

NICOLE WILKINS'
MIND & BODY

**BREAK
THROUGH
CHALLENGE**



***Stop Making Resolutions.
Start Seeing Results.***



MIND & BODY BREAKTHROUGH CHALLENGE

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PROGRAM OVERVIEW

NICOLE WILKINS
MIND & BODY
**BREAK
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CHALLENGE

Are you ready for a BREAKTHROUGH to start 2025 on the right foot and keep the momentum going to see some amazing results?

Because that's exactly what this program is designed to help you achieve!

This isn't just about getting stronger, leaner, or healthier (although those things are definitely going to happen).

The Mind & Body Breakthrough Challenge is about helping you overcome the obstacles that have held you back in the past. It's about stepping out of your comfort zone and challenging yourself while building habits and consistency so you can finally see the lasting changes you've been striving for – and start to feel like the best version of YOU.

Here's the best part:

This Challenge is designed with YOU in mind, regardless of your experience level. So even if it's been months – or years – since you've stuck to a fitness routine, this program is built to meet you where you are and guide you every step of the way.

Each piece of this program is designed to work together to help you succeed. It's not just about showing up – it's about showing up for yourself, consistently, and making progress that adds up.

The Key to Your Success? YOU.

There will be days when it's hard. Days when motivation feels like it's nowhere to be found. And that's okay. Because doing hard things – even when we don't want to – is what makes us stronger.

Because success isn't about being perfect – it's about doing your best and learning to keep moving forward when life throws you curveballs.

All of the small wins you'll achieve throughout these six weeks – choosing to work out when you feel like skipping it, prepping meals when it's easier not to – are what add up to the big results. They're also what will remind you of your strength, resilience, and what's truly possible when you set your mind to it.

But it's not just about the hard work. **It's also about having FUN! Because if you don't enjoy it, you're not going to stick with it for very long.**

So make sure to soak up the experience, and appreciate all of those moments like:

- » Connecting with an empowering and uplifting community of women who've got your back every step of the way on the **Forums** or in the **Facebook Community**.
- » Pushing yourself to new limits and celebrating those moments where you realize, "Wow, I can actually do this!"
- » Seeing progress week after week – not just in how you look, but in how you feel and what you're capable of.
- » Gaining confidence and strength – both physically and mentally – that will spill over into every other part of your life.

So, while there will be challenging days, there will also be a ton of moments worth celebrating. And at the end of these six weeks, you won't just feel accomplished – you'll feel proud of the work you've put in and excited for what's next.

Ready get started? Watch my Welcome video for my tips on getting the most out of this program.



WATCH THE VIDEO

ABOUT THE PROGRAM

You'll find everything you need to follow the program in this eBook – all of your workouts, meal plans, grocery lists, and more. That includes links to additional video content in the **Bonus Nutrition Videos, Recovery**, and our brand-new **Mindset Coaching Series**.

The Mindset Coaching Series addresses one of the most critical components of lasting transformation: what's going on in your head! This 10-video series covers everything from breaking old habits to managing stress, staying consistent when motivation dips, and reframing setbacks into opportunities for growth.

These videos are here to help you not just get through the program but thrive during it – and beyond. Whether it's navigating emotional eating triggers, overcoming self-doubt, or finding the discipline to stay on track when life gets hectic, these tools will empower you to approach your goals with confidence, clarity, and focus.

This isn't just about building a better body – it's about building a stronger, more resilient version of YOU

UPLOADING YOUR PHOTOS & MEASUREMENTS



If you're new to my Challenges, uploading photos is *completely optional*. You don't have to do it, and many participants choose not to. You can still get all the benefits of the program without uploading anything.

That said, if you want to be eligible for post-Challenge prizes, you'll need to submit both "Before" and "After" photos. But rest assured – these are for your eyes only unless you choose to upload your "After" photos for judging. If you're not ready to share them, no one else will see them.

Here's what I encourage: Even if you don't plan to submit photos, take them for yourself. Tracking your progress visually every couple of weeks can be one of the most motivating tools on your journey.

Remember, this Challenge isn't just about how you look. While the scale and photos are helpful for measuring progress, they're not the only ways to define success. It's about getting stronger, feeling healthier, having more energy, and building confidence in yourself and what you're capable of.

*If you plan to upload photos, the deadline is
January 15 at 11 pm EST / 8 pm PST.*

HOW TO TAKE YOUR 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:

#MINDBODY25

**GO HERE TO UPLOAD
YOUR PHOTOS**



YOUR TRAINERS ON THE FORUMS



Your coaches throughout this Challenge are me (of course!), along with Maureen and Naomi from the NW Fitness Training Team. It's an amazing crew – if I do say so myself – with nearly 70 years of combined experience helping women like you reach their goals.

We've pretty much seen and heard it all, and our mission is to support you however we can, and cheer you on every step of the way.

You'll find us (and your fellow Challengers!) hanging out in the **Challenge Forums**, where you can ask us questions about the program, get tips, and connect with your fellow challengers. It's a great space to share experiences, stay motivated, and learn from each other – so jump in and make the most of it!

We'll be online daily, ready to help out:

Forum Hours (EST):

- Monday - Friday 5 am to 8 pm
- Saturday - Sunday 8 am to 2 pm



CLICK HERE TO VISIT THE FORUMS

We do our best to answer questions as quickly as possible, but if you post outside of these hours, don't worry – we'll get back to you the next day!

Quick Tip:

Please keep all Challenge-related questions on the forums rather than the Facebook Community Page. This way, you'll get answers directly from our team and avoid any confusion from well-meaning members who might not have the right info.

For technical issues (like broken links, login trouble, or uploading photos), just shoot us an email at challenges@nicolewilkins.com.



WEEKLY PRIZE GIVEAWAYS



We'll be handing out prizes weekly throughout the Challenge, to those of you posting about your journey on social media. This is your chance to show off all the hard work you're putting in, the fun you're having, what you're eating, or any other part of your experience!

I'll be searching for posts on Instagram and Facebook that use our official Challenge hashtags, and each week I'll pick three winners to receive some awesome prizes.

How to Enter:

1. Make sure your profile is public so I can see your posts.
2. Use the hashtags below to make sure your post is in the running.

So, whether it's a sweaty selfie, a tasty meal, or a moment that makes you proud, I'm excited to follow along with your journey and celebrate your progress!

Hashtags:

[#nicolewilkinschallenge](#)
[#nwbreakthrough](#)

**Let's make this your breakthrough year
 – I'm rooting for you!**

WEEKLY CHALLENGE CALENDAR

NICOLE WILKINS
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CHALLENGE



CALENDAR

PHASE 1



LOAD BEFORE PHOTOS
JANUARY 8-15

WEEK 1

MONDAY, JAN 13	TUESDAY, JAN 14	WEDNESDAY, JAN 15	THURSDAY, JAN 16	FRIDAY, JAN 17	SATURDAY, JAN 18	SUNDAY, JAN 19
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
UPPER BODY	LOWER BODY	OFF	UPPER BODY	LOWER BODY	TOTAL BODY/ MOBILITY (OPTIONAL)	OFF
		LAST DAY TO UPLOAD PHOTOS 				

WEEK 2

MONDAY, JAN 20	TUESDAY, JAN 21	WEDNESDAY, JAN 22	THURSDAY, JAN 23	FRIDAY, JAN 24	SATURDAY, JAN 25	SUNDAY, JAN 26
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
UPPER BODY	LOWER BODY	OFF	UPPER BODY	LOWER BODY	TOTAL BODY/ MOBILITY (OPTIONAL)	OFF

WEEK 3

MONDAY, JAN 27	TUESDAY, JAN 28	WEDNESDAY, JAN 29	THURSDAY, JAN 30	FRIDAY, JAN 31	SATURDAY, FEB 1	SUNDAY, FEB 2
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
UPPER BODY	LOWER BODY	OFF	UPPER BODY	LOWER BODY	TOTAL BODY/ MOBILITY (OPTIONAL)	OFF

KEEP GOING TO WEEK 4



CALENDAR

PHASE 2

WEEK 4	MONDAY, FEB 3 DAY 22 <input type="checkbox"/> UPPER BODY	TUESDAY, FEB 4 DAY 23 <input type="checkbox"/> LOWER BODY	WEDNESDAY, FEB 5 DAY 24 <input type="checkbox"/> OFF	THURSDAY, FEB 6 DAY 25 <input type="checkbox"/> UPPER BODY	FRIDAY, FEB 7 DAY 26 <input type="checkbox"/> LOWER BODY	SATURDAY, FEB 8 DAY 27 <input type="checkbox"/> TOTAL BODY/ MOBILITY (OPTIONAL)	SUNDAY, FEB 9 DAY 28 <input type="checkbox"/> OFF
	MONDAY, FEB 10 DAY 29 <input type="checkbox"/> UPPER BODY	TUESDAY, FEB 11 DAY 30 <input type="checkbox"/> LOWER BODY	WEDNESDAY, FEB 12 DAY 31 <input type="checkbox"/> OFF	THURSDAY, FEB 13 DAY 32 <input type="checkbox"/> UPPER BODY	FRIDAY, FEB 14 DAY 33 <input type="checkbox"/> LOWER BODY	SATURDAY, FEB 15 DAY 34 <input type="checkbox"/> TOTAL BODY/ MOBILITY (OPTIONAL)	SUNDAY, FEB 16 DAY 35 <input type="checkbox"/> OFF
	MONDAY, FEB 17 DAY 36 <input type="checkbox"/> UPPER BODY	TUESDAY, FEB 18 DAY 37 <input type="checkbox"/> LOWER BODY	WEDNESDAY, FEB 19 DAY 38 <input type="checkbox"/> OFF	THURSDAY, FEB 20 DAY 39 <input type="checkbox"/> UPPER BODY	FRIDAY, FEB 21 DAY 40 <input type="checkbox"/> LOWER BODY	SATURDAY, FEB 22 DAY 41 <input type="checkbox"/> TOTAL BODY/ MOBILITY (OPTIONAL)	SUNDAY, FEB 23 DAY 42 <input type="checkbox"/> OFF
	UPLOAD AFTER PHOTOS						
	MONDAY, FEB 24	MONDAY, FEB 25	UPLOAD YOUR AFTER PHOTOS				

**CONGRATULATIONS
YOU DID IT!** 🙌

TRAINING

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Let's Get After It!

This training program is all about keeping you engaged, challenged, and making progress toward your goals. Whether you're here to build muscle, burn fat, get stronger, or feel more confident and capable, we're going to get you there – as long as you're willing to put in the work.

The plan is split into two training phases, each lasting three weeks (Weeks 1–3 and Weeks 4–6). Each phase consists of four workouts per week, with an optional fifth should you choose to do it.

Why optional? Because four workouts a week is more than enough to make the progress you're hoping for. Remember, the goal here is consistency! So if you're one of those people who has fallen off in the past after biting off more than they can chew, don't overwhelm yourself!

That said, if you're someone who feels like four workouts a week isn't enough, feel free to add in the optional fifth workout.

Each workout targets a different aspect of fitness – you'll tackle heavy lifts to build raw strength, dynamic circuits to boost endurance, and explosive finishers to test your power and stamina.

The workouts combine traditional compound movements like squats, rows, and presses with accessory work for smaller muscle groups (biceps, triceps, rear delts) and functional exercises to improve how you move and feel in everyday life. Plus, I've included mobility work to keep your body flexible and aid recovery so you're ready to crush each session.

Every workout is designed to take roughly 45 minutes — plenty of time to make serious progress when you're giving it your all.

Here's an overview of the program structure:

- » **Format:** A conjugate-style system with a rotating focus each day (strength, hypertrophy, power, endurance, and core).
- » **Duration:** 6 weeks (split into two phases: Phase 1 for Weeks 1–3 and Phase 2 for Weeks 4–6).
- » **Workouts per Week:** 4-5 (includes 1 optional total – body and mobility session).
- » **Workout Length:** 45 minutes (approximately)
- » **Equipment Needed:** Dumbbells, a mat, a bench, and an optional barbell (with alternatives provided for everything).

TRAINING SPLIT

MONDAY **UPPER BODY**

TUESDAY **LOWER BODY**

WEDNESDAY **OFF**

THURSDAY **UPPER BODY**

FRIDAY **LOWER BODY**

SATURDAY **TOTAL BODY + MOBILITY**

SUNDAY **OFF**

**Feel free to move these workouts around to fit your schedule.*

PUSH YOURSELF TO SEE REAL RESULTS

If you've done one of my Challenges before, you know how much I emphasize pushing your limits, without rising injury of course. And by that, I mostly mean try to lift heavy and with a level of intensity that goes beyond just going through the motions.

Heavy is different for everyone, so I can't tell you exactly what that means for you. But if you're consistently using 12–15 pound dumbbells for certain exercises, step out of your comfort zone and try to use the 20s. Even if you don't hit every listed rep, you'll be challenging yourself and really working the muscle. You can always drop back down if it's too much.

As a general rule, you should be struggling on the last 2–3 reps of each working set.

This Challenge is built on the principle of Progressive Overload – gradually challenging your body to do a little more each week to build strength and see real progress. You can do this by increasing the weight you're lifting, adding a few extra reps, or shortening your rest periods. Even small adjustments, like adding just 2.5 pounds to the same exercises week over week, will add up over time and lead to noticeable results.

FOLLOW ALONG AND WORKOUT WITH ME

These 45-minute workouts are all follow-along sessions, so all you have to do is press play and get after it with me.

You'll still have your training charts included in this eBook, just like in previous Challenges, but instead of individual exercise demos, I'll guide you through every movement in the workout videos. I'll give you form tips, cues, and adjustments – including modifications if you don't have access to certain equipment.

You can access all of these workouts by clicking the “START THE WORKOUT” link at the bottom of every workout chart.


I know you're going to love this format as much as the last time – now let's get to work!

WORKOUT PHASE 1 | WEEKS 1-3

DAY 1: MONDAY - UPPER BODY (STRENGTH FOCUS)

Rest 60 seconds after all all sets/trisets unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <small>Perform 3 rounds minimal to no rest</small>		
Arm Swings	3	5 (each arm)
Cat-Cow	3	5
Downward Dog with Calf Pedal to 2 Push-Ups	3	5
Scapular Push-Up	3	5
Dumbbell Bench Press	5	5
TRISSET		
Two Arm Dumbbell Row	3	8-10
1¼ Rep Arnold Press	3	8-10
Standing Overhead Dumbbell Triceps Extension	3	8-10*
<small>*tempo 3-1-1</small>		
CIRCUIT: 9 minutes <small>Perform 3 rounds 45 seconds each exercise followed by 15 seconds rest</small>		
Standing Dumbbell Lateral Raise to Curl		45 seconds
Dumbbell Chest Fly to Leg Lift		45 seconds
Ab Roll-Up*		45 seconds
<small>*use dumbbell</small>		
CIRCUIT: 9 minutes <small>Perform 3 rounds 45 seconds each exercise followed by 15 seconds rest</small>		
Dumbbell Push Press		45 seconds
Plank Row to Plank Jack		45 seconds
Bench Step-Up		45 seconds

START THE WORKOUT 

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THE WORKOUTS

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WORKOUT PHASE 1 | WEEKS 1-3

DAY 1: MONDAY - UPPER BODY (STRENGTH FOCUS)

Rest 60 seconds after all all sets/trisets/circuits unless otherwise noted

EXERCISE

SETS

REPS/TIME

WARMUP

Perform 3 rounds | minimal to no rest

Arm Swings

3

5 (each arm)

Cat-Cow

3

5

Downward Dog with Calf Pedal to 2 Push-Ups

3

5

Scapular Push-Up

3

5

Dumbbell Bench Press

5

5

TRISSET

Two Arm Dumbbell Row

3

8-10

1¼ Rep Arnold Press

3

8-10

Standing Overhead Dumbbell Triceps Extension

3

8-10*

*tempo 3-1-1-1

CIRCUIT: 9 minutes

Perform 3 rounds | 45 seconds each exercise followed by 15 seconds rest

Standing Dumbbell Lateral Raise to Curl

45 seconds

Dumbbell Chest Fly to Leg Lift

45 seconds

Ab Roll-Up*

45 seconds

*use dumbbell

CIRCUIT: 9 minutes

Perform 3 rounds | 45 seconds each exercise followed by 15 seconds rest

Dumbbell Push Press

45 seconds

Plank Row to Plank Jack

45 seconds

Bench Step-Up

45 seconds

START THE
WORKOUT



WORKOUT PHASE 1 | WEEKS 1-3

DAY 2: TUESDAY - LOWER BODY

Rest 60 seconds after all all sets/trisets unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP		
<i>Perform 3 rounds minimal to no rest</i>		
Runners Lunge with 3 Pulses (2x each leg)	3	2 (each leg)
Bodyweight Shifting Deep Squat <i>*shift bodyweight from side to side</i>	3	6
Bodyweight Squat Slow Squat	3	3
Split Squat With Side Reach	3	3 (each side)
Barbell Squat Alternative: Dumbbell Goblet Squat	4	8
TRISSET		
Dumbbell Hip Thrust <i>*10 full ROM/10 partials/10 full ROM/10 partials = 1 set</i>	4	10/10/10/10*
Dumbbell Sumo Squat	4	10-15
Side Lying Hip Abductions <i>*move from one side to the next with no rest in between</i>	4	10* (each side)
SUPERSET: 6 minutes		
<i>Perform each exercise for 30 seconds for a total of 4 rounds. Rest 30 seconds after each round.</i>		
Dumbbell Jump Squat		30 seconds
Dumbbell Reverse Lunge w/High Knee Twist <i>*perform all exercises with one leg before switching to the other</i>		30 seconds
SUPERSET: 6 minutes AMRAP		
<i>As many rounds as possible in 6 minutes rest when necessary</i>		
Dumbbell Romanian Deadlift to High Pull		10
Lateral Bounding Lunge		6 (each leg)

START THE
WORKOUT



MIND & BODY BREAKTHROUGH CHALLENGE

WORKOUT PHASE 1 | WEEKS 1-3

DAY 4: THURSDAY - UPPER BODY (MUSCLE GROWTH & VOLUME)

Rest 60 seconds after supersets/trisets/circuits unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 3 rounds minimal to no rest</i>		
Alternating World's Greatest Stretch with Hamstring Stretch	3	6
Wall Angels	3	5
Dumbbell External Rotation	3	10 (each arm)
Sumo Squat to Hamstring Stretch	3	5
SUPERSET		
Reverse Grip Barbell Row Alternative: Reverse Grip Dumbbell Row	4	8-10
1¼ Push-Up	4	5
TRISSET		
Dumbbell Around the World Lateral Raise to Drag Curl	3	10
Dumbbell Incline Hammer Curl	3	10
Dumbbell Close Grip Incline Presses	3	10
CIRCUIT <i>Perform 2 Rounds 40 seconds each exercise followed by 20 seconds rest</i>		
Lateral Shuffles to Burpee		40 seconds
Plank Shoulder Tap to Knee Tap		40 seconds
One-Arm Dumbbell Snatch to Overhead March <i>*Rd 1 right arm, Rd 2 left arm</i>		40 seconds
Plank Mountain Climber		40 seconds
CIRCUIT: 5 minutes AMRAP <i>As many rounds as possible in 5 minutes rest when necessary</i>		
Seated Rotational Press		10 (total)
Scissors		20 (total)
Weighted Side Plank Reach		5 (each side)

START THE
WORKOUT



WORKOUT PHASE 1 | WEEKS 1-3

DAY 5: FRIDAY - LOWER BODY/ACCESSORY/CORE

Rest 60 seconds after supersets/trisets/circuits unless otherwise noted

EXERCISE

SETS

REPS/TIME

WARMUP

Perform 2 rounds | minimal to no rest

Bodyweight Squat to Calf Raise

2

5

Bodyweight Single-Leg Deadlift to Knee Drive

2

5 (each leg)

High Knees with a Pause

2

10 (each leg)

Glute Bridge with March

2

10

TRISSET

Barbell Romanian Deadlift

2

10

Alternative: Dumbbell Romanian Deadlift

Bodyweight Bulgarian Split Squat Jump

2

5/5*

**Jump for the first 5 reps, no jump for the last 5 reps*

Single Leg Glute Raise To Leg Raise
w/Isometric Glute Raise

2

10/10

CIRCUIT: 12 minutes

Perform 4 rounds | 30 seconds each exercise followed by 15 seconds rest
Rd 1 and 3 right leg; Rd 2 and 4 left leg

Single Leg Dumbbell Romanian Deadlift*

**perform with one knee on bench*

30 seconds

Lateral Leg Lift Over the Bench

30 seconds

Clamshells

30 seconds

Dumbbell Reverse Lunge to Curtsy Lunge

30 seconds

CIRCUIT: 9 minutes EMOM

Every minute on the minute | Perform 3 rounds total

Minute 1//4//7: Lateral Frog Jumps to Broad Jump

Minute 2//5//8: Single Leg Dumbbell Skater with Deadlift

Minute 3//6//9: Alternating Single Arm Dumbbell Swings

TRISSET: 6 minutes AMRAP

As many rounds as possible in 6 minutes | rest when necessary

Alternating Tuckups

10

Dumbbell Windshield Wipers

8

Oblique Sit-Up

6 (each side)

START THE
WORKOUT



MIND & BODY BREAKTHROUGH CHALLENGE

WORKOUT PHASE 1 | WEEKS 1-3

DAY 5: SATURDAY - TOTAL BODY

Rest 60 seconds after supersets/trisets/circuits unless otherwise noted

EXERCISE

SETS

REPS/TIME

WARMUP

Perform for 10 minutes | minimal rest

Step Back with Chest Opener	30 seconds
Kneeling Hip Flexor + Overhead Side Reach	30 seconds (each side)
Standing Cat-Cow Flow	30 seconds
Cossack Squat Flow	60 seconds
Dynamic Scorpion Stretch	30 seconds (each side)
Rotational Warrior Flow	60 seconds

CIRCUIT: 12 minutes

Perform 3 rounds | 40 seconds each exercise followed by 20 seconds rest

Dumbbell Squat with Oblique Twist	40 seconds
Alternating Reverse Lunge with Hammer Curl to Overhead Press	40 seconds
Straddle Bench Step-Up with Knee Drive and Rotation	40 seconds
Alternating Lateral Lunge to Dumbbell Chop	40 seconds

CIRCUIT: 12 minutes

Perform 3 rounds | 40 seconds each exercise followed by 20 seconds rest

Alternating Single Leg Glute Raise with Lying Triceps Extension	40 seconds
Incline Dumbbell Push-Up to Renegade Row	40 seconds
Dumbbell Swing to Bench Tap	40 seconds
Walking Staggered Stance Deadlift to Dumbbell Halo	40 seconds

CIRCUIT

Perform 3 rounds | 30 seconds each exercise no rest between

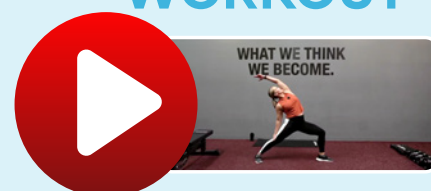
Mountain Climbers with Dumbbell Drag	30 seconds
Russian Twists	30 seconds

MOBILITY/STRETCHING

Perform for 10 minutes | 30 seconds a side for each exercise followed by a 30 seconds rest/transition after both sides are complete

Supine Spinal Twist
Frog Stretch with Arm Thread
Bench-Assisted Shoulder Opener*
*30 seconds arm straight/30 seconds elbow bend
Pigeon Pose on Bench with Forward Fold
Seated Butterfly Stretch with Thoracic Extension*
*30 seconds forward/30 seconds side bend right/30 seconds side bend left
Child's Pose with Side Reach

START THE
WORKOUT



WORKOUT PHASE 2 | WEEKS 4-6

DAY 1: MONDAY - UPPER BODY

Rest 60 seconds after all all sets/trisets/circuits unless otherwise noted

EXERCISE

SETS

REPS/TIME

WARMUP

Perform 2 rounds | minimal to no rest

Arm Crossovers with Step-Back
 Quadruped Thoracic Rotations
 Standing Scapular Retractions
 Prone I-T-Y Raises

5 (each side)
 5 (each side)
 5
 5 (of each)

Standing Barbell Overhead Press

5

6-8

TRISSET

Barbell Pendlay Row

Alternative: Dumbbell Pendlay Row

3

8-10

Static Hold Incline Dumbbell Press

3

10-12

Reciprocating Dumbbell Triceps Kickback

3

10-12

CIRCUIT: 12 minutes

Perform 3 Rounds | 45 seconds each exercise followed by 15 seconds rest

Dumbbell Lateral Raise to Front Raise

45 seconds

Dumbbell Flye with Leg Raise Combo

45 seconds

Hollow Hold Dumbbell Presses

45 seconds

Reverse Plank March

45 seconds

TRISSET: 9 minutes

Perform 3 rounds | 40 seconds each exercise followed by 20 seconds rest

Dumbbell Up and Overs

40 seconds

Dumbbell Renegade Row with Push-Up

40 seconds

Bench Hop Up and Over

40 seconds

START THE
WORKOUT



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WORKOUT PHASE 2 | WEEKS 1-3

DAY 2: TUESDAY - LOWER BODY

Rest 60 seconds after all all sets/trisets/circuits unless otherwise noted

EXERCISE

SETS

REPS/TIME

WARMUP

Perform 3 rounds | minimal to no rest

Alternating Cossack Squat with Arm Sweep

Forward and Back Lunge

Inchworm to Spider Stretch

Single-Leg Glute Bridge with Reach

5 (each side)

3 (each leg)

5

5 (each side)

Sumo Deadlift

Alternative: Dumbbell Sumo Deadlift

4

8

TRISSET

Quadruped Leg Circles

Dumbbell Curtsy Step-Up

Dumbbell Bulgarian Split Squat with Rear Leg Lift

3

3

3

30 seconds
(each leg)

10 (each leg)

8 (each leg)

CIRCUIT: 12 minutes

Perform 4 rounds | 40 seconds each exercise followed by 20 seconds rest

Bear Crawl (in a square)

Weighted Wall Sit

Dumbbell Good Morning

40 seconds

40 seconds

40 seconds

TRISSET: 6 minutes AMRAP

As many rounds as possible in 6 minutes | rest when necessary

Dumbbell Clean to Thruster

Sumo Squat Pulse with Weight Pass

Skaters

3

3

3

10

12

12

START THE
WORKOUT



MIND & BODY BREAKTHROUGH CHALLENGE

WORKOUT PHASE 2 | WEEKS 1-3

DAY 4: THURSDAY - UPPER BODY

Rest 60 seconds after all all sets/supersets/trisets/circuits unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 2 rounds minimal to no rest</i>		
Sumo Squat with Rotation	2	5 (each side)
Lunge with a Reach	2	5 (each side)
Cat-Cow with Elbow Reach	2	5 (each side)
Dumbbell Cuban Press	2	10
SUPERSET		
Bench Press Alternative: Dumbbell Bench Press	4	6-8
Bent Over Dumbbell Row	4	8-10
TRISSET		
Dumbbell Zottman Curl	3	10
Dumbbell Rear Delt Raise	3	10
Barbell Close Grip Bench Press Alternative: Dumbbell Close Grip Bench Press	3	10
CIRCUIT: 12 minutes <i>Perform 3 rounds 40 seconds each exercise followed by 20 seconds rest</i>		
Lateral Plank Walk to Pushup		40 seconds
Deadstop Dumbbell Swing		40 seconds
Dumbbell Lunge (left leg) with Shoulder Press to Overhead Triceps Extension		40 seconds
Dumbbell Lunge (right leg) with Biceps Curl		40 seconds
TRISSET: 5 minutes AMRAP <i>As many rounds as possible in 5 minutes rest when necessary</i>		
Weighted Dead Bugs		10 (each side)
Weighted Sit-Up with Overhead Reach		10
Plank Hip Dip		10 (each side)

START THE
WORKOUT



WORKOUT PHASE 2 | WEEKS 1-3

DAY 5: FRIDAY - LOWER BODY/CORE

Rest 60 seconds after all all sets/supersets/trisets/circuits unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 2 rounds minimal to no rest</i>		
Squat with Alternating Arm Circle		10
Side-Lying Clamshell to Hip Lift		10 (each side)
Dynamic Hinge and Reach Stretch		5
TRISSET		
Barbell Kang Squat	3	10
Dumbbell Step Up to Reverse Lunge	3	8 (each leg)
Narrow Stance Dumbbell Squat <i>*3-1-1 tempo</i>	3	10/10 (drop set)
CIRCUIT: 12 minutes <i>Perform 3 rounds 30 seconds each exercise followed by 15 seconds rest</i>		
Dumbbell Low Lunge with Pulse Right Leg		30 seconds
Dumbbell Low Lunge with Pulse Left Leg		30 seconds
Bench Supported Reverse Hyper Extension		30 seconds
Side Pilates Leg Raise Right Leg (2 second hold)		30 seconds
Side Pilates Leg Raise Left Leg (2 second hold)		30 seconds
CIRCUIT: 6 minutes EMOM <i>Every minute on the minute Perform 2 rounds total</i>		
Minute 1//4: Jump Squat + Squat to Calf Raise		10-12
Minute 2//5: Alternating Lunge Jumps		10-12 (each leg)
Minute 3//6: Alternating Dumbbell Snatch		10 (each arm)
TRISSET: 6 minutes AMRAP <i>As many rounds as possible in 6 minutes rest when necessary</i>		
Plank Rocks		12
Straddle-Up		8
Dumbbell Turkish Sit-Ups		6 (each side)

START THE
WORKOUT



WE BECOME.



MIND & BODY BREAKTHROUGH CHALLENGE

WORKOUT PHASE 2 | WEEKS 1-3

DAY 5: SATURDAY - TOTAL BODY/MOBILITY

Rest 60 seconds after all all supersets/circuits unless otherwise noted

EXERCISE

SETS

REPS/TIME

WARMUP

Perform 3 rounds | minimal to no rest

Lateral Leg Swing	3	10 (each side)
Spider Stretch with Overhead Reach	3	3 (each side)
Cossack Squat to Single-Arm Overhead Reach	3	5 (each side)
Dynamic Frog Stretch with Push-Up	3	5

CIRCUIT: 12 minutes

Perform 3 rounds | 40 seconds each exercise followed by 20 seconds rest

Dumbbell Curl to Supine Front Raise	40 seconds
Bench Dip with Alternating Leg Raise	40 seconds
Single Arm Dumbbell Thruster with Knee Raise	40 seconds
Barbell Push Press to Alternating Reverse Lunge	40 seconds
Alternative: Dumbbell Push Press to Alternating Reverse Lunge	
Barbell Deadlift to Row	40 seconds
Alternative: Dumbbell Deadlift To Row	

SUPERSET

Perform 3 rounds with no rest

Dumbbell Bear Crawl with Pull-Through	3	30 seconds
Flutter Kicks with Dumbbell Hold	3	30 seconds

MOBILITY/STRETCHING

Perform for 10 minutes | Hold each pose for 30 seconds

Elevated Pigeon Pose	30 seconds
Chest Stretch on bench	30 seconds
90/90 Stretch	30 seconds
Bench Supported Quad Stretch	30 seconds
Dumbbell Calf Stretch	30 seconds
Seated Figure 4 Stretch	30 seconds
Pike Stretch with Toe Point and Flex	30 seconds
Childs Pose with Side Reach	30 seconds

START THE
WORKOUT



RECOVERY

NICOLE WILKINS
MIND & BODY
**BREAK
THROUGH**
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
MIND & BODY
**BREAK
THROUGH**
CHALLENGE

Who's ready to eat?

If there's one thing that will have the biggest impact on your results during this Challenge, it's your nutrition. Sure, the workouts, recovery work, hydration, and sleep all play important roles, but how closely you follow your meal plan will be the driving force behind everything.

The foods you eat will fuel your workouts, enhance recovery, and ultimately determine how you feel and perform throughout this program.

This is the part that can probably feel the most overwhelming at first – especially if it's been a while since you've followed a structured plan.

The good news? It gets easier as you go. After just a couple of weeks, you'll find that prepping your meals in advance, weighing your food, and doing it consistently starts to feel like second nature.

And once you begin to see the results – more energy, better workouts, noticeable changes in your body – you'll know it's all worth it!

Remember to stay committed, trust the process, and know that it's okay to have a learning curve. The more effort you put into this aspect of the Challenge, the greater your results will be – and the easier it will become to maintain these habits long after the Challenge is over.

You've got this, and I'm here to guide you every step of the way!

4 TIPS TO SET YOURSELF UP FOR SUCCESS

- 1. Watch the bonus nutrition videos.** You can find those [here](#). I'll walk you through how to use the Food Exchange List, how to meal prep in bulk so you can be prepared in advance and how to measure and weigh your food to make sure you're eating the right amounts for each meal.
- 2. Plan out your meals.** Don't try to change things up every day or do things on the fly. Plan out what you are going to eat at least one day in advance and stick to that plan. Check those ingredients off the grocery list so you know what to buy when you go and follow that for multiple days at a time before making any adjustments. You have to stay consistent in order to see results, and a failure to plan is one of the main reasons people don't.
- 3. Keep it simple.** There are a ton of options available to you if you use the Food Exchange List. Which is a great thing if you love variety and having options is going to go a long way in making sure you look forward to your meals. That said, it's easy to get overwhelmed with all those options. Pick a few meals that you love and use those as your staples each day.
- 4. Be patient, trust the process and don't fall back into old habits.** A lot of times, when people don't see immediate progress they start second guessing themselves – slashing carbs, cutting calories, even dropping meals entirely. Stay the course. The first week (sometimes up to two weeks) your body will be adjusting to the changes that you're making. Give it enough time to get into that new routine and allow yourself time to see if what you are doing is moving you in the right direction. Remember – you likely entered this Challenge because what you were doing previously wasn't working. So give the plan time to work – trust me, it will!

ABOUT THE MEAL PLANS

Like your workouts, the meal plans are broken up into two Phases

Phase 1 (Weeks 1-3): The first three weeks are all about fueling your body to perform at its best. With slightly higher calories during this phase, you'll have the energy to lift heavier, recover faster, and build the strength and resilience you'll need to set the stage for the results you want. Think of this as the foundation-building phase – it's where we lay the groundwork for everything to come.

Phase 2 (Weeks 4-6): During the second three weeks, we'll shift the focus to refining and revealing your hard work. By slightly reducing your caloric intake, this phase helps create a deficit that allows your body to burn fat while preserving the muscle and strength you've built in Phase 1. This phase is all about dialing in your consistency and pushing yourself to stay on track.

Plans are split up into three different ranges for women and two for men, based on height and weight. 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 that you may not fit exactly into one of the height/weight ranges for the meal plans. If you're not sure which meal plan to go with, follow this rule:

Always follow the meal plan that corresponds with your height.

For example, if you are 5'5 and weigh 175 pounds, you will follow Meal Plan 2 since the height range for that plan is 5'4 to 5'6.

SPICE IT UP

Here's one of the reasons people love these Challenge nutrition plans (along with the recipes!)—the Food Exchange List.

This list makes it easy to swap ingredients in and out of each meal. So if there's something you don't love or you're just looking to keep things interesting, you have options!

Don't worry about getting overwhelmed with choices. Most people find a few favorites and rotate those for the majority 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

If you want to make a substitution, just refer to the Food Exchange List and choose an item from the same food category. For example, if you'd like to swap a Lean Protein (LP) for another, just check the list and pick an alternative from that category. No macro counting or app needed – I've already done all that work for you!

One final note: each item listed is one full serving.

So if your plan calls for $\frac{1}{2}$ of a Lean Protein serving, you'll use half the listed amount. If it calls for two servings, simply double the amount shown (e.g., 4 oz becomes 8 oz).

LEAN PROTEIN (LP) SWAP



4oz Chicken Breast



4oz 99% Extra Lean Ground Turkey

STARCHY CARBOHYDRATE (SC) SWAP



100g Brown Rice



4oz Russet Potato

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



PREPARE TO SUCCEED

One of the biggest reasons meal plans tend to fail? Lack of preparation.

When hunger hits and there's no "clean" food ready, it's all too tempting to reach for the quickest option to curb those cravings. And let's face it – most quick fixes aren't going to help you reach your goals.

If meal prepping is new to you, head over to the **Bonus Nutrition Videos** section on the **Challenge homepage**. I've included videos showing exactly how I meal prep (these were recorded while I was prepping for the Figure Olympia, so you'll see how I set myself up for success over a week at a time).

If you grab the amounts listed in the Grocery List, you'll have everything you need to prep meals that'll last about four days.

Just remember – you won't need everything on that list! Double-check your meal plan before you shop, mark off the meals you'll be making, and cross – reference those with the Grocery List to save time and make shopping a breeze.



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**

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!

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.

NUTRITION

MEAL PLANS

NICOLE WILKINS
MIND & BODY
**BREAK
THROUGH**
CHALLENGE



FOOD TYPE

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

WOMEN'S MEAL PLAN 1

PHASE 1 | WEEKS 1-3

Height: Under 5'4
Weight: Under 130 lbs

MEAL 1

OPTION 1

- ($\frac{1}{2}$ F, SC, LP) 1 serving Cinnamon Roll Protein Waffles (RECIPE)

OPTION 2

- (SC) 40g oatmeal
- (LP) 1 scoop nPower Nutrition Isolate
- (F) 16g almond butter

MEAL 2

OPTION 1

- (LP) 8 oz nonfat plain Greek yogurt
- ($\frac{1}{2}$ FR) 14g honey
- (F) 8 crushed walnut halves

OPTION 2

- (F, SC, LP) 1 serving Smoked Salmon and Avocado Toast (RECIPE)

MEAL 3

OPTION 1

- ($\frac{3}{4}$ LP) 3 oz mahi mahi
- (SC) 100g brown rice
- (F) 15 almonds
- (V) 100g asparagus

OPTION 2

- ($\frac{3}{4}$ LP) 3 oz chicken breast
- (V) 100g spaghetti squash
- (V) 100g green beans
- ($\frac{3}{4}$ SC) 3 oz red potato
- (F) 14g butter

WOMEN'S MEAL PLAN 1

PHASE 1 | WEEKS 1-3

Height: Under 5'4
Weight: Under 130 lbs

MEAL 4

OPTION 1

- ($\frac{1}{4}$ F, SC, LP) 1 serving Chipotle Chicken Burrito Bowl (RECIPE)
- ($\frac{1}{2}$ F) 1 oz avocado

OPTION 2

- ($\frac{3}{4}$ FP) 3 oz 90/10 ground beef
- (SC) 4 oz sweet potato
- (V) 100g zucchini

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

- (LP) 1 scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (OC) 8 oz unsweetened almond milk

OPTION 2

- (LP) 225g nonfat cottage cheese
- ($\frac{3}{4}$ FR) 150g blueberries

MEAL TOTALS

Meal 5/Post Workout Meal

216 calories, 30g carbs, 24g protein, 0g fat

All Other Meals

306 calories, 30g carbs, 24g protein, 10g fat

DAILY GOALS

Calories: 1440

Carbs: 150g

Protein: 120g

Fat: 40g



FOOD TYPE

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

WOMEN'S MEAL PLAN 1 PHASE 2 | WEEKS 4-6

Height: Under 5'4
Weight: Under 130 lbs

MEAL 1

OPTION 1

- (F, SC, LP) 1 serving Molten Chocolate Peanut Butter Protein Mug Cake (RECIPE)

OPTION 2

- (½ LP) 3 egg whites
- (½ LP) 2 oz 99% extra lean ground turkey
- (½ F) 1 oz guacamole
- (SC) 1 whole wheat tortilla
- (OC) 2 tbsp salsa

MEAL 2

OPTION 1

- (¾ LP) 6 oz plain nonfat Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Vanilla Cupcake Isolate
- (½ FR) 100g blueberries
- (F) 10 ml Udo's Oil

OPTION 2

- (F, 2 V, FP) 1 serving Thai Turkey Lettuce Wraps with Peanut Sauce (RECIPE)
- (½ SC) 2 oz sweet potato

MEAL 3

OPTION 1

- (¾ LP) 3 oz chicken breast
- (½ SC) 50g cous cous
- (½ V) 150g cucumber
- (½ V) 5 cherry tomatoes
- (F) 10 ml olive oil

OPTION 2

- (FP) 4 oz 93% lean ground turkey
- (½ SC) 50g white rice
- (V) 100g broccoli

WOMEN'S MEAL PLAN 1

PHASE 2 | WEEKS 4-6

Height: Under 5'4
Weight: Under 130 lbs

MEAL 4

OPTION 1

- (¾ LP) 3 oz cod
- (F) 28g parmesan cheese
- (V) 100g yellow squash
- (V) 100g Brussel sprouts

OPTION 2

- (FP) 4 oz salmon
- (¾ SC) 3 oz Russet potato
- (V) 100g asparagus

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

- (⅓ SC) 50g corn
- (⅓ SC) 50g green peas
- (⅓ SC) 85g carrots
- (¾ LP) 3 oz 99% extra lean ground turkey

OPTION 2

- (LP) 1 scoop nPower Nutrition Isolate
- (FR) 1 oz box raisins

MEAL TOTALS

Meal 5/Post Workout Meal

184 calories, 20g carbs, 26g protein, 0g fat

All Other Meals

283 calories, 20g carbs, 26g protein, 11g fat

DAILY GOALS

Calories: 1316

Carbs: 100g

Protein: 130g

Fat: 44g



FOOD TYPE

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

WOMEN'S MEAL PLAN 2

PHASE 1 | WEEKS 1-3

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

MEAL 1

OPTION 1

- ($\frac{1}{2}$ F, SC, LP) 1 serving Cinnamon Roll Protein Waffles (RECIPE)
 - ($\frac{1}{2}$ LP) 3 egg whites
 - ($\frac{1}{2}$ F) 1 yolk
 - ($\frac{1}{2}$ FR) 125g strawberries
- *this meal contains 2 egg whites and one whole egg*

OPTION 2

- ($\frac{1}{4}$ SC) 50g oatmeal
- (LP) 1 scoop nPower Nutrition Isolate
- (F) 16g almond butter

MEAL 2

OPTION 1

- ($\frac{1}{4}$ LP) 10 oz nonfat plain Greek yogurt
- ($\frac{1}{2}$ FR) 14g honey
- (F) 8 crushed walnut halves

OPTION 2

- (F, SC, LP) 1 serving Smoked Salmon and Avocado Toast (RECIPE)

MEAL 3

OPTION 1

- ($\frac{3}{4}$ LP) 3 oz mahi mahi
- ($\frac{1}{4}$ SC) 125g brown rice
- (F) 15 almonds
- (V) 100g asparagus

OPTION 2

- (LP) 4 oz chicken breast
- (V) 100g spaghetti squash
- (V) 100g green beans
- (SC) 4 oz red potato
- (F) 14g butter

WOMEN'S MEAL PLAN 2

PHASE 1 | WEEKS 1-3

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

MEAL 4

OPTION 1

- ($\frac{1}{4}$ F, SC, LP) 1 serving Chipotle Chicken Burrito Bowl (RECIPE)
 - (F) 2 oz avocado
 - ($\frac{1}{4}$ LP) 1 oz chicken*
- *add to bowl

OPTION 2

- (FP) 4 oz 90/10 ground beef
- ($\frac{1}{4}$ SC) 5 oz sweet potato
- (V) 100g zucchini

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

- ($1\frac{1}{2}$ LP) $1\frac{1}{2}$ scoops nPower Nutrition Isolate
- (FR) 1 medium banana
- (OC) 8 oz unsweetened almond milk

OPTION 2

- ($1\frac{1}{4}$ LP) 282g nonfat cottage cheese
- ($\frac{3}{4}$ FR) 150g blueberries

MEAL TOTALS

Meal 5/Post Workout Meal

260 calories, 35g carbs, 30g protein, 0g fat

All Other Meals

359 calories, 35g carbs, 30g protein, 11g fat

DAILY GOALS

Calories: 1696

Carbs: 175g

Protein: 150g

Fat: 44g



FOOD TYPE

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

WOMEN'S MEAL PLAN 2

PHASE 2 | WEEKS 4-6

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

MEAL 1

OPTION 1

- (F, SC, LP) 1 serving Molten Chocolate Peanut Butter Protein Mug Cake (RECIPE)

OPTION 2

- (½ LP) 3 egg whites
- (¾ LP) 3 oz 99% extra lean ground turkey
- (¾ F) 1.5 oz guacamole
- (SC) 1 whole wheat tortilla
- (OC) 2 tbs salsa

MEAL 2

OPTION 1

- (LP) 8 oz plain nonfat Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Vanilla Cupcake Isolate
- (½ FR) 100g blueberries
- (F) 10 ml Udo's Oil

OPTION 2

- (F, 2 V, FP) 1 serving Thai Turkey Lettuce Wraps with Peanut Sauce (RECIPE)
- (½ SC) 2 oz sweet potato
- (¼ LP) 56g nonfat cottage cheese

MEAL 3

OPTION 1

- (LP) 4 oz chicken breast
- (¾ SC) 75g cous cous
- (½ V) 150g cucumber
- (½ V) 5 cherry tomatoes
- (F) 10 ml olive oil

OPTION 2

- (1¼ FP) 5 oz 93% lean ground turkey
- (¾ SC) 75g white rice
- (V) 100g broccoli

WOMEN'S MEAL PLAN 2

PHASE 2 | WEEKS 4-6

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

MEAL 4

OPTION 1

- (F, SC, V, LP) 1 serving Herb-Crusted Cod with Quinoa Pilaf (RECIPE)

OPTION 2

- (FP) 5 oz salmon
- (1¼ SC) 5 oz Russet potato
- (V) 100g asparagus

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

- (⅓ SC) 50g corn
- (⅓ SC) 50g green peas
- (½ SC) 125g carrots
- (LP) 4 oz 99% extra lean ground turkey

OPTION 2

- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (FR) 1 oz box raisins

MEAL TOTALS

Meal 5/Post Workout Meal

228 calories, 25g carbs, 32g protein, 0g fat

All Other Meals

336 calories, 25g carbs, 32g protein, 12g fat

DAILY GOALS

Calories: 1572

Carbs: 125g

Protein: 160g

Fat: 48g



FOOD TYPE

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

WOMEN'S MEAL PLAN 3

PHASE 1 | WEEKS 1-3

Height: Over 5'6
Weight: Over 150 lbs

MEAL 1

OPTION 1

- (½ F, SC, LP) 1 serving Cinnamon Roll Protein Waffles (RECIPE)
 - (½ LP) 3 egg whites
 - (F) 2 yolks
 - (½ FR) 125g strawberries
- *this meal contains 2 egg whites and one whole egg*

OPTION 2

- (1¼ SC) 50g oatmeal
- (1¼ LP) 1¼ scoops nPower Nutrition Isolate
- (F) 16g almond butter

MEAL 2

OPTION 1

- (1½ LP) 12 oz nonfat plain Greek yogurt
- (FR) 28g honey
- (F) 8 crushed walnut halves

OPTION 2

- (F, SC, LP) 1 serving Smoked Salmon and Avocado Toast (RECIPE)
- (½ F) 14g feta cheese
- (½ FR) ½ medium apple

MEAL 3

OPTION 1

- (LP) 4 oz mahi mahi
- (1¼ SC) 125g brown rice
- (F) 15 almonds
- (V) 100g asparagus

OPTION 2

- (1¼ LP) 5 oz chicken breast
- (V) 100g spaghetti squash
- (V) 100g green beans
- (SC) 4 oz red potato
- (F) 14g butter

WOMEN'S MEAL PLAN 3

PHASE 1 | WEEKS 1-3

Height: Over 5'6
Weight: Over 150 lbs

MEAL 4

OPTION 1

- ($\frac{1}{4}$ F, SC, LP) 1 serving Chipotle Chicken Burrito Bowl (RECIPE)
- (F) 2 oz avocado
- ($\frac{1}{2}$ LP) 2 oz chicken*
*add to bowl
- ($\frac{1}{2}$ SC) 50g brown rice

OPTION 2

- (FP) 4 oz 90/10 ground beef
- ($\frac{1}{2}$ SC) 6 oz sweet potato
- (V) 100g zucchini

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) $1\frac{1}{2}$ scoops nPower Nutrition Isolate
- ($\frac{1}{2}$ FR) $1\frac{1}{2}$ medium bananas
- (OC) 8 oz unsweetened almond milk

OPTION 2

- ($\frac{1}{2}$ LP) 339g nonfat cottage cheese
- ($\frac{3}{4}$ FR) 150g blueberries

MEAL TOTALS

Meal 5/Post Workout Meal
304 calories, 40g carbs, 36g protein, 0g fat

All Other Meals
421 calories, 40g carbs, 36g protein, 13g fat

DAILY GOALS

Calories: 1988
Carbs: 200g
Protein: 180g
Fat: 52g



FOOD TYPE

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

WOMEN'S MEAL PLAN 3

PHASE 2 | WEEKS 4-6

Height: Over 5'6
Weight: Over 150 lbs

MEAL 1

OPTION 1

- (F, SC, LP) 1 serving Molten Chocolate Peanut Butter Protein Mug Cake (RECIPE)
- (SC) 75g edamame beans

OPTION 2

- (½ LP) 3 egg whites
- (½ LP) 2 oz 99% extra lean ground turkey
- (F) 2 oz guacamole
- (SC) 1 whole wheat tortilla
- (½ V) 50g red pepper
- (OC) 2 tbsp salsa

MEAL 2

OPTION 1

- (¾ LP) 6 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Vanilla Cupcake Isolate
- (¾ FR) 150g blueberries
- (F) 10 ml Udo's Oil

OPTION 2

- (F, 2 V, FP) 1 serving Thai Turkey Lettuce Wraps with Peanut Sauce (RECIPE)
- (¾ SC) 3 oz sweet potato
- (½ LP) 113g nonfat cottage cheese

MEAL 3

OPTION 1

- (1¼ LP) 5 oz chicken breast
- (SC) 100g cous cous
- (½ V) 150g cucumber
- (½ V) 5 cherry tomatoes
- (F) 10 ml olive oil

OPTION 2

- (1½ FP) 6 oz 93% lean ground turkey
- (SC) 100g white rice
- (V) 100g broccoli

WOMEN'S MEAL PLAN 3

PHASE 2 | WEEKS 4-6

Height: Over 5'6
Weight: Over 150 lbs

MEAL 4

OPTION 1

- (F, SC, V, LP) 1 serving Herb-Crusted Cod with Quinoa Pilaf (RECIPE)
- (½ LP) 2 oz cod (add to recipe)

OPTION 2

- (1½ FP) 6 oz salmon
- (1¼ SC) 5 oz Russet potato
- (V) 100g asparagus

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

- (⅓ SC) 50g corn
- (⅓ SC) 50g green peas
- (½ SC) 125g carrots
- (1¼ LP) 5 oz 99% extra lean ground turkey

OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate
- (FR) 1 oz box raisins

MEAL TOTALS

Meal 5/Post Workout Meal

272 calories, 30g carbs, 38g protein, 0g fat

All Other Meals

389 calories, 30g carbs, 38g protein, 13g fat

DAILY GOALS

Calories: 1828

Carbs: 150g

Protein: 190g

Fat: 52g



FOOD TYPE

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

MEN'S MEAL PLAN 1 PHASE 1 | WEEKS 1-3

Height: Under 5'10
Weight: Under 190 lbs

MEAL 1

OPTION 1

- (½ F, SC, LP) 1 serving Cinnamon Roll Protein Waffles (RECIPE)
 - (½ LP) 3 egg whites
 - (F) 2 yolks
 - (½ FR) 250g strawberries
- *this meal contains 1 egg whites and two whole eggs*

OPTION 2

- (1½ SC) 60g oatmeal
- (1½ LP) 1½ scoops nPower Nutrition Isolate
- (F) 16g almond butter

MEAL 2

OPTION 1

- (1½ LP) 12 oz nonfat plain Greek yogurt
- (FR) 28g honey
- (F) 8 crushed walnut halves
- (¾ LP) 3 slices turkey bacon

OPTION 2

- (1½ F, 1½ SC, 1½ LP) 1 serving Smoked Salmon and Avocado Toast (RECIPE)

MEAL 3

OPTION 1

- (1¼ LP) 5 oz mahi mahi
- (1½ SC) 150g brown rice
- (F) 15 almonds
- (V) 100g asparagus

OPTION 2

- (1½ LP) 6 oz chicken breast
- (V) 100g spaghetti squash
- (V) 100g green beans
- (1½ SC) 6 oz red potato
- (F) 14g butter

MEN'S MEAL PLAN 1

PHASE 1 | WEEKS 1-3

Height: Under 5'10
Weight: Under 190 lbs

MEAL 4

OPTION 1

- ($\frac{1}{4}$ F, SC, LP) 1 serving Chipotle Chicken Burrito Bowl (RECIPE)
- (F) 2 oz avocado
- ($\frac{3}{4}$ LP) 3 oz chicken*
*add to bowl
- ($\frac{3}{4}$ SC) 75g brown rice

OPTION 2

- ($1\frac{1}{4}$ FP) 5 oz 90/10 ground beef
- ($1\frac{3}{4}$ SC) 7 oz sweet potato
- (V) 100g zucchini

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

- (2 LP) 2 scoops nPower Nutrition Isolate
- ($1\frac{1}{2}$ FR) $1\frac{1}{2}$ medium bananas
- (OC) 8 oz unsweetened almond milk

OPTION 2

- ($1\frac{1}{2}$ LP) 339g nonfat cottage cheese
- (FR) 200g blueberries

MEAL TOTALS

Meal 5/Post Workout Meal

348 calories, 45g carbs, 42g protein, 0g fat

All Other Meals

474 calories, 45g carbs, 42g protein, 14g fat

DAILY GOALS

Calories: 2244

Carbs: 225g

Protein: 210g

Fat: 55g



FOOD TYPE

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

MEN'S MEAL PLAN 1 PHASE 2 | WEEKS 4-6

Height: Under 5'10
Weight: Under 190 lbs

MEAL 1

OPTION 1

- (1½ F, 1½ SC, 1½ LP) 1 serving Molten Chocolate Peanut Butter Protein Mug Cake (RECIPE)

OPTION 2

- (LP) 6 egg whites
- (¾ LP) 3 oz 99% extra lean ground turkey
- (F) 2 oz guacamole
- (SC) 1 whole wheat tortilla
- (½ V) 50g red pepper
- (OC) 2 tbsp salsa

MEAL 2

OPTION 1

- (LP) 8 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Vanilla Cupcake Isolate
- (¾ FR) 150g blueberries
- (1½ F) 15 ml Udo's Oil

OPTION 2

- (F, 2 V, FP) 1 serving Thai Turkey Lettuce Wraps with Peanut Sauce (RECIPE)
- (SC) 4 oz sweet potato
- (½ LP) 113g nonfat cottage cheese

MEAL 3

OPTION 1

- (1½ LP) 6 oz chicken breast
- (1¼ SC) 125g cous cous
- (½ V) 150g cucumber
- (½ V) 5 cherry tomatoes
- (F) 10 ml olive oil

OPTION 2

- (1¾ FP) 7 oz 93% lean ground turkey
- (SC) 100g white rice
- (V) 100g broccoli

MEN'S MEAL PLAN 1

PHASE 2 | WEEKS 4-6

Height: Under 5'10
Weight: Under 190 lbs

MEAL 4

OPTION 1

- (F, SC, V, LP) 1 serving Herb-Crusted Cod with Quinoa Pilaf (RECIPE)
- (¾ LP) 3 oz cod (add to recipe)

OPTION 2

- (1½ FP) 6 oz salmon
- (1½ SC) 6 oz Russet potato
- (V) 100g asparagus

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

- (½ SC) 75g corn
- (½ SC) 75g green peas
- (½ SC) 125g carrots
- (1½ LP) 6 oz 99% extra lean ground turkey

OPTION 2

- (2 LP) 2 scoops nPower Nutrition Isolate
- (1½ FR) 1½ oz box raisins

MEAL TOTALS

Meal 5/Post Workout Meal
316 calories, 35g carbs, 44g protein, 0g fat

All Other Meals
451 calories, 35g carbs, 44g protein, 15g fat

DAILY GOALS

Calories: 2120
Carbs: 175g
Protein: 220g
Fat: 60g



FOOD TYPE

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

MEN'S MEAL PLAN 2 PHASE 1 | WEEKS 1-3

Height: Over 5'10
Weight: Over 190 lbs

MEAL 1

OPTION 1

- (½ F, SC, LP) 1 serving Cinnamon Roll Protein Waffles (RECIPE)
 - (LP) 6 egg whites
 - (F) 2 yolks
 - (½ FR) 250g strawberries
- *this meal contains 1 egg whites and two whole eggs*

OPTION 2

- (1½ SC) 60g oatmeal
- (2 LP) 2 scoops nPower Nutrition Isolate
- (F) 16g almond butter

MEAL 2

OPTION 1

- (1½ LP) 12 oz nonfat plain Greek yogurt
- (FR) 28g honey
- (F) 8 crushed walnut halves
- (LP) 4 slices turkey bacon

OPTION 2

- (1½ F, 1½ SC, 1½ LP) 1½ servings Smoked Salmon and Avocado Toast (RECIPE)
- (½ F) 14g feta cheese

MEAL 3

OPTION 1

- (1½ LP) 6 oz mahi mahi
- (1¾ SC) 175g brown rice
- (F) 15 almonds
- (V) 100g asparagus

OPTION 2

- (1½ LP) 6 oz chicken breast
- (V) 100g spaghetti squash
- (2 V) 200g green beans
- (1½ SC) 6 oz red potato
- (F) 14g butter

MEN'S MEAL PLAN 2

PHASE 1 | WEEKS 1-3

Height: Over 5'10
Weight: Over 190 lbs

MEAL 4

OPTION 1

- (½ F, 2 SC, 2 LP) 2 servings Chipotle Chicken Burrito Bowl (RECIPE)
- (F) 2 oz avocado

OPTION 2

- (1½ FP) 6 oz 90/10 ground beef
- (2 SC) 8 oz sweet potato
- (V) 100g zucchini

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

- (2 LP) 2 scoops nPower Nutrition Isolate
- (1½ FR) 1½ medium bananas
- (OC) 8 oz unsweetened almond milk

OPTION 2

- (2 LP) 452g nonfat cottage cheese
- (FR) 200g blueberries

MEAL TOTALS

Meal 5/Post Workout Meal

392 calories, 50g carbs, 48g protein, 0g fat

All Other Meals

527 calories, 50g carbs, 48g protein, 15g fat

DAILY GOALS

Calories: 2500

Carbs: 250g

Protein: 240g

Fat: 60g



FOOD TYPE

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

MEN'S MEAL PLAN 2

PHASE 2 | WEEKS 4-6

Height: Over 5'10
Weight: Over 190 lbs

MEAL 1

OPTION 1

- (1½ F, 1½ SC, 1½ LP) 1½ servings Molten Chocolate Peanut Butter Protein Mug Cake (RECIPE)
- (1½ SC) 75g edamame beans

OPTION 2

- (LP) 6 egg whites
- (¾ LP) 3 oz 99% extra lean ground turkey
- (F) 2 oz guacamole
- (SC) 1 whole wheat tortilla
- (V) 100g red pepper
- (V) 100g Romaine lettuce
- (½ F) 14g shredded cheese
- (OC) 2 tbsp salsa

MEAL 2

OPTION 1

- (1½ LP) 12 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Vanilla Cupcake Isolate
- (¾ FR) 150g blueberries
- (1½ F) 15 ml Udo's Oil

OPTION 2

- (F, 2 V, FP) 1 serving Thai Turkey Lettuce Wraps with Peanut Sauce (RECIPE)
- (SC) 4 oz sweet potato
- (LP) 226g nonfat cottage cheese

MEAL 3

OPTION 1

- (1½ LP) 6 oz chicken breast
- (1½ SC) 150g cous cous
- (½ V) 150g cucumber
- (½ V) 5 cherry tomatoes
- (1½ F) 15 ml olive oil

OPTION 2

- (2 FP) 8 oz 93% lean ground turkey
- (1¼ SC) 100g white rice
- (V) 100g broccoli

MEN'S MEAL PLAN 2

PHASE 2 | WEEKS 4-6

Height: Over 5'10
Weight: Over 190 lbs

MEAL 4

OPTION 1

- (F, SC, V, LP) 1 serving Herb-Crusted Cod with Quinoa Pilaf (RECIPE)
- (LP) 4 oz cod (add to recipe)
- (½ SC) 50g quinoa (add to recipe)

OPTION 2

- (1¾ FP) 7 oz salmon
- (1¾ SC) 7 oz Russet potato
- (V) 100g asparagus

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

- (½ SC) 75g corn
- (½ SC) 75g green peas
- (½ SC) 125g carrots
- (1¾ LP) 7 oz 99% extra lean ground turkey

OPTION 2

- (2½ LP) 2½ scoops nPower Nutrition Isolate
- (1½ FR) 1½ oz box raisins

MEAL TOTALS

Meal 5/Post Workout Meal
360 calories, 40g carbs, 50g protein, 0g fat

All Other Meals
513 calories, 40g carbs, 50g protein, 17g fat

DAILY GOALS

Calories: 2412
Carbs: 200g
Protein: 250g
Fat: 68g

NUTRITION

VEGAN MEAL PLANS

NICOLE WILKINS
MIND & BODY
**BREAK
THROUGH**
CHALLENGE



WOMEN'S MEAL PLAN 1

PHASE 1 | WEEKS 1-3

Height: Under 5'4
Weight: Under 130 lbs

FOOD TYPE

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

MEAL 1

- (F, FR, 1½ P) 1 serving High Protein Vegan Peanut Butter Chocolate Smoothie Bowl (RECIPE)

MEAL 2

- (P) 1 Boca veggie burger, original vegan
- (SC) 100g quinoa
- (V) 100g baby spinach
- (½ F) 5 ml olive oil

MEAL 3

- (⅔ P) 2 oz seitan
- (¾ SC) 3 oz red potato
- (F) 2 oz avocado
- (V) 100g zucchini

MEAL 4

- (F, SC, V, ½ P) 1 serving Vegan Tofu and Veggie Stir-Fry with Peanut Sauce (RECIPE)
- (⅔ P) 10g nutritional yeast

MEAL 5 POST WORKOUT

- (P) 1 scoop plant-based protein powder
- (SC) 2 Lundberg rice cakes

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, 30g carbs, 24g protein, 0g fat

All Other Meals

306 calories, 30g carbs, 24g protein, 10g fat

DAILY GOALS

Calories: 1440

Carbs: 150g

Protein: 120g

Fat: 40g



WOMEN'S MEAL PLAN 1

PHASE 2 | WEEKS 4-6

Height: Under 5'4
Weight: Under 130 lbs

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties (vegan grillers)
- (F) 28g hummus
- (V) 100g cauliflower

MEAL 2

- (P) 3 oz tempeh
- (P) 15g nutritional yeast
- (V) 100g broccoli

MEAL 3

- (¼ F, PC, V) ½ serving Vegan Chickpea Pasta Primavera (RECIPE)
- (P) 1 Beyond Meat Sausage Link

MEAL 4

- (F, ½ SC, PC) 1 serving Lentil and Spinach Protein Patties with Tahini Dressing (RECIPE)
- (P) 6 oz extra firm tofu

MEAL 5 POST WORKOUT

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

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

184 calories, 20g carbs, 26g protein, 0g fat

All Other Meals

283 calories, 20g carbs, 26g protein, 11g fat

DAILY GOALS

Calories: 1316

Carbs: 100g

Protein: 130g

Fat: 44g



WOMEN'S MEAL PLAN 2

PHASE 1 | WEEKS 1-3

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

FOOD TYPE

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

MEAL 1

- (F, FR, 1½ P) 1 serving High Protein Vegan Peanut Butter Chocolate Smoothie Bowl (RECIPE)
- (½ F) 15g hemp seeds

MEAL 2

- (2 P) 2 Boca veggie burgers, original vegan
- (SC) 100g quinoa
- (V) 100g baby spinach
- (½ F) 5 ml olive oil

MEAL 3

- (P) 3 oz seitan
- (¾ SC) 3 oz red potato
- (F) 2 oz avocado
- (V) 100g zucchini

MEAL 4

- (F, SC, V, ½ P) 1 serving Vegan Tofu and Veggie Stir-Fry with Peanut Sauce (RECIPE)
- (P) 15g nutritional yeast

MEAL 5 POST WORKOUT

- (1¼ P) 1¼ scoops plant-based protein powder
- (SC) 2 Lundberg rice cakes

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

260 calories, 35g carbs, 30g protein, 0g fat

All Other Meals

359 calories, 35g carbs, 30g protein, 11g fat

DAILY GOALS

Calories: 1696

Carbs: 175g

Protein: 150g

Fat: 44g



WOMEN'S MEAL PLAN 2

PHASE 2 | WEEKS 4-6

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

FOOD TYPE

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

MEAL 1

- (1½ P) 2.5 Morning Star Original Sausage Patties (vegan grillers)
- (F) 28g hummus
- (V) 100g cauliflower

MEAL 2

- (P) 3 oz tempeh
- (P) 15g nutritional yeast
- (2 V) 200g broccoli

MEAL 3

- (¼ F, PC, V) ½ serving Vegan Chickpea Pasta Primavera (RECIPE)
- (P) 1 Beyond Meat Sausage Link
- (½ PC) 75g edamame beans

MEAL 4

- (F, ½ SC, PC) 1 serving Lentil and Spinach Protein Patties with Tahini Dressing (RECIPE)
- (¾ P) 2 oz seitan

MEAL 5 POST WORKOUT

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

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

228 calories, 25g carbs, 32g protein, 0g fat

All Other Meals

336 calories, 25g carbs, 32g protein, 12g fat

DAILY GOALS

Calories: 1572

Carbs: 125g

Protein: 160g

Fat: 48g



WOMEN'S MEAL PLAN 3

PHASE 1 | WEEKS 1-3

Height: Over 5'6
Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

- (F, FR, 1½ P) 1 serving High Protein Vegan Peanut Butter Chocolate Smoothie Bowl (RECIPE)
- (½ F) 15g hemp seeds
- (¼ FR) 50g blueberries

MEAL 2

- (2 P) 2 Boca veggie burgers, original vegan
- (SC) 100g quinoa
- (V) 100g baby spinach
- (F) 10 ml olive oil

MEAL 3

- (P) 3 oz seitan
- (SC) 4 oz red potato
- (F) 2 oz avocado
- (V) 100g zucchini

MEAL 4

- (F, SC, V, ½ P) 1 serving Vegan Tofu and Veggie Stir-Fry with Peanut Sauce (RECIPE)
- (½ P) 3 oz extra firm tofu
- (P) 15g nutritional yeast

MEAL 5 POST WORKOUT

- (1½ P) 1½ scoops plant-based protein powder
- (SC) 2 Lundberg rice cakes

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

304 calories, 40g carbs, 36g protein, 0g fat

All Other Meals

421 calories, 40g carbs, 36g protein, 13g fat

DAILY GOALS

Calories: 1988

Carbs: 200g

Protein: 180g

Fat: 52g



WOMEN'S MEAL PLAN 3 PHASE 2 | WEEKS 4-6

Height: Over 5'6
Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties (vegan grillers)
- (F) 28g hummus
- (V) 100g cauliflower

MEAL 2

- (1½ P) 4.5 oz tempeh
- (½ SC) 2 oz sweet potato
- (P) 15g nutritional yeast
- (2 V) 200g broccoli

MEAL 3

- (F, PC, 2 V) 1 serving Vegan Chickpea Pasta Primavera (RECIPE)
- (P) 6 oz extra firm tofu

MEAL 4

- (F, ½ SC, PC) 1 serving Lentil and Spinach Protein Patties with Tahini Dressing (RECIPE)
- (P) 3 oz seitan

MEAL 5 POST WORKOUT

- (1¾ P) 1¾ scoops plant-based protein powder
- (FR) 1 medium apple

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, 30g carbs, 38g protein, 0g fat

All Other Meals

389 calories, 30g carbs, 38g protein, 13g fat

DAILY GOALS

Calories: 1828

Carbs: 150g

Protein: 190g

Fat: 52g



MEN'S MEAL PLAN 1

PHASE 1 | WEEKS 1-3

Height: Under 5'10
Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

- (F, FR, 1½ P) 1 serving High Protein Vegan Peanut Butter Chocolate Smoothie Bowl (RECIPE)
- (½ F) 15g hemp seeds
- (½ FR) 100g blueberries
- (¼ ND) 56g plain soymilk yogurt alternative

MEAL 2

- (3 P) 3 Boca veggie burgers, original vegan
- (SC) 100g quinoa
- (V) 100g baby spinach
- (F) 10 ml olive oil

MEAL 3

- (1½ P) 4.5 oz seitan
- (SC) 4 oz red potato
- (F) 2 oz avocado
- (V) 100g zucchini

MEAL 4

- (1½ F, 1½ SC, 2 V, ¾ P) 1½ servings Vegan Tofu and Veggie Stir-Fry with Peanut Sauce (RECIPE)
- (P) 15g nutritional yeast

MEAL 5 POST WORKOUT

- (1¾ P) 1¾ scoops plant-based protein powder
- (SC) 2 Lundberg rice cakes
- (½ FR) 17g apple butter (no sugar added)

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

348 calories, 45g carbs, 42g protein, 0g fat

All Other Meals

474 calories, 45g carbs, 42g protein, 14g fat

DAILY GOALS

Calories: 2244

Carbs: 225g

Protein: 210g

Fat: 55g



MEN'S MEAL PLAN 1

PHASE 2 | WEEKS 4-6

Height: Under 5'10
Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties (vegan grillers)
- (F) 28g hummus
- (V) 100g cauliflower

MEAL 2

- (1½ P) 4.5 oz tempeh
- (½ SC) 2 oz sweet potato
- (P) 15g nutritional yeast
- (V) 100g broccoli

MEAL 3

- (F, PC, 2 V) 1 serving Vegan Chickpea Pasta Primavera (RECIPE)
- (P) 6 oz extra firm tofu
- (P) 4 oz Quorn Meat Substitute

MEAL 4

- (1½ F, SC, 1½ PC) 1½ servings Lentil and Spinach Protein Patties with Tahini Dressing (RECIPE)
- (1½ P) 4 oz seitan

MEAL 5 POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (FR) 1 medium apple
- (¼ FR) 1 date

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

316 calories, 35g carbs, 44g protein, 0g fat

All Other Meals

451 calories, 35g carbs, 44g protein, 15g fat

DAILY GOALS

Calories: 2120

Carbs: 175g

Protein: 220g

Fat: 60g



MEN'S MEAL PLAN 2 PHASE 1 | WEEKS 1-3

Height: Over 5'10
Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (1½ F, 1½ FR, 2 P) 1½ servings High Protein Vegan Peanut Butter Chocolate Smoothie Bowl (RECIPE)
- (½ F) 15g hemp seeds
- (¼ FR) 50g blueberries
- (¼ ND) 56g plain soymilk yogurt alternative

MEAL 2

- (3 P) 3 Boca veggie burgers, original vegan
- (1¼ SC) 125g quinoa
- (V) 100g baby spinach
- (F) 10 ml olive oil

MEAL 3

- (1½ P) 4.5 oz seitan
- (1½ SC) 6 oz red potato
- (F) 2 oz avocado
- (V) 100g zucchini

MEAL 4

- (1½ F, 1½ SC, 2 V, ¾ P) 1½ servings Vegan Tofu and Veggie Stir-Fry with Peanut Sauce (RECIPE)
- (P) 15g nutritional yeast
- (⅓ P) 2 oz extra firm tofu

MEAL 5 POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (SC) 2 Lundberg rice cakes
- (FR) 34g apple butter (no sugar added)

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, 50g carbs, 48g protein, 0g fat

All Other Meals

527 calories, 50g carbs, 48g protein, 15g fat

DAILY GOALS

Calories: 2500

Carbs: 250g

Protein: 240g

Fat: 60g



MEN'S MEAL PLAN 2 PHASE 2 | WEEKS 4-6

Height: Over 5'10
Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (2 P) 4 Morning Star Original Sausage Patties (vegan grillers)
- (F) 28g hummus
- (V) 100g cauliflower

MEAL 2

- (2 P) 6 oz tempeh
- (½ SC) 2 oz sweet potato
- (P) 15g nutritional yeast
- (V) 100g broccoli

MEAL 3

- (F, PC, 2 V) 1 serving Vegan Chickpea Pasta Primavera (RECIPE)
- (P) 6 oz extra firm tofu
- (1½ P) 6 oz Quorn Meat Substitute

MEAL 4

- (1½ F, SC, 1½ PC) 1½ servings Lentil and Spinach Protein Patties with Tahini Dressing (RECIPE)
- (1½ P) 4 oz seitan

MEAL 5 POST WORKOUT

- (2½ P) 2½ scoops plant-based protein powder
- (FR) 1 medium apple
- (½ FR) 2 dates

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, 40g carbs, 50g protein, 0g fat

All Other Meals

513 calories, 40g carbs, 50g protein, 17g fat

DAILY GOALS

Calories: 2412

Carbs: 200g

Protein: 250g

Fat: 68g

NUTRITION

GROCERY LIST,
FOOD EXCHANGE LISTS,
RECIPES

NICOLE WILKINS
MIND & BODY
**BREAK
THROUGH**
CHALLENGE



GROCERY LIST PHASE 1 | WEEKS 1-3

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

Double the amounts if you are preparing your meals for a week in advance.

You do NOT need to buy everything on this list!

Make sure to look at your meal plan, map out your meals and shop accordingly.

PROTEINS

- ☐ 2 dozen eggs
- ☐ 4 containers liquid egg whites
- ☐ 2 lbs smoked salmon
- ☐ 1 container nPower Nutrition Isolate
- ☐ 2 lbs chicken breast
- ☐ 1 large container nonfat plain Greek yogurt
- ☐ 1 container Jenny-O turkey bacon
- ☐ 2 lbs 90/10 ground beef
- ☐ 2 lbs mahi mahi
- ☐ 1 container nonfat cottage cheese

VEGAN PROTEINS

- ☐ 1 package seitan
- ☐ 1 package Boca Veggie Burgers, Original Vegan
- ☐ Plant-based protein powder
- ☐ 2 packages extra firm tofu
- ☐ 1 package silken tofu
- ☐ 1 container nutritional yeast

NON DAIRY

- ☐ 1 container plain soymilk yogurt alternative

CARBOHYDRATES

- ☐ 5 medium sweet potatoes/yams
- ☐ 5 medium red potatoes
- ☐ 1 bag low fat granola
- ☐ 1 bag brown rice
- ☐ 1 can black beans
- ☐ 1 container oatmeal/rolled oats
- ☐ 1 bag Lundberg brown rice cakes
- ☐ 1 bag sprouted grains bread
- ☐ 1 bag quinoa

FRUITS

- ☐ 4 bananas
- ☐ 1 container blueberries
- ☐ 1 jar honey
- ☐ 1 jar apple butter (no sugar added)
- ☐ 1 container strawberries

VEGETABLES

- ☐ 3 peppers
- ☐ 1 head broccoli
- ☐ 1 large bag spinach
- ☐ 1 bag green beans
- ☐ 1 bag shredded lettuce
- ☐ 3 zucchihi
- ☐ 1 bag carrots
- ☐ 1 bunch asparagus
- ☐ 1 spaghetti squash

FATS

- ☐ 1 container olive oil
- ☐ 3 avocados
- ☐ 1 container almond/peanut butter
- ☐ 1 bag ground chia seeds
- ☐ 1 bag almonds
- ☐ 1 bag hemp seeds
- ☐ 1 bag sesame seeds
- ☐ 1 bag walnut halves
- ☐ 1 container butter

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 60-70 cal 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
- ☐ Tumeric
- ☐ 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



GROCERY LIST PHASE 2 | WEEKS 4-6

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

Double the amounts if you are preparing your meals for a week in advance.

You do NOT need to buy everything on this list!

Make sure to look at your meal plan, map out your meals and shop accordingly.

PROTEINS

- ☐ 2 dozen eggs
- ☐ 4 containers liquid egg whites
- ☐ 2 lbs salmon
- ☐ 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 93% lean ground turkey
- ☐ 2 lbs cod
- ☐ 1 container nonfat cottage cheese

VEGAN PROTEINS

- ☐ 1 package tempeh
- ☐ 1 container plant-based protein powder
- ☐ 2 packages extra firm tofu
- ☐ 1 container nutritional yeast
- ☐ 1 package Morning Star Original Sausage Patties (vegan grillers)
- ☐ 1 package Beyond Meat Sausage Links
- ☐ 1 package seitan
- ☐ 1 package Quorn Meat Substitute

CARBOHYDRATES

- ☐ 5 medium sweet potatoes/yams
- ☐ 5 Russet potatoes
- ☐ 1 container quinoa
- ☐ 1 box chickpea pasta (Banza)
- ☐ 1 bag white rice
- ☐ 1 container breadbrumbs
- ☐ 1 bag cous cous
- ☐ 1 bag lentils
- ☐ 1 container oatmeal/rolled oats
- ☐ 1 bag 8" whole wheat tortillas

FRUITS

- ☐ 1 container blueberries
- ☐ 5 medium apples
- ☐ 1 container dates
- ☐ 1 bag mini raisin boxes

VEGETABLES

- ☐ 1 head broccoli
- ☐ 1 head cauliflower
- ☐ 3 zucchini
- ☐ 3 yellow squash
- ☐ 3 cucumbers
- ☐ 1 bunch asparagus
- ☐ 1 container cherry tomatoes
- ☐ 1 can artichoke hearts
- ☐ 1 large bag spinach
- ☐ 1 bag green peas
- ☐ 1 bag carrots
- ☐ 1 bag shredded carrots
- ☐ 1 bag corn
- ☐ 1 bag Romaine lettuce
- ☐ 1 bag butter lettuce
- ☐ 1 bag Brussel sprouts
- ☐ 1 bag edamame shelled

DAIRY

- ☐ 1 container parmesan cheese

FATS

- ☐ 1 container olive oil
- ☐ 1 container Udo's oil
- ☐ 1 container sesame oil
- ☐ 1 container shelled peanuts
- ☐ 1 container guacamole
- ☐ 1 container almond/peanut butter
- ☐ 1 bag ground flaxseeds
- ☐ 1 container hummus

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 60-70 fcal 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
- ☐ Tumeric
- ☐ 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



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)

Each serving below is roughly 25g protein (grilled, baked, steamed, broiled without oil)

- ☐ 4 oz chicken breast
- ☐ 4 oz turkey breast
- ☐ 4 oz 99% extra lean ground turkey
- ☐ 4 oz 98% ground chicken breast
- ☐ 6oz can light tuna in water, drained
- ☐ 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

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

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



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



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



RECIPES

CINNAMON ROLL PROTEIN WAFFLES

SERVINGS: 2

INGREDIENTS

- 1 scoop nPower Nutrition Vanilla Cupcake Isolate
- ½ cup oat flour
- 1 egg
- ¼ cup unsweetened almond milk
- 1 tsp cinnamon
- ½ tsp baking powder
- 1 tbsp Greek yogurt (for topping)
- 1 tsp powdered sweetener of choice

DIRECTIONS

- Mix protein powder, oat flour, cinnamon, baking powder, egg, and almond milk into a smooth batter.
- Cook in a waffle iron until golden brown.
- Mix Greek yogurt and sweetener to create a glaze and drizzle on top.

NUTRITION INFO

PER SERVING

233 calories, 28g carbs, 19g protein, 6g fat

SMOKED SALMON & AVOCADO TOAST

SERVINGS: 1

INGREDIENTS

- 2 slices sprouted grain bread
- 3 oz smoked salmon
- 1 oz avocado, sliced
- 2 tbsp cottage cheese or cream cheese
- 1 tsp capers
- Lemon zest and fresh dill

DIRECTIONS

- Spread cottage or cream cheese on toast.
- Layer with avocado, smoked salmon, capers, and dill.
- Sprinkle with lemon zest and serve.

NUTRITION INFO

PER SERVING

319 calories, 31g carbs, 30g protein, 9g fat

CHIPOTLE CHICKEN BURRITO BOWL

SERVINGS: 2

INGREDIENTS

- 4 oz grilled chicken breast, diced
- ½ cup cooked brown rice
- ½ cup black beans
- ½ cup pico de gallo
- ¼ cup shredded lettuce
- 1 tbsp Greek yogurt
- 1 tsp chipotle seasoning

DIRECTIONS

- Season chicken with chipotle seasoning and grill until cooked through.
- Layer rice, beans, chicken, pico de gallo, and lettuce in a bowl.
- Top with Greek yogurt as a creamy dressing.

NUTRITION INFO

PER SERVING

208 calories, 25g carbs, 22g protein, 3g fat

THAI TURKEY LETTUCE WRAPS WITH PEANUT SAUCE

SERVINGS: 3

INGREDIENTS

- 8 oz 93% lean ground turkey
- 8 large butter lettuce leaves
- ½ cup shredded carrots
- 2 tbsp chopped peanuts
- 1 tbsp peanut butter
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- Juice of 1 lime

DIRECTIONS

- Heat a nonstick skillet over medium heat. Add the ground turkey and cook until fully browned, seasoning lightly with salt and pepper.
- In a small bowl, whisk together the peanut butter, soy sauce, sesame oil, and lime juice.
- Lay out 4 butter lettuce leaves per serving and divide the cooked turkey evenly between the leaves.
- Top each wrap with shredded carrots, chopped peanuts, and a drizzle of the peanut butter sauce.
- Garnish with extra lime juice, if desired, and enjoy!

NUTRITION INFO

PER SERVING

269 calories, 8g carbs, 25g protein, 15g fat

HERB-CRUSTED COD WITH QUINOA PILAF

SERVINGS: 1

INGREDIENTS

- 4 oz cod fillet
- 3 tbsp breadcrumbs
- 1 tbsp grated parmesan
- 1 tsp dried parsley
- ¼ cup cooked quinoa
- ¼ cup diced zucchini
- ¼ cup diced bell peppers
- 1 tsp olive oil

DIRECTIONS

- Mix breadcrumbs, Parmesan, and parsley, and coat the cod. Bake at 400°F for 15 minutes.
- Sauté zucchini and bell peppers in olive oil, then mix with quinoa.
- Serve cod over the pilaf.

NUTRITION INFO

PER SERVING

296 calories, 31g carbs, 29g protein, 8g fat

MOLTEN CHOCOLATE PEANUT BUTTER PROTEIN MUG CAKE

SERVINGS: 1

INGREDIENTS

- 1 scoop nPower Nutrition Chocolate Truffle Isolate
- 1 tbsp cocoa powder
- 2 tbsp oat flour
- ¼ tsp baking powder
- 1 egg white
- 2 tbsp unsweetened almond milk
- 1 tbsp peanut butter
- Sweetener of choice

DIRECTIONS

- In a microwave-safe mug, combine the protein powder, cocoa powder, oat flour, baking powder, egg white, almond milk, and sweetener. Mix until smooth.
- Pour half the batter into the mug.
- Add the peanut butter in the center and cover with the remaining batter.
- Microwave on high for 60-90 seconds, checking at 60 seconds to ensure the edges are set while the center stays gooey.
- Enjoy immediately for a warm, gooey, indulgent treat!

NUTRITION INFO

PER SERVING

286 calories, 21g carbs, 30g protein, 11g fat



HIGH-PROTEIN PEANUT BUTTER CHOCOLATE SMOOTHIE BOWL

SERVINGS: 1

INGREDIENTS

- 1 scoop plant-based chocolate protein powder
- ½ frozen banana
- 1 tbsp powdered peanut butter
- ¼ cup silken tofu
- ½ cup unsweetened almond milk
- 1 tsp chia seeds
- 1 tbsp granola

DIRECTIONS

- Blend protein powder, banana, silken tofu, almond milk, and powdered peanut butter until smooth and thick.
- Pour into a bowl and top with chia seeds and granola.
- Serve immediately.

NUTRITION INFO

PER SERVING

281 calories, 28g carbs, 29g protein, 7g fat



LENTIL AND SPINACH PROTEIN PATTIES WITH TAHINI DRESSING

SERVINGS: 2

INGREDIENTS

- ½ cup cooked lentils
- ¼ cup cooked quinoa
- 1 tbsp ground flaxseed
- ½ cup fresh spinach
- 1 tbsp tahini
- 1 tsp lemon juice
- ¼ tsp garlic powder
- Salt and pepper to taste

DIRECTIONS

- Mash lentils and quinoa in a bowl.
- Add ground flaxseed, spinach, garlic powder, and seasoning.
- Form into 2 patties and cook in a nonstick skillet over medium heat until browned on both sides.
- Drizzle with tahini and lemon juice before serving.

NUTRITION INFO

PER PATTY

167 calories, 18g carbs, 8g protein, 8g fat



VEGAN TOFU AND VEGGIE STIR-FRY WITH PEANUT SAUCE

SERVINGS: 1

INGREDIENTS

- 4 oz firm tofu
- ⅓ cup cooked brown rice
- ½ cup mixed vegetables (broccoli, bell peppers, carrots)
- 10g peanut butter
- 1 tbsp soy sauce
- ½ tsp grated ginger
- 1 clove garlic, minced
- ¼ tsp sesame seeds

DIRECTIONS

- Cube tofu and sauté in a nonstick pan until golden brown.
- Add minced garlic, ginger, and vegetables. Cook for 3-4 minutes until tender.
- In a small bowl, whisk together peanut butter and soy sauce with a splash of water. Pour over the stir-fry and mix well.
- Serve over brown rice and sprinkle with sesame seeds.

NUTRITION INFO

PER SERVING

293 calories, 30g carbs, 18g protein, 11g fat



VEGAN CHICKPEA PASTA PRIMAVERA

SERVINGS: 2

INGREDIENTS

- 3 oz chickpea pasta
- ½ cup diced zucchini
- ½ cup cherry tomatoes
- ¼ cup artichoke hearts
- 1 tbsp nutritional yeast
- ½ tbsp olive oil
- 1 tsp minced garlic
- Salt and pepper to taste
- Fresh basil for garnish

DIRECTIONS

- Cook chickpea pasta according to package instructions.
- In a skillet, heat olive oil and sauté garlic, zucchini, cherry tomatoes, and artichoke hearts until tender.
- Toss the cooked pasta with the vegetables, nutritional yeast, salt, and pepper.
- Garnish with fresh basil and serve warm.

NUTRITION INFO

PER SERVING

203 calories, 32g carbs, 11g protein, 6g fat

MINDSET

NICOLE WILKINS
MIND & BODY
**BREAK
THROUGH**
CHALLENGE

Ok... it's time to address the elephant in the room.

And by “elephant,” I mean the pattern many of us fall into time and time again: setting goals with the best intentions, only to lose momentum along the way.

Maybe it starts small – a missed workout here, an off-plan meal there. Before long, that snowball effect takes over, and you’re telling yourself you’ve fallen so far off track, there’s no point in continuing.

I’ll just try again later you tell yourself.

Sound familiar?

It’s cycle that leaves you frustrated, disappointed, and constantly feeling like your goals are always just out of reach.

But have you ever stopped to ask yourself *why* it keeps happening?

Sure, “*I got so busy!*” or “*It was just too stressful!*” are common answers, but there’s often something deeper driving the behavior^{1/2} something that needs to be addressed before real change can happen.

And that’s exactly what this Challenge is here to help with.

This isn’t just about workouts and meal plans. This is about uncovering the “whys” behind your past patterns, learning how to identify your triggers, and discovering the tools to help you bounce back when life threatens to derail you.

Because here’s the truth:

The goal is not perfection. The goal is progress.

You don’t have to be *perfect* to see results. You just have to keep moving forward. Each workout you complete, each prepped meal, each small win – they all add up to big changes.

The good news is, this time, you’re not doing it alone. You’ve got the support of your coaches in the forums, your fellow Challengers in the Facebook Community, and a powerful new tool we’re introducing: the Mindset Coaching Series.

This 10-part video series from the NW Fitness Training Team is designed to help you navigate challenges, build resilience, and stay consistent.

MINDSET COACHING SERIES OVERVIEW

1. **Breaking Old Habits:** How to identify and change patterns that no longer serve you.
2. **Stress Management on Busy Days:** Simple mindfulness practices for managing stress.
3. **Consistency Over Perfection:** Why progress matters more than perfection.
4. **Mindful Eating & Emotional Triggers:** Recognizing emotional eating patterns and staying in control.
5. **Self-Compassion & Body Image:** Learning to speak kindly to yourself during your health journey.
6. **Managing Hormonal Changes:** How mindset can support physical changes during menopause.
7. **Reframing Setbacks:** Turning obstacles into opportunities for growth.
8. **The Power of Sleep and Recovery:** Making time for yourself in a busy household.
9. **Motivation & Discipline:** Staying driven when motivation fades.
10. **Visualization & Goal Setting:** Creating a vision for long-term health and fitness success.

This Challenge is about more than what happens in the gym or the kitchen. It's about shifting your mindset, breaking old cycles, and creating the confidence to know that you can handle whatever comes your way and keep moving forward toward reaching your goals.

You've got this – and we've got your back every step of the way.

WATCH THE
MINDSET
VIDEOS!



MIND & BODY BREAKTHROUGH CHALLENGE

ACCOUNTABILITY TRACKER

NICOLE WILKINS
MIND & BODY
**BREAK
THROUGH**
CHALLENGE

Here's another tool you can use to measure your progress and stay on track. Hopefully this helps you recognize what you're doing well, what you could be doing better, and where you might need to make adjustments (because, hey, life happens, right?).

Please keep in mind — this is 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 daily activities – seven activities on days you work out, six on your off days. These include your workout, each of your five meals, and your mindset check-in. ❶
- » Once you complete an activity, give yourself one “point” by writing “1” in the appropriate section. ❷
- » At the end of each day, add up your total “points” and write that number in the TOTAL PER DAY box. ❸
- » At the end of each week, add up your daily totals and write them in the Weekly Totals box. Then turn to page 94 and add your total for that week. ❹
- » The maximum number of points you can earn for all weeks is 276.
- » The Mindset row (new addition for those of you who have done Challenges before) is an opportunity to set a daily intention or reflect on something positive from your day. Whether it's writing down a goal, an affirmation, or simply checking in with yourself, mark it complete once you've done it!
- » At the end of the Challenge, add up all of your weekly totals to see how you did and where you can improve!

WEEKLY POINTS TRACKER WEEK 1							
MINDSET EXERCISE Set the tone. What's one small habit you can focus on this week?							
ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Meal 1							
Meal 2							
Meal 3							
Meal 4	❶						
Meal 5							
Workout							
Mindset							
Total Per Day	❸						
WEEK 1 TOTALS:							❹ / 46
Mindset Check-In							
Weekly Goal: _____							
End-of-Week Reflection: _____							
Affirmation: _____							
MIND & BODY BREAKTHROUGH 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).
- For the Mindset row, give yourself 1 point each day by taking a moment to reflect on the weekly goal or affirmation you wrote in under the Accountability chart — repeating it to yourself, and staying mindful of it throughout the day. Simply check the box once you've done this!

WEEKLY POINTS TRACKER

WEEK 1

MINDSET EXERCISE

Set the tone. What's one small habit you can focus on this week?

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

WEEK 1 TOTALS: /46

Mindset Check-In

Weekly Goal: _____

End-of-Week Reflection: _____

Affirmation: _____

WEEKLY POINTS TRACKER

WEEK 2

MINDSET EXERCISE

Progress over perfection. How can you stay consistent when faced with adversity?

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

WEEK 2 TOTALS: / 46

Mindset Check-In

Weekly Goal: _____

End-of-Week Reflection: _____

Affirmation: _____

WEEKLY POINTS TRACKER

WEEK 3

MINDSET EXERCISE

Celebrate wins. What's one thing you're proud of so far?

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

WEEK 3 TOTALS: / 46

Mindset Check-In

Weekly Goal: _____

End-of-Week Reflection: _____

Affirmation: _____

WEEKLY POINTS TRACKER

WEEK 4

MINDSET EXERCISE

Shift your mindset. How can you reframe setbacks as opportunities?

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

WEEK 4 TOTALS: / 46

Mindset Check-In

Weekly Goal: _____

End-of-Week Reflection: _____

Affirmation: _____

WEEKLY POINTS TRACKER

WEEK 5

MINDSET EXERCISE

Finish strong. What's one way you can give your best effort this week?

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

WEEK 5 TOTALS: / 46

Mindset Check-In

Weekly Goal: _____

End-of-Week Reflection: _____

Affirmation: _____

WEEKLY POINTS TRACKER

WEEK 6

MINDSET EXERCISE

Reflect and reset. What did you learn from this journey, and how will you carry it forward?

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

WEEK 6 TOTALS: / 46

Mindset Check-In

Weekly Goal: _____

End-of-Week Reflection: _____

Affirmation: _____

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	/46
Week 2 Total	/46
Week 3 Total	/46
Week 4 Total	/46
Week 5 Total	/46
Week 6 Total	/46
Challenge Total	/276

AWESOME JOB 🙌🙌