

6 Week Body Back Challenge Guidelines

Shock and Awe Easy Method

- 1) Determine protein needs (from chart)
- 2) Eat a protein source at each meal (spread across 4-5 meals)
- 3) Eat non-starchy vegetables and fruits at each meal
- 4) Add some healthy fats to each meal (nuts, seeds, olive or coconut oil)
- 5) Include starchy carbs at post-exercise meal only
- 6) Limit alcohol and use only after exercise. (don't have starch if you choose alcohol)
- 7) Include one day per week to have a cheat meal (pizza, cake etc.)

Meal Plan Template or Food Log Method

- 1) Determine calorie needs. Multiply bodyweight by a factor of (10-12) based on activity level. 10=light, 11=moderate and 12=heavy
- 2) Follow the appropriate meal plan template based on calorie needs. Use the foods index to substitute any foods that you don't like. In other words, you can plug like foods into the template.
- 3) Use a food log to log all meals and track calories.

Whichever method you choose make sure to keep your end goal in mind. That way each time you eat you will have your goal in mind and will be able to ask yourself if your current meal will help get you closer or further from you goal.

Also, drink plenty of water every day!