

MEAL PLANNING GUIDE

THE ULTIMATE
TRANSFORMATION
CHALLENGE

MEAL PLANNING GUIDE

To be successful on the Ultimate Transformation Challenge, you only need to know two things.

1 How to count macros



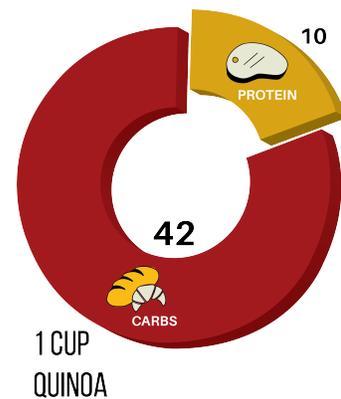
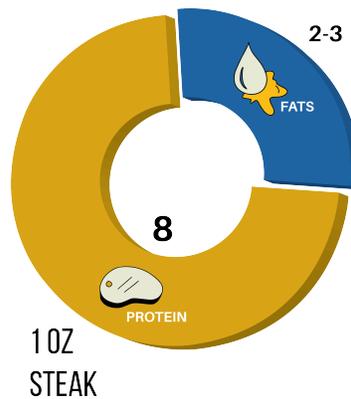
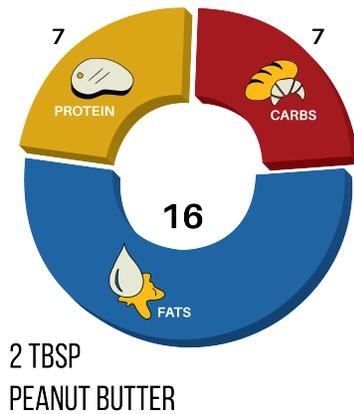
2 How to make a meal plan



THAT'S IT!

HOW TO COUNT MACROS

The Ultimate Transformation Challenge counts direct macros only. Direct macros refer to where most of the calories in a food come from. In the peanut butter example below, you count the fat only because most of the calories in peanut butter come from fat even though peanut butter also includes protein and carbohydrates. Likewise, you count the carbs only in the quinoa and protein only in the steak.



For your convenience, the Ultimate Transformation Challenge food list includes the direct macros (only) for hundreds of foods so there's no need to calculate anything. Be sure to review the program guide and macro-counting video for more information on counting macros.

Now that you know how to count macros, it's time to combine your favorite foods into meals. Simply follow these 4 simple steps and you'll be well on your way to a healthier, stronger, leaner YOU!

HOW TO MAKE A MEAL PLAN

1 Select your favorite proteins, carbohydrates and fats from the food list.

Love chicken? Put it on the list. Despise cottage cheese? Don't eat it! The great thing about the Ultimate Transformation Challenge is that you can lose fat eating foods you enjoy. We recommend highlighting your favorite foods for easy reference.

SOURCE	PROTEIN (G)	MEASUREMENT	GRAMS														
			10	12	14	16	18	20	22	24	26	28	30	32			
Ahi tuna steak	7	1 Oz															
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)	Count	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	5	1 Oz	2	2.4	2.8	3.2	3.6	4	4.5	4.8	5.2	5.6	6	6.4			

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

If you struggle to eat multiple meals each day, we recommend starting with 4 meals each day. You can always experiment in future weeks to determine what works best for you.

Name:	Sue		
Phase 1.0			
4 Meals	Protein	Carbs	Fat
Meal 1 / Pre-Workout	32	45	0
Meal 2 / Post-Workout	32	45	0
Meal 3	32	0	23
Meal 4	32	0	23
5 Meals	Protein	Carbs	Fat
Meal 1 / Pre-Workout	25	45	0
Meal 2 / Post-Workout	25	45	0
Meal 3	25	0	16
Meal 4	25	0	16
Meal 5	25	0	16
6 Meals	Protein	Carbs	Fat
Meal 1 / Pre-Workout	21	45	0
Meal 2 / Post-Workout	21	45	0
Meal 3	21	0	12
Meal 4	21	0	12
Meal 5	21	0	12
Meal 6	21	0	12

3 Determine how much to eat.

Name:	Sue		
Phase 1.0			
4 Meals	Protein	Carbs	Fat
Meal 1 / Pre-Workout	32	45	0
Meal 2 / Post-Workout	32	45	0
Meal 3	32	0	23
Meal 4	32	0	23

4 Determine when you'll eat.

Your macros include pre- and post-workout meals. While these meals appear as meals 1 and 2 on your macros, this does not mean these meals need to be consumed as your first and second meals of the day.

Your pre-workout meal should come 30-90 minutes prior to your workout and your post-workout meal should be consumed within 90 minutes after your workout. We include carbs around your workouts to provide you energy during your workout and to optimize recovery after your workout.

If you work out early in the morning and do not want to eat prior to your workout, we suggest eating your pre-workout meal as the last meal you eat before going to bed. The stored glycogen (how your body stores carbohydrates) will fuel your workouts in the morning.

Name:	Sue		
Phase 1.0			
4 Meals	Protein	Carbs	Fat
Meal 1 / Pre-Workout	32	45	0
Meal 2 / Post-Workout	32	45	0
Meal 3	32	0	23
Meal 4	32	0	23

Now, put it all together. Here's how Sue's meals look for the day based on her 5:30 p.m. workout time:

SUE'S SAMPLE MEAL PLAN

meal ① 8:00 AM Protein Shake
protein powder - 1.2 scoops (32g protein)
peanut butter - 2.9 tbsp (23g fat)
spinach - 2 C (free)

meal ② 12:30 PM Salad
chicken breast - 4 oz (32g protein)
Caesar Dressing - 3 tbsp (21g fat)
mixed greens - 2 C (free)

meal ③ 4:30 PM Protein Shake
*(pre-workout)
protein powder - 1.2 scoops (32g protein)
strawberries - 14.5 oz (45g carbs)
cucumber - 1 C (free)

workout @ 5:30 PM

meal ④ 7:30 PM steak and rice
*(post-workout)
sirloin steak - 3.5 oz (32g protein)
brown rice - 1.3 C (45g carbs)
broccoli - 2 C (free)

* Your pre- and post-workout meals do not include additional fat. That's because fat slows the digestion of carbohydrates. Prior to working out, we want the carbs to be used for energy. After your workout, you have a 30-90-minute window when your body can best utilize the carbohydrates, which of course, we want to take advantage of!

NON-WORKOUT DAYS

On non-workout days, we suggest having your 2 carbohydrate meals in the afternoon/evening (no, you will not get fat if you eat carbs at night). This will help facilitate a natural cortisol curve and help with your energy levels as well as help you sleep better at night.

If you have any questions about meal planning, please ask your coach.