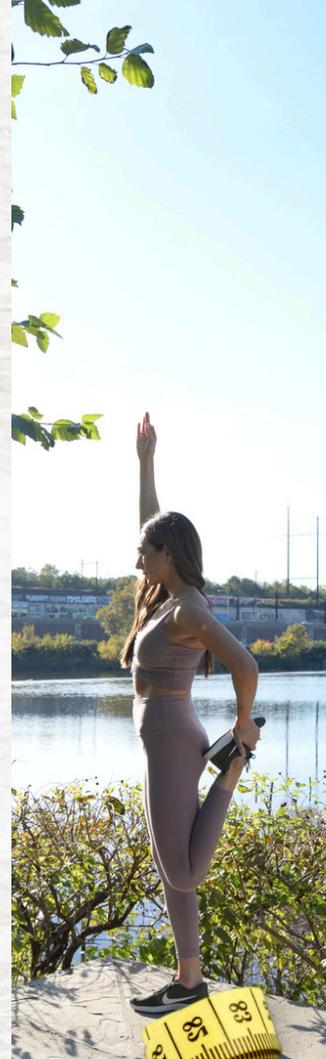




NUTRITION PROTOCOL

14- DAY SUMMER SCULPT CHALLENGE



3
WEEKS
PLAN



15 recipes



35 workouts



24/7 support

Welcome

HEALTH & MOVE-MENT

Stacey Gernerd



A collage of healthy food items including walnuts, an apple, a banana, yogurt, honey, almonds, and crackers.

Health & Movement

Welcome to the 14-Day
Weight loss Program!

Your commitment right now is everything.

Stick with this plan, and you'll feel
confident and ready for the New Year!

This program was designed to help you
prepare for an event, tone up, de-bloat,
make your muscles pop and lose those last
stubborn pounds. You can stay on this
program for as long as you want!

You'll notice your clothes will fit better,
and your waistline will feel slimmer! At the
end of this program, you will feel more
confident and ready to take on any
challenge!

READY, SET, GO!

Nutrition TIPS

TOP 6 TIPS FOR WEIGHT LOSS

- 1** TOP 12 SUPERFOODS: TOMATO, SKINLESS TURKEY BREAST, WILD SALMON, BROCCOLI, BERRIES, BEANS + LEGUMES, SPINACH, WALNUTS, BISON, PUMPKIN, SOY, OATMEAL
- 2** DAIRY: YOGURT, COTTAGE CHEESE, LOW-FAT CHEESE, SKIM MILK
- 3** ON THE GO MEALS: HARD BOILED EGGS, DRINKABLE YOGURT, EZEKIEL BREAD WITH PEANUT BUTTER, OVERNIGHT OATS, SCRAMBLED EGG WHITES, PROTEIN SMOOTHIE
- 4** AVOID ALCOHOL- 1X PER WEEK IF NEEDED
- 5** DRINK 2 LITERS OF WATER (AT LEAST) PER DAY
- 6** CARDIO/WORKOUT ON EMPTY STOMACH IN MORNING



Week 1

SHOPPING LIST

PROTEIN/EXTRAS

- Eggs & Egg Whites
- Salmon
- Chicken
- Lean Steak
- Ground Meat
- Pasta
- Kombucha

VEGETABLES

- Asparagus
- Baby Carrots
- Bell Peppers
- Cauliflower
- Beans (3-Bean Salad)
- Romaine & Kale

DAIRY & NUTS

- Yogurt
- Peanut/Almond Butter
- Granola
- Unsweetened Almond Milk
- Raw Trail Mix & Almonds
- Hummus

PANTRY

- Protein & Matcha Powder
- Cilantro & Black Pepper
- Coconut & Olive Oil
- Gluten Free Oatmeal
- Chia Seeds
- Amy's Low Sodium Chili

FRUIT

- Apples
- Avocado
- Bananas
- Blueberries
- Pear
- Lemons & Limes
- Pineapple
- Strawberries
- Fresh Green Juicce
- Clementines

EXTRA'S

- Rice Crackers
- Low carb wraps/ Tacos
- Rice Cakes

THE MEAL PLAN 1

Daily Calorie Goal: 1200 Calories

DAY 1

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Overnight Oats	Apples & Almond Butter	Grilled Shrimp on Romaine	Carrots & Hummus, Rice-cakes	Spicy Thai Veggie Stir Fry

DAY 2

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Greek Yogurt with Fruit	Handful Almonds + pear/apple	Grilled Chicken on Salad	Carrots, Hummus, Rice-cakes	Spring Pesto Pasta Asparagus

DAY 3

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Egg White Avocado Omelette	Yogurt & Almonds	Hearty Kale Salad	Carrots Hummus, Rice-cakes	Bake Salmon with Lemon Dill Yogurt Sayce

DAY 4

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Yogurt, granola & berries	Avocado + Rice Crackers	Roasted Veggie Quinoa Bowl	Ginger Kombucha & Trail-mix	Ground Turkey, Lentil Tacos

DAY 5

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Morning Mocha Smoothie	1/4 cup Trail-Mix	Nicoise Salad	Protein Ball	Lean Steak & Grilled Asparagus

Week 2

SHOPPING LIST

PROTEIN

- Eggs & Egg Whites
- Salmon & Shrimp
- Halibut/Tilapia
- Turkey/Ground Beef Burgers
- Lentils
- Fresh Turkey Meat

VEGETABLES

- Asparagus & Cucumber
- Mushrooms & Tomato
- Spaghetti Squash
- Green Onions & Sprouts
- Butter Lettuce & Kale
- Medium Butternut Squash
- Fresh Corn & Red Bell Pepper

DAIRY & NUTS

- Yogurt
- Peanut/Almond Butter
- Pine Nuts
- Unsweetened Almond Milk
- Raw Trail Mix & Pine Nuts
- Cottage Cheese

PANTRY

- Protein Powder
- Coconut Oil Spray
- Espresso/Coffee Beans
- Pure Maple Syrup
- Vanilla Extract
- Matcha Powder
- Green Tea
- Pesto
- Coconut Flakes
- Quinoa
- Spices/Salt & Pepper

FRUIT

- Apples
- Avocado
- Bananas
- Blueberries
- Clementines
- Berries
- Mango
- Lemons & Limes
- Your fav. fruit

MEAL PLAN/ WEEK 2

Daily Calorie Goal: 1200 Calories

DAY 1

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Two Good/ Yogurt Cup + 6 almonds	Green Tea	Crockpot Butternut Squash Soup	Ground Turkey Lettuce Cups	Shrimp Summer Salad

DAY 2

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Egg Whites + Avocado	Green Tea	Butternut Squash Soup Leftovers	Protein Berry Smoothie	Halibut + Quinoa + Veggies

DAY 3

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Egg Bites	Green Tea	Kale, Apple Salad with Salmon	Power Trail Mix	Spaghetti Squash with Pesto

DAY 4

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Protein Coffee Smoothie	Green Tea	Roasted Avocado Quinoa Salad	Yogurt Cup with 6 almonds	Grilled Turkey Sliders

DAY 5

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Smashed Avocado Toast	Green Tea	Turkey Wrap with Avocado	Cottage Cheese + Salsa	Fresh & Sweet Tilapia + Asparagus

DAY 6 & 7- Repeat any 2 days from Meal Plan 2

CREATING LASTING HABITS



Making Nutrition Practical and Enjoyable

You did it!

No matter what this challenge looked like for you, I am SO incredibly proud of you for taking care of yourself! Every healthy meal you prepped and workout you completed was an act of self-love and self-care.

I hope you're just as proud of yourself as I am! Take a minute right now and acknowledge yourself. Give yourself a mental high five, and tell yourself how freakin' amazing you are!

You deserve a self-care reward! Treat yourself and indulge!

xo,

Stacey Gernerd

