

POWER FOODS LIST



Eat Only these Foods and use hand portions

P-PROTEIN (PALM)

- Chicken Breast
- Bison
- Venison
- Lean Turkey Breast
- Pork Tenderloin
- Lean Ground Beef
- Any White Fish
- Any Shellfish
- Liquid Egg Whites
- Whole Eggs
- 0% Cottage Cheese
- 0% Greek Yogurt
- Tuna

F-FATS (THUMB)

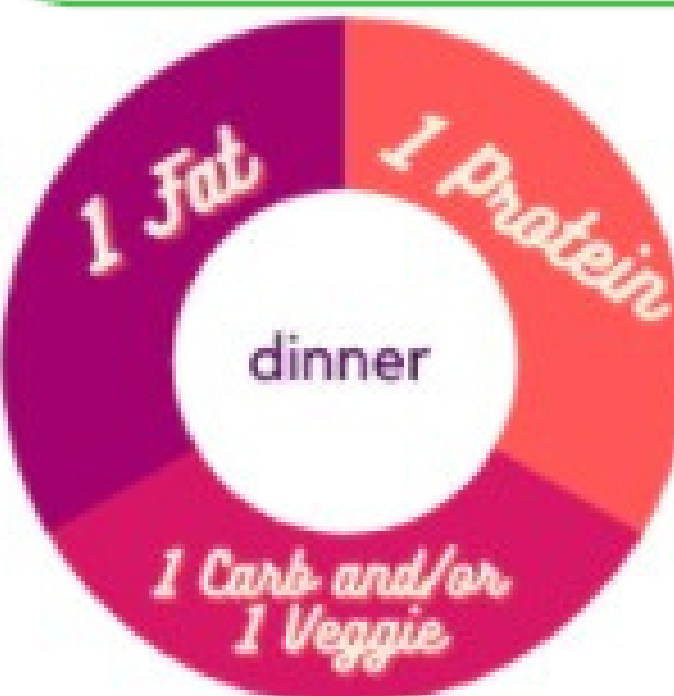
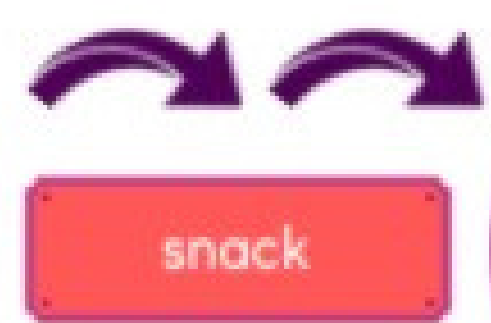
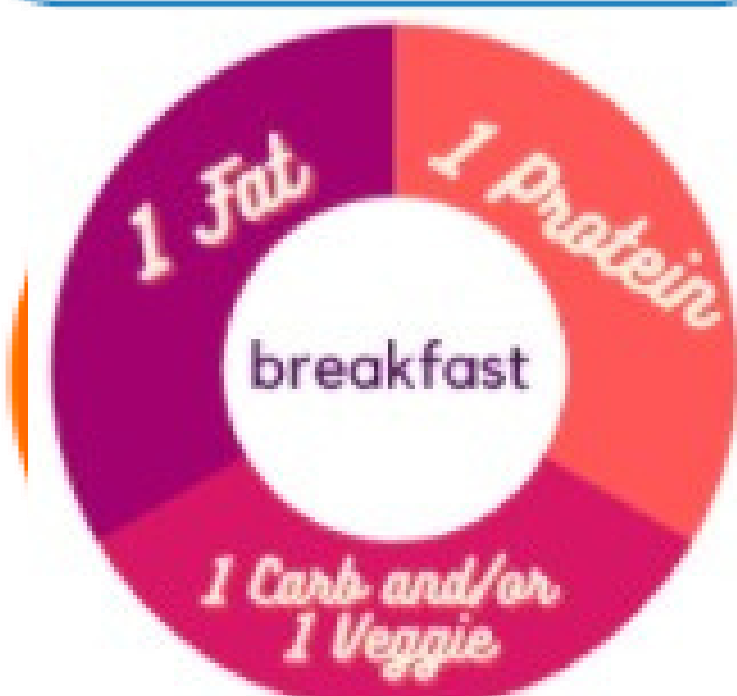
- Peanut Butter
- Almond Butter
- Coconut Oil
- Grassfed Butter/Ghee
- Olive oil
- Avocados
- Nuts
- Coffee Creamer
- Cooking Oil/Spray
- (Avoid Vegetable or Canola Oil)

C-CARBS (FIST)

- Sweet Potato
- Red Potato
- Any Beans/Legumes
- White or Brown Rice
- Chickpea Pasta
- Rolled or Steel Cut Oats
- Ezekiel Bread
- Berries
- Quinoa or Farro
- Fruit

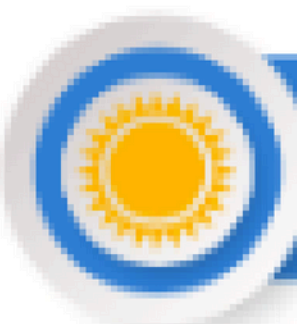
V-VEGGIES (FIST)

- Enjoy all vegetables, but be sure to include plenty of leafy green veggies like spinach, kale, chard, arugula, romaine lettuce, collard greens, etc.



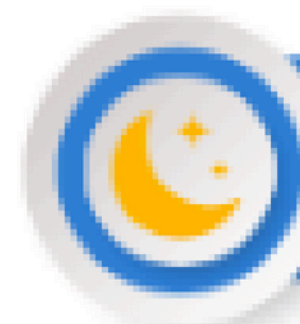
Supplements

Pro Tip: keep your supps next to things you use every AM and PM.
Ex: car keys, toothbrush.



AM Stack

- Last Minute Cleanse
- Burn AM
- Bulletproof Vitality



PM Stack

- Sleep Multiplier
- Burn PM
- EFA Hormone Optimizer

Workout Supps

Workout Days Only
Pro Tip: keep supps in car for ease of use.

Pre Workout

Prestige Pre
Take with at least 8oz of water

Intra Workout













Prestige Intra
Use 20oz of ice cold water.

Post Workout










Prestige Protein
Mix with 8 oz of cold water

GROCERY HELPER













P-PROTEIN

-  3 lbs Chicken Breast
-  3 lbs Bison
-  3 lbs Venison
-  3 lbs Lean Turkey Breast
-  3 lbs Pork Tenderloin
-  3 lbs Lean Ground Beef
-  3 lbs Any White Fish
-  3 lbs Any Shellfish
-  1 24 oz Carton Egg Whites
-  1 Dozen Whole Eggs
-  1 24 oz 0% Cottage Cheese
-  1 24 oz 0% Greek Yogurt
-  7 Cans Tuna




F-FATS

-  1 Jar Peanut Butter
-  1 Jar Almond Butter
-  1 Jar Coconut Oil
-  1 Stick Grassfed Butter
-  1 Bottle Olive oil
-  1 Bag Avocados
-  1 Container Nuts
-  1 Bottle Coffee Creamer
-  1 Bottle of Cooking Oil/Spray

C-CARBS

-  5lb bag Sweet Potato
-  5lb bag Red Potato
-  3 cans Beans
-  3 cans Legumes
-  1 container Oats
-  1 box Chickpea Pasta
-  1 bag Frozen Berries
-  1 bag Quinoa
-  1 box white or brown rice
-  1 loaf Ezekiel Bread
-  7 Pieces Fruit
-  1 Bag Farro

V-VEGGIES

-  3lbs Any Vegetable
-  Peas
-  Carrots
-  Corn
-  Any Squash
-  Eggplant
-  Pumpkin
-  Beets

Insert Meal Plan Choices Below

Breakfast

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Lunch

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

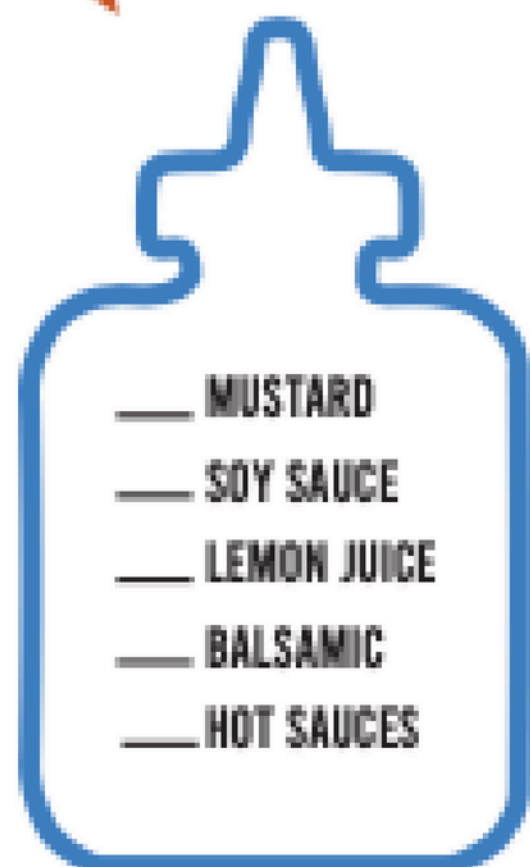
Dinner

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Snacks

Snack 1 - _____
 Snack 2 - _____

0 Calorie Condiments



0 Calorie Spices



0 Calorie Beverages



Pro Tip: If a condiment, spice, or beverage has 0 calories you can have it. Other than that, if it is not on these lists, you cannot have it for the challenge.

(VEGETARIAN)

POWER FOODS LIST



Eat Only these Foods and use hand portions

P-PROTEIN (PALM)

- Lentils
- Beans/Legumes
- Protein Powder
- Chia Seeds
- Hemp Seeds
- Eggs
- Egg Whites
- 0% Greek Yogurt
- 0% Cottage Cheese
- Tofu
- Tempeh
- Spirulina
- Mushrooms
- Edamame

F-FATS (THUMB)

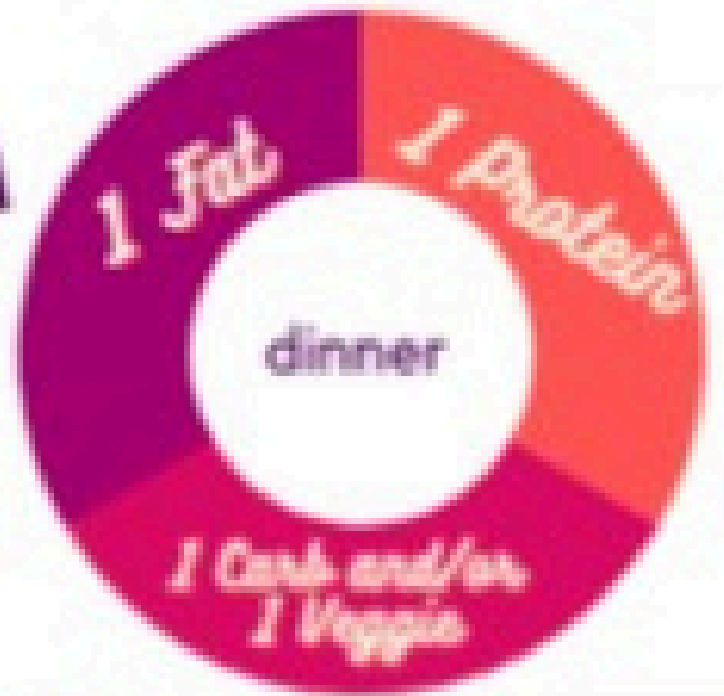
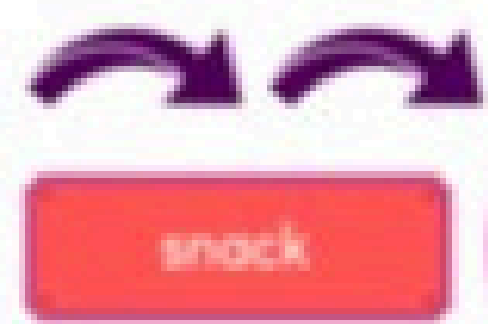
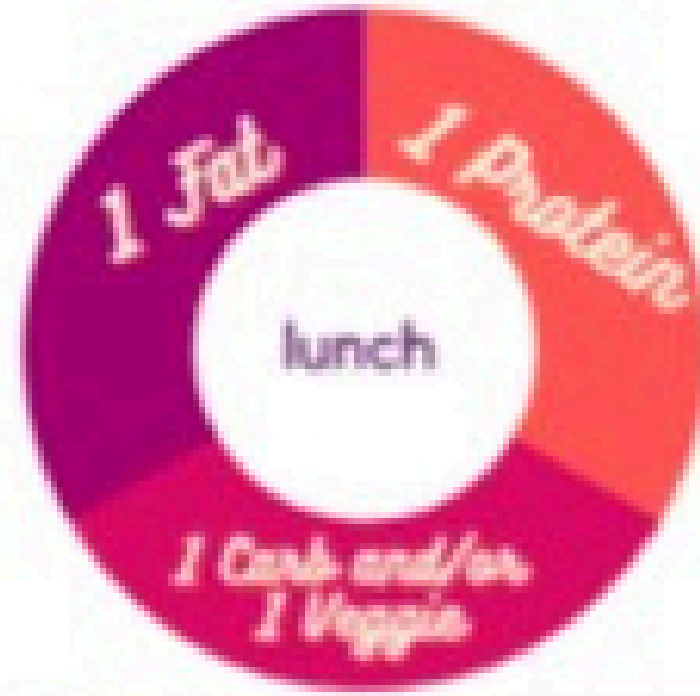
- Peanut Butter
- Almond Butter
- Coconut Oil
- Grassfed Butter
- Olive oil
- Avocado
- Nuts
- Coffee Creamer
- Cooking Oil/Spray (Avoid)
- Vegetable or
- Canola Oil)

C-CARBS (FIST)

- Sweet Potato
- Red Potato
- White/Brown Rice
- Chickpea Pasta
- Rolled/Steel Cut Oats
- Ezekiel Bread
- Quinoa
- Farro
- Any Fruit

V-VEGGIES (FIST)

Enjoy all vegetables, but be sure to include plenty of leafy green veggies like spinach, kale, chard, arugula, romaine lettuce, collard greens, etc.

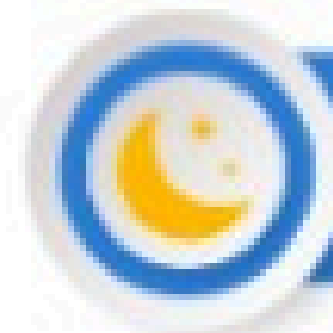


Supplements



AM Stack

- Last Minute Cleanse
- Burn AM
- Bulletproof Vitality



PM Stack

- Sleep Multiplier
- Burn PM
- EFA Hormone Optimizer

Workout Supps

Workout Days Only
Pro Tip: keep supps in car for ease of use.

Pre Workout

Prestige Pre
Take with at least 8oz of water

Intra Workout

Prestige Intra
Use 20oz of ice cold water.

Post Workout

Prestige Protein
Mix with 8 oz of cold water

GROCERY HELPER

(VEGETARIAN)

Eat Only these Foods and use hand portions

P-PROTEIN (PALM)

- 6 Cans/1 bag Lentils
- 6 cans Beans/Legumes
- 1 Bottle Protein Powder
- 1 Bag Chia Seeds
- 1 Bag Hemp Seeds
- 1 Dozen Eggs
- 1 Carton Egg Whites
- Large Container 0% Greek Yogurt/0% Cottage Cheese
- 1 Block Tofu
- 3 Packages Tempeh
- Spirulina
- Edamame

F-FATS (THUMB)

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Jar Coconut Oil
- 1 Stick Grassfed Butter
- 1 Bottle Olive oil
- 1 Bag Avocados
- 1 Container Nuts
- 1 Bottle Coffee Creamer
- 1 Bottle of Cooking Oil/Spray

C-CARBS (FIST)

- 5lb bag Sweet Potato
- 5lb bag Red Potato
- 3 cans Beans
- 3 cans Legumes
- 1 container Oats
- 1 box Chickpea Pasta
- 1 bag Frozen Berries
- 1 bag Quinoa
- 1 box white or brown rice
- 1 loaf Ezekiel Bread
- 7 Pieces Fruit
- 1 Bag Farro

V-VEGGIES (FIST)

3 lbs any vegetable except corn

Insert Meal Plan Choices Below

Breakfast

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Lunch

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Dinner

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Snacks

Snack 1 - _____
 Snack 2 - _____

0 Calorie Condiments



0 Calorie Spices



0 Calorie Beverages



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The supplements listed above are highly recommended for enhancing your results more quickly. However, they are not mandatory to purchase during your first month of the program. You are not obligated to buy all the products; instead, consider them based on your nutritional needs, muscle-building goals, and strength performance. Please note that I am not affiliated with these products and am not trained to recommend specific items. For detailed questions, contact their support line. I've provided hyperlinks for the products, but keep in mind that the product names may have changed.

Supplements

- Discontinued (Last Minute Cleanse)
- Prestige Heat (Burn AM)
- Prestige Multi+Her (Bulletproof Vitality)
- Sleep Optimizer (Sleep Multiplier)
- Prestige Crush (Burn PM)
- Prestige Balance (EFA Hormone Optimizer)

Workout Supplements

- Prestige Pre
- Prestige Recovery (Intra)
- Prestige Protein