

FitNatik

Summer Shred Challenge

Protein (*Blue*)

4-6 oz Chicken Breast
4-6oz Turkey Breast
4-6 oz Filet Mignon
4-6 oz Flank Steak
4-6 oz Salmon
4-6 oz Tuna
4-6 oz Cod
4-6 oz Cottage Cheese
4-6 oz Greek Yogurt
4-6 oz Tofu
3 -5 egg whites + 1 whole egg

Fats (*Yellow*)

¼ - ½ Avocado
1 tbs Olive Oil
1 small handful Almonds, Walnuts, Cashews

Carbs (*Orange*)

3 – 4oz Sweet Potato
¼ - ½ cup White Rice
¼ - ½ cup Quinoa
¼ - ½ cup Oatmeal
¾ cup Blueberries
¾ cup Strawberries
¾ cup Raspberries
1 med. Apple
1 small orange
1 small grapefruit

Vegetables (*Green*)

1 Scoop Powdered Greens
1 Cup Sautéed Spinach
1 Cup Sautéed Kale, Broccoli
1 Cup Sautéed Bell Pepper
1 Cup Sautéed Carrots
1 Cup Sautéed Zucchini

Note: < 150 lbs stick to smaller portions
> 150 lbs stick to larger portions.

(ENTER IN BREAKFAST, LUNCH, DINNER, with Snacks Diagram as in the example)

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Fuel Your Summer Shred!

This plan isn't about starving yourself - it's about sculpting a lean, toned physique by shredding fat while preserving muscle. Here's how to maximize your results:

1. **Eat Like a Champion:** Stick to this list as close as possible for maximum results, 7 Days A Week.
2. **Burn More Than You Consume:** This is the golden rule! You need to burn more calories than you consume to create a deficit and force your body to tap into fat stores for energy.
3. **Prioritize Protein:** Protein helps build and maintain muscle mass, which is crucial for boosting metabolism and burning more calories at rest.
4. **Maximize Sleep:** When sleep-deprived, your body produces more ghrelin (hunger hormone) and less leptin (satiety hormone). Aim for 7-8 hours of quality sleep nightly.
5. **Consistency is King/Queen** Don't expect overnight results. Stick to your plan, track your progress, and celebrate small victories. Remember, slow and steady wins the shred race!