



NICOLE WILKINS'

40 DAY

BUNS & GUNS

CHALLENGE

2022

40 DAY BUNS & GUNS CHALLENGE

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PROGRAM OVERVIEW

Welcome to the 40 Day Buns & Guns Challenge!

You know why we're here – to work on building those arms and glutes!

Bringing up those those two high-profile areas will be our main focus for the next 40 days, of course ... but there's a lot more I hope you take away from this Challenge.

Like losing body fat, changing your body composition, getting stronger and – most importantly – developing habits that are going to help you lead a fitter, healthier lifestyle long after these 40 days are over!

Helping people reach their goals is one of my favorite things in the world. I also think I'm pretty good at it, so I'm confident I can help you reach yours if you commit to putting in the work.

So what do say ... are you ready to DO THIS DARN THING OR WHAT?

Start off by clicking the PLAY button below to watch a video from me on how to get the most out of this program.

WATCH THE VIDEO!



ABOUT THE PROGRAM

You'll find everything you need in this eBook, but there are also some bonus videos for the Training, Nutrition and Mobility sections, so make sure to check out those pages too!

(Don't worry, there are links to those videos that can be easily accessed via the eBook.)

You will have two sets of workouts during this program, one for Weeks 1-3 and another for Weeks 4-6.

The nutrition plan will stay the same, but as you'll see there are a ton of options for each meal with the food exchange lists provided. You will be lifting weights five times a week and doing cardio four during both phases of this plan.

The workouts and nutrition plans are designed to work together to prioritize the body parts we are primarily focusing on - arms and glutes.

We'll do this by training each of those muscle group twice a week, and by planning your high carb days around those workouts (more on that in the Training and Nutrition sections).

There's also an all-new feature for this Challenge – an *Accountability Tracker*! This is the first time I am including this in one of my programs.

It's totally optional – you don't have to use it in order to follow the program or to win any of the prizes – and it is for your eyes only.

But if you feel like it will be helpful, to see where you can improve over these next 40 days, it is just another way to hold yourself accountable.

You can read all about the Accountability Tracker on pages 106-114, and watch my video explaining how to use it [here](#).

UPLOADING YOUR PHOTOS & MEASUREMENTS



You have until Wednesday, March 30 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 to see how far you've come.

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
#nwbunsnguns

Now it's time to check out the program
and get ready to crush this Challenge...

YOU CAN DO THIS!

40 DAY BUNS & GUNS CHALLENGE

WEEKLY CHALLENGE CALENDAR

NICOLE WILKINS'
40 DAY
BUNS & GUNS
CHALLENGE



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

WEEKLY BREAKDOWN | TRAINING BLOCK 1

WEEK 1



LOAD BEFORE PHOTOS
MARCH 23 TO MARCH 30

MONDAY, MAR 28	TUESDAY, MAR 29	WEDNESDAY, MAR 30	THURSDAY, MAR 31	FRIDAY, APR 1	SATURDAY, APR 2	SUNDAY, APR 3
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/> SHOULDERS/ ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> LOW DAY	<input type="checkbox"/> BACK/ CHEST <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY	<input type="checkbox"/> ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> GLUTES/ HAMSTRINGS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY

WEEK 2

MONDAY, APR 4	TUESDAY, APR 5	WEDNESDAY, APR 6	THURSDAY, APR 7	FRIDAY, APR 8	SATURDAY, APR 9	SUNDAY, APR 10
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/> SHOULDERS/ ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> LOW DAY	<input type="checkbox"/> BACK/ CHEST <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY	<input type="checkbox"/> ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> GLUTES/ HAMSTRINGS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY

WEEK 3

MONDAY, APR 11	TUESDAY, APR 12	WEDNESDAY, APR 13	THURSDAY, APR 14	FRIDAY, APR 15	SATURDAY, APR 16	SUNDAY, APR 17
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/> SHOULDERS/ ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> LOW DAY	<input type="checkbox"/> BACK/ CHEST <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY	<input type="checkbox"/> ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> GLUTES/ HAMSTRINGS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY

KEEP GOING TO **WEEK 4 | TRAINING BLOCK 2**

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CHALLENGE

WEEKLY BREAKDOWN | TRAINING BLOCK 2


WEEK 4

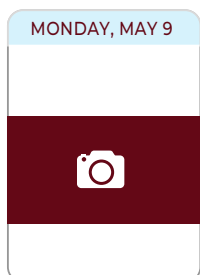
MONDAY, APR 18	TUESDAY, APR 19	WEDNESDAY, APR 20	THURSDAY, APR 21	FRIDAY, APR 22	SATURDAY, APR 23	SUNDAY, APR 24
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<input type="checkbox"/> SHOULDERS/ CHEST/ TRICEPS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> LOW DAY	<input type="checkbox"/> BACK/BICEPS REAR DELTS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> GLUTES/ HAMSTRINGS/ CALVES <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY

WEEK 5

MONDAY, APR 25	TUESDAY, APR 26	WEDNESDAY, APR 27	THURSDAY, APR 28	FRIDAY, APR 29	SATURDAY, APR 30	SUNDAY, MAY 1
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
<input type="checkbox"/> SHOULDERS/ CHEST/ ARMS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> LOW DAY	<input type="checkbox"/> BACK/BICEPS REAR DELTS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> GLUTES/ HAMSTRINGS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> LOW DAY

WEEK 6

MONDAY, MAY 2	TUESDAY, MAY 3	WEDNESDAY, MAY 4	THURSDAY, MAY 5	FRIDAY, MAY 6	SATURDAY, MAY 7	SUNDAY, MAY 8
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40		
<input type="checkbox"/> SHOULDERS/ CHEST/ TRICEPS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> LOW DAY	<input type="checkbox"/> BACK/BICEPS REAR DELTS <input type="checkbox"/> INTERVAL CARDIO <input type="checkbox"/> LOW DAY	<input type="checkbox"/> OFF <input type="checkbox"/> HIGH DAY	<input type="checkbox"/> ARMS/ABS <input type="checkbox"/> HIIT CARDIO <input type="checkbox"/> HIGH DAY	 UPLOAD YOUR AFTER PHOTOS	



CONGRATULATIONS YOU DID IT! 🙌🙌

40 DAY BUNS & GUNS CHALLENGE

TRAINING

Time to roll up your sleeves, pop on those headphones and get after it!

These workouts are going to be challenging (that's the point of a Challenge, right?) but FUN. So hopefully you're not afraid of some good, old fashioned hard work.

The program is split up into two training blocks:

» WEEKS 1-3 - TRAINING BLOCK 1

» WEEKS 4-6 - TRAINING BLOCK 2

You will be training arms and lower body twice a week during both Training Blocks, so the areas we are targeting for these 40 days are going to get plenty of work, while still giving your body ample time to recover.

Each Training Block has three workout plans, so you can follow along from anywhere depending on the variety of equipment you are working with.

The exercises for each workout differ slightly from plan to plan, but almost everything else will stay the same. You will follow the same training split, work the same muscle groups and use the same intensity techniques regardless of which plan you follow (with a few exceptions with the Dumbbell/Bodyweight option).

Which means it's totally fine for you to split your time between training at home and at the gym, and you won't need to worry about missing a workout if you're on the road for a few days with access to limited equipment.

GYM WORKOUTS

For those who have access to a gym.

AT-HOME WORKOUTS (FULL EQUIPMENT)

For those who have a variety of equipment at home.

AT-HOME WORKOUTS (DUMBBELL/ BODYWEIGHT)

For those with limited equipment.

TRAINING SPLIT BLOCK 1: WEEKS 1-3

DAY 1: MONDAY – SHOULDERS/
ARMS/ABS
DAY 2: TUESDAY – LOWER BODY
DAY 3: WEDNESDAY – BACK/CHEST
DAY 4: THURSDAY – OFF
DAY 5: FRIDAY – ARMS/ABS
DAY 6: SATURDAY – GLUTES/
HAMSTRINGS
DAY 7: SUNDAY – OFF

TRAINING SPLIT BLOCK 2: WEEKS 4-6

DAY 1: MONDAY – SHOULDERS/
CHEST/TRICEPS
DAY 2: TUESDAY – LOWER BODY
DAY 3: WEDNESDAY – BACK/BICEPS
REAR DELTS
DAY 4: THURSDAY – OFF
DAY 5: FRIDAY – ARMS/ABS
DAY 6: SATURDAY – GLUTES/
HAMSTRINGS
DAY 7: SUNDAY – OFF

CHALLENGE YOURSELF DURING THE CHALLENGE!

If you want to make noticeable changes, you can't just go through the motions in the gym – you have to *challenge* yourself. So make sure you are getting enough sleep (7-9 hours a night), staying hydrated and warming up properly so you can get the most out of each workout!

Your goal is to lift as heavy as possible each and every workout while still using proper form, of course (excluding your warmup sets).

Since I'm not in there watching you train, I can't tell you the weight you should be using. Only you know what constitutes heavy for *you*.

What I can tell you is that you should be struggling on the last 2-3 repetitions of each set. I would rather you fail and fall a rep or two short than to be able to perform too many reps on any of your working sets.

If you can do 12 or 13 reps without struggling when you should be doing 10, then you aren't lifting heavy enough and you should increase the amount of weight you are

using. If you're not sure how much you should be using, increase the weight you're using it by small increments at first until you know what you are capable of handling.

If you find that the first or second set was too easy, don't be afraid to add another set until you get the hang of it.

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

Remember to always focus on using proper form, on developing your mind-muscle connection and the stretch/squeeze of each exercise. Every exercise in the training charts links to a short video demonstration, so make sure to watch those so you are performing the exercises correctly!

INTENSITY TECHNIQUES DEFINED

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

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

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

» **GIANT SET** Four or more exercises performed in a row without resting between individual exercises. Rest when all exercises in a Giant Set are completed.

» **AMRAP** As many reps as possible (or as many rounds, but in this case it's reps). Rep ranges for most bodyweight exercises call for this.

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

» **FST-7 (FASCIA-STRETCH TRAINING)** Designed to stretch the fascia (the muscle's connective tissue) and fill your muscles with blood (the pump), FST-7 calls for performing seven sets of an exercise with little rest (30 seconds) between sets. Stay with the same weight throughout – a weight you can lift for 10-12 reps for every set – or increase it.

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"

TRAINING TIPS

» Warm up properly! Make sure to follow the warmup protocols listed before your workouts (follow these whether you're training at the gym or at home). Also make sure to add in a couple warmup sets on your first two exercises of each workout – or more if you feel you need it. You should not be struggling at all on these warmup sets, just stretching, squeezing and flexing the muscle.

» Use proper form. Form is key to working the muscle you are targeting and staying injury-free.

» Perform slow and controlled repetitions for all exercises – excluding any plyometric (example: Jump Squats) or dynamic exercises (example: Dumbbell 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 Buns & Guns 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
- ✓ TRISET INTENSITY TECHNIQUE TUTORIAL
- ✓ DROP SET INTENSITY TECHNIQUE TUTORIAL







WARMUP ROUTINES

Incorporate these two dynamic warmup routines before every workout, they are a great primer to get your body ready to attack the weights!





Use the **UPPER BODY WARMUP** routine on upper body days and the **LOWER BODY WARMUP** Routine on lower body days.

If you feel like you need to do more to get your body ready, feel free to add extra warmup sets here, or on your first exercise of the day. Our goal is to stay healthy throughout these 40 days.

UPPER BODY WARMUP

EXERCISE	SETS	REPS
 Arm Circles <i>*10 side-to-side, 10 forward/back each arm. No rest between legs.</i>	2	10/10* (each arm)
 Lying Dumbbell External Rotation <i>*No rest between arms.</i>	2	15 (each arm)
 Kneeling Alternating Arm/Leg Raise <i>*Rest 30 seconds between sets</i>	2	12 (each side)
 Dolphin Pushup <i>*Rest 30 seconds between sets</i>	2	5

LOWER BODY WARMUP

EXERCISE	SETS	REPS/TIME
 Leg Swings <i>*10 side-to-side, 10 forward/back each leg . No rest between legs.</i>	2	10/10* (each leg)
 Lateral Jump Squat <i>*Rest 30 seconds between sets</i>	2	10 (each side)
 Bodyweight Around The World Lunge <i>*Rest 30 seconds between sets</i>	2	5 (each direction)
 Butt Kicks <i>*Rest 30 seconds between sets</i>	2	30 seconds

GYM WORKOUTS

GYM WORKOUTS

TRAINING BLOCK 1: WEEKS 1-3

DAY 1: MONDAY - SHOULDERS/ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
TRISSET		
▶ Standing Neutral Grip Dumbbell Press	4	1x15, 3x10-12
▶ Zottman Curl	4	1x15, 3x10-12
▶ Standing Overhead Dumbbell Triceps Extension	4	1x15, 3x10-12
TRISSET		
▶ Dumbbell Upright Row	3	10-12
▶ Seated Barbell Curl	3	10-12
▶ Close Grip Pushup	3	10-12
SUPERSET		
▶ Barbell Curl to Reverse Grip Front Raise	3	10-12
▶ Triceps Pushdown	3	12-15
SUPERSET		
▶ Around-The-World Dumbbell Lateral Raise	3	10-12
▶ Plank Hip Dip	3	20 (total)
▶ Situp	3	12-15
SUPERSET		
▶ Incline Dumbbell Rear Delt Raise (pinkies out)	3	10-12
▶ Alternating Dumbbell To Ankle Plank	3	10-12 (each arm)

GYM WORKOUTS

TRAINING BLOCK 1: WEEKS 1-3

DAY 2: TUESDAY - LOWER BODY

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
SUPERSET		
<div>▶</div> <div> <div>└</div> <div>Hip Circle Wall Sit</div> <div><i>*Increase duration each set</i></div> </div>	3	30, 45, 60 seconds*
<div>▶</div> <div> <div>└</div> <div>Hip Circle Lateral Side Step</div> </div>	3	15 (each side)
▶ Sumo Deadlift	3	8-12
▶ Barbell Curtsy Lunge	3	10-12 (each leg)
▶ Dumbbell Lateral Lunge	3	10-12 (each side)
▶ Exercise Ball Reverse Hyperextension	3	12-15
SUPERSET		
<div>▶</div> <div> <div>└</div> <div>Leg Extension</div> </div>	3	10/10/10 (drop set)
<div>▶</div> <div> <div>└</div> <div>Bodyweight Squat</div> </div>	3	20
▶ Seated Calf Raise	3	15

GYM WORKOUTS

TRAINING BLOCK 1: WEEKS 1-3

DAY 3: WEDNESDAY - BACK/CHEST

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Pullup Negatives With Static Hold	3	5
▶ Floor Pushup	3	10-12
▶ Bench Press	3	10-12
SUPERSET		
▶ Incline Straight Arm Cable Pulldown	3	12-15
▶ Incline Dumbbell Flye	3	12-15
SUPERSET		
▶ Reverse Grip Dumbbell Row	3	12-15
▶ Incline Bench Press	3	10-12
SUPERSET		
<i>*Complete both exercises on the right side before switching to the left</i>		
▶ One Arm Cable Row	3	10-12 (each arm)
▶ Single Arm Cable Chest Press	3	10-12 (each arm)

GYM WORKOUTS

TRAINING BLOCK 1: WEEKS 1-3

DAY 5: FRIDAY - ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
GIANT SET		
▶ Barbell Spider Curl	3	10-12
▶ Incline Dumbbell Curl	3	10-12
▶ Standing Barbell Curl	3	10-12
▶ Resistance Band Curl	3	30 seconds
GIANT SET		
▶ Lying Dumbbell Triceps Extension	3	10-12
▶ Neutral Grip Dumbbell Press	3	10-12
▶ Bench Dip	3	12-15
▶ Resistance Band Overhead Triceps Extension	3	30 seconds
GIANT SET		
▶ Bench Tuck Up	3	20
▶ Lying Leg Raise/Butt Up Combo	3	10-12
▶ Crab Reach	3	10 (each side)
▶ Scissor Kicks	3	50 (total)

GYM WORKOUTS

TRAINING BLOCK 1: WEEKS 1-3

DAY 6: SATURDAY - GLUTES/HAMSTRINGS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Bodyweight Lateral Step Up To Lateral Leg Raise	3	10-12 (each leg)
▶ Dumbbell Bulgarian Split Squat/ Single Leg Stiff Legged Deadlift Combo <i>*Rest 60- 90 seconds between sets</i>	3	10-12 (each leg)
SUPERSET		
▶ Walking Twisting Lunge	3	8-10 (each leg)
▶ Barbell Good Morning	3	10-12
▶ Barbell Reverse Lunge	3	10-12 (each leg)
▶ Lying Hamstring Curl	3	10-12
▶ Single Leg Hyperextension	3	10-12 (each leg)

GYM WORKOUTS

TRAINING BLOCK 2: WEEKS 4-6

DAY 1: MONDAY - SHOULDERS/CHEST/TRICEPS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Standing Barbell Press	3	8-12
SUPERSET		
▶ { Kneeling Single Arm Landmine Shoulder Press	3	10-12 (each arm)
▶ { Lying Single Arm Landmine Chest Press	3	10-12 (each arm)
TRISSET		
▶ { Incline Barbell Front Raise	3	10-12
▶ { Incline Barbell Triceps Extension	3	10-12
▶ { Dumbbell Flye	3	10-12
SUPERSET		
<i>*Complete both exercises on the right arm before switching to the left</i>		
▶ { Single Arm Cable Lateral Raise	3	10-12 (each arm)
▶ { Single Arm Rope Cable Kickback	3	10-12 (each arm)
SUPERSET		
▶ { Decline Pushup	3	8-12
▶ { Down-Down-Up-Up	3	10 (each arm)

GYM WORKOUTS

TRAINING BLOCK 2: WEEKS 4-6

DAY 2: TUESDAY - LOWER BODY

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
▶ Barbell Lunge	4	8-12 (each leg)
▶ Wide Stance Leg Press	4	12-15
SUPERSET		
▶ Dumbbell Goblet Squat To A Bench	3	10-12
▶ Barbell Squat Pulses	3	20
▶ Barbell Hip Thrust	3	8-12
▶ Hip Circle Clamshells	3	12-15 (each leg)

GYM WORKOUTS

TRAINING BLOCK 2: WEEKS 4-6

DAY 3: WEDNESDAY - BACK/BICEPS/REAR DELTS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Smith Machine Pullup	3	10-12
▶ Resistance Band Reverse Flye	3	20
SUPERSET		
▶ Seated Close Grip Cable Pulldown (floor)	3	10-12
▶ Lying Cable Curl	3	10-12
SUPERSET		
▶ Landmine Single Arm Row	3	10-12 (each arm)
▶ Exercise Ball Preacher Curl	3	12-15
SUPERSET		
▶ Reverse Grip Barbell Row	3	8-12
▶ Standing Dumbbell Curl (palms out)	3	10-12
▶ Dumbbell Rear Delt Raise	7	10-12 (FST7)
<i>*Rest 30 seconds between sets</i>		

GYM WORKOUTS

TRAINING BLOCK 2: WEEKS 4-6

DAY 5: FRIDAY - ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Two Angle Dumbbell Curl	3	10-12 (each side)
▶ Pike Triceps Pushup	3	10-12
SUPERSET		
▶ Behind-The-Neck Cable Curl	3	12-15
▶ Cable Overhead Triceps Extension	3	12-15
SUPERSET		
▶ Dumbbell Reverse Curl	3	10-12
▶ Neutral Grip Dumbbell Press	3	10-12
SUPERSET		
▶ Standing Barbell Curl	3	10-12
▶ Resistance Band Triceps Pushdown	3	20 reps
TRISSET		
▶ Straddle Up	3	15
▶ Alternating Two Point Plank	3	5 (each side)
▶ Double Crunch	3	25

GYM WORKOUTS

TRAINING BLOCK 2: WEEKS 4-6

DAY 6: SATURDAY - GLUTES/HAMSTRINGS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Squat	5	12x15 (warmup), 3x8-12
SUPERSET <i>*Complete both exercises on the right side before switching to the left</i>		
▶ Bulgarian Split Squat Jump	3	8-10 (each side)
▶ Dumbbell Step Up	3	10-12 (each leg)
▶ Single Leg Press	3	10-12 (each leg)
▶ Glute Cable Kickback (FST-7)	7	10-12 (each leg)
▶ Lying Hamstring Curl with Single Leg Negative	3	16-20 total (8-10 negatives each leg)
SUPERSET		
▶ Exercise Ball Lying Hamstring Curl	3	12-15
▶ Exercise Ball Glute Raise	3	12-15

AT-HOME WORKOUTS (FULL EQUIPMENT)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 1: MONDAY - SHOULDERS/ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
TRISSET		
▶ Standing Neutral Grip Dumbbell Press	4	1x15, 3x10-12
▶ Zottman Curl	4	1x15, 3x10-12
▶ Standing Overhead Dumbbell Triceps Extension	4	1x15, 3x10-12
TRISSET		
▶ Dumbbell Upright Row	3	10-12
▶ Seated Barbell Curl	3	10-12
▶ Close Grip Pushup	3	10-12
SUPERSET		
▶ Barbell Curl to Reverse Grip Front Raise	3	10-12
▶ Dumbbell Kickback	3	10-12
SUPERSET		
▶ Around-The-World Dumbbell Lateral Raise	3	10-12
▶ Plank Hip Dip	3	20 (total)
▶ Situp	3	12-15
SUPERSET		
▶ Rear Delt Cable Flye	3	10-12
▶ Alternating Dumbbell To Ankle Plank	3	10-12 (each arm)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 2: TUESDAY - LOWER BODY

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
SUPERSET		
<div>▶</div> <div> <div>└</div> <div>Hip Circle Wall Sit</div> <div><i>*Increase duration each set</i></div> </div>	3	30, 45, 60 seconds*
<div>▶</div> <div> <div>└</div> <div>Hip Circle Lateral Side Step</div> </div>	3	15 (each side)
▶ Sumo Deadlift	3	8-12
▶ Barbell Curtsy Lunge	3	10-12 (each leg)
▶ Dumbbell Lateral Lunge	3	10-12 (each side)
▶ Exercise Ball Reverse Hyperextension	3	12-15
SUPERSET		
<div>▶</div> <div> <div>└</div> <div>Dumbbell Goblet Squat</div> </div>	3	10/10/10
<div>▶</div> <div> <div>└</div> <div>Bodyweight Squat</div> </div>	3	20
▶ Standing Dumbbell Calf Raise	3	15

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 3: WEDNESDAY - BACK/CHEST

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Pullup Negatives With Static Hold	3	5
▶ Floor Pushup	3	10-12
▶ Incline Bench Press	3	10-12
SUPERSET		
▶ Dumbbell Pullover	3	12-15
▶ Incline Dumbbell Flye	3	12-15
SUPERSET		
▶ Reverse Grip Dumbbell Row	3	12-15
▶ Dumbbell Bench Press	3	10-12
SUPERSET		
<i>*Complete both exercises on the right side before switching to the left</i>		
▶ One Arm Dumbbell Row	3	10-12 (each arm)
▶ Static Hold Dumbbell Floor Press	3	12-15 (each arm)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 5: FRIDAY - ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
GIANT SET		
▶ Barbell Spider Curl	3	10-12
▶ Incline Dumbbell Curl	3	10-12
▶ Standing Barbell Curl	3	10-12
▶ Resistance Band Curl	3	30 seconds
GIANT SET		
▶ Lying Dumbbell Triceps Extension	3	10-12
▶ Neutral Grip Dumbbell Press	3	10-12
▶ Bench Dip	3	12-15
▶ Resistance Band Overhead Triceps Extension	3	30 seconds
GIANT SET		
▶ Bench Tuck Up	3	20
▶ Lying Leg Raise/Butt Up Combo	3	10-12
▶ Crab Reach	3	10 (each side)
▶ Scissor Kicks	3	50 (total)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 6: SATURDAY - GLUTES/HAMSTRINGS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Bodyweight Lateral Step Up To Lateral Leg Raise	4	10-12 (each leg)
▶ Dumbbell Bulgarian Split Squat/ Single Leg Stiff Legged Deadlift Combo <i>*Rest 60- 90 seconds between sets</i>	4	10-12 (each leg)
SUPERSET		
▶ Walking Twisting Lunge	3	8-10 (each leg)
▶ Barbell Good Morning	3	10-12
▶ Barbell Reverse Lunge	3	10-12 (each leg)
▶ Exercise Ball Lying Hamstring Curl	3	12-15
▶ Exercise Ball Reverse Hyperextension	3	15-20

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 1: MONDAY - SHOULDERS/CHEST/TRICEPS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Standing Barbell Press	3	8-12
SUPERSET		
▶ { Kneeling Single Arm Landmine Shoulder Press	3	10-12 (each arm)
▶ { Lying Single Arm Landmine Chest Press	3	10-12 (each arm)
TRISSET		
▶ { Incline Barbell Front Raise	3	10-12
▶ { Incline Barbell Triceps Extension	3	10-12
▶ { Dumbbell Flye	3	10-12
SUPERSET		
<i>*Complete both exercises on the right arm before switching to the left</i>		
▶ { Single Arm Cable Lateral Raise	3	10-12 (each arm)
▶ { Resistance Band Overhead Triceps Extension	3	12-15
SUPERSET		
▶ { Decline Pushup	3	8-12
▶ { Down-Down-Up-Up	3	10 (each arm)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 2: TUESDAY - LOWER BODY

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
▶ Barbell Lunge	3	8-12 (each leg)
SUPERSET		
▶ ┌ Dumbbell Sumo Jump Squat	3	15
▶ └ Dumbbell Sumo Squat	3	15
SUPERSET		
▶ ┌ Dumbbell Goblet Squat To A Bench	3	10-12
▶ └ Barbell Squat Pulses	3	20
▶ Barbell Hip Thrust	3	8-12
▶ Hip Circle Clamshells	3	12-15 (each leg)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 3: WEDNESDAY - BACK/BICEPS/REAR DELTS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
<div>▶ Single Arm Plank High Row</div> <div>▶ Resistance Band Reverse Flye</div>	<div>3</div> <div>3</div>	<div>10-12 (each arm)</div> <div>20</div>
SUPERSET		
<div>▶ Multi Grip Dumbbell Row <i>*Overhand grip, neutral grip, reverse grip</i></div> <div>▶ Incline Dumbbell Hammer Curl</div>	<div>3</div> <div>3</div>	<div>8 (each direction)</div> <div>12-15</div>
SUPERSET		
<div>▶ Landmine Single Arm Row</div> <div>▶ Exercise Ball Preacher Curl</div>	<div>3</div> <div>3</div>	<div>10-12 (each arm)</div> <div>12-15</div>
SUPERSET		
<div>▶ Reverse Grip Barbell Row</div> <div>▶ Standing Dumbbell Curl (palms out)</div>	<div>3</div> <div>3</div>	<div>8-12</div> <div>10-12</div>
<div>▶ Dumbbell Rear Delt Raise</div> <div><i>*Rest 30 seconds between sets</i></div>	7	10-12 (FST7)

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 5: FRIDAY - ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
<div>▶ Two Angle Dumbbell Curl</div> <div>▶ Pike Triceps Pushup</div>	<div>3</div> <div>3</div>	<div>10-12 (each side)</div> <div>10-12</div>
SUPERSET		
<div>▶ Resistance Band Curl</div> <div>▶ Barbell Overhead Triceps Extension</div>	<div>3</div> <div>3</div>	<div>15-20</div> <div>12-15</div>
SUPERSET		
<div>▶ Dumbbell Reverse Curl</div> <div>▶ Neutral Grip Dumbbell Press</div>	<div>3</div> <div>3</div>	<div>10-12</div> <div>10-12</div>
SUPERSET		
<div>▶ Standing Barbell Curl</div> <div>▶ Resistance Band Triceps Pushdown</div>	<div>3</div> <div>3</div>	<div>10-12</div> <div>20 reps</div>
TRISSET		
<div>▶ Straddle Up</div> <div>▶ Alternating Two Point Plank</div> <div>▶ Double Crunch</div>	<div>3</div> <div>3</div> <div>3</div>	<div>15</div> <div>5 (each side)</div> <div>25</div>

AT HOME WORKOUTS (FULL EQUIPMENT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 6: SATURDAY - GLUTES/HAMSTRINGS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Squat	5	12x15 (warmup), 3x8-12
SUPERSET <i>*Complete both exercises on the right side before switching to the left</i>		
▶ Bulgarian Split Squat Jump	3	8-10 (each side)
▶ Dumbbell Step Up	3	10-12 (each leg)
▶ Bench Pistol Squat	3	10-12 (each leg)
▶ Hip Circle Glute Kickback	7	20-30 (each leg)
▶ Single Leg Dumbbell Stiff Legged Deadlift	3	10-12 (each leg)
SUPERSET		
▶ Exercise Ball Lying Hamstring Curl	3	12-15
▶ Exercise Ball Glute Raise	3	12-15

AT-HOME WORKOUTS (DUMBBELL/ BODYWEIGHT)

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 1: MONDAY - SHOULDERS/ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
TRISSET		
▶ Standing Neutral Grip Dumbbell Press	4	1x15, 3x10-12
▶ Zottman Curl	4	1x15, 3x10-12
▶ Standing Overhead Dumbbell Triceps Extension	4	1x15, 3x10-12
TRISSET		
▶ Dumbbell Upright Row	3	10-12
▶ Kneeling Dumbbell Curl	3	10-12
▶ Close Grip Pushup	3	10-12
TRISSET		
▶ Dumbbell Reverse Curl	3	12-15
▶ Standing Dumbbell Front Raise	3	12-15
▶ Dumbbell Kickback	3	10-12
SUPERSET		
▶ Around-The-World Dumbbell Lateral Raise	3	10-12
▶ Plank Hip Dip	3	20 (total)
▶ Situp	3	12-15
SUPERSET		
▶ Dumbbell Rear Delt Raise	3	10-12
▶ Alternating Dumbbell To Ankle Plank	3	10-12 (each arm)

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 2: TUESDAY - LOWER BODY

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
SUPERSET		
<div>▶ Wall Sit</div> <div><i>*Increase duration each set</i></div>	3	30, 45, 60 seconds*
▶ Karate Kicks	3	30, 45, 60 seconds (each leg)
▶ Dumbbell Sumo Pulse Squat	3	20
▶ Dumbbell Curtsy Lunge To Lunge	3	8 (each side)
▶ Dumbbell Lateral Lunge	3	10-12 (each side)
▶ Supermans	3	20
SUPERSET		
▶ Dumbbell Goblet Squat	3	10/10/10
▶ Bodyweight Squat	3	20
▶ Standing Dumbbell Calf Raise	3	15

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 3: WEDNESDAY - BACK/CHEST

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
<div>▶</div> <div>Reverse Grip Dumbbell Row</div> <div><i>*Pause for 2 seconds at the contraction and slowly lower for a count of 3 each rep</i></div>	3	10-12
<div>▶</div> <div>Floor Pushup</div>	3	10-12
<div>▶</div> <div>Crunch To Dumbbell Floor Press</div>	3	10-12
SUPERSET		
<div>▶</div> <div>Dumbbell Pullover</div>	3	12-15
<div>▶</div> <div>Dumbbell Floor Flye</div>	3	12-15
SUPERSET		
<div>▶</div> <div>Reverse Grip Dumbbell Row</div>	3	12-15
<div>▶</div> <div>Twisting Pushup</div>	3	8 (each side)
SUPERSET		
<i>*Complete both exercises on the right side before switching to the left</i>		
<div>▶</div> <div>One Arm Dumbbell Row</div>	3	10-12 (each arm)
<div>▶</div> <div>Static Hold Dumbbell Floor Press</div>	3	12-15

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 5: FRIDAY - ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
GIANT SET		
▶ Dumbbell Chair Preacher Curl	3	10-12
▶ Alternating Dumbbell Curl	3	10-12 (each arm)
▶ Standing Barbell Hammer Curl	3	10-12
▶ Standing Dumbbell Curl (palms out)	3	10-12
GIANT SET		
▶ Dumbbell Floor Triceps Extension	3	10-12
▶ Pike Triceps Pushup	3	5
▶ Down-Down-Up-Up	3	10 (each side)
▶ One Arm Overhead Dumbbell Extensions	3	10 (each arm)
GIANT SET		
▶ V-Up	3	10
▶ Alternating Crunch/Heel Touch	3	20 (total)
▶ Crab Reach	3	10 (each side)
▶ Scissor Kicks	3	50 (total)

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 1: WEEKS 1-3

DAY 6: SATURDAY - GLUTES/HAMSTRINGS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
SUPERSET		
▶ One Leg Chair Lateral Lunge	3	10-12 (each leg)
▶ Bodyweight Single Leg Chair Hip Thrust	3	10-12 (each leg)
▶ Dumbbell Stiff Legged Deadlift	3	10-12 (each leg)
SUPERSET		
▶ Walking Twisting Lunge	3	15 (each leg)
▶ Dumbbell Floor Hamstring Curl	3	15
▶ Dumbbell Reverse Lunge	3	10-12 (each leg)
SUPERSET		
▶ Dumbbell Frog Pumps	3	20
▶ Suspended Glute Raise	3	15 (each leg)
▶ Lateral Jump Squat	3	45 seconds

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 1: MONDAY - SHOULDERS/CHEST/TRICEPS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Standing Arnold Press	3	10-12
SUPERSET		
▶ { Static Hold Dumbbell Lateral Raise	3	10 (each arm)
▶ { Hollow Hold Dumbbell Floor Press	3	15
TRISSET		
▶ { Static Hold Dumbbell Front Raise	3	10 (each arm)
▶ { Standing Overhead Dumbbell Extension	3	12-15
▶ { Decline Dumbbell Floor Flye	3	12-15
SUPERSET		
<i>*Complete both exercises on the right arm before switching to the left</i>		
▶ { One Arm Dumbbell Lateral Raise	3	10-12 (each arm)
▶ { Close Grip Pushup	3	AMRAP
SUPERSET		
▶ { Dolphin Pushup	3	5-8
▶ { Down-Down-Up-Up	3	10 (each arm)

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 2: TUESDAY - LOWER BODY

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
▶ Split Jump Lunge	3	30 seconds
SUPERSET		
▶ ┌ Dumbbell Sumo Jump Squat	3	15
▶ └ Dumbbell Sumo Squat	3	15
SUPERSET		
▶ ┌ Dumbbell Goblet Squat	3	12-15
▶ └ Overhead Dumbbell Squat	3	12-15
▶ Bodyweight Single Leg Chair Hip Thrust	3	15 (each leg)
▶ Bodyweight Clamshells	3	15-20 (each leg)

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 3: WEDNESDAY - BACK/BICEPS/REAR DELTS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
<div>▶ Single Arm Plank High Row</div> <div>▶ Dumbbell Rear Delt Raise</div>	<div>3</div> <div>3</div>	<div>10-12 (each arm)</div> <div>12-15</div>
SUPERSET		
<div>▶ Multi Grip Dumbbell Row <i>*Overhand grip, neutral grip, reverse grip</i></div> <div>▶ Standing Dumbbell Hammer Curl</div>	<div>3</div> <div>3</div>	<div>8 (each direction)</div> <div>12-15</div>
SUPERSET		
<div>▶ One Arm Dumbbell Row</div> <div>▶ Dumbbell Curl 21s <i>*7 top ½ rep, 7 bottom ½ rep, 7 full reps</i></div>	<div>3</div> <div>3</div>	<div>12-15 (each arm)</div> <div>7/7/7</div>
SUPERSET		
<div>▶ Reverse Grip Dumbbell Row</div> <div>▶ Standing Dumbbell Curl (palms out)</div>	<div>3</div> <div>3</div>	<div>12-15</div> <div>10-12</div>
<div>▶ Dumbbell Rear Delt Raise</div> <div><i>*Rest 30 seconds between sets</i></div>	7	10-12 (FST7)

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 5: FRIDAY - ARMS/ABS

**Rest 45-60 seconds between sets unless otherwise noted*









EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Two Angle Dumbbell Curl	3	10-12 (each side)
▶ Pike Triceps Pushup	3	10-12
SUPERSET		
▶ Dumbbell Concentration Curl	3	10-12 (each arm)
▶ Standing Overhead Dumbbell Extension	3	12-15
SUPERSET		
▶ Dumbbell Reverse Curl	3	10-12
▶ Neutral Grip Dumbbell Press	3	10-12
SUPERSET		
▶ Kneeling Dumbbell Curl	3	12-15
▶ Dumbbell Floor Triceps Extension	3	12-15
TRISSET		
▶ Straddle Up	3	15
▶ Alternating Two Point Plank	3	5 (each side)
▶ Double Crunch	3	25

AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)

TRAINING BLOCK 2: WEEKS 4-6

DAY 6: SATURDAY - GLUTES/HAMSTRINGS

**Rest 45-60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
 Narrow Stance Dumbbell Squat	5	2x15 (warmup), 3x8-12
 Glute Circles	3	30 seconds (each leg)
 Glute Bridge With Leg Abduction	3	15 (each leg)
 Chair Assisted Pistol Squat	7	10-12 (each leg)
 Skaters <i>*Rest 30 seconds between sets</i>	3	30, 45, 1 minute (increase duration each set)
 Single Leg Dumbbell Stiff Legged Deadlift	3	10-12 (each leg)
SUPERSET		
 Dumbbell Stiff Legged Deadlift	3	12-15
 Reverse Plank March	3	15

CARDIO

Let's get that body moving and burn off some fat!

Here's the good news – none of the cardio workouts in this program will last longer than 30 minutes, which means you don't have to spend hours each day stressing out over everything else you have to do.

But cardio is essential if you are looking to reduce body fat, so you will have to do some in order to reach those goals.

The two types of cardio you'll perform during this challenge are HIIT cardio and Interval cardio. Be sure to wear a heart rate monitor to make sure you are challenging yourself during these sessions – don't just go through the motions!

Your target heart rate for each type of cardio is called out below.

» **HIIT Cardio** Short bursts of intense cardio followed by a less intense – or complete rest -recovery period.

Target HR: 170-190 beats per minute (bpm) during your intensity phases.

» **Interval Cardio** Moderate-to-high intensity cardio intervals, with the high intensity level less extreme than when performing HIIT cardio. You will mix in this type of cardio with your HIIT workouts during Phase 2.

Target HR: 140-150 beats per minute.

CARDIO GUIDELINES

- Be sure to 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!
- If you decide to perform your cardio on weekends, just remember to take one complete off day every week during this program to allow your body to fully recover.
- Feel free to get creative with your cardio as long as you are following the guidelines listed above.

CARDIO SCHEDULE

DAY 1: MONDAY HIIT

DAY 2: TUESDAY OFF

DAY 3: WEDNESDAY INTERVAL

DAY 4: THURSDAY HIIT

DAY 5: FRIDAY INTERVAL

DAY 6: SATURDAY OFF

DAY 7: SUNDAY OFF

For an overview of your cardio, check out the **Weekly Calendar** here.



CARDIO WORKOUTS



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

30 MINUTE HIIT WORKOUTS

THE METABOLICS

EQUIPMENT NEEDED

None

TIME

Approx 30 Minutes

Perform each exercise for 30 seconds, followed by 15 seconds of rest.

PERFORM 5 ROUNDS OF

- Squat Jumps
- Reverse Lunges
- Lateral Lunges
- High Knees
- Plank Jacks
- Jumping Jacks
- Skaters
- Mountain Climbers

CIRCUIT BREAKER

EQUIPMENT NEEDED

None

TIME

Approx 30 Minutes

Perform 3 rounds of each circuit before moving on to the next.

CIRCUIT 1

- 30 Jumping Jacks
- 20 Jump Squats
- 10 Push-Ups
- Rest 30 seconds

CIRCUIT 2

- 30 Toe Taps
- 20 Down Down Up Up
- 10 Alternating Jump Lunges
- Rest 30 seconds

CIRCUIT 3

- 30 Sumo Squats
- 20 Pike Pushup
- 10 Murpees/Burpees
- Rest 30 seconds

CIRCUIT 4

- 30 Mountain Climbers (each leg)
- 20 Close Grip Pushup
- 10 Tuck Jumps
- Rest 30 seconds

30 MINUTE HIIT WORKOUTS

GOING THE DISTANCE

EQUIPMENT NEEDED

Treadmill

TIME

Approx 30 Minutes

**Keep the incline at 0% for the entire workout.*

PERFORM 5 ROUNDS OF

- 1 minute at 3.5-4.0 mph
- 1 minute at 6.5-7.0 mph
- 1 minute at 3.5-4.0 mph
- 1 minute at 7.5-8.0 mph
- 1 minute at 3.5-4.0 mph
- 1 minute at 8.5-10.0 mph

FLAB-U-LESS

EQUIPMENT NEEDED

Stepmill

TIME

Approx 30 Minutes

PERFORM 5 ROUNDS OF

- 1 minute at Level 5
- 1 minute at Level 10
- 1 minute at Level 5
- 1 minute at Level 14
- 1 minute at Level 5
- 30 seconds at Level 16+
- 30 seconds at Level 10

30 MINUTE INTERVAL WORKOUTS

THE SHREDDER

EQUIPMENT NEEDED

Treadmill

TIME

30 Minutes

- 5 minutes at 4.0mph, 2.5% incline
- 1 minute at 5.0mph, 1% incline
- 1 minute at 6.0mph, 1% incline
- 1 minute at 5.0mph, 1% incline
- 1 minute at 6.5mph, 1% incline
- 1 minute at 4.0mph, 1% incline
- 1 minute at 6.5mph, 1% incline
- 1 minute at 5.0mph, 1% incline
- 1 minute at 7.0mph, 1% incline
- 1 minute at 5.0mph, 1% incline
- 1 minute at 7.5mph, 1% incline
- 1 minute at 4.0mph, 1% incline
- 1 minute at 6.5mph, 1% incline
- 1 minute at 5.5mph, 1% incline
- 1 minute at 7.0mph, 1% incline
- 1 minute at 5.5mph, 1% incline
- 1 minute at 8.0mph, 1% incline
- 1 minute at 5.0mph, 1% incline
- 1 minute at 7.0mph, 1% incline
- 1 minute at 5.5mph, 1% incline
- 1 minute at 6.5mph, 1% incline
- 5 minutes at 4.0mph, 2% incline

BETTER, FASTER, STRONGER

EQUIPMENT NEEDED

Jump Rope, Treadmill

TIME

30 Minutes

*Perform 4 rounds of each circuit.
Rest for 1 minute between circuits
after you complete all 4 rounds.*

CIRCUIT 1

- 45 seconds Jump Rope
- 15 seconds Rest

CIRCUIT 2

- 45 second Sprint on Treadmill
- 15 second Rest

CIRCUIT 3

- 30 second Mountain Climbers
- 30 second Rest

CIRCUIT 4

- 45 seconds Jump Rope
- 15 seconds Rest

CIRCUIT 5

- 45 second Sprint on Treadmill
- 15 second Rest

CIRCUIT 6

- 30 second Mountain Climbers
- 30 second Rest

30 MINUTE INTERVAL WORKOUTS

NUTTIN' TO IT

EQUIPMENT NEEDED

Elliptical

TIME

30 Minutes

- 5 minutes at Incline 6, Level 8

PERFORM 2 ROUNDS OF

- 3 minutes at incline 3, Level 12
- 2 minutes at incline 3, Level 8

PERFORM 2 ROUNDS OF

- 2 minutes at incline 7, Level 15
- 3 minutes at incline 10, Level 12
- 5 minutes at Incline 10, Level 20

RE-NEW EQUIPMENT

EQUIPMENT NEEDED

None

TIME

30 Minutes

Perform each circuit 2 times without rest. Rest 1 minute before moving on to the next circuit.

CIRCUIT 1

- 30 seconds Squats
- 30 seconds Reverse Press
- 30 seconds Thrusters
- 30 seconds Mountain Climbers

CIRCUIT 2

- 30 seconds Alternating Lunge Jumps
- 30 seconds Lateral Raise
- 30 seconds Lunge/Lateral Raise Combo
- 30 seconds Jumping Jacks

CIRCUIT 3

- 30 seconds Traveling Pushup
- 30 seconds Plank Row
- 30 seconds Renegade Row
- 30 seconds Burpees

CIRCUIT 4

- 30 seconds Sumo Squat to Calf Raise
- 30 seconds Hammer Curl
- 30 seconds Sumo Squat to Calf Raise/Hammer Curl
- 30 seconds Side Shuffles

CIRCUIT 5

- 30 seconds Alternating Lateral Lunge
- 30 seconds Standing Triceps Extension
- 30 seconds Lateral Lunge/Triceps Extension Combo
- 30 seconds Wall Sit

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.

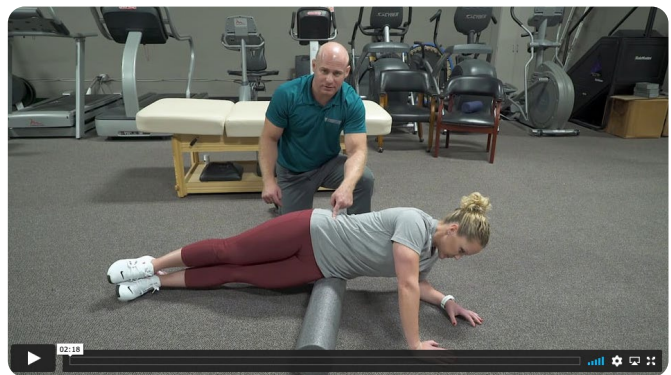
And we don't want that to happen to you, right?

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

It's time to eat!

Or, more accurately, to see what's on the menu for the next 40 days!

I hope the main thing you feel going into this Challenge is excitement – because you should be excited! – and that you aren't dreading having to follow a structured meal plan.

I've done my best to incorporate as many tasty foods as possible, along with providing a Food Exchange List that makes it super-easy to make substitutions if there is something on the menu that you don't like. So you don't have to eat the same foods meal after meal, day after day, in order to reach your goals.

More on that below.

But, before we get into that, let me stress one *extremely crucial aspect of this Challenge*:

Following your meal plan is the most important part of this program and will be the #1 factor in determining whether or not you reach your goals over these next 40 days.

If you're a repeat Challenger, you've heard me say this before – many, many times.

But, sometimes it's easier to hear it from someone just like you, who's been there and done that. Someone like 2019 Buns & Guns Challenge winner Jeff Richards.

Jeff hit rock bottom before he entered that Challenge. But he dedicated himself to following the program and especially to following his meal plan.

And by the time the Challenge was over, he had lost 20 pounds and 13 total inches!

HEAR JEFF'S ADVICE



HIGH-LOW LET'S GO

This program is designed to help you lose body fat while *maintaining* muscle, and even *build* in two key areas - arms and glutes.

Gaining muscle while in a caloric deficit is hard – but we are going to do it by incorporating a form of *carb cycling*.

The amount of carbs you eat will increase on two days each week. **These days are strategically placed either before or on one of your lower body and one of your arm-focused workouts every week**, depending on which phase we are in. This will give you the extra energy to challenge yourself during these workouts, lift as heavy as possible and push those extra carbs into your muscles to help them grow.

The lower-carb days will help you chip away body fat, while the higher-carb days will serve as your “refueling” days. These high carb days are placed 2-3 days apart to keep your body in that constant chipping/building mode throughout the 40 days.

These higher days will serve as your *refueling* days.

They will give you the extra energy to challenge yourself during your workouts, lift as heavy as possible and push those extra carbs into your muscles to help them grow.

See the chart for a breakdown of your low and high-carb days:

DAILY MEAL PLAN CARB BREAKDOWN

DAY 1: MONDAY – HIGH CARB

DAY 2: TUESDAY – LOW CARB

DAY 3: WEDNESDAY – LOW CARB

DAY 4: THURSDAY – LOW CARB

DAY 5: FRIDAY – HIGH CARB

DAY 6: SATURDAY – LOW CARB

DAY 7: SUNDAY – LOW CARB

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 High days, and one for Low days.

As I mentioned above, the great thing about the way these meal plans are designed is the number of options you have for each meal by utilizing the Food Exchange List! It's super-easy to use and gives you a ton of choices for each meal, which means you won't have to eat the same thing day after day in order to see results.

Foods for each meal are categorized into these different food types.

FOOD TYPE REGULAR MEAL PLAN

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

FOOD TYPE VEGAN MEAL PLAN

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

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

Each item listed on the Food Exchange List is one full serving. So if your plan calls for 1/2 of a LP, you will use half of the amount listed on the Exchange List. Conversely, if your plan calls for two servings of a LP, you would just double whatever the amount is that is listed (4 oz to 8 oz). List! It's super-easy to use and gives you a ton of choices for each meal, which means you won't have to eat the same thing day after day in order to see results.

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



PREPARATION IS KEY

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

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

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

If you have never meal prepped before, there are videos showing how I do in the Nutrition section of the 40 Day Buns & Guns Challenge homepage. These videos were shot as I was preparing for the Figure Olympia, so I was preparing my meals for over a week here. If you follow the grocery list for this program, you will be preparing your food 3-4 days in advance.



WATCH THE VIDEOS

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

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

WEIGH YOUR FOOD

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

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

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

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

DAILY MEAL PLAN

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.***

DOs & DON'Ts

» DO

Buy a digital food scale.
Do not eyeball your portions!

» DO

Be prepared! Cook your meals in advance for at least 3-4 days worth of meals at a time.

» DON'T

Overdo it with condiments.
Calories adds up!

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!



FOOD EXCHANGE LIST

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

RECIPES

To spice things by adding more variety.



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

WOMEN'S MEAL PLAN 1 LOW CARB DAY

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, LP, F) 1 serving Breakfast Burrito (SEE RECIPE)
- (½ F) 1 oz avocado

OPTION 2

- (½ SC) 1 slice Ezekiel bread
- (1½ F) 24g natural almond butter
- (½ LP) 2 slices turkey bacon
- (½ LP) ½ cup liquid egg whites

MEAL 2

OPTION 1

- (LP) 225g nonfat cottage cheese
- (½ V) 50g tomato
- (½ V) 150g cucumber
- (1½ F) 15 ml olive oil
- (OC) Salt and pepper

OPTION 2

- (FP) 4 oz 93% extra lean ground turkey
- (½ SC) 1 6" corn tortilla
- (F) 2 oz guacamole
- (¼ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (½ SC) 1 Lundberg brown rice cake
- (LP) 1 can solid white tuna in water
- (F) 15g mayonnaise
- (OC) 1 pickle

OPTION 2

- (FP) 4 oz salmon
- (½ SC) 2 oz red potato
- (V) 100g cauliflower
- (½ F) 14g cheddar cheese

WOMEN'S MEAL PLAN 1

LOW CARB DAY

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

- (LP, V, F) 1 serving Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (½ SC) 50g brown rice

OPTION 2

- (FP) 4 oz 90% lean ground beef
- (½ SC) 50g white rice
- (V) 100g spinach
- (½ F) 5 ml olive oil (used to sauté spinach)

MEAL 5/POST WORKOUT

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

OPTION 1

- (LP) 4 oz chicken breast
- (FR) 1 medium apple

OPTION 2

- (LP) 1 scoop nPower Nutrition Isolate (either flavor)
- (SC) 1 cup (28g) Cheerios original
- (OB) 6 oz unsweetened almond milk

DAILY TOTALS

1460 calories,
140g protein,
90g carbs,
60g fat

MEAL TOTALS

Meal 5/Post Workout Meal

184 calories, 28g protein, 18g carbs, 0g fat

All Other Meals

319 calories, 28g protein, 18g carbs, 15g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

FOOD TYPE

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

WOMEN'S MEAL PLAN 1 HIGH CARB DAY

Height: Under 5'4

Weight: Under 130 lbs

MEAL 1

OPTION 1

- (SC) 40g oatmeal
- (LP) 6 egg whites
- (½ F) 1 yolk

OPTION 2

- (SC, LP, F) 1 serving Chocolate Chip Cookie Dough Smoothie (SEE RECIPE)

MEAL 2

OPTION 1

- (FR) 1 cup (246g) unsweetened apple sauce
- (LP) 4 oz pork tenderloin
- (V) 100g green beans
- (½ F) 7g butter

OPTION 2

- (FP) 4 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortilla
- (½ SC) ¼ cup (65g) refried beans
- (¼ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (FP) 4 oz salmon
- (SC) 4 oz red potato
- (V) 100g cauliflower

OPTION 2

- (F, SC) 1 serving Peanut Butter Protein Balls (SEE RECIPE)
- (LP) 225g plain nonfat Greek yogurt

WOMEN'S MEAL PLAN 1

HIGH CARB DAY

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

- (LP, V, F) 1 serving Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (SC) 100g brown rice

OPTION 2

- (FP) 4 oz 90% lean ground beef
- (SC) 100g white rice

MEAL 5/POST WORKOUT

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

OPTION 1

- (SC) 45g cream of rice
- (LP) 1 scoop nPower Nutrition Isolate (either flavor)

OPTION 2

- (LP) 4 oz 99% extra lean ground turkey
- (1¼ SP) 5 oz sweet potato

DAILY TOTALS

1444 calories,
140g protein,
140g carbs,
36g fat

MEAL TOTALS

Meal 5/Post Workout Meal

224 calories, 28g protein, 28g carbs, 0g fat

All Other Meals

305 calories, 28g protein, 28g carbs, 9g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

WOMEN'S MEAL PLAN 2 LOW CARB DAY

Height: 5'4 to 5'6

Weight: 130 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, LP, F) 1 serving Breakfast Burrito (SEE RECIPE)
- (F) 2 oz avocado

OPTION 2

- (½ SC) 1 slice Ezekiel bread
- (2 F) 32g natural almond butter
- (½ LP) 2 slices turkey bacon
- (½ LP) ½ cup liquid egg whites

MEAL 2

OPTION 1

- (1½ LP) 282g nonfat cottage cheese
- (½ V) 50g tomato
- (½ V) 150g cucumber
- (2 F) 20 ml olive oil
- (OC) Salt and pepper

OPTION 2

- (1½ FP) 6 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortillas
- (½ F) 1 oz guacamole
- (¼ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (½ SC) 1 Lundberg brown rice cake
- (1½ LP) 1½ cans solid white tuna in water
- (1½ F) 22g mayonnaise
- (OC) 1 pickle

OPTION 2

- (FP) 4 oz salmon
- (¾ SC) 3 oz red potato
- (V) 100g cauliflower
- (F) 28g cheddar cheese

WOMEN'S MEAL PLAN 2

LOW CARB DAY

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 4

OPTION 1

- (LP, V, F) 1 serving Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (½ SC) 50g brown rice
- (V) 100g broccoli
- (½ F) 7g butter

OPTION 2

- (1¼ FP) 5 oz 90% lean ground beef
- (½ SC) 50g white rice
- (V) 100g spinach
- (½ F) 5 ml olive oil (used to sauté spinach)

MEAL 5/POST WORKOUT

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

OPTION 1

- (1¼ LP) 5 oz chicken breast
- (FR) 1 medium apple

OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (SC) 1 cup (28g) Cheerios original
- (OB) 6 oz unsweetened almond milk

DAILY TOTALS

1636 calories,
160g protein,
105g carbs,
64g fat

MEAL TOTALS

Meal 5/Post Workout Meal

212 calories, 32g protein, 21g carbs, 0g fat

All Other Meals

356 calories, 32g protein, 21g carbs, 16g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

WOMEN'S MEAL PLAN 2 HIGH CARB DAY

Height: 5'4 to 5'6

Weight: 130 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

- (1½ SC) 50g oatmeal
- (LP) 6 egg whites
- (F) 2 yolks

OPTION 2

- (SC, LP, F) 1 serving Chocolate Chip Cookie Dough Smoothie (SEE RECIPE)
- (½ LP) .5 scoops nPower Nutrition Isolate (either flavor)

MEAL 2

OPTION 1

- (FR) 1 cup (246g) unsweetened apple sauce
- (LP) 4 oz pork tenderloin
- (V) 100g green beans
- (½ F) 7g butter

OPTION 2

- (1¼ FP) 5 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortilla
- (½ SC) ¼ cup (65g) refried beans
- (¾ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (1¼ FP) 5 oz salmon
- (1¼ SC) 5 oz red potato
- (V) 100g cauliflower

OPTION 2

- (1½ F, 1½ SC, ½ LP) 1.5 servings Peanut Butter Protein Balls (SEE RECIPE)
- (LP) 225g plain nonfat Greek yogurt

WOMEN'S MEAL PLAN 2

HIGH CARB DAY

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 4

OPTION 1

- (LP, V, F) 1 serving Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (1¼ SC) 125g brown rice

OPTION 2

- (1¼ FP) 5 oz 90% lean ground beef
- (1¼ SC) 125g white rice

MEAL 5/POST WORKOUT

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

OPTION 1

- (SC) 45g cream of rice
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)

OPTION 2

- (LP) 4 oz 99% extra lean ground turkey
- (1½ SP) 6 oz sweet potato

DAILY TOTALS

1660 calories,
160g protein,
165g carbs,
40g fat

MEAL TOTALS

Meal 5/Post Workout Meal

260 calories, 32g protein, 33g carbs, 0g fat

All Other Meals

350 calories, 32g protein, 33g carbs, 10g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

WOMEN'S MEAL PLAN 3 LOW CARB DAY

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

- (SC, LP, F) 1 serving Breakfast Burrito (SEE RECIPE)
- (½ LP) 3 egg whites
- (F) 2 oz avocado

OPTION 2

- (½ SC) 1 slice Ezekiel bread
- (2 F) 32g natural almond butter
- (½ LP) 2 slices turkey bacon
- (¾ LP) ¾ cup liquid egg whites

MEAL 2

OPTION 1

- (2 LP) 339g nonfat cottage cheese
- (½ V) 50g tomato
- (½ V) 150g cucumber
- (2 F) 20 ml olive oil
- (OC) Salt and pepper

OPTION 2

- (1½ FP) 6 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- (¼ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (SC) 2 Lundberg brown rice cakes
- (1½ LP) 1½ cans solid white tuna in water
- (1½ F) 22g mayonnaise
- (OC) 1 pickle

OPTION 2

- (FP) 4 oz salmon
- (SC) 4 oz red potato
- (V) 100g cauliflower
- (F) 28g cheddar cheese

WOMEN'S MEAL PLAN 3

LOW CARB DAY

Height: Over 5'6

Weight: Over 150 lbs

MEAL 4

OPTION 1

- (LP, V, F) 1 serving Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (½ SC) 50g brown rice
- (V) 100g broccoli
- (½ F) 7g butter

OPTION 2

- (1½ FP) 6 oz 90% lean ground beef
- (¾ SC) 75g white rice
- (V) 100g spinach
- (½ F) 5 ml olive oil (used to sauté spinach)

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 6 oz chicken breast
- (FR) 1 medium apple

OPTION 2

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)
- (SC) 1 cup (28g) Cheerios original
- (OB) 6 oz unsweetened almond milk

DAILY TOTALS

1888 calories,
180g protein,
130g carbs,
72g fat

MEAL TOTALS

Meal 5/Post Workout Meal

248 calories, 36g protein, 26g carbs, 0g fat

All Other Meals

410 calories, 36g protein, 26g carbs, 18g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

WOMEN'S MEAL PLAN 3 HIGH CARB DAY

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) 60g oatmeal
- (LP) 6 egg whites
- (F) 2 yolks

OPTION 2

- (SC, LP, F) 1 serving Chocolate Chip Cookie Dough Smoothie (SEE RECIPE)
- (½ LP) .5 scoops nPower Nutrition Isolate (either flavor)

MEAL 2

OPTION 1

- (FR) 1 cup (246g) unsweetened apple sauce
- (1¼ LP) 5 oz pork tenderloin
- (V) 100g green beans
- (½ F) 7g butter

OPTION 2

- (1¼ FP) 5 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortilla
- (SC) ½ cup (65g) refried beans
- (¾ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (1¼ FP) 5 oz salmon
- (1½ SC) 6 oz red potato
- (V) 100g cauliflower

OPTION 2

- (1½ F, 1½ SC, ½ LP) 1.5 servings Peanut Butter Protein Balls (SEE RECIPE)
- (1½ LP) 340g plain nonfat Greek yogurt

WOMEN'S MEAL PLAN 3

HIGH CARB DAY

Height: Over 5'6

Weight: Over 150 lbs

MEAL 4

OPTION 1

- (LP, V, F) 1 serving Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (1½ SC) 150g brown rice

OPTION 2

- (1¼ FP) 5 oz 90% lean ground beef
- (1½ SC) 150g white rice

MEAL 5/POST WORKOUT

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

OPTION 1

- (SC) 45g cream of rice
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (either flavor)

OPTION 2

- (1¼ LP) 5 oz 99% extra lean ground turkey
- (1½ SP) 6 oz sweet potato

DAILY TOTALS

1816 calories,
170g protein,
185g carbs,
44g fat

MEAL TOTALS

Meal 5/Post Workout Meal

284 calories, 34g protein, 37g carbs, 0g fat

All Other Meals

383 calories, 34g protein, 37g carbs, 11g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

MEN'S MEAL PLAN 1 LOW CARB DAY

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

- (SC, LP, F) 1 serving Breakfast Burrito (SEE RECIPE)
- (LP) 6 egg whites
- (F) 2 oz avocado

OPTION 2

- ($\frac{3}{4}$ SC) 1.5 slices Ezekiel bread
- (2 F) 32g natural almond butter
- ($\frac{1}{2}$ LP) 2 slices turkey bacon
- (LP) 1 cup liquid egg whites

MEAL 2

OPTION 1

- (2 $\frac{1}{2}$ LP) 395g nonfat cottage cheese
- ($\frac{1}{2}$ V) 50g tomato
- ($\frac{1}{2}$ V) 150g cucumber
- (2 F) 20 ml olive oil
- (OC) Salt and pepper

OPTION 2

- (2 FP) 8 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- ($\frac{1}{4}$ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (SC) 2 Lundberg brown rice cakes
- (2 LP) 2 cans solid white tuna in water
- (1 $\frac{1}{2}$ F) 22g mayonnaise
- (OC) 1 pickle

OPTION 2

- (1 $\frac{1}{2}$ FP) 6 oz salmon
- (SC) 4 oz red potato
- (V) 100g cauliflower
- (F) 28g cheddar cheese

MEN'S MEAL PLAN 1

LOW CARB DAY

Height: Under 5'10

Weight: Under 190 lbs

MEAL 4

OPTION 1

- (1½ LP, 1½ V, 1½ F) 1.5 servings Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (½ SC) 50g brown rice
- (V) 100g broccoli

OPTION 2

- (1½ FP) 6 oz 90% lean ground beef
- (SC) 100g white rice
- (V) 100g spinach
- (½ F) 5 ml olive oil (used to sauté spinach)

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 6 oz chicken breast
- (FR) 1 medium apple

OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)
- (1½ SC) 1.5 cups (42g) Cheerios original
- (OB) 6 oz unsweetened almond milk

DAILY TOTALS

2180 calories,
220g protein,
145g carbs,
80g fat

MEAL TOTALS

Meal 5/Post Workout Meal

292 calories, 44g protein, 29g carbs, 0g fat

All Other Meals

472 calories, 44g protein, 29g carbs, 20g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

FOOD TYPE

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

MEN'S MEAL PLAN 1 HIGH CARB DAY

Height: Under 5'10

Weight: Under 190 lbs

MEAL 1

OPTION 1

- (1½ SC) 60g oatmeal
- (1½ LP) 9 egg whites
- (F) 2 yolks

OPTION 2

- (SC, LP, F) 1 serving Chocolate Chip Cookie Dough Smoothie (SEE RECIPE)
- (½ LP) .5 scoops nPower Nutrition Vanilla Cupcake Isolate
- (¼ FR) ¼ medium banana

MEAL 2

OPTION 1

- (1½ FR) 1.5 cups (369g) unsweetened apple sauce
- (1½ LP) 6 oz pork tenderloin
- (V) 100g green beans
- (½ F) 7g butter

OPTION 2

- (1½ FP) 6 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortilla
- (SC) ½ cup (65g) refried beans
- (¼ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (1½ FP) 6 oz salmon
- (1¾ SC) 7 oz red potato
- (V) 100g cauliflower

OPTION 2

- (1½ F, 1½ SC, ½ LP) 1.5 servings Peanut Butter Protein Balls (SEE RECIPE)
- (2 LP) 450g plain nonfat Greek yogurt

MEN'S MEAL PLAN 1

HIGH CARB DAY

Height: Under 5'10

Weight: Under 190 lbs

MEAL 4

OPTION 1

- (1½ LP, 1½ V, 1½ F) 1.5 servings Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (1½ SC) 150g brown rice

OPTION 2

- (1½ FP) 6 oz 90% lean ground beef
- (1½ SC) 150g white rice

MEAL 5/POST WORKOUT

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

OPTION 1

- (1¼ SC) 56g cream of rice
- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)

OPTION 2

- (1½ LP) 6 oz 99% extra lean ground turkey
- (1¾ SP) 7 oz sweet potato

DAILY TOTALS

2208 calories,
220g protein,
215g carbs,
52g fat

MEAL TOTALS

Meal 5/Post Workout Meal

348 calories, 44g protein, 43g carbs, 0g fat

All Other Meals

465 calories, 44g protein, 43g carbs, 13g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

FOOD TYPE

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

MEN'S MEAL PLAN 2 LOW CARB DAY

Height: Over 5'10

Weight: Over 190 lbs

MEAL 1

OPTION 1

- (SC, LP, F) 1 serving Breakfast Burrito (SEE RECIPE)
- (LP) 6 egg whites
- (1½ F) 3 oz avocado

OPTION 2

- (SC) 2 slices Ezekiel bread
- (2 F) 32g natural almond butter
- (½ LP) 2 slices turkey bacon
- (LP) 1 cup liquid egg whites

MEAL 2

OPTION 1

- (2½ LP) 395g nonfat cottage cheese
- (V) 100g tomato
- (½ V) 150g cucumber
- (2 F) 20 ml olive oil
- (OC) Salt and pepper

OPTION 2

- (2 FP) 8 oz 93% extra lean ground turkey
- (SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- (¾ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (SC) 2 Lundberg brown rice cakes
- (2 LP) 2 cans solid white tuna in water
- (2 F) 28g mayonnaise
- (OC) 1 pickle

OPTION 2

- (1½ FP) 6 oz salmon
- (SC) 4 oz red potato
- (2 V) 200g cauliflower
- (F) 28g cheddar cheese

MEN'S MEAL PLAN 2

LOW CARB DAY

Height: Over 5'10

Weight: Over 190 lbs

MEAL 4

OPTION 1

- (1½ LP, 1½ V, 1½ F) 1.5 servings Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (¾ SC) 75g brown rice
- (V) 100g broccoli

OPTION 2

- (2 FP) 8 oz 90% lean ground beef
- (SC) 100g white rice
- (V) 100g spinach
- (½ F) 5 ml olive oil (used to sauté spinach)

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 6 oz chicken breast
- (1½ FR) 1½ medium apple

OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)
- (1½ SC) 1.5 cups (42g) Cheerios original
- (OB) 6 oz unsweetened almond milk

DAILY TOTALS

2428 calories,
240g protein,
160g carbs,
92g fat

MEAL TOTALS

Meal 5/Post Workout Meal

320 calories, 48g protein, 32g carbs, 0g fat

All Other Meals

527 calories, 48g protein, 32g carbs, 23g fat



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

FOOD TYPE

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

MEN'S MEAL PLAN 2 HIGH CARB DAY

Height: Over 5'10

Weight: Over 190 lbs

MEAL 1

OPTION 1

- (1¾ SC) 70g oatmeal
- (1½ LP) 9 egg whites
- (F) 2 yolks

OPTION 2

- (SC, LP, F) 1 serving Chocolate Chip Cookie Dough Smoothie (SEE RECIPE)
- (½ LP) .5 scoops nPower Nutrition Vanilla Cupcake Isolate
- (½ FR) ½ medium banana

MEAL 2

OPTION 1

- (1½ FR) 1.5 cups (369g) unsweetened apple sauce
- (1¾ LP) 7 oz pork tenderloin
- (V) 100g green beans
- (½ F) 7g butter

OPTION 2

- (1¾ FP) 7 oz 93% extra lean ground turkey
- (1½ SC) 3 6" corn tortilla
- (SC) ½ cup (65g) refried beans
- (¼ V) 25g shredded lettuce
- (OC) 2 tbsp salsa

MEAL 3

OPTION 1

- (1¾ FP) 7 oz salmon
- (2 SC) 8 oz red potato
- (V) 100g cauliflower

OPTION 2

- (2 F, 1½ SC, LP) 2 servings Peanut Butter Protein Balls (SEE RECIPE)
- (2 LP) 450g plain nonfat Greek yogurt

MEN'S MEAL PLAN 2

HIGH CARB DAY

Height: Over 5'10

Weight: Over 190 lbs

MEAL 4

OPTION 1

- (1½ LP, 1½ V, 1½ F) 1.5 servings Broccoli and Cheese Stuffed Chicken Breast (SEE RECIPE)
- (1½ SC) 150g brown rice

OPTION 2

- (1¾ FP) 7 oz 90% lean ground beef
- (1¾ SC) 175g white rice

MEAL 5/POST WORKOUT

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

OPTION 1

- (1¼ SC) 56g cream of rice
- (2 LP) 2 scoops nPower Nutrition Isolate (either flavor)

OPTION 2

- (1½ LP) 6 oz 99% extra lean ground turkey
- (2 SP) 8 oz sweet potato

DAILY TOTALS

2424 calories,
240g protein,
240g carbs,
56g fat

MEAL TOTALS

Meal 5/Post Workout Meal

384 calories, 48g protein, 48g carbs, 0g fat

All Other Meals

510 calories, 48g protein, 48g carbs, 14g fat

NUTRITION **VEGAN** **MEAL PLANS**



WOMEN'S MEAL PLAN 1 LOW CARB DAY

Height: Under 5'4 Weight: Under 130 lbs

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (F) 15 almonds

MEAL 2

- (3V, ½ P) 1 serving Zoodle Low Mein (SEE RECIPE)
- (F) 20g sesame seeds
- (½ P) 2 oz Beyond Meat chicken

MEAL 3

- (P) 6 oz extra firm tofu
- (P) 15g nutritional yeast
- (F) 2 oz avocado

MEAL 4

- (½ SC, V) .5 serving Vegetable Burger (SEE RECIPE)
- (P) 3 oz seitan
- (F) 10 ml olive oil

MEAL 5/POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (½ FR) ½ medium banana

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

DAILY TOTALS

1460 calories,
140g protein,
90g carbs,
60g fat

MEAL TOTALS

Meal 5/Post Workout

184 calories, 28g protein,
18g carbs, 0g fat

All Other Meals

319 calories, 28g protein,
18g carbs, 15g fat

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



WOMEN'S MEAL PLAN 1 HIGH CARB DAY

Height: Under 5'4 Weight: Under 130 lbs

FOOD TYPE

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

MEAL 1

- (SC, ½ F) 1 serving Simple Overnight Oats (SEE RECIPE)
- (P) 1 scoop plant-based protein powder

MEAL 2

- (1½ P) 4.5 oz tempeh
- (¾ SC) 75g wild rice

MEAL 3

- (1½ P) 1.5 (105g) Boca burgers
- (½ F) 28g hummus
- (½ SC) 2 oz russet potato
- (½ V) 150g cucumber

MEAL 4

- (SC) ½ cup (130g) black beans
- (P) 6 oz extra firm tofu
- (V) 100g chopped kale

MEAL 5/POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (SC) 45g cream of rice

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

DAILY TOTALS

1444 calories,
140g protein,
140g carbs,
36g fat

MEAL TOTALS

Meal 5/Post Workout

224 calories, 28g protein,
28g carbs, 0g fat

All Other Meals

305 calories, 28g protein,
28g carbs, 9g fat



WOMEN'S MEAL PLAN 2 LOW CARB DAY

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (¼ V) 25g onion
- (¼ V) 25g pepper (any color)
- (½ F) 7 almonds
- (½ F) 5 ml coconut oil

MEAL 2

- (3V, ½ P) 1 serving Zoodle Low Mein (SEE RECIPE)
- (F) 20g sesame seeds
- (¾ P) 3 oz Beyond Meat chicken

MEAL 3

- (1½ P) 9 oz extra firm tofu
- (P) 15g nutritional yeast
- (F) 2 oz avocado
- (V) 100g broccoli

MEAL 4

- (½ SC, V) .5 serving Vegetable Burger (SEE RECIPE)
- (P) 3 oz seitan
- (F) 10 ml olive oil

MEAL 5/POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (½ FR) ½ medium banana

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

DAILY TOTALS

1636 calories,
160g protein,
105g carbs,
64g fat

MEAL TOTALS

Meal 5/Post Workout

212 calories, 32g protein,
21g carbs, 0g fat

All Other Meals

356 calories, 32g protein,
21g carbs, 16g fat

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



WOMEN'S MEAL PLAN 2 HIGH CARB DAY

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

FOOD TYPE

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

MEAL 1

- (SC, ½ F) 1 serving Simple Overnight Oats (SEE RECIPE)
- (½ F) 8g natural almond butter
- (P) 1 scoop plant-based protein powder

MEAL 2

- (1½ P) 4.5 oz tempeh
- (SC) 100g wild rice

MEAL 3

- (1½ P) 1.5 (105g) Boca burgers
- (½ F) 28g hummus
- (¾ SC) 3 oz russet potato
- (½ V) 150g cucumber

MEAL 4

- (SC) ½ cup (130g) black beans
- (1½ P) 9 oz extra firm tofu
- (V) 100g chopped kale

MEAL 5/POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (SC) 45g cream of rice

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

DAILY TOTALS

1660 calories,
160g protein,
165g carbs,
40g fat

MEAL TOTALS

Meal 5/Post Workout

260 calories, 32g protein,
33g carbs, 0g fat

All Other Meals

350 calories, 32g protein,
33g carbs, 10g fat



WOMEN'S MEAL PLAN 3 LOW CARB DAY

Height: Over 5'6

Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties (vegan grillers)
- (¼ V) 25g onion
- (¼ V) 25g pepper (any color)
- (½ F) 7 almonds
- (½ F) 5 ml coconut oil

MEAL 2

- (3V, ½ P) 1 serving Zoodle Low Mein (SEE RECIPE)
- (F) 20g sesame seeds
- (P) 4 oz Beyond Meat chicken

MEAL 3

- (1½ P) 9 oz extra firm tofu
- (P) 15g nutritional yeast
- (F) 2 oz avocado
- (V) 100g broccoli

MEAL 4

- (½ SC, 2V, ½ F) 1 serving Vegetable Burger (SEE RECIPE)
- (P) 3 oz seitan
- (F) 10 ml olive oil

MEAL 5/POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (FR) 1 medium banana

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

DAILY TOTALS

1888 calories,
180g protein,
130g carbs,
72g fat

MEAL TOTALS

Meal 5/Post Workout

248 calories, 36g protein,
26g carbs, 0g fat

All Other Meals

410 calories, 36g protein,
26g carbs, 18g fat

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



WOMEN'S MEAL PLAN 3 HIGH CARB DAY

Height: Over 5'6

Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

- (SC, ½ F) 1 serving Simple Overnight Oats (SEE RECIPE)
- (F) 16g natural almond butter
- (P) 1 scoop plant-based protein powder

MEAL 2

- (1½ P) 4.5 oz tempeh
- (SC) 100g wild rice
- (P) 15g nutritional yeast

MEAL 3

- (2 P) 2 (142g) Boca burgers
- (½ F) 28g hummus
- (¾ SC) 3 oz russet potato
- (½ V) 150g cucumber

MEAL 4

- (SC) ½ cup (130g) black beans
- (1½ P) 9 oz extra firm tofu
- (V) 100g chopped kale

MEAL 5/POST WORKOUT

- (1½ P) 1.5 scoops plant-based protein powder
- (SC) 45g cream of rice

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

DAILY TOTALS

1816 calories,
170g protein,
185g carbs,
44g fat

MEAL TOTALS

Meal 5/Post Workout

284 calories, 34g protein,
37g carbs, 0g fat

All Other Meals

383 calories, 34g protein,
37g carbs, 11g fat



MEN'S MEAL PLAN 1 LOW CARB DAY

Height: Under 5'10

Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties (vegan grillers)
- (¼ V) 25g onion
- (¼ V) 25g pepper (any color)
- (F) 15 almonds
- (½ F) 5 ml coconut oil

MEAL 2

- (3V, ½ P) 1 serving Zoodle Low Mein (SEE RECIPE)
- (F) 20g sesame seeds
- (1¼ P) 5 oz Beyond Meat chicken

MEAL 3

- (1½ P) 9 oz extra firm tofu
- (P) 15g nutritional yeast
- (F) 2 oz avocado
- (2 V) 200g broccoli

MEAL 4

- (½ SC, 2V, ½ F) 1 serving Vegetable Burger (SEE RECIPE)
- (1½ P) 4.5 oz seitan
- (F) 10 ml olive oil

MEAL 5/POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (FR) 1 medium banana

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

DAILY TOTALS

2180 calories,
220g protein,
145g carbs,
80g fat

MEAL TOTALS

Meal 5/Post Workout

292 calories, 44g protein,
29g carbs, 0g fat

All Other Meals

472 calories, 44g protein,
29g carbs, 20g fat



MEN'S MEAL PLAN 1 HIGH CARB DAY

Height: Under 5'10

Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

- (SC, ½ F) 1 serving Simple Overnight Oats (SEE RECIPE)
- (½ FR) 100g blueberries
- (F) 16g natural almond butter
- (1½ P) 1.5 scoops plant-based protein powder

MEAL 2

- (1½ P) 4.5 oz tempeh
- (SC) 100g wild rice
- (2 P) 30g nutritional yeast

MEAL 3

- (3 P) 3 (213g) Boca burgers
- (½ F) 28g hummus
- (¾ SC) 3 oz russet potato
- (½ V) 150g cucumber

MEAL 4

- (1½ SC) ¾ cup (195g) black beans
- (2 P) 12 oz extra firm tofu
- (V) 100g chopped kale

MEAL 5/POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (SC) 45g cream of rice

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

DAILY TOTALS

2208 calories,
220g protein,
215g carbs,
52g fat

MEAL TOTALS

Meal 5/Post Workout

348 calories, 44g protein,
43g carbs, 0g fat

All Other Meals

465 calories, 44g protein,
43g carbs, 13g fat



MEN'S MEAL PLAN 2 LOW CARB DAY

Height: Over 5'10

Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (2 P) 4 Morning Star Original Sausage Patties (vegan grillers)
- (¼ V) 25g onion
- (¼ V) 25g pepper (any color)
- (F) 15 almonds
- (½ F) 5 ml coconut oil

MEAL 2

- (3V, ½ P) 1 serving Zoodle Low Mein (SEE RECIPE)
- (F) 20g sesame seeds
- (1½ P) 6 oz Beyond Meat chicken

MEAL 3

- (1½ P) 9 oz extra firm tofu
- (2 P) 30g nutritional yeast
- (F) 2 oz avocado
- (2 V) 200g broccoli

MEAL 4

- (½ SC, 2V, ½ F) 1 serving Vegetable Burger (SEE RECIPE)
- (1½ P) 4.5 oz seitan
- (1½ F) 15 ml olive oil

MEAL 5/POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (FR) 1 medium banana

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

DAILY TOTALS

2428 calories,
240g protein,
160g carbs,
92g fat

MEAL TOTALS

Meal 5/Post Workout

320 calories, 48g protein,
32g carbs, 0g fat

All Other Meals

527 calories, 48g protein,
32g carbs, 23g fat



MEN'S MEAL PLAN 2 HIGH CARB DAY

Height: Over 5'10

Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (SC, ½ F) 1 serving Simple Overnight Oats (SEE RECIPE)
- (½ FR) 100g blueberries
- (F) 16g natural almond butter
- (2 P) 2 scoops plant-based protein powder

MEAL 2

- (1½ P) 4.5 oz tempeh
- (SC) 100g wild rice
- (2 P) 30g nutritional yeast

MEAL 3

- (3 P) 3 (213g) Boca burgers
- (½ F) 28g hummus
- (SC) 4 oz russet potato
- (½ V) 150g cucumber

MEAL 4

- (2 SC) 1 cup (260g) black beans
- (2 P) 12 oz extra firm tofu
- (½ V) 50g chopped kale

MEAL 5/POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (1¼ SC) 56g cream of rice

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

DAILY TOTALS

2424 calories,
240g protein,
240g carbs,
56g fat

MEAL TOTALS

Meal 5/Post Workout

384 calories, 48g protein,
48g carbs, 0g fat

All Other Meals

510 calories, 48g protein,
48g carbs, 14g fat

NUTRITION

GROCERY LIST, FOOD EXCHANGE LISTS, RECIPES



NICOLE WILKINS' 40 DAY BUNS & GUNS CHALLENGE

GROCERY LIST

The list below should get you through approximately 4 days of meals.

Double the amounts if you are preparing your meals for a week in advance. You do NOT need to buy everything on this list! Make sure to look at your meal plan, map out your meals and shop accordingly.

PROTEINS

- ☐ 2 dozen eggs
- ☐ 4 containers liquid egg whites
- ☐ 2 lbs salmon
- ☐ nPower Nutrition Protein Isolate (either flavor)
- ☐ 2 lbs chicken breast
- ☐ 2 lbs 99% extra lean ground turkey
- ☐ 2 lbs 93% lean ground turkey
- ☐ 2 lbs 90% ground beef
- ☐ 4 cans tuna in water
- ☐ 2 lbs pork tenderloin
- ☐ 1 large container nonfat plain Greek yogurt
- ☐ 1 container nonfat cottage cheese
- ☐ 1 container Jenny-O turkey bacon

VEGAN PROTEINS

- ☐ 1 package veggie/Boca burgers
- ☐ 1 package Beyond Meat chicken
- ☐ 1 package tempeh
- ☐ 1 container nutritional yeast
- ☐ Plant-based protein powder
- ☐ 2 packages extra firm tofu
- ☐ 1 package seitan

CARBOHYDRATES

- ☐ 5 medium sweet potatoes/yams
- ☐ 1 small bag red potatoes
- ☐ 4 Russet potatoes
- ☐ 1 bag Ezekiel bread
- ☐ 1 bag/box white rice
- ☐ 1 bag/box wild rice
- ☐ 1 bag/box long grain brown rice
- ☐ 1 bag Lundberg brown rice cakes
- ☐ 1 container oatmeal/rolled oats
- ☐ 1 package cream of rice
- ☐ 1 container bread crumbs
- ☐ 2 cans refried beans
- ☐ 2 cans black beans
- ☐ 1 box Cheerios original
- ☐ 1 package whole wheat tortilla
- ☐ 1 package 6" corn tortillas
- ☐ 1 container honey

FRUITS

- ☐ 4 bananas
- ☐ 4 apples
- ☐ 1 container unsweetened applesauce

VEGETABLES

- ☐ 1 bunch broccoli
- ☐ 1 head cauliflower
- ☐ 2 red onions
- ☐ 2 bags Asian style stir-fry vegetables
- ☐ 3 cucumbers
- ☐ 1 bag shredded lettuce
- ☐ 1 bag green beans
- ☐ 1 bag kale
- ☐ 1 bag frozen kale
- ☐ 1 bag frozen peas
- ☐ 1 container mushrooms
- ☐ 2 bell peppers
- ☐ 3 zucchini
- ☐ 1 bag baby spinach
- ☐ 2 (10 oz) packages of frozen spinach (for recipe)
- ☐ 1 bag Romaine lettuce
- ☐ 4 tomatoes
- ☐ 1 jar pickles

FATS

- ☐ 1 container olive oil
- ☐ 1 container coconut oil
- ☐ 1 container guacamole
- ☐ 3 avocados
- ☐ 1 container hummus
- ☐ 1 container mayonnaise
- ☐ 1 container butter
- ☐ 1 container natural cashew butter
- ☐ 1 container natural almond/peanut butter
- ☐ 1 bag sesame seeds

BEVERAGES

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

DAIRY

- ☐ 1 container cheddar cheese
- ☐ 1 container reduced-fat cream cheese

CONDIMENTS (OPTIONAL)

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



40 DAY

BUNS & GUNS
CHALLENGE

FOOD EXCHANGE LIST

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

Pay close attention to your meal plan requirements.

Some meal plans may have 1, 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 butterflyfish
- ☐ 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 | 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 | |



40 DAY

BUNS & GUNS
CHALLENGE

VEGAN FOOD EXCHANGE LIST

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

Pay close attention to your meal plan requirements.

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

PROTEIN (P)

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

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

PROTEIN/CARBS (PC)

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

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

NON-DAIRY (ND)

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

STARCHY CARBOHYDRATES (SC)

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

Measure all items **COOKED** except hot cereal.

- ☐ ½ cup (40g) oatmeal
- ☐ ½ cup (40g) oat bran
- ☐ 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
- ☐ 20g sesame seeds

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' 40 DAY BUNS & GUNS CHALLENGE

RECIPES

PEANUT BUTTER PROTEIN BALLS

SERVINGS: 10

INGREDIENTS

- 160g rolled oats
- 2 scoops nPower Nutrition Vanilla Cupcake Isolate
- ¼ cup honey
- ¼ cup coconut oil
- ¼ cup natural peanut butter

DIRECTIONS

- Mix the oats and protein powder together in one large bowl.
- In separate bowl, mix honey, coconut oil and peanut butter.
- Microwave wet ingredients for 30-40 seconds, then fold into dry ingredients.
- Roll dough into 1-inch balls, then place on a baking tray or large baking dish and chill for 30 minutes to 1 hour in the fridge.
- Store in the fridge for up to 14 days

NUTRITION INFO

PER BALL

202 calories, 8g protein, 20g carbs, 10g fat

CHOCOLATE CHIP COOKIE DOUGH SMOOTHIE

SERVINGS: 1

INGREDIENTS

- ¼ medium banana, frozen
- ½ cup unsweetened original almond milk
- 1 scoop nPower Nutrition Vanilla Cupcake Isolate
- 16g (1 tbsp) natural cashew butter
- 20g (1/4 cup) raw oatmeal
- ¾ tsp vanilla extract
- Pinch of salt
- 1 cup ice
- ½ tbsp mini chocolate chips

DIRECTIONS

- Place all ingredients except the chocolate chips in a high speed blender and pulse until the ingredients are combined and blended.
- Add the chocolate chips to the blender and pulse until the chocolate chips are broken up and combined.

NUTRITION INFO

PER SERVING

334 calories. 26g protein, 32g carbs, 12g fat



BREAKFAST BURRITO

SERVINGS: 1

INGREDIENTS

- ¼ medium bell pepper chopped
- ¼ cup red onion chopped
- 1 large whole egg
- 3 large egg whites
- 2 slices turkey bacon cooked and chopped
- ¼ cup shredded sharp cheddar cheese
- 1 whole wheat low carb tortilla (36g)

DIRECTIONS

- Lightly spray pan with nonstick cooking spray.
- Sauté the peppers and onions over medium-high heat until softening.
- Lower temp to medium and add the eggs into the peppers and onions.
- Cook to scramble until eggs are done.
- Top the tortilla with egg mixture, cheese and bacon.

NUTRITION INFO

PER BURRITO

314 calories, 29g protein, 20g carbs, 11g fat

SIMPLE OVERNIGHT OATS

SERVINGS: 1

INGREDIENTS

- 40g old-fashioned oatmeal
- ½ cup unsweetened vanilla almond milk
- ¼ tsp vanilla extract
- 1 packet zero-calorie sweetener of choice
- Seasonings: Cinnamon, nutmeg, and/or sea salt

DIRECTIONS

- In a medium bowl or jar, combine all ingredients and seasonings. Mix well.
- Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

NUTRITION INFO

PER SERVING

168 calories, 6g protein, 28g carbs, 4g fat



VEGETABLE BURGER

SERVINGS: 3

INGREDIENTS

- ½ cup frozen peas
- ½ cup frozen kale
- 1 cup frozen broccoli
- Slice of onion
- ½ cup, plus 2 tbsp bread crumbs
- 2 tbsp water, plus more as needed
- 1 tbsp olive or coconut oil

DIRECTIONS

- Cook vegetables (except for the onion). Use whatever method you prefer (microwave, boiling, grill, etc)
- Add cooked vegetables to a food processor/blender and pulse with onion until chunky.
- In a larger bowl, gradually mix vegetables with bread crumbs. Once they stick together well, form patties with your hands.
- Fry in a skillet with 1 tbsp oil until golden on each side.

NUTRITION INFO

PER SERVING

142 calories, 6g protein, 21g carbs, 5g fat



ZOODLE LOW MEIN

SERVINGS: 2

INGREDIENTS

- 2 tbsp reduced sodium/lite soy sauce
- 1 tsp chopped garlic
- 3 cups frozen Asian-style stir-fry vegetables
- 1 cup mushrooms, quartered
- 3 medium zucchini, spiralized
- ¼ tsp ground ginger
- ¼ tsp onion powder
- ⅛ tsp salt

DIRECTIONS

- In a small bowl combine soy sauce, garlic and seasonings. Mix for sauce.
- Bring a large skillet (with nonstick spray) to medium-high heat.
- Add frozen vegetables and mushrooms and cook until frozen veggies are hot and mushrooms have softened, about 5 minutes.
- Add zucchini. Cook until hot and slightly softened, about 3-5 minutes.
- Transfer veggies to a strainer and drain excess liquid.
- Return large skillet to medium high heat and add drained veggies.
- Add sauce and cook and stir until evenly distributed and absorbed.

NUTRITION INFO

PER SERVING

133 calories, 8g protein, 19g carbs, 1g fat

BROCCOLI AND CHEESE STUFFED CHICKEN BREAST

SERVINGS: 6

INGREDIENTS CHICKEN

- 1.5 lbs boneless, skinless chicken breasts (about 6 small/medium chicken breasts)
- 1 tbsp garlic powder
- 1 tsp chili powder
- 1 tsp dried thyme
- ¼ tsp red pepper flakes
- ½ tsp salt
- ½ tsp ground pepper
- 1 tbsp olive oil

DIRECTIONS

- Preheat the oven to 375F.
- Add the garlic powder, chili powder, dried thyme, red pepper flakes, salt, and pepper to a small bowl. Mix and set aside.
- Place the chicken breasts on a cutting board, drizzle with the olive oil.
- Cut the chicken in half lengthwise with a sharp knife leaving the chicken breast connected, but creating a flap.
- Sprinkle the spice mix over the chicken breast on both sides and inside the flap.
- In a large bowl mix the cheddar cheese, Greek yogurt, cream cheese, and minced garlic until combined.
- Add the diced broccoli to the Greek yogurt mixture and mix everything together until the broccoli is coated.
- Divide the broccoli mixture into six servings.
- Stuff a chicken breast with 1/6 of the broccoli mixture.
- Secure the broccoli cheese filling by closing the flap and securing both edges of the chicken breast with 2-3 toothpicks or more until it holds together. Repeat with each chicken breast.
- Place the chicken breasts in a 9x13 baking dish.
- Bake, uncovered for 25-30 minutes or until chicken is cooked through.

NUTRITION INFO

PER CHICKEN BREAST

243 calories, 30g protein, 8g carbs, 12g fat

STUFFING

- ½ cup shredded cheddar cheese
- ½ cup nonfat, plain Greek Yogurt
- ½ cup reduced fat cream cheese, softened
- 1 tbsp minced garlic
- 3 cups broccoli, diced

ACCOUNTABILITY TRACKER

ACCOUNTABILITY TRACKER

Here's an all-new bonus section for this Challenge – an Accountability Tracker!

This is the first time I am including this in one of my programs and my hope is that it helps you stay on track just a little bit more ... or helps you realize exactly when and where you fell off track (if that happens, right?)

Please keep in mind – *this is totally optional to use.*

You don't need to use it to follow the program or to win any of the prizes, and it is for your eyes only.

But give it a shot if you feel like it will be helpful to review each day, and week, to see where you can improve over these next 40 days as another way to hold yourself accountable and stay on track towards reaching your goals.

HERE'S HOW IT WORKS

- » Each week of the Challenge is broken down into seven daily activities – Workout, Cardio, and each of your five meals of the day. **1**
- » Once you complete an activity, give yourself 1 “point” by writing 1 in the appropriate section. **2**
- » At the end of each day, add up your total “points” and write that number in the TOTAL PER DAY BOX. **3**
(Note: There is a maximum 7 points on most days. You do not award yourself “bonus points”).
- » At the end of each week, add up your daily totals and write them in the Weekly Totals box. Then turn to page XXX and add your total for that week. **4**
- » The maximum number of points for each week is 44 and is listed at the bottom of each page (Workouts – 5 points/week max, Cardio – 4 points/week max, Meals - 35 points/week max.). It is not possible to score more than 44 points in a week.
- » At the end of the Challenge, add up all of your weekly totals to see how you did and where you can improve!

**WATCH MY VIDEO WALKTHROUGH FOR
HOW TO USE THE ACCOUNTABILITY TRACKER!**



WEEKLY POINTS TRACKER WEEK 1							
ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2 1					2		
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day 3							
WEEK 1 TOTALS: 4							44
Notes: _____							
NICOLEWILKINS.COM							

SCORING RULES

- If you do not follow the meal plan (or hit your meal macros), your score for that Meal is 0.
- If you cheat or have something that is not on your meal plan that does not fit your macros, score yourself a 0 for **the most recent meal you have eaten**. So if you eat that something between Meal 1 and 2, your score for Meal 1 will be 0.
- If you skip a MEAL, your score for that meal is 0.
- If you skip a WORKOUT but make it up on a Saturday or Sunday, award yourself 1 point on the day you worked out (even if it puts you over the total points for that day).
- If you skip CARDIO but make it up on a Saturday or Sunday (or another day when it isn't listed), award yourself the 5 points on the day you performed cardio (even if it puts you over the total points for that day).
- There are no “bonus” points awarded for extra cardio sessions or workouts.

WEEKLY TRACKER

WEEK 1

ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day							

WEEK 1 TOTALS: / 44

Notes: _____

WEEKLY TRACKER

WEEK 2

ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day							

WEEK 2 TOTALS: / 44

Notes: _____

WEEKLY TRACKER

WEEK 3

ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day							

WEEK 3 TOTALS: / 44

Notes: _____

WEEKLY TRACKER

WEEK 4

ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day							

WEEK 4 TOTALS: / 44

Notes: _____

WEEKLY TRACKER

WEEK 5

ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day							

WEEK 5 TOTALS: / 44

Notes: _____

WEEKLY TRACKER

WEEK 6

ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day							

WEEK 6 TOTALS: / 44

Notes: _____

ACCOUNTABILITY TOTALS

Enter your Weekly totals below, then add them all up at the end of the Challenge to see how you fared.

ACTIVITY	
Week 1 Total	
Week 2 Total	
Week 3 Total	
Week 4 Total	
Week 5 Total	
Week 6 Total	
<hr/>	
Challenge Total	/264

**CONGRATULATIONS
YOU DID IT!** 🙌🙌

Notes: _____

