

NICOLE  
WILKINS'

# 40 DAY BUNS & GUNS CHALLENGE



2021

# 40 DAY BUNS & GUNS CHALLENGE

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# **PROGRAM OVERVIEW**

# PROGRAM OVERVIEW

It's time to get to work on building those arms and glutes!

Building and defining those high-profile areas will be our main focus for the next 40 days, while helping you lose body fat and change your overall body composition in the process.

If you're willing to put in the work and dedicate yourself to following this program, I know we can reach those goals together.

***IF YOU HAVEN'T ALREADY, MAKE SURE TO CHECK OUT THIS VIDEO FOR AN OVERVIEW OF THE PROGRAM AND TO HEAR MY TIPS ON HOW TO GET THE MOST OUT OF THIS CHALLENGE.***



## UPLOADING YOUR PHOTOS & MEASUREMENTS



You have until Tuesday, March 30 at 8 pm EST/11 pm PST to upload your photos and measurements.

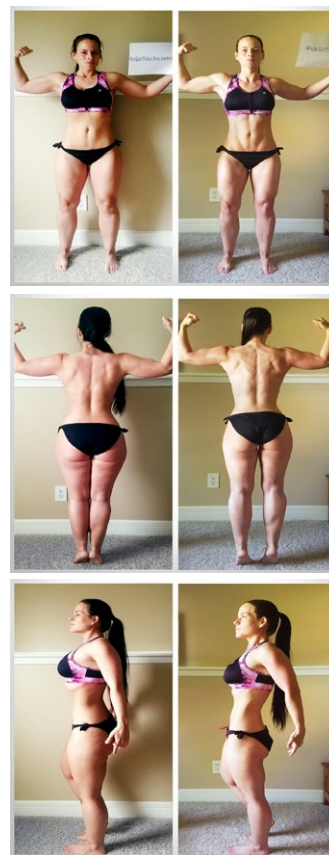
You don't *have* to upload photos to follow the program and see great results - not everyone does. But you won't be eligible to win any of the post-Challenge prizes if you don't, so I hope you do!

Even if you aren't going to submit this information, I highly recommend you take Before and After photos and write down your measurements before you start this program. This will help keep you accountable to yourself, and it's good to have a point of reference to look back on when you finish the Challenge.

Click the link below for a refresher and some videos on the best way to take your photos and measurements, and to get the hashtag to hold up in your Before photos if you plan on submitting them.



***GO HERE TO CHECK OUT MY TIPS AND VIDEOS***



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## YOUR TRAINERS ON THE FORUMS

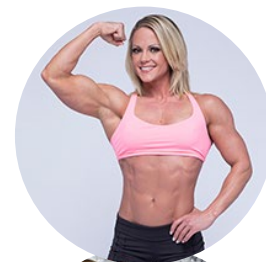
Your NW Fitness Team Trainers throughout the Challenge are me (of course!), Maureen and Naomi.

***We will be on the forums every day during the challenge answering questions and offering as much support as we can.***

The forums are also a place where you can meet and chat with other people who are going through exactly what you are. It's a great place to learn from, support and motivate each other, so I highly recommend you take advantage of it.



**VISIT THE FORUMS**



## WEEKLY PRIZE GIVEAWAYS

We will give away weekly prizes to those of you who are posting about your challenge experiences every week.

These posts can be anything that shows how hard you are working, how much fun you are having, what you're eating ... or anything else you can think of that relates to your journey!

I'll find your posts by searching these hashtags on Instagram and Facebook, and I will pick three "prize winners" each week.

**So please make sure your profile is public** so I can see you, and make sure you are using these hashtags so I can find you:

***#nicolewilkinschallenge***  
***#nwbunsnguns***

**Check out the program and let's get ready to crush this Challenge!**



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# **WEEKLY CHALLENGE CALENDAR**



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

## WEEKS 1-3

WEEK 1

MONDAY, MAR 22	TUESDAY, MAR 23	WEDNESDAY, MAR 24	THURSDAY, MAR 25	FRIDAY, MAR 26	SATURDAY, MAR 27	SUNDAY, MAR 28
				<b>UPLOAD YOUR PHOTOS!</b>		

MONDAY, MAR 29	TUESDAY, MAR 30	WEDNESDAY, MAR 31	THURSDAY, APR 1	FRIDAY, APR 2	SATURDAY, APR 3	SUNDAY, APR 4
<b>DAY 1</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY 	<b>DAY 2</b> <input type="checkbox"/> HIGH DAY <input type="checkbox"/> PUSH/ABS 	<b>DAY 3</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY 	<b>DAY 4</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> REST	<b>DAY 5</b> <input type="checkbox"/> HIGH DAY <input type="checkbox"/> PULL/ABS	<b>DAY 6</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<b>DAY 7</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> REST

WEEK 2

MONDAY, APR 5	TUESDAY, APR 6	WEDNESDAY, APR 7	THURSDAY, APR 8	FRIDAY, APR 9	SATURDAY, APR 10	SUNDAY, APR 11
<b>DAY 8</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> ARMS	<b>DAY 9</b> <input type="checkbox"/> HIGH DAY <input type="checkbox"/> LOWER BODY	<b>DAY 10</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> PULL/ABS	<b>DAY 11</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> REST	<b>DAY 12</b> <input type="checkbox"/> HIGH DAY <input type="checkbox"/> LOWER BODY	<b>DAY 13</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> PUSH/ABS	<b>DAY 14</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> REST

WEEK 3

MONDAY, APR 12	TUESDAY, APR 13	WEDNESDAY, APR 14	THURSDAY, APR 15	FRIDAY, APR 16	SATURDAY, APR 17	SUNDAY, APR 18
<b>DAY 15</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<b>DAY 16</b> <input type="checkbox"/> HIGH DAY <input type="checkbox"/> PUSH/ABS	<b>DAY 17</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<b>DAY 18</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> REST	<b>DAY 19</b> <input type="checkbox"/> HIGH DAY <input type="checkbox"/> PULL/ABS	<b>DAY 20</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<b>DAY 21</b> <input type="checkbox"/> LOW DAY <input type="checkbox"/> REST

# KEEP GOING TO WEEK 4



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# 40 DAY BUNS & GUNS CHALLENGE



## WEEKS 4-6


WEEK 4

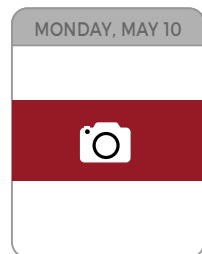
MONDAY, APR 19	TUESDAY, APR 20	WEDNESDAY, APR 21	THURSDAY, APR 22	FRIDAY, APR 23	SATURDAY, APR 24	SUNDAY, APR 25
<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>
<input type="checkbox"/> LOW DAY <input type="checkbox"/> ARMS	<input type="checkbox"/> HIGH DAY <input type="checkbox"/> LOWER BODY	<input type="checkbox"/> LOW DAY <input type="checkbox"/> PULL/ ABS	<input type="checkbox"/> LOW DAY <input type="checkbox"/> REST	<input type="checkbox"/> HIGH DAY <input type="checkbox"/> LOWER BODY	<input type="checkbox"/> LOW DAY <input type="checkbox"/> PUSH/ ABS	<input type="checkbox"/> LOW DAY <input type="checkbox"/> REST

WEEK 5

MONDAY, APR 26	TUESDAY, APR 27	WEDNESDAY, APR 28	THURSDAY, APR 29	FRIDAY, APR 30	SATURDAY, MAY 1	SUNDAY, MAY 2
<b>DAY 29</b>	<b>DAY 30</b>	<b>DAY 31</b>	<b>DAY 32</b>	<b>DAY 33</b>	<b>DAY 34</b>	<b>DAY 35</b>
<input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<input type="checkbox"/> HIGH DAY <input type="checkbox"/> PUSH/ ABS	<input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<input type="checkbox"/> LOW DAY <input type="checkbox"/> REST	<input type="checkbox"/> HIGH DAY <input type="checkbox"/> PULL/ ABS	<input type="checkbox"/> LOW DAY <input type="checkbox"/> LOWER BODY	<input type="checkbox"/> LOW DAY <input type="checkbox"/> REST

WEEK 6

MONDAY, MAY 3	TUESDAY, MAY 4	WEDNESDAY, MAY 5	THURSDAY, MAY 6	FRIDAY, MAY 7	SATURDAY, MAY 8	SUNDAY, MAY 9
<b>DAY 36</b>	<b>DAY 37</b>	<b>DAY 38</b>	<b>DAY 39</b>	<b>DAY 40</b>	 <b>LOAD YOUR AFTER PHOTOS</b>	
<input type="checkbox"/> LOW DAY <input type="checkbox"/> ARMS	<input type="checkbox"/> HIGH DAY <input type="checkbox"/> LOWER BODY	<input type="checkbox"/> LOW DAY <input type="checkbox"/> PULL/ ABS	<input type="checkbox"/> LOW DAY <input type="checkbox"/> REST	<input type="checkbox"/> HIGH DAY <input type="checkbox"/> LOWER BODY		



# YOU DID IT!





**TRAINING**

# TRAINING

The Challenge program is split up into two training blocks, with three workout plans so you can follow along from anywhere, depending on the equipment you have available:

## » GYM WORKOUTS

## » AT-HOME WORKOUTS

## » DUMBBELL/BODYWEIGHT AT-HOME WORKOUTS

While the exercises for each workout differ slightly from plan to plan, the big picture stays the same. You will be following the same training split, working the same muscle groups and using the same intensity techniques regardless of which plan you follow.

Which means it's totally fine for you to split your time between training at home and at the gym – provided yours is open of course!

### » TRAINING BLOCK 1 WEEKS 1/3/5

### » TRAINING BLOCK 2 WEEKS 2/4/6

We are doing this to keep things fresh and to keep you from getting bored with your workouts, but also so we can prioritize glutes and arms equally during these two phases while still hitting every other muscle group in the body. You'll also be switching between higher and lower rep workouts from one day to the next, which will stimulate the muscles in a different way and keep your body guessing and progressing from week to week.

The other ways we are going to prioritize those buns and guns are:

- **VOLUME AND FREQUENCY:** training each of those key muscle groups (biceps, triceps, legs and glutes) 2-3 per week and incorporating different intensity techniques. During Weeks 1/3/5 you will prioritize your legs and glutes by training them three times a week; during Weeks 2/4/6, you'll switch it up and train arms three times week.
- **HIGHER CALORIE DAYS:** By working those main muscle groups around your strategically-placed higher calorie days (more on that in the Nutrition section), which will give you more energy and fuel to push those calories into the muscles we are focusing on to help them grow and get stronger!

#### PHASE 1 TRAINING SPLIT

##### WEEKS 1/3/5

DAY 1: MONDAY **LOWER BODY**

DAY 2: TUESDAY **PUSH/ABS**

DAY 3: WEDNESDAY **LOWER BODY**

DAY 4: THURSDAY **REST**

DAY 5: FRIDAY **PULL/ABS**

DAY 6: SATURDAY **LOWER BODY**

DAY 7: SUNDAY **REST**

#### PHASE 2 TRAINING SPLIT

##### WEEKS 2/4/6

DAY 1: MONDAY **ARMS**

DAY 2: TUESDAY **LOWER BODY**

DAY 3: WEDNESDAY **PULL/ABS**

DAY 4: THURSDAY **REST**

DAY 5: FRIDAY **LOWER BODY**

DAY 6: SATURDAY **PUSH/ABS**

DAY 7: SUNDAY **REST**

**PUSH  
WORKOUTS**  
involve "pushing  
movements" that  
target your chest,  
shoulders and  
triceps.

**PULL  
WORKOUTS**  
involve "pulling  
movements" that  
target your back,  
biceps and  
rear delts.

## CHALLENGE YOURSELF

If you want to build muscle, you have to challenge yourself during your workouts – you can't just go through the motions and expect to make noticeable gains. Your goal is to lift as heavy as possible each and every workout while still using proper form, of course. (excluding your warmup sets)

We are all different, so I can't tell you the weight you should be using – only you know what constitutes heavy for *you*. What I can tell you is that you should be struggling on the last 2-3 repetitions of each set.

It's better to fail and fall a rep or two short than to be able to perform too many reps on any of your working sets. If you can do 12 or 13 reps without struggling when you should be doing 10, then you aren't lifting heavy enough and *you should increase the amount of weight you are using*. Increase the weight you're using it by small increments at first, until you know what you are capable of handling.

We are incorporating the **Pyramid Principle** for most of the exercises in the program, meaning you will increase your weight and lower your reps with each successive set. So if the rep range calls for 3 sets of 12-15 reps, you will start your first set using a weight you can do for around 15 repetitions. On your second set, you'll increase the weight and shoot for 12 reps; on your third, you'll increase the weight again and shoot for 12.

**Use the number of reps as a guideline here.** I would rather you fall a rep or two short of 12 and really push yourself, than be able to perform 13 or even 14 reps on your final set. If you can perform that number reps without struggling then you aren't lifting heavy enough, and you should increase the amount of weight you are using.

If you're challenging yourself, you should be getting stronger each week, and you should be lifting heavier on almost all exercises by the end of these 40 days.

Again, remember to **always focus on using proper form**, on developing your mind-muscle connection and the stretch/squeeze of each exercise.

## INTENSITY TECHNIQUES DEFINED

You will be using a number of different intensity techniques in this program. These are designed to – you guessed it! – push past your limits by increasing the intensity of your workouts.

### SUPERSETS

Two exercises performed back-to-back without resting between individual exercises. Rest when both exercises are completed.

### TRISETS

Three exercises performed in a row without resting between individual exercises. Rest when all three exercises are completed.

### AMRAP

As Many Reps As Possible, or As Many Rounds As Possible (cardio workouts). You will be shooting for AMRAPs on most bodyweight exercises.

### DROP SETS

Performing three or more sets back-to-back-to-back with no rest in between, lowering the weight by about 20% with each "drop". You will start with a heavy weight – one you can do for the prescribed number of reps – and reach failure with that weight. Once you do, you will "drop" (decrease) the amount of weight you are using and then immediately perform another set. Once you reach the prescribed amount of reps with that weight, you will "drop" the weight one more time and perform one more set with that lighter weight.



## TRAINING TIPS

- » Warm up properly! Each workout calls for warmup sets your first few exercises. You should not be struggling at all on these warmup sets. Focus on stretching and squeezing the muscle.
- » Use proper form. Form is key to working the muscle you are targeting and staying injury-free.
- » Perform slow and controlled repetitions for all exercises – excluding any plyometric (example: Jump Squats) or dynamic exercises (example: Dumbbell Swings). Stretch, flex, and squeeze at the top of each repetition.
- » Increase the weight as you decrease the repetitions with each set. This is called pyramiding.
- » Rest for 45 to 60 seconds between sets unless otherwise noted. If you need to rest longer you can, but keep in mind this will increase the length of your workout.
- » There are video demonstrations for every exercise in this program. Simply click the name of the exercise, or the “Play” button next to the exercise name, to view the demonstration.

## WATCH THE VIDEOS

For some video instruction, head to the Workouts section of the Buns & Guns Challenge homepage to see videos for:

- ✓ **HOW TO PERFORM A TRISET**
- ✓ **HOW TO PERFORM A DROPSET**
- ✓ **HOW TO INCREASE THE INTENSITY OF YOUR WORKOUTS WHEN TRAINING FROM HOME**





# **GYM WORKOUTS**



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**CHALLENGE**

## GYM WORKOUTS WEEKS 1/3/5

### DAY 1: MONDAY - LOWER BODY (LOWER REP)

*\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.*

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Hip Circle Squat <i>*rest up to 90 seconds between sets</i>	6	2x15 (warmup), 4x6-8
▶ Barbell Reverse Lunge	3	8-10 (each leg)
▶ Barbell Stiff Legged Deadlift	3	8-10
▶ Barbell Curtsy Lunge	3	8-10 (each leg)
<b>SUPERSET</b>		
▶ Landmine Sumo Squat	3	10-12
▶ Staggered Stance Landmine Stiff Legged Deadlift	3	8-10 (each leg)
<b>SUPERSET</b>		
▶ Lying Hamstring Curl	3	8-12
▶ Single Leg Calf Raise (bodyweight)	3	20 (each leg)

▶ FOR VIDEO OF EACH EXERCISE

# GYM WORKOUTS

## WEEKS 1/3/5

### DAY 2: **TUESDAY** - PUSH/ABS (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Incline Bench Press	5	3x15-20 (warmup), 3x12-15
<b>SUPERSET</b>		
▶ Hollow Hold Dumbbell Floor Press	3	15, 20, 25 (increase reps each set)
▶ Kneeling One Arm Arnold Press	3	12 (each arm)
<b>SUPERSET</b>		
▶ Close Grip Pushup	3	AMRAP
▶ Cable Flye	3	12-15
<b>SUPERSET</b>		
▶ Static Hold Dumbbell Lateral Raise	3	12-15 (each arm)
▶ Down-Down-Up-Up	3	10-15 (each arm)
<b>SUPERSET</b>		
▶ Barbell Upright Row	3	12-15
▶ Barbell Lying Triceps Extension	3	12-15
<b>SUPERSET</b>		
▶ Crab Reach	3	12-15 (each side)
▶ Double Crunch	3	20



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# GYM WORKOUTS

## WEEKS 1/3/5

### DAY 3: WEDNESDAY - LOWER BODY (GLUTE FOCUSED/HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Dumbbell Bulgarian Split Squat <i>*For gym workouts, use a flat bench in place of chair</i>	5	2x15-20 (warmup), 3x15-20 (each leg)
<b>SUPERSET</b> <i>Perform both exercises on the right leg before switching to the left</i>		
▶ Bodyweight Lateral Step Up To Lateral Leg Raise	3	12-15 (each leg)
▶ One Leg Hip Thrust	3	15 (each leg)
▶ Dumbbell Sumo Pulse Squat	3	20-25
▶ Single Leg Press	3	12-15 (each leg)
▶ Glute Circles <i>*increase time each set</i>	3	30, 45, 60 (seconds)*
▶ Glute Cable Kickback <i>*Rest 30 seconds after completing a set with both legs</i>	3	12-15 (each leg)
<b>TRISSET</b>		
▶ Walking Twisting Lunge	3	10 (each leg)
▶ Exercise Ball Glute Raise	3	15-20
▶ Exercise Ball Lying Hamstring Curl	3	15-20



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# GYM WORKOUTS

## WEEKS 1/3/5

### DAY 5: **FRIDAY** - PULL/ABS (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Wide Grip Pulldown	2	15-20 (warmup)
▶ Band Assisted Pullup	3	AMRAP
▶ Incline Straight Arm Cable Pulldown	3	12-15
▶ Landmine Row	3	10/10/10 (dropset, each arm)
▶ Barbell Curl 21s <small>*7 reps top half/7 reps bottom half/7 full reps</small>	3	7/7/7
<b>SUPERSET</b>		
▶ Dumbbell Spider Curl	3	12-15
▶ Standing Dumbbell Hammer Curl	3	12-15
▶ Rear Delt Cable Flye	3	12-15
<b>TRISSET</b>		
▶ Plank Single Arm Dumbbell High Row	3	10 (each arm)
▶ Scissor Kicks	3	30 seconds
▶ Crunch	3	15



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# GYM WORKOUTS

## WEEKS 1/3/5

### DAY 6: SATURDAY - LOWER BODY (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Hip Circle Barbell Hip Thrust <small>*Set 1: 12, Set 2: 10, Set 3: 10, Set 4: drop set starting with heaviest weight used 10/10/10</small>	6	2x15 (warmup), 4x12, 10, 10, 10/10/10*
▶ Barbell Lunge	3	8-10 (each leg)
▶ Barbell Sumo Squat	3	8-10
<b>SUPERSET</b>		
▶ Wide Stance Leg Press	4	6-10
▶ Leg Press Calf Raise	4	8-10
<b>SUPERSET</b>		
▶ Dumbbell Goblet Squat	3	10
▶ Dumbbell Stiff Legged Deadlift	3	10



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## GYM WORKOUTS | WEEKS 2/4/6

### DAY 1: MONDAY - BICEPS/TRICEPS (HIGHER REP)

*\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Barbell Preacher Curl	5	2x15 (warmup), 3x10-12
▶ Close Grip Bench Press	5	2x15 (warmup), 3x10-12
<b>SUPERSET</b>		
▶ Two Angle Dumbbell Curl	3	20 (total)
▶ Standing Overhead Dumbbell Extension	3	20
<b>SUPERSET</b>		
▶ Neutral Grip Dumbbell Press	3	20
▶ Dumbbell Reverse Curl	3	20
<b>SUPERSET</b>		
▶ Seated Barbell Curl	3	20
▶ Bench Dip	3	20
<b>SUPERSET</b>		
▶ Lying Cable Curl	3	20
▶ Triceps Pushdown	3	20

# GYM WORKOUTS

## WEEKS 2/4/6

### DAY 2: **TUESDAY** - LOWER BODY (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
<b>SUPERSET</b>		
▶ Clamshells	3	20 (each side)
▶ Hip Circle Lateral Side Step	3	20 (each side)
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
<b>SUPERSET</b>		
▶ Dumbbell Frog Pumps	3	30
▶ Dumbbell Curtsy Lunge To Lunge <small>*1 lunge/curtsy lunge= 1 rep</small>	3	8* (each leg)
▶ Split Jump Lunge	3	12, 15, 20 (each leg)
▶ Single Leg Lying Hamstring Curl	3	10 (each leg)
<b>SUPERSET</b>		
▶ Single Leg Standing Calf Raise	3	20 (each leg)
▶ Hyperextension	3	15



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# GYM WORKOUTS

## WEEKS 2/4/6

### DAY 3: WEDNESDAY - PULL/ABS (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Reverse Grip Pulldown	5	2x15 (warmup), 3x8-10
▶ Neutral Grip Pullup <i>*Use bands if necessary</i>	3	AMRAP
▶ Barbell Row	4	8-10
<b>SUPERSET</b>		
▶ Incline Dumbbell High Row	3	8-10
▶ Zottman Curl	3	10-12
<b>SUPERSET</b>		
▶ Standing Barbell Curl	3	8-10
▶ Barbell Reverse Curl	3	8-10
<b>SUPERSET</b>		
▶ Hanging Twisting Knee Raise	3	10 (each side)
▶ Plank Hold	3	30, 45, 60 seconds



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**40 DAY**

**BUNS & GUNS**

**CHALLENGE**

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# GYM WORKOUTS

## WEEKS 2/4/6

### DAY 5: **FRIDAY** - LOWER BODY (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Wide Stance Leg Press	5	2x15-20 (warmup), 3x8-12
▶ Narrow Stance Leg Press	3	10 full/10 partial*
*On partial reps, start from bottom to halfway up. In all, complete all 20 reps for each set (10 full/10 partial) **rest up to 90 seconds after each set		
▶ Sumo Deadlift	4	8-12
▶ Barbell Bench Step Up/Reverse Lunge Combo	3	10 (each leg)
<b>SUPERSET</b>		
▶ Hip Circle Good Morning	3	10
▶ Hip Circle Wall Sit	3	30, 45, 60 seconds
<b>SUPERSET</b>		
▶ Nordic Curl	3	10
▶ Seated Calf Raise	3	10



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# GYM WORKOUTS

## WEEKS 2/4/6

### DAY 6: SATURDAY - PUSH/ABS (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Seated Dumbbell Shoulder Press	5	15-20 (warmup), 3x8-10
▶ Up and Over Dumbbell Press	3	10 (each side)
▶ Barbell Upright Row/Front Raise Combo	3	10
▶ Dumbbell Bench Press	3	8-12
▶ Low Cable Flye	3	10-12
▶ Decline Pushup	3	AMRAP
▶ Incline Barbell Triceps Extension	3	8-10
▶ Weighted Bench Dip	3	8-10
<b>TRISSET</b>		
▶ Bench Tuckup	3	20
▶ Exercise Ball Alternating Crunch	3	10-12 (each side)
▶ Side Plank	3	30 seconds (each side)



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**AT-HOME  
WORKOUTS  
(FULL EQUIPMENT)**





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**BUNS & GUNS**  
**CHALLENGE**



## AT-HOME WORKOUTS (FULL EQUIPMENT) WEEKS 1/3/5

### DAY 1: MONDAY - LOWER BODY (LOWER REP)

*\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.*

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Hip Circle Squat <i>*rest up to 90 seconds between sets</i>	6	2x15 (warmup), 4x6-8
▶ Barbell Reverse Lunge	3	8-10 (each leg)
▶ Barbell Stiff Legged Deadlift	3	8-10
▶ Barbell Curtsy Lunge	3	8-10 (each leg)
<b>SUPERSET</b>		
▶ Landmine Sumo Squat	3	10-12
▶ Staggered Stance Landmine Stiff Legged Deadlift	3	8-10 (each leg)
<b>SUPERSET</b>		
▶ Dumbbell Floor Hamstring Curl	3	10-12
▶ Single Leg Calf Raise (bodyweight)	3	20 (each leg)

▶ FOR VIDEO OF EACH EXERCISE

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/3/5

### DAY 2: TUESDAY - PUSH/ABS (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Incline Bench Press	5	3x15-20 (warmup), 3x12-15
<b>SUPERSET</b>		
▶ Hollow Hold Dumbbell Floor Press	3	15, 20, 25 (increase reps each set)
▶ Kneeling One Arm Arnold Press	3	12 (each arm)
<b>SUPERSET</b>		
▶ Close Grip Pushup	3	AMRAP
▶ Dumbbell Flye	3	12-15
<b>SUPERSET</b>		
▶ Static Hold Dumbbell Lateral Raise	3	12-15 (each arm)
▶ Down-Down-Up-Up	3	10-15 (each arm)
<b>SUPERSET</b>		
▶ Barbell Upright Row	3	12-15
▶ Barbell Lying Triceps Extension	3	12-15
<b>SUPERSET</b>		
▶ Crab Reach	3	12-15 (each side)
▶ Double Crunch	3	20



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# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/3/5

### DAY 3: WEDNESDAY - LOWER BODY (GLUTE FOCUSED/HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Dumbbell Bulgarian Split Squat <i>*For gym workouts, use a flat bench in place of chair</i>	5	2x15-20 (warmup), 3x15-20 (each leg)
<b>SUPERSET</b> <i>Perform both exercises on the right leg before switching to the left</i>		
▶ Bodyweight Lateral Step Up To Lateral Leg Raise	3	12-15 (each leg)
▶ One Leg Hip Thrust	3	15 (each leg)
▶ Dumbbell Sumo Pulse Squat	3	20-25
▶ Barbell Step Up	3	12-15 (each leg)
▶ Glute Circles <i>*increase time each set</i>	3	30, 45, 60 (seconds)*
▶ Hip Circle Glute Kickback <i>*Rest 30 seconds after completing a set with both legs</i>	3	12-15 (each leg)
<b>TRISSET</b>		
▶ Walking Twisting Lunge	3	10 (each leg)
▶ Exercise Ball Glute Raise	3	15-20
▶ Exercise Ball Lying Hamstring Curl	3	15-20



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# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/3/5

### DAY 5: **FRIDAY** - PULL/ABS (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Band Assisted Pullup	4	AMRAP
▶ Dumbbell Pullover	3	12-15
▶ Landmine Row	3	10/10/10 (dropset, each arm)
▶ Barbell Curl 21s <small>*7 reps top half/7 reps bottom half/7 full reps</small>	3	7/7/7
<b>TRISSET</b>		
▶ Dumbbell Spider Curl	3	12-15
▶ Standing Dumbbell Hammer Curl	3	12-15
▶ Incline Dumbbell Rear Delt Raise	3	12-15
<b>TRISSET</b>		
▶ Plank Single Arm Dumbbell High Row	3	10 (each arm)
▶ Scissor Kicks	3	30 seconds
▶ Crunch	3	15



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# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/3/5

### DAY 6: SATURDAY - LOWER BODY (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Hip Circle Barbell Hip Thrust <small>*Set 1: 12, Set 2: 10, Set 3: 10, Set 4: drop set starting with heaviest weight used 10/10/10</small>	6	2x15 (warmup), 4x12, 10, 10, 10/10/10*
▶ Barbell Lunge	3	8-10 (each leg)
▶ Barbell Sumo Squat	3	8-10
<b>SUPERSET</b>		
▶ Sumo Deadlift	4	6-10
▶ Dumbbell Standing Calf Jumps	4	8-10
<b>SUPERSET</b>		
▶ Dumbbell Goblet Squat	3	10
▶ Dumbbell Stiff Legged Deadlift	3	10



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## AT-HOME WORKOUTS (FULL EQUIPMENT) WEEKS 2/4/6

### DAY 1: MONDAY - BICEPS/TRICEPS (HIGHER REP)

*\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.*

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Barbell Preacher Curl	5	2x15 (warmup), 3x10-12
▶ Close Grip Bench Press	5	2x15 (warmup), 3x10-12
<b>SUPERSET</b>		
▶ Two Angle Dumbbell Curl	3	20 (total)
▶ Standing Overhead Dumbbell Extension	3	20
<b>SUPERSET</b>		
▶ Neutral Grip Dumbbell Press	3	20
▶ Dumbbell Reverse Curl	3	20
<b>SUPERSET</b>		
▶ Seated Barbell Curl	3	20
▶ Bench Dip	3	20

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 2/4/6

### DAY 2: **TUESDAY** - LOWER BODY (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
<b>SUPERSET</b>		
▶ Clamshells	3	20 (each side)
▶ Hip Circle Lateral Side Step	3	20 (each side)
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
<b>SUPERSET</b>		
▶ Dumbbell Frog Pumps	3	30
▶ Dumbbell Curtsy Lunge To Lunge <small>*1 lunge/curtsy lunge= 1 rep</small>	3	8* (each leg)
▶ Split Jump Lunge	3	12, 15, 20 (each leg)
▶ Reverse Plank March	3	45 seconds
<b>SUPERSET</b>		
▶ Single Leg Standing Calf Raise	3	20 (each leg)
▶ Glute Bridge With Leg Abduction	3	12-15 (each leg)



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# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 2/4/6

### DAY 3: WEDNESDAY - PULL/ABS (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Band Assisted Chinup	5	AMRAP
▶ Neutral Grip Pullup <i>*Use bands if necessary</i>	3	AMRAP
▶ Barbell Row	4	8-10
<b>SUPERSET</b>		
▶ Incline Dumbbell High Row	3	8-10
▶ Zottman Curl	3	10-12
<b>SUPERSET</b>		
▶ Standing Barbell Curl	3	8-10
▶ Barbell Reverse Curl	3	8-10
<b>SUPERSET</b>		
▶ Hanging Twisting Knee Raise	3	10 (each side)
▶ Plank Hold	3	30, 45, 60 seconds



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# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 2/4/6

### DAY 5: FRIDAY - LOWER BODY (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Hip Circle Squat	5	2x15-20 (warmup), 3x8-12
▶ Narrow Stance Dumbbell Squat	3	10 full/10 partial*
*On partial reps, start from bottom to halfway up. In all, complete all 20 reps for each set (10 full/10 partial)		
▶ Sumo Deadlift	4	8-12
▶ Barbell Bench Step Up/Reverse Lunge Combo	3	10 (each leg)
<b>SUPERSET</b>		
▶ Hip Circle Good Morning	3	10
▶ Hip Circle Wall Sit	3	30, 45, 60 seconds
<b>SUPERSET</b>		
▶ Nordic Curl	3	10
▶ Seated Weight Plate Calf Raise	3	10



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# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 2/4/6

### DAY 6: SATURDAY - PUSH/ABS (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Seated Dumbbell Shoulder Press	5	15-20 (warmup), 3x8-10
▶ Up and Over Dumbbell Press	3	10 (each side)
▶ Barbell Upright Row/Front Raise Combo	3	10
▶ Dumbbell Bench Press	3	8-12
▶ Standing Alternating Dumbbell Flye	3	10-12
▶ Decline Pushup	3	AMRAP
▶ Incline Barbell Triceps Extension	3	8-10
▶ Weighted Bench Dip	3	8-10
<b>TRISSET</b>		
▶ Bench Tuckup	3	20
▶ Exercise Ball Alternating Crunch	3	10-12 (each side)
▶ Side Plank	3	30 seconds (each side)



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**AT-HOME  
WORKOUTS  
(DUMBBELL/BODYWEIGHT)**



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**BUNS & GUNS**  
**CHALLENGE**

## AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) WEEKS 1/3/5

### DAY 1: MONDAY - LOWER BODY (LOWER REP)

*\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Dumbbell Squat	6	2x15 (warmup)
<b>SUPERSET</b>		
▶ Dumbbell Squat	4	8-10
▶ Bodyweight Squat	3	4x15
▶ Dumbbell Reverse Lunge	3	8-10 (each leg)
▶ Dumbbell Stiff Legged Deadlift	3	8-10
▶ Dumbbell Lateral Lunge	3	8-10 (each leg)
<b>SUPERSET</b>		
▶ Dumbbell Sumo Squat	3	10-12
▶ Wall Sit	3	30, 45, 60 seconds

▶ FOR VIDEO OF EACH EXERCISE

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/3/5

### DAY 2: TUESDAY - PUSH/ABS (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Decline Pushup	3	12-15
<b>SUPERSET</b>		
▶ Hollow Hold Dumbbell Floor Press	3	15, 20, 25 (increase reps each set)
▶ Kneeling One Arm Arnold Press	3	12 (each arm)
<b>SUPERSET</b>		
▶ Close Grip Pushup	3	AMRAP
▶ Dumbbell Floor Flye	3	12-15
<b>SUPERSET</b>		
▶ Static Hold Dumbbell Lateral Raise	3	12-15 (each arm)
▶ Down-Down-Up-Up	3	10-15 (each arm)
<b>SUPERSET</b>		
▶ Dumbbell Upright Row	3	12-15
▶ Dumbbell Lying Triceps Extension	3	12-15
<b>SUPERSET</b>		
▶ Crab Reach	3	12-15 (each side)
▶ Double Crunch	3	20



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# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/3/5

### DAY 3: WEDNESDAY - LOWER BODY (GLUTE FOCUSED/HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Dumbbell Bulgarian Split Squat <i>*For gym workouts, use a flat bench in place of chair</i>	5	2x15-20 (warmup), 3x15-20 (each leg)
<b>SUPERSET</b> <i>Perform both exercises on the right leg before switching to the left</i>		
▶ Bodyweight Lateral Step Up To Lateral Leg Raise	3	12-15 (each leg)
▶ Single Leg Glute Raise	3	15 (each leg)
▶ Dumbbell Sumo Pulse Squat	3	20-25
▶ Dumbbell Step Up To Knee Drive	3	12-15 (each leg)
▶ Glute Circles <i>*increase time each set</i>	3	30, 45, 60 (seconds)*
▶ Karate Kicks <i>*Rest 30 seconds after completing a set with both legs</i>	3	15 (each leg)
<b>TRISSET</b>		
▶ Walking Twisting Lunge <i>*Use a dumbbell in place of weight plate</i>	3	10 (each leg)
▶ Suspended Glute Raise	3	15-20 (each leg)
▶ Dumbbell Floor Hamstring Curl	3	15-20



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# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/3/5

### DAY 5: **FRIDAY** - PULL/ABS (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Dumbbell Pendlay Row	4	12-15
▶ Dumbbell Pullover	3	12-15
▶ Reverse Grip Dumbbell Row	3	10/10/10
▶ Dumbbell Curl 21s <small>*7 reps top half/7 reps bottom half/7 full reps</small>	3	7/7/7
<b>TRISSET</b>		
▶ Dumbbell Chair Preacher Curl	3	12-15
▶ Standing Dumbbell Hammer Curl	3	12-15
▶ Dumbbell Rear Delt Raise	3	12-15
<b>TRISSET</b>		
▶ Plank Single Arm Dumbbell High Row	3	10 (each arm)
▶ Scissor Kicks	3	30 seconds
▶ Crunch	3	15



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# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/3/5

### DAY 6: SATURDAY - LOWER BODY (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Lateral Jump Squat	2	12-15 (each side)
▶ Dumbbell Squat	4	10/10/10 (drop set)
▶ Dumbbell Curtsy Lunge To Lunge	3	8-10 (each leg)
▶ Dumbbell Sumo Jump Squat	3	8-10
<b>SUPERSET</b>		
▶ Dumbbell Bulgarian Split Squat	4	10-12 (each leg)
▶ Dumbbell Standing Calf Jumps	4	8-10
<b>SUPERSET</b>		
▶ Dumbbell Goblet Squat	4	10
▶ Dumbbell Stiff Legged Deadlift	4	10



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## AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) WEEKS 2/4/6

### DAY 1: MONDAY - BICEPS/TRICEPS (HIGHER REP)

*\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.*

EXERCISE	SETS	REPS
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
<b>SUPERSET</b>		
▶ Alternating Dumbbell Curl	3	10-12 (each arm)
▶ Bodyweight Kneeling Triceps Extension	3	12-15
<b>SUPERSET</b>		
▶ Two Angle Dumbbell Curl	3	20 total
▶ Standing Overhead Dumbbell Extension	3	20
<b>SUPERSET</b>		
▶ Neutral Grip Dumbbell Press	3	20
▶ Dumbbell Reverse Curl	3	20
<b>SUPERSET</b>		
▶ Dumbbell Chair Preacher Curl	3	20
▶ Single Leg Triceps Dip	3	20
<b>SUPERSET</b>		
▶ Incline Dumbbell Curl	3	20
▶ Dumbbell Kickback	3	20

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 2/4/6

### DAY 2: **TUESDAY** - LOWER BODY (HIGHER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
<b>SUPERSET</b>		
▶ Bodyweight Clamshells	3	20 (each side)
▶ Lateral Side Step <i>*Aerobics board is optional</i>	3	20 (each side)
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
<b>SUPERSET</b>		
▶ Dumbbell Frog Pumps	3	30
▶ Dumbbell Curtsy Lunge To Lunge <i>*1 lunge/curtsy lunge= 1 rep</i>	3	8* (each leg)
▶ Split Jump Lunge	3	12, 15, 20 (each leg)
▶ Reverse Plank March	3	45 seconds
<b>SUPERSET</b>		
▶ Single Leg Calf Raise	3	20 (each leg)
▶ Glute Bridge With Leg Abduction	3	12-15 (each leg)



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# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 2/4/6

### DAY 3: WEDNESDAY - PULL/ABS (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Dumbbell Snatch	6	2x10 (warmup), 4x8-10
▶ Multi-Grip Dumbbell Row <i>*8 reps each grip (30 total)</i>	4	8/8/8*
▶ Alternating Dumbbell Pullover	4	12 (each arm)
<b>TRISSET</b>		
▶ Zottman Curl	3	10-12
▶ Dumbbell Rear Delt Raise	3	10-12
▶ Weighted Crunch* <i>*Use dumbbell if no medicine ball</i>	3	12-15
<b>TRISSET</b>		
▶ Kneeling Dumbbell Curl	3	8-10
▶ Dumbbell Reverse Curl	3	8-10
▶ Plank Hold	3	30, 45, 60 seconds



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**BUNS & GUNS**

**CHALLENGE**

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# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 2/4/6

### DAY 5: FRIDAY - LOWER BODY (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Leg Swings	2-3	15 (each leg)
▶ Bodyweight Around The World Lunge	2-3	5 (each direction)
▶ Jump Squat	2-3	20
▶ Dumbbell Sumo Squat	2	15-20 (warmup)
<b>SUPERSET</b>		
▶ Dumbbell Sumo Squat	4	8-10
▶ Dumbbell Swing	4	10-12
▶ Narrow Stance Dumbbell Squat	3	10 full/10 partial*
*On partial reps, start from bottom to halfway up. In all, complete all 20 reps for each set (10 full/10 partial)		
▶ Overhead Dumbbell Squat	4	8-12
▶ Dumbbell Bench Step Up/Reverse Lunge Combo	3	10 (each leg)
<b>SUPERSET</b>		
▶ Dumbbell Bulgarian Split Squat	3	10-12 (each leg)
▶ Wall Sit	3	30, 45, 60 seconds
<b>SUPERSET</b>		
▶ Dumbbell Swing	3	15
▶ Bodyweight Standing Calf Raise	3	25



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# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 2/4/6

### DAY 6: SATURDAY - PUSH/ABS (LOWER REP)

\*Rest 45-60 seconds between all sets/supersets/trisets unless otherwise noted below.

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles	2-3	10/10 (each arm)
▶ Lying Dumbbell External Rotation	2-3	15 (each arm)
▶ Inchworm Pushup	2-3	5
▶ Seated Arnold Press	5	2x15-20 (warmup), 3x8-10
▶ Up and Over Dumbbell Press	3	10 (each side)
<b>SUPERSET</b>		
▶ Dumbbell Upright Row	3	10-12
▶ Kneeling Dumbbell Lateral Raise	3	10-12
▶ Static Hold Dumbbell Floor Press	3	10-12 (each arm)
▶ Standing Alternating Dumbbell Flye	3	10-12 (each arm)
▶ Pushup To Cross Body Knee Tap	3	8-12 (each side)
<b>SUPERSET</b>		
▶ One Arm Overhead Dumbbell Extension	3	8-10 (each arm)
▶ Floor Dip	3	AMRAP
<b>SUPERSET</b>		
▶ Situp	3	20
▶ Side Plank	3	30 seconds (each side)

**CARDIO**

I know a lot of people have mixed feelings about cardio – a mix between hating it and *really* hating it!

I'm kidding, of course (sort of).

I actually enjoy it most of the time – it's a time for me to watch a show on my iPad, jump on my new Peleton, or ramp up my heart rate and challenge myself during a tough HIIT session and tune out the world for a short period of time.

But just like anything else, having a positive attitude about it helps. Because the bottom line is, we all have to do it. You simply can't cut corners when it comes to doing cardio consistently and at a level of intensity that is going to ramp up your heart rate and your metabolism.

On the positive side, you will only be performing four days of cardio each week, for a total of 30 minutes per session.

## HIIT CARDIO

SHORT BURSTS OF VERY INTENSE CARDIO PERFORMED AT MAXIMUM INTENSITY - FOLLOWED BY A LESS INTENSE, OR COMPLETE REST/RECOVERY PERIOD. THESE WORKOUTS ARE TYPICALLY PERFORMED IN A 1:1 OR 1:2 WORK/REST RATIO.

## INTERVAL CARDIO

MODERATE-TO-HIGH INTENSITY CARDIO, WITH THE HIGH INTENSITY LEVEL LESS EXTREME THAN WHEN PERFORMING HIIT CARDIO, WHILE THE LOWER INTENSITY LEVELS ARE TYPICALLY SLIGHTLY MORE INTENSE.

## TARGET HEART RATE

Just like your weight training workouts, you will need to challenge yourself during these cardio sessions! You can't simply go through the motions and expect there to be a significant reduction in your body fat levels.

Since everyone is different, the only way to really know how if you are pushing yourself hard enough is to wear a heart rate monitor. Your target heart rate for each type of cardio should be:

- » **HIIT CARDIO** 120-190 beats per minute
- » **INTERVAL CARDIO** 140-150 beats per minute



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## SPLIT YOUR CARDIO

I recommend splitting up your cardio and weight training workouts, if you can. I know this isn't possible for everyone, and the most important thing is getting it done.

If you *can* split them up, this will help you ramp up your metabolism twice during the day rather than once, which can help you burn more calories - and more body fat. It also ensures you'll have more energy for both workouts, since you will be eating at least one meal between them.

## RULES TO GO BY

- » If you can only train one time per day and are doing your cardio and weight training in the same session, this is perfectly fine. Just make sure to *always do you cardio after your weight training workout*. You want to push yourself when you weight train and doing cardio before will sap you of some much-needed energy and you won't be able to lift as heavy.
- » Try to avoid performing HIIT cardio sessions on leg days. These cardio workouts take more of a toll on your lower body, so I recommend doing your interval cardio workouts here.
- » It is ok to do cardio on one of your rest days, but make sure to take at least one complete rest day every week.
- » Feel free to do your own 30-minute cardio workouts *as long as you are following the above heart-rate guidelines*. If you are using a machine, adjust the speed or incline as necessary to stay your heart-rate range.

## SAMPLE CARDIO SCHEDULE

### WEEKS 1/3/5

DAY 1: MONDAY **INTERVAL CARDIO**

DAY 2: TUESDAY **HIIT CARDIO**

DAY 3: WEDNESDAY **OFF**

DAY 4: THURSDAY **OFF**

DAY 5: FRIDAY **HIIT CARDIO**

DAY 6: SATURDAY **INTERVAL CARDIO**

DAY 7: SUNDAY **OFF**

### WEEKS 2/4/6

DAY 1: MONDAY **HIIT CARDIO**

DAY 2: TUESDAY **INTERVAL CARDIO**

DAY 3: WEDNESDAY **OFF**

DAY 4: THURSDAY **OFF**

DAY 5: FRIDAY **INTERVAL CARDIO**

DAY 6: SATURDAY **HIIT CARDIO**

DAY 7: SUNDAY **OFF**



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# **CARDIO WORKOUTS**





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# 40 DAY BUNS & GUNS CHALLENGE



## 30 MINUTE INTERVAL WORKOUTS

### FINDING DORY

#### EQUIPMENT NEEDED

Pool

#### TIME

Approx 30 Minutes

*Rest 30 seconds between each set*

#### PERFORM 1 OF EACH

- 5x25 yards
- 5x50 yards
- 5x25 yards
- 5x50 yards

### LEVEL UP

#### EQUIPMENT NEEDED

Stepmill

#### TIME

Approx 32-34 Minutes

#### PERFORM 3 ROUNDS OF

- 4 minutes at Level 8
- 3 minutes at Level 10
- 2 minutes at Level 12
- 1 minute at Level 14

#### COOLDOWN

- 2-4 minutes at Level 5

### INCLINED TO TRY

#### EQUIPMENT NEEDED

Treadmill

#### TIME

30 Minutes

- 2 minutes at 3.0 mph, incline 0%
- 2 minutes at 2.5 mph, incline 15%
- 2 minutes at 3.0 mph, incline 14%
- 2 minutes at 3.5 mph, incline 13%
- 2 minutes at 4.0 mph, incline 12%
- 2 minutes at 4.5 mph, incline 11%
- 1 minute at 5.0 mph, incline 9%
- 2 minutes at 3.0 mph, incline 9%
- 1 minute at 5.5 mph, incline 7%
- 2 minutes at 3.0 mph, incline 7%
- 1 minute 6.0 mph, incline 5%
- 2 minutes 3.0 mph, incline 5%
- 1 minute 6.5 mph, incline 3%
- 2 minutes 3.0 mph, incline 3%
- 1 minute 7.0 mph, incline 1%
- 2 minutes 3.0 mph, incline 1%
- 1 minute 8.0 mph, incline 0%
- 2 minute 3.0 mph, incline 0%

# 30 MINUTE INTERVAL WORKOUTS

## MOVE THAT BODY(WEIGHT)

### EQUIPMENT NEEDED

None

### TIME

32 Minutes

#### ROUND 1: 2 MINUTES AMRAP

- 10 Squat Kick
- 10 Glute Raises
- 10 Shoulder Taps
- 30 second Run or 40 High Knees

#### ROUND 2: 2 MINUTES AMRAP

- 10 Reverse Lunges
- 10 Plank to Pike
- 10 V Ups
- 30 second run OR 40 Butt Kicks

#### ROUND 3: 6 MINUTES PERFORM 3 ROUNDS OF

- 40 seconds Run, 40 second rest
- 30 seconds Run, 30 second rest
- 20 seconds Run, 20 second rest

#### ROUND 4: 6 MINUTES PERFORM 2 ROUNDS OF

- 40 seconds Mountain Climbers, 40 second rest
- 30 seconds Mountain Climbers, 30 second rest
- 20 seconds Mountain Climbers, 20 second rest

#### ROUND 5: 6 MINUTES PERFORM 3 ROUNDS OF

- 40 seconds High Knees, 40 second rest
- 30 seconds High Knees, 30 second rest
- 20 seconds High Knees, 20 second rest

#### ROUND 6: 6 MINUTES PERFORM 2 ROUNDS OF

- 40 seconds Lateral Shuffle, 40 seconds rest
- 30 seconds Lateral Shuffle, 30 seconds rest
- 20 seconds Lateral Shuffle, 20 seconds rest

#### FINISHER: 4 MINUTES

- 30 seconds Run
- 30 seconds rest
- 30 seconds Mountain Climbers
- 30 seconds rest
- 30 seconds High Knees
- 30 seconds rest
- 30 seconds Lateral Shuffles
- 30 seconds rest

## PROGRESSIONS

### EQUIPMENT NEEDED

Treadmill

### TIME

30 Minutes

*\*Every sprint interval (4min, 3min, 2min, 1min) increase your speed by .2mph. I am giving you a range to shoot for in the instructions below. You can keep the fast interval speed the same each time, but whatever you do, do not go slower than the previous fast interval!*

#### WARMUP

- 3 minutes at 5.5 mph, 0% incline
- 1 minute at 3.0 mph, 0% incline

#### INTERVAL #1:

- 4 minutes at 7.7-8.2 mph, 0% incline
- 4 minutes at 6.0mph, 0% incline

#### INTERVAL #2:

- 3 minutes at 8.0-8.4 mph, 0% incline
- 3minutes 6.0mph, 0% incline

#### INTERVAL #3:

- 2 minutes at 8.2-8.6 mph, 0% incline
- 2 minutes at 6.0 mph, 0% incline

#### INTERVAL #4:

- 1 minute 9.0-9.5mph 0% incline
- 1 minute 3.2mph 0% incline

#### COOLDOWN:

- 5 minutes 3.2mph 10% incline (no hands)
- 1 minute 3.2mph 0% incline



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# 30 MINUTE HIIT WORKOUTS

## RPE SPIN

### EQUIPMENT NEEDED

Spin Bike

### TIME

30 Minutes

This workout intensity/level is based on the RPE scale from 1-10.

**Level 1:** Very light

**Level 2-3:** Light and easy to maintain for hours

**Level 4-6:** Moderate. Breathing heavy. Somewhat comfortable but noticeably becoming more challenging

**Level 7-8:** Vigorous. Short of breath but can speak a sentence

**Level 9:** Very Hard and difficult to maintain. Very out of breath and can only speak a few words.

**Level 10:** Max effort. Feels almost impossible to keep going. Completely out of breath and unable to talk. Cannot maintain longer than 30 seconds.

### WARMUP

- 2 minutes RPE 4

### PERFORM 5 ROUNDS OF

- 30 seconds hard RPE 8
- 30 seconds moderate RPE 5
- Recover: 2 minutes easy pace RPE 3

### PERFORM 5 ROUNDS OF

- 30 seconds hard RPE 8
- 30 seconds moderate RPE 5
- Recover: 2 minutes easy pace RPE 3

### PERFORM 5 ROUNDS OF

- 40 seconds all out RPE 10
- 20 seconds easy RPE 3
- Recover: 2 minutes easy pace RPE 3

### PERFORM 5 ROUNDS OF

- 30 seconds hard RPE 8
- 30 seconds moderate RPE 5

### COOLDOWN:

- 1 minute easy pace RPE 3

## JUMP UP AND GET DOWN

### EQUIPMENT NEEDED

None

### TIME

30 Minutes

Perform 6 total rounds.

### TIME PER ROUND

**Rounds 1 & 4:**

30 Seconds Work/30 Seconds Rest

**Rounds 2 & 5:**

40 Seconds Work/20 Seconds Rest

**Rounds 3 & 6:**

20 Seconds Work/40 Seconds Rest

\*Each round will take 5 minutes to complete. If you need extra rest after completing a round, feel free to take it, but this will increase the total time of your workout.

### EACH ROUND

- Split Jump Lunge
- Rest
- Burpee
- Rest
- Lateral Lunge Jump
- Rest
- Jump Squat
- Rest
- Mountain Climber
- Rest

## CRAWL, SHUFFLE, JUMP

### EQUIPMENT NEEDED

None

### TIME

30 Minutes

Each circuit is performed as **2-minute AMRAP** (as many rounds as possible).

**After 2 minutes, rest 1 full minute before moving on to the next circuit.**

Perform 2 complete rounds for a total of 30 minutes.

**Mat Shuffles:** Lateral shuffles the length of a yoga mat. Repeat continuously for time.

**Mat Lateral Bear Crawl:** Side-to-side bear crawl length of the mat. Repeat continuously for time.

### CIRCUIT 1

#### 2-minute AMRAP

- 10 Bodyweight Lunges (each leg)
- 10 Mat Shuffles
- 10 Mat Lateral Bear Crawl

### CIRCUIT 2

#### 2-minute AMRAP

- 20 Jump Squats
- 10 Bodyweight Step Ups (each leg)

### CIRCUIT 3

#### 2-minute AMRAP

- 10 Bodyweight Reverse Lunges (each leg)
- 20 Jumping Jacks

### CIRCUIT 4

#### 2-minute AMRAP

- 10 Bulgarian Split Squat Jumps (each leg)  
\*use chair or bench
- 10 Mat Shuffles
- 10 Mat Lateral Bear Crawl

### CIRCUIT 5

#### 2-minute AMRAP

- 10 Plank Jacks
- 20 Jumping Jacks



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# 30 MINUTE HIIT WORKOUTS

## SWEAT IT OUT

### EQUIPMENT NEEDED

Jump Rope (or none)

### TIME

30 Minutes

Rest 1 minute after completing each round. If you don't have a jump rope, substitute Jumping Jacks.

### PERFORM 3 ROUNDS OF

- 1 minute Jump Rope
- 1 minute Toe Taps
- 1 minute Bodyweight Squat
- 1 minute Mountain Climbers

### PERFORM 3 ROUNDS OF

- 1 minute Jumping Jacks
- 1 minute Bodyweight Step Up
- 1 minute High Knees
- 1 minute Wall Sit

## TABATA GO ROUND

### EQUIPMENT NEEDED

None

### TIME

30 Minutes

Perform each exercise for 20 seconds, then rest for 10 seconds. Complete each circuit 4 times (for a total of 4 minutes a circuit). Rest 1 minute after each 4-minute round.

Perform each ROUND twice for a total of 6 rounds.

### ROUND 1

- Starbursts  
*Sit and roll back on the floor. Stand up and jump as high as you can.*
- Bicycle

### ROUND 2

- Skaters
- Mountain Climbers

### ROUND 3

- Star Jumps  
*Jump and spread your legs and arms apart. Land in a squat position and repeat.*
- Butt Kicks

## RUN LIKE THE WIND

### EQUIPMENT NEEDED

Treadmill

### TIME

30 Minutes

### WARMUP

- 2 minutes at 4.0 mph

### PERFORM 2 ROUNDS OF

- 1 minute at 7.0 mph
- 30 seconds at 3.5 mph
- 1 minute at 8.0 mph
- 30 seconds at 3.5 mph
- 1 minute at 9.0 mph
- 30 seconds at 3.5 mph
- 1 minute at 10 mph
- 30 seconds at 3.5 mph
- 1 minute at 9.0 mph
- 30 seconds at 3.5 mph
- 1 minute at 8.0 mph
- 30 seconds at 3.5 mph
- 1 minute at 7.0 mph
- 30 seconds at 3.5 mph

### PERFORM 6 ROUNDS OF

- *\*Step completely off treadmill and straddle each side during rest periods*
- 30 seconds at 8.0-10 mph
- 30 seconds rest

### COOLDOWN

- 2 minutes at 4.0 mph



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**MOBILITY**



# MOBILITY

Mobility and recovery are such important parts of keeping your body healthy and injury-free.

Even little nagging injuries that you probably feel you can train through can turn into bigger ones – ones that may eventually force you to take a few days, or even weeks – away from the gym. Which means all of your hard work comes to a screeching halt.

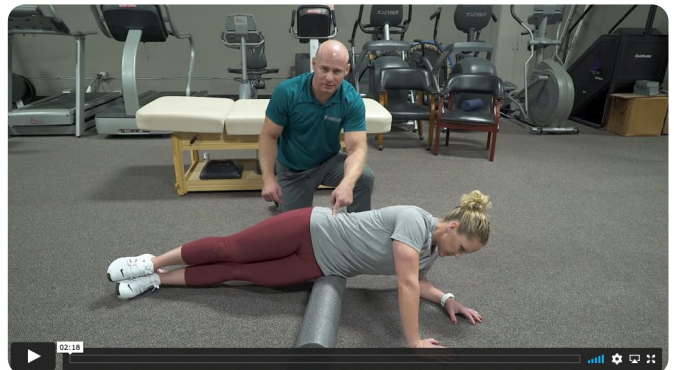
And we don't want that to happen to you, right?

In order to get the most out of these workouts, your body has to be able to move properly - to reduce the risk of injury, to increase your range of motion and to keep your body progressing and improving.

The harder you train and older you get, the more important this becomes. But this isn't just for older people, and it isn't just for people who have pre-existing injuries.

I recruited some expert instruction for this series by enlisting the help of my chiropractor, Dr. Nate Horst. Dr. Horst has helped me stay healthy and (relatively) injury-free over the years, and I know these videos will help you do the same.

These videos break down the most important areas to focus on and the tools to use to keep you primed and ready to be *your* best.



**WATCH THE MOBILITY VIDEOS**



# **NUTRITION**

If you've never done it before, following a structured nutrition plan for more than a few days is one of the most difficult parts of getting in shape. It's also the most important.

Actually...

***Following your meal plan is single the most important part of this program. Failure to do so will likely mean you will not achieve the results you are hoping for.***

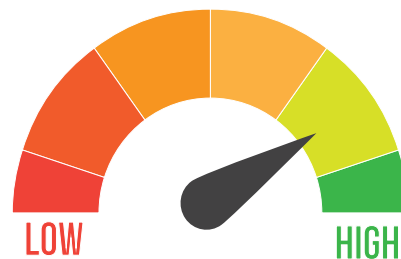
Sorry if that's blunt for some of you, but that's how vital it will be to your success.

Again, it's not easy. It's a reason why most people fail at these kinds of programs. And for most of you, it will be the most challenging part of the next 40 days.

BUT ... one of the biggest reasons most diets fail is a lack of variety. Who wants to eat the same thing every day for a month or more? Not me. And I'm sure not you, either, regardless of how dedicated you are.

## HIGH AND LOW CALORIE DAYS

This program is designed to help you *lose* body fat while *maintaining* muscle, and even *build* in two key areas - arms and glutes. But gaining muscle while in a caloric deficit is hard - which is why you are going to cycle between higher and lower calorie days



Each week, the amount of calories - specifically the amount of fats and carbohydrates - will increase on two days. **These higher-calorie days are strategically placed around your lower body and one of your arm-focused workouts every week**, depending on which phase we are in.

### LOW AND HIGH CALORIE DAYS

**DAY 1: MONDAY LOW DAY**

**DAY 2: TUESDAY HIGH DAY**

**DAY 3: WEDNESDAY LOW DAY**

**DAY 4: THURSDAY LOW DAY**

**DAY 5: FRIDAY HIGH DAY**

**DAY 6: SATURDAY LOW DAY**

**DAY 7: SUNDAY LOW DAY**

These higher days will serve as your *refueling* days. They will give you the extra energy to challenge yourself during your workouts, lift as heavy as possible and push those extra calories into your muscles to help them grow, while the lower-calorie days will help you chip away body fat for an over leaner, more defined physique.

These higher days are placed a few days apart to keep your body in that constant burning/building mode throughout the 40 days. At left is a breakdown of your low and high-calorie days.

## ABOUT THE MEAL PLANS

The meal plans for this program are split up into height and weight ranges. There are three different ranges for women, and two for men.

***If you are unsure of which plan to follow, always follow the meal plan that corresponds with your height.***

Each height/weight range has two types of meal plans - one for your HIGH calorie days, and one for your LOW calorie days. On both plans, foods for each meal are categorized into these different food types.

### FOOD TYPE

**(LP)** - Lean Protein  
**(FP)** - Fatty Protein  
**(F)** - Fat  
**(SC)** - Starchy Carbohydrate  
**(FR)** - Fruit  
**(V)** - Vegetable

» The categories for the **Vegan Meal Plans** are slightly different:

### FOOD TYPE

**(P)** - Protein  
**(PC)** - Protein/Carbs  
**(ND)** - Non Dairy  
**(SC)** - Starchy Carbohydrate  
**(FR)** - Fruit  
**(V)** - Vegetable  
**(F)** - Fat

If you don't like something on the plan, or if you're tired of it and want to make a substitution, all you have to do is refer to the food exchange list and substitute something from that same category in its place. That way if you want to exchange a Lean protein (LP) for another Lean Protein, all you need to do is check out the food exchange list and pick another option from that category.

Each item listed on the Food Exchange List is one full serving. So if your plan calls for 1/2 of a LP, you will use half of the amount listed on the Exchange List. Conversely, if your plan calls for two servings of a LP, you would just double whatever the amount is that is listed (4 oz to 8 oz).

***FOR A VIDEO WALKTHROUGH OF HOW TO USE THE FOOD EXCHANGE LIST, GO HERE.***



## SUPPLEMENTS

The right supplements can help you build muscle faster, burn fat more efficiently, increase energy levels, boost strength and speed up the recovery process to help keep you in the gym and functioning at maximum capacity.

Go here to see the supplements I recommend for this Challenge!



## PREPARE TO SUCCEED

The first step to being successful with any type of nutrition plan is to be prepared.

A lack of preparation is one of the main reasons I see most meal plans fail. When it's time to eat and you're hangry but you don't have any "clean" food prepared - that's when you reach for whatever is convenient to satisfy your hunger.

And most of the time what is convenient isn't going to help you reach your goals.

If you have never meal prepped before, there are videos showing how I do in the Nutrition section of the 40 Day Buns & Guns Challenge homepage. These videos were shot as I was preparing for the Figure Olympia, so I was preparing my meals for over a week here.

If you follow the grocery list for this program, you will be preparing your food 3-4 days in advance.

## WATCH THE VIDEOS

For some video instruction, head to the Nutrition section of the Buns & Guns Challenge homepage to see videos for:

- ✓ **WALKTHROUGH:  
HOW TO USE THE FOOD  
EXCHANGE LIST**
- ✓ **HOW TO MEAL PREP  
PROTEINS**
- ✓ **HOW TO MEAL PREP  
CARBOHYDRATES**
- ✓ **HOW WEIGH  
YOUR FOOD**



## WEIGH YOUR FOOD

Another extremely important part of getting in shape and transforming your body is weighing your food.

Every little thing adds up, and if you are not weighing each meal, you could be eating a few hundred extra calories per day without even knowing it.

*As a general rule, measure all meat, potatoes, rice and pasta (whole wheat, of course) cooked. Measure oatmeal dry.*

## DOs & DON'Ts

- » **DO** Buy a digital food scale. Do not eyeball your portions!
- » **DO** Be prepared! Cook your meals in advance for at least 3-4 days worth of meals at a time.
- » **DON'T** Overdo it with condiments. Calories add up!

## HERE'S AN OVERVIEW OF THE NUTRITION SECTIONS IN THIS EBOOK.

### DAILY MEAL PLANS

There are five versions of the same meal plan, taking height and weight ranges into consideration: 3 for women and 2 for men.

***If you're not sure which meal plan you fall under, choose the meal plan based on your height.***

### GROCERY LIST

Your shopping list that will be enough to prepare four days of meals in advance. Make sure to look at your meal plan and decide what you are eating before you go shopping! You do not want to buy all foods on the grocery list, the amounts listed are only if you plan on eating a particular meal for four days.

### FOOD EXCHANGE LIST

Covered on the previous page. Make sure to watch the walkthrough video.

### RECIPES

To spice things by adding more variety.



# **NUTRITION** **MEAL PLANS**



NICOLE WILKINS'

# 40 DAY BUNS & GUNS CHALLENGE

## WOMEN'S MEAL PLAN 1 LOW DAY

**Height:** Under 5'4     **Weight:** Under 130 lbs

### FOOD TYPE

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

### MEAL 1

#### OPTION 1

- (F) 2 egg yolks
- ( $\frac{2}{3}$  LP) 4 egg whites
- (SC) 1 English muffin (plain)

#### OPTION 2

- (LP) 12 oz nonfat plain Greek yogurt
- ( $\frac{1}{2}$  FR)  $\frac{1}{2}$  medium banana
- (F) 16g almond butter

### MEAL 2

#### OPTION 1

- (FP) 4 oz 93% lean ground turkey
- (SC) 4 oz sweet potato

#### OPTION 2

- (LP) 225g nonfat cottage cheese
- ( $\frac{1}{2}$  SC) 1 Lundberg brown rice cake
- (F) 2 oz avocado

### MEAL 3

#### OPTION 1

- (FP) 1 serving Green Chili Turkey Burger (SEE RECIPE)
- (SC) 100g quinoa

#### OPTION 2

- ( $\frac{3}{4}$  LP) 3 oz chicken breast
- ( $\frac{1}{2}$  SC) 50g white rice
- (V) 100g chopped kale
- (F) 10 ml olive oil

# WOMEN'S MEAL PLAN 1

## LOW DAY

Height: Under 5'4

Weight: Under 130 lbs

### MEAL 4

#### OPTION 1

- (¾ LP) 3 oz halibut
- (½ SC) 65g canned black beans
- (½ SC) one 6" corn tortilla
- (½ V) 50g shredded lettuce

Salsa

#### OPTION 2

- (FP) 4 oz salmon
- (½ SC) 2 oz red potato
- (½ SC) 75g corn

### MEAL 5/POSTWORKOUT

Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (FR) 1.5 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (LP) 6 egg whites

### DAILY TOTALS

1228 calories,  
125g protein,  
110g carbs,  
32g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

188 calories, 25g protein, 22g carbs, 0g fat

#### All Other Meals

260 calories, 25g protein, 22g carbs, 8g fat



NICOLE WILKINS'  
40 DAY

# BUNS & GUNS

## CHALLENGE

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# 40 DAY BUNS & GUNS CHALLENGE



## FOOD TYPE

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

## WOMEN'S MEAL PLAN 1 HIGH DAY

Height: Under 5'4

Weight: Under 130 lbs

### MEAL 1

#### OPTION 1

- (1½ F) 3 egg yolks
- (½ LP) 3 egg whites
- (SC) 30g oat bran
- (FR) 1 oz box raisins

#### OPTION 2

- (½ F, SC, LP) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (2 F) 32g peanut butter

### MEAL 2

#### OPTION 1

- (¾ FP) 3 oz 93% lean ground turkey
- (1½ SC) 6 oz sweet potato
- (F) 28g cheddar cheese
- (V) 100g broccoli

#### OPTION 2

- (LP) 1 can solid white tuna in water
- (SC) 2 Lundberg brown rice cakes
- (2 F) 4 oz avocado

### MEAL 3

#### OPTION 1

- (SC, V, FP) 2 servings Cabbage Rolls (SEE RECIPE)
- (V) 100g cauliflower
- (V) 100g zucchini
- (F) 10 ml coconut oil

#### OPTION 2

- (¾ LP) 3 oz chicken breast
- (SC) 100g white rice
- (V) 100g chopped kale
- (1½ F) 15 ml olive oil

# WOMEN'S MEAL PLAN 1

## HIGH DAY

Height: Under 5'4

Weight: Under 130 lbs

### MEAL 4

#### OPTION 1

- (¾ LP) 3 oz ground buffalo/bison
- (SC) 100g whole wheat pasta
- (½ F) 14g parmesan cheese

#### OPTION 2

- (FP) 4 oz salmon
- (1¼ SC) 5 oz red potato
- (½ SC) 75g green peas
- (½ F) 5g butter

### MEAL 5/POSTWORKOUT

Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate
- (1¼ FR, ½ LP) 2 servings Apple Spice Muffins  
(SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (LP) 6 egg whites
- (½ FR) 17g apple butter (no sugar added)

### DAILY TOTALS

1848 calories,  
175g carbs,  
125g protein,  
72g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

240 calories, 25g protein, 35g carbs, 0g fat

#### All Other Meals

402 calories, 25g protein, 35g carbs, 18g fat



NICOLE WILKINS'  
40 DAY

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## CHALLENGE

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**40 DAY**  
**BUNS & GUNS**  
**CHALLENGE**

## WOMEN'S MEAL PLAN 2 LOW DAY

Height: 5'4 to 5'6      Weight: 130 to 150 lbs

### FOOD TYPE

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

### MEAL 1

#### OPTION 1

- (F) 2 egg yolks
- (LP) 6 egg whites
- (SC) 1 English muffin (plain)

#### OPTION 2

- (LP) 12 oz nonfat plain Greek yogurt
- (½ FR) ½ medium banana
- (F) 16g almond butter

### MEAL 2

#### OPTION 1

- (1¼ FP) 5 oz 93% lean ground turkey
- (1¼ SC) 5 oz sweet potato

#### OPTION 2

- (LP) 225g nonfat cottage cheese
- (½ SC) 1 Lundberg brown rice cake
- (F) 2 oz avocado

### MEAL 3

#### OPTION 1

- (FP) 1 serving Green Chili Turkey Burger (SEE RECIPE)
- (¾ SC) 75g quinoa
- (V) 100g broccoli

#### OPTION 2

- (LP) 4 oz chicken breast
- (½ SC) 50g white rice
- (V) 100g chopped kale
- (F) 10 ml olive oil

# WOMEN'S MEAL PLAN 2

## LOW DAY

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

### MEAL 4

#### OPTION 1

- (¾ LP) 3 oz halibut
- (½ SC) 65g canned black beans
- (SC) two 6" corn tortillas
- (½ V) 50g shredded lettuce

Salsa

#### OPTION 2

- (FP) 4 oz salmon
- (SC) 4 oz red potato
- (½ SC) 75g corn

### MEAL 5/POSTWORKOUT

Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (1¼ FR, ½ LP) 2 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (LP) 6 egg whites

### DAILY TOTALS

1420 calories,  
145g protein,  
120g carbs,  
40g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

212 calories, 29g protein, 24g carbs, 0g fat

#### All Other Meals

302 calories, 29g protein, 24g carbs, 10g fat



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# BUNS & GUNS

## CHALLENGE

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# 40 DAY BUNS & GUNS CHALLENGE



## FOOD TYPE

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

## WOMEN'S MEAL PLAN 2 HIGH DAY

Height: 5'4 to 5'6      Weight: 130 to 150 lbs

### MEAL 1

#### OPTION 1

- (2 F) 4 egg yolks
- (2/3 LP) 4 egg whites
- (SC) 30g oat bran
- (FR) 1 oz box raisins

#### OPTION 2

- (1/2 F, SC, LP) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (2 F) 32g peanut butter
- (1/2 FR) 1/2 medium banana

### MEAL 2

#### OPTION 1

- (3/4 FP) 3 oz 93% lean ground turkey
- (1 1/2 SC) 6 oz sweet potato
- (F) 28g cheddar cheese
- (2V) 200g broccoli
- (1/2 F) 5g ghee

#### OPTION 2

- (LP) 1 can solid white tuna in water
- (SC) 2 Lundberg brown rice cakes
- (2 F) 4 oz avocado

### MEAL 3

#### OPTION 1

- (SC, V, FP) 2 servings Cabbage Rolls (SEE RECIPE)
- (V) 100g cauliflower
- (2 V) 200g zucchini
- (F) 10 ml coconut oil

#### OPTION 2

- (3/4 LP) 3 oz chicken breast
- (SC) 100g white rice
- (V) 100g chopped kale
- (1 1/2 F) 15 ml olive oil
- (F) 56g hummus

# WOMEN'S MEAL PLAN 2

## HIGH DAY

Height: 5'4 to 5'6      Weight: 130 to 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz ground buffalo/bison
- (1¼ SC) 125g whole wheat pasta
- (½ F) 14g parmesan cheese

#### OPTION 2

- (FP) 4 oz salmon
- (1½ SC) 6 oz red potato
- (½ SC) 75g green peas
- (F) 10g butter

### MEAL 5/POSTWORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.*

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate
- (2 FR, ½ F, ¾ LP) 2 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (LP) 6 egg whites
- (FR) 34g apple butter (no sugar added)

### DAILY TOTALS

2116 calories,  
145g protein,  
195g carbs,  
84g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

272 calories, 29g protein, 39g carbs, 0g fat

#### All Other Meals

461 calories, 29g protein, 39g carbs, 21g fat



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## WOMEN'S MEAL PLAN 3 LOW DAY

**Height:** Over 5'6     **Weight:** Over 150 lbs

### FOOD TYPE

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

### MEAL 1

#### OPTION 1

- (1½ F) 3 egg yolks
- (LP) 6 egg whites
- (SC) 1 English muffin (plain)

#### OPTION 2

- (LP) 12 oz nonfat plain Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate Vanilla Cupcake
- (½ FR) ½ medium banana
- (1½ F) 24g almond butter

### MEAL 2

#### OPTION 1

- (1½ FP) 6 oz 93% lean ground turkey
- (1¼ SC) 5 oz sweet potato

#### OPTION 2

- (LP) 225g nonfat cottage cheese
- (½ SC) 1 Lundberg brown rice cake
- (1½ F) 3 oz avocado

### MEAL 3

#### OPTION 1

- (FP) 1 serving Green Chili Turkey Burger (SEE RECIPE)
- (SC) 100g quinoa
- (V) 100g broccoli

#### OPTION 2

- (LP) 4 oz chicken breast
- (¾ SC) 75g white rice
- (V) 100g chopped kale
- (1½ F) 15 ml olive oil



# WOMEN'S MEAL PLAN 3

## LOW DAY

Height: Over 5'6

Weight: Over 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz halibut
- (½ SC) 65g canned black beans
- (SC) two 6" corn tortillas
- (½ V) 50g shredded lettuce

Salsa

#### OPTION 2

- (1¼ FP) 5 oz salmon
- (SC) 4 oz red potato
- (½ SC) 75g corn

### MEAL 5/POSTWORKOUT

Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (1¼ FR, ½ LP) 2 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (1½ LP) 9 egg whites

### DAILY TOTALS

1648 calories,  
165g protein,  
130g carbs,  
52g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

236 calories, 33g protein, 26g carbs, 0g fat

#### All Other Meals

353 calories, 33g protein, 26g carbs, 13g fat



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## FOOD TYPE

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

## WOMEN'S MEAL PLAN 3 HIGH DAY

Height: Over 5'6

Weight: Over 150 lbs

### MEAL 1

#### OPTION 1

- (2 F) 4 egg yolks
- (2/3 LP) 4 egg whites
- (SC) 30g oat bran
- (FR) 1 oz box raisins
- (V) 100g spinach

#### OPTION 2

- (1/2 F, SC, LP) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (2 F) 32g peanut butter
- (1/2 FR) 1/2 medium banana

### MEAL 2

#### OPTION 1

- (3/4 FP) 3 oz 93% lean ground turkey
- (1 3/4 SC) 7 oz sweet potato
- (F) 28g cheddar cheese
- (2V) 200g broccoli
- (1/2 F) 5g ghee

#### OPTION 2

- (LP) 1 can solid white tuna in water
- (SC) 2 Lundberg brown rice cakes
- (2 1/2 F) 5 oz avocado

### MEAL 3

#### OPTION 1

- (SC, V, FP) 2 servings Cabbage Rolls (SEE RECIPE)
- (V) 100g cauliflower
- (F) 10 ml coconut oil
- (1/2 SC) 50g white rice

#### OPTION 2

- (LP) 4 oz chicken breast
- (SC) 100g white rice
- (V) 100g chopped kale
- (1 1/2 F) 15 ml olive oil
- (F) 56g hummus

# WOMEN'S MEAL PLAN 3

## HIGH DAY

Height: Over 5'6

Weight: Over 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz ground buffalo/bison
- (1¼ SC) 125g whole wheat pasta
- (F) 28g parmesan cheese

#### OPTION 2

- (FP) 4 oz salmon
- (1¼ SC) 7 oz red potato
- (½ SC) 75g green peas
- (F) 10g butter

### MEAL 5/POSTWORKOUT

Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate
- (2 FR, ½ F, ¾ LP) 3 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (1½ LP) 9 egg whites
- (FR) 34g apple butter (no sugar added)

### DAILY TOTALS

2348 calories,  
165g protein,  
215g carbs,  
92g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

304 calories, 33g protein, 43g carbs, 0g fat

#### All Other Meals

511 calories, 33g protein, 43g carbs, 23g fat



NICOLE WILKINS'  
40 DAY

# BUNS & GUNS

## CHALLENGE

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**40 DAY**  
**BUNS & GUNS**  
**CHALLENGE**



**FOOD TYPE**

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

**MEN'S MEAL PLAN 1**  
**LOW DAY**

**Height:** Under 5'10

**Weight:** Under 190 lbs

**MEAL 1**

**OPTION 1**

- (1½ F) 3 egg yolks
- (1½ LP) 9 egg whites
- (SC) 1 English muffin (plain)

**OPTION 2**

- (LP) 12 oz nonfat plain Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate Vanilla Cupcake
- (½ FR) ½ medium banana
- (2 F) 32g almond butter

**MEAL 2**

**OPTION 1**

- (1¾ FP) 7 oz 93% lean ground turkey
- (1½ SC) 6 oz sweet potato

**OPTION 2**

- (1½ LP) 340g nonfat cottage cheese
- (½ SC) 1 Lundberg brown rice cake
- (1½ F) 3 oz avocado

**MEAL 3**

**OPTION 1**

- (1½ FP) 1.5 servings Green Chili Turkey Burger (SEE RECIPE)
- (SC) 100g quinoa
- (V) 100g broccoli

**OPTION 2**

- (1¼ LP) 5 oz chicken breast
- (¾ SC) 75g white rice
- (V) 100g chopped kale
- (1½ F) 15 ml olive oil

# MEN'S MEAL PLAN 1

## LOW DAY

**Height:** Under 5'10

**Weight:** Under 190 lbs

### MEAL 4

#### OPTION 1

- (1¼ LP) 5 oz halibut
- (½ SC) 65g canned black beans
- (SC) two 6" corn tortillas
- (½ V) 50g shredded lettuce

Salsa

#### OPTION 2

- (1½ FP) 6 oz salmon
- (1¼ SC) 5 oz red potato
- (½ SC) 75g green peas

### MEAL 5/POSTWORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.*

#### OPTION 1

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (1¼ FR, ½ LP) 2 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (1½ LP) 9 egg whites
- (½ FR) 17g apple butter (no sugar added)

### DAILY TOTALS

1880 calories,  
185g protein,  
150g carbs,  
60g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

268 calories, 37g protein, 30g carbs, 0g fat

#### All Other Meals

403 calories, 37g protein, 30g carbs, 15g fat



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40 DAY

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# 40 DAY BUNS & GUNS CHALLENGE

## MEN'S MEAL PLAN 1 HIGH DAY

**Height:** Under 5'10

**Weight:** Under 190 lbs

### FOOD TYPE

(LP) - Lean Protein  
(FP) - Fatty Protein  
(F) - Fat  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable

### MEAL 1

#### OPTION 1

- (2 F) 4 egg yolks
- (F) 16g almond butter
- (2/3 LP) 4 egg whites
- (SC) 30g oat bran
- (FR) 1 oz box raisins
- (V) 100g spinach

#### OPTION 2

- (1/2 F, SC, LP) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (2 F) 32g peanut butter
- (1/2 FR) 1/2 medium banana
- (1/2 LP) 3 hard boiled egg whites

### MEAL 2

#### OPTION 1

- (FP) 4 oz 93% lean ground turkey
- (2 SC) 8 oz sweet potato
- (F) 28g cheddar cheese
- (2V) 200g broccoli
- (1/2 F) 5g ghee

#### OPTION 2

- (LP) 1 can solid white tuna in water
- (1 1/2 SC) 3 Lundberg brown rice cakes
- (2 1/2 F) 5 oz avocado

### MEAL 3

#### OPTION 1

- (1 1/2 SC, V, 1 1/2 FP) 3 servings Cabbage Rolls (SEE RECIPE)
- (V) 100g cauliflower
- (F) 15 almonds

#### OPTION 2

- (1 1/4 LP) 5 oz chicken breast
- (SC) 100g white rice
- (V) 100g chopped kale
- (2 F) 20 ml olive oil
- (F) 56g hummus

# MEN'S MEAL PLAN 1

## HIGH DAY

**Height:** Under 5'10

**Weight:** Under 190 lbs

### MEAL 4

#### OPTION 1

- (1¼ LP) 5 oz ground buffalo/bison
- (1¼ SC) 125g whole wheat pasta
- (F) 28g parmesan cheese

#### OPTION 2

- (1¼ FP) 5 oz salmon
- (2 SC) 8 oz red potato
- (½ SC) 75g green peas
- (F) 10g butter

### MEAL 5/POSTWORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.*

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate
- (2 FR, ½ F, ¾ LP) 3 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (2 SC) 1 plain bagel
- (1½ LP) 9 egg whites
- (½ FR) 17g apple butter (no sugar added)

### DAILY TOTALS

2616 calories,  
185g protein,  
235g carbs,  
104g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

336 calories, 37g protein, 47g carbs, 0g fat

#### All Other Meals

570 calories, 37g protein, 47g carbs, 26g fat



NICOLE WILKINS'  
40 DAY

# BUNS & GUNS

## CHALLENGE

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*40 DAY*  
**BUNS & GUNS**  
CHALLENGE



**FOOD TYPE**

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

**MEN'S MEAL PLAN 2**  
**LOW DAY**

**Height:** Over 5'10      **Weight:** Over 190 lbs

**MEAL 1**

**OPTION 1**

- (2 F) 4 egg yolks
- (1½ LP) 9 egg whites
- (SC) 1 English muffin (plain)

**OPTION 2**

- (LP) 12 oz nonfat plain Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate Vanilla Cupcake
- (FR) 1 medium banana
- (2 F) 32g almond butter

**MEAL 2**

**OPTION 1**

- (2 FP) 8 oz 93% lean ground turkey
- (1¾ SC) 7 oz sweet potato

**OPTION 2**

- (1½ LP) 340g nonfat cottage cheese
- (½ SC) 1 Lundberg brown rice cake
- (2 F) 4 oz avocado

**MEAL 3**

**OPTION 1**

- (1½ FP) 1.5 servings Green Chili Turkey Burger (SEE RECIPE)
- (SC) 100g quinoa
- (V) 100g broccoli

**OPTION 2**

- (1½ LP) 6 oz chicken breast
- (SC) 100g white rice
- (V) 100g chopped kale
- (1½ F) 15 ml olive oil

# MEN'S MEAL PLAN 2

## LOW DAY

**Height:** Over 5'10

**Weight:** Over 190 lbs

### MEAL 4

#### OPTION 1

- (1¼ LP) 5 oz halibut
- (SC) 130g canned black beans
- (SC) two 6" corn tortillas
- (½ V) 50g shredded lettuce

Salsa

#### OPTION 2

- (1½ FP) 6 oz salmon
- (1¼ SC) 5 oz red potato
- (½ SC) 75g green peas
- (½ F) 5g butter

### MEAL 5/POSTWORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.*

#### OPTION 1

- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)
- (1¼ FR, ½ LP) 2 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (SC) ½ plain bagel
- (2 LP) 12 egg whites
- (½ FR) 17g apple butter (no sugar added)

### DAILY TOTALS

2108 calories,  
205g protein,  
160g carbs,  
72g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

292 calories, 41g protein, 32g carbs, 0g fat

#### All Other Meals

454 calories, 41g protein, 32g carbs, 18g fat



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BUNS & GUNS

CHALLENGE

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NICOLE WILKINS'  
**40 DAY**  
**BUNS & GUNS**  
**CHALLENGE**



**FOOD TYPE**

(LP) – Lean Protein  
(FP) – Fatty Protein  
(F) – Fat  
(SC) – Starchy Carbohydrate  
(FR) – Fruit  
(V) – Vegetable

**MEN'S MEAL PLAN 2**  
**HIGH DAY**

**Height:** Over 5'10

**Weight:** Over 190 lbs

**MEAL 1**

**OPTION 1**

- (2 F) 4 egg yolks
- (F) 16g almond butter
- (2/3 LP) 4 egg whites
- (1 1/2 SC) 45g oat bran
- (FR) 1 oz box raisins
- (V) 100g spinach

**OPTION 2**

- (1/2 F, SC, LP) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (2 F) 32g peanut butter
- (FR) 1 medium banana
- (1/2 LP) 3 hard boiled egg whites

**MEAL 2**

**OPTION 1**

- (1 1/4 FP) 5 oz 93% lean ground turkey
- (2 SC) 8 oz sweet potato
- (F) 28g cheddar cheese
- (2V) 200g broccoli
- (1/2 F) 5g ghee

**OPTION 2**

- (2 LP) 2 cans solid white tuna in water
- (1 1/2 SC) 3 Lundberg brown rice cakes
- (2 1/2 F) 5 oz avocado

**MEAL 3**

**OPTION 1**

- (1 1/2 SC, V, 1 1/2 FP) 3 servings Cabbage Rolls (SEE RECIPE)
- (2 V) 200g cauliflower
- (F) 15 almonds

**OPTION 2**

- (1 1/4 LP) 5 oz chicken breast
- (1 1/4 SC) 125g white rice
- (V) 100g chopped kale
- (2 F) 20 ml olive oil
- (F) 56g hummus



# MEN'S MEAL PLAN 2

## HIGH DAY

Height: Over 5'10

Weight: Over 190 lbs

### MEAL 4

#### OPTION 1

- (1¼ LP) 5 oz ground buffalo/bison
- (1½ SC) 150g whole wheat pasta
- (F) 28g parmesan cheese

#### OPTION 2

- (1½ FP) 6 oz salmon
- (2 SC) 8 oz red potato
- (½ SC) 75g green peas
- (F) 10g butter

### MEAL 5/POSTWORKOUT

Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.  
On days you do not weight train eat this as Meal 5.

#### OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate
- (2 FR, F, LP) 4 servings Apple Spice Muffins (SEE RECIPE)

#### OPTION 2

- (2 SC) 1 plain bagel
- (1½ LP) 9 egg whites
- (½ FR) 17g apple butter (no sugar added)

### DAILY TOTALS

2848 calories,  
205g protein,  
255g carbs,  
112g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

368 calories, 41g protein, 51g carbs, 0g fat

#### All Other Meals

620 calories, 41g protein, 51g carbs, 28g fat



NICOLE WILKINS'  
40 DAY

# BUNS & GUNS

## CHALLENGE

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# **NUTRITION**

## **VEGAN**

## **MEAL PLANS**



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## WOMEN'S MEAL PLAN 1 LOW DAY

Height: Under 5'4

Weight: Under 130 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (¾ SC) 30g oat bran
- (P) 2 Morning Star Original Sausage Patties (vegan grillers)

### MEAL 2

- (P) 6 oz extra firm tofu
- (PC) 100g lentils
- (V) 100g spinach

### MEAL 3

- (P) 4 oz Quorn meat substitute
- (½ SC) 2 oz purple potato
- (½ F) 5 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (½ SC) ½ serving Vegan Avocado Potato Salad (SEE RECIPE)
- (P) 3 oz tempeh
- (½ P) 8g nutritional yeast

### POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (FR) 1 oz box raisins

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

1228 calories,  
125g protein,  
110g carbs,  
32g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

188 calories, 25g protein, 22g carbs, 0g fat

#### All Other Meals

260 calories, 25g protein, 22g carbs, 8g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## WOMEN'S MEAL PLAN 1 HIGH DAY

Height: Under 5'4

Weight: Under 130 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (F, SC, P) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (½ P) ½ scoop plant-based protein powder
- (F) 16g peanut butter

### MEAL 2

- (P) 6 oz extra firm tofu
- (1½ PC) 150g lentils
- (V) 100g spinach
- (F) 10 ml coconut oil

### MEAL 3

- (1½ P) 6 oz Quorn meat substitute
- (¾ SC) 3 oz purple potato
- (1½ F) 15 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (½ P, ½ F, SC) 1 serving Baked Sweet and Sour Tofu and Cauliflower (SEE RECIPE)
- (F) 28g peanuts
- (P) 15g nutritional yeast
- (V) 100g broccoli

### POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (FR) 200g blueberries
- (½ FR) ½ banana

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

1848 calories,  
175g carbs,  
125g protein,  
72g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

240 calories, 25g protein, 35g carbs, 0g fat

#### All Other Meals

402 calories, 25g protein, 35g carbs, 18g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## WOMEN'S MEAL PLAN 2 LOW DAY

Height: 5'4 to 5'6      Weight: 130 to 150 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (¾ SC) 30g oat bran
- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (½ F) 8g almond butter

### MEAL 2

- (P) 6 oz extra firm tofu
- (1¼ PC) 125g lentils
- (V) 100g spinach

### MEAL 3

- (1½ P) 6 oz Quorn meat substitute
- (½ SC) 2 oz purple potato
- (½ F) 5 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (½ SC) ½ serving Vegan Avocado Potato Salad (SEE RECIPE)
- (P) 3 oz tempeh
- (P) 15g nutritional yeast

### POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 1 oz box raisins

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

1420 calories,  
145g protein,  
120g carbs,  
40g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

212 calories, 29g protein, 24g carbs, 0g fat

#### All Other Meals

302 calories, 29g protein, 24g carbs, 10g fat





# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## WOMEN'S MEAL PLAN 2 HIGH DAY

Height: 5'4 to 5'6      Weight: 130 to 150 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (F, SC, P) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (½ P) ½ scoop plant-based protein powder
- (1½ F) 24g peanut butter

### MEAL 2

- (P) 6 oz extra firm tofu
- (1¾ PC) 175g lentils
- (V) 100g spinach
- (F) 10 ml coconut oil

### MEAL 3

- (1½ P) 6 oz Quorn meat substitute
- (SC) 4 oz purple potato
- (1½ F) 15 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (½ P, ½ F, SC) 1 serving Baked Sweet and Sour Tofu and Cauliflower (SEE RECIPE)
- (F) 28g peanuts
- (P) 15g nutritional yeast
- (2 V) 200g broccoli

### POST WORKOUT

- (P) 1.5 scoops plant-based protein powder
- (FR) 200g blueberries
- (½ FR) ½ banana

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

2116 calories,  
145g protein,  
195g carbs,  
84g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

272 calories, 29g protein, 39g carbs, 0g fat

#### All Other Meals

461 calories, 29g protein, 39g carbs, 21g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## WOMEN'S MEAL PLAN 3 LOW DAY

Height: Over 5'6

Weight: Over 150 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (SC) 45g oat bran
- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (½ F) 8g almond butter

### MEAL 2

- (1½ P) 9 oz extra firm tofu
- (1¼ PC) 125g lentils
- (V) 100g spinach

### MEAL 3

- (2 P) 8 oz Quorn meat substitute
- (½ SC) 2 oz purple potato
- (½ F) 5 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (½ SC) ½ serving Vegan Avocado Potato Salad (SEE RECIPE)
- (1½ P) 4.5 oz tempeh
- (P) 15g nutritional yeast

### POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 1 oz box raisins

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

1648 calories,  
165g protein,  
130g carbs,  
52g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

236 calories, 33g protein, 26g carbs, 0g fat

#### All Other Meals

353 calories, 33g protein, 26g carbs, 13g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## WOMEN'S MEAL PLAN 3 HIGH DAY

Height: Over 5'6

Weight: Over 150 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (F, SC, P) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (½ P) ½ scoop plant-based protein powder
- (1½ F) 24g peanut butter
- (½ FR) 2 dates

### MEAL 2

- (P) 6 oz extra firm tofu
- (2 PC) 200g lentils
- (V) 100g spinach
- (1½ F) 15 ml coconut oil

### MEAL 3

- (1¾ P) 7 oz Quorn meat substitute
- (SC) 4 oz purple potato
- (2 F) 20 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (½ P, ½ F, SC) 1 serving Baked Sweet and Sour Tofu and Cauliflower (SEE RECIPE)
- (1¼ F) 35g peanuts
- (P) 15g nutritional yeast
- (2 V) 200g broccoli

### POST WORKOUT

- (P) 1.5 scoops plant-based protein powder
- (FR) 200g blueberries
- (½ FR) ½ banana

\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.

### DAILY TOTALS

2348 calories,  
165g protein,  
215g carbs,  
92g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

304 calories, 33g protein, 43g carbs, 0g fat

#### All Other Meals

511 calories, 33g protein, 43g carbs, 23g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## MEN'S MEAL PLAN 1 LOW DAY

**Height:** Under 5'10

**Weight:** Under 190 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (SC) 45g oat bran
- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (F) 16g almond butter

### MEAL 2

- (1½ P) 9 oz extra firm tofu
- (1½ PC) 150g lentils
- (V) 100g spinach

### MEAL 3

- (2 P) 8 oz Quorn meat substitute
- (½ SC) 2 oz purple potato
- (F) 10 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (SC) 1 serving Vegan Avocado Potato Salad (SEE RECIPE)
- (P) 3 oz tempeh
- (P) 15g nutritional yeast

### POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (1½ FR) 1.5 oz raisins

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

1880 calories,  
185g protein,  
150g carbs,  
60g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

268 calories, 37g protein, 30g carbs, 0g fat

#### All Other Meals

403 calories, 37g protein, 30g carbs, 15g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## MEN'S MEAL PLAN 1 HIGH DAY

**Height:** Under 5'10

**Weight:** Under 190 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (F, SC, P) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (P) 1 scoop plant-based protein powder
- (1½ F) 24g peanut butter
- (½ FR) 2 dates

### MEAL 2

- (1½ P) 9 oz extra firm tofu
- (2 PC) 200g lentils
- (V) 100g spinach
- (1½ F) 15 ml coconut oil

### MEAL 3

- (2 P) 8 oz Quorn meat substitute
- (1¼ SC) 5 oz purple potato
- (2 F) 20 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (P, F, 2 SC) 2 servings Baked Sweet and Sour Tofu and Cauliflower (SEE RECIPE)
- (F) 28g peanuts
- (P) 15g nutritional yeast

### POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 200g blueberries
- (FR) 1 banana

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

2616 calories,  
185g protein,  
235g carbs,  
104g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

336 calories, 37g protein, 47g carbs, 0g fat

#### All Other Meals

570 calories, 37g protein, 47g carbs, 26g fat





# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## MEN'S MEAL PLAN 2 LOW DAY

Height: Over 5'10

Weight: Over 190 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (SC) 45g oat bran
- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (1½ F) 24g almond butter

### MEAL 2

- (1½ P) 9 oz extra firm tofu
- (1½ PC) 150g lentils
- (V) 100g spinach
- (½ F) 5 ml coconut oil

### MEAL 3

- (2 P) 8 oz Quorn meat substitute
- (¾ SC) 3 oz purple potato
- (F) 10 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (SC) 1 serving Vegan Avocado Potato Salad (SEE RECIPE)
- (1½ P) 4.5 oz tempeh
- (P) 15g nutritional yeast

### POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (1½ FR) 1.5 oz raisins

\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.

### DAILY TOTALS

2108 calories,  
205g protein,  
160g carbs,  
72g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

292 calories, 41g protein, 32g carbs, 0g fat

#### All Other Meals

454 calories, 41g protein, 32g carbs, 18g fat



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## MEN'S MEAL PLAN 2 HIGH DAY

Height: Over 5'10

Weight: Over 190 lbs

### FOOD TYPE

(P) - Protein  
(PC) - Protein/Carbs  
(ND) - Non Dairy  
(SC) - Starchy Carbohydrate  
(FR) - Fruit  
(V) - Vegetable  
(F) - Fat

### MEAL 1

- (F, SC, P) 1 serving Peanut Butter and Jelly Overnight Oats (SEE RECIPE)
- (P) 1 scoop plant-based protein powder
- (2 F) 32g peanut butter
- (½ FR) 2 dates

### MEAL 2

- (1½ P) 9 oz extra firm tofu
- (2¼ PC) 225g lentils
- (V) 100g spinach
- (1½ F) 15 ml coconut oil

### MEAL 3

- (2 P) 8 oz Quorn meat substitute
- (1¼ SC) 5 oz purple potato
- (2½ F) 25 ml olive oil
- (V) 100g broccoli

### MEAL 4

- (P, F, 2 SC) 2 servings Baked Sweet and Sour Tofu and Cauliflower (SEE RECIPE)
- (F) 28g peanuts
- (P) 15g nutritional yeast

### POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (FR) 200g blueberries
- (FR) 1 banana

*\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly. On days you do not weight train eat this as Meal 5.*

### DAILY TOTALS

2848 calories,  
205g protein,  
255g carbs,  
112g fat

### MEAL TOTALS

#### Post Workout Meal/Meal 5

368 calories, 41g protein, 51g carbs, 0g fat

#### All Other Meals

620 calories, 41g protein, 51g carbs, 28g fat

**NUTRITION**  
**GROCERY LIST,**  
**FOOD EXCHANGE LISTS,**  
**RECIPES**



NICOLE WILKINS'  
40 DAY

# BUNS & GUNS

CHALLENGE

## GROCERY LIST

The list below should get you through 4 days of meals. Double the amounts below if you prepare your food for a week in advance. You do NOT need to buy everything on this list – make sure to look at your meal plan, map out your meals and shop accordingly!

### PROTEINS

- ☐ 2 dozen eggs
- ☐ 4 containers liquid egg whites
- ☐ 2 lbs salmon
- ☐ nPower Isolate
- ☐ 1 container nonfat plain Greek yogurt
- ☐ 2 lbs chicken breast
- ☐ 2 lbs halibut
- ☐ 2 lbs 93% lean ground turkey
- ☐ 2 lbs ground bison
- ☐ 4 cans white tuna in water
- ☐ 1 container nonfat cottage cheese

### VEGAN PROTEINS

- ☐ Tempeh
- ☐ Morning Star Original Sausage Patties (vegan grillers)
- ☐ Nutritional Yeast
- ☐ Plant-based protein powder
- ☐ 2 packages extra firm tofu
- ☐ 2 packages Quorn meat substitute
- ☐ 1 container nondairy plain yogurt (I used Silk brand)

### CARBOHYDRATES

- ☐ 5 medium sweet potatoes/yams
- ☐ 3 medium purple potatoes
- ☐ 2 lb Russet (white) potatoes
- ☐ 1 small bag red potatoes
- ☐ 1 bag English muffins
- ☐ 2 cans black beans
- ☐ 1 bag/box lentils
- ☐ 1 bag/box white rice
- ☐ 1 bag/box brown rice
- ☐ 1 bag/box quinoa
- ☐ 1 bag 6" corn tortillas
- ☐ 1 bag Lundberg rice cakes
- ☐ 1 container oatmeal
- ☐ 1 box oat bran
- ☐ 1 bag plain bagels
- ☐ 1 bag whole wheat pasta
- ☐ 1 jar maple syrup

### FRUITS

- ☐ 4 medium bananas (6")
- ☐ 2 containers blueberries
- ☐ 1 container dates
- ☐ 1 bag of small boxes of raisins
- ☐ 1 jar apple butter (no sugar added)
- ☐ 1 container strawberries
- ☐ 4 fuji or gala apples
- ☐ 1 container freshly squeezed orange juice
- ☐ 1 pineapple

### VEGETABLES

- ☐ 1 bunch green onions
- ☐ 1 bunch broccoli
- ☐ 1 bag celery stalks
- ☐ 1 bag spinach
- ☐ 3 white onions
- ☐ 1 red onion
- ☐ 1 bunch asparagus
- ☐ 2 heads cauliflower
- ☐ 1 bag romaine lettuce leaves/shredded lettuce/mixed greens
- ☐ 3 zucchini
- ☐ 1 bag corn
- ☐ 1 bag green peas
- ☐ 1 10.75 can tomato soup
- ☐ 1 28 oz can crushed tomatoes
- ☐ 1 head green cabbage
- ☐ 1 4 oz can green chilis
- ☐ 1 bunch cilantro
- ☐ 1 bag butter lettuce leaves

### FATS

- ☐ Coconut oil
- ☐ Olive oil
- ☐ Toasted sesame oil
- ☐ 1 container peanuts
- ☐ 1 container hummus
- ☐ 4 avocados
- ☐ 1 container almond/peanut butter
- ☐ 1 container ghee butter
- ☐ 1 container butter
- ☐ 1 package 2% cheddar (or sharp cheddar) cheese
- ☐ 1 package parmesan cheese

### BEVERAGES

- ☐ 1 container unsweetened original almond/cashew milk
- ☐ 1 jug unsweetened iced tea
- ☐ Diet soda
- ☐ Coffee
- ☐ Water

### CONDIMENTS (OPTIONAL)

- ☐ Stevia/Splenda
- ☐ Cinnamon
- ☐ Mustard
- ☐ Low-sugar ketchup
- ☐ Worcestershire sauce
- ☐ Salsa
- ☐ Light soy sauce
- ☐ Red pepper flakes
- ☐ Apple cider vinegar
- ☐ Balsamic vinegar
- ☐ Ginger
- ☐ Low-fat Italian dressing
- ☐ Italian seasoning
- ☐ Coconut aminos
- ☐ Low-sugar/low-fat marinara sauce (choose one 60-70 cal per serving)
- ☐ Pico de Gallo
- ☐ Balsamic vinegar
- ☐ Mrs. Dash
- ☐ Sea salt
- ☐ Pepper
- ☐ Garlic powder/minced garlic
- ☐ Unsweetened cocoa powder
- ☐ Garlic cloves
- ☐ Cayenne pepper
- ☐ Paprika
- ☐ Oregano
- ☐ Taco spice
- ☐ Cumin
- ☐ Turmeric
- ☐ Cilantro
- ☐ Ground red pepper
- ☐ Fat-free sour cream
- ☐ Lime juice
- ☐ Dried basil
- ☐ Vanilla extract



NICOLE WILKINS'  
40 DAY

# BUNS & GUNS

CHALLENGE

## FOOD EXCHANGE LIST

The amount for each item listed below is **ONE SERVING**.

Pay close attention to your meal plan requirements.

Some meal plans may have 1, 1 ½ or 2 servings per meal of each specific food type.

### LEAN PROTEIN (LP)

1 serving of each item is approximately 25g of protein. Prepare grilled, baked, steamed or broiled.

- ☐ 4 oz chicken breast
- ☐ 4 oz turkey breast
- ☐ 4 oz 99% extra lean ground turkey
- ☐ 4 oz 98% ground white chicken
- ☐ 1 can solid white tuna in water
- ☐ 4 oz pork tenderloin
- ☐ 4 oz venison steak
- ☐ 4 oz ahi tuna
- ☐ 4 oz mahi mahi
- ☐ 4 oz cod
- ☐ 4 oz orange roughy
- ☐ 4 oz barramundi
- ☐ 4 oz swai
- ☐ 4 oz tilapia
- ☐ 4 oz scallops
- ☐ 4 oz shrimp
- ☐ 4 oz lobster
- ☐ 4 oz perch
- ☐ 4 oz flounder
- ☐ 4 oz halibut
- ☐ 4 oz red snapper
- ☐ 4 oz sole
- ☐ 4 oz grouper
- ☐ 4 oz swordfish
- ☐ 4 oz catfish
- ☐ 4 oz bluefish
- ☐ 4 oz bass
- ☐ 4 oz pollock
- ☐ 4 oz rockfish (ocean perch)
- ☐ 4 oz snapper
- ☐ 4 slices turkey bacon
- ☐ 1 cup (245g) liquid egg whites
- ☐ 6 egg whites
- ☐ 12 oz nonfat plain Greek yogurt (no fruit flavors)
- ☐ 225g nonfat cottage cheese
- ☐ 1 scoop nPower Nutrition Isolate

### FATTY PROTEINS (FP)

1 serving of each item is approximately 25g of protein. Prepare grilled, baked, steamed or broiled.

- ☐ 4 oz ground buffalo/bison
- ☐ 4 oz steak (filet mignon, top sirloin, flank)
- ☐ 4 oz ground chicken
- ☐ 4 oz 93% lean ground turkey
- ☐ 4 oz 90% ground beef
- ☐ 2 slices bacon
- ☐ 4 oz salmon
- ☐ 4 oz mussels
- ☐ 4 oz Chilean sea bass
- ☐ 4 oz mackerel
- ☐ 4 oz herring
- ☐ 4 oz pompano
- ☐ 4 oz sablefish (black cod)
- ☐ 4 oz carp
- ☐ 4 oz butterfish
- ☐ 4 oz anchovies

### STARCHY CARBOHYDRATES (SC)

1 serving of each item is approximately 25g of carbs. Measure all carbs cooked EXCEPT hot cereal.

- ☐ ½ cup (40g) oatmeal
- ☐ ⅓ cup (40g) oat bran
- ☐ ¼ cup (45g) cream of rice
- ☐ 3 tbsp (33g) cream of wheat
- ☐ ¼ cup (37g) grits
- ☐ 4 oz sweet potato
- ☐ 4 oz yam
- ☐ 4 oz red potato
- ☐ 4 oz russet potato
- ☐ 4 oz purple potato
- ☐ 4 oz yellow potato
- ☐ ½ cup (100g) brown rice
- ☐ ½ cup (100g) white rice
- ☐ ½ cup (100g) wild rice
- ☐ ½ cup (100g) black rice
- ☐ ½ cup (100g) quinoa
- ☐ ½ cup (100g) cous cous
- ☐ 3 Quaker rice cakes (plain)
- ☐ 2 Quaker rice cakes (flavored)
- ☐ 2 Lundberg rice cakes
- ☐ 3 cups (40g) air popped popcorn (no oil)
- ☐ 1 cup (28g) Cheerios Original
- ☐ 1 cup (27g) Chex Rice Cereal
- ☐ 1 cup (31g) Chex Corn Cereal
- ☐ 2 corn tortillas, 6"
- ☐ 1 large whole wheat tortilla
- ☐ 2 slices Ezekiel Bread/sprouted grains bread/whole wheat bread
- ☐ 1 whole wheat dinner roll
- ☐ 1 plain English muffin
- ☐ ½ plain bagel
- ☐ ½ cup (130g) kidney beans
- ☐ ½ cup (130g) canned black beans
- ☐ ½ cup (130g) black eyed peas
- ☐ ½ cup (130g) garbanzo beans
- ☐ ½ cup (130g) refried beans
- ☐ 6 Triscuit Original crackers
- ☐ 100g whole wheat pasta
- ☐ 100g brown rice pasta
- ☐ 100g chickpea pasta
- ☐ 150g corn
- ☐ 150g green peas
- ☐ 250g baby carrots
- ☐ 215g butternut squash
- ☐ 200g acorn squash
- ☐ 150g edamame beans



## FRUIT (FR)

1 serving of each item is approximately 25g of carbs.

Limit to 2 per day on weight-training days, preferably at Meal 1 and your post-workout meal. Limit to 1 per day on days you do not weight train, preferably at Meal 1.

- ☐ 1 medium apple
- ☐ 1 cup (246g) unsweetened applesauce
- ☐ 2 tbsp (34g) apple butter (no sugar added)
- ☐ 1 medium banana, 6"
- ☐ 4 dates
- ☐ 200g blueberries
- ☐ 200g raspberries
- ☐ 250g strawberries
- ☐ 300g cantaloupe/melon
- ☐ 1 medium papaya
- ☐ 8 oz golden berries
- ☐ 1 medium orange
- ☐ 1 medium pear
- ☐ 200g guava
- ☐ 150g cherries
- ☐ 5 prunes
- ☐ 200g pineapple
- ☐ 140g mango
- ☐ 2 small peaches
- ☐ 350g watermelon
- ☐ 2 medium kiwis
- ☐ 1 oz box raisins
- ☐ 100g grapes
- ☐ Grapefruit (3-4in diameter)
- ☐ 40g dried fruit (no sugar added)
- ☐ 240g pure pumpkin

## BEVERAGES

- ☐ Water
- ☐ Iced or hot tea (unsweetened)
- ☐ Coffee
- ☐ Crystal light
- ☐ Mio
- ☐ Unsweetened original Almond milk/Cashew milk

## VEGETABLES (V)

1 serving of each item is approximately 10g of carbs or less (high fiber foods). Measure all vegetables cooked EXCEPT lettuce.

- ☐ 100g green beans
- ☐ 100g broccoli
- ☐ 100g spinach
- ☐ 100g asparagus
- ☐ 100g cabbage (red/green)
- ☐ 100g red pepper
- ☐ 100g green pepper
- ☐ 100g yellow pepper
- ☐ 100g orange pepper
- ☐ 100g bean sprouts
- ☐ 100g kohlrabi
- ☐ 100g water chestnuts
- ☐ 100g bamboo shoots
- ☐ 1 medium artichoke
- ☐ 100g chopped kale
- ☐ 100g chopped swiss chard
- ☐ 100g arugula
- ☐ 100g turnip greens
- ☐ 100g bok choy
- ☐ 100g endive
- ☐ 200g watercress
- ☐ 50g leeks
- ☐ 100g rhubarb
- ☐ 100g radishes
- ☐ 100g rutabagas
- ☐ 100g turnip
- ☐ 300g cucumber
- ☐ 100g eggplant
- ☐ 100g okra
- ☐ 100g brussel sprouts
- ☐ 100g tomatoes
- ☐ 10 cherry tomatoes
- ☐ 100g cauliflower
- ☐ 100g mushrooms
- ☐ 100g celery
- ☐ 50g onion
- ☐ 100g zucchini
- ☐ 100g romaine/mixed greens/Iceberg lettuce
- ☐ 100g yellow squash
- ☐ 100g spaghetti squash
- ☐ 100g beets

## FATS (F)

1 serving of each item is approximately 10g of fat.

- ☐ 10 ml olive oil
- ☐ 10 ml canola oil
- ☐ 10 ml coconut oil
- ☐ 10 ml avocado oil
- ☐ 15 ml macadamia oil
- ☐ 10 flaxseed oil
- ☐ 10 ml grapeseed oil
- ☐ 10 ml sesame oil
- ☐ 10 ml Udo's oil
- ☐ 28g feta cheese
- ☐ 28g blue cheese
- ☐ 28g mozzarella cheese
- ☐ 28g parmesan cheese
- ☐ 28g cheddar cheese
- ☐ 28g goat cheese
- ☐ 1 oz cream cheese
- ☐ 100g ricotta cheese
- ☐ 16g cashew butter
- ☐ 16g peanut butter
- ☐ 16g almond butter
- ☐ 16g macadamia nut butter
- ☐ 14g butter
- ☐ 14g ghee
- ☐ 15g mayonnaise
- ☐ 15g avocado mayo
- ☐ 10 olives
- ☐ 8 walnut halves
- ☐ 15 whole cashews
- ☐ 15 almonds
- ☐ 1 oz macadamia nuts
- ☐ 10 pecan halves
- ☐ 2 oz avocado
- ☐ 2 oz guacamole
- ☐ 2 egg yolks
- ☐ 28g sunflower seeds
- ☐ 25g shelled pumpkin seeds
- ☐ 25g ground flaxseeds
- ☐ 28g peanuts
- ☐ 30g chia seeds
- ☐ 30g hemp seeds
- ☐ 15g pine nuts
- ☐ 56g classic hummus
- ☐ 15ml whipping cream

## OPTIONAL CONDIMENTS (OC)

- ☐ 100g green beans
- ☐ 100g broccoli
- ☐ 100g spinach
- ☐ 100g asparagus

- ☐ 100g cabbage (red/green)
- ☐ 100g red pepper
- ☐ 100g green pepper
- ☐ 100g yellow pepper
- ☐ 100g orange pepper
- ☐ 100g bean sprouts

- ☐ 100g kohlrabi
- ☐ 100g water chestnuts
- ☐ 100g bamboo shoots
- ☐ 1 medium artichoke
- ☐ 100g chopped kale
- ☐ 100g chopped swiss chard

- ☐ 100g arugula
- ☐ 100g turnip greens
- ☐ 100g bok choy
- ☐ 100g endive
- ☐ 200g watercress



# NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE



## VEGAN FOOD EXCHANGE LIST

The amount for each item listed below is **ONE SERVING**.

Pay close attention to your meal plan requirements.

Some meal plans may have 1, 1 ½ or 2 servings per meal of each food type.

### PROTEIN (P)

1 serving of each item is approximately 15g of protein.

- ☐ 6 oz extra firm tofu
- ☐ 3 oz tempeh
- ☐ 3 oz seitan
- ☐ 15g nutritional yeast
- ☐ 1 (71g) Boca veggie burger
- ☐ 2 Morning Star Original sausage patties (vegan grillers)
- ☐ 48g textured vegetable meat protein (TVP)
- ☐ 4 oz Beyond Meat substitute
- ☐ 4 oz Quorn Meat Substitute
- ☐ 5 slices tofurky deli meat substitute
- ☐ 1 scoop plant based protein powder

### PROTEIN/CARBS (PC)

1 serving of each item is more than 15g of protein and carbs. Count these items toward both macros. Measure all items COOKED.

- ☐ 3 oz chickpea pasta (I used Banza brand)
- ☐ 150g edamame beans (soybeans)
- ☐ 100g lentils
- ☐ 150g fava beans

### NON-DAIRY (ND)

- ☐ 28g almond cheese
- ☐ 30g non dairy sour cream
- ☐ 225g plain soymilk yogurt alternative (I used the Silk brand)

### STARCHY CARBOHYDRATES (SC)

1 serving of each item is approximately 25g of carbs. Measure all items COOKED except hot cereal.

- ☐ ½ cup (40g) oatmeal
- ☐ ½ cup (40g) oat bran
- ☐ ¼ cup (45g) cream of rice
- ☐ 3 tbsp (33g) cream of wheat
- ☐ ¼ cup (37g) grits
- ☐ 4 oz sweet potato
- ☐ 4 oz yam
- ☐ 4 oz red potato
- ☐ 4 oz russet potato
- ☐ 4 oz purple potato
- ☐ 4 oz yellow potato
- ☐ ½ cup (100g) brown rice
- ☐ ½ cup (100g) white rice
- ☐ ½ cup (100g) wild rice
- ☐ ½ cup (100g) black rice
- ☐ ½ cup (100g) quinoa
- ☐ ½ cup (100g) couscous
- ☐ 3 Quaker rice cakes (plain)
- ☐ 2 Quaker rice cakes (flavored)
- ☐ 2 Lindburg rice cakes
- ☐ 3 cups (40g) air popped popcorn (no oil)
- ☐ 1 cup (28g) Cheerios Original
- ☐ 1 cup (27g) Chex Rice Cereal
- ☐ 1 cup (31g) Chex Corn Cereal
- ☐ 1 plain English muffin
- ☐ 2 corn tortillas, 6"
- ☐ 1 large whole wheat tortilla
- ☐ 2 slices Ezekiel Bread/sprouted grains bread
- ☐ ½ cup (130g) kidney beans
- ☐ ½ cup (130g) canned black beans
- ☐ ½ cup (130g) black eyed peas
- ☐ ½ cup (130g) garbanzo beans
- ☐ ½ cup (130g) refried beans
- ☐ 6 Triscuit Original crackers
- ☐ 100g whole wheat pasta
- ☐ 100g brown rice pasta
- ☐ 150g corn
- ☐ 150g green peas
- ☐ 250g baby carrots
- ☐ 215g butternut squash
- ☐ 200g acorn squash

### FRUIT (FR)

1 serving of each item is approximately 25g of carbs. Limit to 2 per day on weight-training days, preferably at Meal 1 and your post-workout meal. Limit to 1 per day on non weight-training days, preferably at Meal 1.

- ☐ 1 medium apple
- ☐ 1 cup (246g) unsweetened applesauce
- ☐ 2 tbsp (34g) apple butter (no sugar added)
- ☐ 1 medium banana, 6"4 dates
- ☐ 200g blueberries
- ☐ 200g raspberries
- ☐ 350g strawberries
- ☐ 300g cantaloupe/melon
- ☐ 1 medium papaya
- ☐ 8 oz golden berries
- ☐ 1 medium orange
- ☐ 1 medium pear
- ☐ 200g guava
- ☐ 150g cherries
- ☐ 5 prunes
- ☐ 200g pineapple
- ☐ 140g mango
- ☐ 2 small peaches
- ☐ 350g watermelon
- ☐ 2 medium kiwis
- ☐ 1 oz box raisins
- ☐ Grapefruit (3-4in diameter)
- ☐ 40g dried fruit (no sugar added)
- ☐ 240g pure pumpkin



## VEGETABLES (V)

1 serving of each item is approximately 10g of carbs or less (high fiber foods).  
Measure all items COOKED except lettuce.

- ☐ 100g green beans
- ☐ 100g broccoli
- ☐ 100g spinach
- ☐ 100g asparagus
- ☐ 100g cabbage (purple/green)
- ☐ 100g red pepper
- ☐ 100g green pepper
- ☐ 100g yellow pepper
- ☐ 100g orange pepper
- ☐ 100g bean sprouts
- ☐ 100g kohlrabi
- ☐ 100g water chestnuts
- ☐ 100g bamboo shoots
- ☐ 1 medium artichoke
- ☐ 100g chopped kale
- ☐ 100g chopped swiss chard
- ☐ 100g arugula
- ☐ 100g turnip greens
- ☐ 100g bok choy
- ☐ 100g endive
- ☐ 200g watercress
- ☐ 50g leeks
- ☐ 100g rhubarb
- ☐ 100g radishes
- ☐ 100g rutabagas
- ☐ 100g turnip
- ☐ 300g cucumber
- ☐ 100g eggplant
- ☐ 100g okra
- ☐ 100g brussel sprouts
- ☐ 100g tomatoes
- ☐ 100g cauliflower
- ☐ 100g mushrooms
- ☐ 100g celery
- ☐ 50g onion
- ☐ 100g zucchini
- ☐ 100g romaine/mixed greens/  
Iceberg lettuce
- ☐ 100g yellow squash
- ☐ 100g spaghetti squash
- ☐ 100g beets

## FATS (F)

1 serving of each item is approximately 10g of fat.

- ☐ 10 ml olive oil
- ☐ 10 ml canola oil
- ☐ 10 ml coconut oil
- ☐ 10 ml avocado oil
- ☐ 10 flaxseed oil
- ☐ 10 ml grapeseed oil
- ☐ 10 ml sesame oil
- ☐ 10 ml Udo's oil
- ☐ 14g vegan butter
- ☐ 14g vegan mayo
- ☐ 16g cashew butter
- ☐ 16g peanut butter
- ☐ 16g almond butter
- ☐ 16g macadamia nut butter
- ☐ 8 walnut halves
- ☐ 28g peanuts
- ☐ 15 whole cashews
- ☐ 15 almonds
- ☐ 10 pecan halves
- ☐ 10 olives
- ☐ 2 oz avocado
- ☐ 50g guacamole
- ☐ 15g sunflower seeds
- ☐ 25g shelled pumpkin seeds
- ☐ 25g ground flaxseeds
- ☐ 30g chia seeds
- ☐ 30g hemp seeds
- ☐ 15g pine nuts
- ☐ 56g classic hummus

## OPTIONAL CONDIMENTS (OC)

- ☐ 5g yellow mustard
- ☐ 30g Salsa
- ☐ 16g low-sugar ketchup
- ☐ 30g Walden Farms sugar-free  
syrops/dressings
- ☐ 17g sugar-free jelly
- ☐ 30g low fat Italian dressing
- ☐ 5 ml coconut aminos
- ☐ 15 ml tamari
- ☐ 4g hot sauce
- ☐ Sea salt
- ☐ Mrs. Dash
- ☐ Lemon
- ☐ Balsamic vinegar
- ☐ White vinegar
- ☐ Rice vinegar
- ☐ Stevia/Splenda
- ☐ Any calorie free spices i.e. cinnamon,  
nutmeg, curry, pepper, paprika, basil,  
garlic powder
- ☐ Cooking spray

## BEVERAGES

- ☐ Water
- ☐ Iced or hot tea (unsweetened)
- ☐ Coffee
- ☐ Crystal light
- ☐ Mio
- ☐ Unsweetened original Almond  
milk/cashew milk



NICOLE WILKINS'  
**40 DAY**  
**BUNS & GUNS**  
**CHALLENGE**

## RECIPES

### CABBAGE ROLLS

SERVINGS: 10

#### INGREDIENTS

- 1 sweet white onion, chopped
- ½ tbsp olive oil
- 1 lb 93% lean ground turkey
- 1 tsp garlic salt
- 1 tsp black pepper
- 10.75 oz can tomato soup
- 28 oz canned crushed tomatoes
- 1 head of green cabbage (take out the core)
- ¼ cup white rice, uncooked

#### DIRECTIONS

- Preheat oven 350 degrees
- Add olive oil and chopped onions to skillet and cook until soft
- In a large pot, add tomato soup and tomato and let simmer.
- Add onion.
- In another large pot, boil 5-6 cups water. Add cabbage and let steam for 1-2 minutes.
- Use tongs to pull 10 cabbage leaves off of the head and set them aside on a paper towel.
- In large mixing bowl, mash together ground turkey, garlic salt, 1 cup of the tomato mixture and the uncooked rice.
- Add ½ of the remaining sauce in the pot to the bottom of a 9x13 inch baking pan.
- Take equal parts of the meat mixture and fill each cabbage leaf. Roll them up and place in pan.
- Add the other half of the remaining tomato sauce over top.
- Cover entire dish with tin foil and cook for 1 hour 15 min.
- Enjoy!

#### TOTALS

PER ROLL WITH EVENLY DISTRIBUTED SAUCE

**160 calories, 11g protein, 17g carbs, 5g fat**



VEGAN  
FRIENDLY  
OPTION

## GREEN CHILI TURKEY BURGERS

SERVINGS: 4

### INGREDIENTS

- 1 lb 93% lean ground turkey
- 1 (4oz) can green chilis
- 1 cup cilantro, chopped
- ½ cup onion, diced
- 2 tsp cumin
- 1 tsp chili powder
- 1 tsp sea salt
- 10 butter lettuce leaves

### DIRECTIONS

- Heat BBQ or grill pan on medium-high heat.
- In a large bowl, add turkey and all other ingredients (except butter lettuce leaves). Knead together with hands and form 4 patties.
- Coat both sides with cooking oil spray and lay on the grill.
- Cook about 4-5 minutes per side.
- Use lettuce leaves as bun replacement.

*\*optional add low sugar ketchup, mustard, hot sauce and pickles*

### TOTALS

PER BURGER

**202 calories, 22g protein, 5g carbs, 10g fat**

## PEANUT BUTTER AND JELLY OVERNIGHT OATS

SERVINGS: 1

### INGREDIENTS

- 30g old fashioned oats
- ½ cup unsweetened vanilla almond milk
- 1½ tbsp pb2 (powdered peanut butter)
- 3 packets no calorie sweetener of your choice
- ½ cup nonfat plain Greek yogurt\*
- \*For vegan-friendly option, use nondairy yogurt*
- ½ cup sliced strawberries
- ½ tsp cinnamon

### DIRECTIONS

- In medium bowl, combine oats, almond milk, Pb2, 1½ sweetener packets and cinnamon.
- Add 2 tbsp water and mix well.
- Cover and refrigerate overnight (or at least 6hrs) until oats are soft and have absorbed the liquid.
- In a small bowl, mix Greek yogurt with the remaining sweetener and additional cinnamon (optional).
- Stir in the oatmeal.
- In a tall glass, layer half of each ingredient. Oatmeal, strawberries and yogurt.
- Repeat layering and enjoy!

### TOTALS

PER SERVING

**243 calories, 20g protein, 30g carbs, 5g fat**

### VEGAN FRIENDLY OPTION

PER SERVING

**290 calories, 15g protein, 31g carbs, 9g fat**



NICOLE WILKINS'  
40 DAY

BUNS & GUNS

CHALLENGE

NICOLEWILKINS.COM





VEGAN  
FRIENDLY

## APPLE SPICE MUFFINS

SERVINGS: 12

### INGREDIENTS

- 240g old fashioned oats
- 1½ cups unsweetened vanilla almond milk
- 4 large egg whites
- 5 packets no calorie sweetener of choice
- 2 tsp baking powder
- 1 medium finely chopped Fuji or Gala apple
- 1 tbsp pumpkin pie spice
- ¼ tsp salt

### DIRECTIONS

- Preheat oven to 400 degrees.
- Line muffin pan with foil baking cups or spray with nonstick spray.
- Place oats in blender and pulse until the consistency is similar to course flour.
- Add almond milk, egg whites, sweetener, baking powder, pumpkin pie spice and salt. Blend until smooth.
- Stir in apple and then evenly fill muffin pan.
- Bake 16-18 minutes (until a knife inserted into the center of a muffin comes out clean)

### TOTALS

PER MUFFIN

**92 calories, 5g protein, 16g carbs, 2g fat**

## VEGAN AVOCADO POTATO SALAD

SERVINGS: 10

### INGREDIENTS

- 2 lbs russet potatoes
- 3 celery stalks, sliced
- ½ onion chopped
- 4 oz avocado
- 2 tsp lemon juice
- 1 ½ tsp maple syrup
- ½ tsp salt
- 1 tbsp mustard
- ¼ tsp paprika
- ¼ tsp black pepper
- 1/3 cup dill, finely chopped
- ¼ cup green onions, sliced

### DIRECTIONS

- Wash and then steam potatoes until tender. Allow to cool.
- Cut potatoes into 1" cubes.
- Peel and puree avocado until it has a creamy texture.
- In a large bowl combine avocado with all remaining ingredients and mix to create a dressing.
- Add potatoes and toss with tongs until potatoes are covered
- Enjoy!

### TOTALS

PER SERVING

**154 calories, 4g protein, 31g carbs, 2g fat**



NICOLE WILKINS'  
**40 DAY**

**BUNS & GUNS**

**CHALLENGE**

**NICOLEWILKINS.COM**



## BAKED SWEET AND SOUR TOFU AND CAULIFLOWER

SERVINGS: 3

### INGREDIENTS

- 6 oz extra-firm tofu
- ¼ cup low sodium soy sauce
- ¼ cup freshly squeezed orange juice
- 3 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 2 tbsp ketchup
- 2 tsp toasted sesame oil
- 1 tsp ground ginger
- ¼ tsp salt
- Pinch red pepper flakes (optional)
- 1 medium red onion cut into chunks
- ½ head of cauliflower, cut into florets
- 1 cup fresh or frozen pineapple chunks

### DIRECTIONS

- Preheat oven to 400 F
- Press tofu: Put the tofu between several layers of paper towels and place a heavy pan on top. Let stand for 10 minutes. Discard the paper towels and cut the tofu into cubes.
- In a large bowl, stir together the soy sauce, pineapple juice, vinegar, maple syrup, ketchup, sesame oil, ginger, salt and red pepper flakes (if using).
- Add the tofu, red onion, cauliflower and pineapple to the mixture and toss to coat.  
*\*The tofu will taste even better if you have time to marinate for 30min in the sauce.*
- Transfer the mixture to a rimmed baking sheet and spread it out in a single layer. Bake for 30 minutes, tossing halfway through the baking time until cauliflower and onion are softened.
- Enjoy!
- Store in an airtight container in the fridge for 3-4 days.

### TOTALS

PER SERVING

**213 calories, 10g protein, 29g carbs, 6g fat**



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