



NICOLE WILKINS'

40 DAY BUILD

TRANSFORMATION
PROGRAM

- ✓ 3 WORKOUT PLANS
(GYM + 2 AT -HOME)
- ✓ COMPLETE DAILY
MEAL PLANS
- ✓ CARDIO WORKOUTS
- ✓ RECIPES, GROCERY
LISTS & MORE!

40 DAY BUILD

TRANSFORMATION PROGRAM

TABLE OF CONTENTS

PROGRAM OVERVIEW	3
CHALLENGE CALENDAR	5
TRAINING OVERVIEW	8
WARMUP ROUTINES	14
GYM WORKOUTS	15
AT HOME WORKOUTS (FULL EQUIPMENT)	26
AT HOME WORKOUTS (DUMBBELLS/BODYWEIGHT)	37
CARDIO OVERVIEW	48
CARDIO WORKOUTS	51
NUTRITION OVERVIEW	57
WOMEN'S MEAL PLAN 1	64
WOMEN'S MEAL PLAN 2	68
WOMEN'S MEAL PLAN 3	72
MEN'S MEAL PLAN 1	76
MEN'S MEAL PLAN 2	80
WOMEN'S VEGAN MEAL PLAN 1	85
WOMEN'S VEGAN MEAL PLAN 2	87
WOMEN'S VEGAN MEAL PLAN 3	89
MEN'S VEGAN MEAL PLAN 1	91
MEN'S VEGAN MEAL PLAN 2	93
GROCERY LIST	96
FOOD EXCHANGE LISTS	97
RECIPES	101
ACCOUNTABILITY TRACKER	106

PROGRAM OVERVIEW

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

Are you ready to start gaining muscle, getting stronger and becoming the best version of *YOU*?

Helping people improve their lives through health and fitness has been my passion for over 20 years. So I know how difficult – even intimidating – it can be to step out of your comfort zone.

So before we start, take a minute to congratulate yourself for having the courage to do that and for deciding to make your health a priority. Don't underestimate how big of a deal that is!

Forty days is not a lot of time. Fortunately, you have the right plan to help you reach your goals, but it is going to take a high level of commitment and a lot of hard work in order for you to make that happen.

I'm sure your motivation is at an all-time high right now, as it should be! The start of a new program is always super exciting.

But the reality is, your motivation won't stay at this level every day . There are going to be times when you're sore, tired, hungry and just don't feel like working out or doing that cardio session.

And you know what?

*Everyone feels that way
at one time or another.*

I did, even during the years when I was winning four Figure Olympia titles.

But you know what separates the haves from the have nots?

Showing up.

Even when you don't want to.

Because those are the days that will determine if you reach the goals you set for yourself.

Trust me – if you can show up and put in the work even when you don't feel like it, you are going to get everything you want and more out of this program.

So let's make it happen!

**WEEKLY
PROGRAM
CALENDAR**

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

NICOLE WILKINS'

40 DAY BUILD

TRANSFORMATION PROGRAM



PROGRAM CALENDAR

WEEK 1

MONDAY, OCT 10	TUESDAY, OCT 11	WEDNESDAY, OCT 12	THURSDAY, OCT 13	FRIDAY, OCT 14	SATURDAY, OCT 15	SUNDAY, OCT 16
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<ul style="list-style-type: none"> <input type="checkbox"/> CHEST/BACK/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> SHOULDERS/BICEPS/TRICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> LEGS/CALVES <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B 	<ul style="list-style-type: none"> <input type="checkbox"/> SHOULDERS/BACK/CHEST/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> LEGS/CALVES <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

WEEK 2

MONDAY, OCT 17	TUESDAY, OCT 18	WEDNESDAY, OCT 19	THURSDAY, OCT 20	FRIDAY, OCT 21	SATURDAY, OCT 22	SUNDAY, OCT 23
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<ul style="list-style-type: none"> <input type="checkbox"/> BACK/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> SHOULDERS/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> QUADS/CALVES <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B 	<ul style="list-style-type: none"> <input type="checkbox"/> CHEST/ARMS/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> GLUTES/HAMSTRINGS/CALVES <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

WEEK 3

MONDAY, OCT 24	TUESDAY, OCT 25	WEDNESDAY, OCT 26	THURSDAY, OCT 27	FRIDAY, OCT 28	SATURDAY, OCT 29	SUNDAY, OCT 30
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<ul style="list-style-type: none"> <input type="checkbox"/> CHEST/BACK/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> SHOULDERS/BICEPS/TRICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> LEGS/CALVES <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B 	<ul style="list-style-type: none"> <input type="checkbox"/> SHOULDERS/BACK/CHEST/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> LEGS/CALVES <input type="checkbox"/> MEAL PLAN A 	<ul style="list-style-type: none"> <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B

KEEP GOING TO WEEK 4

40 DAY BUILD

TRANSFORMATION
PROGRAM

PROGRAM CALENDAR

WEEK 4

MONDAY, OCT 31 DAY 22 <input type="checkbox"/> BACK/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	TUESDAY, NOV 1 DAY 23 <input type="checkbox"/> SHOULDERS/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	WEDNESDAY, NOV 2 DAY 24 <input type="checkbox"/> QUADS/CALVES <input type="checkbox"/> MEAL PLAN A	THURSDAY, NOV 3 DAY 25 <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	FRIDAY, NOV 4 DAY 26 <input type="checkbox"/> CHEST/ARMS/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	SATURDAY, NOV 5 DAY 27 <input type="checkbox"/> GLUTES/HAMSTRINGS CALVES <input type="checkbox"/> MEAL PLAN A	SUNDAY, NOV 6 DAY 28 <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B
---	--	--	--	--	---	--

WEEK 5

MONDAY, NOV 7 DAY 29 <input type="checkbox"/> CHEST/BACK/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	TUESDAY, NOV 8 DAY 30 <input type="checkbox"/> SHOULDERS/BICEPS/TRICEPS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	WEDNESDAY, NOV 9 DAY 31 <input type="checkbox"/> LEGS/CALVES <input type="checkbox"/> MEAL PLAN A	THURSDAY, NOV 10 DAY 32 <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B	FRIDAY, NOV 11 DAY 33 <input type="checkbox"/> SHOULDERS/BACK/CHEST/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	SATURDAY, NOV 12 DAY 34 <input type="checkbox"/> LEGS/CALVES <input type="checkbox"/> MEAL PLAN A	SUNDAY, NOV 13 DAY 35 <input type="checkbox"/> OFF <input type="checkbox"/> MEAL PLAN B
--	---	---	---	---	---	---

WEEK 6

MONDAY, NOV 14 DAY 36 <input type="checkbox"/> BACK/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	TUESDAY, NOV 15 DAY 37 <input type="checkbox"/> SHOULDERS/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	WEDNESDAY, NOV 16 DAY 38 <input type="checkbox"/> QUADS/CALVES <input type="checkbox"/> MEAL PLAN A	THURSDAY, NOV 17 DAY 39 <input type="checkbox"/> OFF <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN B	FRIDAY, NOV 18 DAY 40 <input type="checkbox"/> CHEST/ARMS/ABS <input type="checkbox"/> CARDIO <input type="checkbox"/> MEAL PLAN A	SATURDAY, NOV 19	SUNDAY, NOV 20
---	---	---	--	---	------------------	----------------

**CONGRATULATIONS
YOU DID IT!** 🙌🙌

TRAINING

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

On to the fun stuff – your workouts!

So get ready to break through plateaus and hit some PRs (personal records) in the gym, because that's what we will be training to do.

There are three workout plans in this program so you can follow along from anywhere, regardless of where you train or how much equipment you have at home.

GYM WORKOUTS

For those who have access to a gym.

AT-HOME WORKOUTS

(FULL EQUIPMENT)

For those who have a fairly robust home gym setup.

AT-HOME WORKOUTS

**(DUMBBELL/
BODYWEIGHT)**

For those with limited equipment.

Regardless of which plan you follow, the training split, sets, reps (for the most part, aside from the Dumbbell/Bodyweight Plan) and volume will remain primarily the same. So feel free to mix and match for variety, or split your time between training at a gym or at home on most exercises – it's up to you!

WEEKS 1/3/5

During these weeks you will be weight training five days per week, following a 3 on/1 off, 2 on/1 off training split.

Repetition ranges are slightly higher during these weeks, but still fall within the ideal range for building muscle (8-15 on most exercises). Since reps are a little higher, you'll be incorporating the Superset technique (see sidebar) to boost the intensity of your workouts and increase volume while still getting everything done in under an hour.

Make sure to use enough weight so it's really challenging for you to reach the prescribed number of reps. Even if you fall a rep or two short of what's listed, it's a sign you are pushing yourself. On the other hand, if you feel like you can complete 2 or 3 more reps than what is listed, *you're not lifting heavy enough and you need to increase the amount of weight you are using.*

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

TRAINING SPLIT

DAY 1: MONDAY – CHEST/BACK/ABS

DAY 2: TUESDAY – SHOULDERS/BICEPS/TRICEPS

DAY 3: WEDNESDAY – LEGS/CALVES

DAY 4: THURSDAY – OFF

DAY 5: FRIDAY – SHOULDERS/BACK/CHEST/ABS

DAY 6: SATURDAY – LEGS/CALVES

DAY 7: SUNDAY – OFF

TERMS TO KNOW

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

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

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

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

WEEKS 2/4/6

During these weeks you will be focusing on lifting as heavy as possible on all compound movements (these are multi-joint exercises like barbell rows, squats etc). You will still be following a 3 on/1 off, 2 on/1 off split and weight training five days per week, but you will only be hitting each body part once a week to give your body time to rest and recover from these heavy training sessions.

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

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

TRAINING SPLIT

DAY 1: MONDAY - BACK/ABS

DAY 2: TUESDAY - SHOULDERS/BICEPS

DAY 3: WEDNESDAY - QUADS/CALVES

DAY 4: THURSDAY - OFF

DAY 5: FRIDAY - CHEST/TRICEPS/ABS

DAY 6: SATURDAY - GLUTES/HAMSTRINGS/CALVES

DAY 7: SUNDAY - OFF

PUSH YOUR LIMITS AND CHALLENGE YOURSELF!

Any type of transformation all about stepping out of your comfort zone. You can't expect to make significant changes if you are just going through the motions.

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

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

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

By the end of these 40 days, your goal should be to be stronger on every exercise in this program. That is how you are going to build muscle and achieve the transformation you're hoping for!

BOOST THE INTENSITY

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

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



TRAINING TIPS

- » Warm up properly! Each workout calls for a warmup circuit to help you loosen up and get your muscles primed for the heavier sets to come. You should not be struggling at all on these warmup sets.
- » Use proper form! Form is key to working the muscle you are targeting and staying injury-free.
- » Perform slow and controlled repetitions for all exercises – excluding any plyometric (example: Jump Squats) or dynamic exercises (example: Dumbbell Thrusters).
- » Pay attention to your rest periods at the top of each workout chart. You are allotted longer rest periods for some low-rep compound exercises like squats so you can really challenge yourself. You won't fully recover between sets, but you will be able to lift heavier with the extra rest on those exercises.
- » There are video demonstrations for every exercise in this program. Just click the name of the exercise or the "PLAY" button next to the exercise name to view the demonstration.

WARMUP ROUTINES

Incorporate these two dynamic warmup routines to get your body ready to attack the weights!

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

If you feel like you need to do more to get your body ready, feel free to add extra warmup sets.

Our goal is to stay healthy throughout these 40 days.

UPPER BODY WARMUP

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

LOWER BODY WARMUP

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

GYM WORKOUTS

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

GYM WORKOUTS

PHASE 1: WEEKS 1/3/5

DAY 1: MONDAY - CHEST/BACK/ABS

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

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Dumbbell Bench Press	5	2x5-8 (warmup), 3x8-10
▶ Neutral Grip Dumbbell Row	5	2x5 (warmup), 3x10-12
SUPERSET		
▶ Incline Dumbbell Press	3	10-12
▶ Reverse Grip Dumbbell Row	3	10-12
SUPERSET		
▶ Cable Flye	3	10-12
▶ Seated Wide Grip Cable Row	3	10-12
SUPERSET		
▶ Incline Plyo Pushup <i>*Shoot for at least 10; If you can't do 10, do regular incline pushups for the remaining reps</i>	3	AMRAP
▶ Lying Leg Raise/Butt Up Combo	3	10-15
SUPERSET		
▶ Renegade Row	3	8-10 (each arm)
▶ Straddle Up	3	10-15
▶ Side Plank <i>*no rest between sets</i>	3	30 seconds (each side)

GYM WORKOUTS

PHASE 1: WEEKS 1/3/5

DAY 2: TUESDAY - SHOULDERS/BICEPS/TRICEPS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
 Around-The-World Dumbbell Lateral Raise	3	12-15
 Alternating Dumbbell Curl	3	10-12 (each arm)
SUPERSET		
 Seated Dumbbell Shoulder Press	3	8-12
 Two Angle Dumbbell Curl	3	10 (each side)
SUPERSET		
 Standing Up And Over Barbell Press	3	12-15
 Close Grip Pushup	3	AMRAP
<i>*Shoot for a minimum of 8; if you can't reach 8, finish the remaining reps on your knees</i>		
SUPERSET		
 Single Arm Rear Delt Cable Raise	3	12-15 (each arm)
 Single Arm Rope Cable Kickback	3	12-15 (each arm)
SUPERSET		
 Standing Barbell Curl	3	10-12
 Lying Dumbbell Triceps Extension	3	10-12

GYM WORKOUTS

PHASE 1: WEEKS 1/3/5

DAY 3: WEDNESDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Dumbbell Sumo Pulse Squat	3	30
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
SUPERSET		
▶ Wide Stance Leg Press <i>*5 full range reps/5 partial (1/2 reps), 5 full range reps = 1 set</i>	3	5/10/5*
▶ Leg Press Calf Raise	3	10-15
▶ Smith Machine Single Leg Squat	3	10-12 (each leg)
TRISSET		
▶ Exercise Ball Glute Raise	3	15-20
▶ Exercise Ball Lying Hamstring Curl	3	15-20
▶ Exercise Ball Reverse Hyperextension	3	15-20

GYM WORKOUTS

PHASE 1: WEEKS 1/3/5

DAY 5: FRIDAY - SHOULDERS/BACK/CHEST/ABS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Deadlift	6	2x5 (warmup), 4x6-10
SUPERSET		
▶ Wide Grip Pulldown	3	10-12
▶ Reverse Grip Pulldown	3	10-12
SUPERSET		
▶ Smith Machine Shoulder Press	3	10-12
▶ Standing Arnold Press	3	10-12
SUPERSET		
▶ Single Arm Incline Lateral Raise	3	10 (each arm)
▶ Incline Dumbbell Flye	3	12-15
TRISSET		
▶ Dumbbell Z Press	3	10
▶ Twisting Pushup	3	8-10 (each side)
▶ Plank Knee Raise	3	10 (each side)
▶ Hanging Twisting Knee Raise	3	8-10 (each side)

GYM WORKOUTS

PHASE 1: WEEKS 1/3/5

DAY 6: SATURDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Hip Circle Lateral Side Step	3	15 (each side)
▶ Hip Circle Squat	5	2x5-8 (warmup), 3x10-12
SUPERSET		
▶ Dumbbell Reverse Lunge	3	10-12 (each leg)
▶ Alternating Lunge Jump	3	10-15 (each leg)
SUPERSET		
▶ Dumbbell Sumo Squat	3	12-15
▶ Jump Squat	3	30,45,60 seconds
▶ Glute Cable Kickback	3	12-15 (each leg)
SUPERSET		
▶ Hip Circle Good Morning	3	12-15
▶ Standing Calf Raise	3	15-20

GYM WORKOUTS

PHASE 2: WEEKS 2/4/6

DAY 1: MONDAY - BACK/ABS

**Rest 60 seconds between all sets/trisets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
<p>▶ Band Assisted Pullup <i>*If you can do more than 10 band-assisted, start with regular pullups</i></p>	4	8-10*
<p>▶ Reverse Grip Barbell Row <i>*rest 60-90 seconds between sets</i></p>	4	6-8
▶ Landmine Row	4	8-10
▶ One Arm Dumbbell Row	4	8-10 (each arm)
▶ Dumbbell Pullover	4	10
TRISSET		
▶ Hyperextension	3	10
▶ Weighted Crunch (medicine ball)	3	15
▶ Medicine Ball Tuckup	3	15

GYM WORKOUTS

PHASE 2: WEEKS 2/4/6

DAY 2: TUESDAY - SHOULDERS/BICEPS

**Rest 60 seconds between sets unless otherwise noted.*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
<p>▶ Standing Barbell Press <i>*rest 60-90 seconds between sets</i></p>	6	2x5 (warmup), 4x6-8
▶ Neutral Grip Dumbbell Push Press	3	10-12
▶ Barbell Upright Row	3	8-10
▶ Barbell Curl 21s <i>*7 top half reps/7 bottom half reps/7 full reps</i>	3	7/7/7
TRISSET		
▶ Single Arm Cable Lateral Raise	3	10-12 (each arm)
▶ Single Arm Rear Delt Cable Raise	3	10-12 (each arm)
▶ Cable Concentration Curl <i>*rest 30 seconds between trisets</i>	3	10-12 (each arm)
SUPERSET		
▶ Incline Dumbbell Curl	3	8-10
▶ Incline Dumbbell Rear Delt Raise (palms facing in)	3	10-12

GYM WORKOUTS

PHASE 2: WEEKS 2/4/6

DAY 3: WEDNESDAY - QUADS/CALVES

**Rest 60 seconds between sets unless otherwise noted.*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Front Squat <i>*rest 60-90 seconds between sets</i>	6	2X5-8 (warmup), 4x8-10
▶ Barbell Step Up	3	10 (each leg)
▶ Hack Squat	3	8-10
▶ Barbell Lunge	3	8-10 (each leg)
▶ Dumbbell Goblet Squat	3	8-10
▶ Leg Extension <i>*rest 60-90 seconds between sets</i>	3	10/10/10 (drop set)
▶ Seated Calf Raise <i>*10 toes pointed straight forward, 10 toes pointed in, 10 toes pointed out</i>	3	10/10/10*

GYM WORKOUTS

PHASE 2: WEEKS 2/4/6

DAY 5: FRIDAY - CHEST/TRICEPS/ABS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Bench Press <i>*rest 60-90 seconds between sets</i>	5	2x5-8 (warmup), 3x6-8
▶ Decline Pushup	3	8-10
▶ Dip	3	AMRAP
▶ Lying Landmine Single Arm Chest Press	3	8-10 (each arm)
▶ Neutral Grip Dumbbell Press	3	8-10
SUPERSET		
▶ Standing Overhead Dumbbell Extension	3	8-10
▶ Dumbbell Flye	3	10-12
SUPERSET		
▶ Exercise Ball Lying Leg Raise	3	10
▶ Exercise Ball Alternating Crunch	3	12-15 (each side)

GYM WORKOUTS

PHASE 2: WEEKS 2/4/6

DAY 6: SATURDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Lying Hamstring Curl	3	10-12
▶ Sumo Deadlift	5	2x5 (warmup), 3x6-8
▶ Staggered Stance Landmine Stiff Legged Deadlift	3	10 (each leg)
▶ Barbell Hip Thrust	4	8-10
▶ Barbell Walking Lunge	3	8-10 (each leg)
▶ Barbell Bulgarian Split Squat	3	8-10 (each leg)
SUPERSET		
▶ Glute Circles	3	30 seconds (each leg)
▶ Bodyweight Clamshells	3	15 (each leg)
▶ Single Leg Calf Raise (bodyweight)	3	20 (each leg)

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

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1/3/5

DAY 1: MONDAY - CHEST/BACK/ABS

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

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Dumbbell Bench Press	5	2x5-8 (warmup), 3x8-10
▶ Neutral Grip Dumbbell Row	5	2x5 (warmup), 3x10-12
SUPERSET		
▶ Incline Dumbbell Press	3	10-12
▶ Reverse Grip Dumbbell Row	3	10-12
SUPERSET		
▶ Barbell Row	3	10-12
▶ Dumbbell Flye	3	10-12
SUPERSET		
▶ Incline Plyo Pushup <i>*Shoot for at least 10; If you can't do 10, do regular incline pushups for the remaining reps</i>	3	AMRAP
▶ Lying Leg Raise/Butt Up Combo	3	10-15
SUPERSET		
▶ Renegade Row	3	8-10 (each arm)
▶ Straddle Up	3	10-15
▶ Side Plank <i>*no rest between sets</i>	3	30 seconds (each side)

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1/3/5

DAY 2: TUESDAY - SHOULDERS/BICEPS/TRICEPS

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

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
SUPERSET		
 Around-The-World Dumbbell Lateral Raise	3	12-15
 Alternating Dumbbell Curl	3	10-12
SUPERSET		
 Seated Dumbbell Shoulder Press	3	8-12
 Two Angle Dumbbell Curl	3	10 (each side)
SUPERSET		
 Standing Up And Over Barbell Press	3	12-15
 Close Grip Pushup	3	AMRAP
<i>*Shoot for a minimum of 8; if you can't reach 8, finish the remaining reps on your knees</i>		
SUPERSET		
 Resistance Band Rear Delt Pull	3	40 seconds
 Dumbbell Kickback	3	12-15
SUPERSET		
 Standing Barbell Curl	3	10-12
 Lying Dumbbell Triceps Extension	3	10-12

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1/3/5

DAY 3: WEDNESDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Dumbbell Sumo Pulse Squat	3	30
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
▶ Bench Pistol Squat	3	8-15 (each leg)
SUPERSET		
▶ Barbell Sumo Squat <i>*5 full range reps/5 partial (1/2 reps), 5 full range reps = 1 set</i>	3	12-15
▶ Bodyweight Standing Calf Raise	3	30
TRISSET		
▶ Exercise Ball Glute Raise	3	15-20
▶ Exercise Ball Lying Hamstring Curl	3	15-20
▶ Exercise Ball Reverse Hyperextension	3	15-20

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1/3/5

DAY 5: FRIDAY - SHOULDERS/BACK/CHEST/ABS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
<p>▶ Deadlift *rest 60-90 seconds between sets</p>	6	2x5 (warmup), 4x6-10
<p>▶ Band Assisted Pullup *Shoot for 10-12</p>	3	AMRAP
<p>▶ Band Assisted Chinup *Shoot for 10-12</p>	3	AMRAP
SUPERSET		
▶ Standing Arnold Press	3	10-12
▶ Plate Front Raise	3	10-12
SUPERSET		
▶ Single Arm Incline Lateral Raise	3	12 (each arm)
▶ Incline Dumbbell Flye	3	12-15
TRISSET		
▶ Dumbbell Z Press	3	10 (each arm)
▶ Twisting Pushup	3	8-10 (each side)
▶ Plank Knee Raise	3	10 (each side)
▶ Hanging Twisting Knee Raise	3	8-10 (each side)

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1/3/5

DAY 6: SATURDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Hip Circle Lateral Side Step	3	15 (each side)
▶ Hip Circle Squat	5	2x5-8 (warmup), 3x10-12
SUPERSET		
▶ Dumbbell Reverse Lunge	3	10-12 (each leg)
▶ Alternating Lunge Jump	3	10-15 (each leg)
SUPERSET		
▶ Dumbbell Sumo Squat	3	12-15
▶ Jump Squat	3	30,45,60 seconds
▶ Hip Circle Glute Kickback	3	12-15 (each leg)
SUPERSET		
▶ Hip Circle Good Morning	3	12-15
▶ Seated Weight Plate Calf Raise	3	15-20

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 2/4/6

DAY 1: MONDAY - BACK/ABS

**Rest 60 seconds between all sets/trisets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
 Pullup	4	AMRAP
 Reverse Grip Barbell Row <i>*rest 60-90 seconds between sets</i>	4	6-8
 Landmine Row	4	8-10
 One Arm Dumbbell Row	4	8-10 (each arm)
 Dumbbell Pullover	4	10
TRISSET		
 Hyperextension	3	10
 Weighted Crunch (medicine ball)	3	15
 Medicine Ball Tuckup	3	15

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 2/4/6

DAY 2: TUESDAY - SHOULDERS/BICEPS

**Rest 60 seconds between sets unless otherwise noted.*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
<p>▶ Standing Barbell Press <i>*rest 60-90 seconds between sets</i></p>	6	2x5 (warmup), 4x6-8
▶ Neutral Grip Dumbbell Push Press	3	10-12
▶ Barbell Upright Row	3	8-10
<p>▶ Barbell Curl 21s <i>*7 top half reps/7 bottom half reps/7 full reps</i></p>	3	7/7/7
SUPERSET		
▶ One Arm Dumbbell Lateral Raise	3	10-12 (each arm)
<p>▶ Dumbbell Concentration Curl <i>*rest 30 seconds between sets</i></p>	3	10-12 (each arm)
SUPERSET		
▶ Incline Dumbbell Curl	3	8-10
▶ Incline Dumbbell Rear Delt Raise (palms facing in)	3	10-12

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 2/4/6

DAY 3: WEDNESDAY - QUADS/CALVES

**Rest 60 seconds between sets unless otherwise noted.*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Front Squat <i>*rest 60-90 seconds between sets</i>	6	2x5-8 (warmup), 4x8-10
▶ Barbell Step Up	3	10 (each leg)
▶ Narrow Stance Dumbbell Squat	3	8-10
▶ Barbell Lunge	3	8-10 (each leg)
▶ Dumbbell Goblet Squat	3	8-10
▶ Sissy Squat	3	12-15
▶ Seated Weight Plate Calf Raise <i>*10 toes pointed straight forward, 10 toes pointed in, 10 toes pointed out</i>	3	10/10/10*

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 2/4/6

DAY 5: FRIDAY - CHEST/TRICEPS/ABS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Bench Press <i>*rest 60-90 seconds between sets</i>	5	2x5-8 (warmup), 3x6-8
▶ Decline Pushup	3	8-10
▶ Dip	3	AMRAP
▶ Lying Landmine Single Arm Chest Press	3	8-10 (each arm)
▶ Neutral Grip Dumbbell Press	3	8-10
SUPERSET		
▶ Standing Overhead Dumbbell Extension	3	8-10
▶ Dumbbell Flye	3	10-12
SUPERSET		
▶ Exercise Ball Lying Leg Raise	3	10
▶ Exercise Ball Alternating Crunch	3	12-15 (each side)

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 2/4/6

DAY 6: SATURDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Single Leg Exercise Ball Lying Hamstring Curl <i>*rest 30 seconds between sets</i>	3	10-12 (each leg)
▶ Sumo Deadlift	5	2x5 (warmup), 3x6-8
▶ Staggered Stance Landmine Stiff Legged Deadlift	3	10 (each leg)
▶ Barbell Hip Thrust	4	8-10
▶ Barbell Walking Lunge	3	8-10 (each leg)
▶ Barbell Bulgarian Split Squat	3	8-10 (each leg)
SUPERSET		
▶ Glute Circles	3	30 seconds (each leg)
▶ Bodyweight Clamshells	3	15 (each leg)
▶ Single Leg Calf Raise (bodyweight)	3	20 (each leg)

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

NICOLE WILKINS'
**40 DAY
BUILD**
CHALLENGE

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

DAY 1: MONDAY - CHEST/BACK/ABS

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

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Dumbbell Floor Press	5	2x5-8 (warmup), 3x8-10
▶ Neutral Grip Dumbbell Row	5	2x5-8 (warmup), 3x10-12
SUPERSET		
▶ { Crunch To Dumbbell Floor Press	3	10-12
▶ { Reverse Grip Dumbbell Row	3	10-12
SUPERSET		
▶ { Multi Grip Dumbbell Row <i>*Overhand grip, neutral grip, reverse grip – counts as 1 rep.</i>	3	10 (each grip)
▶ { Dumbbell Floor Flye	3	12-15
SUPERSET		
▶ { Incline Plyo Pushup <i>*Shoot for at least 10; If you can't do 10, do regular incline pushups for the remaining reps</i>	3	AMRAP
▶ { Lying Leg Raise/Butt Up Combo <i>*perform this on the floor with hands under hips</i>	3	10-15
SUPERSET		
▶ { Renegade Row	3	8-10 (each arm)
▶ { Straddle Up	3	10-15
▶ Side Plank <i>*no rest between sets</i>	3	30 seconds (each side)

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

DAY 2: TUESDAY - SHOULDERS/BICEPS/TRICEPS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
 Around-The-World Dumbbell Lateral Raise	3	12-15
 Alternating Dumbbell Curl	3	10-12 (each arm)
SUPERSET		
 Kneeling Dumbbell Shoulder Press	3	8-12
 Two Angle Dumbbell Curl	3	10 (each side)
SUPERSET		
 Up And Over Dumbbell Press	3	8-12
 Close Grip Pushup	3	AMRAP
<i>*Shoot for a minimum of 8; if you can't reach 8, finish the remaining reps on your knees</i>		
SUPERSET		
 Bent Over Dumbbell High Row	3	12-15
 Dumbbell Kickback	3	12-15
SUPERSET		
 Standing Dumbbell Curl (palms out)	3	10-12
 Dumbbell Floor Triceps Extension	3	10-12

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

DAY 3: WEDNESDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Dumbbell Sumo Pulse Squat	3	30
▶ Narrow Stance Dumbbell Squat	3	10/10/10 (drop set)
▶ Chair Assisted Pistol Squat	3	8-15 (each leg)
SUPERSET		
▶ Dumbbell Sumo Squat	3	12-15
▶ Bodyweight Standing Calf Raise	3	30
TRISSET		
▶ Suspended Glute Raise	3	15-20 (each leg)
▶ Dumbbell Floor Hamstring Curl	3	15-20
▶ Supermans	3	15-20

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

DAY 5: FRIDAY - SHOULDERS/BACK/CHEST/ABS

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

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Dumbbell Deadlift <i>* kettlebells are shown in video – replace with a set of dumbbells.</i>	6	2x5 (warmup), 4x8-12
▶ Neutral Grip Dumbbell Row	4	12-15
▶ One Arm Dumbbell Row	3	10-12 (each arm)
SUPERSET		
▶ Standing Arnold Press	3	10-12
▶ Standing Dumbbell Front Raise	3	12-15
SUPERSET		
▶ Static Hold Dumbbell Lateral Raise	3	10-12 (each arm)
▶ Floor Decline Dumbbell Flye	3	12-15
TRISSET		
▶ Dumbbell Z Press	3	10
▶ Twisting Pushup	3	8-10 (each side)
▶ Plank Knee Raise	3	10 (each side)
▶ V Up	3	10-12

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

DAY 6: SATURDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Glute Circles	3	30 seconds (each leg)
▶ Dumbbell Goblet Squat	5	2x5-8 (warmup), 3x10-12
SUPERSET		
▶ Dumbbell Reverse Lunge	3	10-12 (each leg)
▶ Alternating Lunge Jump	3	10-15 (each leg)
SUPERSET		
▶ Dumbbell Sumo Squat	3	12-15
▶ Jump Squat	3	30,45,60 seconds
▶ One Leg Chair Lateral Lunge	3	12-15 (each leg)
SUPERSET		
▶ Dumbbell Stiff Legged Deadlift	3	12-15
▶ Dumbbell Standing Calf Jumps	3	15-20

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

DAY 1: MONDAY - BACK/ABS

**Rest 60 seconds between all sets/trisets unless otherwise noted.*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
 Reverse Grip Dumbbell Row	6	2x5-8 (warmup), 4x8-10
 Dumbbell Pendlay Row	4	8-10
 Single Arm Plank High Row	4	8-10
 One Arm Dumbbell Row	4	8-10 (each arm)
 Dumbbell Floor Pullover	4	8-10
TRISSET		
 Situp	3	15-20
 Reverse Crunch	3	15-20
 Plank With Rotation	3	8-10 (each side)

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

DAY 2: TUESDAY - SHOULDERS/BICEPS

*Rest 60 seconds between sets unless otherwise noted.

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Neutral Grip Dumbbell Push Press	5	2x5 (warmup), 4x6-8
▶ Kneeling One Arm Arnold Press <i>*rest 30 seconds after completing 1 set with each arm</i>	3	10-12 (each arm)
▶ Dumbbell Upright Row	3	8-10
▶ Dumbbell Curl 21s <i>*7 top half reps/7 bottom half reps/7 full reps</i>	3	7/7/7
SUPERSET		
▶ One Arm Dumbbell Lateral Raise	3	10-12 (each arm)
▶ Dumbbell Concentration Curl <i>*rest 30 seconds between sets. Sit on chair in place of bench</i>	3	10-12 (each arm)
SUPERSET		
▶ Dumbbell Chair Preacher Curl	3	8-10
▶ Dumbbell Rear Delt Raise	3	8-10

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

DAY 3: WEDNESDAY - QUADS/CALVES

**Rest 60 seconds between sets unless otherwise noted.*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Dumbbell Goblet Squat	6	2x5-8 (warmup), 4x10/10/10 (drop set)
▶ Dumbbell Front Squat	4	8-10
▶ Narrow Stance Dumbbell Squat	4	8-10
▶ Dumbbell Curtsy Lunge To Lunge	4	8 (each leg)
▶ Sissy Squat	4	12-15
▶ Dumbbell Standing Calf Jumps	3	20-30

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

DAY 5: FRIDAY - CHEST/TRICEPS/ABS

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

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Static Hold Dumbbell Floor Press	5	2x5-8 (warmup), 3x8-10
▶ Decline Pushup	3	8-10
▶ Close Grip Pushup	3	AMRAP
▶ Alternating Two Point Plank	3	15 seconds (each side)
▶ Pike Triceps Pushup	3	8-10
SUPERSET		
▶ Standing Overhead Dumbbell Extension	3	8-10
▶ Dumbbell Floor Flye	3	10-12
SUPERSET		
▶ Lying Leg Raise	3	10-15
▶ Alternating Crunch/Heel Touch	3	30 total

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

DAY 6: SATURDAY - LEGS/CALVES

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

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Reverse Plank March <i>*rest 30 seconds between sets</i>	3	10 (each side)
▶ Dumbbell Sumo Jump Squat	5	2x5 (warmup), 3x10-12
▶ Dumbbell Bulgarian Split Squat/ Single Leg Stiff Legged Deadlift Combo <i>*Use a chair or couch in place of bench</i>	3	8-10 (each leg)
▶ Bodyweight Single Leg Chair Hip Thrust	4	15 (each leg)
▶ Dumbbell Lateral Lunge	3	12-15 (each leg)
SUPERSET		
▶ Glute Circles	3	30 seconds (each leg)
▶ Bodyweight Clamshells	3	
▶ Single Leg Calf Raise (bodyweight)	3	20 (each leg)

CARDIO

NICOLE WILKINS'
**40 DAY
BUILD**
CHALLENGE

Here's one of the best parts about my muscle-building themed Challenges:

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

But that doesn't mean it's going to be easy.

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

HIIT cardio is defined as short bursts of intense exercise, followed by a less intense - or a complete rest - recovery period.

This type of cardio will help improve your endurance and heart health while allowing your body to maintain the muscle you are working so hard to build. Studies have shown HIIT cardio can also increase your metabolism and fat-burning capacity during and after the workout is over.

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

Here's how I have your cardio split up on the program calendar, but feel free to do it on the days when it fits your schedule best. I do recommend taking at least one complete day off each week.

ALL WEEKS

DAY 1: MONDAY CARDIO

DAY 2: TUESDAY CARDIO

DAY 3: WEDNESDAY OFF

DAY 4: THURSDAY OFF

DAY 5: FRIDAY CARDIO

DAY 6: SATURDAY OFF

DAY 7: SUNDAY OFF

CARDIO GUIDELINES

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



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



- Feel free to get creative with your cardio as long as you are keeping your cardio to 30 minutes and following the HIIT cardio guidelines listed above.

CARDIO

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

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

But that doesn't mean it's going to be easy.

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

HIIT cardio is defined as short bursts of intense exercise, followed by a less intense - or a complete rest - recovery period.

This type of cardio will help improve your endurance and heart health while allowing your body to maintain the muscle you are working so hard to build. Studies have shown HIIT cardio can also increase your metabolism and fat-burning capacity during and after the workout is over.

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

Here's how I have your cardio split up on the program calendar, but feel free to do it

on the days when it fits your schedule best. I do recommend taking at least one complete day off each week.

ALL WEEKS

DAY 1: MONDAY CARDIO

DAY 2: TUESDAY CARDIO

DAY 3: WEDNESDAY OFF

DAY 4: THURSDAY OFF

DAY 5: FRIDAY CARDIO

DAY 6: SATURDAY OFF

DAY 7: SUNDAY OFF

CARDIO GUIDELINES

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



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



- Feel free to get creative with your cardio as long as you are keeping your cardio to 30 minutes and following the HIIT cardio guidelines listed above.

CARDIO WORKOUTS

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

NICOLE WILKINS'

40 DAY BUILD

TRANSFORMATION PROGRAM



CARDIO WORKOUTS

POWER-FULL

EQUIPMENT NEEDED

Dumbbells, Medicine Ball

Perform each exercise for 45 seconds, followed by a 15 second period of complete rest. Rest 1 minute after each round.

PERFORM 5 ROUNDS OF

- Medicine Ball Slams (replace with Star Jumps if you don't have a medicine ball)
- Jump Squats
- Bench Step-Ups (use chair or couch if you don't have a bench)
- Mountain Climbers
- Dumbbell Thrusters

LUCKY NO. 7

EQUIPMENT NEEDED

None

Perform each round as a 7 minute AMRAP (As many rounds as possible). Rest for 3 minutes after each 7-minute round.

ROUND 1

- 50 Jumping Jacks
- 20 Alternating Lunges
- 10 Bear Crawls (3 up and 3 back = 1 bear crawl)

CIRCUIT 2

- 50 Jumping Jacks
- 20 Alternating Lateral Lunges
- 10 V-Ups

CIRCUIT 3

- 50 Jumping Jacks
- 20 Sumo Squats
- 10 Plank Knee Raise

UNSTOPPABLE

EQUIPMENT NEEDED

Treadmill

PERFORM 6 ROUNDS OF

- 1 minute at 4.0 mph, 0% incline
- 1 minute at 5.0 mph, 0% incline
- 1 minute at 7.0 mph+, 0% incline
- 30 seconds at 3.0 mph, 10% incline (use this time to bring incline up)
- 1 minute at 3.0 mph, 12-15% incline (no hands!)
- 30 seconds at 5.0 mph, 0% incline (run as the incline is coming down)

CARDIO WORKOUTS

INFERNO

EQUIPMENT NEEDED

None

ROUND 1

- 1 minute Fast Jumping Jacks
- 1 minute Bodyweight Squats
- 1 minute Plank Hold
- 1 minute High Knees
- 1 minute Rest

ROUND 2

- 1 minute Alternating Lunges
- 1 minute Mountain Climbers
- 1 minute Leg Lifts
- 1 minute Plank Shoulder Taps
- 1 minute Rest

ROUND 3

- 1 minute Skaters
- 1 minute Bicycles
- 1 minute Plank
- 1 minute Burpees
- 1 minute Rest

ROUND 4

- 1 minute Butt kicks
- 1 minute Russian Twists
- 1 minute Sumo Jump Squats
- 1 minute Down Down Up Up
- 1 minute Rest

ROUND 5

- 1 minute Jumping Jacks
- 1 minute Bodyweight squats
- 1 minute Crunches
- 1 minute High Knees
- 1 minute Rest

ROUND 6

- 1 minute Alternating Lunges
- 1 minute Mountain Climbers
- 1 minute Dead Bugs
- 1 minute Alternating Crab Reach
- 1 minute Rest

HYBRID FLYER

EQUIPMENT NEEDED

Treadmill

Keep the incline at 0% for the entire workout

- 2 minutes at 3.0 mph
- 2 minutes at 7.0 mph
- 1 minute to perform 15 Pushups (if you finish before one minute, walk until the minute is up)
- 2 minutes at 7.2 mph
- 1 minute to perform 15 Pushups
- 2 minutes at 7.4 mph
- 1 minute to perform 15 Pushups
- 2 minutes at 7.6 mph
- 1 minute to perform 20 Alternating Reverse Lunges
- 2 minutes at 7.8 mph
- 1 minute to perform 20 Alternating Reverse Lunges
- 2 minutes at 8.0 mph
- 1 minute to perform 20 Alternating Reverse Lunges
- 3 minute AMRAP (as many rounds as possible): 5 Burpees, 10 Situps, 20 Bodyweight Squats
- 5 minute AMRAP (as many rounds as possible): 45 second sprint at 9.0 mph, 3 Burpees, 15 Bodyweight Squats
- 2 minutes at 3.0 mph

A-TEAM

EQUIPMENT NEEDED

Stepmill

WARMUP

- 3 minutes at Level 6

PERFORM 12 ROUNDS OF

- 1 minute at Level 10
- 1 minute at Level 15-20
- 30 seconds at Level 8

COOLDOWN

- 2 minutes at Level 6

NUTRITION

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

The great thing about following a muscle-building program?

You're not going to have to starve yourself in order to see results!

To build muscle and change the overall shape of your body it is extremely important to make sure you are eating *enough*.

I'm sure the concept of *eating enough* sounds like no problem for those of you who have followed a program before. That's because the main focus of *most* programs is to help you lose body fat and weight in a short period of time and the only way to do that is by being in a pretty significant caloric deficit.

But this is a muscle *building* program, so it most likely has you eating more food than you are used to. If you're one of those people who is always on a 'diet', trying to decrease body fat and lose weight, this will be a great change of pace for you.

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

So take a look at this testimonial from one of our past Challenge entrants and member of the Nicole Wilkins Fitness Community Facebook page, Alisha Stubbs. I promise – if you trust the process and follow the plan, you'll feel the same way she did after these 40 days!



Alisha Stubbs

January 15, 2019 · 🌐



NSV:

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

Today I wore this to do legs.

Now, for most of you that's no biggy, but it is HUGE for me for two reasons.

1. I am in MP3 for the challenge and I was ABSOLUTLEY TERRIFIED of the almost 2000 calories. The amount of mental break down video calls I had with my sister once the challenge was released and I saw how many calories I'd be eating was ridiculous. Some days it would be 3 or 4 calls to her... "I cant do this... Im going to get so fat if I eat this..."

On and on...

BUT I had promised myself after Build that THIS challenge I would finally eat the right meal plan for my height.

(I'm 5'8/5'9 and this is my 4th challenge but I just could not mentally do the right meal plan in any of the others so always did meal plan 2 instead)

When I saw the calories I could have shot myself for making such a promise! It literally made me sick to my stomach to think about it.

BUT Nicoles voice of "try it for 60 days" and my sisters voice of reason saying, "because you known so much more than Nicole...???" Lol got me to stick to my promise.

It took til this Sunday to finally be ok with it and not freakibg at the end if the day, eating that last meal.

#2. I NEVER do leg day without a baggy shirt. Never. I am so self concious of my mushy tummy gooshing out all over the place when squatting I wear something that will camouflage it a bit.

But not today!

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

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

Trust the process!!!!

ABOUT THE MEAL PLANS

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

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

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

Each height/weight range has two types of meal plans – one for your Weight Training Days (Meal Plan A) and one for Off Days (Meal Plan B). While calories are only slightly lower on your off days, the main variations are with your macros – specifically the amount of carbohydrates and fats you will be eating on both days.

On days you weight train, you'll be following Meal Plan A.
This is a higher carb/lower fat plan.

On your Off (non weight-training) days, you'll be following Meal Plan B.
This is a lower carb/higher fat plan.

Your protein intake stays the same for both Meal Plan A and B.

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

KEEP IT SPICY

They say variety is the spice of life. That saying definitely applies to any type of diet.

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

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

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

HERE'S HOW TO USE IT:

Foods for each meal are categorized into different categories for both the Weight Training Day and Off Day plans.

FOOD TYPE REGULAR MEAL PLAN

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

FOOD TYPE VEGAN MEAL PLAN

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

If you don't like something on the plan, or if you're tired of it and want to make a substitution, just refer to the Food Exchange List and swap it out for something else in that category. That way if you want to exchange a Lean Protein (LP) for another one, all you need to do is check out the food exchange list and pick another option from that category.

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

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



PREPARATION IS KEY

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

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

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

WEIGH YOUR FOOD

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

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

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



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

DAILY MEAL PLAN

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

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

GROCERY LIST

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

FOOD EXCHANGE LIST

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

RECIPES

To spice things by adding more variety.

DOs & DON'Ts

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



FOOD TYPE

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

WOMEN'S MEAL PLAN 1A

WEIGHT TRAINING DAYS

Height: Under 5'4 Weight: Under 130 lbs

MEAL 1

OPTION 1

- (1½ SC, LP, F) 1 serving Breakfast Tacos (SEE RECIPE)

OPTION 2

- (SC) 45g cream of rice
- (LP) 6 egg whites
- (F) 2 egg yolks

**The above equals 4 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (SC, FR, LP, F) 1 serving Blueberry Cheesecake Overnight Oats (SEE RECIPE)

OPTION 2

- (FR) 1 medium apple
- (F) 16g natural natural almond butter
- (LP) 225g cottage cheese

MEAL 3

OPTION 1

- (¾ LP) 3 oz chicken
- (SC) 100g brown rice
- (F) 15 almonds
- (V) 100g green beans

OPTION 2

**Combine ingredients below to make fish tacos*

- (1½ SC) 3 corn tortillas, 6" diameter
- (½ F) 1 oz avocado
- (¾ LP) 3 oz cod
- (¼ V) 25g shredded cabbage
- (OC) lime juice, garlic powder, chili powder

WOMEN'S MEAL PLAN 1A

WEIGHT TRAINING DAYS

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

- (¾ FP) 3 oz salmon
- (1½ SC) 6 oz yellow sweet potato
- (V) 100g asparagus

OPTION 2

- (¾ FP) 3 oz flank steak
- (V) 100g broccoli
- (SC) 4 oz Russet potato
- (½ SC) ½ whole wheat dinner roll

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ SC, ¼ LP, ½ F) 2 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate

OPTION 2

- (LP) 8 oz plain nonfat Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate
- (½ FR) ½ medium banana
- (½ FR) 100g blueberries

DAILY GOALS

Calories: 1524

Protein: 120g

Carbs: 180g

Fat: 36g

MEAL TOTALS

Meal 5/Post Workout Meal

240 calories, 24g protein, 36g carbs, 0g fat

All Other Meals

321 calories, 24g protein, 36g carbs, 9g fat



FOOD TYPE

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

WOMEN'S MEAL PLAN 1B OFF DAYS

Height: Under 5'4 Weight: Under 130 lbs

MEAL 1

OPTION 1

- ($\frac{1}{2}$ SC) 1 slice Ezekiel bread (or other sprouted grains bread)
- ($\frac{1}{2}$ F) 1 oz avocado
- ($\frac{1}{2}$ F) 1 egg yolk
- ($\frac{1}{4}$ LP) 2 egg whites
- (LP) 4 slices of turkey bacon

**The above equals one egg white and one whole egg*

OPTION 2

- ($\frac{3}{4}$ SC) 30g oatmeal
- ($\frac{2}{3}$ LP) 4 egg whites
- (F) 2 egg yolks

**The above equals 2 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (FR, LP, F) 1 serving Pumpkin Spice Protein Smoothie (SEE RECIPE)

OPTION 2

- (LP) 1 can tuna in water
- ($\frac{1}{2}$ SC) 1 Lundberg rice cake
- (F) 15g avocado mayonnaise

MEAL 3

OPTION 1

- ($\frac{3}{4}$ LP) 3 oz chicken
- ($\frac{1}{2}$ SC) 50g brown rice
- (F) 15 almonds
- (V) 100g broccoli

OPTION 2

- ($\frac{3}{4}$ FP) 3 oz 90% lean ground beef
- ($\frac{1}{2}$ SC) 50g cous cous
- (V) 100g Brussel sprouts

WOMEN'S MEAL PLAN 1B

OFF DAYS

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

- (V, FR, LP, F) 1 serving Turkey and Cranberry Slaw (SEE RECIPE)

OPTION 2

- (LP) 6 oz shrimp
- ($\frac{3}{4}$ SC) 75g brown rice
- (V) 100g zucchini
- (F) 10 ml olive oil
- (OC) light soy sauce for stir fry

MEAL 5

OPTION 1

- (SC, $\frac{1}{4}$ F) 1 serving Apple Pie Oatmeal Cookies (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate
- (F) 16g natural almond butter

OPTION 2

- ($\frac{1}{2}$ LP) 4 oz plain nonfat Greek yogurt
- ($\frac{1}{2}$ LP) $\frac{1}{2}$ scoop nPower Nutrition Isolate
- ($\frac{1}{2}$ FR) $\frac{1}{2}$ medium banana
- (F) 30g hemp seeds

DAILY GOALS

Calories: 1500

Protein: 120g

Carbs: 120g

Fat: 60g

MEAL TOTALS

300 calories, 24g protein, 24g carbs, 12g fat



FOOD TYPE

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

WOMEN'S MEAL PLAN 2A

WEIGHT TRAINING DAYS

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

MEAL 1

OPTION 1

- (1½ SC, LP, F) 1 serving Breakfast Tacos (SEE RECIPE)

OPTION 2

- (1¼ SC) 56g cream of rice
- (LP) 6 egg whites
- (F) 2 egg yolks

**The above equals 4 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (SC, FR, LP, F) 1 serving Blueberry Cheesecake Overnight Oats (SEE RECIPE)

OPTION 2

- (FR) 1 medium apple
- (F) 16g natural natural almond butter
- (LP) 225g cottage cheese
- (⅓ SC) 1 Quaker lightly salted rice cake

MEAL 3

OPTION 1

- (¾ LP) 3 oz chicken
- (1¼ SC) 125g brown rice
- (F) 15 almonds
- (V) 100g green beans

OPTION 2

**Combine ingredients below to make fish tacos*

- (1½ SC) 3 corn tortillas, 6" diameter
- (F) 2 oz avocado
- (LP) 4 oz cod
- (¼ V) 25g shredded cabbage
- (OC) lime juice, garlic powder, chili powder

WOMEN'S MEAL PLAN 2A

WEIGHT TRAINING DAYS

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 4

OPTION 1

- (FP) 4 oz salmon
- (1¾ SC) 7 oz yellow sweet potato
- (V) 100g asparagus

OPTION 2

- (FP) 4 oz flank steak
- (V) 100g broccoli
- (1¾ SC) 5 oz Russet potato
- (½ SC) ½ whole wheat dinner roll

MEAL 5/POST WORKOUT

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

OPTION 1

- (1¾ SC, ¼ LP, ½ F) 2.5 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate

OPTION 2

- (LP) 8 oz plain nonfat Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (½ FR) 100g blueberries

DAILY GOALS

Calories: 1800

Protein: 140g

Carbs: 220g

Fat: 40g

MEAL TOTALS

Meal 5/Post Workout Meal

288 calories, 28g protein, 44g carbs, 0g fat

All Other Meals

378 calories, 28g protein, 44g carbs, 10g fat



WOMEN'S MEAL PLAN 2B OFF DAYS

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

FOOD TYPE

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

MEAL 1

OPTION 1

- ($\frac{1}{2}$ SC) 1 slice Ezekiel bread (or other sprouted grains bread)
- (F) 2 oz avocado
- ($\frac{1}{2}$ F) 1 egg yolk
- ($\frac{1}{4}$ LP) 2 egg whites
- (LP) 4 slices of turkey bacon

**The above equals one egg white and one whole egg*

OPTION 2

- (SC) 40g oatmeal
- ($\frac{2}{3}$ LP) 4 egg whites
- (F) 2 egg yolks

**The above equals 2 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (FR, LP, F) 1 serving Pumpkin Spice Protein Smoothie (SEE RECIPE)

OPTION 2

- ($1\frac{1}{2}$ LP) 1.5 cans tuna in water
- (SC) 2 Lundberg (V) rice cakes
- (F) 15g avocado mayonnaise

MEAL 3

OPTION 1

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

OPTION 2

- (FP) 4 oz 90% lean ground beef
- ($\frac{3}{4}$ SC) 75g cous cous
- (V) 100g Brussel sprouts

WOMEN'S MEAL PLAN 2B

OFF DAYS

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

MEAL 4

OPTION 1

- (V, FR, LP, F) 1 serving Turkey and Cranberry Slaw (SEE RECIPE)

OPTION 2

- (LP) 6 oz shrimp
- (SC) 100g brown rice
- (V) 100g zucchini
- (F) 10 ml olive oil
- (OC) light soy sauce for stir fry

MEAL 5

OPTION 1

- (SC, ½ F) 1.5 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate
- (F) 16g natural almond butter

OPTION 2

- (½ LP) 4 oz plain nonfat Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (F) 30g hemp seeds

DAILY GOALS

Calories: 1750
Protein: 140g
Carbs: 140g
Fat: 70g

MEAL TOTALS

350 calories, 28g protein, 28g carbs, 14g fat



WOMEN'S MEAL PLAN 3A

WEIGHT TRAINING DAYS

Height: Over 5'6 Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

OPTION 1

- (1½ SC, LP, F) 1 serving Breakfast Tacos (SEE RECIPE)
- (½ SC) 1 6" corn tortilla

OPTION 2

- (1½ SC) 67g cream of rice
- (LP) 6 egg whites
- (F) 2 egg yolks

**The above equals 4 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (SC, FR, LP, F) 1 serving Blueberry Cheesecake Overnight Oats (SEE RECIPE)
- (¼ SC) 10g oatmeal*

**add this to the overnight oat recipe*

OPTION 2

- (FR) 1 medium apple
- (F) 16g natural natural almond butter
- (LP) 225g cottage cheese
- (⅔ SC) 2 Quaker lightly salted rice cakes

MEAL 3

OPTION 1

- (LP) 4 oz chicken
- (1½ SC) 150g brown rice
- (F) 15 almonds
- (2 V) 200g green beans

OPTION 2

**Combine ingredients below to make fish tacos*

- (2 SC) 4 corn tortillas, 6" diameter
- (F) 2 oz avocado
- (LP) 4 oz cod
- (¼ V) 25g shredded cabbage
- (OC) lime juice, garlic powder, chili powder

WOMEN'S MEAL PLAN 3A

WEIGHT TRAINING DAYS

Height: Over 5'6

Weight: Over 150 lbs

MEAL 4

OPTION 1

- (FP) 4 oz salmon
- (2 SC) 8 oz yellow sweet potato
- (V) 100g asparagus

OPTION 2

- (FP) 4 oz flank steak
- (V) 100g broccoli
- (1¼ SC) 5 oz Russet potato
- (SC) 1 whole wheat dinner roll

MEAL 5/POST WORKOUT

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

OPTION 1

- (2 SC, ½ LP, ½ F) 3 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate

OPTION 2

- (LP) 8 oz plain nonfat Greek yogurt
- (½ LP) ½ scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (½ FR) 100g blueberries

DAILY GOALS

Calories: 2076

Protein: 160g

Carbs: 260g

Fat: 44g

MEAL TOTALS

Meal 5/Post Workout Meal

336 calories, 32g protein, 52g carbs, 0g fat

All Other Meals

435 calories, 32g protein, 52g carbs, 11g fat



FOOD TYPE

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

WOMEN'S MEAL PLAN 2B OFF DAYS

Height: Over 5'6 Weight: Over 150 lbs

MEAL 1

OPTION 1

- (SC) 2 slices Ezekiel bread (or other sprouted grains bread)
- (F) 2 oz avocado
- (½ F) 1 egg yolk
- (¼ LP) 2 egg whites
- (LP) 4 slices of turkey bacon

**The above equals one egg white and one whole egg*

OPTION 2

- (SC) 40g oatmeal
- (LP) 6 egg whites
- (F) 2 egg yolks

**The above equals 4 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (FR, LP, F) 1 serving Pumpkin Spice Protein Smoothie (SEE RECIPE)
- (½ F) 8g natural peanut butter (add to protein shake)

OPTION 2

- (1½ LP) 1.5 cans tuna in water
- (SC) 2 Lundberg (V) rice cakes
- (F) 15g avocado mayonnaise

MEAL 3

OPTION 1

- (LP) 4 oz chicken
- (SC) 100g brown rice
- (1½ F) 23 almonds
- (V) 100g broccoli

OPTION 2

- (1¼ FP) 5 oz 90% lean ground beef
- (¾ SC) 75g cous cous
- (V) 100g Brussel sprouts

WOMEN'S MEAL PLAN 2B

OFF DAYS

Height: Over 5'6

Weight: Over 150 lbs

MEAL 4

OPTION 1

- (V, FR, LP, F) 1 serving Turkey and Cranberry Slaw (SEE RECIPE)
- (½ F) 8 almonds

OPTION 2

- (1½ LP) 9 oz shrimp
- (SC) 100g brown rice
- (V) 100g zucchini
- (F) 10 ml olive oil
- (OC) light soy sauce for stir fry

MEAL 5

OPTION 1

- (SC, ½ F) 1.5 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate
- (F) 16g natural almond butter

OPTION 2

- (½ LP) 4 oz plain nonfat Greek yogurt
- (¾ LP) ¾ scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (F) 30g hemp seeds

DAILY GOALS

Calories: 2000

Protein: 160g

Carbs: 160g

Fat: 80g

MEAL TOTALS

400 calories, 32g protein, 32g carbs, 16g fat



MEN'S MEAL PLAN 1A

WEIGHT TRAINING DAYS

Height: Under 5'10

Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

OPTION 1

- (1½ SC, LP, F) 1 serving Breakfast Tacos (SEE RECIPE)
- (SC) 2 corn tortillas, 6" diameter
- (½ LP) 3 egg whites

OPTION 2

- (1½ SC) 67g cream of rice
- (1½ LP) 9 egg whites
- (F) 2 egg yolks

**The above equals 7 egg whites and 2 whole eggs*

MEAL 2

OPTION 1

- (1½ SC, FR, 1½ LP, F) 1.5 servings Blueberry Cheesecake Overnight Oats (SEE RECIPE)

OPTION 2

- (FR) 1 medium apple
- (F) 16g natural natural almond butter
- (1¼ LP) 282g cottage cheese
- (⅔ SC) 2 Quaker lightly salted rice cakes

MEAL 3

OPTION 1

- (LP) 4 oz chicken
- (1¾ SC) 175g brown rice
- (F) 15 almonds
- (2 V) 200g green beans

OPTION 2

**Combine ingredients below to make fish tacos*

- (2 SC) 4 corn tortillas, 6" diameter
- (F) 2 oz avocado
- (LP) 4 oz cod
- (¼ V) 25g shredded cabbage
- (OC) lime juice, garlic powder, chili powder
- (½ SC) ¼ cup (65g) canned black beans

MEN'S MEAL PLAN 1A

WEIGHT TRAINING DAYS

Height: Under 5'10

Weight: Under 190 lbs

MEAL 4

OPTION 1

- (1¼ FP) 5 oz salmon
- (2 SC) 8 oz yellow sweet potato
- (2 V) 200g asparagus

OPTION 2

- (1¼ FP) 5 oz flank steak
- (V) 100g broccoli
- (1½ SC) 6 oz Russet potato
- (SC) 1 whole wheat dinner roll

MEAL 5/POST WORKOUT

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

OPTION 1

- (2½ SC, ½ LP, F) 3.5 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate

OPTION 2

- (LP) 8 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (FR) 200g blueberries

DAILY GOALS

Calories: 2388

Protein: 180g

Carbs: 300g

Fat: 52g

MEAL TOTALS

Meal 5/Post Workout Meal

384 calories, 36g protein, 60g carbs, 0g fat

All Other Meals

501 calories, 36g protein, 60g carbs, 13g fat



FOOD TYPE

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

MEN'S MEAL PLAN 1B OFF DAYS

Height: Under 5'10 Weight: Under 190 lbs

MEAL 1

OPTION 1

- (SC) 2 slices Ezekiel bread (or other sprouted grains bread)
- (F) 2 oz avocado
- (½ F) 1 egg yolk
- (½ LP) 3 egg whites
- (LP) 4 slices of turkey bacon

**The above equals 2 egg whites and one whole egg*

OPTION 2

- (1¼ SC) 50g oatmeal
- (LP) 6 egg whites
- (1½ F) 3 egg yolks

**The above equals 3 egg whites and 3 whole eggs*

MEAL 2

OPTION 1

- (FR, LP, F) 1 serving Pumpkin Spice Protein Smoothie (SEE RECIPE)
- (½ F) 8g natural peanut butter (add to protein shake)
- (½ LP) ½ scoop nPower Nutrition Isolate*

**add to protein shake*

OPTION 2

- (2LP) 2 cans tuna in water
- (SC) 2 Lundberg (V) rice cakes
- (F) 15g avocado mayonnaise

MEAL 3

OPTION 1

- (LP) 4 oz chicken
- (SC) 100g brown rice
- (1½ F) 23 almonds
- (V) 100g broccoli

OPTION 2

- (1¼ FP) 5 oz 90% lean ground beef
- (SC) 100g cous cous
- (V) 100g Brussel sprouts

MEN'S MEAL PLAN 1B

OFF DAYS

Height: Under 5'10

Weight: Under 190 lbs

MEAL 4

OPTION 1

- (V, FR, LP, F) 1 serving Turkey and Cranberry Slaw (SEE RECIPE)
- (½ F) 8 almonds

OPTION 2

- (1½ LP) 9 oz shrimp
- (1¼ SC) 125g brown rice
- (V) 100g zucchini
- (1½ F) 10 ml olive oil
- (OC) light soy sauce for stir fry

MEAL 5

OPTION 1

- (1½ SC, ¼ LP, ½ F) 2 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate
- (F) 16g natural almond butter

OPTION 2

- (¾ LP) 6 oz plain nonfat Greek yogurt
- (¾ LP) ¾ scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (F) 30g hemp seeds

DAILY GOALS

Calories: 2250

Protein: 180g

Carbs: 180g

Fat: 90g

MEAL TOTALS

450 calories, 36g protein, 36g carbs, 18g fat



MEN'S MEAL PLAN 2A

WEIGHT TRAINING DAYS

Height: Over 5'10

Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

OPTION 1

- (1½ SC, LP, F) 1 serving Breakfast Tacos (SEE RECIPE)
- (SC) 2 corn tortillas, 6" diameter
- (½ LP) 3 egg whites

OPTION 2

- (2 SC) 90g cream of rice
- (1½ LP) 9 egg whites
- (1½ F) 3 egg yolks

**The above equals 6 egg whites and 3 whole eggs*

MEAL 2

OPTION 1

- (1½ SC, FR, 1½ LP, F) 1.5 servings Blueberry Cheesecake Overnight Oats (SEE RECIPE)

OPTION 2

- (FR) 1 medium apple
- (1½ F) 24g natural natural almond butter
- (1¼ LP) 282g cottage cheese
- (SC) 3 Quaker lightly salted rice cakes

MEAL 3

OPTION 1

- (LP) 4 oz chicken
- (2 SC) 200g brown rice
- (F) 15 almonds
- (2 V) 200g green beans

OPTION 2

**Combine ingredients below to make fish tacos*

- (2 SC) 4 corn tortillas, 6" diameter
- (F) 2 oz avocado
- (LP) 4 oz cod
- (¼ V) 25g shredded cabbage
- (OC) lime juice, garlic powder, chili powder
- (SC) ½ cup (130g) canned black beans

MEN'S MEAL PLAN 2A

WEIGHT TRAINING DAYS

Height: Over 5'10

Weight: Over 190 lbs

MEAL 4

OPTION 1

- (1¼ FP) 5 oz salmon
- (2½ SC) 10 oz yellow sweet potato
- (2 V) 200g asparagus

OPTION 2

- (1¼ FP) 5 oz flank steak
- (V) 100g broccoli
- (2 SC) 8 oz Russet potato
- (SC) 1 whole wheat dinner roll

MEAL 5/POST WORKOUT

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

OPTION 1

- (2½ SC, ½ LP, 1½ F) 4 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate

OPTION 2

- (LP) 8 oz plain nonfat Greek yogurt
- (LP) 1 scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (FR) 200g blueberries

DAILY GOALS

Calories: 2664

Protein: 200g

Carbs: 340g

Fat: 56g

MEAL TOTALS

Meal 5/Post Workout Meal

432 calories, 40g protein, 68g carbs, 0g fat

All Other Meals

558 calories, 40g protein, 68g carbs, 14g fat



FOOD TYPE

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

MEN'S MEAL PLAN 2B

OFF DAYS

Height: Over 5'10 Weight: Over 190 lbs

MEAL 1

OPTION 1

- (SC) 2 slices Ezekiel bread (or other sprouted grains bread)
- (F) 2 oz avocado
- (½ F) 1 egg yolk
- (LP) 6 egg whites
- (LP) 4 slices of turkey bacon

**The above equals 5 egg whites and one whole egg*

OPTION 2

- (1½ SC) 60g oatmeal
- (LP) 6 egg whites
- (1½ F) 3 egg yolks

**The above equals 3 egg whites and 3 whole eggs*

MEAL 2

OPTION 1

- (2 FR, 1½ LP, 1½ F) 1.5 servings Pumpkin Spice Protein Smoothie (SEE RECIPE)

OPTION 2

- (2LP) 2 cans tuna in water
- (1¼ SC) 2.5 Lundberg brown rice cakes
- (F) 15g avocado mayonnaise

MEAL 3

OPTION 1

- (LP) 4 oz chicken
- (SC) 100g brown rice
- (2 F) 30 almonds
- (V) 100g broccoli

OPTION 2

- (1½ FP) 6 oz 90% lean ground beef
- (SC) 100g cous cous
- (V) 100g Brussel sprouts

MEN'S MEAL PLAN 2B

OFF DAYS

Height: Over 5'10

Weight: Over 190 lbs

MEAL 4

OPTION 1

- (V, 2 FR, 1 ½ LP, 1 ½ F) 1.5 servings Turkey and Cranberry Slaw (SEE RECIPE)

OPTION 2

- (1½ LP) 9 oz shrimp
- (1½ SC) 150g brown rice
- (V) 100g zucchini
- (1½ F) 15 ml olive oil
- (OC) light soy sauce for stir fry

MEAL 5

OPTION 1

- (1½ SC, ¼ LP, ½ F) 2 servings Apple Pie Oatmeal Cookies (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate
- (F) 16g natural almond butter

OPTION 2

- (LP) 8 oz plain nonfat Greek yogurt
- (¾ LP) ¾ scoop nPower Nutrition Isolate
- (FR) 1 medium banana
- (F) 30g hemp seeds

DAILY GOALS

Calories: 2455

Protein: 200g

Carbs: 200g

Fat: 95g

MEAL TOTALS

491 calories, 40g protein, 40g carbs, 19g fat

NUTRITION
VEGAN
MEAL PLANS

NICOLE WILKINS'
40 DAY
BUILD
TRANSFORMATION
PROGRAM



WOMEN'S MEAL PLAN 1A WEIGHT TRAINING DAYS

Height: Under 5'4 Weight: Under 130 lbs

FOOD TYPE

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

MEAL 1

- (P) 1 scoop plant-based protein powder
- (SC) 40g oatmeal
- (¼ FR) 50g blueberries
- (½ F) 8g natural almond butter

MEAL 2

- (P) 3 oz tempeh
- (SC) 130g black eyed peas
- (V) 100g tomatoes

MEAL 3

- (SC) 100g wild rice
- (P) 6 oz extra firm tofu
- (½ SC) 175g baby carrots

MEAL 4

- (SC, 2 V, P, F) 1 serving Meatless Burrito Bowl (SEE RECIPE)

MEAL 5/POST WORKOUT

- (PC) 3 oz chickpea pasta (I used Banza brand)
- (½ SC) 2 oz sweet potato
- (P) 15g nutritional yeast

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

MEAL TOTALS

Meal 5/Post Workout Meal

240 calories, 24g protein, 36g carbs, 0g fat

All Other Meals

321 calories, 24g protein, 36g carbs, 9g fat

DAILY GOALS

Calories: 1524

Protein: 120g

Carbs: 180g

Fat: 36g



WOMEN'S MEAL PLAN 1B OFF DAYS

Height: Under 5'4 Weight: Under 130 lbs

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties
- (½ SC) 2 oz Russet potato
- (½ ND) 14g almond cheese
- (½ ND) 15g non dairy sour cream

MEAL 2

- (FR, P, F) 1 serving Pumpkin Spice Protein Smoothie
(SEE RECIPE)

MEAL 3

- (P) 6 oz extra firm tofu
- (SC) 100g quinoa
- (V) 100g spinach

MEAL 4

- (½ SC, ½ F) .5 serving Squash and Sweet Potato Home Fries
(SEE RECIPE)
- (⅔ P) 2 oz seitan
- (V) 100g broccoli
- (½ F) 10g sesame seeds

MEAL 5

- (½ P) .5 scoop plant-based protein powder
- (SC) 3 cups (40g) air popped popcorn (no oil)
- (F) 10 ml coconut oil
- (P) 15g nutritional yeast

MEAL TOTALS

300 calories, 24g protein, 24g carbs, 12g fat

**DAILY
GOALS**
Calories: 1500
Protein: 120g
Carbs: 120g
Fat: 60g



WOMEN'S MEAL PLAN 2A WEIGHT TRAINING DAYS

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

FOOD TYPE

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

MEAL 1

- (P) 1 scoop plant-based protein powder
- (SC) 40g oatmeal
- (½ FR) 100g blueberries
- (½ F) 8g natural almond butter

MEAL 2

- (1½ P) 4.5 oz tempeh
- (SC) 130g black eyed peas
- (V) 100g tomatoes

MEAL 3

- (SC) 100g wild rice
- (1½ P) 9 oz extra firm tofu
- (½ SC) 175g baby carrots

MEAL 4

- (SC, 2 V, P, F) 1 serving Meatless Burrito Bowl (SEE RECIPE)
- (P) 1 (71g) Boca veggie burger

MEAL 5/POST WORKOUT

- (1½ PC) 4 oz chickpea pasta (I used Banza brand)
- (½ SC) 2 oz sweet potato
- (P) 15g nutritional yeast

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

MEAL TOTALS

Meal 5/Post Workout Meal

288 calories, 28g protein, 44g carbs, 0g fat

All Other Meals

378 calories, 28g protein, 44g carbs, 10g fat

DAILY GOALS

Calories: 1800

Protein: 140g

Carbs: 220g

Fat: 40g



WOMEN'S MEAL PLAN 2B OFF DAYS

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

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties
- (½ SC) 2 oz Russet potato
- (ND) 28g almond cheese
- (½ ND) 15g non dairy sour cream

MEAL 2

- (FR, P, F) 1 serving Pumpkin Spice Protein Smoothie
(SEE RECIPE)

MEAL 3

- (1½ P) 9 oz extra firm tofu
- (SC) 100g quinoa
- (V) 100g spinach

MEAL 4

- (½ SC, ½ F) .5 serving Squash and Sweet Potato Home Fries
(SEE RECIPE)
- (P) 3 oz seitan
- (V) 100g broccoli
- (½ F) 10g sesame seeds

MEAL 5

- (P) 1 scoop plant-based protein powder
- (SC) 3 cups (40g) air popped popcorn (no oil)
- (F) 10 ml coconut oil
- (P) 15g nutritional yeast

MEAL TOTALS

350 calories, 28g protein, 28g carbs, 14g fat

**DAILY
GOALS**
Calories: 1750
Protein: 140g
Carbs: 140g
Fat: 70g



WOMEN'S MEAL PLAN 3A WEIGHT TRAINING DAYS

Height: Over 5'6 Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

- (P) 1 scoop plant-based protein powder
- (1¼ SC) 50g oatmeal
- (½ FR) 100g blueberries
- (½ F) 8g natural almond butter

MEAL 2

- (1½ P) 4.5 oz tempeh
- (1½ SC) 195g black eyed peas
- (V) 100g tomatoes

MEAL 3

- (1¼ SC) 125g wild rice
- (1½ P) 9 oz extra firm tofu
- (½ SC) 175g baby carrots

MEAL 4

- (SC, 2 V, P, F) 1 serving Meatless Burrito Bowl (SEE RECIPE)
- (P) 1 (71g) Boca veggie burger

MEAL 5/POST WORKOUT

- (1½ PC) 4.5 oz chickpea pasta (I used Banza brand)
- (½ SC) 2 oz sweet potato
- (1½ P) 22g nutritional yeast

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

MEAL TOTALS

Meal 5/Post Workout Meal

336 calories, 32g protein, 52g carbs, 0g fat

All Other Meals

435 calories, 32g protein, 52g carbs, 11g fat

DAILY GOALS

Calories: 2076

Protein: 160g

Carbs: 260g

Fat: 44g



WOMEN'S MEAL PLAN 3B OFF DAYS

Height: Over 5'6 Weight: Over 150 lbs

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties
- (½ SC) 2 oz Russet potato
- (ND) 28g almond cheese
- (½ ND) 15g non dairy sour cream
- (½ F) 1 oz avocado

MEAL 2

- (FR, P, F) 1 serving Pumpkin Spice Protein Smoothie
(SEE RECIPE)
- (½ F) 8g peanut butter (add to the smoothie)

MEAL 3

- (1½ P) 9 oz extra firm tofu
- (SC) 100g quinoa
- (V) 100g spinach

MEAL 4

- (½ SC, ½ F) .5 serving Squash and Sweet Potato Home Fries
(SEE RECIPE)
- (P) 3 oz seitan
- (2 V) 200g broccoli
- (½ F) 10g sesame seeds

MEAL 5

- (P) 1 scoop plant-based protein powder
- (1½ SC) 4 cups (53g) air popped popcorn (no oil)
- (F) 10 ml coconut oil
- (P) 15g nutritional yeast

MEAL TOTALS

400 calories, 32g protein, 32g carbs, 16g fat

**DAILY
GOALS**
Calories: 2000
Protein: 160g
Carbs: 160g
Fat: 80g



MEN'S MEAL PLAN 1A WEIGHT TRAINING DAYS

Height: Under 5'10

Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

- (P) 1 scoop plant-based protein powder
- (1½ SC) 60g oatmeal
- (½ FR) 100g blueberries
- (½ F) 8g natural almond butter

MEAL 2

- (1½ P) 4.5 oz tempeh
- (1½ SC) 195g black eyed peas
- (V) 100g tomatoes

MEAL 3

- (1¾ SC) 175g wild rice
- (1½ P) 9 oz extra firm tofu
- (½ SC) 175g baby carrots

MEAL 4

- (SC, 2 V, P, F) 1 serving Meatless Burrito Bowl (SEE RECIPE)
- (P) 1 (71g) Boca veggie burger
- (½ SC) 50g quinoa

MEAL 5/POST WORKOUT

- (1½ PC) 4.5 oz chickpea pasta (I used Banza brand)
- (¾ SC) 3 oz sweet potato
- (2 P) 22g nutritional yeast

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

MEAL TOTALS

Meal 5/Post Workout Meal

384 calories, 36g protein, 60g carbs, 0g fat

All Other Meals

501 calories, 36g protein, 60g carbs, 13g fat

DAILY GOALS

Calories: 2388

Protein: 180g

Carbs: 300g

Fat: 52g



MEN'S MEAL PLAN 1B OFF DAYS

Height: Under 5'10

Weight: Under 190 lbs

FOOD TYPE

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

MEAL 1

- (P) 2 Morning Star Original Sausage Patties
- (½ SC) 2 oz Russet potato
- (ND) 28g almond cheese
- (½ ND) 15g non dairy sour cream
- (F) 2 oz avocado

MEAL 2

- (FR, P, F) 1 serving Pumpkin Spice Protein Smoothie (SEE RECIPE)
- (½ F) 8g peanut butter (add to the smoothie)
- (½ P) .5 scoop plant-based protein powder (add to smoothie)

MEAL 3

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

MEAL 4

- (½ SC, ½ F) .5 serving Squash and Sweet Potato Home Fries (SEE RECIPE)
- (P) 3 oz seitan
- (2 V) 200g broccoli
- (F) 20g sesame seeds

MEAL 5

- (P) 1 scoop plant-based protein powder
- (1½ SC) 4 cups (53g) air popped popcorn (no oil)
- (1½ F) 15 ml coconut oil
- (P) 15g nutritional yeast

MEAL TOTALS

450 calories, 36g protein, 36g carbs, 18g fat

**DAILY
GOALS**
Calories: 2250
Protein: 180g
Carbs: 180g
Fat: 90g



MEN'S MEAL PLAN 2A WEIGHT TRAINING DAYS

Height: Over 5'10

Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (1½ P) 1.5 scoops plant-based protein powder
- (1½ SC) 60g oatmeal
- (¾ FR) 150g blueberries
- (½ F) 8g natural almond butter

MEAL 2

- (2 P) 6 oz tempeh
- (1¾ SC) 225g black eyed peas
- (V) 100g tomatoes

MEAL 3

- (2 SC) 200g wild rice
- (2 P) 12 oz extra firm tofu
- (½ SC) 175g baby carrots

MEAL 4

- (SC, 2 V, P, F) 1 serving Meatless Burrito Bowl (SEE RECIPE)
- (P) 1 (71g) Boca veggie burger
- (C) 100g quinoa

MEAL 5/POST WORKOUT

- (2 PC) 6 oz chickpea pasta (I used Banza brand)
- (½ SC) 2 oz sweet potato
- (2 P) 22g nutritional yeast

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

MEAL TOTALS

Meal 5/Post Workout Meal

432 calories, 40g protein, 68g carbs, 0g fat

All Other Meals

558 calories, 40g protein, 68g carbs, 14g fat

DAILY GOALS

Calories: 2664

Protein: 200g

Carbs: 340g

Fat: 56g



MEN'S MEAL PLAN 2B OFF DAYS

Height: Over 5'10

Weight: Over 190 lbs

FOOD TYPE

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

MEAL 1

- (1½ P) 3 Morning Star Original Sausage Patties
- (½ SC) 2 oz Russet potato
- (ND) 28g almond cheese
- (½ ND) 15g non dairy sour cream
- (F) 2 oz avocado

MEAL 2

- (FR, P, F) 1 serving Pumpkin Spice Protein Smoothie
(SEE RECIPE)
- (F) 16g peanut butter (add to the smoothie)
- (½ P) .5 scoop plant-based protein powder (add to smoothie)

MEAL 3

- (2 P) 12 oz extra firm tofu
- (1¼ SC) 125g quinoa
- (V) 100g spinach

MEAL 4

- (SC, F) 1 serving Squash and Sweet Potato Home Fries
(SEE RECIPE)
- (P) 3 oz seitan
- (V) 100g broccoli
- (F) 20g sesame seeds

MEAL 5

- (P) 1 scoop plant-based protein powder
- (1⅔ SC) 5 cups (53g) air popped popcorn (no oil)
- (1½ F) 15 ml coconut oil
- (1½ P) 22g nutritional yeast

MEAL TOTALS

491 calories, 40g protein, 40g carbs, 19g fat

**DAILY
GOALS**
Calories: 2455
Protein: 200g
Carbs: 200g
Fat: 95g

NUTRITION
GROCERY LIST,
FOOD EXCHANGE LISTS,
RECIPES

GROCERY LIST

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

PROTEINS

- 2 dozen eggs
- 4 containers liquid egg whites
- 2 lbs salmon
- 1 container nPower Nutrition Isolate
- 2 lbs chicken breast
- 2 lbs cod
- 2 lbs 90% lean ground beef
- 1 large container nonfat plain Greek yogurt
- 1 container Jenny-O turkey bacon
- 1 container nonfat cottage cheese
- 2 lbs flank steak
- 3 cans tuna in water
- 2 lb shrimp
- 2 lb turkey breast

VEGAN PROTEINS

- 1 package Morning Star Original
- Sausage Patties (Morning Star Original Sausage Patties is one)
- 1 package tempeh
- 1 container nutritional yeast
- Plant-based protein powder
- 2 packages extra firm tofu
- 2 packages seitan
- 1 container Boca veggie burger

NON DAIRY

- 1 package almond cheese
- 1 container non dairy sour cream

DAIRY

- 1 bag shredded cheddar cheese

VEGETABLES

- 1 bunch broccoli
- 2 red onions
- 1 red pepper
- 1 bag baby carrots
- 1 bag kale
- 3 zucchini
- 1 bunch asparagus
- 2 tomatoes
- 1 bag green beans
- 1 bag shredded cabbage/bagged coleslaw mix
- 1 bag Brussel sprouts
- 2 bags frozen riced cauliflower
- 1 butternut squash
- 1 bag spinach

CARBOHYDRATES

- 5 medium sweet potatoes/yams
- 4 Russet potatoes
- 1 bag Ezekiel bread (or other sprouted grains bread)
- 1 bag/box long grain brown rice
- 1 bag/box quinoa
- 1 container oatmeal/rolled oats
- 1 package cream of rice
- 3 cans (or one bag) black eyed peas
- 1 bag 6" corn tortillas
- 1 bag yellow sweet potatoes
- 1 package cous cous
- 1 package wild rice
- 1 package chickpea pasta (Banza brand)
- 1 bag Lundberg brown rice cakes
- 1 bag Quaker rice cakes lightly salted
- 1 bag whole wheat dinner rolls
- 3 cans (or one bag) black beans
- 1 bag popcorn seeds
- 1 container honey
- 1 package whole wheat flour

FRUITS

- 4 bananas
- 1 container blueberries
- 4 medium apples
- 1 bag dried cranberries
- 1 can jellied cranberry sauce
- 1 can pure pumpkin

FATS

- 1 container olive oil
- 3 avocados
- 1 container natural almond or peanut butter
- 1 bag chia seeds
- 1 bag almonds
- 1 container avocado mayonnaise
- 1 bag hemp seeds
- 1 container sesame seeds
- 1 container coconut oil
- 1 bag ground flaxseeds
- 1 container mayonnaise

BEVERAGES

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

CONDIMENTS (OPTIONAL)

- Stevia/Splenda/Truvia
- PB2 (powdered peanut butter)
- 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 (approx 60-70 calories per serving)
- Pico de Gallo
- Balsamic vinegar
- Mrs. Dash
- Sea salt
- Pepper
- 1 container chili flakes
- Garlic powder/minced garlic
- Unsweetened cocoa powder
- Garlic cloves
- Cayenne pepper
- Paprika
- Oregano
- Taco spice
- Cumin
- Turmeric
- Cilantro
- Ground red pepper
- Fat free/light sour cream
- Lime/Lemon juice
- Dried basil
- Vanilla extract
- Butter extract
- Chili powder
- Ground ginger
- Dried minced onion

FOOD EXCHANGE LIST

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

Pay close attention to your meal plan requirements.

Some meal plans may have 1, 1½ or 2 servings per meal of each food type.

LEAN PROTEIN (LP)

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

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

FATTY PROTEINS (FP)

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

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

STARCHY CARBOHYDRATES (SC)

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

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

FRUIT (FR)

1 serving of each item is approximately 25g of carbs. Limit to 2 per day.

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

BEVERAGES

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

VEGETABLES (V)

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

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

FATS (F)

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

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

**OPTIONAL
CONDIMENTS (OC)**

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



VEGAN FOOD EXCHANGE LIST

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

Pay close attention to your meal plan requirements.

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

PROTEIN (P)

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

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

PROTEIN/CARBS (PC)

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

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

NON-DAIRY (ND)

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

STARCHY CARBOHYDRATES (SC)

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

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

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

FRUIT (FR)

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

Limit to 2 per day.

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



VEGETABLES (V)

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

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

FATS (F)

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

- 10 ml olive oil
- 10 ml canola oil
- 10 ml coconut oil
- 10 ml avocado oil
- 10 flaxseed oil
- 10 ml grapeseed oil
- 10 ml sesame oil
- 10 ml Udo's oil
- 14g vegan butter
- 14g vegan mayo
- 16g cashew butter
- 16g peanut butter
- 16g almond butter
- 16g macadamia nut butter
- 8 walnut halves
- 28g peanuts
- 15 whole cashews
- 15 almonds
- 10 pecan halves
- 10 olives
- 2 oz avocado
- 50g guacamole
- 15g sunflower seeds
- 20g sesame seeds
- 25g shelled pumpkin seeds
- 25g ground flaxseeds
- 30g chia seeds
- 30g hemp seeds
- 15g pine nuts
- 56g classic hummus
- 20g sesame seeds

OPTIONAL CONDIMENTS (OC)

- 5g yellow mustard
- 30g Salsa
- 16g reduced-sugar ketchup
- 30g Walden Farms sugar-free 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 i.e. cinnamon, nutmeg, curry, pepper, paprika, basil, garlic powder
- Cooking spray

BEVERAGES

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

NICOLE WILKINS'

40 DAY BUILD

TRANSFORMATION PROGRAM



RECIPES

BLUEBERRY CHEESECAKE OVERNIGHT OATS

SERVINGS: 1

BASE LAYER

- 20g rolled oatmeal
- ½ scoop nPower Nutrition Vanilla Cupcake Isolate
- ½ tbsp chia seeds
- ½ tbsp ground flaxseeds
- 1 tsp ground cinnamon
- ¼ cup unsweetened almond milk

YOGURT LAYER

- 3 oz plain nonfat Greek yogurt
- 1 tsp honey

TOP LAYER

- 1/2 cup frozen blueberries
- 1/2 tbsp chia seeds
- Lemon zest **optional*

DIRECTIONS

- Make the top layer first by heating the blueberries either in a saucepan for approximately 10 minutes or in microwave for 1-3 minutes – until mushy. Allow to cool.
- Mash blueberries with a fork, then stir in chia seeds. Set aside.
- Mix all ingredients for the base together and pour into a large jar.
- Mix together yogurt layer and spread on top.
- Spread blueberry layer on top of yogurt layer and add lemon zest.
- Refrigerate overnight (or at least 8 hours) and enjoy!

NUTRITION INFO

PER SERVING

330 calories, 26g protein, 43g carbs, 7g fat

BREAKFAST TACOS

SERVINGS: 1

INGREDIENTS

- ¼ cup finely chopped onion
- ¼ cup finely chopped red bell pepper
- ½ cup egg whites (about 4 egg whites)
- ⅛ tsp garlic powder
- ⅛ tsp salt
- Dash ground cumin
- Dash chili powder
- ¼ cup canned black beans, drained and rinsed
- 2 corn tortillas. 6" diameter
- 2 tbsp shredded cheese
- 1 tbsp chopped cilantro

DIRECTIONS

- Bring a skillet with nonstick spray to medium-high heat.
- Add onion and pepper and cook and stir until mostly softened.
- Reduce heat to medium and add egg whites and seasonings.
- Scramble until fully cooked and then stir in beans.
- On a microwave-safe plate, microwave tortillas for 20 seconds or until warm.
- Divide egg scramble between tortillas and top with cheese and cilantro.

NUTRITION INFO

PER SERVING

386 calories, 27g protein, 41g carbs, 11g fat



VEGAN
FRIENDLY
OPTION

PUMPKIN SPICE PROTEIN SMOOTHIE

SERVINGS: 1

INGREDIENTS

- ½ frozen banana
- ⅓ cup pure pumpkin
- 1 cup unsweetened almond milk
- 1 scoop nPower Nutrition Isolate (Vanilla Cupcake or Sea Salt Caramel*
**VEGAN FRIENDLY – Use your preferred plant-based vanilla protein powder)*
- 1 tbsp peanut butter
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract

DIRECTIONS

- Blend and enjoy!

NUTRITION INFO

PER SERVING

326 calories, 27g protein, 31g carbs, 11g fat



VEGAN
FRIENDLY
OPTION

MEATLESS BURRITO BOWL

SERVINGS: 1

INGREDIENTS

- 1½ cups frozen riced cauliflower
- ½ cup bell pepper, chopped
- 2 tbsp onions, chopped
- 2 tsp taco seasoning
- 2 tsp lime juice
- ⅓ cup canned black beans, drained and rinsed
- 1 oz almond cheese, shredded
- 2 tbsp salsa
- 1 tbsp vegan sour cream (optional)
- 1 tbsp chopped fresh cilantro

DIRECTIONS

- Place cauliflower, pepper and onion in a microwave safe bowl.
- Cover and cook for 2 minutes or until cauliflower has thawed and fresh veggies have softened
- Stir in taco seasoning and lime juice.
- Top with black beans and cheese and microwave until hot (about 1 minute).
- Top with salsa, vegan sour cream and cilantro.
- Enjoy!

NUTRITION INFO

PER SERVING

309 calories, 18g protein, 41g carbs, 9g fat

TURKEY AND CRANBERRY SLAW

SERVINGS: 2

INGREDIENTS

- 4 cups bagged coleslaw mix
- 8 oz cooked turkey breast, chopped
- ¼ cup dried cranberries, chopped
- 2 tbsp sliced almonds
- 2 tbsp jellied cranberry sauce
- 1 tbsp mayonnaise
- 1 tsp honey mustard
- 1 tbsp balsamic vinegar
- Dash salt
- Dash black pepper

DIRECTIONS

- In a large bowl, combine coleslaw mix, turkey, cranberries and almonds.
- In a small bowl, combine cranberry sauce, mayo and honey mustard.
- Stir until smooth and then add vinegar, salt, pepper and 1 tbsp water. Mix.
- Add cranberry sauce mixture to the large bowl and toss to coat.

NUTRITION INFO

PER SERVING

361 calories 30g protein, 31g carbs, 12g fat

APPLE PIE OATMEAL COOKIES

SERVINGS: 12

INGREDIENTS

- 1 cup (100g) quick oats/instant
- ¾ cup (90g) whole wheat flour
- 1½ tsp baking powder
- 1½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1½ tbsp (21g) coconut oil, melted and cooled slightly
- 1 large egg
- 1 tsp vanilla extract
- ¼ cup pure maple syrup
- 5 tbsp unsweetened almond milk
- ¾ cup finely diced red apple (about the size of chocolate chips)

DIRECTIONS

- In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, nutmeg, and salt.
- In a separate bowl, whisk together the coconut oil, egg, and vanilla and then stir in the maple syrup and almond milk.
- Add the flour mixture into the liquid mixture stirring as you go.
- Fold in the apple and then chill the cookie dough for 30 minutes.
- Preheat the oven to 325°F and line a baking sheet with parchment paper.
- Using a spoon and spatula, drop the cookie dough into 12 rounded scoops onto the prepared sheet and flatten using a spatula
- Bake at 325°F for 9-11 minutes and then cool on the pan for 10 minutes before moving to a wire rack.

NUTRITION INFO

PER COOKIE

104 calories, 3g protein, 17g carbs, 3g fat



SQUASH AND SWEET POTATO HOME FRIES

SERVINGS: 2

INGREDIENTS

- 2 cups (about ½ medium) butternut squash cut into ¾ inch cubes
- 5 oz sweet potato cut into ¾ inch cubes
- 1 cup finely chopped kale
- ½ cup chopped red bell pepper
- ¼ cup chopped onion
- 2 tsp olive oil
- ¼ tsp salt
- ⅛ tsp black pepper
- Dash paprika
- Dash cayenne pepper

DIRECTIONS

- Bring a large skillet with nonstick spray to medium heat.
- Add squash, sweet potato, and ¼ cup of water.
- Cover and cook until squash and sweet potatoes have mostly softened and water has evaporated.
- Add kale, bell pepper, and onion.
- Drizzle with oil and sprinkle with seasonings.
- Cook and stir until veggies have browned and softened.
- Enjoy!

NUTRITION INFO

PER SERVING

ACCOUNTABILITY TRACKER

NICOLE WILKINS'
**40 DAY
BUILD**
TRANSFORMATION
PROGRAM

ACCOUNTABILITY TRACKER

Here's a bonus section for this Challenge – an Accountability Tracker!

I hope it helps you stay on track a little bit more...or helps you realize exactly when and where you fell off track (if that happens, right?)

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

This tracker is a way to keep track of how well you did each week, or when and where you feel off a bit (if that happens, right?)

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. Think of it as another way to hold yourself accountable and stay on track towards reaching your goals.

HERE'S HOW IT WORKS

» Each week of the is broken down into seven daily activities – Workout, Cardio, and each of your five meals of the day. ①

» Once you complete an activity, give yourself 1 “point” by writing 1 in the appropriate section. ②

» At the end of each day, add up your total “points” and write that number in the TOTAL PER DAY BOX. ③

» At the end of each week, add up your daily totals and write them in the Weekly Totals box. Then turn to page 113 and add your total for that week. ④

» The maximum number of points you can earn for weeks 1-5 is 43. The maximum number of points you can earn for Week 6 is 38.

» At the end of the program, add up all of your weekly totals to see how you did and where you can improve!

WEEKLY POINTS TRACKER PHASE 1: WEEK 1							
ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1 ①							
Meal 2 ②							
Meal 3							
Meal 4							
Meal 5							
Total Per Day ③							
WEEK 1 TOTALS:							④ / 43
Notes: _____							

40 DAY BUILD 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 1 point on the day you worked out (even if it puts you over the total points for that day).
- If you skip CARDIO but make it up on a Saturday or Sunday (or another day when it isn't listed), award yourself the 5 points on the day you performed cardio (even if it puts you over the total points for that day).
- There are no “bonus” points awarded for extra cardio sessions or workouts.

WEEKLY POINTS TRACKER

PHASE 1: WEEK 1

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

WEEK 1 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2: WEEK 2

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

WEEK 2 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 1: WEEK 3

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

WEEK 3 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2: WEEK 4

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

WEEK 4 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 1: WEEK 5

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

WEEK 5 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2: WEEK 6

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

WEEK 6 TOTALS: / 38

Notes: _____

ACCOUNTABILITY TOTALS

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

ACTIVITY	
Week 1 Total	
Week 2 Total	
Week 3 Total	
Week 4 Total	
Week 5 Total	
Week 6 Total	
Challenge Total	/253

AWESOME JOB 🙌🙌