them!

At the end of the week, count how many days you completed your habits and record your score.

You don't need to report your score to your coach, but you do need to track your efforts for YOU!

If you didn't complete as many daily or weekly habits as you'd like, don't beat yourself up. Instead, use the habit tracker to prepare for tomorrow and just keep moving forward.

ESTABLISHING YOUR WHY

Understanding WHY you're doing something helps you get the results you want. For example, if your reason for doing this challenge is to "get healthy", then your reasons for being healthy must be greater than your reasons not to be.

People don't burn out because of what they do, people burn out because they forget WHY they do it.

Your WHY must be big enough to get you out of bed at 4:30 a.m. to work out 3 times a week and meal prep, even when you don't want to. When your WHY is meaningful enough, you will not fail because you won't allow yourself to quit.

Your WHY is so important, we've included a space in your habit tracker to reflect on it each day.

“YOU DETERMINE YOUR HABITS, AND YOUR HABITS DETERMINE YOUR FUTURE.”

DAILY HABITS
Check off the completed habits

WATER **SLEEP** **NUTRITION** **WORKOUT**

HOW DID TODAY GO? fill in the bar. w 1= horrible 10= amazing!

1 2 3 4 5 6 7 8 9 10

IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY I'M GRATEFUL FOR...

MY WHY IS

**“BE THANKFUL FOR WHAT YOU HAVE;
YOU'LL END UP HAVING MORE.
IF YOU CONCENTRATE ON WHAT YOU DON'T HAVE,
YOU WILL NEVER, EVER HAVE ENOUGH.”**

— OPRAH WINFREY

Gratitude helps you focus on the things that matter and will help you look past the trivial problems that come up in daily life.

TRACK YOUR FOOD

Each day, you should write down everything you eat. Tracking helps you understand how different foods affect you and helps you make changes if you aren't getting the results you want. By keeping track of your meals in your habit tracker, you can easily share the information with your coach if s/he needs to make changes to your macros.

DAY 28 / /

MEAL 1

MEAL 2

MEAL 3

MEAL 4

MEAL 5

MEAL 6

P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

LASTLY, YOU WILL SEE A SPOT TO ANSWER REFLECTION QUESTIONS WE WILL ASK THROUGHOUT THE CHALLENGE. USE YOUR HABIT TRACKER AS A SELF-DISCOVERY TOOL TO DIG DEEP INTO WHAT YOU CAN DO TO CREATE LIFESTYLE CHANGES.

DAILY HABITS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SLEEP								7
WATER								7
NUTRITION								7
								NO POINTS
								NO POINTS
WEEKLY HABITS WORK OUT								5

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

WEEK 3 HOMEWORK

Read today's email, then fill out your homework below.

LIE I TELL MYSELF

TRUTH TO REPLACE IT

MY WEEKLY SCORE IS

26

It might seem silly to do all of this at first, but your results come directly from how consistent you are with your habits. So, take 5 minutes each day to focus on your habits, regardless of your results. The results will come. We promise.

**“I TRIED
EVERYTHING.”**

Before joining the Fit Body Transformation Challenge, Kristen had all but given up on trying to lose weight and get healthy after trying countless diet and exercise programs. But after the tragic loss of her father, she knew she had to make a change.



In September 2015, Kristen walked into Fit Body Boot Camp to start her first Fit Body Transformation Challenge. She was 80 pounds heavier and scared out of her mind! In fact, she sat in her car for 30 minutes, talking herself into taking the first step toward better health. Today, she's healthier, happier, and serves as an inspiration to thousands who are willing to put in the hard work, that you too can achieve life-changing results. As Kristen learned: if nothing changes, then nothing changes.

FREQUENTLY ASKED QUESTIONS

Can I have coffee?

Yes, you may enjoy unsweetened, black coffee, including flavored coffee. If you add cream or almond milk, count the fat macros. If you add protein powder, count the protein macros. Or, just drink it black! Beverages that include caffeine do not count toward your daily water intake.

Can I have gum or mints?

Yes, but only if you must. Look for the “Pur” brand and limit consumption to two pieces per day. (Note: Pur gum and mints contain xylitol, a sugar alcohol that is not permitted on the challenge, however, Pur gum and mints are much cleaner than most gums and mints and can be enjoyed sparingly).

Can I have alcohol?

Yes, but only with your free meal. And limit consumption to two drinks, max.

What should I eat for my free meal?

Whatever you’d like! We recommend a meal that’s higher in carbs because increasing your carbohydrate intake helps keep your metabolism and fat-burning hormones high and your feelings of hunger low. And, carbs are likely what you’re craving anyway! Your free meal is a mental break from counting macros and allows you to socialize without stressing about food. It’s not an all-you-can-eat binge. Eat until you’re satisfied and then get right back on track. Do not let your free meal carry over into the next meal, day, or week.

Can I switch my free meal day?

Please discuss with your coach.

Can I eat the same food for every meal?

Technically, yes, but we highly recommend varying up your food choices as there are different vitamins, minerals, etc., in each food item. Therefore, to allow your body to get the nutrients it needs, it is important to eat a variety of foods. For fruits and vegetables, think of eating the colors of the rainbow. Also, we don’t want you to get bored with your food choices, so variety is key.

I’m getting bored with my food.

Do you have any recommendations for changing things up?

Be sure to check out the recipe guide for delicious, easy-to-prepare meals.

It’s a lot of food, is that normal?

It’s surprising how much you can eat when you’re eating wholesome foods! Your body will adjust and thank you for it.

What happens if I get to my last meal and I’m not hungry?

Try your best to hit your macros at each meal, but never force yourself to eat. Be sure to let your coach know about any “missed” meals so s/he can adjust your macros as needed.

FREQUENTLY ASKED QUESTIONS

I feel like I am hungry all the time. Is this normal?

Changing a few food items around may help, as can switching the number of meals you eat. For example, if you eat 4 meals each day, try eating 5 or 6 meals instead. Be sure to eat every 2-3 hours and fill up on free veggies and let your coach know so s/he can adjust your macros as needed.

Do macros “roll over” from meal to meal if I don’t eat everything?

Yes, but try to plan your food so that you hit your macros at each meal, but what matters most is the total number of macros you consume each day, not necessarily at each meal.

What should I do if I go over my macros for the day?

First, determine how many macros you overconsumed. Next, subtract this amount from the next day’s total. For example, if you overate 10 fat macros, subtract 10 fat macros from tomorrow’s fat allotment. This will even things out and keep you on track. Don’t dwell on it or make a habit of it. Just start fresh!

Can I change how many meals I eat week to week?

For example, can I eat 4 meals per day one week, and then switch to eating 5 meals per day the next week?

Yes. We encourage you to find what works best for you. If you’re struggling to eat your macros, let your coach know and s/he can adjust them if needed. Please note, it can take some time for your body to adjust. Be patient and trust the process!

How can I include more veggies in my meals to reach the required servings?

Make the base of your meals a salad and top it with your favorite protein and fat. We also recommend adding spinach, other greens, or cauliflower rice to protein shakes (you won’t taste it, we promise!). And, when browning ground meat, add riced cauliflower. It has a similar texture to the cooked, crumbled meat.

How many protein shakes can I have each day?

Do not consume more than half of your meals in the form of shakes. Whole foods are best whenever possible because your body burns more calories digesting whole foods.

Are seasonings allowed?

Yes, but watch out for added sugars. Dried herbs and Mrs. Dash blends are best.

What are some suggestions for a small pre-workout meal?

A banana, half of a protein shake, or a piece of toasted Ezekiel bread with nut butter are all great options.

Do I measure total carbs or net carbs?

Total carbs.

FREQUENTLY ASKED QUESTIONS

What is the best challenge-compliant chicken and turkey sausage?

Aidells brand chicken and apple sausage, organic Applegate Farms chicken and apple sausage, and Simply Balanced Italian chicken sausage are great options.

Can I eat at a restaurant?

Yes, but plan ahead. Look at the menu online and determine what you're going to eat before you arrive at the restaurant. Grilled/baked meat (chicken, turkey, lean steak, or beef), veggies, and a side salad with olive oil and balsamic vinegar dressing are great options. Don't be afraid to ask for your meal to be prepared without added oils or cheese. And, don't even look at the bread basket.

Does carbonated water count toward my daily water intake?

Yes, but we recommend limiting carbonated water to 1-3 servings per day. Great choices include Zevia, Bubbly, and LaCroix. Make sure there are no added sugars of any kind in the ingredient list. Beverages that include caffeine do not count toward your daily water intake.

What tools should I have before starting this challenge?

To set yourself up for success, some great tools are a food scale, food processor, freezer bags, Tupperware/storage system, Instant Pot or Crock-Pot, and a spiralizer.

What does NSV mean?

A non-scale victory (NSV) refers to an achievement that transcends the scale. For example, drinking your water every day or getting to boot camp 3 times in one week are great NSVs.

What do I do if a food item is not on the food list?

For optimal results on the challenge, stick to the items on the food list. If you eat foods that are not on the list, count all of the fat, protein, and carbohydrate macros. And remember, the same rules apply: no added sugars or other off-limits ingredients.

What kind of protein powder can I have?

Look for a protein powder that includes about 25 grams of protein and 5 grams or less of carbohydrates. The FBBC Approved TruLean whey or vegan protein powders are a great option!

Will eating carbs at night make me gain weight?

No. If you burn more calories than you consume, you will continue to lose weight, regardless of what time you eat.

Which leafy greens should I eat?

Kale, spinach, and chard are excellent choices, however, iceberg and romaine lettuce do not count toward your daily vegetable servings since they are mostly water and contain few nutrients.

FREQUENTLY ASKED QUESTIONS

What carbs are best to eat after a workout?

Starchy carbs such as sweet potatoes, quinoa, oats, brown rice, or Ezekiel bread are good options.

Why is kombucha still allowed even though it has cane sugar?

Kombucha is challenge-approved because of its health benefits, despite containing sugar. Please choose a kombucha that has less than 8 grams of sugar per 8 fluid ounces. GTS brand kombucha is a good option.

Note: The fermentation that occurs in the making of kombucha requires a food source for the probiotics (aka good bacteria) to grow and multiply. The food source used in the making of kombucha is sugar.

If tomatoes are a “free” vegetable, why do I have to count the carbohydrates in some recipes that include tomatoes?

Tomatoes are free, however, you need to count the carbs in tomato sauce, juice, and paste. Likewise, if you use more than 2 tablespoons of salsa, you need to count the carbs. Make sure there’s no added sugars in the ingredient list.

If you have additional questions,
please ask your coach and remember,
YOU CAN DO THIS!



FIT BODY BOOT CAMP

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