



BORN TO WIN CHALLENGE

WEEK 1

GROCERY LIST

BODY FX

28-DAY BORN TO WIN COACHING*

MEATS & SEAFOOD

- chicken breast (37 oz)
- shrimp (1.5 lbs)
- salmon (14 oz)
- tuna (5 oz)
- ham (8 oz)

DAIRY

- eggs (10)
- cottage cheese (1.5 cups)
- plain Greek yogurt (3 cups)

FRUIT

- strawberries (1 cup)
- blueberries (1 cup)
- limes (2)
- lemon (4)
- apple (1)
- banana (1)
- pineapple (1 cup)
- avocado (3)

*includes Superfood Detox Soup Ingredients

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VEGGIES

- mixed green salad (13 cups)
- spinach (3 cups)
- kale (2.5 cups)
- lettuce (1 head)
- cucumber (3)
- cherry tomatoes (2 cups)
- tomato (2)
- celery sticks (6)
- red onion (1)
- yellow bell pepper (1)
- red bell pepper (2)
- orange bell pepper (1)
- asparagus (1.5 cups)
- alfalfa or sunflower sprouts (1 oz)
- zucchini (1)
- beet (1)
- mushroom (1 cup)
- broccoli (1 cup)
- cauliflower (1 cup)
- sweet potato (3 oz)
- turnip (1/2 cup diced)

BEANS & LEGUMES

- pinto beans (1 cup)
- black beans (1 cup)
- chickpeas (1/2 cup)
- lentils (1 cup)

MISCELLANEOUS

- Vanilla Protein FX
- Chocolate Protein FX
- Shake FX
- unsweetened almond milk (12 oz)
- chicken broth (5 cups)
- vinaigrette
- olive oil
- coconut oil
- peanut butter
- stevia
- salsa

SPICES & HERBS

- chili powder
- garlic powder
- onion powder
- ground cumin
- smoked paprika
- salt
- pepper
- fresh cilantro (1 bunch)
- vanilla extract
- garlic (3 cloves)

2 DAYS PRIOR TO CHALLENGE:

Body FX Superfood Detox Soup

Ingredients:

- 5 cups water
- 5 cups chicken broth
- 2 cups diced chicken breast, cooked
- 2 cups kale
- 1 zucchini
- 1 cup celery
- 1 cup diced tomato
- 1/2 cup diced turnip
- 1/2 cup red onion
- 1 tbsp coconut oil
- 3 minced garlic cloves
- pepper to taste
- lemon to taste
- 1 tbsp diced avocado per serving

Directions:

1. Heat coconut oil over medium high.
2. Add minced garlic and cook for 3 minutes.
3. Add turnip and kale and cook until kale is wilted, about 4 minutes.
4. Add all veggies and pepper to taste, and mix.
5. Add chicken broth and water.
6. Bring to a boil.
7. Reduce to a simmer for 10 minutes.
8. Add cooked chicken.
9. Simmer for another 10 minutes or until chicken is warmed through.
10. Serve in bowl with lemon squeeze, avocado, and pepper.

DAY 1

Breakfast:

Ham Omelet

- 2 eggs
- 1/2 cup diced ham
- 1/2 cup broccoli, chopped
- 1/2 cup lentils

Snack:

- 1/2 cup cottage cheese
- 1/2 cup blueberries

Lunch:

Chicken Wrap

- 4 oz chicken breast, grilled and sliced
- shredded lettuce, to taste as filling
- 1/4 sliced avocado
- 2 tbsp red onion
- lettuce wrap

Snack:

- 1 scoop Shake FX
- water

Dinner:

- 4 oz salmon, grilled
- 2 cups mixed green salad
- 1 tbsp vinaigrette

DAY 2

Breakfast:

Protein FX Beet Shake

(makes 2 servings, only eat 1 today and save one for tomorrow!)

- 1 scoop Vanilla Protein FX
- 1 raw beet
- 1 banana
- 1 cup pineapple
- 1/2 cup plain Greek yogurt
- 1/2 cup water
- 1 cup ice
- 1 packet stevia

Snack:

- 1/2 cup cottage cheese
- 1 bell pepper, sliced

Lunch:

- 3 oz grilled salmon
- 1 cup asparagus
- 1/2 cup mushroom
- 1 tbsp vinaigrette

Snack:

- 1/2 cup plain Greek yogurt
- 2 celery sticks

Dinner:

- 4 oz chicken breast
- 2 cups mixed green salad
- 1 tbsp vinaigrette

DAY 3

Breakfast:

- 2 eggs
- 1 cup spinach
- 1/2 cup cherry tomatoes
- 1/2 cup asparagus

Snack:

- 1 serving Protein FX Beet Shake

Lunch:

- 3 oz chicken breast
- 3 oz sweet potato
- 1 cup mixed green salad
- 1 tbsp vinaigrette

Snack:

Protein FX Hot Chocolate

- 1 scoop Chocolate Protein FX
- 8 oz water or unsweetened almond milk
- 1/2 tsp vanilla

Directions:

Combine all ingredients and whisk or blend. (Tip: Blending will better prevent clumping, but using a whisk will also work. You can also wait to heat the water/milk until after mixing all ingredients to prevent clumping)

Dinner:

- 3 oz chicken breast
- 1 cup cauliflower
- 1 cup mixed green salad
- 1 tbsp vinaigrette

DAY 4

Breakfast:

- 2 eggs
- 1 cup spinach
- 1/2 cup black beans
- 1/2 cup strawberries

Snack:

- 1 scoop Shake FX
- water

Lunch:

- 3 oz tuna
- 1/2 cup cherry tomatoes
- 1/2 cup cucumber, sliced
- 1/2 cup mushrooms

Snack:

- 1 cup cucumber slices
- 2 tbsp salsa
- 2 oz tuna

Dinner:

- 4 oz chicken breast
- 2 cups mixed green salad
- 2 tbsp vinaigrette

DAY 5

Breakfast:

Ham Omelet

- 2 eggs
- 1/2 cup diced ham
- 1/2 cup broccoli, chopped
- 1/2 cup lentils

Snack:

- 1/2 cup plain Greek yogurt
- 1/2 cup blueberries

Lunch:

Grilled Chicken Pockets

- Lettuce cups
- 4 oz chicken breast, grilled
- 1/2 cup shredded lettuce
- 1/2 avocado
- Red onion slices (to taste)
- Sliced tomatoes (to taste)

Snack:

Protein FX Peanut Butter Yogurt

- 1 cup plain Greek yogurt
- 1 tbsp peanut butter
- 1 scoop Vanilla Protein FX

Directions:

Mix well with a spoon. Enjoy right away or cover and freeze for 30 minutes for a frozen treat.

Dinner:

- 4 oz salmon
- 2 cups mixed green salad
- 1 tbsp vinaigrette

DAY 6

Breakfast:

Protein FX Green Machine Shake

- 1/2 cup unsweetened almond milk
- 1/2 cucumber, diced
- 1/2 cup kale
- 1/2 apple, sliced
- 1/2 tsp lemon juice
- 1 scoop Vanilla Protein FX

Snack:

- 1/2 cup plain Greek yogurt
- 1/2 apple

Lunch:

Grilled Salmon Salad

- 3 oz salmon
- 2 cups mixed green salad
- 1 oz alfalfa or sunflower sprouts
- 1/2 cup chickpeas
- 8 cherry tomatoes
- 1/4 cup cucumber
- 2 tbsp vinaigrette

Snack:

- 1 scoop Shake FX
- water

Dinner:

- 1 serving *Sheet Pan Shrimp Fajitas*
- 1/2 cup pinto beans

DAY 6 (CONT.)

Sheet Pan Shrimp Fajitas

(makes 6 servings)

Ingredients:

- 1.5 lbs of shrimp
- 3 bell peppers (yellow, red, orange), thinly sliced
- red onion, thinly sliced to taste
- olive oil
- chili powder
- garlic powder
- onion powder
- ground cumin
- smoked paprika
- salt
- pepper
- 1-2 limes
- fresh cilantro

Directions:

1. Preheat oven to 450 degrees F.
2. Place foil on sheet pan and spread shrimp, onion and bell pepper evenly on the sheet pan.
3. Drizzle olive oil lightly all over shrimp and veggies, and season with salt and pepper.
4. Combine equal parts chili powder, garlic powder, onion powder, ground cumin, and smoked paprika and mix. Season shrimp and veggies with this mixture to taste.
5. Bake for 8 minutes.
6. Broil for 3 minutes.
7. Squeeze lime juice and top with fresh cilantro.

DAY 7

Breakfast:

- 2 eggs
- 1 cup spinach
- 1/2 cup black beans
- 1/2 cup strawberries

Snack:

- 1/2 cup cottage cheese
- 2 celery sticks

Lunch:

- 1 serving *Sheet Pan Shrimp Fajitas*
- 1/2 cup pinto beans

Snack:

- 1 scoop Shake FX
- water

Dinner:

- 3 oz grilled chicken breast
- 1 cup mixed green salad
- 1/2 cup cherry tomatoes
- 1/2 cup sliced cucumbers
- 1 tbsp vinaigrette