



NICOLE WILKINS'

# 45 DAY BUILD CHALLENGE

2021

# 45 DAY BUILD CHALLENGE

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# **PROGRAM OVERVIEW**

## Welcome to the 45 Day Build Challenge – it's time to focus on gaining muscle, getting stronger and reaching YOUR goals!

Thank you for putting your trust in me and joining this Challenge. If you fully dedicate yourself to following this program, I know you will see the results you are hoping for.

And I am so EXCITED for that to happen for you!

These Challenges are about so much more than changing your physical appearance.

They are about setting your mind on a goal, then having the dedication, discipline and drive to reach it. It's my sincere hope that the habits you form over the next 45 days stick with you long after this Challenge is over, and they become a part of your routine as you continue to strive to be the best possible version of *you*.

Now, on to the program!

Before you start, make sure to check out this video from me for an overview of the program and my tips on how to get the most out of this Challenge.

***WATCH THE VIDEO!***



## UPLOADING YOUR PHOTOS & MEASUREMENTS



You have until Wednesday, October 13 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 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 ways 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**



## 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 please take advantage of it.



**CLICK HERE TO 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***  
***#nwbuildchallenge***

**Let's get after it and make the most out of these 45 days!**



# **WEEKLY CHALLENGE CALENDAR**



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WEEKLY BREAKDOWN

MONDAY, OCT 4	TUESDAY, OCT 5	WEDNESDAY, OCT 6	THURSDAY, OCT 7	FRIDAY, OCT 8	SATURDAY, OCT 9	SUNDAY, OCT 10
				📷 <b>UPLOAD YOUR PHOTOS!</b>		

### WEEK 1

MONDAY, OCT 11	TUESDAY, OCT 12	WEDNESDAY, OCT 13	THURSDAY, OCT 14	FRIDAY, OCT 15	SATURDAY, OCT 16	SUNDAY, OCT 17
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<input type="checkbox"/> CHEST/ BICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> SHOULDERS/ ABS <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> LEGS/ CALVES <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> BACK/ TRICEPS/ ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B
📷	📷	📷				

### WEEK 2

MONDAY, OCT 18	TUESDAY, OCT 19	WEDNESDAY, OCT 20	THURSDAY, OCT 21	FRIDAY, OCT 22	SATURDAY, OCT 23	SUNDAY, OCT 24
<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>
<input type="checkbox"/> CHEST/ BICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> SHOULDERS/ ABS <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> LEGS/ CALVES <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> BACK/ TRICEPS/ ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

### WEEK 3

MONDAY, OCT 25	TUESDAY, OCT 26	WEDNESDAY, OCT 27	THURSDAY, OCT 28	FRIDAY, OCT 29	SATURDAY, OCT 30	SUNDAY, OCT 31
<b>DAY 15</b>	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
<input type="checkbox"/> UPPER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> UPPER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

KEEP GOING TO **WEEK 4**



## WEEK 4

MONDAY, NOV 1	TUESDAY, NOV 2	WEDNESDAY, NOV 3	THURSDAY, NOV 4	FRIDAY, NOV 5	SATURDAY, NOV 6	SUNDAY, NOV 7
<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"/> CHEST/ BICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> SHOULDERS/ ABS <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> LEGS/ CALVES <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> BACK/ TRICEPS/ ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B


## WEEK 5

MONDAY, NOV 8	TUESDAY, NOV 9	WEDNESDAY, NOV 10	THURSDAY, NOV 11	FRIDAY, NOV 12	SATURDAY, NOV 13	SUNDAY, NOV 14
<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"/> CHEST/ BICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> SHOULDERS/ ABS <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> LEGS/ CALVES <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> BACK/ TRICEPS/ ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

## WEEK 6

MONDAY, NOV 15	TUESDAY, NOV 16	WEDNESDAY, NOV 17	THURSDAY, NOV 18	FRIDAY, NOV 19	SATURDAY, NOV 20	SUNDAY, NOV 21
<b>DAY 36</b>	<b>DAY 37</b>	<b>DAY 38</b>	<b>DAY 39</b>	<b>DAY 40</b>	<b>DAY 41</b>	<b>DAY 42</b>
<input type="checkbox"/> UPPER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> UPPER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> MEAL PLAN B	<input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

## WEEK 7

MONDAY, NOV 22	TUESDAY, NOV 23	WEDNESDAY, NOV 24	THURSDAY, NOV 25	FRIDAY, NOV 26	SATURDAY, NOV 27	SATURDAY, NOV 28
<b>DAY 43</b>	<b>DAY 44</b>	<b>DAY 45</b>	<b>HAPPY THANKS- GIVING!</b>			
<input type="checkbox"/> UPPER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> MEAL PLAN A	<input type="checkbox"/> UPPER BODY <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN B	 <b>UPLOAD YOUR AFTER PHOTOS</b>			

**CONGRATULATIONS  
YOU DID IT!** 🙌🙌

**45 DAY BUILD CHALLENGE**

# TRAINING

## Are you ready to have some fun and get after these workouts?

Because if you enjoy challenging yourself, breaking through plateaus and hitting some PRs (personal records) in the gym, you are in for a good time over these next 45 days!

More on that below, but first, let's talk workout plans. There are three plans in this program to help you follow along from anywhere, regardless of where you train or how much equipment you have at home.

The exercises differ slightly from plan to plan, but the muscle groups you are training, intensity techniques and the volume (number of sets and reps per workout) is basically the same for each workout plan.

Which means you can split your time between training at home or at the gym – whatever you need to do in order to stay on track!

### **GYM WORKOUTS**

For those who have access to a gym.

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

For those who have a pretty robust home gym setup.

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

For those with limited equipment.

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## ABOUT THE PROGRAM

The training portion of the Challenge is split up into two sections.

Section 1 workouts will be performed during Weeks 1, 2, 4 and 5, while Section 2 workouts will be performed for Weeks 3 and 6.



## » WEEKS 1, 2, 4, 5

During these weeks you will be focusing on lifting as heavy as possible on all compound movements.

Rep ranges are lower for these exercises, typically ranging from 6-10, which means you should *really* be challenging yourself with the amount of weight you're using. Rest periods are longer between these compound movements to allow enough recovery time so you can lift heavy for all of your sets.

These rep ranges are likely lower than what you normally do, and that's a great thing! Stepping out of your comfort zone will be something different both mentally and physically, meaning your body should respond to the new stimulus.

Ten is the high end as far the number of reps you'll be performing on these exercises, but I would prefer you are using a weight where it's really challenging for you to reach 6. Even if you fall a rep short of 6, it's a sign you are pushing yourself. On the other hand, if you feel like you can complete 11 or even 12 reps with the weight you're using, *you're not lifting heavy enough*.

Training this way will really stress your system, which is why we are only lifting four times every seven days these weeks. Trust me – there is more than enough volume for you to build muscle and get stronger if you are challenging yourself each and every workout!

### TRAINING SPLIT

DAY 1: MONDAY CHEST/BICEPS

DAY 2: TUESDAY SHOULDERS/ABS

DAY 3: WEDNESDAY OFF

DAY 4: THURSDAY LEGS/CALVES

DAY 5: FRIDAY BACK/TRICEPS/ABS

DAY 6: SATURDAY OFF

DAY 7: SUNDAY OFF

Feel free to change up your rest days to fit your schedule, but make sure you are performing the workouts in the order I have them listed.

### COMPOUND MOVEMENTS

Compound movements are multi-joint exercises like squats, bench presses, deadlifts and shoulder presses.

### AMRAP

As Many Reps As Possible. You will be shooting for AMRAPs on most bodyweight exercises.

## » WEEKS 3, 6

Rep ranges increase during these weeks, which means you will be lifting a little lighter on most exercises, while rest periods decrease and we incorporate more Supersets to help you ramp up your metabolism. The exercise selection also changes to include more isolation-type movements.

Think of these weeks almost as “Deloading” weeks, so to speak – designed to give you a mental and physical reprieve from the heavier training weeks. This will allow your body time to recover without resting completely, and will help decrease your risk of injury.

But that’s not an invitation to take it easy in the gym! I still want you pushing yourself and coming close to failure on most exercises.

Overall volume increases slightly since we are adding a fifth day of workouts during these weeks.

### TRAINING SPLIT

DAY 1: MONDAY UPPER BODY/ABS

DAY 2: TUESDAY LOWER BODY

DAY 3: WEDNESDAY OFF

DAY 4: THURSDAY UPPER BODY/ABS

DAY 5: FRIDAY LOWER BODY

DAY 6: SATURDAY TOTAL BODY

DAY 7: SUNDAY OFF

### ISOLATION MOVEMENTS

Isolation movements are single joint exercises like leg extensions, hip thrusts, cable flyes and lateral raises.

### SUPERSETS

are two exercises performed back-to-back with no rest between the individual exercises. You will only rest once both exercises are completed.

## PUSH YOUR LIMITS AND CHALLENGE YOURSELF!

These Challenges are all about stepping out of your comfort zone and, well, **challenging** yourself! You can't expect to make significant changes if you are just going through the motions.

I can't tell you how much weight you should be using for each exercise, but I can tell you that of the most common things I see (yes, even during these challenges) is that people are not lifting heavy enough. Training heavy should feel hard and even uncomfortable! Not uncomfortable in any way where you could be risking injury, of course. But uncomfortable in a way where the muscles you are targeting are screaming by the time you reach that 5th and 6th rep (or 10th or 12th, depending on the exercise).

## BOOST THE INTENSITY

**Here are a few other ways to increase the intensity of your workouts:**

- » Adjust the amount of weight you are using. Heavier weight = more intensity
- » Adjust the time you rest between sets. Shorter rest = more intensity
- » Slow down your repetitions and focus on stretching and squeezing the muscle
- » When you feel like you can't do any more, dig deep and do 1 or 2 more!
- » Drink more water! Water helps circulation, which will get more blood to the muscle you are working and help you get a better "pump"

***As a general rule, you should be struggling on the last 1-2 repetitions of each set for your lower rep sets, and the last 2-3 of the higher rep sets.***

Remember – I would rather have you fall short of the required number of reps than be able to do too many without really struggling.

By the end of these 45 days, your goal is to be stronger on every exercise in this program. That is how you are going to build muscle and achieve the transformation you're hoping for!





## TRAINING TIPS

» Warm up properly! Each workout calls for a warmup triset (or giant set on your total body workout day) to help you loosen up and get your muscles primed for the heavier sets to come. You should not be struggling at all on these warmup sets.

» 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 Thrusters).

» Pay attention to your rest periods at the top of each workout chart. You are allotted longer rest periods for some low-rep compound exercises like squats so you can really challenge yourself. You won't fully recover between sets, but you will be able to lift heavier with the extra rest on those exercises.

» There are video demonstrations for every exercise in this program. Just click the name of the exercise or the "PLAY" button next to the exercise name to view the demonstration.



## WATCH THE VIDEOS

Head to the Workouts section of the 45 Day Build Challenge homepage for the bonus content below:



**HOW TO SET UP FOR LIFTING HEAVIER WEIGHTS**



**HOW TO INCREASE THE INTENSITY OF YOUR WORKOUTS WHEN TRAINING FROM HOME**



**3 WAYS TO ADD EXERCISE BANDS TO YOUR WORKOUTS**

# **GYM WORKOUTS**

NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGEGYM WORKOUTS  
WEEKS 1/2/4/5

## DAY 1: MONDAY - CHEST/BICEPS

\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Arm Circles *10 forward and backward, each arm	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup *Rest 30 seconds between trisets	2	5
▶ Bench Press	5	2x12-15 (warmup), 3x6-10
▶ Incline Dumbbell Press	4	6-10
▶ Barbell Curl 21s *7 bottom half reps, 7 top half reps, 7 full reps	3	7/7/7
<b>SUPERSET</b>		
▶ Low Cable Flye	3	10-12
▶ Hero Curl	3	10-12
<b>SUPERSET</b>		
▶ Dip	3	AMRAP
▶ Two Angle Dumbbell Curl	3	8-10 (each direction)



# GYM WORKOUTS

## WEEKS 1/2/4/5

### DAY 2: TUESDAY - SHOULDERS/ABS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Seated Dumbbell Shoulder Press	5	2x10-12 (warmup), 3x6-10
▶ Standing Dumbbell Lateral Raise	3	8-12
<b>SUPERSET</b>		
▶ Multi-Directional Dumbbell Raise	3	8-10
▶ Dumbbell Upright Row	3	10-12
▶ Single Arm Reverse Cable Flye	3	10-12 (each arm)
▶ Face Pull (straight bar)	3	10-12
<b>SUPERSET</b>		
▶ Lying Leg Raise	3	10-12
▶ Double Crunch	3	10-12

# GYM WORKOUTS

## WEEKS 1/2/4/5

### DAY 4: THURSDAY - LEGS/CALVES

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
<div>▶</div> High Knees	2	30 seconds
<div>▶</div> Lateral Lunge <i>*Rest 30 seconds between trisets</i>	2	10 (each leg)
<div>▶</div> Hip Circle Squat	6	2x10-12 (warmup), 4x6-10
<div>▶</div> Barbell Lunge	3	8-10 (each leg)
<div>▶</div> Dumbbell Goblet Squat To A Bench	3	8-10
<div>▶</div> Sumo Deadlift	3	6-8
<b>SUPERSET</b>		
<div>▶</div> Hip Circle Good Morning	3	10-12
<div>▶</div> Lying Hamstring Curl	3	10-12
<b>SUPERSET</b>		
<div>▶</div> Single Leg Hyperextension	3	10-12
<div>▶</div> Single Leg Calf Raise (bodyweight)	3	10 (each leg)

# GYM WORKOUTS

## WEEKS 1/2/4/5

### DAY 5: FRIDAY - BACK/TRICEPS/ABS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Pullup Negatives With Static Hold	3	5
▶ Landmine Row	3	8-12
▶ Reverse Grip Barbell Row	3	6-10
<b>SUPERSET</b>		
▶ Dumbbell Pullover	3	8-12
▶ Barbell Lying Triceps Extension	3	10-12
<b>SUPERSET</b>		
▶ Weighted Bench Dip	3	8-12
▶ Dumbbell Kickback	3	10-12
<b>SUPERSET</b>		
▶ Cable Crunch	3	15-20
▶ Crab Reach	3	10-12 (each side)



NICOLE  
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45 DAY

BUILD  
CHALLENGEGYM WORKOUTS  
WEEKS 3/6

## DAY 1: MONDAY - UPPER BODY

\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Arm Circles *10 forward and backward, each arm	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup *Rest 30 seconds between trisets	2	5
<b>SUPERSET</b>		
▶ Incline Reverse Grip Dumbbell Row	5	2x15-20 (warmup) 3x12-15
▶ Seated Wide Grip Cable Row	5	2x15-20 (warmup) 3x12-15
<b>SUPERSET</b>		
▶ Incline Pushup	3	AMRAP
▶ Cable Flye	3	12-15
▶ Standing Up And Over Barbell Press	3	10 (each way)
<b>SUPERSET</b>		
▶ Lying Cable Curl	3	12-15
▶ Plank	3	30-45 seconds
<b>SUPERSET</b>		
▶ Triceps Pushdown (rope)	3	20
▶ Leg Lifts Over Medicine Ball	3	12 (each side)

# GYM WORKOUTS

## WEEKS 3/6

### DAY 2: TUESDAY - LOWER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
<div>▶</div> High Knees	2	30 seconds
<div>▶</div> Lateral Lunge <i>*Rest 30 seconds between trisets</i>	2	10 (each leg)
▶ Hip Circle Lateral Side Step	3	15 (each leg)
<b>SUPERSET</b>		
▶ One Leg Hip Thrust	3	15 (each leg)
▶ Bodyweight Bench Step Up	3	15 (each leg)
<b>SUPERSET</b>		
▶ Plate Overhead Walking Lunge	3	10 (each leg)
▶ Dumbbell Sumo Squat	3	20
▶ Glute Cable Kickback <i>*Rest 30 seconds between sets</i>	3	20 (each leg)
▶ Karate Kicks <i>*Rest 30 seconds between sets</i>	3	30 seconds (each leg)

# GYM WORKOUTS

## WEEKS 3/6

### DAY 4: THURSDAY - UPPER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Seated Close Grip Cable Pulldown (floor)	5	2x12-15 (warmup) 3x10-12
▶ Dumbbell Pendlay Row	3	12-15
▶ Hyperextension	3	10-12
<b>SUPERSET</b>		
▶ Exercise Ball Dumbbell Flye	3	12-15
▶ Standing Dumbbell Hammer Curl	3	12-15
▶ Dumbbell Bench Press	3	12-15
<b>SUPERSET</b>		
▶ Standing Landmine Press	3	12-15
▶ Criss Cross Kicks	3	30 (total)
<b>SUPERSET</b>		
▶ Side Plank	3	30 seconds (each side)
▶ Barbell Upright Row/Front Raise Combo	3	10-12

# GYM WORKOUTS

## WEEKS 3/6

### DAY 5: FRIDAY - LOWER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
▶ High Knees	2	30 seconds
▶ Lateral Lunge <i>*Rest 30 seconds between trisets</i>	2	10 (each leg)
▶ Narrow Stance Dumbbell Squat (warmup)	2	20
<b>SUPERSET</b>		
▶ Narrow Stance Dumbbell Squat	3	15-20
▶ Bodyweight Squat	3	15-20
▶ Dumbbell Sumo Pulse Squat	3	20
▶ Dumbbell Reverse Lunge	3	10 (each leg)
<b>SUPERSET</b>		
▶ Leg Press	3	15-20
▶ Leg Press Calf Raise	3	10-12
▶ Butt Blaster <i>*Rest 30 seconds between sets</i>	3	12-15 (each leg)
▶ Dumbbell Stiff Legged Deadlift	3	12-15
▶ Exercise Ball Lying Hamstring Curl	3	12-15



# GYM WORKOUTS














## WEEKS 3/6

### DAY 6: SATURDAY - TOTAL BODY CIRCUIT

Complete 45 seconds of work with 15 seconds rest between exercises.  
1 minute rest between rounds. Complete 4 rounds

#### EQUIPMENT NEEDED

Dumbbells, Bench, Medicine Ball, Exercise Ball

EXERCISE	SETS	REPS/TIME
<b>GIANT SET</b> (warmup)		
 Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
 Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
 Dolphin Pushup	2	5
 Jumping Jacks <i>*Rest 30 seconds between giant sets</i>	2	30 seconds
 Unbroken Dumbbell Hang Snatch		
 Dumbbell Thruster		
 Incline Plyo Pushup		
 Medicine Ball Shoulder Press		
 Dumbbell Lunge-Curl Combo		
 Down-Down-Up-Up		
 Skaters		
 Exercise Ball Glute Raise		
 Exercise Ball Tuckup		

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

NICOLE  
WILKINS'**45 DAY****BUILD  
CHALLENGE**

## AT-HOME WORKOUTS (FULL EQUIPMENT) WEEKS 1/2/4/5

### DAY 1: MONDAY - CHEST/BICEPS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
<div>▶</div> <div>└ Arm Circles</div> <div><i>*10 forward and backward, each arm</i></div>	2	10/10 (each arm)*
<div>▶</div> <div>└ Lying Dumbbell External Rotation</div>	2	15 (each arm)
<div>▶</div> <div>└ Floor Pushup</div> <div><i>*Rest 30 seconds between trisets</i></div>	2	5
<div>▶</div> <div>Bench Press</div>	5	2x12-15 (warmup), 3x6-10
<div>▶</div> <div>Incline Dumbbell Press</div>	4	6-10
<div>▶</div> <div>Barbell Curl 21s</div> <div><i>*7 bottom half reps, 7 top half reps, 7 full reps</i></div>	3	7/7/7
<b>SUPERSET</b>		
<div>▶</div> <div>└ Decline Pushup</div>	3	10-12
<div>▶</div> <div>└ Incline Dumbbell Hammer Curl</div>	3	10-12
<b>SUPERSET</b>		
<div>▶</div> <div>└ Dip</div>	3	AMRAP
<div>▶</div> <div>└ Two Angle Dumbbell Curl</div>	3	8-10 (each direction)

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/2/4/5

### DAY 2: TUESDAY - SHOULDERS/ABS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
<div>▶</div> <div>└ Arm Circles</div> <div><i>*10 forward and backward, each arm</i></div>	2	10/10 (each arm)*
<div>▶</div> <div>└ Lying Dumbbell External Rotation</div>	2	15 (each arm)
<div>▶</div> <div>└ Floor Pushup</div> <div><i>*Rest 30 seconds between trisets</i></div>	2	5
▶ Seated Dumbbell Shoulder Press	5	2x10-12 (warmup), 3x6-10
▶ Standing Dumbbell Lateral Raise	3	8-12
<b>SUPERSET</b>		
<div>▶</div> <div>└ Multi-Directional Dumbbell Raise</div>	3	8-10
<div>▶</div> <div>└ Dumbbell Upright Row</div>	3	10-12
▶ Dumbbell Rear Delt Raise	3	10-12
▶ Bent Over Dumbbell High Row	3	10-12
<b>SUPERSET</b>		
<div>▶</div> <div>└ Lying Leg Raise</div>	3	10-12
<div>▶</div> <div>└ Double Crunch</div>	3	10-12



# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/2/4/5

### DAY 4: THURSDAY - LEGS/CALVES

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> <div> <div>└</div> <div>Leg Swings</div> <div><i>*15 side-to-side, 15 forward/back each leg</i></div> </div>	2	15/15 (each leg)*
<div>▶</div> <div> <div>└</div> <div>High Knees</div> </div>	2	30 seconds
<div>▶</div> <div> <div>└</div> <div>Lateral Lunge</div> <div><i>*Rest 30 seconds between trisets</i></div> </div>	2	10 (each leg)
<div>▶</div> <div>Hip Circle Squat</div>	6	2x10-12 (warmup), 4x6-10
<div>▶</div> <div>Barbell Lunge</div>	3	8-10 (each leg)
<div>▶</div> <div>Dumbbell Goblet Squat To A Bench</div>	3	8-10
<div>▶</div> <div>Sumo Deadlift</div>	3	6-8
<b>SUPERSET</b>		
<div>▶</div> <div> <div>└</div> <div>Hip Circle Good Morning</div> </div>	3	10-12
<div>▶</div> <div> <div>└</div> <div>Exercise Ball Glute Raise</div> </div>	3	20
<b>SUPERSET</b>		
<div>▶</div> <div> <div>└</div> <div>Single Leg Dumbbell Stiff Legged Deadlift</div> </div>	3	10 (each leg)
<div>▶</div> <div> <div>└</div> <div>Single Leg Calf Raise (bodyweight)</div> </div>	3	10 (each leg)

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 1/2/4/5

### DAY 5: FRIDAY - BACK/TRICEPS/ABS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
<div>▶</div> <div>└ Arm Circles</div> <div><i>*10 forward and backward, each arm</i></div>	2	10/10 (each arm)*
<div>▶</div> <div>└ Lying Dumbbell External Rotation</div>	2	15 (each arm)
<div>▶</div> <div>└ Floor Pushup</div> <div><i>*Rest 30 seconds between trisets</i></div>	2	5
▶ Pullup Negatives With Static Hold	3	5
▶ Landmine Row	3	8-12
▶ Reverse Grip Barbell Row	3	6-10
<b>SUPERSET</b>		
<div>▶</div> <div>└ Dumbbell Pullover</div>	3	8-12
<div>▶</div> <div>└ Barbell Lying Triceps Extension</div>	3	10-12
<b>SUPERSET</b>		
<div>▶</div> <div>└ Weighted Bench Dip</div>	3	8-12
<div>▶</div> <div>└ Dumbbell Kickback</div>	3	10-12
<b>SUPERSET</b>		
<div>▶</div> <div>└ Crunch</div>	3	20
<div>▶</div> <div>└ Crab Reach</div>	3	10-12 (each side)

NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGE

## AT-HOME WORKOUTS (FULL EQUIPMENT) WEEKS 3/6

### DAY 1: MONDAY - UPPER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
<b>SUPERSET</b>		
▶ Incline Reverse Grip Dumbbell Row	5	2x15-20 (warmup) 3x12-15
▶ Band Assisted Pullup	5	2x15-20 (warmup) 3x12-15
<b>SUPERSET</b>		
▶ Incline Pushup	3	AMRAP
▶ Dumbbell Flye	3	12-15
▶ Standing Up And Over Barbell Press	5	10 (each way)
<b>SUPERSET</b>		
▶ Dumbbell Spider Curl	3	12-15
▶ Plank	3	30-45 seconds
<b>SUPERSET</b>		
▶ Neutral Grip Dumbbell Press	3	12-15
▶ Leg Lifts Over Medicine Ball	3	10-12 (each side)

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 3/6

### DAY 2: TUESDAY - LOWER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> <div> <div>└</div> <div>Leg Swings</div> <div><i>*15 side-to-side, 15 forward/back each leg</i></div> </div>	2	15/15 (each leg)*
<div>▶</div> <div> <div>└</div> <div>High Knees</div> </div>	2	30 seconds
<div>▶</div> <div> <div>└</div> <div>Lateral Lunge</div> <div><i>*Rest 30 seconds between trisets</i></div> </div>	2	10 (each leg)
▶ Hip Circle Lateral Side Step	3	15 (each leg)
<b>SUPERSET</b>		
▶ One Leg Hip Thrust	3	15 (each leg)
▶ Bodyweight Bench Step Up	3	15 (each leg)
<b>SUPERSET</b>		
▶ Plate Overhead Walking Lunge	3	10 (each leg)
▶ Dumbbell Sumo Squat	3	20
▶ Karate Kicks	3	30 seconds (each leg)
<i>*Rest 30 seconds between sets</i>		
▶ Clamshells	3	20 (each leg)
<i>*Rest 30 seconds between sets</i>		

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 3/6

### DAY 4: THURSDAY - UPPER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Landmine Single Arm Row	5	2x12-15 (warmup) 3x10-12
▶ Reverse Grip Dumbbell Row	3	12-15
▶ Exercise Ball Reverse Hyperextension	3	15-20
<b>SUPERSET</b>		
▶ Exercise Ball Dumbbell Flye	3	12-15
▶ Standing Dumbbell Hammer Curl	3	12-15
▶ Dumbbell Bench Press	3	12-15
<b>SUPERSET</b>		
▶ Standing Landmine Press	3	12-15
▶ Criss Cross Kicks	3	30 (total)
<b>SUPERSET</b>		
▶ Side Plank	3	30 seconds (each side)
▶ Barbell Upright Row/Front Raise Combo	3	10-12



# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 3/6

### DAY 5: FRIDAY - LOWER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
<div>▶</div> High Knees	2	30 seconds
<div>▶</div> Lateral Lunge <i>*Rest 30 seconds between trisets</i>	2	10 (each leg)
▶ Narrow Stance Dumbbell Squat (warmup)	2	20
<b>SUPERSET</b>		
<div>▶</div> Narrow Stance Dumbbell Squat	3	15-20
<div>▶</div> Bodyweight Squat	3	15-20
▶ Dumbbell Sumo Pulse Squat	3	20
▶ Dumbbell Reverse Lunge	3	10 (each leg)
<b>SUPERSET</b>		
<div>▶</div> Hip Circle Wall Sit	3	45 seconds
<div>▶</div> Seated Weight Plate Calf Raise	3	12-15
▶ Dumbbell Stiff Legged Deadlift	3	12-15
▶ Exercise Ball Lying Hamstring Curl	3	12-15
▶ Hip Circle Glute Kickback <i>*Rest 30 seconds between sets</i>	3	20 (each leg)

# AT-HOME WORKOUTS (FULL EQUIPMENT)

## WEEKS 3/6














### DAY 6: SATURDAY - TOTAL BODY CIRCUIT

Complete 45 seconds of work with 15 seconds rest between exercises.

1 minute rest between rounds. Complete 4 rounds

#### EQUIPMENT NEEDED

Dumbbells, Bench, Medicine Ball, Exercise Ball

EXERCISE	SETS	REPS/TIME
<b>GIANT SET</b> (warmup)		
 Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
 Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
 Dolphin Pushup	2	5
 Jumping Jacks <i>*Rest 30 seconds between giant sets</i>	2	30 seconds
 Unbroken Dumbbell Hang Snatch		
 Dumbbell Thruster		
 Incline Plyo Pushup		
 Medicine Ball Shoulder Press		
 Dumbbell Lunge-Curl Combo		
 Down-Down-Up-Up		
 Skaters		
 Exercise Ball Glute Raise		
 Exercise Ball Tuckup		

# **AT-HOME WORKOUTS**

## **(DUMBBELL/BODYWEIGHT)**

NICOLE  
WILKINS

45 DAY

BUILD  
CHALLENGE

## AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) WEEKS 1/2/4/5

### DAY 1: MONDAY - CHEST/BICEPS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Lying Dumbbell External Rotation	2	15 (each arm)
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
<div>▶</div> Dumbbell Floor Press	4	8-12
<div>▶</div> Inchworm Pushup	3	10
<div>▶</div> Dumbbell Curl 21s <i>*7 bottom half reps, 7 top half reps, 7 full reps</i>	3	7/7/7
<div>▶</div> Dumbbell Chair Preacher Curl	3	10-12
<b>SUPERSET</b>		
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Decline Pushup <i>*use chair or couch in place of bench</i>	3	10-12
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Standing Dumbbell Hammer Curl	3	10-12
<b>SUPERSET</b>		
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Twisting Pushup	3	12
<div>▶</div> <div> <div>▶</div> <div>▶</div> </div> Two Angle Dumbbell Curl	3	8-10 (each direction)

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/2/4/5

### DAY 2: TUESDAY - SHOULDERS/ABS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Split Stance Dumbbell Shoulder Press	5	2x10-12 (warmup), 3x6-10
▶ Kneeling One Arm Arnold Press	3	10-12 (each arm)
<b>SUPERSET</b>		
▶ Standing Dumbbell Lateral Raise	3	8-12
▶ Dumbbell Upright Row	3	10-12
▶ Dumbbell Rear Delt Raise	3	10-12
▶ Bent Over Dumbbell High Row	3	10-12
<b>SUPERSET</b>		
▶ Lying Leg Raise	3	10-12
▶ Double Crunch	3	10-12



# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/2/4/5

### DAY 4: THURSDAY - LEGS/CALVES

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
<div>▶</div> High Knees	2	30 seconds
<div>▶</div> Lateral Lunge <i>*Rest 30 seconds between trisets</i>	2	10 (each leg)
Dumbbell Squat (warmup)	2	15-20
Overhead Dumbbell Squat	3	8-12
Dumbbell Curtsy Lunge To Lunge	3	8-10 (each leg)
Dumbbell Goblet Squat	3	8-10
Dumbbell Sumo Jump Squat	3	15-20
<b>SUPERSET</b>		
<div>▶</div> One Leg Chair Lateral Lunge	3	10 (each leg)
<div>▶</div> Dumbbell Floor Hamstring Curl	3	12-15
<b>SUPERSET</b>		
<div>▶</div> Single Leg Dumbbell Stiff Legged Deadlift	3	10 (each leg)
<div>▶</div> Single Leg Calf Raise (bodyweight)	3	10 (each leg)

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 1/2/4/5

### DAY 5: FRIDAY - BACK/TRICEPS/ABS

*\*Rest 1-2 minutes between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS
<b>TRISSET</b> (warmup)		
<div>▶</div> <div>└ Arm Circles</div> <div><i>*10 forward and backward, each arm</i></div>	2	10/10 (each arm)*
<div>▶</div> <div>└ Lying Dumbbell External Rotation</div>	2	15 (each arm)
<div>▶</div> <div>└ Floor Pushup</div> <div><i>*Rest 30 seconds between trisets</i></div>	2	5
▶ One Arm Dumbbell Row	3	2x10-12 (warmup), 4x6-10 (each arm)
▶ Multi Grip Dumbbell Row	3	8 (each direction/grip)
▶ Single Arm Plank High Row	3	10 (each arm)
▶ Down-Down-Up-Up	3	10 (each arm)
<b>SUPERSET</b>		
▶ Alternating Dumbbell Floor Pullover	3	10 (each arm)
▶ Dumbbell Floor Triceps Extension	3	10-12
<b>SUPERSET</b>		
▶ Single Leg Triceps Dip	3	AMRAP
▶ Dumbbell Kickback	3	10-12
<b>SUPERSET</b>		
▶ Crunch	3	20
▶ Crab Reach	3	10-12 (each side)

NICOLE  
WILKINS

45 DAY

BUILD  
CHALLENGE

## AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) WEEKS 3/6

### DAY 1: MONDAY - UPPER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET (warmup)</b>		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Alternating Superman	2	10-12
<b>SUPERSET</b>		
▶ Dumbbell Pendlay Row	3	12-15
▶ Alternating Dumbbell Floor Pullover	3	10-12 (each arm)
<b>SUPERSET</b>		
▶ Incline Plyo Pushup	3	AMRAP
▶ Floor Decline Dumbbell Flye	3	12-15
<b>SUPERSET</b>		
▶ Dumbbell Y Raise	3	12-15
▶ Standing Alternating Rotational Press	3	12-15
<b>SUPERSET</b>		
▶ Zottman Curl	3	12-15
▶ Plank	3	30-45 seconds
<b>SUPERSET</b>		
▶ Close Grip Pushup	3	10-15
▶ Plank Jacks	3	30 seconds

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 3/6

### DAY 2: TUESDAY - LOWER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
<div>▶</div> <div>└ Leg Swings</div> <div><i>*15 side-to-side, 15 forward/back each leg</i></div>	2	15/15 (each leg)*
<div>▶</div> <div>└ High Knees</div>	2	30 seconds
<div>▶</div> <div>└ Lateral Lunge</div> <div><i>*Rest 30 seconds between trisets</i></div>	2	10 (each leg)
▶ Lateral Lunge	3	15 (each leg)
▶ Dumbbell Bulgarian Split Squat	3	12-15 (each leg)
<b>SUPERSET</b>		
<div>▶</div> <div>└ Dumbbell Step Up To Knee Drive</div>	3	12-15 (each leg)
<div>▶</div> <div>└ One Leg Chair Lateral Lunge</div>	3	12-15 (each leg)
<b>SUPERSET</b>		
<div>▶</div> <div>└ Dumbbell Walking Lunge</div> <div><i>*Use dumbbells in place of barbell (shown in video)</i></div>	3	15-20 (each leg)
<div>▶</div> <div>└ Split Jump Lunge</div>	3	10-15 (each leg)
<b>SUPERSET</b>		
<div>▶</div> <div>└ Glute Bridge With Leg Abduction</div>	3	12-15 (each leg)
<div>▶</div> <div>└ Dumbbell Sumo Squat</div>	3	15-20
<b>SUPERSET</b>		
<div>▶</div> <div>└ Karate Kicks</div>	3	30 seconds (each leg)
<div>▶</div> <div>└ Bodyweight Clamshells</div>	3	20 (each leg)

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 3/6

### DAY 4: THURSDAY - UPPER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
▶ Lying Dumbbell External Rotation	2	15 (each arm)
▶ Floor Pushup <i>*Rest 30 seconds between trisets</i>	2	5
▶ Alternating Dumbbell Row	5	2x12-15 (each arm) 3x10-12
▶ Reverse Grip Dumbbell Row	3	12-15
▶ Kneeling Alternating Arm/Leg Raise	3	15-20 (each side)
<b>SUPERSET</b>		
▶ Static Hold Dumbbell Floor Press	3	12-15
▶ Standing Dumbbell Hammer Curl	3	12-15
▶ Standing Alternating Dumbbell Flye	3	12-15 (each arm)
<b>SUPERSET</b>		
▶ Standing Arnold Press	3	12-15
▶ Criss Cross Kicks	3	30 (total)
<b>SUPERSET</b>		
▶ Side Plank	3	30 seconds (each side)
▶ Static Hold Dumbbell Front Raise	3	10 (each arm)



# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 3/6

### DAY 5: FRIDAY - LOWER BODY

*\*Rest 60-90 seconds between all sets/supersets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
<b>TRISSET</b> (warmup)		
▶ Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
▶ High Knees	2	30 seconds
▶ Lateral Lunge <i>*Rest 30 seconds between trisets</i>	2	10 (each leg)
▶ Narrow Stance Dumbbell Squat (warmup)	2	20
<b>SUPERSET</b>		
▶ Narrow Stance Dumbbell Squat	3	15-20
▶ Bodyweight Squat	3	15-20
▶ Dumbbell Sumo Pulse Squat	3	20
▶ Dumbbell Reverse Lunge	3	10 (each leg)
<b>SUPERSET</b>		
▶ Wall Sit	3	45 seconds
▶ Standing Calf Raises	3	12-15
▶ Glute Circles <i>*Rest 30 seconds between sets</i>	3	30 seconds (each leg)
▶ Dumbbell Stiff Legged Deadlift	3	12-15
▶ Dumbbell Floor Hamstring Curl	3	12-15

# AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

## WEEKS 3/6

### DAY 6: SATURDAY - TOTAL BODY CIRCUIT

Complete 45 seconds of work with 15 seconds rest between exercises.














1 minute rest between rounds. Complete 4 rounds

#### EQUIPMENT NEEDED

Dumbbells, Bench, Medicine Ball, Exercise Ball

#### TIME

40 Minutes

EXERCISE	SETS	REPS/TIME
<b>GIANT SET</b> (warmup)		
 Arm Circles <i>*10 forward and backward, each arm</i>	2	10/10 (each arm)*
 Leg Swings <i>*15 side-to-side, 15 forward/back each leg</i>	2	15/15 (each leg)*
 Dolphin Pushup	2	5
 Jumping Jacks <i>*Rest 30 seconds between giant sets</i>	2	30 seconds
 Unbroken Dumbbell Hang Snatch		
 Dumbbell Thruster		
 Twisting Pushup		
 Up And Over Dumbbell Press		
 Dumbbell Lunge-Curl Combo		
 Down-Down-Up-Up		
 Skaters		
 Overhead Dumbbell Squat		
 Dumbbell Stiff Legged Deadlift		

**CARDIO**

## Let's see a show of hands ... who out there loves to do cardio?

I honestly don't mind it on most days. It's a chance for me to have some *me* time. And as a new Mom, that me time is a precious commodity – even if I'm panting and out of breath! To put on my headphones, tune everything else out and get into it on the Peloton or put on a show and pass the time faster on the treadmill.

But for those of you who get anxious just hearing the word “cardio” there is some good news.

**You will only be doing cardio three times a week, for 30 minutes a session.**

When you do perform cardio, however, ***it is going to be performed at maximum intensity!*** Otherwise known as High Intensity Interval Training, or HIIT cardio.

HIIT cardio is short bursts of *extremely* intense exercise followed by a less intense – or a complete rest – recovery period. HIIT cardio is typically performed in a 1:1 or 2:1 work:rest ratio, but really any form of interval training where your heart rate is as high as you can get it.

This will improve your endurance and heart health while helping preserve the muscle you are working so hard to gain. Plus, with HIIT you will increase your metabolism and fat-burning capacity during and after the workout is over!

Maximum intensity is different for everyone, so a good way to measure if you are working hard enough is to wear a heart rate monitor and to **make sure your heart rate is between 170-190 beats per minute (bpm) during your intensity phases.**

### HIIT CARDIO GUIDELINES

- » Wear a heart rate monitor to make sure you are challenging yourself during your cardio sessions. Don't just go through the motions and expect to see results!
- » I recommend splitting up your cardio and weight training workouts, if possible, so you are doing them at different times of the day. This will help kick start your metabolism twice a day. However, it will not make or break your progress. If you can't split up these sessions, **always do your weight training workout before cardio.**
- » If you do your cardio on days other than what I have called out above, remember these two rules: 1) Do not perform HIIT cardio on days you train legs and 2) Take one complete off day every week during this program to allow your body to fully recover from your workouts and HIIT cardio sessions.
- » The workouts below are suggestions. You have some freedom here to get creative as long as you are keeping your cardio to roughly 30 minutes and following the HIIT cardio guidelines listed above.

### CARDIO SCHEDULE WEEKS 1/2/4/5

**DAY 1: MONDAY CARDIO**  
**DAY 2: TUESDAY OFF**  
**DAY 3: WEDNESDAY OFF**  
**DAY 4: THURSDAY OFF**  
**DAY 5: FRIDAY CARDIO**  
**DAY 6: SATURDAY CARDIO**  
**DAY 7: SUNDAY OFF**

### WEEKS 3/6

**DAY 1: MONDAY CARDIO**  
**DAY 2: TUESDAY CARDIO**  
**DAY 3: WEDNESDAY OFF**  
**DAY 4: THURSDAY CARDIO**  
**DAY 5: FRIDAY OFF**  
**DAY 6: SATURDAY OFF**  
**DAY 7: SUNDAY OFF**



# **CARDIO WORKOUTS**



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## CARDIO WORKOUTS

### TA-BATTLE

#### EQUIPMENT NEEDED

None

#### TIME

30 Minutes

*For each Tabata Round, perform 8 working sets of 20 seconds followed by 10 seconds rest (4 minutes total per round)*

*Rest 1 minute between Tabata rounds.*

#### PERFORM 6 ROUNDS OF

- High Knees
- Jumping Jacks
- Bunny Hops
- Squat Jumps
- Burpees
- Lunge Jumps
- Pushups
- Mountain Climbers

Rest 1 minute

### FIT IN 5

#### EQUIPMENT NEEDED

Dumbbells

#### TIME

30 Minutes

*Perform each exercise at the start of the minute. Once you finish the required number of reps, the remainder of the time within that minute is your rest. Begin the next exercise at the start of the next minute.*

#### PERFORM 6 ROUNDS OF

- 6 Man Makers
- 20 Goblet Squats
- 10 Inchworm Pushups
- 15 Hammer Curls
- 20 Thrusters

### YOU BETTER WORK

#### EQUIPMENT NEEDED

Treadmill

#### TIME

Approx 30 Minutes

#### WARMUP

- 3 minutes at 3.5-4.5 mph\*
- \*Start at 3.5 mph, increase by .5 mph each minute

#### PERFORM 4 ROUNDS OF

- 1 minute at 5.0 mph
- 30 seconds at 5.5 mph
- 1 minute at 6.0 mph
- 30 seconds at 6.5 mph
- 1 minute at 7.0 mph
- 30 seconds at 7.5 mph
- 1 minute at 8.0 mph
- 1 minute at 8.0 mph
- 1 minute at 8.0 mph



# CARDIO WORKOUTS

## UPHILL CLIMB

### EQUIPMENT NEEDED

Treadmill

### TIME

30 Minutes

*\*Try not to hold on to the rails!*

- 5 minutes at 3.5 mph, 10% incline
- 5 minutes at 3.4 mph, 11% incline
- 5 minutes at 3.3 mph, 12% incline
- 5 minutes at 3.2 mph, 13% incline
- 5 minutes at 3.1 mph, 14% incline
- 5 minutes at 3.0 mph, 15% incline

## BEAT THE HEAT

### EQUIPMENT NEEDED

Stepmill

### TIME

Approx 30 Minutes

### WARMUP

- 2 minutes at level 5
- 1 minute at level 8

### PERFORM 2 ROUNDS OF

- 1 minute at level 10
- 30 seconds at level 12
- 1 minute at level 8
- 30 seconds at level 14
- 1 minute at level 6
- 30 seconds at level 16
- 1 minute at level 6
- 30 seconds at level 14
- 1 minute at level 8
- 30 seconds at level 12

### COOLDOWN

- 1 minute at level 10
- 1 minute at level 8
- 1 minute at level 6
- 1 minute at level 4

## B-FIT

### EQUIPMENT NEEDED

Spin Bike

### TIME

30 Minutes

### WARMUP

- 6 minutes light to moderate tension at 80 RPM\*

*\*every minute increase tension until you get to a pace that is challenging but you are able to hold a 80 RPM pace*

### PERFORM 4 ROUNDS OF

- 1 minute seated moderate tension at 90 RPM
- 1 minute standing moderate tension at 75 RPM

### PERFORM 5 ROUNDS OF

- 50 seconds seated flat with light tension at 100 RPM
- 50 seconds standing with heavy tension at 60-70 RPM

### PERFORM 5 ROUNDS OF

- 40 seconds standing with heavy tension at 60-70 RPM
- 40 seconds seated sprint with heavy tension at 80+ RPM

### PERFORM 5 ROUNDS OF

- 30 seconds seated moderate tension at 70-80 RPM
- 30 seconds seated sprint with moderate tension at 90+ RPM

### PERFORM 8 ROUNDS OF

- 20 seconds seated sprint with moderate tension at 90+ RPM
- 10 seconds seated recovery at 50+ RPM

### COOLDOWN

- 5 minutes moderate tension at 80 RPM

# 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.

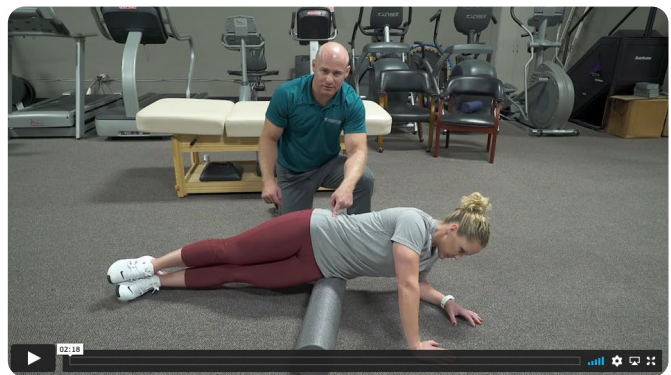
And we don't want that to happen to you, right?

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**

## **MEAL PLANS**

There are a TON of quotes about nutrition, and I'm sure you've heard most of them.

Clichés like ...

***Abs are made in the kitchen.  
You can't out train a bad diet.  
What you eat in private you wear in public.***

There's a reason why there are so many – it's because they're true.

Here's one more for you - and if you've done one of my Challenges before, it will look familiar:

***Following the meal plan exactly as it is laid out and getting in  
ALL of your meals will be the most important factor in determining  
whether or not you reach your goals.***

Getting in all of your meals – eating *enough* food – probably sounds like no problem for those of you who have done other transformation programs before.

That's because the focus of most programs is to help you lose body fat and weight in a short period of time, and the only way to do that is by being on a restricted-calorie diet.

But this is a muscle and strength-building program, so it most likely calls for more food than you are used to eating with other plans. Here's where I need you to trust me and trust the process.

If you've seen my previous Build Challenge winners, then you know that all of them look leaner, more defined and fitter in their After photos. But hearing others say it, well, that goes a long way too.

So take a look at this testimonial from one of our past Challenge entrants and member of the Nicole Wilkins Fitness Community Facebook page, Alisha Stubbs. I promise – if you trust the process and follow the plan, you'll feel the same way she did after these 45 days!



**Alisha Stubbs**  
January 15 at 3:14 PM

NSV:  
Took this pic to share with my sis, we are being brave together today, lol. BUT I thought it would be a great NSV to share with challengers who are maybe mentally struggling like I was.

Today I wore this to do legs.  
Now, for most of you that's no biggy, but it is HUGE for me for two reasons.

1. I am in MP3 for the challenge and I was ABSOLUTLEY TERRIFIED of the almost 2000 calories. The amount of mental break down video calls I had with my sister once the challenge was released and I saw how many calories I'd be eating was ridiculous. Some days it would be 3 or 4 calls to her... "I cant do this... Im going to get so fat if I eat this..."  
On and on...  
BUT I had promised myself after Build that THIS challenge I would finally eat the right meal plan for my height.  
(I'm 5'8/5'9 and this is my 4th challenge but I just could not mentally do the right meal plan in any of the others so always did meal plan 2 instead!) When I saw the calories I could have shot myself for making such a promise! It literally made me sick to my stomach to think about it. BUT Nicoles voice of "try it for 60 days" and my sisters voice of reason saying, "because you known so much more than Nicole...???" Lol got me to stick to my promise.  
It took til this Sunday to finally be ok with it and not freakibg at the end if the day, eating that last meal.

#2. I NEVER do leg day without a baggy shirt. Never. I am so self conscious of my mushy tummy gooshing out all over the place when squatting I wear something that will camouflage it a bit.  
But not today!

Today, a week into eating more calories a day than I ever \*purposefully, intentionally\* allow myself (uhh but when I eat like a jerk, 2K is nothing! Lol) I felt lean enough and strong enough and not "too thick" so much so that I got brave and wore this shirt. AND I have nice PMS bloat... And still was brave.

Seems so silly, but girls.... Holy S&!!% was it empowering to know I could eat 2K calories and show up on the gym floor wearing this and not want to crawl in a hole.

Trust the process!!!!




## ABOUT THE MEAL PLANS

The meal plans for this program are split up into height and weight ranges – three height/weight 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 Weight Training Days (Meal Plan A), and one for Off Days (Meal Plan B).

On days you weight train, you'll be following a higher carb/lower fat diet; on days you don't weight train, carbs will be lower and fats will be higher. Your protein intake stays the same for both Meal Plan A and B.

This is a great way to keep your body guessing, avoid boredom and plateaus and to use the carbs to fuel your workouts and build muscle!

## SAMPLE MEAL PLAN WEEKS 1/2/4/5

- DAY 1: MONDAY WEIGHT TRAINING DAY  
(HIGHER CARB/LOWER FAT)
- DAY 2: TUESDAY WEIGHT TRAINING DAY  
(HIGHER CARB/LOWER FAT)
- DAY 3: WEDNESDAY OFF  
(LOWER CARB/HIGHER FAT)
- DAY 4: THURSDAY WEIGHT TRAINING DAY  
(HIGHER CARB/LOWER FAT)
- DAY 5: FRIDAY WEIGHT TRAINING DAY  
(HIGHER CARB/LOWER FAT)
- DAY 6: SATURDAY OFF  
(LOWER CARB/HIGHER FAT)
- DAY 7: SUNDAY OFF  
(LOWER CARB/HIGHER FAT)



## KEEP IT SPICY

They say variety is the spice of life, and that saying sure does apply to any type of diet.

Eating the same foods day after day gets incredibly boring – regardless of how motivated or disciplined you are. A lack of variety in your diet means you eventually won't enjoy what you're eating. And not enjoying what you're eating is one of the main reasons most diets fail.

The great part about the way these meal plans are designed is you have a lot of options! Which means a lot of variety.

One of my favorite parts about the Challenge meal plans is the Food Exchange list. It's super easy to use and it gives you a TON of choices for what you can eat each day. All you need to do is refer to it for nearly endless substitutions if you don't like something on the plan or if you want to switch things up!

Here's how to use it:

	FOOD TYPE REGULAR MEAL PLAN	FOOD TYPE VEGAN MEAL PLAN
Foods for each meal are categorized into different categories for both the Weight Training Day and Off Day plans.	(LP) – Lean Protein (FP) – Fatty Protein (SC) – Starchy Carbohydrate (F) – Fat (V) – Vegetable (D) – Dairy (FR) – Fruit (OC) – Optional Condiment	(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. 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).

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



## 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

Something else I say all the time is: ***The first step to being successful with any type of nutrition plan is to be prepared.*** I typically like to prepare my meals for three or four days in advance.

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!



### 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. Everything adds up!

## PRO TIP: USE A FOOD SCALE!

I can't stress enough how important it is to weigh 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.** Which definitely won't help you reach your goals!

If you haven't measured your food before, here are a few general rules:

- » Measure all meat, potatoes, rice and pasta (whole wheat, of course) cooked
- » Measure oatmeal dry
- » Measure proteins cooked

## WATCH THE VIDEOS

For some video instruction, head to the Nutrition section of the 45 Day Build 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**

## 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 walk-through video.

### RECIPES

To spice things by adding more variety.



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WOMEN'S MEAL PLAN 1A WEIGHT TRAINING DAYS

Height: Under 5'4

Weight: Under 130 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (1½ SC) 6 oz sweet potato
- (¾ LP) 4 egg whites
- (F) 2 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (1½ SC) 60g oatmeal
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (½ F) 8g natural peanut butter

### MEAL 2

#### OPTION 1

- (1¼ SC) 125g whole wheat pasta
- (FP) 4 oz 93% lean ground turkey
- (OC) ¼ cup marinara sauce\*

\*I used Prego no sugar added

#### OPTION 2

- (1¼ SC) 125g white rice
- (FP) 4 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (SC, F, LP) 1 serving Greek Spinach Wrap (SEE RECIPE)
- (FR) 300g cantaloupe

#### OPTION 2

- (SC) 1 English muffin
- (LP) 1 can solid tuna in water
- (F) 2 oz avocado
- (½ SC) 125g carrots

# WOMEN'S MEAL PLAN 1A

## WEIGHT TRAINING DAYS

Height: Under 5'4

Weight: Under 130 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (1½ SC) 150g quinoa
- (V) 10 cherry tomatoes

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (¾ FP) 3 oz flank steak
- (¾ SC) 3 oz potato, baked

### MEAL 5/POST WORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.*

#### OPTION 1

- (¾ LP) 3 oz chicken breast
- (1½ SC) 150g brown rice
- (V) 100g broccoli

#### OPTION 2

- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (1½ FR) 60g dried fruit (no sugar added)

### DAILY TOTALS

1688 calories,  
130g protein,  
220g carbs,  
32g fat

### MEAL TOTALS

#### Meal 5/Post Workout Meal

280 calories, 26g protein, 44g carbs, 0g fat

#### All Other Meals

352 calories, 26g protein, 44g carbs, 8g fat



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WOMEN'S MEAL PLAN 1B OFF DAYS

Height: Under 5'4

Weight: Under 130 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (SC) 4 oz sweet potato
- (½ LP) 3 egg whites
- (F) 2 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (SC, F, ½ LP) 1 serving Peanut Butter, Almond and Date Protein Bar (SEE RECIPE)
- (½ LP) ½ scoop nPower Nutrition Isolate (either flavor)

### MEAL 2

#### OPTION 1

- (SC) 2 corn tortillas, 6"
- (FP) 4 oz 93% lean ground turkey
- (½ F) 1 oz avocado
- (¼ V) 25g shredded iceberg lettuce
- (OC) 30g salsa

#### OPTION 2

- (¾ SC) 75g white rice
- (FP) 4 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (SC, F, LP) 1 serving Greek Spinach Wrap (SEE RECIPE)
- (½ F) 7 almonds

#### OPTION 2

- (F, LP) 1 serving Chocolate Mousse (SEE RECIPE)
- (FR) 250g strawberries

# WOMEN'S MEAL PLAN 1B

## OFF DAYS

Height: Under 5'4

Weight: Under 130 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (SC) 100g quinoa
- (F) 10 ml olive oil

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (FP) 4 oz flank steak

### MEAL 5

#### OPTION 1

- (¾ LP) 3 oz chicken breast
- (SC) 100g brown rice
- (V) 100g broccoli
- (F) 14g butter

#### OPTION 2

- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (FR) Upside Down Slow Cooked Apple Pie (SEE RECIPE)
- (F) 15 almonds

### DAILY TOTALS

1665 calories,  
130g protein,  
140g carbs,  
65g fat

### MEAL TOTALS

333 calories, 26g protein, 28g carbs, 13g fat





NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WOMEN'S MEAL PLAN 2A WEIGHT TRAINING DAYS

Height: 5'4 to 5'6

Weight: 130 lbs to 150 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (1¾ SC) 7 oz sweet potato
- (LP) 6 egg whites
- (F) 2 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (1¾ SC) 70g oatmeal
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (½ F) 8g natural peanut butter

### MEAL 2

#### OPTION 1

- (1½ SC) 150g whole wheat pasta
- (FP) 4 oz 93% lean ground turkey
- (OC) ¼ cup marinara sauce\*

\*I used Prego no sugar added

#### OPTION 2

- (1½ SC) 150g white rice
- (FP) 4 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (SC, F, LP) 1 serving Greek Spinach Wrap (SEE RECIPE)
- (½ LP) 3 egg whites
- (FR) 300g cantaloupe

#### OPTION 2

- (SC) 1 English muffin
- (LP) 1 can solid tuna in water
- (F) 2 oz avocado
- (SC) 250g carrots

# WOMEN'S MEAL PLAN 2A

## WEIGHT TRAINING DAYS

Height: 5'4 to 5'6

Weight: 130 lbs to 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (2 SC) 200g quinoa
- (V) 10 cherry tomatoes

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (¾ FP) 3 oz flank steak
- (SC) 4 oz potato, baked

### MEAL 5/POST WORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.*

#### OPTION 1

- (¾ LP) 3 oz chicken breast
- (2 SC) 200g brown rice
- (V) 100g broccoli

#### OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (2 FR) 80g dried fruit (no sugar added)

### DAILY TOTALS

1964 calories,  
150g protein,  
260g carbs,  
36g fat

### MEAL TOTALS

#### Meal 5/Post Workout Meal

328 calories, 30g protein, 52g carbs, 0g fat

#### All Other Meals

409 calories, 30g protein, 52g carbs, 9g fat



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WOMEN'S MEAL PLAN 2B OFF DAYS

Height: 5'4 to 5'6

Weight: 130 lbs to 150 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (SC) 4 oz sweet potato
- (LP) 6 egg whites
- (1½ F) 3 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (SC, F, ½ LP) 1 serving Peanut Butter, Almond and Date Protein Bar (SEE RECIPE)
- (½ LP) ½ scoop nPower Nutrition Isolate (either flavor)

### MEAL 2

#### OPTION 1

- (SC) 2 corn tortillas, 6"
- (1¼ FP) 5 oz 93% lean ground turkey
- (½ F) 1 oz avocado
- (¼ V) 25g shredded iceberg lettuce
- (OC) 30g salsa

#### OPTION 2

- (SC) 100g white rice
- (1¼ FP) 5 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (1½ SC, 1½ F, 1½ LP) 1.5 servings Greek Spinach Wrap (SEE RECIPE)

#### OPTION 2

- (F, LP) 1 serving Chocolate Mousse (SEE RECIPE)
- (FR) 250g strawberries

# WOMEN'S MEAL PLAN 2B

## OFF DAYS

Height: 5'4 to 5'6

Weight: 130 lbs to 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (SC) 100g quinoa
- (F) 10 ml olive oil
- (V) 100g cauliflower

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (FP) 4 oz flank steak
- (½ SC) 2 oz potato

### MEAL 5

#### OPTION 1

- (LP) 4 oz chicken breast
- (SC) 100g brown rice
- (V) 100g broccoli
- (F) 14g butter

#### OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (FR) Upside Down Slow Cooked Apple Pie (SEE RECIPE)
- (1½ F) 22 almonds

### DAILY TOTALS

1915 calories,  
150g protein,  
160g carbs,  
75g fat

### MEAL TOTALS

383 calories, 30g protein, 32g carbs, 15g fat



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WOMEN'S MEAL PLAN 3A WEIGHT TRAINING DAYS

Height: Over 5'6

Weight: Over 150 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (2 SC) 8 oz sweet potato
- (LP) 6 egg whites
- (F) 2 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (2 SC) 80g oatmeal
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (½ F) 8g natural peanut butter

### MEAL 2

#### OPTION 1

- (1¾ SC) 175g whole wheat pasta
- (FP) 4 oz 93% lean ground turkey
- (OC) ¼ cup marinara sauce\*

\*I used Prego no sugar added

#### OPTION 2

- (1¾ SC) 175g white rice
- (1¼ FP) 5 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (SC, F, LP) 1 serving Greek Spinach Wrap (SEE RECIPE)
- (½ LP) 3 egg whites
- (FR) medium apple
- (½ FR) half medium banana

#### OPTION 2

- (1½ SC) 1½ English muffins
- (LP) 1 can solid tuna in water
- (F) 2 oz avocado
- (½ SC) 125g carrots

# WOMEN'S MEAL PLAN 3A

## WEIGHT TRAINING DAYS

Height: Over 5'6

Weight: Over 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (2½ SC) 250g quinoa
- (V) 10 cherry tomatoes

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (FP) 4 oz flank steak
- (1½ SC) 6 oz potato, baked

### MEAL 5/POST WORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.*

#### OPTION 1

- (LP) 4 oz chicken breast
- (2½ SC) 250g brown rice
- (V) 100g broccoli

#### OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (2¼ FR) 90g dried fruit (no sugar added)

### DAILY TOTALS

2240 calories,  
170g protein,  
300g carbs,  
40g fat

### MEAL TOTALS

#### Meal 5/Post Workout Meal

376 calories, 34g protein, 60g carbs, 0g fat

#### All Other Meals

466 calories, 34g protein, 60g carbs, 10g fat





NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## WOMEN'S MEAL PLAN 3B OFF DAYS

Height: Over 5'6

Weight: Over 150 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (1½ SC) 5 oz sweet potato
- (LP) 6 egg whites
- (1½ F) 3 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (SC, F, ½ LP) 1 serving Peanut Butter, Almond and Date Protein Bar (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)

### MEAL 2

#### OPTION 1

- (SC) 2 corn tortillas, 6"
- (1¼ FP) 5 oz 93% lean ground turkey
- (F) 2 oz avocado
- (¼ V) 25g shredded iceberg lettuce
- (OC) 30g salsa

#### OPTION 2

- (SC) 100g white rice
- (1½ FP) 6 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (1½ SC, 1½ F, 1½ LP) 1.5 servings Greek Spinach Wrap (SEE RECIPE)

#### OPTION 2

- (F, LP) 1 serving Chocolate Mousse (SEE RECIPE)
- (FR) 250g strawberries
- (½ F) 8g natural peanut butter

# WOMEN'S MEAL PLAN 3B

## OFF DAYS

Height: Over 5'6

Weight: Over 150 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (1½ SC) 150g quinoa
- (F) 10 ml olive oil
- (V) 100g cauliflower

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (FP) 4 oz flank steak
- (½ SC) 2 oz potato
- (½ F) 7g butter

### MEAL 5

#### OPTION 1

- (LP) 4 oz chicken breast
- (1½ SC) 150g brown rice
- (V) 100g broccoli
- (F) 14g butter

#### OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (FR) Upside Down Slow Cooked Apple Pie (SEE RECIPE)
- (½ SC) 1 Quaker flavored rice cake
- (1½ F) 22 almonds

### DAILY TOTALS

2165 calories,  
170g protein,  
180g carbs,  
85g fat

### MEAL TOTALS

433 calories, 34g protein, 36g carbs, 17g fat



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## MEN'S MEAL PLAN 1A WEIGHT TRAINING DAYS

Height: Under 5'10

Weight: Under 190 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (2½ SC) 10 oz sweet potato
- (LP) 6 egg whites
- (F) 2 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (2 SC) 80g oatmeal
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (½ F) 8g natural peanut butter
- (½ FR) 100g blueberries

### MEAL 2

#### OPTION 1

- (2 SC) 200g whole wheat pasta
- (1¼ FP) 5 oz 93% lean ground turkey
- (OC) ¼ cup marinara sauce\*

\*I used Prego no sugar added

#### OPTION 2

- (2 SC) 200g white rice
- (1¼ FP) 5 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (SC, F, LP) 1 serving Greek Spinach Wrap (SEE RECIPE)
- (LP) 6 egg whites
- (FR) medium apple
- (½ FR) half medium banana

#### OPTION 2

- (2 SC) 2 English muffins
- (LP) 1 can solid tuna in water
- (F) 2 oz avocado
- (½ SC) 125g carrots

# MEN'S MEAL PLAN 1A

## WEIGHT TRAINING DAYS

Height: Under 5'10

Weight: Under 190 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (2½ SC) 250g quinoa
- (2 V) 20 cherry tomatoes

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (FP) 4 oz flank steak
- (1¾ SC) 7 oz potato, baked

### MEAL 5/POST WORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.*

#### OPTION 1

- (LP) 4 oz chicken breast
- (2½ SC) 250g brown rice
- (2 V) 200g broccoli

#### OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (2½ FR) 100g dried fruit (no sugar added)

### DAILY TOTALS

2516 calories,  
190g protein,  
340g carbs,  
44g fat

### MEAL TOTALS

#### Meal 5/Post Workout Meal

424 calories, 38g protein, 68g carbs, 0g fat

#### All Other Meals

523 calories, 38g protein, 68g carbs, 11g fat



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## MEN'S MEAL PLAN 1B OFF DAYS

Height: Under 5'10

Weight: Under 190 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (1½ SC) 5 oz sweet potato
- (LP) 6 egg whites
- (F) 2 egg yolks
- (F) 28g cheddar cheese
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (SC, F, ½ LP) 1 serving Peanut Butter, Almond and Date Protein Bar (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (½ F) 12g ground flaxseeds

### MEAL 2

#### OPTION 1

- (SC) 2 corn tortillas, 6"
- (1¼ FP) 6 oz 93% lean ground turkey
- (F) 2 oz avocado
- (¼ V) 25g shredded iceberg lettuce
- (½ V) 50g peppers
- (OC) 30g salsa

#### OPTION 2

- (SC) 100g white rice
- (1½ FP) 6 oz salmon
- (V) 100g green beans
- (½ F) 5 olives

### MEAL 3

#### OPTION 1

- (2 SC, 2 F, 2 LP) 2 servings Greek Spinach Wrap (SEE RECIPE)

#### OPTION 2

- (1½ F, 1½ LP) 1.5 servings Chocolate Mousse (SEE RECIPE)
- (1½ FR) 375g strawberries

# MEN'S MEAL PLAN 1B

## OFF DAYS

Height: Under 5'10

Weight: Under 190 lbs

### MEAL 4

#### OPTION 1

- (1¼ LP) 5 oz cod
- (1½ SC) 150g quinoa
- (F) 10 ml olive oil
- (V) 100g cauliflower

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (1¼ FP) 5 oz flank steak
- (½ SC) 2 oz potato, baked
- (½ F) 7g butter

### MEAL 5

#### OPTION 1

- (1¼ LP) 5 oz chicken breast
- (1½ SC) 150g brown rice
- (V) 100g broccoli
- (F) 14g butter

#### OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)
- (FR) Upside Down Slow Cooked Apple Pie (SEE RECIPE)
- (½ SC) 1 Quaker flavored rice cake
- (2 F) 30 almonds

### DAILY TOTALS

2415 calories,  
190g protein,  
200g carbs,  
95g fat

### MEAL TOTALS

483 calories, 38g protein, 40g carbs, 19g fat





NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## MEN'S MEAL PLAN 2A WEIGHT TRAINING DAYS

Height: Over 5'10

Weight: Over 190 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (3 SC) 12 oz sweet potato
- (LP) 6 egg whites
- (1½ F) 3 egg yolks
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (2 SC) 80g oatmeal
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (½ F) 8g natural peanut butter
- (¾ FR) 150g blueberries

### MEAL 2

#### OPTION 1

- (2½ SC) 250g whole wheat pasta
- (1¼ FP) 5 oz 93% lean ground turkey
- (OC) ¼ cup marinara sauce\*

\*I used Prego no sugar added

#### OPTION 2

- (2½ SC) 250g white rice
- (1½ FP) 6 oz salmon
- (V) 100g green beans

### MEAL 3

#### OPTION 1

- (SC, F, LP) 1 serving Greek Spinach Wrap (SEE RECIPE)
- (LP) 6 egg whites
- (FR) medium apple
- (FR) medium banana

#### OPTION 2

- (2 SC) 2 English muffins
- (1½ LP) 1.5 cans solid tuna in water
- (F) 2 oz avocado
- (SC) 250g carrots

# MEN'S MEAL PLAN 2A

## WEIGHT TRAINING DAYS

Height: Over 5'10

Weight: Over 190 lbs

### MEAL 4

#### OPTION 1

- (LP) 4 oz cod
- (3 SC) 300g quinoa
- (2 V) 20 cherry tomatoes

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (1¼ FP) 5 oz flank steak
- (1¾ SC) 8 oz potato, baked

### MEAL 5/POST WORKOUT

*Eat this meal within 30-45 minutes after your workout and adjust all other meals accordingly.*

#### OPTION 1

- (1¼ LP) 5 oz chicken breast
- (3 SC) 300g brown rice
- (2 V) 200g broccoli

#### OPTION 2

- (1½ LP) 2 scoops nPower Nutrition Isolate (either flavor)
- (3 FR) 120g dried fruit (no sugar added)

### DAILY TOTALS

2828 calories,  
210g protein,  
380g carbs,  
52g fat

### MEAL TOTALS

#### Meal 5/Post Workout Meal

472 calories, 42g protein, 76g carbs, 0g fat

#### All Other Meals

589 calories, 42g protein, 76g carbs, 13g fat



NICOLE WILKINS'

# 45 BUILD DAY CHALLENGE

## MEN'S MEAL PLAN 2B OFF DAYS

Height: Over 5'10

Weight: Over 190 lbs

### FOOD TYPE

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

### MEAL 1

#### OPTION 1

- (1½ SC) 5 oz sweet potato
- (LP) 6 egg whites
- (F) 2 egg yolks
- (F) 28g cheddar cheese
- (½ V) 50g peppers
- (½ V) 25g onions

#### OPTION 2

- (1½ SC, 1½ F, LP) 1.5 servings Peanut Butter, Almond and Date Protein Bar (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)

### MEAL 2

#### OPTION 1

- (SC) 2 corn tortillas, 6"
- (1¼ FP) 6 oz 93% lean ground turkey
- (1½ F) 3 oz avocado
- (¼ V) 25g shredded iceberg lettuce
- (½ V) 50g peppers
- (OC) 30g salsa

#### OPTION 2

- (1¼ SC) 125g white rice
- (1½ FP) 6 oz salmon
- (V) 100g green beans
- (½ F) 5 olives

### MEAL 3

#### OPTION 1

- (2 SC, 2 F, 2 LP) 2 servings Greek Spinach Wrap (SEE RECIPE)

#### OPTION 2

- (1½ F, 1½ LP) 1.5 servings Chocolate Mousse (SEE RECIPE)
- (1½ FR) 375g strawberries

## MEN'S MEAL PLAN 2B OFF DAYS

Height: Over 5'10

Weight: Over 190 lbs

### MEAL 4

#### OPTION 1

- (1½ LP) 6 oz cod
- (1½ SC) 150g quinoa
- (F) 10 ml olive oil
- (2 V) 200g cauliflower

#### OPTION 2

- (SC, V, ½ LP) 1 serving Zucchini Fries (SEE RECIPE)
- (1¼ FP) 5 oz flank steak
- (¾ SC) 3 oz potato, baked
- (½ F) 7g butter

### MEAL 5

#### OPTION 1

- (1¼ LP) 5 oz chicken breast
- (1½ SC) 150g brown rice
- (2 V) 200g broccoli
- (F) 14g butter

#### OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)
- (FR) Upside Down Slow Cooked Apple Pie (SEE RECIPE)
- (½ SC) 1 Quaker flavored rice cake
- (2 F) 30 almonds

### DAILY TOTALS

2665 calories,  
210g protein,  
220g carbs,  
105g fat

### MEAL TOTALS

533 calories, 42g protein, 44g carbs, 21g fat

# **NUTRITION**

## **VEGAN MEAL PLANS**



NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGE

## WOMEN'S MEAL PLAN 1A

### WEIGHT TRAINING DAYS

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

- (P) 6 oz extra firm tofu
- (1½ SC) 6 oz sweet potato
- (½ V) 50g pepper
- (½ V) 25g onion

#### MEAL 2

- (P) 1 Boca Veggie Burger
- (½ PC) 75g fava beans
- (1¼ SC) 125g quinoa
- (V) 100g Brussels sprouts

#### MEAL 3

- (P) 4 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (½ SC) ¼ cup (65g) refried beans
- (½ ND) 14g almond cheese
- (¼ V) 25g romaine
- (OC) 30g salsa

#### MEAL 4

- (SC, V, F, P) 1 serving Vegan Veggie Pizza (SEE RECIPE)
- (½ PC) 75g edamame beans

#### MEAL 5/POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (FR) 200g blueberries
- (½ FR) 125g strawberries

\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly.

#### DAILY TOTALS

1688 calories,  
 130g protein,  
 220g carbs,  
 32g fat

#### MEAL TOTALS

##### Meal 5/Post Workout

280 calories, 26g protein,  
 44g carbs, 0g fat

##### All Other Meals

352 calories, 26g protein,  
 44g carbs, 8g fat



# WOMEN'S MEAL PLAN 1B

## OFF DAYS

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

- (P) 6 oz extra firm tofu
- (P) 15g nutritional yeast
- (½ SC) 2 oz sweet potato
- (½ F) 5 ml olive oil
- (½ V) 50g pepper
- (½ V) 25g onion

#### MEAL 2

- (P) 1 Boca Veggie Burger
- (½ SC) 50g quinoa
- (F) 15 almonds
- (V) 100g Brussels sprouts

#### MEAL 3

- (P) 4 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (ND) 28g almond cheese
- (¾ V) 25g romaine
- (OC) 30g salsa

#### MEAL 4

- (P) 4 oz Beyond Meat chicken substitute
- (¾ SC) 75g brown rice
- (F) 2 oz avocado

#### MEAL 5

- (P) 1 scoop plant-based protein powder
- (FR) 1 serving Upside Down Slow Cooked Apple Pie (SEE RECIPE)

### DAILY TOTALS

1665 calories,  
 130g protein,  
 140g carbs,  
 65g fat

### MEAL TOTALS

333 calories, 26g protein,  
 28g carbs, 13g fat

NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGE

## WOMEN'S MEAL PLAN 2A

### WEIGHT TRAINING DAYS

Height: 5'4 to 5'6

Weight: 130 lbs to 150 lbs

#### FOOD TYPE

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

#### MEAL 1

- (1½ P) 9 oz extra firm tofu
- (1¾ SC) 7 oz sweet potato
- (½ V) 50g pepper
- (½ V) 25g onion

#### MEAL 2

- (P) 1 Boca Veggie Burger
- (½ PC) 75g fava beans
- (1½ SC) 150g quinoa
- (V) 100g Brussels sprouts

#### MEAL 3

- (P) 4 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (½ SC) ¼ cup (65g) refried beans
- (½ ND) 14g almond cheese
- (¼ V) 25g romaine
- (OC) 30g salsa
- (½ SC) 125g baby carrots

#### MEAL 4

- (SC, V, F, P) 1 serving Vegan Veggie Pizza (SEE RECIPE)
- (PC) 150g edamame beans

#### MEAL 5/POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (FR) 200g blueberries
- (FR) 250g strawberries

\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly.

#### DAILY TOTALS

1964 calories,  
 150g protein,  
 260g carbs,  
 36g fat

#### MEAL TOTALS

##### Meal 5/Post Workout

328 calories, 30g protein,  
 52g carbs, 0g fat

##### All Other Meals

409 calories, 30g protein,  
 52g carbs, 9g fat



# WOMEN'S MEAL PLAN 2B OFF DAYS

Height: 5'4 to 5'6

Weight: 130 lbs to 150 lbs

## FOOD TYPE

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

### MEAL 1

- (P) 6 oz extra firm tofu
- (P) 15g nutritional yeast
- (¾ SC) 3 oz sweet potato
- (½ F) 5 ml olive oil
- (½ V) 50g pepper
- (½ V) 25g onion

### MEAL 2

- (P) 1 Boca Veggie Burger
- (¾ SC) 75g quinoa
- (F) 15 almonds
- (V) 100g Brussels sprouts

### MEAL 3

- (P) 4 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (ND) 28g almond cheese
- (½ F) 5 olives
- (¼ V) 25g romaine
- (OC) 30g salsa

### MEAL 4

- (P) 4 oz Beyond Meat chicken substitute
- (SC) 100g brown rice
- (F) 2 oz avocado

### MEAL 5

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 1 serving Upside Down Slow Cooked Apple Pie (SEE RECIPE)

## DAILY TOTALS

1915 calories,  
150g protein,  
160g carbs,  
75g fat

## MEAL TOTALS

383 calories, 30g protein,  
32g carbs, 15g fat

NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGE

## WOMEN'S MEAL PLAN 3A

### WEIGHT TRAINING DAYS

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

- (1½ P) 9 oz extra firm tofu
- (2 SC) 8 oz sweet potato
- (½ V) 50g pepper
- (½ V) 25g onion

#### MEAL 2

- (P) 1 Boca Veggie Burger
- (PC) 150g fava beans
- (1½ SC) 150g quinoa
- (V) 100g Brussels sprouts

#### MEAL 3

- (P) 4 oz Quorn meat substitute
- (2 SC) 4 corn tortillas, 6"
- (½ SC) ¼ cup (65g) refried beans
- (ND) 28g almond cheese
- (¼ V) 25g romaine
- (OC) 30g salsa

#### MEAL 4

- (SC, V, F, P) 1 serving Vegan Veggie Pizza (SEE RECIPE)
- (PC) 150g edamame beans
- (V) 100g spinach

#### MEAL 5/POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 200g blueberries
- (SC) 2 Lundberg brown rice cakes

\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly.

#### DAILY TOTALS

2240 calories,  
 170g protein,  
 300g carbs,  
 40g fat

#### MEAL TOTALS

##### Meal 5/Post Workout

376 calories, 34g protein,  
 60g carbs, 0g fat

##### All Other Meals

466 calories, 34g protein,  
 60g carbs, 10g fat





# WOMEN'S MEAL PLAN 3B OFF DAYS

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

- (1½ P) 9 oz extra firm tofu
- (P) 15g nutritional yeast
- (¾ SC) 3 oz sweet potato
- (½ F) 5 ml olive oil
- (½ V) 50g pepper
- (½ V) 25g onion

### MEAL 2

- (2 P) 2 Boca Veggie Burgers
- (¾ SC) 75g quinoa
- (½ F) 7 almonds
- (V) 100g Brussels sprouts

### MEAL 3

- (1½ P) 6 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (ND) 28g almond cheese
- (½ F) 5 olives
- (¼ V) 25g romaine
- (OC) 30g salsa

### MEAL 4

- (1¼ P) 5 oz Beyond Meat chicken substitute
- (SC) 100g brown rice
- (F) 2 oz avocado

### MEAL 5

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 1 serving Upside Down Slow Cooked Apple Pie (SEE RECIPE)

## DAILY TOTALS

2165 calories,  
170g protein,  
180g carbs,  
85g fat

## MEAL TOTALS

433 calories, 34g protein,  
36g carbs, 17g fat

NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGE

## MEN'S MEAL PLAN 1A WEIGHT TRAINING DAYS

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

- (1½ P) 9 oz extra firm tofu
- (2 SC) 8 oz sweet potato
- (½ V) 50g pepper
- (½ V) 25g onion
- (P) 15g nutritional yeast

### MEAL 2

- (P) 1 Boca Veggie Burger
- (PC) 150g fava beans
- (2 SC) 200g quinoa
- (V) 100g Brussels sprouts

### MEAL 3

- (P) 4 oz Quorn meat substitute
- (2 SC) 4 corn tortillas, 6"
- (SC) ½ cup (130g) refried beans
- (ND) 28g almond cheese
- (¼ V) 25g romaine
- (OC) 30g salsa

### MEAL 4

- (SC, V, F, P) 1 serving Vegan Veggie Pizza (SEE RECIPE)
- (P) 4 oz Beyond Meat Chicken substitute
- (FR) 200g pineapple

### MEAL 5/POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 200g blueberries
- (SC) 2 Lundberg brown rice cakes

\*Eat this meal within 30-45 minutes of your workout and adjust all other meals accordingly.

### DAILY TOTALS

2516 calories,  
 190g protein,  
 340g carbs,  
 44g fat

### MEAL TOTALS

#### Meal 5/Post Workout

424 calories, 38g protein,  
 68g carbs, 0g fat

#### All Other Meals

523 calories, 38g protein,  
 68g carbs, 11g fat



# MEN'S MEAL PLAN 1B

## OFF DAYS

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

- (1½ P) 9 oz extra firm tofu
- (P) 15g nutritional yeast
- (SC) 4 oz sweet potato
- (½ F) 5 ml olive oil
- (½ V) 50g pepper
- (½ V) 25g onion

#### MEAL 2

- (2 P) 2 Boca Veggie Burgers
- (SC) 100g quinoa
- (⅔ F) 10 almonds
- (V) 100g Brussels sprouts

#### MEAL 3

- (1½ P) 6 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (ND) 28g almond cheese
- (F) 10 olives
- (¼ V) 25g romaine
- (OC) 30g salsa

#### MEAL 4

- (1¼ P) 5 oz Beyond Meat chicken substitute
- (SC) 100g brown rice
- (1½ F) 3 oz avocado

#### MEAL 5

- (1½ P) 1.5 scoops plant-based protein powder
- (1½ FR) 1.5 servings Upside Down Slow Cooked Apple Pie (SEE RECIPE)

### DAILY TOTALS

2415 calories,  
 190g protein,  
 200g carbs,  
 95g fat

### MEAL TOTALS

483 calories, 38g protein,  
 40g carbs, 19g fat

NICOLE  
WILKINS'

45 DAY

BUILD  
CHALLENGE

## MEN'S MEAL PLAN 2A WEIGHT TRAINING DAYS

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

- (1½ P) 9 oz extra firm tofu
- (2½ SC) 10 oz sweet potato
- (½ V) 50g pepper
- (½ V) 25g onion
- (P) 15g nutritional yeast

### MEAL 2

- (2 P) 2 Boca Veggie Burgers
- (2½ SC) 250g quinoa
- (2 V) 200g Brussels sprouts

### MEAL 3

- (1¼ P) 5 oz Quorn meat substitute
- (2 SC) 4 corn tortillas, 6"
- (SC) ½ cup (130g) refried beans
- (ND) 28g almond cheese
- (¼ V) 25g romaine
- (OC) 30g salsa

### MEAL 4

- (SC, V, F, P) 1 serving Vegan Veggie Pizza (SEE RECIPE)
- (P) 4 oz Beyond Meat Chicken substitute
- (1¼ FR) 250g pineapple

### MEAL 5/POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (FR) 200g blueberries
- (1½ SC) 3 Lundberg brown rice cakes

\*Eat this meal within  
 30-45 minutes of  
 your workout and  
 adjust all other  
 meals accordingly.

### DAILY TOTALS

2828 calories,  
 210g protein,  
 380g carbs,  
 52g fat

### MEAL TOTALS

#### Meal 5/Post Workout

472 calories, 42g protein,  
 76g carbs, 0g fat

#### All Other Meals

589 calories, 42g protein,  
 76g carbs, 13g fat



# MEN'S MEAL PLAN 2B

## OFF DAYS

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

- (2 P) 12 oz extra firm tofu
- (P) 15g nutritional yeast
- (SC) 4 oz sweet potato
- (½ F) 5 ml olive oil
- (½ V) 50g pepper
- (½ V) 25g onion

#### MEAL 2

- (2 P) 2 Boca Veggie Burgers
- (SC) 100g quinoa
- (F) 15 almonds
- (V) 100g Brussels sprouts

#### MEAL 3

- (2 P) 8 oz Quorn meat substitute
- (SC) 2 corn tortillas, 6"
- (ND) 28g almond cheese
- (F) 10 olives
- (¼ V) 25g romaine
- (OC) 30g salsa

#### MEAL 4

- (1½ P) 6 oz Beyond Meat chicken substitute
- (1¼ SC) 125g brown rice
- (1½ F) 3 oz avocado

#### MEAL 5

- (2 P) 2 scoops plant-based protein powder
- (1½ FR) 1.5 servings Upside Down Slow Cooked Apple Pie (SEE RECIPE)

### DAILY TOTALS

2665 calories,  
 210g protein,  
 220g carbs,  
 105g fat

### MEAL TOTALS

533 calories, 42g protein,  
 44g carbs, 21g fat



# **NUTRITION**

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



## 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
- ☐ 1 container nPower Nutrition Isolate
- ☐ 2 lbs chicken breast
- ☐ 2 lbs 93% lean ground turkey
- ☐ 4 cans white tuna in water
- ☐ 1 lb cod
- ☐ 2 lb flank steak

### VEGAN PROTEINS

- ☐ 1 package veggie/Boca burgers
- ☐ 1 container nutritional yeast
- ☐ Plant based protein powder
- ☐ 2 packages extra firm tofu
- ☐ 2 packages Beyond Meat chicken substitute
- ☐ 2 packages Quorn meat substitute
- ☐ 1 package edamame beans

### NON-DAIRY

- ☐ 1 container soymilk yogurt alternative (I used Silk brand)
- ☐ 1 package shredded almond cheese

### DAIRY

- ☐ 1 bag shredded cheddar cheese
- ☐ 1 container part skim ricotta cheese
- ☐ 1 container parmesan cheese
- ☐ 1 container feta cheese

### FRUITS

- ☐ 4 medium bananas
- ☐ 2 containers blueberries
- ☐ 8 medium apples (Granny Smith for recipe)
- ☐ 2 containers strawberries
- ☐ 1 cantaloupe
- ☐ 1 pineapple
- ☐ 1 container dates
- ☐ 1 bag dried fruit (no sugar added)

### CARBOHYDRATES

- ☐ 5 medium sweet potatoes/yams
- ☐ 4 medium Russet (white) potatoes
- ☐ 1 bag English muffins
- ☐ 1 bag/box white rice
- ☐ 1 bag/box brown rice
- ☐ 1 bag/box quinoa
- ☐ 1 bag Quaker flavored rice cakes
- ☐ 1 bag Lundberg brown rice cakes
- ☐ 1 container oatmeal/rolled oats
- ☐ 1 bag whole wheat pasta
- ☐ 1 container fava beans
- ☐ 2 cans refried beans
- ☐ 1 container dried breadcrumbs
- ☐ 1 bag whole wheat tortillas
- ☐ 1 bag 6" corn tortillas
- ☐ 1 box Graham crackers

### VEGETABLES

- ☐ 1 bunch broccoli
- ☐ 2 white onions
- ☐ 1 head cauliflower
- ☐ 2 red peppers
- ☐ 2 green peppers
- ☐ 1 bag Brussel sprouts
- ☐ 1 bag green beans
- ☐ 1 bag spinach
- ☐ 1 bag Romaine lettuce
- ☐ 2 bags shredded lettuce
- ☐ 4 medium zucchini
- ☐ 1 bag carrots
- ☐ 1 container cherry tomatoes
- ☐ 1 container mushrooms
- ☐ 1 can crushed tomatoes
- ☐ 1 container sun dried tomatoes

### FATS

- ☐ 1 container olive oil
- ☐ 1 jar olives
- ☐ 3 avocados
- ☐ 1 container almond/peanut butter/crunchy (for recipe)
- ☐ 1 bag walnuts
- ☐ 1 bag coconut flakes
- ☐ 1 bag almond flakes
- ☐ 1 container butter
- ☐ 1 bag ground flaxseeds
- ☐ 1 bag almonds

### BEVERAGES

- ☐ 1 container unsweetened original almond/cashew milk
- ☐ 1 container skim milk (for recipe)
- ☐ 1 jug unsweetened iced tea
- ☐ Diet soda
- ☐ Coffee

### CONDIMENTS (OPTIONAL)

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Stevia/Splenda/Truvia | <input type="checkbox"/> Red pepper flakes  | <input type="checkbox"/> Balsamic vinegar            | <input type="checkbox"/> Cumin                     |
| <input type="checkbox"/> PB2                   | <input type="checkbox"/> Apple cider vinegar  | <input type="checkbox"/> Mrs. Dash                   | <input type="checkbox"/> Turmeric                  |
| <input type="checkbox"/> Cornstarch            | <input type="checkbox"/> Balsamic vinegar   | <input type="checkbox"/> Sea salt                    | <input type="checkbox"/> Cilantro                  |
| <input type="checkbox"/> Cinnamon              | <input type="checkbox"/> Ginger   | <input type="checkbox"/> Pepper                      | <input type="checkbox"/> Ground red pepper         |
| <input type="checkbox"/> Mustard               | <input type="checkbox"/> Low fat Italian dressing   | <input type="checkbox"/> Garlic powder/minced garlic | <input type="checkbox"/> Fat free/light sour cream |
| <input type="checkbox"/> Low-sugar ketchup     | <input type="checkbox"/> Italian seasoning  | <input type="checkbox"/> Unsweetened cocoa powder    | <input type="checkbox"/> Lime/Lemon juice          |
| <input type="checkbox"/> Worcestershire sauce  | <input type="checkbox"/> Coconut aminos   | <input type="checkbox"/> Garlic cloves               | <input type="checkbox"/> Dried basil               |
| <input type="checkbox"/> Bragg's Amino Acids   | <input type="checkbox"/> Low sugar/low fat marinara sauce (choose one 60-70 calories per serving) | <input type="checkbox"/> Cayenne pepper              | <input type="checkbox"/> Vanilla extract           |
| <input type="checkbox"/> Salsa                 | <input type="checkbox"/> Pico de Gallo  | <input type="checkbox"/> Paprika                     | <input type="checkbox"/> Chili powder              |
| <input type="checkbox"/> Light soy sauce       |   | <input type="checkbox"/> Oregano                     | <input type="checkbox"/> Ground ginger             |
| <input type="checkbox"/> Tamari                |   | <input type="checkbox"/> Taco spice                  | <input type="checkbox"/> Dried minced onion        |



## 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, 1½ or 2 servings per meal of each 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
- ☐ 6 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
- ☐ 8 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
- ☐ Whole grapefruit (3-4" in 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.

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

## FATS (F)

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

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

## OPTIONAL CONDIMENTS (OC)

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> 5g yellow mustard                            | <input type="checkbox"/> 15 ml sugar-free coffee creamer    | <input type="checkbox"/> 1 tbsp (15g) miso paste                 | <input type="checkbox"/> White vinegar   |
| <input type="checkbox"/> 30g salsa                                    | <input type="checkbox"/> 4g hot Sauce                       | <input type="checkbox"/> 5 ml coconut aminos                     | <input type="checkbox"/> Rice vinegar  |
| <input type="checkbox"/> 16g low-sugar ketchup                        | <input type="checkbox"/> 30g low-fat Italian dressing       | <input type="checkbox"/> 13g powdered peanut butter (PB2 powder) | <input type="checkbox"/> Stevia/Splenda  |
| <input type="checkbox"/> 30g Walden Farms sugar-free syrups/dressings | <input type="checkbox"/> 15 ml tamari                       | <input type="checkbox"/> Sea salt                                | <input type="checkbox"/> Any calorie free spices i.e. cinnamon, nutmeg, curry, pepper, paprika, basil, garlic powder |
| <input type="checkbox"/> 30g sour cream                               | <input type="checkbox"/> 1 serving miracle noodles          | <input type="checkbox"/> Mrs. Dash                               | <input type="checkbox"/> Cooking spray   |
| <input type="checkbox"/> 17g sugar-free jelly                         | <input type="checkbox"/> 1 serving sugar free jello         | <input type="checkbox"/> Lemon                                   | <input type="checkbox"/> 1 pickle or 2 tbsp relish   |
|   | <input type="checkbox"/> 1 serving unsweetened cocoa powder | <input type="checkbox"/> Balsamic vinegar                        |  |



## 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
- ☐ ¾ cup (45g) cream of rice
- ☐ 3 tbsp (33g) cream of wheat
- ☐ ¾ 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 Crackers Original
- ☐ 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 carbohydrates. Try to limit fruits to no more than 2x per day.

- ☐ 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
- ☐ Whole grapefruit (3-4" 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 reduced-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'

# 45 BUILD DAY CHALLENGE

## RECIPES

### PEANUT BUTTER, ALMOND & DATE PROTEIN BAR

SERVINGS: 12

#### INGREDIENTS

- 250g medjool whole fresh dates (about 10 dates)
- 3 scoops (78g) nPower Nutrition Vanilla Cupcake Isolate
- 1¾ cup (150g) oatmeal
- 12 tbsp (192g) natural crunchy peanut butter
- 50g PB2 powder
- 25g almonds
- 1 cup (240 ml) egg whites
- ½ cup (122 ml) skim milk
- 10g coconut flakes
- 50g almond flakes

#### DIRECTIONS

- Pre-heat oven to 350°F
- Combine ingredients into food processor leaving out coconut and almond flakes
- Blend until combined - you want a crunchy texture so be sure not to over mix
- Line a 9x13 inch baking pan with parchment paper and then spoon the mixture and press down firmly
- Sprinkle with coconut and slivered almonds
- Bake for 20-25 minutes or when the slices turn a light golden brown

#### TOTALS

PER SERVING

**291 calories, 17g protein, 30g carbs, 13g fat**

### CHOCOLATE MOUSSE

SERVINGS: 3

#### INGREDIENTS

- 1 ½ cups (372g) light, part skim ricotta cheese
- 1 ½ scoops (40g) nPower Nutrition Vanilla Cupcake Whey Protein Isolate
- 10 drops liquid stevia or other sweetener of your choice
- 1 cup (240 ml) unsweetened almond milk
- 10g walnuts, crushed
- 3 tsp cocoa powder

#### DIRECTIONS

- Combine all ingredients, except nuts, into a food processor and blend until smooth
- Remove and divide into three small bowls
- Sprinkle nuts evenly between the three servings and refrigerate until ready to eat

#### TOTALS

PER SERVING

**245 calories, 25g protein, 10g carbs, 25g protein, 12g fat**

## ZUCCHINI FRIES

SERVINGS: 4

### INGREDIENTS

- 1 cup (108g) dried breadcrumbs
- ¼ tsp garlic powder
- 2 tbsp (10g) grated Parmesan cheese
- ¼ tsp sea salt
- 3 large egg whites, beaten
- 4 medium zucchini, peeled and cut into 3" sticks

### DIRECTIONS

- Preheat oven to 425°F
- Line baking sheet with parchment paper
- Combine breadcrumbs, garlic powder, cheese and salt in a large bowl
- Place egg whites in a separate bowl
- Dip zucchini sticks into egg whites, toss in bread crumb mixture to coat and arrange on the prepared baking sheet
- Bake 20-25 minutes or until fries begin to brown, turning halfway through

### TOTALS

PER SERVING

**156 calories, 9g protein, 26g carbs, 2g fat**

## GREEK SPINACH WRAP

SERVINGS: 1

### INGREDIENTS

- 3 large egg whites
- 1 cup (25g) baby spinach, chopped
- ¼ cup (1 oz) crumbled feta cheese
- 1 (8") whole wheat tortilla
- 2 tbsp diced sun-dried tomatoes

### DIRECTIONS

- In a small bowl, beat egg whites and stir in spinach
- Spray a small skillet with nonstick cooking spray and place over medium heat
- Pour egg mixture into pan and cook stirring for 1-2 minutes until eggs are almost done
- Remove from heat, add feta cheese, and mix well
- Place tortilla on a flat surface and top with egg mixture and tomatoes
- Roll tortilla and serve!

### TOTALS

PER SERVING

**258 calories, 20g protein, 24g carbs, 9g fat**

NICOLE  
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**45 DAY**



**BUILD  
CHALLENGE**

**45 DAY BUILD CHALLENGE**



VEGAN  
FRIENDLY

## VEGAN VEGGIE PIZZA

SERVINGS: 1

### INGREDIENTS

- ¼ cup (25g) green bell pepper, chopped
- ¼ cup (20g) mushrooms, chopped
- 1 (8") whole wheat tortilla
- ½ cup (40g) almond cheese
- ½ cup (80g) canned crushed tomatoes
- ¼ tsp Italian seasoning
- ⅛ tsp garlic powder
- ⅛ tsp onion powder

### DIRECTIONS

- Bring a skillet sprayed with nonstick cooking spray to medium-high heat
- Add pepper, mushrooms, and 1/8 tsp Italian seasoning
- Cook and stir until softened and lightly browned – about 4 minutes. Transfer to a medium bowl
- Remove skillet from heat, clean (if needed). Respray and bring to medium heat.
- Add tortilla and top one half with cheese
- Spoon veggies over the other half of the tortilla and cook until cheese melts- about 2 minutes
- Using a spatula, fold the cheese-only tortilla half over the filling and press lightly to seal
- Flip and cook until crispy
- In a small microwave safe bowl, mix crushed tomatoes with garlic powder, onion powder and remaining 1/8 tsp Italian seasoning
- Cover and microwave for 30 seconds or until hot
- Slice into wedges and serve with seasoned tomatoes for dipping

### TOTALS

PER SERVING

**254 calories, 13g protein, 36g carbs, 7g fat**



VEGAN  
FRIENDLY

## UPSIDE-DOWN SLOW-COOKED APPLE PIE

SERVINGS: 8

### INGREDIENTS

- 8 cups (about 8 medium) Granny Smith apples, peeled and sliced
- 2 tbsp cornstarch
- 3 tbsp Truvia no-calorie sweetener
- 2 tsp lemon juice
- 1 tsp vanilla extract
- 2 sheets (8 crackers) Graham crackers, finely crushed
- 1 ½ tsp cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt

### DIRECTIONS

- Place apples in a slow cooker sprayed with nonstick spray
- In a medium bowl, combine cornstarch with ¾ cup water and whisk with fork to dissolve
- Add all remaining ingredients and seasonings except graham crackers. Whisk well
- Pour cornstarch mixture over the apples and stir to coat
- Cover and cook on high for 1 ½ hours or until apples have softened and liquid has mostly thickened
- Let cool and thicken about 10 minutes
- Top each serving with one crushed graham cracker

### TOTALS

PER SERVING

**107 calories, 0g protein, 27g carbs, 0g fat**

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