



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)

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)

SPICES & HERBS

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

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



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:

- 1scoop Shake FX
- water

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

- 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)

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

- 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.

- 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

- 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 plan.
- 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

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