

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE



2024

6 WEEK 4 HOURS TO FIT CHALLENGE

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PROGRAM OVERVIEW

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Welcome to the 4 Hours To Fit Challenge! Are you ready to do this?

I'm thrilled to be on this journey with you—I know you're going to crush it!

This program is designed to fit your busy lifestyle and show you what's possible when you consistently put in the work, even if it's just four hours per week. Because if you're consistent, that's all it's going to take to reach your goals, whether that's losing weight, building muscle, getting stronger or just feeling more confident and capable overall!

Of course, there's one key factor: consistency.

Consistency with your workouts, your meals, your sleep, and the commitment you make to yourself over these 6 weeks. It's about being disciplined enough to do what's necessary to reach the goals you set for yourself—even during those times when you just don't feel like it.

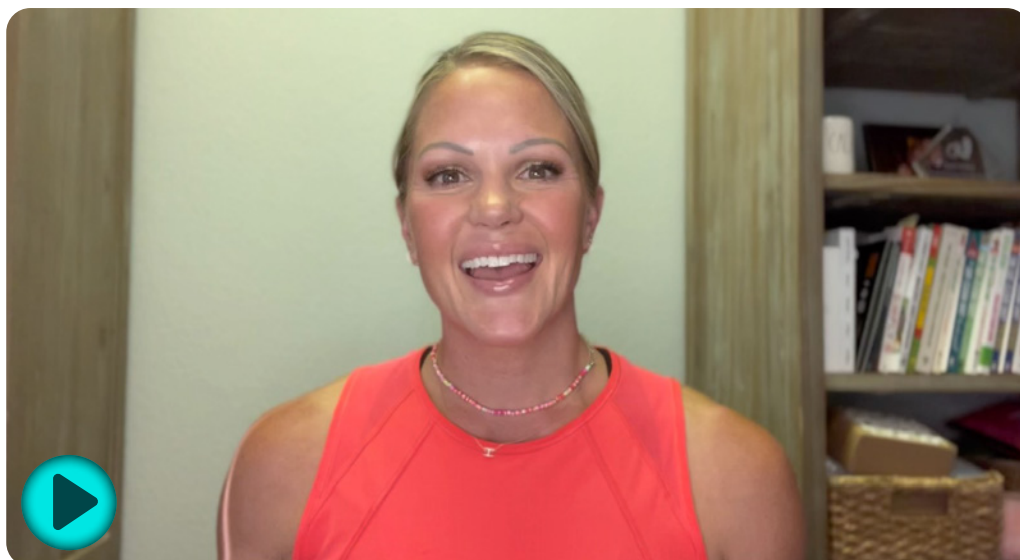
Remember—perfection isn't the goal. Progress is.

Focus on being just a little bit better each day, racking up those daily “wins” that add up to big changes over time. If you can commit to that mindset, I know you're going to reach your goals.

As with anything in life, you get out what you put in. Give this Challenge your all and you're going to love the results!

Before you dig into the rest of the program, take a few minutes to watch my Welcome video and see how you can set yourself up for success.

Let's make it happen!



WATCH THE VIDEO

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ABOUT THE PROGRAM

You'll find everything you need to follow the program in this eBook, but there is additional content that you can access from the Challenge Homepage in the Bonus Training Videos, Bonus Nutrition Videos and Mobility sections, so make sure to check out those pages too!

Those videos cover everything from detailed looks at how to measure and weigh your food, how to use the Food Exchange List, how to perform the different intensity techniques in your workout plan and more.

You'll see links to those bonus videos throughout this eBook, but you can also view them by visiting the **Challenge homepage** [HERE](#) and clicking on the graphics for these sections: Bonus Training Videos, Bonus Nutrition Videos and Recovery.

UPLOADING YOUR PHOTOS & MEASUREMENTS



Taking progress photos—especially at the start of the Challenge—can be incredibly stressful and anxiety-inducing. I get it—I’ve felt the same way at the start of every Olympia prep, and I still feel that way sometimes today. That familiar feeling of, *how did I let things get this far?*

Well, I’m here to tell you to stop thinking that way. It happens to the best of us—it’s why you’re here doing this Challenge!

But remember - no one will see these photos unless you feel good enough about your transformation to upload After photos. Our judges don’t review Before photos if you don’t submit the afters.

That said, you don’t have to upload photos to follow the program and achieve great results. Not everyone does, so don’t put unnecessary pressure on yourself. However, if you want to be eligible for the post-Challenge prizes, you’ll need to upload them, so I hope you do!

Even if you don’t plan on submitting photos, I recommend taking them for yourself at least every other week. This will help keep you accountable and provide a point of reference to track your progress.

While the scale can be a useful tool for measuring progress, it is not the be-all and end-all, and it should not be the only way you define success.

***If you plan to upload photos, the deadline
Wednesday, August 28 at 11 pm EST/8 PST.***

HERE IS THE CORRECT WAY TO POSE IN IN YOUR BEFORE AND AFTER PHOTOS:

- » Hold the hashtag up in her front-view photo (not taping to the wall, covering her body or holding up in any other photos)
- » Pose the same way in both Before and After photos (not relaxed in the before and flexing in after, or switching up her pose)
- » Wear the same outfit
- » Entire body is visible from head to toe
- » Take photos in the same location, with consistent lighting
- » Don't crop in too tight in the photos, please include space on both sides of the subject

The hashtag to hold up in your front-view photo is:

#4HOURS2FIT

**WATCH THIS VIDEO
FOR MORE
DETAILED TIPS**



YOUR TRAINERS ON THE FORUMS



Your NW Fitness Team Trainers are me (of course!), Maureen and Naomi. You can find us (and your fellow Challengers!) on the forums every day during the Challenge.

The forums are a place where you can ask the trainers questions about the program and connect with other people entered in the Challenge. They are a great resource where you can learn from, support and motivate each other, so please take advantage of them!

Someone from the training team will be on the forums every day during the Challenge, answering questions and offering as much guidance as we can.

Here are the hours that one of us will be online (all times Eastern Standard):

Monday - Friday 5 am to 8 pm

Saturday - Sunday 8 am to 2 pm

We do our best to reply to questions as promptly as possible, but we do appreciate your patience! If you ask a question outside of the hours the trainers are on the forums, we will respond the following day.

One thing I do ask is that you refrain from posting Challenge-specific questions on the Facebook Community Page. Our team's priority is answering your questions on the forums, so if you post on the Facebook page you may receive incorrect information from someone outside of our team.

For any technical issues (broken links, trouble logging in, questions about uploading photos, etc) please email challenges@nicolewilkins.com.



CLICK HERE TO VISIT THE FORUMS



WEEKLY PRIZE GIVEAWAYS

We will be giving away weekly prizes to those of you who are posting about your experiences every week on social media.

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
#nw4hourstofit

Ready? Then let's get to work!

WEEKLY CHALLENGE CALENDAR

NICOLE
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6 Week
4 HOURS
TO
FIT
CHALLENGE

NICOLE
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6 Week 4 HOURS TO FIT CHALLENGE

1 HOUR A DAY. 4 DAYS A WEEK.



CHALLENGE CALENDAR

PHASE 1 WORKOUTS

LOAD BEFORE PHOTOS
AUGUST 21 TO AUGUST 28

WEEK 1

MONDAY, AUG 26

DAY 1

☐ LOWER BODY


TUESDAY, AUG 27

DAY 2

☐ CHEST/BACK/
ABS


WEDNESDAY, AUG 28

DAY 3

☐ OFF
LAST DAY TO
UPLOAD PHOTOS

THURSDAY, AUG 29

DAY 4

☐ SHOULDERS/
ARMS/ABS

FRIDAY, AUG 30

DAY 5

☐ TOTAL BODY

SATURDAY, AUG 31

DAY 6

☐ OFF

SUNDAY, SEP 1

DAY 7

☐ OFF

WEEK 2

MONDAY, SEP 2

DAY 8

☐ LOWER BODY

TUESDAY, SEP 3

DAY 9

☐ CHEST/BACK/
ABS

WEDNESDAY, SEP 4

DAY 10

☐ OFF

THURSDAY, SEP 5

DAY 11

☐ SHOULDERS/
ARMS/ABS

FRIDAY, SEP 6

DAY 12

☐ TOTAL BODY

SATURDAY, SEP 7

DAY 13

☐ OFF

SUNDAY, SEP 8

DAY 14

☐ OFF

WEEK 3

MONDAY, SEP 9

DAY 15

☐ LOWER BODY

TUESDAY, SEP 10

DAY 16

☐ CHEST/BACK/
ABS

WEDNESDAY, SEP 11

DAY 17

☐ OFF

THURSDAY, SEP 12

DAY 18

☐ SHOULDERS/
ARMS/ABS

FRIDAY, SEP 13

DAY 19

☐ TOTAL BODY

SATURDAY, SEP 14

DAY 20

☐ OFF

SUNDAY, SEP 15

DAY 21

☐ OFF

KEEP GOING TO WEEK 4

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6 Week 4 HOURS TO FIT CHALLENGE



1 HOUR A DAY. 4 DAYS A WEEK.

CHALLENGE CALENDAR

PHASE 2 WORKOUTS

WEEK 4

MONDAY, SEP 16	TUESDAY, SEP 17	WEDNESDAY, SEP 18	THURSDAY, SEP 19	FRIDAY, SEP 20	SATURDAY, SEP 21	SUNDAY, SEP 22
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
☐ LOWER BODY	☐ CHEST/BACK/ ABS	☐ OFF	☐ SHOULDERS/ ARMS/ABS	☐ TOTAL BODY	☐ OFF	☐ OFF

WEEK 5

MONDAY, SEP 23	TUESDAY, SEP 24	WEDNESDAY, SEP 25	THURSDAY, SEP 26	FRIDAY, SEP 27	SATURDAY, SEP 28	SUNDAY, SEP 29
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
☐ LOWER BODY	☐ CHEST/BACK/ ABS	☐ OFF	☐ SHOULDERS/ ARMS/ABS	☐ TOTAL BODY	☐ OFF	☐ OFF

WEEK 6

MONDAY, SEP 30	TUESDAY, OCT 1	WEDNESDAY, OCT 2	THURSDAY, OCT 3	FRIDAY, OCT 4	SATURDAY, OCT 5	SUNDAY, OCT 6
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40		
☐ LOWER BODY	☐ CHEST/BACK/ ABS	☐ OFF	☐ SHOULDERS/ ARMS/ABS	☐ TOTAL BODY	 UPLOAD YOUR AFTER PHOTOS	

MONDAY, OCT 7


**UPLOAD
PHOTOS**

CONGRATULATIONS YOU DID IT! 🙌

6 WEEK 4 HOURS TO FIT CHALLENGE

TRAINING

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Let's get down to the most fun part of this Challenge – the workouts!

We all know how important nutrition is (and if you don't, you will soon!), but let's face it - unless you're Gordon Ramsey, meal prepping and weighing your food isn't most people's idea of a fun time.

That's where the workouts come in. They're not just a means to an end — they're the part of the Challenge that will have you feeling energized, strong, and accomplished.

They're also what sets this Challenge apart from every other one I create. And here's why.

Every aspect of these workouts is timed.

That's how I'm able to guarantee you can finish each one *in under an hour*, including your warmup and your cardio. That's what makes it so realistic for any schedule!

No more wasting time scrolling on your phone and resting for way too long between sets. No more losing focus and ruining a good workout. No more clock-watching and wondering how much time you have left while stressing out about everything you still have to do afterwards.

These four one-hour sessions a week are all about making every minute count. And that's exactly what we're going to do.

Our goals here are, as always, to lift *heavy*, push your limits and do your best!

TRAINING OVERVIEW

Your four workouts each week will be broken up like this for both phases of the program:

TRAINING SPLIT

DAY 1: MONDAY LOWER BODY

DAY 2: TUESDAY CHEST/BACK/ABS

DAY 3: WEDNESDAY OFF

**DAY 4: THURSDAY SHOULDERS/
ARMS/ABS**

DAY 5: FRIDAY TOTAL BODY

DAY 6: SATURDAY OFF

DAY 7: SUNDAY OFF

This means you'll be hitting each muscle twice per week with plenty of volume to help you build muscle and get stronger – even if you're following the Fat Burning Meal Plan (more on that in the Nutrition section).

This training split stays the same for six weeks, but the program is split up into two three-week Phases to help keep things fresh, fun and to keep your body changing.

I recommend following a 2 on 1 off, 2 on 2 off schedule, but feel free to do whatever works best for your schedule. Just make sure to do them in the order they are listed.

My goal with this program is to help you stay (here's that word again) *consistent!*

Three off days a week will give you the flexibility to move things around to fit your schedule, without feeling overwhelmed or like you're failing because of missed workouts.

That said – if you do miss a workout here and there, don't beat yourself up over it! If this happens, stick to your meal plan and get right back on that horse.

These workouts are going to be challenging, but here's the best part: They allow you to go at your own pace, depending on where you are at in your fitness journey.

Are you someone who has taken a long time off? You'll likely want to take it a little slower at first and focus on getting back in the groove.

Are you someone who has been going all out for months? The extra days off will be a good way to change things up and will give your body some much needed time to rest, recover and grow.

Don't like timing your workouts? Guess what – *you don't have to!* If you prefer doing 3-4 sets of each exercise without having to worry about timing everything, you can do that too.

It's all about making this plan work for *you*.

WORK OUT AT THE GYM OR AT HOME

Here's another feature of this program that makes it so flexible: You have access to three different workout plans, so you can follow along from anywhere depending on the equipment you have available.

Which means you can mix and match between the workout plans if you are splitting time between training at home and at the gym, or if you're traveling and have to get in your workout with limited equipment.

GYM WORKOUTS

For those who have access to a gym.

AT-HOME WORKOUTS (FULL EQUIPMENT)

For those who have a wide variety of equipment at home.

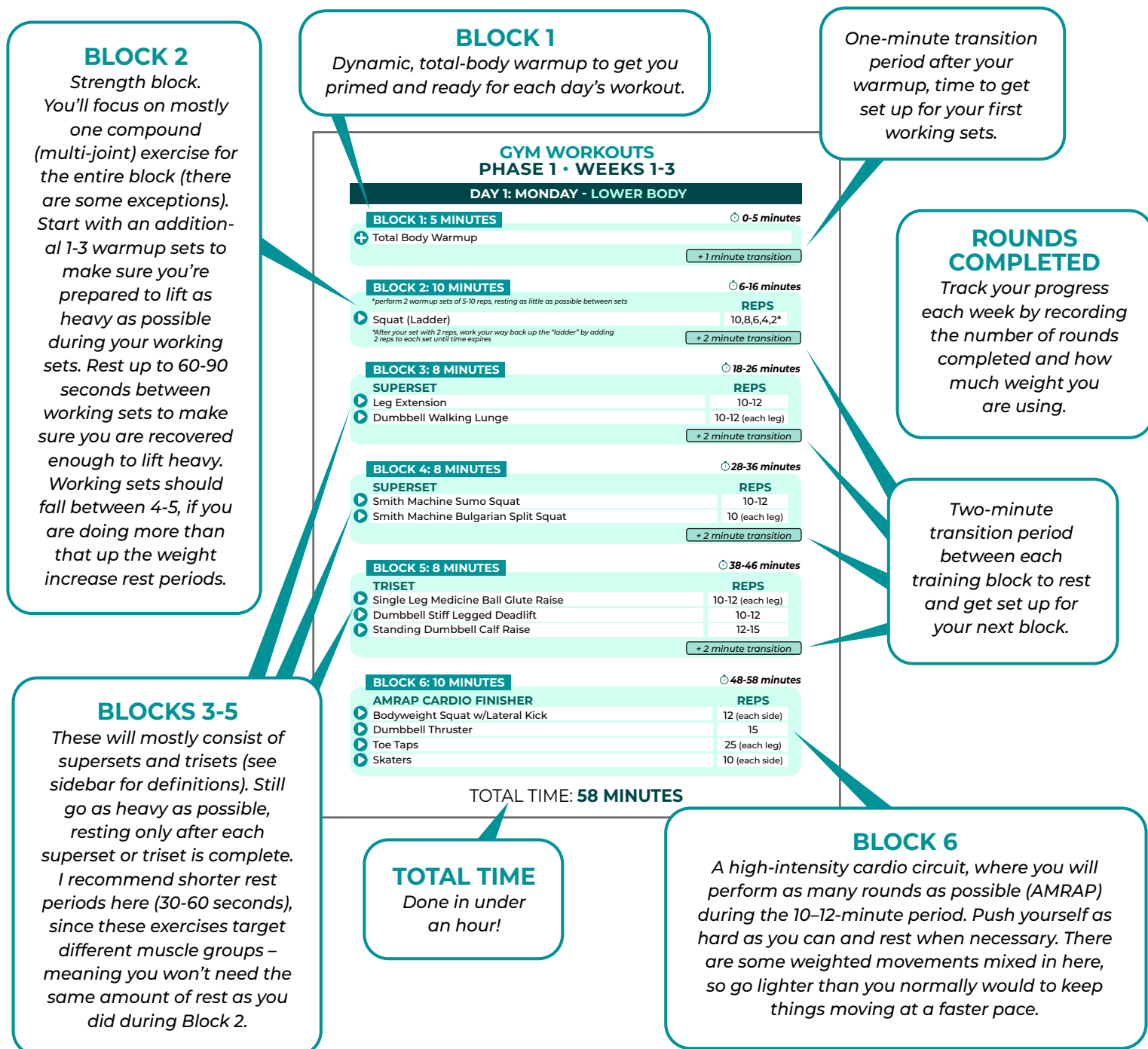
AT-HOME WORKOUTS (DUMBBELL/ BODYWEIGHT)

For those with very limited equipment.

Here's what makes these 4 Hours To Fit Workouts unique, and why I can *guarantee* you'll be in and out of the gym – or garage, or living room – in under an hour.

Every workout is timed. So regardless of your unique situation (age, experience level, rest periods, rep speed), you will be performing each exercise, or set of exercises (Training Block) for a specific length of time.

Here's a snapshot of how it looks:



I know you're going to have questions, so here are answers to some I know you'll have. If your question isn't covered here, ask away on the [Challenge Forums](#).

Q: HOW DO I KNOW IF I'M LIFTING HEAVY ENOUGH?

Heavy is relative and all of you are at different points of your journey – different experience levels, different strength levels, etc – so I can't tell you how much weight you should be using. But generally, *you should be struggling on the last 2-3 repetitions of most (if not all) working sets.*

By struggling, I mean almost not able to complete them – or not be able to complete them at all. I would rather you fall a few reps short of what is listed and have to use the Rest-Pause technique (see INTENSITY TECHNIQUES DEFINED) than be able to do more reps and stop well short of reaching muscle failure.

I can't tell you how many people I see – even in these Challenges - who aren't lifting as heavy as they should be.

So if you are always reaching for the 12-15 pound dumbbells on a certain exercises, do yourself a favor: Step out of your comfort zone and reach for the 20 pounders. You might not be able to reach the listed number of reps, but at least you'll be challenging yourself and overloading the muscle.

Same goes for those of you who are always using the 20s – step up your game and test your limits! You can always drop the weight back down if it proves to be too heavy.

Q: WHAT HAPPENS IF I DON'T REACH 10 REPS AND THE TIME FOR THAT TRAINING BLOCK EXPIRES? OR IF I'M HALFWAY THROUGH THE 2ND EXERCISE OF A TRISET AND I RUN OUT OF TIME?

Stop – you're done. Start your two-minute transition to rest, recover and get set up for your next training block.

Q: WHAT IF I'M FOLLOWING THE DUMBBELL/BODYWEIGHT PROGRAM AND I DON'T HAVE ENOUGH WEIGHT TO GO AS HEAVY AS I NEED TO FOR BLOCK 2 (STRENGTH/POWER BLOCK)?

Unfortunately, this is one of the disadvantages of training with limited equipment, but it doesn't mean you still can't push yourself and reach your goals. You can increase your time under tension by either slowing down your rep speed, or by performing 1 ¼ reps for any exercise. Check out my "How To Increase The Intensity Of Your Workouts When Training From Home" video [HERE](#) on the Bonus Training Video page for my tips.

Q: HOW LONG SHOULD MY WARMUP SETS TAKE IN TRAINING BLOCK 2?

Not long. These sets should be anywhere from 5-10 reps, increasing in weight with each set. Rest minimally between these sets and do not come close to failure. Again, pyramid up in weight for these before moving to your working sets.

Q: WHAT IF I DON'T NEED THE FULL 2-MINUTE TRANSITION PERIOD?

Then you aren't lifting heavy enough and pushing yourself as hard as you should be during your working sets. Increase the weight and get after it! This is a period for you to rest/recover and get set up for your next training block, so you are ready to go as soon as the time indicates.

INTENSITY TECHNIQUES

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

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

REST PAUSE A way to extend your set when you reach muscle failure and can't do another rep. Drop the weights (or rest them on your knees) and take a short "mini" rest period – anywhere from 10-15 seconds – enough to give your body a chance to recover and reach the prescribed number of reps for each set. You can use this technique multiple times in one set if necessary.

DROP SETS Performing two or more sets back-to-back with no rest in between, decreasing the weight with each "drop". Start with a heavy weight - one you can do for the number of reps listed - and reach failure with that weight. Then "drop" (decrease) the amount of weight you are using and immediately perform another set.

AMRAP As Many Rounds As Possible. You will be shooting for as many rounds as possible for Training Blocks 2-6, including your cardio finisher.

TIPS

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! Incorporate the Rest-Pause technique here if necessary.
- 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! Each workout calls for a total-body warmup circuit to help you loosen up and get your muscles primed for the heavier sets to come. You'll also have 1-3 additional warmup sets as part of Training Block 2, to get the blood flowing and develop that mind-muscle connection before your heavier sets. You should not be struggling or coming close to failure on these warmup sets.
- » Use proper form! Form is key to working the muscle you are targeting and staying injury-free.
- » Perform controlled repetitions for all exercises – excluding any plyometric (example: Jump Squats) or dynamic exercises (example: Dumbbell Thrusters). There are also some exercises in your cardio finishers, like Bodyweight Squats, that you'll want to perform faster than normal.
- » 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.

BONUS VIDEOS

Check out the **BONUS TRAINING VIDEOS** section of the Challenge homepage for the bonus content below.

- ✓ HOW TO SET UP FOR LIFTING HEAVIER WEIGHTS
- ✓ HOW TO INCREASE THE INTENSITY OF YOUR WORKOUTS WHEN TRAINING FROM HOME
- ✓ TRISET TUTORIAL
- ✓ REST-PAUSE TUTORIAL
- ✓ DROP SET TUTORIAL
- ✓ NEGATIVE REP TUTORIAL
- ✓ 3 WAYS TO ADD EXERCISE BANDS TO YOUR WORKOUTS



WARMUP ROUTINES

Start your workouts with these dynamic, five-minute warmup routines to get your body ready! Perform them as a circuit, moving from one exercise to the next with no rest in between.

LOWER BODY WARMUP (DAY 1)

EXERCISE	REPS
 Leg Swings	10 (each leg)
 Bodyweight Squat	10
 Jumping Jacks	15
 Bodyweight Around The World Lunge	5 (each direction)

UPPER BODY WARMUP (DAY 2/3)

EXERCISE	REPS
 Arm Circles	10 (each arm)
 Standing Alternating Rotational Press	10
 Down Dog Knee to Elbow	5 (each side)
 Inchworm Pushup	5

TOTAL BODY WARMUP (DAY 4)

EXERCISE	REPS
 Leg Swings	10 (each leg/direction)
 Lateral Jump Squat	8 (each leg)
 Bird Dogs	10 (each side)
 Arm Circles	10 (each arm)
 Dolphin Pushup	5

GYM WORKOUTS

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GYM WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 1: MONDAY - LOWER BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Lower Body Warmup

+ 1 minute transition

BLOCK 2: 10 MINUTES

🕒 6-16 minutes

**perform 2 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Squat (Ladder)

10,8,6,4,2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 18-26 minutes

SUPERSET

REPS

▶ Leg Extension

10-12

▶ Dumbbell Walking Lunge

10-12 (each leg)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 28-36 minutes

SUPERSET

REPS

▶ Smith Machine Sumo Squat

10-12

▶ Smith Machine Bulgarian Split Squat

10 (each leg)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 38-46 minutes

TRISSET

REPS

▶ Single Leg Medicine Ball Glute Raise

10-12 (each leg)

▶ Dumbbell Stiff Legged Deadlift

10-12

▶ Standing Dumbbell Calf Raise

12-15

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 48-58 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bodyweight Squat w/Lateral Kick

12 (each side)

▶ Dumbbell Thruster

15

▶ Toe Taps

25 (each leg)

▶ Skaters

10 (each side)

TOTAL TIME: **58 MINUTES**

GYM WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 2: TUESDAY - CHEST/BACK/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

SUPERSET

REPS

▶ Barbell Row

8-10

▶ Pushup

10

**If you can't do 10 pushups, switch to kneeling pushups after reaching failure*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Incline Bench Press

8-10

▶ Incline Reverse Grip Dumbbell Row

8-10

+ 2 minute transition

BLOCK 4: 7 MINUTES

🕒 26-33 minutes

SUPERSET

REPS

▶ Dual Cable Pulldown

10-12

▶ Cable Flye

10-12

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 35-43 minutes

TRISSET

REPS

▶ Close Grip Pulldown

10-12

▶ Alternating Medicine Ball Pushup

10-12 (total)

▶ Dumbbell Ab Rollup

10

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 45-55 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bench Up and Over

10 (total)

▶ Plank Hip Dip

20 (total)

▶ Bodyweight Bench Step Up With Knee Drives

10 (each leg)

▶ Jump Rope

30

**use imaginary jump rope if you do not have one*

TOTAL TIME: **55 MINUTES**

GYM WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 3: THURSDAY - SHOULDERS/ARMS/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

⊕ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Standing Barbell Press (Ladder)

10, 8, 6, 4, 2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Incline Barbell Front Raise

10

▶ Single Arm Incline Lateral Raise

8-10 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ Standing Dumbbell Lateral Raise

10-12

▶ Dumbbell Kickback

10-12

▶ Incline Dumbbell Hammer Curl

10-12

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ Rear Delt Cable Flye

10-12

▶ Hero Curl

10-12

▶ Cable Overhead Triceps Extension (rope)

10-12

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 44-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Manmakers

5

▶ Single Arm Dumbbell Overhead Carry

20 steps (each arm)

▶ Plank Shoulder Tap

30 (total)

▶ Plank Jacks

20 steps

▶ Situp

12

TOTAL TIME: **56 MINUTES**

GYM WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 4: FRIDAY - TOTAL BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Total Body Warmup

+ 1 minute transition

BLOCK 2: 10 MINUTES

🕒 6-16 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Deadlift (Ladder)

10, 8, 6, 4, 2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 18-26 minutes

SUPERSET

REPS

▶ Band Assisted Pullup

AMRAP*

**shoot for 6-8 reps*

▶ Plank Row

10-12 (total)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 28-36 minutes

SUPERSET

REPS

▶ Barbell Reverse Lunge/Barbell Shoulder Press Combo

10

▶ Barbell Upright Row/Barbell Stiff Legged Deadlift Combo

10

+ 2 minute transition

BLOCK 5: 7 MINUTES

🕒 38-45 minutes

SUPERSET

REPS

▶ Dumbbell Squat/Dumbbell Curl Combo

10

▶ Close Grip Pushup

10

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 47-57 minutes

AMRAP CARDIO FINISHER

REPS

▶ Kettlebell Swings

15

**Use a dumbbell if you don't have a kettlebell*

▶ Lateral Jump Squat

10

▶ High Knees

10

▶ Burpees

5

TOTAL TIME: **57 MINUTES**

GYM WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 1: MONDAY - LOWER BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Lower Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2 warmup sets of 5-10 reps, resting as little as possible between sets*

▶ Leg Press

REPS

8-10*

**with 3 second negative each rep*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Dumbbell Hip Thrust

10-12

**use dumbbell in place of barbell (shown)*

▶ Dumbbell Goblet Squat

10-12

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Narrow Stance Dumbbell Squat

10/10 (dropset)

▶ Pilates Side Plank With Leg Raise

10 (each leg)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

SUPERSET

REPS

▶ Barbell Lateral Lunge

10 (each leg)

▶ Barbell Sumo Squat

15

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bodyweight Bench Step Up

10 (total)

▶ Mountain Climber

30 (total)

▶ Lateral Side Step

15 (each direction)

▶ Jump Squat

15

TOTAL TIME: **56 MINUTES**

GYM WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 2: TUESDAY - CHEST/BACK/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

- ➕ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

SUPERSET

REPS

- | | |
|--|-------|
| ▶ Wide Grip Pulldown | 10-12 |
| ▶ Resistance Band Standing Chest Press | 20 |

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

- | | |
|------------------------|-----------------|
| ▶ Dumbbell Bench Press | 10-12 |
| ▶ One Arm Dumbbell Row | 8-10 (each arm) |

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

- | | |
|--|----|
| ▶ Negative Pullup
<small>*3-5 second negative</small> | 5 |
| ▶ Floor Pushup | 10 |

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

- | | |
|----------------------------|-------|
| ▶ Reverse Grip Barbell Row | 8-10 |
| ▶ Incline Dumbbell Flye | 12-15 |
| ▶ V Up | 10 |

+ 2 minute transition

BLOCK 6: 12 MINUTES

🕒 46-58 minutes

AMRAP CARDIO FINISHER

REPS

- | | |
|---------------------|------------|
| ▶ Skipping In Place | 20 (total) |
| ▶ Bodyweight Squat | 20 |
| ▶ Butt Kicks | 20 (total) |
| ▶ Plank Jacks | 20 |
| ▶ Reverse Crunch | 12 |

TOTAL TIME: **58 MINUTES**

GYM WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 3: THURSDAY - SHOULDERS/ARMS/ABS

BLOCK 1: 5 MINUTES

 0-5 minutes

 Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

 Seated Dumbbell Shoulder Press

8-10

+ 2 minute transition

BLOCK 3: 8 MINUTES

 16-24 minutes

SUPERSET

REPS

 Static Hold Dumbbell Lateral Raise

10 (each arm)

 Reciprocating Standing Dumbbell Curl

15 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

 26-34 minutes

TRISSET

REPS

 Incline Barbell Front Raise

10

 Seated Barbell Curl

10

 Barbell Lying Triceps Extension

10

+ 2 minute transition

BLOCK 5: 8 MINUTES

 36-44 minutes

TRISSET

REPS

 Face Pull (rope)

12

 Triceps Pushdown (rope)

12

 Lying Cable Crunch

12

+ 2 minute transition

BLOCK 6: 10 MINUTES

 46-56 minutes

AMRAP CARDIO FINISHER

REPS

 Dumbbell Swing

15

 Toe Taps

30 (total)

 Burpees

5

 Crab Reach

10 (total)

TOTAL TIME: **56 MINUTES**

GYM WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 4: FRIDAY - TOTAL BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Total Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Barbell Lunge

8-10 (each leg)

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Elevated Hip Thrust

10 (each leg)

▶ Dumbbell Partial Romanian Deadlift

15

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Neutral Grip Dumbbell Push Press

8-10

▶ Dumbbell Pendlay Row

8-10

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Single Arm Incline Dumbbell Flye

10 (each arm)

▶ Dumbbell Spider Curl

10-12

▶ Bench Dip

10-12

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Dumbbell Snatch

10 (each arm)

▶ Single Leg Runner Skips

10 (each leg)

▶ Jumping Jacks

20

▶ Slider Tuckups

5

▶ Dumbbell Sumo Jump Squat

10 (total)

TOTAL TIME: **56 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FITNS
CHALLENGE

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 1: MONDAY - LOWER BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Lower Body Warmup

+ 1 minute transition

BLOCK 2: 10 MINUTES

🕒 6-16 minutes

**perform 2 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Squat (Ladder)

10,8,6,4,2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 18-26 minutes

SUPERSET

REPS

▶ Dumbbell Front Squat

10-12

▶ Dumbbell Walking Lunge

10-12 (each leg)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 28-36 minutes

SUPERSET

REPS

▶ Barbell Sumo Squat

10-12

▶ Barbell Bulgarian Split Squat

10 (each leg)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 38-46 minutes

TRISSET

REPS

▶ Single Leg Medicine Ball Glute Raise

10-12 (each leg)

▶ Dumbbell Stiff Legged Deadlift

10-12

▶ Standing Dumbbell Calf Raise

12-15

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 48-58 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bodyweight Squat w/Lateral Kick

12 (each side)

▶ Dumbbell Thruster

15

▶ Toe Taps

25 (each leg)

▶ Skaters

10 (each side)

TOTAL TIME: **58 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 2: TUESDAY - CHEST/BACK/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

SUPERSET

REPS

▶ Barbell Row

8-10

▶ Pushup

10

**If you can't do 10 pushups, switch to kneeling pushups after reaching failure*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Incline Bench Press

8-10

▶ Incline Reverse Grip Dumbbell Row

8-10

+ 2 minute transition

BLOCK 4: 7 MINUTES

🕒 26-33 minutes

SUPERSET

REPS

▶ Landmine Row

10-12

▶ Lying Landmine Single Arm Chest Press

10-12 (each arm)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 35-43 minutes

TRISSET

REPS

▶ Resistance Band Wide Grip Pulldown

20

▶ Alternating Medicine Ball Pushup

10-12 (total)

▶ Dumbbell Ab Rollup

10

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 45-55 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bench Up and Over

10 (total)

▶ Plank Hip Dip

20 (total)

▶ Bodyweight Bench Step Up With Knee Drives

10 (each leg)

▶ Jump Rope

30

**use imaginary jump rope if you do not have one*

TOTAL TIME: **55 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 3: THURSDAY - SHOULDERS/ARMS/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

➕ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Standing Barbell Press (Ladder)

10, 8, 6, 4, 2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Incline Barbell Front Raise

10

▶ Single Arm Incline Lateral Raise

8-10 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ Standing Dumbbell Lateral Raise

10/10

▶ Dumbbell Kickback

10-12

▶ Incline Dumbbell Hammer Curl

10-12

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Dumbbell Rear Delt Raise

10-12

▶ Dumbbell Concentration Curl

10-12

▶ Standing Overhead Dumbbell Extension

10-12

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 44-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Manmakers

5

▶ Single Arm Dumbbell Overhead Carry

20 steps (each arm)

▶ Plank Shoulder Tap

30 (total)

▶ Plank Jacks

20 steps

▶ Situp

12

TOTAL TIME: **56 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 4: FRIDAY - TOTAL BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Total Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Deadlift (Ladder)

10, 8, 6, 4, 2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Band Assisted Pullup

AMRAP*

**shoot for 6-8 reps*

▶ Plank Row

10-12 (total)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Barbell Reverse Lunge/Barbell Shoulder Press Combo

10

▶ Barbell Upright Row/Barbell Stiff Legged Deadlift Combo

10

+ 2 minute transition

BLOCK 5: 7 MINUTES

🕒 36-43 minutes

SUPERSET

REPS

▶ Dumbbell Squat/Dumbbell Curl Combo

10

▶ Close Grip Pushup

10

+ 2 minute transition

BLOCK 6: 12 MINUTES

🕒 45-57 minutes

AMRAP CARDIO FINISHER

REPS

▶ Kettlebell Swings

15

**Use a dumbbell if you don't have a kettlebell*

▶ Lateral Jump Squat

10

▶ High Knees

10

▶ Burpees

5

TOTAL TIME: **57 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 1: MONDAY - LOWER BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Lower Body Warmup

+ 1 minute transition

BLOCK 2: 10 MINUTES

🕒 6-16 minutes

**perform 2 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Sumo Deadlift

8-10

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 18-26 minutes

SUPERSET

REPS

▶ Dumbbell Hip Thrust

10-12

**use dumbbell in place of barbell (shown)*

▶ Dumbbell Goblet Squat

10-12

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 28-36 minutes

SUPERSET

REPS

▶ Narrow Stance Dumbbell Squat

10/10 (dropset)

▶ Pilates Side Plank With Leg Raise

10 (each leg)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 38-46 minutes

SUPERSET

REPS

▶ Dumbbell Lateral Lunge

10 (each leg)

▶ Dumbbell Sumo Pulse Squat

20

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 48-58 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bodyweight Bench Step Up

10 (total)

▶ Mountain Climber

30 (total)

▶ Lateral Side Step

30 (total)

▶ Jump Squat

15

TOTAL TIME: **58 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 2: TUESDAY - CHEST/BACK/ABS

BLOCK 1: 5 MINUTES

0-5 minutes

Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

6-14 minutes

SUPERSET

REPS

Resistance Band Wide Grip Pulldown

20

Resistance Band Standing Chest Press

20

+ 2 minute transition

BLOCK 3: 8 MINUTES

16-24 minutes

SUPERSET

REPS

Dumbbell Bench Press

10-12

One Arm Dumbbell Row

8-10 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

26-34 minutes

SUPERSET

REPS

Negative Pullup

5

**3-5 second negative*

Floor Pushup

10

+ 2 minute transition

BLOCK 5: 8 MINUTES

36-44 minutes

TRISSET

REPS

Reverse Grip Barbell Row

8-10

Incline Dumbbell Flye

12-15

V Up

10

+ 2 minute transition

BLOCK 6: 10 MINUTES

46-56 minutes

AMRAP CARDIO FINISHER

REPS

Skipping In Place

20 (total)

Bodyweight Squat

20 *quick pace

Butt Kicks

20 (total)

Plank Jacks

20

Reverse Crunch

12

TOTAL TIME: **56 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 3: THURSDAY - SHOULDERS/ARMS/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

⊕ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Seated Dumbbell Shoulder Press

8-10

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Static Hold Dumbbell Lateral Raise

10 (each arm)

▶ Reciprocating Standing Dumbbell Curl

15 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ Incline Barbell Front Raise

10

▶ Seated Barbell Curl

10

▶ Barbell Lying Triceps Extension

10

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Incline Dumbbell Rear Delt Raise (pinkies out)

15

▶ Close Grip Bench Press

15

▶ Dumbbell Pull Through

10 (total)

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Dumbbell Swing

15

▶ Toe Taps

30 (total)

▶ Burpees

5

▶ Crab Reach

10 (total)

TOTAL TIME: **56 MINUTES**

AT HOME FULL EQUIPMENT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 4: FRIDAY - TOTAL BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Total Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Barbell Lunge

8-10 (each leg)

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Elevated Hip Thrust

10 (each leg)

▶ Dumbbell Partial Romanian Deadlift

15

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Neutral Grip Dumbbell Push Press

8-10

▶ Dumbbell Pendlay Row

8-10

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Single Arm Incline Dumbbell Flye

10 (each arm)

▶ Dumbbell Spider Curl

10-12

▶ Bench Dip

10-12

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Dumbbell Snatch

10 (each arm)

▶ Single Leg Runner Skips

10 (each leg)

▶ Jumping Jacks

20

▶ Slider Tuckups

5

▶ Dumbbell Sumo Jump Squat

10 (total)

TOTAL TIME: **56 MINUTES**

AT HOME BODYWEIGHT/ DUMBBELL ONLY WORKOUTS

NICOLE WILKINS' **4** HOURS
TO FIT
CHALLENGE

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 1: MONDAY - LOWER BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Lower Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Dumbbell Split Squat (Ladder)

10,8,6,4,2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Dumbbell Front Squat

10-12

▶ Dumbbell Walking Lunge

10-12 (each leg)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Dumbbell Sumo Squat

12-15

▶ Alternating Lunge Jump

10-12 (each leg)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ One Leg Chair Lateral Lunge

10 (each leg)

▶ Dumbbell Stiff Legged Deadlift

10-12

▶ Standing Dumbbell Calf Raise

12-15

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bodyweight Squat w/Lateral Kick

12 (each side)

▶ Dumbbell Thruster

15

▶ Toe Taps

25 (each leg)

▶ Skaters

10 (each side)

TOTAL TIME: **56 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 2: TUESDAY - CHEST/BACK/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

SUPERSET

REPS

▶ Neutral Grip Dumbbell Row

8-10

▶ Pushup

10

**If you can't do 10 pushups, switch to kneeling pushups after reaching failure*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Crunch To Dumbbell Floor Press

12-15

▶ Reverse Grip Dumbbell Row

10-12

+ 2 minute transition

BLOCK 4: 7 MINUTES

🕒 26-33 minutes

SUPERSET

REPS

▶ Dumbbell Floor Pullover

12-15

▶ Dumbbell Floor Flye

12-15

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 35-43 minutes

TRISSET

REPS

▶ Bent Over Dumbbell High Row

12-15

▶ Static Hold Dumbbell Floor Press

12 (each arm)

▶ Lying Leg Raise

10-12

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 45-55 minutes

AMRAP CARDIO FINISHER

REPS

▶ Unbroken Dumbbell Hang Snatch

10 (each arm)

▶ Plank Hip Dip

20 (total)

▶ Bodyweight Bench Step Up With Knee Drives

10 (each leg)

**use chair*

▶ Jump Rope

30

**use imaginary jump rope if you do not have one*

TOTAL TIME: **55 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 3: THURSDAY - SHOULDERS/ARMS/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Standing Arnold Press (Ladder)

10, 8, 6, 4, 2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

TRISSET

REPS

▶ Standing Dumbbell Front Raise

10-12

▶ Around-The-World Dumbbell Lateral Raise

10-12

▶ Hollow Rock

20

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ One Arm Dumbbell Shoulder Press

10-12 (each arm)

▶ Dumbbell Kickback

10-12

▶ Standing Dumbbell Hammer Curl

10-12

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Dumbbell Rear Delt Raise

10-12

▶ Dumbbell Concentration Curl

10-12

**use chair in place of bench (shown)*

▶ Standing Overhead Dumbbell Extension

10-12

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Manmakers

5

▶ Single Arm Dumbbell Overhead Carry

20 steps (each arm)

▶ Plank Shoulder Tap

10 (each arm)

▶ Plank Jacks

15

TOTAL TIME: **56 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 1 • WEEKS 1-3

DAY 4: FRIDAY - TOTAL BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Total Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Dumbbell Suitcase Deadlift (Ladder)

10, 8, 6, 4, 2*

**After your set with 2 reps, work your way back up the "ladder" by adding 2 reps to each set until time expires*

***replace kettlebells in demo with dumbbells*

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Multi Grip Dumbbell Row

10 (each direction)

▶ Plank Row

10-12 (total)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Dumbbell Thruster

10 (each leg)/20

▶ Single Arm Triceps Extension/Glute Raise Combo

10 (each leg/arm)

**use chair in place of bench (shown)*

+ 2 minute transition

BLOCK 5: 7 MINUTES

🕒 36-43 minutes

SUPERSET

REPS

▶ Dumbbell Squat/Shoulder Press Combo

12-15

▶ Close Grip Pushup

10

+ 2 minute transition

BLOCK 6: 12 MINUTES

🕒 45-57 minutes

AMRAP CARDIO FINISHER

REPS

▶ Dumbbell Swings

15

▶ Lateral Jump Squat

10

▶ High Knees

10

▶ Burpees

5

TOTAL TIME: **57 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 1: MONDAY - LOWER BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Lower Body Warmup

+ 1 minute transition

BLOCK 2: 10 MINUTES

🕒 6-16 minutes

**perform 2 warmup sets of 5-10 reps, resting as little as possible between sets*

▶ Kettlebell Sumo Deadlift

REPS

8-10

**Use dumbbells in place of kettlebells (shown)*

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 18-26 minutes

SUPERSET

REPS

▶ Bodyweight Single Leg Chair Hip Thrust

10-12 (each leg)

▶ Dumbbell Goblet Squat

10-12

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 28-36 minutes

SUPERSET

REPS

▶ Narrow Stance Dumbbell Squat

10/10 (dropset)

▶ Pilates Side Plank With Leg Raise

10 (each leg)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 38-46 minutes

SUPERSET

REPS

▶ Dumbbell Lateral Lunge

10 (each leg)

▶ Dumbbell Sumo Pulse Squat

20

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 48-58 minutes

AMRAP CARDIO FINISHER

REPS

▶ Bodyweight Chair Step Up

10 (total)

**use chair in place of bench (shown)*

▶ Mountain Climber

30 (total)

▶ Lateral Side Step

30 (total)

▶ Jump Squat

15

TOTAL TIME: **58 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 2: TUESDAY - CHEST/BACK/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

SUPERSET

REPS

▶ Dumbbell Floor Press

15

▶ Single Arm High Row

10-12 (each arm)

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Floor Decline Dumbbell Flye

12-15

▶ One Arm Dumbbell Row

8-10 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ Weighted Oblique Twist

20 (total)

▶ Floor Pushup

10

▶ Dumbbell Wood Chop

10 (each direction)

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Reverse Grip Dumbbell Row

12-15

▶ V Up

10

▶ Plank Knee Raise

10 (each side)

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Skipping In Place

20 (total)

▶ Bodyweight Squat

20

▶ Butt Kicks

20 (total)

▶ Plank Jacks

20

TOTAL TIME: **56 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 3: THURSDAY - SHOULDERS/ARMS/ABS

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Upper Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Seated Dumbbell Shoulder Press

8-10

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Static Hold Dumbbell Lateral Raise

10 (each arm)

▶ Reciprocating Standing Dumbbell Curl

12 (each arm)

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

TRISSET

REPS

▶ Static Hold Dumbbell Front Raise

10 (each arm)

▶ Alternating Dumbbell Curl

10 (each arm)

▶ Dumbbell Floor Triceps Extension

10

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Dumbbell Rear Delt Raise

15

▶ Single Leg Triceps Dip

10-12

▶ Dumbbell Pull Through

10 (total)

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Dumbbell Swing

15

▶ Toe Taps

30 (total)

▶ Burpees

5

▶ Crab Reach

10 (total)

▶ Lateral Bear Crawl

10 (each side)

TOTAL TIME: **56 MINUTES**

AT HOME DUMBBELL/BODYWEIGHT WORKOUTS

PHASE 2 • WEEKS 4-6

DAY 4: FRIDAY - TOTAL BODY

BLOCK 1: 5 MINUTES

🕒 0-5 minutes

+ Total Body Warmup

+ 1 minute transition

BLOCK 2: 8 MINUTES

🕒 6-14 minutes

**perform 2-3 warmup sets of 5-10 reps, resting as little as possible between sets*

REPS

▶ Dumbbell Reverse Lunge

10-12 (each leg)

+ 2 minute transition

BLOCK 3: 8 MINUTES

🕒 16-24 minutes

SUPERSET

REPS

▶ Chair Dumbbell Bulgarian Split Squat

10 (each leg)

▶ Dumbbell Partial Romanian Deadlift

15

+ 2 minute transition

BLOCK 4: 8 MINUTES

🕒 26-34 minutes

SUPERSET

REPS

▶ Neutral Grip Dumbbell Push Press

8-10

▶ Dumbbell Pendlay Row

8-10

+ 2 minute transition

BLOCK 5: 8 MINUTES

🕒 36-44 minutes

TRISSET

REPS

▶ Dumbbell Floor Flye

10-12 (each arm)

▶ Dumbbell Chair Preacher Curl

10-12

▶ Bench Dip

10-12

**place hands on chair/couch/step instead of bench*

+ 2 minute transition

BLOCK 6: 10 MINUTES

🕒 46-56 minutes

AMRAP CARDIO FINISHER

REPS

▶ Dumbbell Snatch

10 (each arm)

▶ Frog Jump

10

▶ Jumping Jacks

20

▶ Bicycles

10 (each side)

▶ Dumbbell Sumo Jump Squat

10 (total)

TOTAL TIME: **56 MINUTES**

RECOVERY

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE

Mobility and recovery work.

It's easy to overlook these two essential components to a healthy, injury-free body - especially when you've got a jam packed schedule and can barely fit in your workouts.

These become even more important as you get older, and when you're training as hard as we will be during these six weeks.

Fortunately, they don't take a ton of time - 10 to 15 minutes a session is all you really need, and you can do a lot of these exercises when you're winding down at night watching your favorite show (or your toddler's favorite show!).

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, increase your range of motion and keep your body progressing and improving.

How many times have you told yourself *Oh, I tweaked my [insert body part here] but I can train through it?*

And you're right - you usually can. If you're smart about it.

But those little nagging can turn into bigger 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 can come to a screeching halt.

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

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



WATCH THE RECOVERY VIDEOS HERE!



NUTRITION

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE

Here's the most important piece of the puzzle over these next six weeks, regardless of whether you're trying to lose weight or build muscle ...

How closely you follow your meal plan!

I know that's a lot easier said than done but trust me – this is far and away the #1 most important factor in reaching your goals.

There's always a bit of a learning curve at the start, so you're not alone if you're feeling a little overwhelmed by it all (especially if this is your first Challenge).

The good news is, I've created these meal plans to be super easy to follow. And even though you have a ton of options for substitutions and some delicious recipes to try, don't feel like you have to do it all at once.

Keep it simple. Find a few staples that you like to eat every day and stick with those meals until you start to get a handle on it. Once you get in a groove it becomes so much easier!

And when you start seeing – and feeling – the results well, you're going to realize how worth it the extra effort is!

DO YOU WANT TO BUILD MUSCLE OR LOSE WEIGHT?

You have the option of following one of two meal plans – one designed to help you lose weight and body fat, and one to help you build muscle.

How do you know which one you should follow?

First off, it's important to note that in the beginning of a healthy journey - when you first start lifting weights and eating healthier - it is possible to build muscle and lose body fat at the same time. It's also possible if you've taken some time off, or if you haven't been following any type of structured meal plan for a while.

But there comes a point where this slows down and, to make significant improvements in one direction or the other, you'll have to focus on being either in a caloric deficit (for fat loss) or in a surplus (to gain muscle).

1. *What has your current nutrition and training program looked like?*

If you have been following no structure at all and eating *all of the things*, then your calories have likely been really high. In this case, even though the muscle-building meal plan will put you in a caloric surplus, it's likely less calories (and much healthier foods) than what you've been eating. If this sounds like you, I recommend starting with the higher calorie option of the Muscle Building plan to avoid getting too aggressive right off the bat. Remember, the goal is consistency throughout these six weeks, not following your meal plan for one or two weeks before falling off the wagon.

2. *Have you had a hard time sticking to diets in the past?*

If this is the case, see above. It's important for you to find some consistency and gain confidence in your ability to stay focused on the program. I would recommend following the Muscle Building meal plan.

3. *Have you been dieting for a while?*

Giving your metabolism a boost and mind a break with higher calories is likely necessary. If this sounds like you, follow the Muscle Building meal plan.

4. *Have you been exercising regularly and eating fairly clean (let's say 80% of the time) but not seeing the results you've been hoping for?*

Do the Fat Loss meal plan to start the shift in body composition and see more definition.

Here's another option – *do a combination of both.*

Start out with the Muscle Building plan for the first three weeks (Phase 1 Workouts), then transition to the Fat Loss plan for the final three weeks (Phase 2 Workouts).

Whatever you choose, remember - *consistency and adherence to the plan is key to seeing the most significant changes.* The meal plan you choose should be challenging, but not something you feel you're going to give up on in the first two weeks.

ABOUT THE MEAL PLANS

Both the Muscle Building and Fat Loss Meal plans are split up into height and weight ranges – three different ranges for women and two for men. There are also Regular and Vegan meal plans, and the macros (protein, carbs, fat) are the same for each particular height/weight category. Which means (for you non Vegans) you can mix and match from those meal plans, if you choose, for added variety without skipping a beat.

It's possible you may not fit exactly into one of the height/weight ranges. If you're not sure of which meal plan to follow – and don't overthink this, it's a steadfast rule:

Always follow the meal plan that corresponds with your height.

For example, if you are 5'5 and weigh 165 pounds, you will follow Meal Plan 2 because the height range for that plan is 5'4 to 5'6.

EXCHANGE AND WATCH YOUR BODY CHANGE!

One of my favorite parts about the Challenge meal plans – along with the recipes! – is the Food Exchange List. I've gotten so much positive feedback since I started including these a few years ago, and I try to expand the list a little bit more each Challenge.

It may look confusing at first, but it really is super-easy to use and it gives you a ton of options for what you can eat each meal. If you don't like something on the plan or if you want to switch things up, just refer to it for nearly endless substitutions!

But again, don't be intimidated by the number of choices. Most people settle on four or five options they love and rotate those for most of their meals.

Foods for each meal are categorized into 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

Here's how to use it:

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 is one full serving. So if your plan calls for $\frac{1}{2}$ of a LP, you will use half of the amount listed. If your plan calls for two servings of a LP, you would just double whatever the amount is that is listed (4 oz to 8 oz).



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



PREPARE TO SUCCEED

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

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

If you have never meal prepped before, there are videos showing how I do it in the **Bonus Nutrition Videos** section of the **Challenge homepage**. These videos were shot as I was preparing for the Figure Olympia, so I was preparing my meals for over a week in them.

If you purchase the amounts listed in the Grocery List, you will be preparing enough meals to get you through approximately four days.



BONUS VIDEOS

For some video instruction, head to the Bonus Nutrition Videos 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 TO WEIGH
YOUR FOOD**

WEIGH YOUR FOOD

Another extremely important part of getting in shape and transforming your body!

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 WHAT'S INCLUDED IN THE NUTRITION SECTION

DAILY MEAL PLAN

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

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

GROCERY LIST

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

FOOD EXCHANGE LIST

Covered on the previous page. Make sure to watch the [walkthrough video](#).

RECIPES

To spice things by adding more variety.

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 4 days worth of meals at a time.

» DON'T

Overdo it with condiments.
Calories add 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!



NUTRITION MUSCLE BUILDING MEAL PLANS

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE



FOOD TYPE

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

MUSCLE BUILDING WOMEN'S MEAL PLAN 1

Height: Under 5'4
Weight: Under 130 lbs

MEAL 1

OPTION 1

- (F, ½ LP, SC, ½ FR) 1 serving Strawberry Baked Oatmeal (RECIPE)
 - (½ LP) 2 oz nonfat plain Greek Yogurt*
- *to go on top of the baked oatmeal*

OPTION 2

- (SC) 1 cup Chex Rice Cereal
 - (½ FR) 50g blueberries
 - (F) 15 almonds (sliced/slivered)
 - (LP) 1 scoop nPower Nutrition Isolate
 - (OC) unsweetened almond milk
- *use protein powder/almond milk in cereal and top with berries and nuts*

MEAL 2

OPTION 1

- (¾ LP) 3 oz chicken
- (V) 100g spring mix
- (V) 100g bean sprouts
- (½ V) 150g cucumber
- (V) 10 cherry tomatoes
- (½ SC) ¼ cup (75g) garbanzo beans
- (½ F) 14g feta cheese
- (½ F) 5 ml olive oil
- (OC) 2 tbsp balsamic vinegar
- (OC) 2 tbsp salsa

OPTION 2

- (¾ LP) 3 oz chicken
- (F) 1 oz pesto
- (SC) 100g brown rice
- (V) 100g cauliflower

MEAL 3

OPTION 1

- (½ F, LP) 1 serving Viral Cottage Cheese Flatbread (RECIPE)
 - (½ F) 28g hummus
 - (V) 100g spinach
 - (V) 100g bell pepper (any color)
 - (½ FR) ½ apple
- *add all ingredients to the wrap with the apple on the side*

OPTION 2

- (FP) 4 oz 93% lean ground turkey
- (SC) 4 oz red potato
- (V) 100g green beans

MUSCLE BUILDING WOMEN'S MEAL PLAN 1

Height: Under 5'4
Weight: Under 130 lbs

MEAL 4

OPTION 1

- ($\frac{1}{2}$ F, V, FP) 1 serving Cheeseburger Salad (RECIPE)
- (SC) 4 oz sweet potato

OPTION 2

- (LP) 4 oz cod
- ($\frac{1}{2}$ SC) 150g butternut squash
- ($\frac{1}{2}$ SC) 75g corn
- (F) 14g butter

MEAL 5/POST WORKOUT

On training days, eat this meal after your workout and adjust all other meals accordingly.
On Off days, eat this as Meal 5.

OPTION 1

- ($\frac{1}{2}$ LP) 4 oz plain nonfat Greek yogurt
- ($\frac{1}{2}$ LP) $\frac{1}{2}$ scoop nPower Nutrition Isolate
- (SC) 30g low fat granola

OPTION 2

- (LP) 1 can tuna in water
- (OC) Dijon mustard and pickles
- (SC) 2 Lundberg brown rice cakes

*mix mustard and pickles in tuna and top rice cake

DAILY GOALS

Calories: 1632
Carbs: 165g
Protein: 135g
Fat: 48g

MEAL TOTALS

Post Workout Meal

240 calories, 33g carbs, 27g protein, 0g fat

All Other Meals

348 calories, 33g carbs, 27g protein, 12g fat



FOOD TYPE

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

MUSCLE BUILDING WOMEN'S MEAL PLAN 2

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

MEAL 1

OPTION 1

- (F, ½ LP, SC, ½ FR) 1 serving Strawberry Baked Oatmeal (RECIPE)
 - (½ LP) 4 oz nonfat plain Greek Yogurt*
- *to go on top of the baked oatmeal*

OPTION 2

- (SC) 1 cup Chex Rice Cereal
 - (¼ FR) 50g blueberries
 - (1½ F) 20 almonds (sliced/slivered)
 - (LP) 1 scoop nPower Nutrition Isolate
 - (OC) unsweetened almond milk
- *use protein powder/almond milk in cereal and top with berries and nuts*

MEAL 2

OPTION 1

- (¾ LP) 3 oz chicken
- (V) 100g spring mix
- (V) 100g bean sprouts
- (½ V) 150g cucumber
- (1½ V) 15 cherry tomatoes
- (½ SC) ¼ cup (75g) garbanzo beans
- (½ F) 14g feta cheese
- (½ F) 5 ml olive oil
- (OC) 2 tbsp balsamic vinegar
- (OC) 2 tbsp salsa

OPTION 2

- (¾ LP) 3 oz chicken
- (F) 1 oz pesto
- (1¼ SC) 125g brown rice
- (V) 100g cauliflower

MEAL 3

OPTION 1

- (½ F, LP) 1 serving Viral Cottage Cheese Flatbread (RECIPE)
 - (½ F) 28g hummus
 - (V) 100g spinach
 - (V) 100g bell pepper (any color)
 - (½ LP) 2 egg whites
 - (½ FR) ½ apple
- *add all ingredients to the wrap with the apple on the side*

OPTION 2

- (1¼ FP) 5 oz 93% lean ground turkey
- (1¼ SC) 5 oz red potato
- (V) 100g green beans

MUSCLE BUILDING WOMEN'S MEAL PLAN 2

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

MEAL 4

OPTION 1

- ($\frac{1}{2}$ F, V, FP) 1 serving Cheeseburger Salad (RECIPE)
- ($1\frac{1}{4}$ SC) 5 oz sweet potato

OPTION 2

- (LP) 4 oz cod
- (SC) 300g butternut squash
- ($\frac{1}{2}$ SC) 75g corn
- (F) 14g butter

MEAL 5/POST WORKOUT

On training days, eat this meal after your workout and adjust all other meals accordingly.
On Off days, eat this as Meal 5.

OPTION 1

- ($\frac{3}{4}$ LP) 6 oz plain nonfat Greek yogurt
- ($\frac{1}{2}$ LP) $\frac{1}{2}$ scoop nPower Nutrition Isolate
- (SC) 30g low fat granola

OPTION 2

- ($1\frac{1}{2}$ LP) $1\frac{1}{2}$ cans tuna in water
- (OC) Dijon mustard and pickles
- (SC) 2 Lundberg brown rice cakes

*mix mustard and pickles in tuna and top rice cake

DAILY GOALS

Calories: 1828
Carbs: 185g
Protein: 155g
Fat: 52g

MEAL TOTALS

Post Workout Meal

272 calories, 37g carbs, 31g protein, 0g fat

All Other Meals

389 calories, 37g carbs, 31g protein, 13g fat



FOOD TYPE

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

MUSCLE BUILDING WOMEN'S MEAL PLAN 3

Height: Over 5'6
Weight: Over 150 lbs

MEAL 1

OPTION 1

- (F, ½ LP, SC, ½ FR) 1 serving Strawberry Baked Oatmeal (RECIPE)
 - (½ LP) 4 oz nonfat plain Greek Yogurt*
- *to go on top of the baked oatmeal*

OPTION 2

- (1¼ SC) 1¼ cup Chex Rice Cereal
 - (¼ FR) 50g blueberries
 - (1⅓ F) 20 almonds (sliced/slivered)
 - (1½ LP) 1½ scoops nPower Nutrition Isolate
 - (OC) unsweetened almond milk
- *use protein powder/almond milk in cereal and top with berries and nuts*

MEAL 2

OPTION 1

- (¾ LP) 3 oz chicken
- (V) 100g spring mix
- (V) 100g bean sprouts
- (½ V) 150g cucumber
- (V) 10 cherry tomatoes
- (SC) ½ cup (130g) garbanzo beans
- (F) 28g feta cheese
- (½ F) 5 ml olive oil
- (OC) 2 tbsp balsamic vinegar
- (OC) 2 tbsp salsa

OPTION 2

- (LP) 4 oz chicken
- (F) 1 oz pesto
- (1½ SC) 150g brown rice
- (V) 100g cauliflower

MEAL 3

OPTION 1

- (½ F, LP) 1 serving Viral Cottage Cheese Flatbread (RECIPE)
 - (F) 56g hummus
 - (V) 100g spinach
 - (V) 100g bell pepper (any color)
 - (⅓ LP) 2 egg whites
 - (½ FR) ½ apple
- *add all ingredients to the wrap with the apple on the side*

OPTION 2

- (1½ FP) 6 oz 93% lean ground turkey
- (1½ SC) 6 oz red potato
- (V) 100g green beans

MUSCLE BUILDING WOMEN'S MEAL PLAN 3

Height: Over 5'6
Weight: Over 150 lbs

MEAL 4

OPTION 1

- ($\frac{1}{2}$ F, V, FP) 1 serving Cheeseburger Salad (RECIPE)
- ($1\frac{1}{4}$ SC) 5 oz sweet potato

OPTION 2

- ($1\frac{1}{4}$ LP) 5 oz cod
- (SC) 300g butternut squash
- ($\frac{2}{3}$ SC) 100g corn
- (F) 14g butter

MEAL 5/POST WORKOUT

On training days, eat this meal after your workout and adjust all other meals accordingly.
On Off days, eat this as Meal 5.

OPTION 1

- ($\frac{3}{4}$ LP) 6 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Isolate
- ($1\frac{1}{3}$ SC) 40g low fat granola

OPTION 2

- ($1\frac{1}{2}$ LP) 1½ cans tuna in water
 - (OC) Dijon mustard and pickles
 - ($1\frac{1}{4}$ SC) 2½ Lundberg brown rice cakes
- *mix mustard and pickles in tuna and top rice cake

DAILY GOALS

Calories: 2024
Carbs: 205g
Protein: 175g
Fat: 56g

MEAL TOTALS

Post Workout Meal

304 calories, 41g carbs, 35g protein, 0g fat

All Other Meals

430 calories, 41g carbs, 35g protein, 14g fat



FOOD TYPE

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

MUSCLE BUILDING MEN'S MEAL PLAN 1

Height: Under 5'10
Weight: Under 190 lbs

MEAL 1

OPTION 1

- (1½ F, 1¼ LP, 1½ SC, ½ FR) 1½ servings Strawberry Baked Oatmeal (RECIPE)
 - (¼ LP) 4 oz nonfat plain Greek Yogurt*
- *to go on top of the baked oatmeal*

OPTION 2

- (1½ SC) 1½ cup Chex Rice Cereal
 - (¼ FR) 50g blueberries
 - (1½ F) 22 almonds (sliced/slivered)
 - (1½ LP) 1½ scoops nPower Nutrition Isolate
 - (OC) unsweetened almond milk
- *use protein powder/almond milk in cereal and top with berries and nuts*

MEAL 2

OPTION 1

- (LP) 4 oz chicken
- (V) 100g spring mix
- (V) 100g bean sprouts
- (½ V) 150g cucumber
- (V) 10 cherry tomatoes
- (SC) ½ cup (130g) garbanzo beans
- (F) 28g feta cheese
- (F) 10 ml olive oil
- (OC) 2 tbsp balsamic vinegar
- (OC) 2 tbsp salsa

OPTION 2

- (1¼ LP) 5 oz chicken
- (1½ F) 1.5 oz pesto
- (2 SC) 200g brown rice
- (V) 100g cauliflower

MEAL 3

OPTION 1

- (½ F, LP) 1 serving Viral Cottage Cheese Flatbread (RECIPE)
 - (F) 56g hummus
 - (V) 100g spinach
 - (V) 100g bell pepper (any color)
 - (¾ LP) 4 egg whites
 - (FR) 1 medium apple
- *add all ingredients to the wrap with the apple on the side*

OPTION 2

- (1¾ FP) 7 oz 93% lean ground turkey
- (1¾ SC) 7 oz red potato
- (V) 100g green beans

MUSCLE BUILDING MEN'S MEAL PLAN 1

Height: Under 5'10
Weight: Under 190 lbs

MEAL 4

OPTION 1

- ($\frac{1}{2}$ F, V, FP) 1 serving Cheeseburger Salad (RECIPE)
- ($1\frac{1}{4}$ SC) 5 oz sweet potato
- ($\frac{1}{2}$ SC) 75g edamame beans

OPTION 2

- ($1\frac{1}{4}$ LP) 5 oz cod
- (SC) 300g butternut squash
- (SC) 150g corn
- (F) 14g butter

MEAL 5/POST WORKOUT

On training days, eat this meal after your workout and adjust all other meals accordingly.
On Off days, eat this as Meal 5.

OPTION 1

- ($\frac{3}{4}$ LP) 6 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Isolate
- ($1\frac{2}{3}$ SC) 50g low fat granola

OPTION 2

- (2 LP) 2 cans tuna in water
- (OC) Dijon mustard and pickles
- ($1\frac{1}{2}$ SC) 3 Lundberg brown rice cakes

*mix mustard and pickles in tuna and top rice cake

DAILY GOALS

Calories: 2412
Carbs: 245g
Protein: 205g
Fat: 68g

MEAL TOTALS

Post Workout Meal

360 calories, 49g carbs, 41g protein, 0g fat

All Other Meals

513 calories, 49g carbs, 41g protein, 17g fat



FOOD TYPE

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

MUSCLE BUILDING MEN'S MEAL PLAN 2

Height: Over 5'10
Weight: Over 190 lbs

MEAL 1

OPTION 1

- (1½ F, 1¼ LP, 1½ SC, ½ FR) 1½ servings Strawberry Baked Oatmeal (RECIPE)
- (¼ LP) 4 oz nonfat plain Greek Yogurt*

*to go on top of the baked oatmeal

OPTION 2

- (1½ SC) 1½ cup Chex Rice Cereal
- (¼ FR) 50g blueberries
- (2 F) 30 almonds (sliced/slivered)
- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (OC) unsweetened almond milk

*use protein powder/almond milk in cereal and top with berries and nuts

MEAL 2

OPTION 1

- (LP) 4 oz chicken
- (V) 100g spring mix
- (V) 100g bean sprouts
- (½ V) 150g cucumber
- (V) 10 cherry tomatoes
- (SC) ½ cup (130g) garbanzo beans
- (F) 28g feta cheese
- (F) 10 ml olive oil
- (½ FR) 100g raspberries
- (OC) 2 tbsp balsamic vinegar
- (OC) 2 tbsp salsa

OPTION 2

- (1¼ LP) 5 oz chicken
- (2 F) 2 oz pesto
- (2 SC) 200g brown rice
- (V) 100g cauliflower

MEAL 3

OPTION 1

- (½ F, LP) 1 serving Viral Cottage Cheese Flatbread (RECIPE)
- (F) 56g hummus
- (V) 100g spinach
- (V) 100g bell pepper (any color)
- (¾ LP) 4 egg whites
- (½ F) 1 yolk
- (FR) 1 medium apple

*add all ingredients to the wrap with the apple on the side

†this meal contains one whole egg and 3 egg whites

OPTION 2

- (1¾ FP) 7 oz 93% lean ground turkey
- (2 SC) 8 oz red potato
- (½ F) 14g blue cheese
- (V) 100g green beans

MUSCLE BUILDING MEN'S MEAL PLAN 2

Height: Over 5'10
Weight: Over 190 lbs

MEAL 4

OPTION 1

- ($\frac{1}{2}$ F, V, FP) 1 serving Cheeseburger Salad (RECIPE)
- ($1\frac{1}{4}$ SC) 5 oz sweet potato
- ($\frac{2}{3}$ SC) 100g edamame beans

OPTION 2

- ($1\frac{1}{2}$ LP) 6 oz cod
- (SC) 300g butternut squash
- (SC) 150g corn
- (F) 14g butter

MEAL 5/POST WORKOUT

On training days, eat this meal after your workout and adjust all other meals accordingly.
On Off days, eat this as Meal 5.

OPTION 1

- ($\frac{3}{4}$ LP) 6 oz plain nonfat Greek yogurt
- ($1\frac{1}{2}$ LP) $1\frac{1}{2}$ scoops nPower Nutrition Isolate
- ($1\frac{2}{3}$ SC) 50g low fat granola

OPTION 2

- (2 LP) 2 cans tuna in water
- (OC) Dijon mustard and pickles
- ($1\frac{1}{2}$ SC) 3 Lundberg brown rice cakes

*mix mustard and pickles in tuna and top rice cake

DAILY GOALS

Calories: 2644
Carbs: 225g
Protein: 265g
Fat: 76g

MEAL TOTALS

Post Workout Meal

392 calories, 53g carbs, 45g protein, 0g fat

All Other Meals

563 calories, 53g carbs, 45g protein, 19g fat

NUTRITION MUSCLE BUILDING

VEGAN MEAL PLANS

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE



MUSCLE BUILDING WOMEN'S MEAL PLAN 1

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
(OC) – Optional Condiment

MEAL 1

- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (SC) 4 oz russet potato
- (½ F) 5 ml coconut oil

**optional: use cheese grater to make hashbrowns*

MEAL 2

- (1½ F, ½ SC, ½ FR) 1 serving Banana Chocolate Chip Bars (RECIPE)
- (P) 1 scoop plant based protein powder
- (OC) unsweetened almond milk

MEAL 3

- (P) 3 oz tempeh
- (SC) 100g quinoa
- (V) 100g broccoli

MEAL 4

- (F, 2 V, ½ P) 1 serving Cashew Curry with Tofu and Veggies (RECIPE)
- (¾ PC) 100g edamame beans

MEAL 5 POST WORKOUT

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

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
240 calories, 33g carbs, 27g protein, 0g fat
All Other Meals
348 calories, 33g carbs, 27g protein, 12g fat

DAILY GOALS

Calories: 1632
Carbs: 165g
Protein: 135g
Fat: 48g



MUSCLE BUILDING WOMEN'S MEAL PLAN 2

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

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (1¼ SC) 5 oz russet potato
- (½ F) 5 ml coconut oil

**optional: use cheese grater to make hashbrowns*

MEAL 2

- (1½ F, ½ SC, ½ FR) 1 serving Banana Chocolate Chip Bars (RECIPE)
- (P) 1 scoop plant based protein powder
- (OC) unsweetened almond milk

MEAL 3

- (1½ P) 4.5 oz tempeh
- (SC) 100g quinoa
- (V) 100g broccoli

MEAL 4

- (F, 2 V, ½ P) 1 serving Cashew Curry with Tofu and Veggies (RECIPE)
- (PC) 150g edamame beans

MEAL 5 POST WORKOUT

- (SC) 45g cream of rice
- (1½ P) 1½ scoops plant-based protein powder
- (OC) unsweetened almond milk

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
272 calories, 37g carbs, 31g protein, 0g fat

All Other Meals
389 calories, 37g carbs, 31g protein, 13g fat

DAILY GOALS

Calories: 1828
Carbs: 185g
Protein: 155g
Fat: 52g



MUSCLE BUILDING WOMEN'S MEAL PLAN 3

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
(OC) – Optional Condiment

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties (vegan grillers)
- (1¼ SC) 5 oz russet potato
- (½ F) 5 ml coconut oil

**optional: use cheese grater to make hashbrowns*

MEAL 2

- (1½ F, ½ SC, ½ FR) 1 serving Banana Chocolate Chip Bars (RECIPE)
- (1½ P) 1½ scoops plant based protein powder
- (¼ FR) 1 date
- (OC) unsweetened almond milk

MEAL 3

- (1½ P) 4.5 oz tempeh
- (1¼ SC) 125g quinoa
- (V) 100g broccoli

MEAL 4

- (F, 2 V, ½ P) 1 serving Cashew Curry with Tofu and Veggies (RECIPE)
- (PC) 150g edamame beans
- (P) 15g nutritional yeast

MEAL 5 POST WORKOUT

- (SC) 45g cream of rice
- (1½ P) 1½ scoops plant-based protein powder
- (OC) unsweetened almond milk

MEAL TOTALS

Meal 5/Post Workout Meal
304 calories, 41g carbs, 35g protein, 0g fat

All Other Meals
430 calories, 41g carbs, 35g protein, 14g fat

DAILY GOALS
Calories: 2024
Carbs: 205g
Protein: 175g
Fat: 56g

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.



MUSCLE BUILDING MEN'S MEAL PLAN 1

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
(OC) – Optional Condiment

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties (vegan grillers)
- (1¼ SC) 5 oz russet potato
- (F) 10 ml coconut oil

**optional: use cheese grater to make hashbrowns*

MEAL 2

- (1½ F, ½ SC, ½ FR) 1 serving Banana Chocolate Chip Bars (RECIPE)
- (1½ P) 1½ scoops plant based protein powder
- (½ FR) 2 dates
- (OC) unsweetened almond milk

MEAL 3

- (1½ P) 5 oz tempeh
- (1½ SC) 150g quinoa
- (V) 100g broccoli

MEAL 4

- (F, 2 V, ½ P) 1 serving Cashew Curry with Tofu and Veggies (RECIPE)
- (PC) 150g edamame beans
- (P) 15g nutritional yeast

MEAL 5 POST WORKOUT

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

MEAL TOTALS

Meal 5/Post Workout Meal
360 calories, 49g carbs, 41g protein, 0g fat

All Other Meals
513 calories, 49g carbs, 41g protein, 17g fat

DAILY GOALS

Calories: 2412

Carbs: 245g

Protein: 205g

Fat: 68g

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.



MUSCLE BUILDING MEN'S MEAL PLAN 2

Height: Over 5'10
Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (2 P) 4 Morning Star Original Sausage Patties (vegan grillers)
- (1¼ SC) 5 oz russet potato
- (F) 10 ml coconut oil

**optional: use cheese grater to make hashbrowns*

MEAL 2

- (1½ F, ½ SC, ½ FR) 1 serving Banana Chocolate Chip Bars (RECIPE)
- (2 P) 2 scoops plant based protein powder
- (¾ FR) 3 dates
- (OC) unsweetened almond milk

MEAL 3

- (2 P) 6 oz tempeh
- (1½ SC) 150g quinoa
- (V) 100g broccoli

MEAL 4

- (1½ F, 3 V, ¾ P) 1½ servings Cashew Curry with Tofu and Veggies (RECIPE)
- (PC) 150g edamame beans
- (P) 15g nutritional yeast

MEAL 5 POST WORKOUT

- (1½ SC) 67g cream of rice
- (2 P) 2 scoops plant-based protein powder
- (OC) unsweetened almond milk

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
392 calories, 53g carbs, 45g protein, 0g fat

All Other Meals
563 calories, 53g carbs, 45g protein, 19g fat

DAILY GOALS

Calories: 2644

Carbs: 265g

Protein: 225g

Fat: 76g

NUTRITION MUSCLE BUILDING

GROCERY LIST,
FOOD EXCHANGE LISTS,
RECIPES

NICOLE
WILKINS'
4 *6 Week* **HOURS**
TO
FIT
CHALLENGE



MUSCLE BUILDING 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
- ☐ 1 container nPower Nutrition Isolate
- ☐ 2 lbs chicken breast
- ☐ 2 lbs 93% lean ground turkey
- ☐ 1 container 2% cottage cheese
- ☐ 2 lbs cod
- ☐ 1 container nonfat plain Greek yogurt
- ☐ 4 cans tuna in water
- ☐ 93% ground beef

VEGAN PROTEINS

- ☐ 1 package tempeh
- ☐ Plant based protein powder
- ☐ 1 package Morning Star Original Sausage Patties (vegan grillers)
- ☐ 1 package firm tofu
- ☐ 1 container baked tofu
- ☐ 1 container nutritional yeast

NON DAIRY

- ☐ 1 bag vegan chocolate chips

CARBOHYDRATES

- ☐ 4 sweet potatoes
- ☐ 4 red potatoes
- ☐ 4 Russet potatoes
- ☐ 1 butternut squash
- ☐ 1 container oatmeal
- ☐ 1 bag/box brown rice
- ☐ 1 bag/box quinoa
- ☐ 1 container cream of rice hot cereal
- ☐ 1 bag corn
- ☐ 1 bag Lundberg brown rice cakes
- ☐ 1 box Chex Rice Cereal
- ☐ 1 can garbanzo beans
- ☐ 1 bag edamame beans
- ☐ 1 bag coconut sugar
- ☐ 1 container low fat granola

DAIRY

- ☐ 1 container shredded cheddar cheese
- ☐ 1 container blue cheese

FRUITS

- ☐ 4 bananas
- ☐ 1 container blueberries
- ☐ 4 apples
- ☐ 1 bag of dates
- ☐ 1 container honey
- ☐ 1 container maple syrup
- ☐ 1 container strawberries

VEGETABLES

- ☐ 1 bunch broccoli
- ☐ 1 bag Romaine lettuce/iceberg lettuce
- ☐ 1 bag spring mix
- ☐ 1 bag bean sprouts
- ☐ 3 cucumbers
- ☐ 1 bag spinach
- ☐ 1 container cherry tomatoes
- ☐ 1 bag green beans
- ☐ 1 head cauliflower
- ☐ 1 red onion
- ☐ 3 bell peppers
- ☐ 1 bunch asparagus

FATS

- ☐ 1 container olive oil
- ☐ 3 avocados
- ☐ 1 bag walnuts
- ☐ 1 bag unsweetened shredded coconut
- ☐ 1 bag pumpkin seeds
- ☐ 1 container almond/peanut butter
- ☐ 1 container butter
- ☐ 1 container mayonnaise (light for recipe)
- ☐ 1 bag almonds

BEVERAGES

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

CONDIMENTS

- ☐ 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 60-70cal 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
- ☐ Dried minced onion



MUSCLE BUILDING 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.

There may be slight variations in macros/serving sizes depending on the food brand you choose.

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 chicken breast
- ☐ 1 can solid white tuna in water (net wt: 5 oz)
- ☐ 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 crab meat (not imitation)
- ☐ 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

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
- ☐ ½ cup (100g) pearled barley
- ☐ ½ cup (100g) amaranth
- ☐ ½ cup (100g) bulgur
- ☐ ½ cup (100g) buckwheat
- ☐ 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
- ☐ ⅓ cup (30g) low-fat granola
- ☐ 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 Crackers Original
- ☐ 100g whole wheat pasta
- ☐ 100g brown rice pasta
- ☐ 100g chickpea pasta
- ☐ 150g corn
- ☐ 150g green peas
- ☐ 250g baby carrots
- ☐ 300g butternut squash
- ☐ 200g acorn squash
- ☐ 150g edamame beans
- ☐ 1 whole grain pita
- ☐ ½ cup (100g) millet

FATTY PROTEINS (FP)

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

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

MUSCLE BUILDING FOOD EXCHANGE LIST (CON'T)

FRUIT (FR)

1 serving of each item is approximately 25g of carbs. Limit 2 per day preferably at breakfast and post weight training.

- ☐ 1 medium apple
- ☐ 1 cup (246g) unsweetened applesauce
- ☐ 2 tbsp (34g) apple butter (no sugar added)
- ☐ 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 (3-4in diameter)
- ☐ 40g dried fruit (no sugar added)
- ☐ 240g pure pumpkin
- ☐ 2 fresh figs

VEGETABLES (V)

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

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

FATS (F)

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

- ☐ 10 ml olive oil
- ☐ 10 ml canola oil
- ☐ 10 ml coconut oil
- ☐ 10 ml avocado oil
- ☐ 15 ml macadamia oil
- ☐ 10 flaxseed oil
- ☐ 10 ml grapeseed oil
- ☐ 10 ml sesame oil
- ☐ 10 ml Udo's oil
- ☐ 28g feta cheese
- ☐ 28g blue cheese
- ☐ 28g mozzarella cheese
- ☐ 28g parmesan cheese
- ☐ 28g cheddar cheese
- ☐ 28g goat cheese
- ☐ 1 oz cream cheese
- ☐ 100g ricotta cheese
- ☐ 16g cashew butter
- ☐ 16g peanut butter
- ☐ 16g almond butter
- ☐ 16g macadamia nut butter
- ☐ 16g sunflower butter
- ☐ 14g butter
- ☐ 14g ghee
- ☐ 15g mayonnaise
- ☐ 15g avocado mayo
- ☐ 10 olives
- ☐ 8 walnut halves
- ☐ 15 whole cashews
- ☐ 15 almonds
- ☐ ½ oz macadamia nuts
- ☐ 10 pecan halves
- ☐ 2 oz avocado
- ☐ 2 oz guacamole
- ☐ 2 egg yolks
- ☐ 28g sunflower seeds
- ☐ 25g shelled pumpkin seeds
- ☐ 25g ground flaxseeds
- ☐ 28g peanuts
- ☐ 30g chia seeds
- ☐ 20g sesame seeds
- ☐ 30g hemp seeds
- ☐ 15g pine nuts
- ☐ 56g classic hummus
- ☐ 15ml whipping cream
- ☐ 1 oz pesto
- ☐ 20 olives

MUSCLE BUILDING FOOD EXCHANGE LIST (CON'T)

OPTIONAL CONDIMENTS (OC)

- ☐ 5g yellow mustard
- ☐ 5g yellow mustard
- ☐ 30g salsa
- ☐ 16g low-sugar ketchup
- ☐ 30g Walden Farms sugar-free syrups/dressings
- ☐ 30g sour cream
- ☐ 17g sugar free jelly
- ☐ 15 ml sugar free coffee creamer
- ☐ 4g hot sauce
- ☐ 30g low fat Italian dressing
- ☐ 15 ml tamari
- ☐ 1 serving miracle noodles
- ☐ 1 serving sugar free jello
- ☐ 1 serving unsweetened cocoa powder
- ☐ 1 tbsp (15g) miso paste
- ☐ 5 ml coconut aminos
- ☐ 13g Pb2 (powdered peanut butter)
- ☐ 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
- ☐ 1 pickle or 2 tbsp relish
- ☐ ¼ cup marinara (fat less than
3g and carbs less than 10g)

SWEETENERS

*These can be interchanged
with a FRUIT.*

- ☐ 28g honey
- ☐ 28g agave syrup
- ☐ 28g maple syrup
- ☐ 28g real fruit jam

BEVERAGES

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



MUSCLE BUILDING 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, 1½ or 2 servings per meal of each food type.

There may be slight variations in macros/serving sizes depending on the food brand you choose.

PROTEIN (P)

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

- ☐ 3 oz tempeh
- ☐ 3 oz seitan
- ☐ 6 oz extra firm tofu
- ☐ 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)

FRUIT (FR)

1 serving of each item is approximately 25g of carbohydrates. Limit 2 per day preferably at breakfast and post weight training.

- ☐ 1 medium apple
- ☐ 1 cup (246g) unsweetened applesauce
- ☐ 2 tbsp (34g) apple butter (no sugar added)
- ☐ 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
- ☐ 2 fresh figs

STARCHY CARBOHYDRATES (SC)

1 serving of each item is approximately 25g of carbs. Measure all items **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) couscous
- ☐ ½ cup (100g) pearly barley
- ☐ ½ cup (100g) amaranth
- ☐ ½ cup (100g) bulgur
- ☐ ½ cup (100g) buckwheat
- ☐ 1 Plant-based Brioche bun
- ☐ 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
- ☐ ⅓ cup (30g) low-fat granola
- ☐ 1 plain English muffin
- ☐ 2 corn tortillas, 6"
- ☐ 1 large whole wheat tortilla
- ☐ 2 slices Ezekiel Bread/sprouted grains bread//whole wheat 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
- ☐ 300g butternut squash
- ☐ 200g acorn squash
- ☐ 1 whole grain pita
- ☐ ½ cup (100g) millet



MUSCLE BUILDING VEGAN FOOD EXCHANGE LIST (CON'T)

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
- ☐ 10 cherry tomatoes
- ☐ 100g cauliflower
- ☐ 100g mushrooms
- ☐ 100g celery
- ☐ 50g onion
- ☐ 100g zucchini
- ☐ 100g romaine/mixed greens/Iceberg lettuce
- ☐ 100g yellow squash
- ☐ 100g spaghetti squash
- ☐ 100g beets

FATS (F)

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

- ☐ 10 ml olive oil
- ☐ 10 ml canola oil
- ☐ 10 ml coconut oil
- ☐ 10 ml avocado oil
- ☐ 10 ml 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
- ☐ 16g sunflower butter
- ☐ 8 walnut halves
- ☐ 28g peanuts
- ☐ 15 whole cashews
- ☐ 15 almonds
- ☐ ½ oz macadamia nuts
- ☐ 10 pecan halves
- ☐ 10 olives
- ☐ 2 oz avocado
- ☐ 50g guacamole
- ☐ 15g sunflower seeds
- ☐ 20g sesame seeds
- ☐ 25g shelled pumpkin seeds
- ☐ 25g ground flaxseeds
- ☐ 30g chia seeds
- ☐ 20g sesame seeds
- ☐ 30g hemp seeds
- ☐ 15g pine nuts
- ☐ 56g classic hummus
- ☐ 1 oz pesto
- ☐ 20 olives

OPTIONAL CONDIMENTS (OC)

- ☐ 5g yellow mustard
- ☐ 30g salsa
- ☐ 16g low-sugar ketchup
- ☐ 30g Walden Farms sugar-free syrups/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 (cinnamon, nutmeg, curry, pepper, paprika, basil, garlic powder)
- ☐ Cooking spray

SWEETENERS

These can be interchanged with a FRUIT.

- ☐ 28g honey
- ☐ 28g agave syrup
- ☐ 28g maple syrup
- ☐ 28g real fruit jam

BEVERAGES

- ☐ Water
- ☐ Iced or hot tea (unsweetened)
- ☐ Coffee
- ☐ Crystal light
- ☐ Mio
- ☐ Unsweetened original Almond milk/cashew milk
- ☐ Any other zero calorie vegan beverage

NICOLE
WILKINS'

6 Week 4 HOURS TO FIT CHALLENGE

1 HOUR A DAY. 4 DAYS A WEEK.



MUSCLE BUILDING RECIPES

STRAWBERRY BAKED OATMEAL

SERVINGS: 6

INGREDIENTS

- 2 cups old fashioned oatmeal
- 2 scoops nPower Nutrition Vanilla Cupcake Isolate
- 1 tsp baking powder
- ½ tsp salt
- ¼ cup maple syrup or honey
- 1 tsp vanilla
- 2 large eggs
- 1 ½ cups unsweetened vanilla almond milk
- ½ cup nonfat plain Greek yogurt
- ¼ cup melted coconut oil
- 1 ½ cups fresh or frozen strawberries

DIRECTIONS

- Preheat your oven to 350°F and line an 8×8-inch baking dish with parchment paper.
- In a large bowl, combine the oats, protein powder, baking powder, and salt. Whisk together to combine.
- In another bowl, whisk together the maple syrup, vanilla extract, eggs, milk, Greek yogurt, and melted coconut oil.
- Add the wet ingredients to the dry ingredients and stir until well combined. Fold the chopped strawberries into the oat mixture.
- Pour the mixture into the prepared baking dish, spreading it out evenly and bake in the preheated oven for 50-55 minutes, or until the center is set and a toothpick inserted comes out clean or with a few moist crumbs.
- Allow the baked oatmeal to cool for a few minutes before cutting into 6 equal servings and serving. You can enjoy it warm, at room temperature, or even cold.
- Serve with a dollop of yogurt, fresh fruit, sliced almonds or an extra drizzle of honey or maple syrup if desired.

NUTRITION INFO

PER SERVING

324 calories, 33g carbs, 21g protein, 12g fat

COTTAGE CHEESE FLATBREAD

SERVINGS: 2

INGREDIENTS

- 1 cup 2 % cottage cheese
- 2 whole eggs
- Seasonings of your choice

DIRECTIONS

- Preheat oven to 350°F and line a 9 x 13 baking sheet with parchment paper. Grease the parchment paper or baking sheet very well to prevent sticking.
- Add cottage cheese, eggs and seasonings of choice to a blender and process until smooth. Pour the cottage cheese mixture into the prepared baking sheet and spread out evenly.
- Bake cottage cheese flatbread in hot oven for 35-40 minutes. Cut in half for two servings and add toppings as indicated on meal plan.

NUTRITION INFO

PER SERVING

168 calories, 6g carbs, 18g protein, 8g fat

CHEESEBURGER SALAD

SERVINGS: 4

INGREDIENTS

- 1 lb 93% lean ground beef
- ½ tsp salt
- ½ tsp pepper
- 4 cups chopped lettuce
- 1 red pepper diced
- ½ red onion sliced
- 4 pickles diced
- ¼ cup low fat shredded cheddar cheese

DRESSING

- ⅓ cup avocado mayo
- 1 tbsp mustard
- 1 tbsp ketchup
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp honey
- ½ tsp salt
- ½ tsp pepper

DIRECTIONS

- Spray a skillet with nonstick cooking spray and cook the ground beef on medium-high heat. Add in salt and pepper.
- While it is cooking make the dressing by whisking together all the ingredients.
- Mix all burger ingredients together in the bowl, top with dressing and toss.

NUTRITION INFO

PER SERVING

300 calories, 12g carbs, 27g protein, 16g fat



BANANA CHOCOLATE CHIP BARS

SERVINGS: 12

INGREDIENTS

- 4 cups rolled oats
- 1 large banana mashed
- ½ cup melted coconut oil
- ¼ cup hemp hearts
- ¼ cup coconut sugar
- ¼ cup vegan chocolate chips
- 2 tbsp vegan chocolate chips*

**To drizzle over bars after baking*

DIRECTIONS

- Preheat the oven to 350°F. Line a baking pan with parchment paper or rub down with coconut oil. Set aside.
- Place half of the rolled oats in a blender and blend until you have oat flour. Add to a medium-sized bowl.
- Add the rest of the rolled oats, coconut sugar, mashed banana, hemp hearts, chocolate chips, and coconut oil and mix until well incorporated.
- Press the mix into prepared pan with the back of a spoon, making sure it's packed in tight.
- Bake for 45 minutes. Remove from the oven and let it cool for ten minutes. Run a knife along the edges, then flip onto a cutting board.
- Add the rest of the chocolate chips and melt in the microwave for 30-60 seconds. Pour over the bars. Let cool and slice.

NUTRITION INFO

PER BAR

275 calories, 30g carbs, 5g protein, 15g fat



CASHEW CURRY WITH TOFU AND VEGGIES

SERVINGS: 6

INGREDIENTS

- 2 15oz cans of light coconut milk
- 3 tbsp curry powder
- 2 tsp sea salt
- 1 large red onion
- 4 medium garlic cloves
- 16 oz firm tofu, cut in small cubes
- 8 oz baked tofu, cut in small cubes
- 2 heads broccoli
- 1 lb asparagus, chopped
- 2 yellow peppers, thinly sliced
- ¼ cup chopped cashews
- ¼ tsp cayenne pepper
- 1 tsp ground cumin
- 1 pinch ground cardamom
- 1 tsp ground black pepper

DIRECTIONS

- Cut all your veggies. Saute the onion and 2 cloves chopped garlic in ½ tsp olive oil in a large pot over medium heat. Add 2 tbsp curry powder and salt and stir until combined.
- Add the coconut milk to the onion mixture and bring to simmer.
- Stir in the tofu and cook for a few minutes until the tofu has absorbed most of the flavors. Keep the liquid on low heat until it has cooked down slightly.
- Meanwhile, in a large pan, sauté the broccoli, asparagus, and pepper with the other 2 chopped garlic cloves over medium heat.
- Add salt, cayenne, remaining curry power, cumin, and other spices to taste. Cook until veggies are tender.
- Add the tofu and coconut milk mixture to the pan of veggies. Stir to combine.
- Increase the heat to medium and bring the curry to a simmer. Cook for about 5 minutes.
- Remove the curry from the heat and stir in cashews.
- Enjoy!

NUTRITION INFO

PER SERVING

253 calories, 22g carbs, 12g protein, 13g fat

NUTRITION FAT LOSS MEAL PLANS

NICOLE
WILKINS'

6 Week
**4 HOURS
TO
FIT**
CHALLENGE



FOOD TYPE

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

FAT LOSS WOMEN'S MEAL PLAN 1

Height: Under 5'4
Weight: Under 130 lbs

MEAL 1

OPTION 1

- (SC, LP) 1 serving Cottage Cheese Pancakes (RECIPE)
- (F) 14g butter
- (½ FR) 14g maple syrup

OPTION 2

- (SC) 1 English muffin
- (F) 2 oz avocado
- (LP) 6 egg whites

**make avocado toast on an English muffin and top with egg whites, salt and pepper*

MEAL 2

OPTION 1

- (¾ SC) 4 Triscut Crackers Original
- (LP) 226g nonfat cottage cheese
- (½ V) 50g tomato
- (½ F) 10 olives

OPTION 2

- (LP) 1 scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (F) 16g peanut butter
- (OC) unsweetened almond milk

MEAL 3

OPTION 1

- (LP) 4 oz 99% lean ground turkey
- (SC) 100g white rice
- (V) 100g spinach
- (F) 10 ml olive oil*

**to sauté spinach*

OPTION 2

- (LP) 4 oz mahi mahi
- (SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- (½ V) 50g cabbage (slaw)
- (OC) salsa and lime wedges

FAT LOSS WOMEN'S MEAL PLAN 1

Height: Under 5'4
Weight: Under 130 lbs

MEAL 4

OPTION 1

- (1½ F, V, LP) 1 serving Chicken Piccata (RECIPE)
- (SC) 100g quinoa

OPTION 2

- (FP) 4 oz salmon
- (SC) 4 oz sweet potato
- (V) 100g zucchini

MEAL 5/POST WORKOUT

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

OPTION 1

- (FR, ¼ LP) 1 serving Greek Yogurt Protein Muffin (RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate
- (OC) unsweetened almond milk

OPTION 2

- (LP) 4 oz chicken
- (SC) 100g cous cous

DAILY GOALS

Calories: 1404
Carbs: 135g
Protein: 135g
Fat: 36g

MEAL TOTALS

Post Workout Meal

216 calories, 27g carbs, 27g protein, 0g fat

All Other Meals

297 calories, 27g carbs, 27g protein, 9g fat



FOOD TYPE

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

FAT LOSS WOMEN'S MEAL PLAN 2

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

MEAL 1

OPTION 1

- (SC, LP) 1 serving Cottage Cheese Pancakes (RECIPE)
- (F) 2 yolks
- (1/3 LP) 2 egg whites
- (1/2 FR) 14g maple syrup

**this meal contains 2 whole eggs*

OPTION 2

- (SC) 1 English muffin
- (F) 2 oz avocado
- (LP) 6 egg whites
- (1/2 LP) 2 slices turkey bacon

**make avocado toast on an English muffin and top with egg whites, salt and pepper*

MEAL 2

OPTION 1

- (SC) 6 Triscuit Crackers Original
- (LP) 226g nonfat cottage cheese
- (1/2 V) 50g tomato
- (1/2 F) 10 olives

OPTION 2

- (1 1/4 LP) 1 1/4 scoops nPower Nutrition Isolate
- (FR) 1 medium banana
- (F) 16g peanut butter
- (OC) unsweetened almond milk

MEAL 3

OPTION 1

- (LP) 4 oz 99% lean ground turkey
- (SC) 100g white rice
- (V) 100g spinach
- (F) 10 ml olive oil*

**to sauté spinach*

OPTION 2

- (1 1/4 LP) 5 oz mahi mahi
- (SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- (1/2 V) 50g cabbage (slaw)
- (OC) salsa and lime wedges

FAT LOSS WOMEN'S MEAL PLAN 2

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

MEAL 4

OPTION 1

- (1½ F, V, LP) 1 serving Chicken Piccata (RECIPE)
- (SC) 100g quinoa

OPTION 2

- (1½ FP) 5 oz salmon
- (SC) 5 oz sweet potato
- (V) 100g zucchini

MEAL 5/POST WORKOUT

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

OPTION 1

- (FR, ¼ LP) 1 serving Greek Yogurt Protein Muffin (RECIPE)
- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (OC) unsweetened almond milk

OPTION 2

- (LP) 4 oz chicken
- (1½ SC) 125g cous cous

DAILY GOALS

Calories: 1600
Carbs: 155g
Protein: 155g
Fat: 40g

MEAL TOTALS

Post Workout Meal

248 calories, 31g carbs, 31g protein, 0g fat

All Other Meals

338 calories, 31g carbs, 31g protein, 10g fat



FOOD TYPE

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

FAT LOSS WOMEN'S MEAL PLAN 3

Height: Over 5'6
Weight: Over 150 lbs

MEAL 1

OPTION 1

- (SC, LP) 1 serving Cottage Cheese Pancakes (RECIPE)
- (F) 2 yolks
- (½ LP) 2 egg whites
- (FR) 28g maple syrup

**this meal contains 2 whole eggs*

OPTION 2

- (SC) 1 English muffin
- (F) 2 oz avocado
- (LP) 6 egg whites
- (½ LP) 2 slices turkey bacon

**make avocado toast on an English muffin and top with egg whites, salt and pepper*

MEAL 2

OPTION 1

- (SC) 6 Triscuit Crackers Original
- (1¼ LP) 282g nonfat cottage cheese
- (½ V) 50g tomato
- (F) 15 almonds

OPTION 2

- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (FR) 1 medium banana
- (1½ F) 24g peanut butter
- (OC) unsweetened almond milk

MEAL 3

OPTION 1

- (1¼ LP) 5 oz 99% lean ground turkey
- (SC) 100g white rice
- (V) 100g spinach
- (F) 10 ml olive oil*

**to sauté spinach*

OPTION 2

- (1¼ LP) 5 oz mahi mahi
- (SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- (½ V) 50g cabbage (slaw)
- (V) 100g broccoli
- (OC) salsa and lime wedges

FAT LOSS WOMEN'S MEAL PLAN 3

Height: Over 5'6
Weight: Over 150 lbs

MEAL 4

OPTION 1

- (1½ F, V, LP) 1 serving Chicken Piccata (RECIPE)
- (1¼ SC) 125g quinoa

OPTION 2

- (FP) 5 oz salmon
- (1½ SC) 6 oz sweet potato
- (V) 100g zucchini

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ FR, ½ LP) 1½ servings Greek Yogurt Protein Muffin (RECIPE)
- (1¼ LP) 1¼ scoops nPower Nutrition Isolate
- (OC) unsweetened almond milk

OPTION 2

- (LP) 4 oz chicken
- (1½ SC) 150g cous cous

DAILY GOALS

Calories: 1832
Carbs: 175g
Protein: 175g
Fat: 48g

MEAL TOTALS

Post Workout Meal

280 calories, 35g carbs, 35g protein, 0g fat

All Other Meals

388 calories, 35g carbs, 35g protein, 12g fat



FAT LOSS MEN'S MEAL PLAN 1

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
(OC) – Optional Condiment

MEAL 1

OPTION 1

- (SC, LP) 1 serving Cottage Cheese Pancakes (RECIPE)
- (F) 2 yolks
- (2/3 LP) 4 egg whites
- (FR) 28g maple syrup

**this meal contains 2 whole eggs*

OPTION 2

- (1 1/2 SC) 1 1/2 English muffins
- (F) 2 oz avocado
- (1 1/3 LP) 8 egg whites
- (1/2 LP) 2 slices turkey bacon

**make avocado toast on an English muffin and top with egg whites, salt and pepper*

MEAL 2

OPTION 1

- (SC) 6 Triscuit Crackers Original
- (1 1/2 LP) 339g nonfat cottage cheese
- (1/2 V) 50g tomato
- (F) 15 almonds

OPTION 2

- (1 1/2 LP) 1 1/2 scoops nPower Nutrition Isolate
- (FR) 1 medium banana
- (1/2 FR) 125g strawberries
- (1 1/2 F) 24g peanut butter
- (OC) unsweetened almond milk

MEAL 3

OPTION 1

- (1 1/4 LP) 5 oz 99% lean ground turkey
- (1 1/2 SC) 150g white rice
- (V) 100g spinach
- (F) 10 ml olive oil*

**to sauté spinach*

OPTION 2

- (1 1/4 LP) 5 oz mahi mahi
- (1 1/2 SC) 2 6" corn tortillas
- (F) 2 oz guacamole
- (1/2 V) 50g cabbage (slaw)
- (V) 100g broccoli
- (OC) salsa and lime wedges

FAT LOSS MEN'S MEAL PLAN 1

Height: Under 5'10
Weight: Under 190 lbs

MEAL 4

OPTION 1

- (2 F, V, 1½ LP) 1½ servings Chicken Piccata (RECIPE)
- (1¼ SC) 125g quinoa

OPTION 2

- (1½ FP) 6 oz salmon
- (1½ SC) 6 oz sweet potato
- (V) 100g zucchini

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ FR, ½ LP) 1½ servings Greek Yogurt Protein Muffin (RECIPE)
- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (OC) unsweetened almond milk

OPTION 2

- (1¼ LP) 5 oz chicken
- (1¾ SC) 175g cous cous

DAILY GOALS

Calories: 2144
Carbs: 205g
Protein: 205g
Fat: 56g

MEAL TOTALS

Post Workout Meal

328 calories, 41g carbs, 41g protein, 0g fat

All Other Meals

454 calories, 41g carbs, 41g protein, 14g fat



FAT LOSS MEN'S MEAL PLAN 2

Height: Over 5'10
Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

OPTION 1

- (1½ SC, ½ F, 2 LP) 2 servings Cottage Cheese Pancakes (RECIPE)
- (½ F) 7g butter
- (½ FR) 14g maple syrup

OPTION 2

- (1½ SC) 1½ English muffins
- (1½ F) 3 oz avocado
- (1½ LP) 8 egg whites
- (½ LP) 2 slices turkey bacon

**make avocado toast on an English muffin and top with egg whites, salt and pepper*

MEAL 2

OPTION 1

- (SC) 6 Triscuit Crackers Original
- (1½ LP) 339g nonfat cottage cheese
- (½ V) 50g tomato
- (F) 15 almonds

OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate
- (FR) 1 medium banana
- (½ FR) 125g strawberries
- (1½ F) 24g peanut butter
- (OC) unsweetened almond milk

MEAL 3

OPTION 1

- (1½ LP) 6 oz 99% lean ground turkey
- (1½ SC) 150g white rice
- (V) 100g spinach
- (F) 10 ml olive oil*

**to sauté spinach*

OPTION 2

- (1½ LP) 6 oz mahi mahi
- (1½ SC) 3 6" corn tortillas
- (1½ F) 3 oz guacamole
- (½ V) 50g cabbage (slaw)
- (V) 100g broccoli
- (OC) salsa and lime wedges

FAT LOSS MEN'S MEAL PLAN 2

Height: Over 5'10
Weight: Over 190 lbs

MEAL 4

OPTION 1

- (2 F, V, 1½ LP) 1½ servings Chicken Piccata (RECIPE)
- (1½ SC) 150g quinoa

OPTION 2

- (1¾ FP) 7 oz salmon
- (1¾ SC) 7 oz sweet potato
- (V) 100g zucchini

MEAL 5/POST WORKOUT

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

OPTION 1

- (2 FR, LP) 2 servings Greek Yogurt Protein Muffin (RECIPE)
- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (OC) unsweetened almond milk

OPTION 2

- (1½ LP) 6 oz chicken
- (2 SC) 200g cous cous

DAILY GOALS

Calories: 2376
Carbs: 225g
Protein: 225g
Fat: 64g

MEAL TOTALS

Post Workout Meal

360 calories, 45g carbs, 45g protein, 0g fat

All Other Meals

504 calories, 45g carbs, 45g protein, 16g fat

NUTRITION FAT LOSS

VEGAN MEAL PLANS

NICOLE
WILKINS'

6 Week
**4 HOURS
TO
FIT**
CHALLENGE



FAT LOSS WOMEN'S MEAL PLAN 1

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
(OC) – Optional Condiment

MEAL 1

- (F, V, ½ P) 1 serving Vegan Tofu Quiche (RECIPE)
- (P) 15g nutritional yeast
- (¾ ND) 150g plain soymilk yogurt alternative

MEAL 2

- (1½ P) 4 oz tempeh
- (¾ SC) 3 oz sweet potato
- (V) 100g spinach

MEAL 3

- (2 P) 2 Boca veggie burgers (71g each)
- (¾ SC) 75g brown rice

MEAL 4

- (F, ½ P, SC) 1 serving Mexican Quinoa Salad (RECIPE)
- (¾ P) 2 oz seitan

MEAL 5 POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (FR) 350g watermelon

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
216 calories, 27g carbs, 27g protein, 0g fat
All Other Meals
297 calories, 27g carbs, 27g protein, 9g fat

DAILY GOALS

Calories: 1404
Carbs: 135g
Protein: 135g
Fat: 36g



FAT LOSS WOMEN'S MEAL PLAN 2

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

FOOD TYPE

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

MEAL 1

- (F, V, ½ P) 1 serving Vegan Tofu Quiche (RECIPE)
- (P) 15g nutritional yeast
- (ND) 225g plain soymilk yogurt alternative

MEAL 2

- (1½ P) 4.5 oz tempeh
- (¾ SC) 3 oz sweet potato
- (V) 100g spinach

MEAL 3

- (2 P) 2 Boca veggie burgers (71g each)
- (SC) 100g brown rice

MEAL 4

- (F, ½ P, SC) 1 serving Mexican Quinoa Salad (RECIPE)
- (P) 3 oz seitan

MEAL 5 POST WORKOUT

- (1½ P) 1½ scoops plant-based protein powder
- (FR) 350g watermelon

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
248 calories, 31g carbs, 31g protein, 0g fat

All Other Meals
338 calories, 31g carbs, 31g protein, 10g fat

DAILY GOALS

Calories: 1600
Carbs: 155g
Protein: 155g
Fat: 40g



FAT LOSS WOMEN'S MEAL PLAN 3

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
(OC) – Optional Condiment

MEAL 1

- (F, V, ½ P) 1 serving Vegan Tofu Quiche (RECIPE)
- (1½ P) 22g nutritional yeast
- (ND) 225g plain soymilk yogurt alternative

MEAL 2

- (1½ P) 5 oz tempeh
- (¾ SC) 3 oz sweet potato
- (V) 100g spinach

MEAL 3

- (2 P) 2 Boca veggie burgers (71g each)
- (1¼ SC) 125g brown rice

MEAL 4

- (F, ½ P, SC) 1 serving Mexican Quinoa Salad (RECIPE)
- (P) 3 oz seitan

MEAL 5 POST WORKOUT

- (1½ P) 1½ scoops plant-based protein powder
- (1¼ FR) 435g watermelon

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
280 calories, 35g carbs, 35g protein, 0g fat
All Other Meals
388 calories, 35g carbs, 35g protein, 12g fat

DAILY GOALS

Calories: 1832
Carbs: 175g
Protein: 175g
Fat: 48g



FAT LOSS MEN'S MEAL PLAN 1

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
(OC) – Optional Condiment

MEAL 1

- (F, V, ½ P) 1 serving Vegan Tofu Quiche (RECIPE)
 - (P) 15g nutritional yeast
 - (½ P) ½ scoop plant-based protein powder
 - (ND) 225g plain soymilk yogurt alternative
- *optional: mix yogurt and protein together*

MEAL 2

- (2 P) 6 oz tempeh
- (SC) 4 oz sweet potato
- (V) 100g spinach

MEAL 3

- (2 P) 2 Boca veggie burgers (71g each)
- (1½ SC) 150g brown rice

MEAL 4

- (F, ½ P, SC) 1 serving Mexican Quinoa Salad (RECIPE)
- (1½ P) 4 oz seitan

MEAL 5 POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (1¼ FR) 435g watermelon

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
328 calories, 41g carbs, 41g protein, 0g fat
All Other Meals
454 calories, 41g carbs, 41g protein, 14g fat

DAILY GOALS
Calories: 2144
Carbs: 205g
Protein: 205g
Fat: 56g



FAT LOSS MEN'S MEAL PLAN 2

Height: Over 5'10
Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (1½ F, 2 V, ½ P) 1½ servings Vegan Tofu Quiche (RECIPE)
 - (P) 15g nutritional yeast
 - (½ P) ½ scoop plant-based protein powder
 - (ND) 225g plain soymilk yogurt alternative
- *optional: mix yogurt and protein together*

MEAL 2

- (2 P) 6 oz tempeh
- (SC) 4 oz sweet potato
- (P) 15g nutritional yeast
- (V) 100g spinach

MEAL 3

- (3 P) 3 Boca veggie burgers (71g each)
- (1½ SC) 150g brown rice

MEAL 4

- (F, ½ P, SC) 1 serving Mexican Quinoa Salad (RECIPE)
- (1½ P) 4 oz seitan

MEAL 5 POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (1½ FR) 525g watermelon

*On training days, eat this meal after your workout and adjust all other meals accordingly. On Off days, eat this as Meal 5.

MEAL TOTALS

Meal 5/Post Workout Meal
360 calories, 45g carbs, 45g protein, 0g fat
All Other Meals
504 calories, 45g carbs, 45g protein, 16g fat

DAILY GOALS

Calories: 2376
Carbs: 225g
Protein: 225g
Fat: 64g

NUTRITION FAT LOSS

GROCERY LIST,
FOOD EXCHANGE LISTS,
RECIPES

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE



FAT LOSS 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
- ☐ 1 container nPower Nutrition Isolate
- ☐ 2 lbs chicken breast
- ☐ 1 large container nonfat plain Greek yogurt
- ☐ 2 lbs 99% extra lean ground turkey
- ☐ 2 lbs salmon
- ☐ 1 package turkey bacon
- ☐ 1 container nonfat cottage cheese
- ☐ 1 container 2% low fat cottage cheese
- ☐ 2 lbs mahi mahi

VEGAN PROTEINS

- ☐ 1 package tempeh
- ☐ 1 container nutritional yeast
- ☐ Plant-based protein powder
- ☐ 1 package vegan sausage
- ☐ 1 container silken tofu
- ☐ 1 container Boca Veggie Burgers (71g each)
- ☐ 1 package seitan

NON DAIRY

- ☐ 1 bag shredded almond cheese
- ☐ 1 container plain soymilk yogurt alternative

CARBOHYDRATES

- ☐ 4 sweet potatoes
- ☐ 1 container oatmeal
- ☐ 1 container oat flour
- ☐ 1 container chickpea flour
- ☐ 1 container all-purpose flour
- ☐ 1 bag brown rice
- ☐ 1 bag corn
- ☐ 1 container 6" corn tortillas
- ☐ 1 package English muffins
- ☐ 1 15 oz can black beans
- ☐ 1 bag/box wild rice
- ☐ 1 container cous cous
- ☐ 1 container quinoa
- ☐ 1 box Triscuits

FRUITS

- ☐ 4 bananas
- ☐ 1 watermelon
- ☐ 1 container maple syrup
- ☐ 2 lemons
- ☐ 1 container strawberries

VEGETABLES

- ☐ 1 bag cabbage slaw
- ☐ 1 container mushrooms
- ☐ 2 zucchini
- ☐ 1 bag spinach
- ☐ 2 tomatoes
- ☐ 2 orange pepper
- ☐ 2 red peppers
- ☐ 2 yellow onions

FATS

- ☐ 1 container olive oil
- ☐ 3 avocados
- ☐ 1 container avocado oil
- ☐ 1 container almond/peanut butter
- ☐ 1 container butter
- ☐ 1 container guacamole
- ☐ 1 jar olives
- ☐ 1 bag chocolate chips

BEVERAGES

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

CONDIMENTS

- ☐ 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 60-70cal 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
- ☐ Dried minced onion



FAT LOSS 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.

There may be slight variations in macros/serving sizes depending on the food brand you choose.

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 chicken breast
- ☐ 1 can solid white tuna in water (net wt: 5 oz)
- ☐ 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 crab meat (not imitation)
- ☐ 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

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
- ☐ ½ cup (100g) pearly barley
- ☐ ½ cup (100g) amaranth
- ☐ ½ cup (100g) bulgur
- ☐ ½ cup (100g) buckwheat
- ☐ 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
- ☐ ⅓ cup (30g) low-fat granola
- ☐ 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 Crackers Original
- ☐ 100g whole wheat pasta
- ☐ 100g brown rice pasta
- ☐ 100g chickpea pasta
- ☐ 150g corn
- ☐ 150g green peas
- ☐ 250g baby carrots
- ☐ 300g butternut squash
- ☐ 200g acorn squash
- ☐ 150g edamame beans
- ☐ 1 whole grain pita
- ☐ ½ cup (100g) millet

FATTY PROTEINS (FP)

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

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

FAT LOSS FOOD EXCHANGE LIST (CON'T)

FRUIT (FR)

1 serving of each item is approximately 25g of carbs. Limit 2 per day preferably at breakfast and post weight training.

- ☐ 1 medium apple
- ☐ 1 cup (246g) unsweetened applesauce
- ☐ 2 tbsp (34g) apple butter (no sugar added)
- ☐ 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 (3-4in diameter)
- ☐ 40g dried fruit (no sugar added)
- ☐ 240g pure pumpkin
- ☐ 2 fresh figs

VEGETABLES (V)

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

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

FATS (F)

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

- ☐ 10 ml olive oil
- ☐ 10 ml canola oil
- ☐ 10 ml coconut oil
- ☐ 10 ml avocado oil
- ☐ 15 ml macadamia oil
- ☐ 10 flaxseed oil
- ☐ 10 ml grapeseed oil
- ☐ 10 ml sesame oil
- ☐ 10 ml Udo's oil
- ☐ 28g feta cheese
- ☐ 28g blue cheese
- ☐ 28g mozzarella cheese
- ☐ 28g parmesan cheese
- ☐ 28g cheddar cheese
- ☐ 28g goat cheese
- ☐ 1 oz cream cheese
- ☐ 100g ricotta cheese
- ☐ 16g cashew butter
- ☐ 16g peanut butter
- ☐ 16g almond butter
- ☐ 16g macadamia nut butter
- ☐ 16g sunflower butter
- ☐ 14g butter
- ☐ 14g ghee
- ☐ 15g mayonnaise
- ☐ 15g avocado mayo
- ☐ 10 olives
- ☐ 8 walnut halves
- ☐ 15 whole cashews
- ☐ 15 almonds
- ☐ ½ oz macadamia nuts
- ☐ 10 pecan halves
- ☐ 2 oz avocado
- ☐ 2 oz guacamole
- ☐ 2 egg yolks
- ☐ 28g sunflower seeds
- ☐ 25g shelled pumpkin seeds
- ☐ 25g ground flaxseeds
- ☐ 28g peanuts
- ☐ 30g chia seeds
- ☐ 20g sesame seeds
- ☐ 30g hemp seeds
- ☐ 15g pine nuts
- ☐ 56g classic hummus
- ☐ 15ml whipping cream
- ☐ 1 oz pesto
- ☐ 20 olives

FAT LOSS FOOD EXCHANGE LIST (CON'T)

OPTIONAL CONDIMENTS (OC)

- ☐ 5g yellow mustard
- ☐ 5g yellow mustard
- ☐ 30g salsa
- ☐ 16g low-sugar ketchup
- ☐ 30g Walden Farms sugar-free syrups/dressings
- ☐ 30g sour cream
- ☐ 17g sugar free jelly
- ☐ 15 ml sugar free coffee creamer
- ☐ 4g hot sauce
- ☐ 30g low fat Italian dressing
- ☐ 15 ml tamari
- ☐ 1 serving miracle noodles
- ☐ 1 serving sugar free jello
- ☐ 1 serving unsweetened cocoa powder
- ☐ 1 tbsp (15g) miso paste
- ☐ 5 ml coconut aminos
- ☐ 13g Pb2 (powdered peanut butter)
- ☐ 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
- ☐ 1 pickle or 2 tbsp relish
- ☐ ¼ cup marinara (fat less than
3g and carbs less than 10g)

SWEETENERS

*These can be interchanged
with a FRUIT.*

- ☐ 28g honey
- ☐ 28g agave syrup
- ☐ 28g maple syrup
- ☐ 28g real fruit jam

BEVERAGES

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



FAT LOSS 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, 1½ or 2 servings per meal of each food type.

There may be slight variations in macros/serving sizes depending on the food brand you choose.

PROTEIN (P)

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

- ☐ 3 oz tempeh
- ☐ 3 oz seitan
- ☐ 6 oz extra firm tofu
- ☐ 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)

FRUIT (FR)

1 serving of each item is approximately 25g of carbohydrates. Limit 2 per day preferably at breakfast and post weight training.

- ☐ 1 medium apple
- ☐ 1 cup (246g) unsweetened applesauce
- ☐ 2 tbsp (34g) apple butter (no sugar added)
- ☐ 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
- ☐ 2 fresh figs

STARCHY CARBOHYDRATES (SC)

1 serving of each item is approximately 25g of carbs. Measure all items **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) couscous
- ☐ ½ cup (100g) pearly barley
- ☐ ½ cup (100g) amaranth
- ☐ ½ cup (100g) bulgur
- ☐ ½ cup (100g) buckwheat
- ☐ 1 Plant-based Brioche bun
- ☐ 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
- ☐ ⅓ cup (30g) low-fat granola
- ☐ 1 plain English muffin
- ☐ 2 corn tortillas, 6"
- ☐ 1 large whole wheat tortilla
- ☐ 2 slices Ezekiel Bread/sprouted grains bread//whole wheat 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
- ☐ 300g butternut squash
- ☐ 200g acorn squash
- ☐ 1 whole grain pita
- ☐ ½ cup (100g) millet



FAT LOSS

VEGAN FOOD EXCHANGE LIST (CON'T)

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
- ☐ 10 cherry tomatoes
- ☐ 100g cauliflower
- ☐ 100g mushrooms
- ☐ 100g celery
- ☐ 50g onion
- ☐ 100g zucchini
- ☐ 100g romaine/mixed greens/Iceberg lettuce
- ☐ 100g yellow squash
- ☐ 100g spaghetti squash
- ☐ 100g beets

FATS (F)

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

- ☐ 10 ml olive oil
- ☐ 10 ml canola oil
- ☐ 10 ml coconut oil
- ☐ 10 ml avocado oil
- ☐ 10 ml 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
- ☐ 16g sunflower butter
- ☐ 8 walnut halves
- ☐ 28g peanuts
- ☐ 15 whole cashews
- ☐ 15 almonds
- ☐ ½ oz macadamia nuts
- ☐ 10 pecan halves
- ☐ 10 olives
- ☐ 2 oz avocado
- ☐ 50g guacamole
- ☐ 15g sunflower seeds
- ☐ 20g sesame seeds
- ☐ 25g shelled pumpkin seeds
- ☐ 25g ground flaxseeds
- ☐ 30g chia seeds
- ☐ 20g sesame seeds
- ☐ 30g hemp seeds
- ☐ 15g pine nuts
- ☐ 56g classic hummus
- ☐ 1 oz pesto
- ☐ 20 olives

OPTIONAL CONDIMENTS (OC)

- ☐ 5g yellow mustard
- ☐ 30g salsa
- ☐ 16g low-sugar ketchup
- ☐ 30g Walden Farms sugar-free syrups/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 (cinnamon, nutmeg, curry, pepper, paprika, basil, garlic powder)
- ☐ Cooking spray

SWEETENERS

These can be interchanged with a FRUIT.

- ☐ 28g honey
- ☐ 28g agave syrup
- ☐ 28g maple syrup
- ☐ 28g real fruit jam

BEVERAGES

- ☐ Water
- ☐ Iced or hot tea (unsweetened)
- ☐ Coffee
- ☐ Crystal light
- ☐ Mio
- ☐ Unsweetened original Almond milk/cashew milk
- ☐ Any other zero calorie vegan beverage



FAT LOSS RECIPES

COTTAGE CHEESE PANCAKES

SERVINGS: 2

INGREDIENTS

- ½ cup 2% cottage cheese
- ½ cup oatmeal
- ½ cup egg whites
- ½ scoop nPower Nutrition Vanilla Cupcake Isolate
- 1 tsp chia seeds
- ¼ tsp baking powder

DIRECTIONS

- Add all ingredients to a blender and blend until smooth.
- Heat a small to medium pan over medium heat.
- Coat the pan with nonstick spray and add the pancake batter, cooking for approximately 1-2 minutes each side.
- Top with sugar free syrup. Enjoy!

NUTRITION INFO

PER SERVING

183 calories, 18g carbs, 21g protein, 3g fat

GREEK YOGURT PROTEIN MUFFINS

SERVINGS: 12

INGREDIENTS

- 1 large egg
- 180g nonfat plain Greek yogurt
- 1 ripe banana
- ⅓ cup maple syrup or honey
- 1½ cup oat flour
- 1½ scoop nPower Nutrition Chocolate Truffle Isolate
- 1 tsp vanilla extract
- 2 tsp baking powder
- ⅓ tsp salt
- 3 tbsp unsweetened almond milk
- ¼ cup chocolate chips

DIRECTIONS

- Preheat oven to 350°F and prepare a muffin mold with muffin liners.
- In a large bowl, mash the banana then combine with Greek yogurt, egg, maple syrup, vanilla extract and a pinch of salt. Stir well until you get a smooth mixture.
- Add into the wet mixture oat flour, protein powder and baking powder. Stir the ingredients together while pouring in the milk gradually. Start with about 45 ml (3 tbsp) and add as much as 80 ml (⅓ cup) until the batter reaches the desired consistency.
- Mix in the chocolate chips.
- Fill ⅔ of each muffin liner with the batter, sprinkle with more chocolate chips and bake in hot oven for 20-25 minutes. Make sure you do not overbake the muffins; they are ready when a toothpick inserted into the center comes out clean.
- Remove your protein muffins from the oven and let cool over a baking rack for about 15 minutes.

NUTRITION INFO

PER SERVING

143 calories, 23g carbs, 6g protein, 3g fat

CHICKEN PICCATA

SERVINGS: 4

INGREDIENTS

- 1lb boneless skinless chicken breast
- 2 tsp salt
- Fresh cracked pepper
- $\frac{1}{4}$ cup all-purpose flour
- 1 tbsp olive oil
- 2 tbsp butter split
- 1 large lemon halved
- $\frac{1}{4}$ cup low-sodium chicken broth
- 2 tbsp capers drained
- Fresh parsley for garnish

DIRECTIONS

- Butterfly the chicken breast on a cutting board and cut the chicken in half, leaving 4 chicken cutlets. Cover with saran wrap and pound chicken with a meat tenderizer to approximately $\frac{1}{2}$ inch thick and even in size.
- Season both sides with salt and pepper.
- Lay the flour on a plate or shallow bowl and dip the pieces of chicken into the flour, evenly coating all sides of the chicken.
- Cut the lemon in half and juice one half (approx. 3 tbsp) and slice the other half into thin lemon slices.
- Add 1 tbsp olive oil to a large sauté pan and heat over medium heat. Add the flour coated chicken cutlets to the hot oil and cook on each side until cooked through and no longer pink, approximately 3-4 minutes per side. Remove and set aside on a plate.
- Lower the heat to medium low and add 1 tbsp of butter and the minced garlic. Stir and cook until the garlic is fragrant.
- Add the lemon juice and lemon slices to the frying pan, stirring until the lemon slices are golden brown. Scrape any browned bits off the bottom of the pan. Cook for 2-5 minutes.
- Add the chicken broth, capers and 1 tbsp of butter to the pan and stir to melt the butter and create a piccata sauce. Add the cutlets back to the pan and spoon the sauce over to soak into the breaded chicken and reheat throughout.
- Top with fresh chopped parsley for garnish and serve

NUTRITION INFO

PER SERVING

235 calories, 8g carbs, 26g protein, 11g fat



VEGAN TOFU QUICHE

SERVINGS: 8

INGREDIENTS

- 2 tbsp avocado oil
- 1 tsp sea salt
- ½ yellow onion, diced
- 2 cups mushrooms, chopped
- 2 vegan sausages, crumbled or sliced
- 2 cups spinach, chopped
- 1 14 oz block silken tofu
- 1 cup shredded almond cheese
- ½ cup unsweetened almond milk
- ¼ cup chickpea flour
- ¼ cup nutritional yeast
- ¼ tsp ground turmeric
- Salt and pepper to taste

DIRECTIONS

- Preheat oven to 350 °F. Add 1 tablespoon of oil to a 10" quiche or pie dish and generously coat the bottom and sides. Set aside.
- Add the remaining 1 tablespoon of oil to a large skillet and heat over medium heat. Add the diced onion and ½ teaspoon of salt. Sauté until translucent, 3-5 minutes.
- Add the mushrooms and sausage. Sauté for another 4-5 minutes.
- Lastly, add in the chopped spinach and sauté until wilted. Remove from heat. Add salt and black pepper to taste and set aside.
- In a high-speed blender, add the tofu, vegan mozzarella shreds, non-dairy milk, chickpea flour, nutritional yeast, remaining ½ teaspoon of salt, and turmeric.
- Blend until completely smooth. There should be no chunks at all, and it should resemble a custard. Set aside.
- Add the vegetable and sausage mixture to the prepared quiche dish and spread it out evenly
- Next, pour the custard mixture and carefully mix it in the dish until everything is evenly distributed. Smooth the top with the back of a spatula.
- Bake for 45-60 minutes, depending on how custard-like you want it.
- After baking, remove from oven and allow to cool for at least 15 minutes before slicing. The longer it cools, the easier it will be to slice!

NUTRITION INFO

PER SERVING

170 calories, 13g protein, 7g carbs, 10g fat



VEGAN
FRIENDLY
OPTION

MEXICAN QUINOA SALAD

SERVINGS: 8

INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 1 can 15oz black beans, drained and rinsed
- 1 red pepper diced
- 1 orange pepper diced
- ½ cup corn
- ½ cup cilantro chopped
- 1 avocado diced

LIME VINAIGRETTE DRESSING

- 1½ limes juiced
- 2 tbsp extra virgin olive oil
- 1 clove garlic minced
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp paprika
- ¼ tsp pepper

DIRECTIONS

QUINOA

- Cook the quinoa according to package instructions.
- Once the quinoa is cooked and cooled, add all of the ingredients together.

LIME VINAIGRETTE DRESSING

- Toss all the ingredients into a bowl and whisk.
- Pour over the salad, toss, and chill.
- The longer this salad sits in the fridge and marinates, the better!

NUTRITION INFO

PER SERVING

224 calories, 30g carbs, 8g protein, 8g fat

ACCOUNTABILITY

NICOLE
WILKINS'

6 Week
4 HOURS
TO
FIT
CHALLENGE

One of the most common issues I hear from Challengers is having difficulty holding themselves accountable for the entire program.

And I get it - six weeks is a long time to stay on point.

Fortunately, there are a number of things you can do to help with this, like:

- » Having an accountability partner or group
- » Posting in the Facebook Community
- » Utilizing the Forums
- » Posting motivational notes/reminders on your refrigerator or mirror

One of my main goals with every Challenge is to give you all the tools you need to be successful. So with that in mind, the features in this section are intended to help add another layer of accountability, to hopefully help you stay on track a little bit better.

These are all optional, so don't feel like you have to use them!

Here's what you'll find:

»COMMON ROADBLOCKS

A list of some of the issues you may face, and tips for how to make sure they don't trip you up. There's also a page where you can write in your own issues and solutions, so feel free to print that out and write out as many as you like.

»ACCOUNTABILITY TRACKER

A way of charting your daily "tasks" so you can look back and see where you've done great and where you need to improve from week to week.



TIPS FOR STAYING ON TRACK WHEN THINGS GET TOUGH

Taking on a challenge like this is a fun, rewarding – and hopefully life-changing! – experience. But the process itself can be a tricky one, and it isn't always smooth sailing.

There are times when life happens, when different types of roadblocks can pop up along the way that threaten to derail your progress.

Here are some of the more common issues I see people struggling with during these Challenges and my tips for how to fix them so you can stay focused and on track.

THE PROBLEM: I'M TRAVELING AND WON'T HAVE ACCESS TO A GYM

THE FIX: Get creative. First off, check the Dumbbell/Bodyweight workouts to see what you can do when you're on the road. Those workouts require almost no equipment so you can do them from almost anywhere. Especially if you have a set of easily-packable exercise bands that you can use in place of dumbbells.



If you don't have bands, do what you can, even if you're repeating the same workout for several days during your travels. Bodyweight-only exercises like push-ups, lunges, Bulgarian split squats, squat jumps and wall sits can be done literally anywhere. Find a nearby playground for chin ups and dips.

Remember: you're not just building muscle - you're building healthier habits and a stronger mindset, too. Any workout is better than no workout at all.

THE PROBLEM: I'M INJURED AND CAN'T DO CERTAIN EXERCISES

THE FIX: An injury can be acute like a sprain or a muscle tear, or it can be more chronic like joint pain or tendonitis. If the injury is acute, your doctor or physical therapist will tell you which movements you can and cannot do and how much weight you can lift. Modify your workouts accordingly.

Chronic injury is your body's way of telling you something's not right. It might mean you need to back off on the intensity of your training, add more recovery time, improve your sleeping habits, or do more mobility work. Pay attention to what your body is telling you and modify your workouts and habits as needed.

Regardless of which type of injury you have, it is possible to continue this Challenge and make improvements. If anything, this might be an opportunity to focus on other areas, like diet, mindset, and accountability. Allow your body time to recover and heal, and know that there's more to this Challenge than just the workouts.

THE PROBLEM: I CAN'T DO THIS EXERCISE!

THE FIX: Most exercises in this program include alternative exercises suggestions under the video demonstrations, and most of the more advanced movements have suggestions to make them a little more beginner friendly. You can also lighten the weight or reduce the number of repetitions if you cannot find a way to modify the exercise.

If you're really struggling, find a workout buddy who has a bit more experience to help you with your form and spot you on heavier lifts. Working out with someone is also a great way to stay motivated and push yourself to try exercises that may be a bit outside your comfort zone.

Keep in mind that learning any new skill takes practice, and that's exactly what exercise is: a skill. While it's frustrating when you are not strong enough to do a particular exercise, try to remember that everyone was once a beginner. We all learn to crawl before we walk and to walk before we run. If you're not yet strong enough for a particular exercise, be patient. If you work at it, you can master any movement.

THE PROBLEM: I CAN'T EAT HEALTHY AROUND MY FAMILY AND FRIENDS

THE FIX: Whether it's friends peer pressuring you to indulge or picky family members insisting on eating "normal" dinners while you prepare a healthy option for yourself, following a structured nutrition plan can become almost impossible when the people around you don't have your back. That said, there are things you can do to make it a bit easier:

- » Explain to your loved ones why you've decided to make this change and why it's so important to you.
- » Try to get your spouse and kids involved in choosing recipes and helping with meal prep.
- » Suggest diet-friendly options for hangouts with friends, like going for hike or meeting for coffee instead of drinks.
- » If a bar or club is the only option, skip the alcohol and opt for a diet soda, iced tea or even water. If your friends feel their evening is ruined because you aren't drinking, that probably says a lot more about them than it does you.



Show those closest to you that you are committed to healthier habits. Chances are when they see how much it matters to you, they'll be less likely to sabotage your efforts.

When all else fails, remember this: you can eat healthy on your own, even if you have no support. You're the one who made a commitment to change for the better, and it's up to you to follow through on that commitment. Will it always be easy? No, but it will be worth it.

THE PROBLEM: I SCREWED UP. I SHOULD WAIT FOR THE NEXT CHALLENGE?

THE FIX: If you slip up, you don't have to throw away all the progress you've made so far. In fact, this all-or-nothing mentality is probably what's preventing you from reaching your fitness goals. Getting fit is not about being perfect every minute of every day. It's about learning to make healthier choices more consistently.

Here are a couple of ways you can instantly move forward when you screw up:

- » If you cheat on your meal plan drink a big glass of water to stay hydrated, stop cravings, and flush out the extra sugars and salts. Then get right back on track for your next meal to make sure that one meal doesn't turn into an entire day – or more.
- » If you skip a workout, see if you can make it up later in the week on a rest day, or add a few of the exercises you were supposed to do to your next workout.
- » Don't do hours of cardio or double up workouts to make up for skipping. This can lead to burnout and even cause injuries.
- » Pay attention to what your body is telling you. If you're feeling lethargic and unmotivated, you might need to adjust your bedtime to get more sleep.

The bottom line is, don't stress!

The important thing is to move forward. If you let yourself give up after every little hiccup or setback, you'll never reach your goals. Learn from your set back and make the choice to do better the next week, the next day, or even just the next meal.

THE PROBLEM: I CAN'T STOP LATE-NIGHT SNACKING!

THE FIX: Late-night snacking is a very common problem, but there are several ways you can fix it. Try moving snack foods to a hard-to-reach cupboard or getting them out of the house entirely. Make it a rule not to eat any foods past a certain time each night, or if you find yourself reaching for a snack because you feel yourself getting tired, just go to bed.

Habits can be hard to break, so instead of trying to stop the snacking, replace it with something healthier. Munch on celery sticks or sip hot tea or broth while you watch TV. Replace snack time with journaling, yoga, or meditation. Find a quiet hobby like knitting or puzzles to keep your hands busy. Take a relaxing bath.

Snacking is a hard habit to break, but you can do it! Just keep trying and don't give up until you find the solution that works for you.



MY PROBLEM:

MY FIX:

MY PROBLEM:

MY FIX:



MY PROBLEM:

MY FIX:

MY PROBLEM:

MY FIX:



ACCOUNTABILITY TRACKER

I hope this helps you stay on track 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.

HOW IT WORKS

- » Each week of the Challenge is broken down into six daily activities – Your workout and each each of your five meals. **1**
- » Once you complete an activity, give yourself one “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**
- » At the end of each week, add up your daily totals and write them in the Weekly Totals box. Then turn to page 131 and add your total for that week. **4**
- » The maximum number of points you can earn for Weeks 1-5 is 39 and the maximum number of points you can earn for Week 6 is 29.
- » 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 PHASE 1 • WEEK 1							
ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Meal 1							
Meal 2							
Meal 3 1							
Meal 4							
Meal 5							
Workout							
Total Per Day 3							
WEEK 1 TOTALS: 4							39
Notes: _____							

6 WEEK 4 HOURS TO FIT CHALLENGE							

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 one point on the day you worked out (even if it puts you over the total points for that day).

WEEKLY POINTS TRACKER

PHASE 1 • WEEK 1

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

WEEK 1 TOTALS: / 39

Notes: _____

WEEKLY POINTS TRACKER

PHASE 1 • WEEK 2

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

WEEK 1 TOTALS: /39

Notes: _____

WEEKLY POINTS TRACKER

PHASE 1 • WEEK 3

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

WEEK 1 TOTALS: / 39

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2 • WEEK 4

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

WEEK 1 TOTALS: /39

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2 • WEEK 5

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

WEEK 1 TOTALS: / 39

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2 • WEEK 6

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

WEEK 1 TOTALS: / 29

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	/39
Week 2 Total	/39
Week 3 Total	/39
Week 4 Total	/39
Week 5 Total	/39
Week 6 Total	/29
Challenge Total	/224

AWESOME JOB 🙌🙌

6 WEEK 4 HOURS TO FIT CHALLENGE