

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
READY
TRANSFORMATION
PROGRAM

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

8 WEEK PHOTO SHOOT READY TRANSFORMATION PROGRAM

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PROGRAM OVERVIEW

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Welcome to the Photo Shoot Ready Transformation Program!

I'm so excited you're here, and I'm sure you are too. In eight weeks, you're going to be stronger, leaner, and more confident than you are today – and I'm going to show you exactly how to get there.

Remember, though – it's not about being perfect. It's about showing up for yourself consistently, even on the days you might not feel like it. It's about putting in the work and striving to be just a little bit better each day.

Maybe that means lifting heavier each week. Or doing a better job preparing your meals in advance. Or deciding to get in that extra cardio workout.

All of those little “wins” will eventually add up to big changes - the kind you can see, and feel.

ABOUT THE PROGRAM

This plan consists of two sets of workouts – one set for Weeks 1-4 (Phase 1) and another for Weeks 5-8 (Phase 2). Your meal plans are also split up into two phases to coincide with your training and help you maximize the goals we're working towards. Which are:

WEEKS 1-4: Building muscle and getting stronger!

WEEKS 5-8: Losing body fat while maintaining that muscle and strength!

The best way to reach those goals? Lift weights and follow your meal plans, of course!).

There are cardio workouts included in this program, too – three days a week, for 30 minutes a session.

Getting those in will have a noticeable effect on your fat loss, and your endurance. But if you don't have time to do everything and have to choose – always choose weights over cardio.

That, along with following your meal plan, is going to give you the biggest return on your investment

Ready to get started?

Let's do this!

**WEEKLY
PROGRAM
CALENDAR**

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PROGRAM CALENDAR

PHASE 1: WEEKS 1-4

WEEK 1	MONDAY, AUG 1 DAY 1 ☐ LEGS	TUESDAY, AUG 2 DAY 2 ☐ BACK/ABS ☐ HIIT CARDIO	WEDNESDAY, AUG 3 DAY 3 ☐ SHOULDERS/TRICEPS ☐ HIIT CARDIO	THURSDAY, AUG 4 DAY 4 ☐ OFF	FRIDAY, AUG 5 DAY 5 ☐ LEGS	SATURDAY, AUG 6 DAY 6 ☐ CHEST/BICEPS/ABS ☐ HIIT CARDIO	SUNDAY, AUG 7 DAY 7 ☐ OFF
	MONDAY, AUG 8 DAY 8 ☐ LEGS	TUESDAY, AUG 9 DAY 9 ☐ BACK/ABS ☐ HIIT CARDIO	WEDNESDAY, AUG 10 DAY 10 ☐ SHOULDERS/TRICEPS ☐ HIIT CARDIO	THURSDAY, AUG 11 DAY 11 ☐ OFF	FRIDAY, AUG 12 DAY 12 ☐ LEGS	SATURDAY, AUG 13 DAY 13 ☐ CHEST/BICEPS/ABS ☐ HIIT CARDIO	SUNDAY, AUG 14 DAY 14 ☐ OFF
	MONDAY, AUG 15 DAY 15 ☐ LEGS	TUESDAY, AUG 16 DAY 16 ☐ BACK/ABS ☐ HIIT CARDIO	WEDNESDAY, AUG 17 DAY 17 ☐ SHOULDERS/TRICEPS ☐ HIIT CARDIO	THURSDAY, AUG 18 DAY 18 ☐ OFF	FRIDAY, AUG 19 DAY 19 ☐ LEGS	SATURDAY, AUG 20 DAY 20 ☐ CHEST/BICEPS/ABS ☐ HIIT CARDIO	SUNDAY, AUG 21 DAY 21 ☐ OFF
	MONDAY, AUG 22 DAY 22 ☐ LEGS	TUESDAY, AUG 23 DAY 23 ☐ BACK/ABS ☐ HIIT CARDIO	WEDNESDAY, AUG 24 DAY 24 ☐ SHOULDERS/TRICEPS ☐ HIIT CARDIO	THURSDAY, AUG 25 DAY 25 ☐ OFF	FRIDAY, AUG 26 DAY 26 ☐ LEGS	SATURDAY, AUG 27 DAY 27 ☐ CHEST/BICEPS/ABS ☐ HIIT CARDIO	SUNDAY, AUG 28 DAY 28 ☐ OFF

KEEP GOING TO PHASE 2



8 WEEK PHOTO SHOOT READY TRANSFORMATION PROGRAM

PROGRAM CALENDAR

PHASE 2: WEEKS 5-8

WEEK 5	MONDAY, AUG 29 DAY 29 ❑ LOWER BODY ❑ HIIT CARDIO	TUESDAY, AUG 30 DAY 30 ❑ UPPER BODY ❑ INTERVAL CARDIO	WEDNESDAY, AUG 31 DAY 31 ❑ OFF	THURSDAY, SEPT 1 DAY 32 ❑ LOWER BODY ❑ HIIT CARDIO	FRIDAY, SEPT 2 DAY 33 ❑ UPPER BODY ❑ INTERVAL CARDIO	SATURDAY, SEPT 3 DAY 34 ❑ TOTAL BODY	SUNDAY, SEPT 4 DAY 35 ❑ OFF			
	WEEK 6	MONDAY, SEPT 5 DAY 36 ❑ LOWER BODY ❑ HIIT CARDIO	TUESDAY, SEPT 6 DAY 37 ❑ UPPER BODY ❑ INTERVAL CARDIO	WEDNESDAY, SEPT 7 DAY 38 ❑ OFF	THURSDAY, SEPT 8 DAY 39 ❑ LOWER BODY ❑ HIIT CARDIO	FRIDAY, SEPT 9 DAY 40 ❑ UPPER BODY ❑ INTERVAL CARDIO	SATURDAY, SEPT 10 DAY 41 ❑ TOTAL BODY	SUNDAY, SEPT 11 DAY 42 ❑ OFF		
		WEEK 7	MONDAY, SEPT 12 DAY 43 ❑ LOWER BODY ❑ HIIT CARDIO	TUESDAY, SEPT 13 DAY 44 ❑ UPPER BODY ❑ INTERVAL CARDIO	WEDNESDAY, SEPT 14 DAY 45 ❑ OFF	THURSDAY, SEPT 15 DAY 46 ❑ LOWER BODY ❑ HIIT CARDIO	FRIDAY, SEPT 16 DAY 47 ❑ UPPER BODY ❑ INTERVAL CARDIO	SATURDAY, SEPT 17 DAY 48 ❑ TOTAL BODY	SUNDAY, SEPT 18 DAY 49 ❑ OFF	
			WEEK 8	MONDAY, SEPT 19 DAY 50 ❑ LOWER BODY ❑ HIIT CARDIO	TUESDAY, SEPT 20 DAY 51 ❑ UPPER BODY ❑ INTERVAL CARDIO	WEDNESDAY, SEPT 21 DAY 52 ❑ OFF	THURSDAY, SEPT 22 DAY 53 ❑ LOWER BODY ❑ HIIT CARDIO	FRIDAY, SEPT 23 DAY 54 ❑ UPPER BODY ❑ INTERVAL CARDIO	SATURDAY, SEPT 24 DAY 55	SUNDAY, SEPT 25 DAY 56

CONGRATULATIONS YOU DID IT! 🙌🙌

TRAINING

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Are you ready to get after it and start building that body? I hope so - because that's what we're going to do with these workouts!

The training program is split up into two Phases over the course of these eight weeks.

You'll have three plans to choose from so you can follow along from anywhere, regardless of how much equipment you have or where your travels may take you.

The plans you can choose from are:

GYM WORKOUTS

If you have
access to a gym.

AT-HOME WORKOUTS

(FULL EQUIPMENT)

If you have a pretty
robust home gym setup.

AT-HOME WORKOUTS

**(DUMBBELL/
BODYWEIGHT)**

If you have
limited equipment.

The exercises and intensity techniques in each plan vary slightly, but the muscle groups you are training and the total volume (number of sets per workout) are basically the same for every plan.

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

PHASE 1: BUILD AND GAIN

» WEEKS 1-4

Your focus for these first four weeks is on building muscle. During this phase, you will train every body part once per week – aside from legs. But you will be splitting up your leg workouts by focusing on your quadriceps for your first session of the week (Tuesday) and hamstrings and glutes for your second session (Friday).

Following this training split will give you plenty of time to recover between workouts, which means you shouldn't be afraid to lift as heavy as possible! That's the goal here, and in my experience it's really the only way to build muscle.

Keep your rest periods to around one minute on most exercises, but feel free to rest for as long as 90 seconds if you need it on multi-joint (compound) exercises like squats. This will ensure you are recovering enough between sets to really push yourself.

We are incorporating the *Pyramid Principle* into all of these workouts – meaning you will increase your weight and lower your reps with each set. So if the rep range calls for 3 sets of 10-12 reps, you will start your first set using a weight you can do for around 12 repetitions. On your second set, you'll increase the weight and shoot for 10 reps; on your third, you'll increase the weight again and shoot for 8.

You want to make sure you push yourself on every set so that you are struggling to perform the last 2-3 reps while still using proper form. I recommend increasing the weight you are using it by small increments at first until you know what you are capable of handling. By the time Week 4 comes along, **your strength should have improved on at least half of the exercises!**

PHASE 1 TRAINING SPLIT

More traditional split; hitting every muscle group at least 1x per week so you can train HEAVY and allow ample time for recovery!

DAY 1: MONDAY – LEGS (QUAD FOCUS)

DAY 2: TUESDAY – BACK/ABS

DAY 3: WEDNESDAY – SHOULDERS/TRICEPS

DAY 4: THURSDAY – OFF

DAY 5: FRIDAY – LEGS (GLUTES/HAMSTRINGS FOCUS)

DAY 6: SATURDAY – CHEST/BICEPS/ABS

DAY 7: SUNDAY – OFF

Again, remember to **always focus on using proper form**, on developing your mind-muscle connection and the stretch/squeeze of each exercise. Don't just go through the motions! You will get a lot more out of your workouts and you will notice the difference in your physique.

**You can mix in your rest days any way you want to fit your specific schedule, but do not change the order of these workouts as they are laid out this way for a reason.*

PHASE 2: BURN & MAINTAIN (MUSCLE!)

» WEEKS 5-8

The focus for the second half of this program shifts to shedding body fat and getting leaner. But since you worked so hard on building during Phase 1 and you don't want to lose all of those gains, you should still try to lift as heavy as possible on all exercises.

Your training shifts to an Upper/Lower split, with one ultra-high intensity Total Body workout at the end of the week.

Here are a few key changes for your Phase 2 workouts:

- » Rep ranges increase, typically falling in the 12-15 range for most exercises
- » Rest periods decrease to 30-45 seconds between sets on most exercises. If you feel that isn't enough for you on heavier exercises, you can rest up to one minute on those.
- » You will incorporate the Superset technique to increase the intensity of your workouts and help ramp up your metabolism so you can burn more calories during and after your workouts.

PHASE 2 TRAINING SPLIT

Upper/Lower split with a high-intensity total body workout on Saturday; upping the frequency by hitting each muscle group at least 2x per week while increasing your rep ranges - so not lifting quite as heavy as you were during Phase 1 but still challenging yourself!

DAY 1: MONDAY – LOWER BODY

DAY 2: TUESDAY – UPPER BODY

DAY 3: WEDNESDAY – OFF

DAY 4: THURSDAY – LOWER BODY

DAY 5: FRIDAY – UPPER BODY

DAY 6: SATURDAY – TOTAL BODY

DAY 7: SUNDAY – OFF

**You can mix in your rest days any way you want to fit your specific schedule, but do not change the order of these workouts as they are laid out this way for a reason.*

CHALLENGE YOURSELF!

You can't expect to make changes if you are just going through the motions.

It's impossible for me to tell you how much weight you should be using for each exercise, but as a general rule you should be struggling on the last 2-3 repetitions of each set.

Use the rep ranges in this program as a guideline, but make sure you can't do more than the maximum number of reps listed in your workouts. If the number of reps for an exercise is 8-12, I would much rather you fall a rep or two short of 8 as opposed to being able to do more than 12 without struggling.

If that's the case, the weight you are using is too light and you need to increase the weight.

You should be getting stronger every week on almost every exercise during Phase 1, and your goal should be to do your best to maintain those strength levels during Phase 2. That's how you are going to hold on to the muscle you are building so you can look your best by the end of the Challenge!



WARM UP PROPERLY!

Make sure to follow the warmup protocols listed before your workouts (follow these whether you're training at the gym or at home).

I have also included two warmup sets for the first exercise of each workout (there are a few exceptions when the workout begins with an isolation exercise.)

The point of these warmup sets is to pump blood into the muscle and get your body primed for the heavier sets to come - not to wear yourself out.

Shoot for about 5 reps on these and start with a weight that is about 50% of your working weight. For your second warmup set, increase that amount to about 75-80% of your working weight.

If you still don't feel warmed up and ready to lift heavy on your first working set, increase the weight again to about 90% of what you will be using and perform 2-3 reps.

INTENSITY TECHNIQUES AND TIPS

You will be using a variety of techniques in this program. These are designed increase the difficulty and intensity of your workouts and add different stimulus to your muscles to help them grow and get stronger!

» DROP SETS

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

» 1 1/4 REP MOVEMENTS

To perform 1 and ¼ reps you lower the weight all the way down. As you lift the weight you will come up one quarter of the way before lowering it all the way back down, then doing a full rep and raising the weight all the way up. That counts as one rep. This technique increases the time your muscle remains under tension and challenges the bottom portion of an exercise more than a traditional rep.

» TEMPO TRAINING

Tempo refers to the speed at which you lift and lower a weight. By increasing your time under tension and slowing down each repetition, this technique can help you build more muscle, gain strength and improve weak points in some exercises. You will be using a 4-1-4-1 tempo for these exercises (4 second lowering, 1 second pause at the bottom, 4 second lifting, 1 second pause at the top).

» FST-7 (FASCIA-STRETCH TRAINING)

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

INTENSITY TECHNIQUES AND TIPS (CONTINUED)

» SUPERSETS

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

» TRISETS

Three exercises performed back-to-back-to-back with no rest between the individual exercises. You will only rest once all three exercises are completed.

» NEGATIVES

Every full repetition involves shortening (concentric) and lengthening (eccentric) of the muscle you are training. The negative portion of an exercise is the lowering/lengthening, or eccentric, part of the movement. When performing negatives, you will slow down the lowering phase of the exercise to increase time under tension on this part of the movement.

» AMRAP

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

» AMRAP FINISHER

As Many Rounds As Possible – where you complete a circuit as many times as you can within a certain time limit. Two 10-minute AMRAP Finishers are added to specific Phase 2 workouts to help elevate your heart rate and ramp up your metabolism for a great fat-burning finish.

» CARDIO ACCELERATION

A cardio acceleration workout is one where you bypass rest periods (for the most part, take them if you absolutely need them) and perform a type of cardio after your resistance training exercises. I like to perform the weight training exercise and the cardio type for the same amount of time – for your Friday workout, as you'll see, this time will be 30 seconds of each. As you'll see in the workout notes, I set my interval timer to 35 seconds for each interval to give myself a few extra seconds to move from one thing to another.

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

- » 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 before every workout, they are a great primer to get your body ready to attack the weights!

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

If you feel like you need to do more to get your body ready, feel free to add extra warmup sets here, or on your first exercise of the day. Our goal is to stay healthy throughout these 8 weeks.

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

TOTAL BODY WARMUP ROUTINE

Here's a good primer for your total body workouts during Phase 2.

EXERCISE	SETS	REPS
<p>▶ Leg Swings *10 side-to-side, 10 forward/back each leg . No rest between legs.</p>	2	10/10* (each leg)
<p>▶ Lateral Jump Squat *Rest 30 seconds between sets</p>	2	10 (each side)
<p>▶ Bodyweight Around The World Lunge *Rest 30 seconds between sets</p>	2	5 (each direction)
<p>▶ Lying Dumbbell External Rotation *No rest between arms.</p>	2	15 (each arm)
<p>▶ Kneeling Alternating Arm/Leg Raise *Rest 30 seconds between sets</p>	2	12 (each side)

GYM WORKOUTS

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GYM WORKOUTS

PHASE 1: WEEKS 1-4

DAY 1: MONDAY - LEGS (QUAD FOCUS)

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Single Leg Extension	3	15 (each leg)
▶ 1¼ Rep Squat	4	8-10
▶ Barbell Sumo Squat <i>*Pause for 1 second at the bottom of each rep</i>	4	8-10*
▶ Narrow Stance Leg Press	4	10/10 (drop set)
▶ Tempo Dumbbell Front Squat <i>*4-1-4-1 tempo</i>	4	8-10*
▶ Seated Calf Raise <i>*Rest 30 seconds between sets</i>	4	8-10

GYM WORKOUTS

PHASE 1: WEEKS 1-4

DAY 2: TUESDAY - BACK/ABS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Wide Grip Pull Down	6	2x5-8 (warmup)*, 4x8-10
▶ Close Grip Pulldown	4	8-10
▶ Reverse Grip Barbell Row	4	6-10
▶ One Arm Dumbbell Row	3	8-10 (each arm)
▶ Dumbbell Pullover (FST-7) <i>*Rest 30 seconds between sets</i>	7	10-12
TRISSET		
▶ Bicycles	3	45 seconds
▶ Dead Bugs	3	45 seconds
▶ Scissor Kicks	3	45 seconds

GYM WORKOUTS

PHASE 1: WEEKS 1-4

DAY 3: WEDNESDAY - SHOULDERS/TRICEPS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Seated Dumbbell Shoulder Press	6	2x5-8 (warmup), 4x6-10
▶ Barbell Upright Row/Front Raise Combo	3	10-12
▶ Static Hold Dumbbell Lateral Raise	3	10-12 (each arm)
▶ Dumbbell Rear Delt Raise	4	12-15
▶ Tempo Triceps Pushdowns <i>*4-1-4-1 tempo</i>	4	10
▶ Bench Dip	3	AMRAP
▶ Cable Overhead Triceps Extension (rope) <i>*4-1-4-1 tempo</i>	3	8-12

GYM WORKOUTS

PHASE 1: WEEKS 1-4

DAY 5: FRIDAY - LEGS (GLUTES/HAMSTRINGS FOCUS)

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Barbell Lunge	5	2x5-8 (warmup), 3x8-10 (each leg)
▶ Single Leg Press	4	10-15 (each leg)
▶ 1¼ Rep Barbell Bulgarian Split Squat	3	10 (each leg)
▶ Barbell Hip Thrust	4	8-12
▶ Single Leg Lying Hamstring Curl	3	8-12 (each leg)
▶ Abductor Machine <i>*Pause and squeeze for 2 seconds at the top of each rep</i>	3	15
▶ Single Leg Dumbbell Stiff Legged Deadlift	3	10-12 (each leg)
▶ Standing Calf Raise	3	10-12

GYM WORKOUTS

PHASE 1: WEEKS 1-4

DAY 6: SATURDAY - CHEST/BICEPS/ABS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Incline Bench Press	6	2x5-8 (warmup), 4x8-10
▶ Pushup <i>*If you are unable to complete at least 8 reps, do Kneeling Pushups for the remainder</i>	3	8-12
▶ Smith Machine Close Grip Bench Press	3	8-12
▶ Cable Flye (FST-7) <i>*Rest 30 seconds between sets</i>	7	10-12
▶ Tempo Standing Barbell Curl <i>*4-1-4-1 tempo</i>	3	10
▶ Incline Dumbbell Hammer Curl	3	10-12
▶ Dumbbell Spider Curl <i>*Pause at squeeze for one second at the top of each rep</i>	3	8-10
SUPERSET		
▶ Exercise Ball Lying Leg Raise	3	20
▶ Crunch w/ Exercise Ball Roll	3	20

GYM WORKOUTS

PHASE 2: WEEKS 5-8

DAY 1: MONDAY - LOWER BODY

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Narrow Stance Dumbbell Squat <i>*Rest up to 90 seconds after completing drop sets</i>	5	2x5-8 (warmup)*, 3x10/10/10 (drop set)
SUPERSET		
▶ Barbell Reverse Lunge	3	12-15 (each leg)
▶ Dumbbell Goblet Squat	3	12-15
SUPERSET		
▶ Dumbbell Stepup to Knee Drive <i>*Rest up to 90 seconds after completing drop sets</i>	3	10-12 (each leg)
▶ Exercise Ball Lying Hamstring Curl	3	20
SUPERSET		
▶ Barbell Squat Pulses	4	45-60 seconds
▶ Barbell Good Morning	4	15
▶ Single Leg Standing Calf Raise	4	20 (each leg)

GYM WORKOUTS

PHASE 2: WEEKS 5-8

DAY 2: TUESDAY - UPPER BODY/ABS

*Rest 30-45 seconds between sets unless otherwise noted

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Wide Grip Pull Down	2	5-8 (warmup)
SUPERSET		
▶ Pullup Negatives With Static Hold	3	5-8
▶ Resistance Band Close Grip Standing Row	3	60 seconds
SUPERSET		
▶ Standing Barbell Press	3	12-15 (each arm)
▶ Resistance Band Lateral Raise	3	60 seconds
SUPERSET		
▶ Lying Single Arm Landmine Chest Press	3	12-15
▶ Resistance Band Standing Chest Press	3	60 seconds
SUPERSET		
▶ Lying Cable Curl	3	12-15
▶ Resistance Band Curl	3	60 seconds
SUPERSET		
▶ Lying Dumbbell Triceps Extension	3	12-15
▶ Resistance Band Overhead Triceps Extension	3	60 seconds
AMRAP FINISHER <i>Complete as many rounds as possible in 10 minutes.</i>		
▶ 50 Mountain Climbers		
▶ 40 Jumping Jacks		
▶ 30 Jump Squats		
▶ 20 Dumbbell Swings		
▶ 10 Situps		

GYM WORKOUTS

PHASE 2: WEEKS 5-8

DAY 4: THURSDAY - LOWER BODY

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Squat <i>*Rest 60 seconds between working sets</i>	6	2x5-8 (warmup), 4x12-15
SUPERSET		
▶ Wide Stance Leg Press	3	15
▶ Jump Squat	3	30, 45, 60 seconds
SUPERSET		
▶ Barbell Curtsy Lunge	3	12-15 (each leg)
▶ Split Jump Lunge	3	30 seconds (each leg)
SUPERSET		
▶ One Leg Hip Thrust	3	15 (each leg)
▶ Bodyweight Bench Step Up	3	15 (each leg)
▶ Leg Extension <i>*Rest 60 seconds between working sets</i>	3	10/10/10 (drop set)

GYM WORKOUTS

PHASE 2: WEEKS 5-8

DAY 5: FRIDAY - UPPER BODY/ABS

*Rest 30-45 seconds between sets unless otherwise noted

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Narrow Grip Pulldown	5	2x5-8 (warmup), 3x12-15
▶ Standing Arnold Press	5	2x5-8 (warmup), 3x12-15
SUPERSET		
▶ Landmine Row	3	12-15
▶ Kneeling Single Arm Landmine Shoulder Press	3	12-15 (each arm)
SUPERSET		
▶ Dumbbell Bench Press	3	12-15
▶ Alternating Dumbbell Curl	3	12-15
SUPERSET		
▶ Incline Dumbbell Flye	3	12-15
▶ Close Grip Pushup	3	AMRAP
SUPERSET		
▶ Exercise Ball Weighted Crunch	3	15-20
▶ V-Up	3	10-15
AMRAP FINISHER <i>Complete as many rounds as possible in 10 minutes. Rest when necessary</i>		
▶ Dumbbell Thruster		
▶ Plank Jack		
▶ Twisting Pushup		
▶ Alternating Lunge Jump		
▶ Burpee		

GYM WORKOUTS

PHASE 2: WEEKS 5-8

DAY 6: SATURDAY - TOTAL BODY CARDIO ACCELERATION

The weighted exercises stay the same for all 5 rounds of this workout, while the cardio changes each round. Perform each exercise and cardio component for 30 seconds. I set the timer to :35 for both high and low intervals to give you 5 seconds to move on to the exercise.

I recommend using an interval timer app for this workout. Here is the one I use (it's free!) [GET IT HERE](#) 🕒

HOW TO SET THE TIMER

Total # of intervals on Interval Timer App: 25

HIGH INTENSITY INTERVAL TIME: 35 seconds (weighted exercises)

LOW INTENSITY INTERVAL TIME: 35 seconds (cardio – but it's not low intensity!)

TOTAL TIME: 29:10

EXERCISES

+ TOTAL BODY WARMUP

CIRCUIT

Note: See below for cardio options for Rounds 2, 3, 4 and 5

- ▶ Dumbbell Squat-Shoulder Press Combo
- ▶ Jumping Jacks
- ▶ Dumbbell Lunge-Curl Combo
- ▶ Jumping Jacks
- ▶ Dumbbell Stiff Legged Deadlift
- ▶ Jumping Jacks
- ▶ Manmakers
- ▶ Jumping Jacks
- ▶ Dumbbell Overhead Extension/Dumbbell Standing Calf Raise Combo
- ▶ Jumping Jacks

ADDITIONAL CARDIO OPTIONS

- ▶ **ROUND 2:** Bench Up and Overs
- ▶ **ROUND 3:** Butt Kicks
- ▶ **ROUND 4:** Skipping In Place
- ▶ **ROUND 5:** Burpees

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

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
 **READY**
TRANSFORMATION
PROGRAM

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1-4

DAY 1: MONDAY - LEGS (QUAD FOCUS)

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ TRX Leg Extension	3	15
▶ 1¼ Rep Squat	4	8-10
▶ Barbell Sumo Squat <i>*Pause for 1 second at the bottom of each rep</i>	4	8-10*
▶ Narrow Stance Dumbbell Squat	4	10/10 (drop set)
▶ Tempo Dumbbell Front Squat <i>*4-1-4-1 tempo</i>	4	8-10*
▶ Dumbbell Standing Calf Jumps <i>*Rest 30 seconds between sets</i>	4	10-12

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1-4

DAY 2: TUESDAY - BACK/ABS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Band Assisted Chinup	4	8-10
▶ Reverse Grip Barbell Row	4	6-10
▶ Incline Dumbbell Row	3	8-12
▶ One Arm Dumbbell Row	3	8-10 (each arm)
▶ Dumbbell Pullover (FST-7)	7	10-12
<i>*Rest 30 seconds between sets</i>		
TRISSET		
▶ Bicycles	3	45 seconds
▶ Dead Bugs	3	45 seconds
▶ Scissor Kicks	3	45 seconds

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1-4

DAY 3: WEDNESDAY - SHOULDERS/TRICEPS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Seated Dumbbell Shoulder Press	6	2x5-8 (warmup), 4x6-10
▶ Barbell Upright Row/Front Raise Combo	3	10-12
▶ Static Hold Dumbbell Lateral Raise	3	10-12 (each arm)
▶ Dumbbell Rear Delt Raise	4	12-15
▶ Close Grip Pushup	4	10
▶ Bench Dip	3	AMRAP
▶ Tempo Lying Dumbbell Triceps Extension <i>*4-1-4-1 tempo</i>	3	8-12

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1-4

DAY 5: FRIDAY - LEGS (GLUTES/HAMSTRINGS FOCUS)

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ LOWER BODY WARMUP		
▶ Barbell Lunge	5	2x5-8 (warmup), 3x8-10 (each leg)
▶ Barbell Step Up	3	10-12 (each leg)
▶ 1¼ Rep Barbell Bulgarian Split Squat	3	10 (each leg)
▶ Barbell Hip Thrust	4	8-12
▶ Single Leg Exercise Ball Lying Hamstring Curl	3	10-12 (each leg)
▶ Hip Circle Seated Abductor <i>*Pause and squeeze for 2 seconds at the top of each rep</i>	3	20
▶ Single Leg Dumbbell Stiff Legged Deadlift	3	10-12 (each leg)
▶ Seated Weight Plate Calf Raise	3	10-12

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 1: WEEKS 1-4

DAY 6: SATURDAY - CHEST/BICEPS/ABS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Incline Bench Press	6	2x5-8 (warmup), 4x8-10
▶ Pushup <i>*If you are unable to complete at least 8 reps, do Kneeling Pushups for the remainder</i>	3	8-12
▶ Neutral Grip Dumbbell Press	3	10
▶ Incline Dumbbell Flye (FST-7) <i>*Rest 30 seconds between sets</i>	7	10-12
▶ Tempo Standing Barbell Curl <i>*4-1-4-1 tempo</i>	3	10
▶ Incline Dumbbell Hammer Curl	3	10-12
▶ Dumbbell Spider Curl <i>*Pause at squeeze for one second at the top of each rep</i>	3	8-10
SUPERSET		
▶ Exercise Ball Lying Leg Raise	3	20
▶ Crunch w/ Exercise Ball Roll	3	20

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 5-8

DAY 1: MONDAY - LOWER BODY

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Narrow Stance Dumbbell Squat <i>*Rest up to 90 seconds after completing drop sets</i>	5	2x5-8 (warmup)*, 3x10/10/10 (drop set)
SUPERSET		
▶ Barbell Reverse Lunge	3	12-15 (each leg)
▶ Dumbbell Goblet Squat	3	12-15
SUPERSET		
▶ Dumbbell Stepup to Knee Drive <i>*Rest up to 90 seconds after completing drop sets</i>	3	10-12 (each leg)
▶ Exercise Ball Lying Hamstring Curl	3	20
SUPERSET		
▶ Barbell Squat Pulses	4	45-60 seconds
▶ Barbell Good Morning	4	15
▶ Single Leg Standing Calf Raise	4	20 (each leg)

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 5-8

DAY 2: TUESDAY - UPPER BODY/ABS

*Rest 30-45 seconds between sets unless otherwise noted

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Band Assisted Pullup	2	3-5 (warmup)
SUPERSET		
▶ Pullup Negatives With Static Hold	3	5-8
▶ Resistance Band Close Grip Standing Row	3	60 seconds
SUPERSET		
▶ Standing Barbell Press	3	12-15
▶ Resistance Band Lateral Raise	3	60 seconds
SUPERSET		
▶ Incline Plyo Pushup	3	12-15
▶ Resistance Band Standing Chest Press	3	60 seconds
SUPERSET		
▶ Seated Barbell Curl	3	12-15
▶ Resistance Band Curl	3	60 seconds
SUPERSET		
▶ Lying Dumbbell Triceps Extension	3	12-15
▶ Resistance Band Overhead Triceps Extension	3	60 seconds
AMRAP FINISHER <i>Complete as many rounds as possible in 10 minutes.</i>		
▶ 50 Mountain Climbers		
▶ 40 Jumping Jacks		
▶ 30 Jump Squats		
▶ 20 Dumbbell Swings		
▶ 10 Situps		

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 5-8

DAY 4: THURSDAY - LOWER BODY

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Squat <i>*Rest 60 seconds between working sets</i>	6	2x5-8 (warmup), 4x12-15
SUPERSET		
▶ Dumbbell Sumo Squat	3	12-15
▶ Jump Squat	3	30, 45, 60 seconds
SUPERSET		
▶ Barbell Curtsy Lunge	3	12-15 (each leg)
▶ Split Jump Lunge	3	30 seconds (each leg)
SUPERSET		
▶ One Leg Hip Thrust	3	15 (each leg)
▶ Bodyweight Bench Step Up	3	15 (each leg)
▶ Sissy Squat	3	15
▶ Standing Dumbbell Calf Raise	3	12-15

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 5-8

DAY 5: FRIDAY - UPPER BODY/ABS

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Neutral Grip Dumbbell Row	3	12-15
▶ Standing Arnold Press	3	12-15
SUPERSET		
▶ Landmine Row	3	12-15
▶ Kneeling Single Arm Landmine Shoulder Press	3	12-15 (each arm)
SUPERSET		
▶ Dumbbell Bench Press	3	12-15
▶ Alternating Dumbbell Curl	3	12-15
SUPERSET		
▶ Incline Dumbbell Flye	3	12-15
▶ Close Grip Pushup	3	AMRAP
SUPERSET		
▶ Exercise Ball Weighted Crunch	3	15-20
▶ V-Up	3	10-15
AMRAP FINISHER <i>Complete as many rounds as possible in 10 minutes. Rest when necessary</i>		
▶ Dumbbell Thruster		
▶ Plank Jack		
▶ Twisting Pushup		
▶ Alternating Lunge Jump		
▶ Burpee		

AT-HOME WORKOUTS (FULL EQUIPMENT)

PHASE 2: WEEKS 5-8

DAY 6: SATURDAY - TOTAL BODY CARDIO ACCELERATION

The weighted exercises stay the same for all 5 rounds of this workout, while the cardio changes each round. Perform each exercise and cardio component for 30 seconds. I set the timer to :35 for both high and low intervals to give you 5 seconds to move on to the exercise.

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HOW TO SET THE TIMER

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TOTAL TIME: 29:10

EXERCISES

+ TOTAL BODY WARMUP

CIRCUIT

Note: See below for cardio options for Rounds 2, 3, 4 and 5

- ▶ Dumbbell Squat-Shoulder Press Combo
- ▶ Jumping Jacks
- ▶ Dumbbell Lunge-Curl Combo
- ▶ Jumping Jacks
- ▶ Dumbbell Stiff Legged Deadlift
- ▶ Jumping Jacks
- ▶ Manmakers
- ▶ Jumping Jacks
- ▶ Dumbbell Overhead Extension/Dumbbell Standing Calf Raise Combo
- ▶ Jumping Jacks

ADDITIONAL CARDIO OPTIONS

- ▶ **ROUND 2:** Bench Up and Overs
- ▶ **ROUND 3:** Butt Kicks
- ▶ **ROUND 4:** Skipping In Place
- ▶ **ROUND 5:** Burpees

AT-HOME WORKOUTS

(DUMBBELL/
BODYWEIGHT)

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
 **READY**
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PROGRAM

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 1: WEEKS 1-4

DAY 1: MONDAY - LEGS (QUAD FOCUS)

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Dumbbell Goblet Squat	6	2x5-8 (warmup), 4x8-12
▶ Narrow Stance Dumbbell Squat	4	10/10 (drop set)
▶ Tempo Dumbbell Front Squat <i>*4-1-4-1 tempo</i>	4	8-10*
▶ Chair Pistol Squat Jumps	4	10-12 (each leg)
▶ Wall Sit	3	45-60 seconds
▶ Dumbbell Standing Calf Jumps <i>*Rest 30 seconds between sets</i>	4	10-12

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 1: WEEKS 1-4

DAY 2: TUESDAY - BACK/ABS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ UPPER BODY WARMUP		
▶ Single Arm Plank High Row	3	10-12 (each arm)
▶ Dumbbell Pendlay Row	4	8-12
▶ One Arm Dumbbell Row	3	8-10 (each arm)
▶ Reverse Grip Dumbbell Row	4	8-12
▶ Dumbbell Pullover (FST-7) <i>*Rest 30 seconds between sets</i>	7	10-12
TRISSET		
▶ Bicycles	3	45 seconds
▶ Dead Bugs	3	45 seconds
▶ Scissor Kicks	3	45 seconds

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT)

PHASE 1: WEEKS 1-4

DAY 3: WEDNESDAY - SHOULDERS/TRICEPS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Standing Neutral Grip Shoulder Press	6	2x5-8 (warmup), 4x8-10
SUPERSET		
▶ Dumbbell Upright Row	3	10-12
▶ Standing Dumbbell Front Raise	3	10-12
▶ Static Hold Dumbbell Lateral Raise	3	10-12 (each arm)
▶ Dumbbell Rear Delt Raise	4	10-12
▶ Close Grip Pushup	3	AMRAP
▶ Down-Down-Up-Up	3	10 (each arm)
▶ Tempo Lying Dumbbell Triceps Extension <i>*4-1-4-1 tempo</i>	3	10-12

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 1: WEEKS 1-4

DAY 5: FRIDAY - LEGS (GLUTES/HAMSTRINGS FOCUS)

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Dumbbell Reverse Lunge	5	2x5-8 (warmup), 3x10-12 (each leg)
▶ One Leg Chair Lateral Lunge <i>*Rest 30 seconds between sets</i>	3	10-12 (each leg)
▶ Dumbbell Sumo Squat	3	12-15
▶ Dumbbell Frog Pumps <i>*Rest 30 seconds between sets</i>	4	45 seconds
SUPERSET		
▶ Karate Kicks	3	30, 45, 60 seconds (each leg)
▶ Clamshells	3	15* (each leg)
▶ Single Leg Exercise Ball Lying Hamstring Curl <i>*Pause and squeeze for 2 seconds at the top of each repetition</i>	3	10-12 (each leg)
▶ Single Leg Dumbbell Stiff Legged Deadlift	3	10-12 (each leg)
▶ Bodyweight Standing Calf Raises <i>*Rest 30 seconds between sets</i>	3	50

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 1: WEEKS 1-4

DAY 6: SATURDAY - CHEST/BICEPS/ABS

**Rest 60 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
▶ Pushup <i>*If you can't do at least 10 reps, finish out with Kneeling Pushups</i>	6	10-15
▶ Decline Pushup	3	AMRAP
▶ Tempo Floor Dumbbell Floor Press <i>*4-1-4-1 tempo</i>	3	8-12
▶ Dumbbell Floor Flye (FST-7) <i>*Rest 30 seconds between sets</i>	7	12-15
▶ Dumbbell Curl 21s <i>*7 top ½ reps, 7 bottom ½ reps, 7 full reps</i>	3	7/7/7
▶ Standing Dumbbell Hammer Curl	3	10-12
▶ Dumbbell Chair Preacher Curl	3	10-12
SUPERSET		
▶ Lying Leg Raise	3	20
▶ Double Crunch	3	20

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 2: WEEKS 5-8

DAY 1: MONDAY - LOWER BODY

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Narrow Stance Dumbbell Squat <i>*Rest up to 90 seconds after completing drop sets</i>	5	2x5-8 (warmup)*, 3x10/10/10 (drop set)
SUPERSET		
▶ Dumbbell Reverse Lunge	3	12-15 (each leg)
▶ Dumbbell Goblet Squat	3	12-15
SUPERSET		
▶ Dumbbell Step Up To Knee Drive	3	10-12 (each leg)
▶ Dumbbell Floor Hamstring Curl	3	20
SUPERSET		
▶ 180 Squat Jump	4	30-45 seconds
▶ Dumbbell Stiff Legged Deadlift	4	15
▶ Single Leg Standing Calf Raise	4	20 (each leg)

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 2: WEEKS 5-8

DAY 2: TUESDAY - UPPER BODY/ABS

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Multi Grip Dumbbell Row	3	21 (total - 7 each grip)
▶ Supermans	3	20
SUPERSET		
▶ Neutral Grip Dumbbell Push Press	3	12-15
▶ Around-The-World Dumbbell Lateral Raise	3	15-20
SUPERSET		
▶ Dolphin Pushup	3	10
▶ Plank With Rotation	3	10-15 (each side)
SUPERSET		
▶ Zottman Curl	3	12-15
▶ Standing Dumbbell Curl (palms out)	3	20-25
SUPERSET		
▶ Dumbbell Floor Triceps Extension	3	12-15
▶ Standing Overhead Dumbbell Extension	3	12-15
AMRAP FINISHER <i>Complete as many rounds as possible in 10 minutes.</i>		
▶ 50 Mountain Climbers		
▶ 40 Jumping Jacks		
▶ 30 Jump Squats		
▶ 20 Dumbbell Swings		
▶ 10 Situps		

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 2: WEEKS 5-8

DAY 4: THURSDAY - LOWER BODY

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
▶ Glute Circles	3	30 seconds (each leg)
SUPERSET		
▶ { Dumbbell Sumo Squat	3	12-15
▶ { Jump Squat	3	30, 45, 60 seconds
SUPERSET		
▶ { Dumbbell Curtsy Lunge To Lunge	3	10 (each leg)
▶ { Split Jump Lunge	3	30 seconds (each leg)
SUPERSET		
▶ { Single Leg Glute Raise	3	45 seconds (each leg)
▶ { Dumbbell Walking Lunge	3	12-15 (each leg)
▶ Sissy Squat	3	15
▶ Standing Dumbbell Calf Raise	3	12-15

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 2: WEEKS 5-8

DAY 5: FRIDAY - UPPER BODY/ABS

**Rest 30-45 seconds between sets unless otherwise noted*

EXERCISE	SETS	REPS
+ UPPER BODY WARMUP		
SUPERSET		
▶ Neutral Grip Dumbbell Row	3	12-15
▶ Standing Arnold Press	3	12-15
SUPERSET		
<i>*Rest up to 90 seconds after completing drop sets</i>		
▶ One Arm Dumbbell Row	3	12-15 (each arm)
▶ One Arm Dumbbell Shoulder Press	3	12-15 (each arm)
SUPERSET		
▶ Dumbbell Floor Press	3	12-15
▶ Alternating Dumbbell Curl	3	12-15
SUPERSET		
▶ Floor Decline Dumbbell Flye	3	12-15
▶ Close Grip Pushup	3	AMRAP
SUPERSET		
▶ Crab Reach	3	20
▶ V-Up	3	10-15
AMRAP FINISHER <i>Complete as many rounds as possible in 10 minutes. Rest when necessary</i>		
▶ Dumbbell Thruster		
▶ Plank Jack		
▶ Twisting Pushup		
▶ Alternating Lunge Jump		
▶ Burpee		

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) PHASE 2: WEEKS 5-8

DAY 6: SATURDAY - TOTAL BODY CARDIO ACCELERATION

The weighted exercises stay the same for all 5 rounds of this workout, while the cardio changes each round. Perform each exercise and cardio component for 30 seconds. I set the timer to :35 for both high and low intervals to give you 5 seconds to move on to the exercise.

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Total # of intervals on Interval Timer App: 25

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TOTAL TIME: 29:10

EXERCISES

+ TOTAL BODY WARMUP

CIRCUIT

Note: See below for cardio options for Rounds 2, 3, 4 and 5

- ▶ Dumbbell Squat-Shoulder Press Combo
- ▶ Jumping Jacks
- ▶ Dumbbell Lunge-Curl Combo
- ▶ Jumping Jacks
- ▶ Dumbbell Stiff Legged Deadlift
- ▶ Jumping Jacks
- ▶ Manmakers
- ▶ Jumping Jacks
- ▶ Dumbbell Overhead Extension/Dumbbell Standing Calf Raise Combo
- ▶ Jumping Jacks

ADDITIONAL CARDIO OPTIONS

- ▶ **ROUND 2:** Bench Up and Overs
- ▶ **ROUND 3:** Butt Kicks
- ▶ **ROUND 4:** Skipping In Place
- ▶ **ROUND 5:** Burpees

CARDIO

NICOLE WILKINS'
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I get it – cardio can be boring, and it tends to fall on the low-end of the priority list for most.

But hopefully you realize how important it is as far as helping accelerate fat loss - not to mention what it does for your heart health and endurance levels, which will help you push harder during the higher-paced weight workouts you'll be performing in Phase 2.

On the bright side, I'm not going to say you need to spend two hours a day trudging away on the treadmill or elliptical machine to lose body fat. I don't think that's necessary if you're following the meal plans and pushing yourself during your weight training workouts.

But it is important to *challenge* yourself during your cardio sessions and not just go through the motions (see the Target Heart Rate guidelines below).

The program calls for two types of cardio –HIIT workouts and Interval workouts. You'll only be performing three days of HIIT cardio during Phase 1. During Phase 2 you will alternate between HIIT and Interval cardio, with additional fat-burning workouts coming from your AMRAP Finishers and Total Body Cardio Acceleration workout.

HIIT CARDIO

Short bursts of very intense cardio performed at maximum intensity - followed by a less intense or complete rest/recovery period.

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

INTERVAL CARDIO

Moderate-to-high intensity cardio intervals, with the high intensity level less extreme than when performing HIIT cardio.

Target HR: 140-150 beats per minute.

CARDIO GUIDELINES

- Be sure to wear a heart rate monitor to make sure you are challenging yourself during your cardio sessions. Don't just go through the motions and expect to see results!
- If you decide to perform your cardio on weekends, just remember to take one complete off day every week during this program to allow your body to fully recover.
- Feel free to get creative with your cardio as long as you are following the guidelines listed above.

CARDIO SCHEDULE

PHASE 1

DAY 1: MONDAY OFF

DAY 2: TUESDAY HIIT

DAY 3: WEDNESDAY HIIT

DAY 4: THURSDAY OFF

DAY 5: FRIDAY OFF

DAY 6: SATURDAY HIIT

DAY 7: SUNDAY OFF

PHASE 2

DAY 1: MONDAY HIIT

DAY 2: TUESDAY INTERVAL

DAY 3: WEDNESDAY OFF

DAY 4: THURSDAY HIIT

DAY 5: FRIDAY INTERVAL

DAY 6: SATURDAY OFF

DAY 7: SUNDAY OFF

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



CARDIO WORKOUTS

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PROGRAM

30 MINUTE HIIT WORKOUTS

RUNNIN' HARD NOW

EQUIPMENT NEEDED

Treadmill

WARMUP

- 3 minute warm up at 3.0 mph, 8% incline

PERFORM 5 ROUNDS OF

- 30 seconds at 3.5 mph
- 30 seconds at 4.0 mph
- 30 seconds at 4.5 mph
- 30 seconds at 5.0 mph
- 30 seconds at 5.5 mph
- 30 seconds at 6.0 mph
- 30 seconds at 6.5 mph
- 30 seconds at 7.0 mph
- 30 seconds at 7.5 mph
- 30 seconds at 8.0 mph

COOLDOWN

- 2 minutes at 3.0 mph

HEART PUMPIN' TABATA

EQUIPMENT NEEDED

None

Complete 8 rounds of each circuit for a total of 4 minutes each per circuit. Rest 1 minute after each 4-minute circuit.

CIRCUIT 1

- 20 seconds Jump Squat
- 10 seconds Rest

CIRCUIT 2

- 20 seconds Fast Jumping Jacks
- 10 seconds Rest

CIRCUIT 3

- 20 seconds Thruster
- 10 seconds Rest

CIRCUIT 4

- 20 seconds Dumbbell/Kettlebell Swing
- 10 seconds Rest

CIRCUIT 5

- 20 seconds Renegade Row
- 10 seconds Rest

CIRCUIT 6

- 20 seconds Toe Taps
- 10 seconds Rest

MAX BURN

EQUIPMENT NEEDED

Treadmill

WARMUP

- 5 minutes at 4.0 to 5.0 mph, 0% incline

PERFORM 4 ROUNDS OF

- 1 minute at 5.0 mph, 5% incline
- 30 seconds Rest (straddle treadmill, stand on sides)

PERFORM 4 ROUNDS OF

- 1 minute at 6.0 mph, 6% incline
- 30 seconds Rest (straddle treadmill, stand on sides)

PERFORM 4 ROUNDS OF

- 30 seconds at 7.0 mph, 7% incline
- 30 seconds Rest (straddle treadmill, stand on sides)

RECOVERY

- 1 minute at 3.0 mph, 1% incline

PERFORM 4 ROUNDS OF

- 30 seconds Rest (straddle treadmill, stand on sides)
- 30 seconds at 8.0 mph, 8% incline

COOLDOWN

- 5 minutes at 3.0 to 4.0 mph, 2% incline

30 MINUTE HIIT WORKOUTS

CRAZY 10

EQUIPMENT NEEDED

Stepmill

WARMUP

- 2 minutes at level 5

PERFORM 10 ROUNDS OF

- 1 minute at Level 8
- 1 minute at Level 14-18
- 30 seconds at Level 16-20

COOLDOWN

- 3 minutes at Level 5

ROCKY TERRAIN

EQUIPMENT NEEDED

Spin Bike

Resistance: 1 being easiest,
10 being hardest

- 3 minutes at 60% max speed, resistance 4
- 1 minute seated at 70% max speed, resistance 8
- 1 minute standing at 70% max speed, resistance 8
- 2 minutes seated at 90% max speed, resistance 5
- 3 minutes seated or standing recovery at 60% max speed, resistance 4

PERFORM 5 ROUNDS OF

- 1 minute seated at 80% max speed, resistance 9
- 1 minute standing at 80% max speed, resistance 9
- 1 minute standing at 60% max speed, resistance 9
- 30 seconds at 100% max speed, resistance 5
- 30 seconds at 60% max speed, resistance 5

REPS AND STEPS

EQUIPMENT NEEDED

Stepmill

WARMUP

- 3 minutes at Level 6

PERFORM 12 ROUNDS OF

- 1 minute Level 10
- 1 minute Level 15-20

COOLDOWN

- 3 minutes at Level 6

30 MINUTE INTERVAL WORKOUTS

ROCK THAT BODY

EQUIPMENT NEEDED

None

**45 seconds of work, 15 seconds of rest*

PERFORM 5 ROUNDS OF

- High Knees
- Plank Jacks
- Jump Squat
- Burpees
- Bodyweight Squat
- Rest 1 minute

SWIM TO WIN

EQUIPMENT NEEDED

Pool

WARMUP

- 300 yard easy swim

MAIN SET

- 600 yards moderate
- 50 yards easy
- 400 yards moderate
- 50 yards easy
- 250 yards moderate
- 50 yards easy
- 150 yards moderate
- 50 yards easy
- 2x 100 yards HARD
- 50 yards easy
- 4x50 yards on the minute

COOLDOWN

- 50 yards easy

BODYWEIGHT BUSTER

EQUIPMENT NEEDED

None

PERFORM 2 ROUNDS OF

- 1 minute Jumping Jacks
- 1 minute Bicycles
- 1 minute Lateral Bunny Hops
- 1 minute Crunches
- 1 minute High Knees
- 1 minute Leg Raises
- 1 minute Close Grip Pushups
- 1 minute Bicycles
- 1 minute Suspended Glute Raise
- 1 minute Twisting Roman Chair
- 1 minute Pulse Squats
- 1 minute Mountain Climbers
- 1 minute Bicycles
- 1 minute Alternating Lunges
- 1 minute Rest

30 MINUTE INTERVAL WORKOUTS

MACHO, MACHO WOMAN

EQUIPMENT NEEDED

Treadmill

- 4 minutes at 3.5 mph, Incline 5%
- 1 minute at 7.0 mph, Incline 1%
- 4 minutes at 3.5 mph, Incline 7%
- 1 minute at 7.0 mph, Incline 1%
- 4 minutes at 3.5 mph, Incline 9%
- 1 minute at 7.0 mph, Incline 1%
- 4 minutes at 3.5 mph, Incline 11%
- 1 minute at 7.0 mph, Incline 1%
- 4 minutes at 3.5 mph, Incline 13%
- 1 minute at 7.0 mph, Incline 1%
- 4 minutes at 3.5 mph, Incline 15%
- 1 minute at 9.0 mph, Incline 1%

STEP IT UP

EQUIPMENT NEEDED

Stepmill

Repeat entire workout 2x through

PART 1: LEVEL 8

- 1 minute every step
- 1 minute every other step
- 30 seconds facing the right
- 30 seconds facing the left

PART 2: LEVEL 10

- 1 minute every step
- 1 minute every other step
- 30 seconds facing the right
- 30 seconds facing the left

PART 3: LEVEL 12

- 1 minute every step
- 1 minute every other step
- 30 seconds facing the right
- 30 seconds facing the left

PART 4: LEVEL 10

- 1 minute every step
- 1 minute every other step
- 30 seconds facing the right
- 30 seconds facing the left

PART 5: LEVEL 8

- 1 minute every step
- 1 minute every other step
- 30 seconds facing the right
- 30 seconds facing the left

BODYWEIGHT AMRAP

EQUIPMENT NEEDED

None

**Shoot to complete 10 rounds or more in 30 minutes. It's OK if you fall short, but PUSH yourself toward that goal!*

- 10 Pushups
- 10 Jump Squats
- 10 Mountain Climbers
- 10 Burpees
- 10 Bodyweight Reverse Lunges
- 1 minute Jumping Jacks

NUTRITION

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
 **READY**
TRANSFORMATION
PROGRAM

For most people – and by most I mean nearly every client I have ever worked with – consistently following a structured nutrition plan is the most difficult part of any program.

It's also far and away the most important.

Having the right plan (which you do, right here!) is the first step, and a very big one. But eating this way will be a pretty dramatic change for most of you and it will take some getting used to.

The good news is, everything in this program is laid out for you, so all of the guesswork is removed. The only decisions you'll need to make are which recipes to choose each week and what substitutions to make when you want to add variety to your meals (more on that with the Food Exchange Lists).

Now the hard part - eating clean day after day takes a ton of discipline and practice, not to mention preparation. To be successful here is likely going to mean changing your mindset and how you look at food.

What I mean by that is, you will have to start looking at food as *the most important tool* in your toolbox.

How do you build a house? It doesn't happen in one day. It happens nail by nail, brick by brick. And that's exactly how we are going to build *you* over these next eight weeks – workout by workout and meal by meal.

I know thinking about following these meal plans for eight weeks can be overwhelming, so I want you to break down that macro goal into a micro goal:

Focus on following the meal plan exactly as it is laid out for one week.

That's where you start.

Prepare your meals in advance, weigh out your portions and tell yourself that *nothing* is going to stop you from doing that for these first seven days.

Because you know what will happen? The things that used to seem so intimidating – the ones you looked at and thought *I'll never be able to do that* – will start to become easier. And before you know it, they will start to become part of your daily routine.

You'll have more energy.

You'll feel better before and after your workouts.

You'll start to feel tighter.

Those Week 1 achievements will help you build the confidence and discipline you'll need to feel better about yourself overall and will reinforce the healthy habits you are developing for the rest of this Challenge – and hopefully beyond!

ABOUT THE MEAL PLANS

The meal plans for this program are split up into two phases, which coincide with your workouts.

PHASE 1: WEEKS 1-4

PHASE 2: WEEKS 5-8

During the first phase of the program, calories are higher so you can focus on building muscle and getting stronger.

Phase 2 shifts to more of a caloric deficit as we kick that fat-burning furnace into high gear and avoid hitting any plateaus that could stall your progress.

Meal plans are split up into height and weight ranges – three ranges for women and two for men.

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.

FOOD EXCHANGE LISTS

Are you ready for more good news about your meal plans?

You have access to a Food Exchange List which gives you a TON of options for each meal - and it's super-easy to use!

Which means you won't have to eat the same thing day after day to see results! To make substitutions simple, macros for each meal are categorized into these different food types. To make substitutions, just refer to the Food Exchange List and exchange something from that same macro category in its place.

FOOD TYPE REGULAR MEAL PLAN	FOOD TYPE VEGAN MEAL PLAN
(LP) – Lean Protein	(P) – Protein
(FP) – Fatty Protein	(PC) – Protein/Carbs
(SC) – Starchy Carbohydrate	(ND) – Non Dairy
(F) – Fat	(SC) – Starchy Carbohydrate
(V) – Vegetable	(FR) – Fruit
(D) – Dairy	(V) – Vegetable
(FR) – Fruit	(F) – Fat
(OC) – Optional Condiment	

For example, if you're looking to exchange a Lean Protein (LP) for another Lean Protein, all you need to do is check out the Food Exchange List and pick another option from that category.

Just keep in mind, each item in the list is one full serving. So if your plan calls for 1/2 of a LP, **you will use half of the amount listed** on the Exchange List.

Conversely, if your plan calls for two servings of a LP, you would just double whatever the amount is that is listed (4 oz to 8 oz).

**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.

If you have never meal prepped before, there are videos showing how I do it in the Nutrition section of the 8 Week Photo Shoot Ready Challenge homepage .

These videos were shot as I was preparing for the Figure Olympia, so I was preparing my meals for over a week here. If you follow the grocery list for this program, you will be preparing your food 3-4 days in advance.

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 1

PHASE 1: WEEKS 1-4

Height: Under 5'4

Weight: Under 130 lbs

MEAL 1

OPTION 1

- (SC, ¼ FR, LP) 1 serving Overnight Oats with Berries (SEE RECIPE)
- (F) 16g macadamia nut butter

OPTION 2

- (½ FR) 1 half medium grapefruit
- (½ LP) 3 hard boiled egg whites
- (F) 2 egg yolks only
- (½ SC) 20g oatmeal measured dry

MEAL 2

OPTION 1

- (½ SC) 1 slice Ezekiel Bread (or other sprouted grains bread)
- (½ F) 7g butter
- (LP) 226g nonfat cottage cheese
- (¼ FR) 50g pineapple

OPTION 2

- (¾ LP) 3 oz chicken breast
- (¾ SC) 3 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 2 oz avocado

MEAL 3

OPTION 1

- (¾ FP) 3 oz salmon
- (V) 100g mixed greens
- (½ FR) 175g strawberries
- (F) 28g feta cheese
- (OC) 2 tbsp balsamic vinegar

OPTION 2

- (SC) 1 English muffin
- (LP) 1 can tuna in water drained
- (½ F) 7g mayonnaise
- (½ F) 14g cheddar cheese

WOMEN'S MEAL PLAN 1

PHASE 1: WEEKS 1-4

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

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

OPTION 2

- ($\frac{3}{4}$ LP) 3 oz chicken breast
- (SC) 4 oz red potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 10 ml olive oil
- (OC) 30g salsa

MEAL 5/POST WORKOUT

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

OPTION 1

- ($1\frac{1}{4}$ LP) 10 oz plain nonfat Greek Yogurt
- (FR) 1 medium banana
- (OC) 4g sugar free/fat free butterscotch pudding mix (dry)

OPTION 2

- (SC) 1 serving Raspberry Streusel Bar (SEE RECIPE)
- (LP) 1 scoop nPower Nutrition Isolate (any flavor)
- (OC) 6 oz unsweetened almond/cashew milk

DAILY GOALS

Calories: 1440

Protein: 120g

Carbs: 150g

Fat: 40g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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



FOOD TYPE

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

WOMEN'S MEAL PLAN 1

PHASE 2: WEEKS 5-8

Height: Under 5'4

Weight: Under 130 lbs

MEAL 1

OPTION 1

- (½ FR) ½ banana
- (LP) 1 scoop nPower Nutrition Isolate (any flavor)
- (F) 16g natural peanut butter

OPTION 2

- (½ SC) 20g oatmeal
- (LP) 6 egg whites
- (F) 2 oz avocado

MEAL 2

OPTION 1

- (SC, LP) 1 serving Cauliflower Rice Delight (SEE RECIPE)
- (⅔ F) 10 almonds

OPTION 2

- (LP) 4 oz chicken breast
- (½ SC) 2 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (½ F) 7g butter

MEAL 3

OPTION 1

- (2 V) 200g spaghetti squash
- (LP) 4 oz 99% extra lean ground turkey
- (½ F) 5 ml olive oil
- (OC) ¼ cup marinara sauce

OPTION 2

- (¾ LP) 3 oz mahi mahi
- (V) 100g zucchini
- (¾ SC) 75g wild rice
- (½ F) 5 ml coconut oil

WOMEN'S MEAL PLAN 1

PHASE 2: WEEKS 5-8

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

- (2 V, F, LP) 1 serving Mediterranean Steak Stir-Fry (SEE RECIPE)
- ($\frac{1}{2}$ SC) 50g white rice

OPTION 2

- (LP) 4 oz pork tenderloin
- ($\frac{1}{2}$ FR) .5 cup (123g) unsweetened applesauce
- (V) 100g Roasted Vegetables (SEE RECIPE)

MEAL 5/POST WORKOUT

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

OPTION 1

- (LP) 1 scoop nPower Nutrition Isolate (any flavor)
- (SC) 3 Quaker lightly salted rice cakes (plain)

OPTION 2

- (SC) 4 oz russet potato
- (LP) 4 oz 99% extra lean ground turkey
- (OC) 16g low sugar ketchup

DAILY GOALS

Calories: 1244

Protein: 130g

Carbs: 100g

Fat: 36g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

265 calories, 26g protein, 20g 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 2

PHASE 1: WEEKS 1-4

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 1

OPTION 1

- (SC, $\frac{1}{4}$ FR, LP) 1 serving Overnight Oats with Berries (SEE RECIPE)
- (F) 16g macadamia nut butter

OPTION 2

- ($\frac{1}{2}$ FR) 1 half medium grapefruit
- (LP) 6 hard boiled egg whites
- (F) 2 egg yolks only
- ($\frac{1}{2}$ SC) 20g oatmeal measured dry

MEAL 2

OPTION 1

- ($\frac{1}{2}$ SC) 1 slice Ezekiel Bread (or other sprouted grains bread)
- ($\frac{2}{3}$ F) 10g butter
- (LP) 226g nonfat cottage cheese
- ($\frac{1}{4}$ FR) 50g pineapple

OPTION 2

- (LP) 4 oz chicken breast
- (SC) 4 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 2 oz avocado

MEAL 3

OPTION 1

- ($\frac{3}{4}$ FP) 3 oz salmon
- (V) 100g mixed greens
- (FR) 250g strawberries
- (F) 28g feta cheese
- (OC) 2 tbsp balsamic vinegar

OPTION 2

- ($1\frac{1}{2}$ SC) 1.5 English muffins
- (LP) 1 can tuna in water drained
- ($\frac{1}{2}$ F) 7g mayonnaise
- ($\frac{1}{2}$ F) 14g cheddar cheese

WOMEN'S MEAL PLAN 2

PHASE 1: WEEKS 1-4

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 4

OPTION 1

- (1¼ FP) 5 oz 93% lean ground turkey
- (1¼ SC) 125g brown rice
- (V) 100g green beans

OPTION 2

- (LP) 4 oz chicken breast
- (SC) 4 oz red potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 10 ml olive oil
- (OC) 30g salsa

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 12 oz plain nonfat Greek Yogurt
- (FR) 1 medium banana
- (OC) 4g sugar free/fat free butterscotch pudding mix (dry)

OPTION 2

- (SC) 1 serving Raspberry Streusel Bar (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (any flavor)
- (OC) 6 oz unsweetened almond/cashew milk

DAILY GOALS

Calories: 1696

Protein: 175g

Carbs: 150g

Fat: 44g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

359 calories, 30g protein, 35g 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 2

PHASE 2: WEEKS 5-8

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 1

OPTION 1

- ($\frac{3}{4}$ FR) $\frac{3}{4}$ banana
- ($1\frac{1}{2}$ LP) 1.5 scoops nPower Nutrition Isolate (any flavor)
- (F) 16g natural peanut butter

OPTION 2

- ($\frac{3}{4}$ SC) 30g oatmeal
- ($1\frac{1}{2}$ LP) 9 egg whites
- (F) 2 oz avocado

MEAL 2

OPTION 1

- (SC, LP) 1 serving Cauliflower Rice Delight (SEE RECIPE)
- (F) 15 almonds

OPTION 2

- (LP) 4 oz chicken breast
- ($\frac{3}{4}$ SC) 3 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- ($\frac{1}{2}$ F) 7g butter

MEAL 3

OPTION 1

- (3 V) 300g spaghetti squash
- ($1\frac{1}{4}$ LP) 5 oz 99% extra lean ground turkey
- ($\frac{1}{2}$ F) 5 ml olive oil
- (OC) $\frac{1}{4}$ cup marinara sauce

OPTION 2

- (LP) 4 oz mahi mahi
- (V) 100g zucchini
- (SC) 100g wild rice
- ($\frac{1}{2}$ F) 5 ml coconut oil

WOMEN'S MEAL PLAN 2

PHASE 2: WEEKS 5-8

Height: 5'4 to 5'6

Weight: 130 to 150 lbs

MEAL 4

OPTION 1

- (2 V, F, LP) 1 serving Mediterranean Steak Stir-Fry (SEE RECIPE)
- (½ SC) 50g white rice

OPTION 2

- (LP) 4 oz pork tenderloin
- (½ FR) .5 cup (123g) unsweetened applesauce
- (2 V) 200g Roasted Vegetables (SEE RECIPE)

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (any flavor)
- (SC) 3 Quaker lightly salted rice cakes (plain)

OPTION 2

- (1¼ SC) 5 oz russet potato
- (1¼ LP) 5 oz 99% extra lean ground turkey
- (OC) 16g low sugar ketchup

DAILY GOALS

Calories: 1500
Protein: 160g
Carbs: 125g
Fat: 40g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

318 calories, 32g protein, 25g carbs, 10g fat



FOOD TYPE

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

WOMEN'S MEAL PLAN 3

PHASE 1: WEEKS 1-4

Height: Over 5'6

Weight: Over 150 lbs

MEAL 1

OPTION 1

- (SC, $\frac{1}{4}$ FR, LP) 1 serving Overnight Oats with Berries (SEE RECIPE)
- ($\frac{1}{2}$ LP) .5 scoop nPower Nutrition Isolate (any flavor, add to the Overnight Oats recipe)
- (F) 16g macadamia nut butter

OPTION 2

- ($\frac{1}{2}$ FR) 1 half medium grapefruit
- (LP) 6 hard boiled egg whites
- (F) 2 egg yolks only
- ($\frac{3}{4}$ SC) 30g oatmeal measured dry

MEAL 2

OPTION 1

- ($\frac{1}{2}$ SC) 1 slice Ezekiel Bread (or other sprouted grains bread)
- ($\frac{2}{3}$ F) 10g butter
- ($1\frac{1}{2}$ LP) 339g nonfat cottage cheese
- ($\frac{1}{4}$ FR) 50g pineapple

OPTION 2

- ($1\frac{1}{4}$ LP) 5 oz chicken breast
- (SC) 4 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- ($1\frac{1}{2}$ F) 3 oz avocado

MEAL 3

OPTION 1

- (FP) 4 oz salmon
- ($\frac{1}{2}$ SC) 50g white rice
- (V) 100g mixed greens
- ($\frac{1}{2}$ FR) 175g strawberries
- (F) 28g feta cheese
- (OC) 2 tbsp balsamic vinegar

OPTION 2

- ($1\frac{1}{2}$ SC) 1.5 English muffins
- ($1\frac{1}{2}$ LP) 1.5 cans tuna in water drained
- ($\frac{1}{2}$ F) 7g mayonnaise
- ($\frac{1}{2}$ F) 14g cheddar cheese

WOMEN'S MEAL PLAN 3

PHASE 1: WEEKS 1-4

Height: Under 5'4

Weight: Under 130 lbs

MEAL 4

OPTION 1

- (1½ FP) 6 oz 93% lean ground turkey
- (1½ SC) 150g brown rice
- (V) 100g green beans

OPTION 2

- (1¼ LP) 5 oz chicken breast
- (1½ SC) 6 oz red potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 10 ml olive oil
- (OC) 30g salsa

MEAL 5/POST WORKOUT

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

OPTION 1

- (LP) 8 oz plain nonfat Greek Yogurt
- (LP) 1 scoop nPower Nutrition Isolate (any flavor)
- (FR) 1 medium banana
- (OC) 4g sugar free/fat free butterscotch pudding mix (dry)

OPTION 2

- (1½ SC) 1.5 servings Raspberry Streusel Bar (SEE RECIPE)
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (any flavor)
- (OC) 6 oz unsweetened almond/cashew milk

DAILY GOALS

Calories: 1988

Protein: 180g

Carbs: 200g

Fat: 52g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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



FOOD TYPE

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

WOMEN'S MEAL PLAN 3

PHASE 2: WEEKS 5-8

Height: Over 5'6

Weight: Over 150 lbs

MEAL 1

OPTION 1

- (FR) 1 medium banana
- (1½ LP) 1.5 scoops nPower Nutrition Isolate (any flavor)
- (F) 16g natural peanut butter

OPTION 2

- (SC) 40g oatmeal
- (1½ LP) 9 egg whites
- (F) 2 oz avocado

MEAL 2

OPTION 1

- (SC, LP) 1 serving Cauliflower Rice Delight (SEE RECIPE)
- (F) 15 almonds

OPTION 2

- (1¼ LP) 5 oz chicken breast
- (SC) 4 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (½ F) 7g butter

MEAL 3

OPTION 1

- (2 V) 200g spaghetti squash
- (1¼ LP) 5 oz 99% extra lean ground turkey
- (½ SC) 75g corn
- (F) 10 ml olive oil
- (OC) ¼ cup marinara sauce

OPTION 2

- (1¼ LP) 5 oz mahi mahi
- (V) 100g zucchini
- (1¼ SC) 125g wild rice
- (F) 10 ml coconut oil

WOMEN'S MEAL PLAN 3

PHASE 2: WEEKS 5-8

Height: Over 5'6

Weight: Over 150 lbs

MEAL 4

OPTION 1

- (2 V, F, LP) 1 serving Mediterranean Steak Stir-Fry (SEE RECIPE)
- (¾ SC) 75g white rice

OPTION 2

- (LP) 4 oz pork tenderloin
- (FR) 1 cup (246g) unsweetened applesauce
- (V) 100g raw spinach
- (½ F) 14g blue cheese crumbles
- (½ F) 5 ml olive oil
- (OC) 2 tbsp vinegar

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 1.5 scoops nPower Nutrition Isolate (any flavor)
- (1⅓ SC) 4 Quaker lightly salted rice cakes (plain)

OPTION 2

- (1½ SC) 6 oz russet potato
- (1¼ LP) 5 oz 99% extra lean ground turkey
- (OC) 16g low sugar ketchup

DAILY GOALS

Calories: 1756
Protein: 190g
Carbs: 150g
Fat: 44g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

371 calories, 38g protein, 30g carbs, 11g fat



FOOD TYPE

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

MEN'S MEAL PLAN 1

PHASE 1: WEEKS 1-4

Height: Under 5'10

Weight: Under 190 lbs

MEAL 1

OPTION 1

- (1½ SC, ½ FR, 1½ LP) 1.5 servings Overnight Oats with Berries (SEE RECIPE)
- (F) 16g macadamia nut butter

OPTION 2

- (½ FR) 1 half medium grapefruit
- (1½ LP) 9 hard boiled egg whites
- (F) 2 egg yolks only
- (SC) 40g oatmeal measured dry

MEAL 2

OPTION 1

- (½ SC) 1 slice Ezekiel Bread (or other sprouted grains bread)
- (¾ F) 10g butter
- (1½ LP) 339g nonfat cottage cheese
- (½ FR) 100g pineapple

OPTION 2

- (1½ LP) 6 oz chicken breast
- (1¼ SC) 5 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (1½ F) 3 oz avocado

MEAL 3

OPTION 1

- (1¼ FP) 5 oz salmon
- (¾ SC) 75g white rice
- (V) 100g mixed greens
- (½ FR) 175g strawberries
- (F) 28g feta cheese
- (OC) 2 tbsp balsamic vinegar

OPTION 2

- (2 SC) 2 English muffins
- (1½ LP) 1.5 cans tuna in water drained
- (½ F) 7g mayonnaise
- (¾ F) 21g cheddar cheese

MEN'S MEAL PLAN 1

PHASE 1: WEEKS 1-4

Height: Under 5'10

Weight: Under 190 lbs

MEAL 4

OPTION 1

- (1¾ FP) 7 oz 93% lean ground turkey
- (1¾ SC) 175g brown rice
- (V) 100g green beans

OPTION 2

- (1½ LP) 6 oz chicken breast
- (1½ SC) 6 oz red potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (1½ F) 15 ml olive oil
- (OC) 30g salsa

MEAL 5/POST WORKOUT

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

OPTION 1

- (LP) 8 oz plain nonfat Greek Yogurt
- (LP) 1 scoop nPower Nutrition Isolate (any flavor)
- (FR) 1 medium banana
- (½ FR) 100g blueberries
- (OC) 4g sugar free/fat free butterscotch pudding mix (dry)

OPTION 2

- (1½ SC) 1.5 servings Raspberry Streusel Bar (SEE RECIPE)
- (2 LP) 2 scoops nPower Nutrition Isolate (any flavor)
- (OC) 6 oz unsweetened almond/cashew milk

DAILY GOALS

Calories: 2244

Protein: 210g

Carbs: 225g

Fat: 55g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

474 calories, 42g protein, 45g 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 1

PHASE 2: WEEKS 5-8

Height: Under 5'10

Weight: Under 190 lbs

MEAL 1

OPTION 1

- (FR) 1 medium banana
- (2 LP) 2 scoops nPower Nutrition Isolate (any flavor)
- (F) 16g natural peanut butter

OPTION 2

- (SC) 40g oatmeal
- (2 LP) 12 egg whites
- (F) 2 oz avocado

MEAL 2

OPTION 1

- (1½ SC, 1½ LP) 1.5 servings Cauliflower Rice Delight (SEE RECIPE)
- (F) 15 almonds

OPTION 2

- (1½ LP) 6 oz chicken breast
- (1¼ SC) 5 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 14g butter

MEAL 3

OPTION 1

- (2 V) 200g spaghetti squash
- (1½ LP) 6 oz 99% extra lean ground turkey
- (½ SC) 75g corn
- (F) 10 ml olive oil
- (OC) ¼ cup marinara sauce

OPTION 2

- (1½ LP) 6 oz mahi mahi
- (V) 100g zucchini
- (1½ SC) 150g wild rice
- (F) 10 ml coconut oil

MEN'S MEAL PLAN 1

PHASE 2: WEEKS 5-8

Height: Under 5'10

Weight: Under 190 lbs

MEAL 4

OPTION 1

- (3 V, 1½ F, 1½ LP) 1.5 servings Mediterranean Steak Stir-Fry (SEE RECIPE)
- (¾ SC) 75g white rice

OPTION 2

- (1¼ LP) 5 oz pork tenderloin
- (FR) 1 cup (246g) unsweetened applesauce
- (V) 100g raw spinach
- (½ F) 14g blue cheese crumbles
- (½ F) 5 ml olive oil
- (OC) 2 tbsp vinegar

MEAL 5/POST WORKOUT

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

OPTION 1

- (2 LP) 2 scoops nPower Nutrition Isolate (any flavor)
- (1⅓ SC) 4 Quaker lightly salted rice cakes (plain)

OPTION 2

- (1½ SC) 6 oz russet potato
- (1½ LP) 6 oz 99% extra lean ground turkey
- (OC) 16g low sugar ketchup

DAILY GOALS

Calories: 2048

Protein: 220g

Carbs: 175g

Fat: 52g

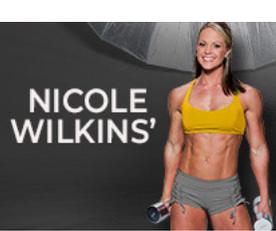
MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

433 calories, 44g protein, 35g carbs, 13g fat



NICOLE WILKINS'

8 WEEK



PHOTO SHOOT READY

TRANSFORMATION PROGRAM

FOOD TYPE

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

MEN'S MEAL PLAN 2

PHASE 1: WEEKS 1-4

Height: Over 5'10 Weight: Over 190 lbs

MEAL 1

OPTION 1

- (1½ SC, ½ FR, 1½ LP) 1.5 servings Overnight Oats with Berries (SEE RECIPE)
- (½ LP) .5 scoop nPower Nutrition Whey Protein Isolate (add to the Overnight Oats recipe)
- (F) 16g macadamia nut butter

OPTION 2

- (½ FR) 1 half medium grapefruit
- (1½ LP) 9 hard boiled egg whites
- (1½ F) 3 egg yolks only
- (SC) 40g oatmeal measured dry

MEAL 2

OPTION 1

- (½ SC) 1 slice Ezekiel Bread (or other sprouted grains bread)
- (⅔ F) 10g butter
- (2 LP) 452g nonfat cottage cheese
- (½ FR) 100g pineapple

OPTION 2

- (1½ LP) 6 oz chicken breast
- (1½ SC) 6 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (1½ F) 3 oz avocado

MEAL 3

OPTION 1

- (1½ FP) 6 oz salmon
- (SC) 100g white rice
- (V) 100g mixed greens
- (½ FR) 175g strawberries
- (F) 28g feta cheese
- (OC) 2 tbsp balsamic vinegar

OPTION 2

- (2 SC) 2 English muffins
- (2 LP) 2 cans tuna in water drained
- (F) 14g mayonnaise
- (½ F) 14g cheddar cheese

MEN'S MEAL PLAN 2

PHASE 1: WEEKS 1-4

Height: Over 5'10

Weight: Over 190 lbs

MEAL 4

OPTION 1

- (2 FP) 8 oz 93% lean ground turkey
- (1¾ SC) 175g brown rice
- (V) 100g green beans

OPTION 2

- (1½ LP) 6 oz chicken breast
- (1¾ SC) 7 oz red potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (1½ F) 15 ml olive oil
- (OC) 30g salsa

MEAL 5/POST WORKOUT

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

OPTION 1

- (1½ LP) 12 oz plain nonfat Greek Yogurt
- (LP) 1 scoop nPower Nutrition Isolate (any flavor)
- (FR) 1 medium banana
- (½ FR) 100g blueberries
- (OC) 4g sugar free/fat free butterscotch pudding mix (dry)

OPTION 2

- (1½ SC) 1.5 servings Raspberry Streusel Bar (SEE RECIPE)
- (LP) 2 scoops nPower Nutrition Isolate (any flavor)
- (OC) 6 oz unsweetened almond/cashew milk

DAILY GOALS

Calories: 2500
Protein: 240g
Carbs: 250g
Fat: 60g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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



FOOD TYPE

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

MEN'S MEAL PLAN 2

PHASE 2: WEEKS 5-8

Height: Over 5'10

Weight: Over 190 lbs

MEAL 1

OPTION 1

- (1¼ FR) 1¼ medium bananas
- (2 LP) 2 scoops nPower Nutrition Isolate (any flavor)
- (1½ F) 24g natural peanut butter

OPTION 2

- (1¼ SC) 50g oatmeal
- (2 LP) 12 egg whites
- (F) 2 oz avocado

MEAL 2

OPTION 1

- (1½ SC, 1½ LP) 1.5 servings Cauliflower Rice Delight (SEE RECIPE)
- (F) 15 almonds

OPTION 2

- (1¾ LP) 7 oz chicken breast
- (1½ SC) 6 oz sweet potato
- (V) 100g roasted vegetables (SEE RECIPE)
- (F) 14g butter

MEAL 3

OPTION 1

- (2 V) 200g spaghetti squash
- (1½ LP) 6 oz 99% extra lean ground turkey
- (SC) 150g corn
- (F) 10 ml olive oil
- (OC) ¼ cup marinara sauce

OPTION 2

- (1½ LP) 6 oz mahi mahi
- (V) 100g zucchini
- (1¾ SC) 175g wild rice
- (F) 10 ml coconut oil

MEN'S MEAL PLAN 2

PHASE 2: WEEKS 5-8

Height: Over 5'10

Weight: Over 190 lbs

MEAL 4

OPTION 1

- (3 V, 1½ F, 1½ LP) 1.5 servings Mediterranean Steak Stir-Fry (SEE RECIPE)
- (SC) 100g white rice

OPTION 2

- (1½ LP) 6 oz pork tenderloin
- (1½ FR) 1.5 cups (369g) unsweetened applesauce
- (V) 100g raw spinach
- (½ F) 14g blue cheese crumbles
- (½ F) 5 ml olive oil
- (OC) 2 tbsp vinegar

MEAL 5/POST WORKOUT

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

OPTION 1

- (2 LP) 2 scoops nPower Nutrition Isolate (any flavor)
- (SC) 3 Quaker lightly salted rice cakes (plain)
- (FR) 2 tbsp (34g) apple butter

OPTION 2

- (2 SC) 8 oz russet potato
- (1¾ LP) 7 oz 99% extra lean ground turkey
- (OC) 16g low sugar ketchup

DAILY GOALS

Calories: 2304

Protein: 250g

Carbs: 200g

Fat: 56g

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

486 calories, 50g protein, 40g carbs, 14g fat

NUTRITION

VEGAN MEAL PLANS

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
 **READY**
TRANSFORMATION
PROGRAM



WOMEN'S MEAL PLAN 1 PHASE 1: WEEKS 1-4

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

- (ND) 225g plain soymilk yogurt alternative (ex: Silk brand)
- (½ P) .5 scoop plant-based protein powder
- (½ F) 15g chia seeds
- (½ FR) 100g raspberries

MEAL 2

- (P) 6 oz Firm tofu
- (¾ SC) 75g cooked brown rice pasta
- (V) 100g tomato

MEAL 3

- (FR, V, F) .5 servings Berries and Kale Salad (SEE RECIPE)
- (P) 1 (71g) Boca veggie burger

MEAL 4

- (V) 100g Roasted Vegetables (SEE RECIPE)
- (¾ P) 3 oz Beyond Meat Substitute (chicken)
- (SC) 130g (½ cup) pinto beans
- (½ F) 1 oz avocado
- (OC) 30g (2 tbsp) salsa

MEAL 5/POST WORKOUT

- (FR) 1 medium banana
- (P) 1 scoop plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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

DAILY GOALS

Calories: 1440

Protein: 120g

Carbs: 150g

Fat: 40g



WOMEN'S MEAL PLAN 1 PHASE 2: WEEKS 5-8

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

- (½ SC) 2 oz russet potato
- (P) 3 oz tempeh
- (¼ V) 25g pepper
- (¼ V) 25g onion
- (½ P) 8g nutritional yeast

MEAL 2

- (1¼ P) 5 oz Quorn Meat Substitute
- (¼ SC) 25g quinoa
- (F) 15g pine nuts
- (V) 100g Roasted Vegetables (SEE RECIPE)

MEAL 3

- (P) 1 (71g) Boca veggie burger
- (½ PC) 75g edamame beans
- (V) 100g broccoli

MEAL 4

- (2 V, P, ½ F) 1 serving Sweet Teriyaki Tofu (SEE RECIPE)
- (P) 15g nutritional yeast

MEAL 5/POST WORKOUT

- (½ SC) 1 Lundberg brown rice cake
- (P) 1 scoop plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

265 calories, 26g protein, 20g carbs, 9g fat

DAILY GOALS

Calories: 1244

Protein: 130g

Carbs: 100g

Fat: 36g



WOMEN'S MEAL PLAN 2

PHASE 1: WEEKS 1-4

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

- (ND) 225g plain soymilk yogurt alternative (ex: Silk brand)
- (P) 1 scoop plant-based protein powder
- (½ F) 15g chia seeds
- (¾ FR) 150g raspberries

MEAL 2

- (1½ P) 9 oz Firm tofu
- (¾ SC) 75g cooked brown rice pasta
- (V) 100g tomato

MEAL 3

- (1½ FR, V, F, P) 1 serving Berries and Kale Salad (SEE RECIPE)
- (½ P) 1.5 oz seitan

MEAL 4

- (V) 100g Roasted Vegetables (SEE RECIPE)
- (¾ P) 3 oz Beyond Meat Substitute (chicken)
- (SC) 130g (½ cup) pinto beans
- (½ F) 1 oz avocado
- (OC) 30g (2 tbsp) salsa

MEAL 5/POST WORKOUT

- (FR) 1 medium banana
- (1½ P) 1.5 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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

DAILY GOALS

Calories: 1696

Protein: 175g

Carbs: 150g

Fat: 44g



WOMEN'S MEAL PLAN 2

PHASE 2: WEEKS 5-8

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

- (½ SC) 2 oz russet potato
- (P) 3 oz tempeh
- (¼ V) 25g pepper
- (¼ V) 25g onion
- (P) 15g nutritional yeast

MEAL 2

- (1½ P) 6 oz Quorn Meat Substitute
- (¼ SC) 25g quinoa
- (F) 15g pine nuts
- (V) 100g Roasted Vegetables (SEE RECIPE)

MEAL 3

- (1½ P) 1.5 Boca veggie burgers
- (½ PC) 75g edamame beans
- (V) 100g cauliflower

MEAL 4

- (2 V, P, ½ F) 1 serving Sweet Teriyaki Tofu (SEE RECIPE)
- (P) 15g nutritional yeast
- (V) 100g broccoli

MEAL 5/POST WORKOUT

- (½ SC) 1 Lundberg brown rice cake
- (1½ P) 1.5 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

318 calories, 32g protein, 25g carbs, 10g fat

DAILY GOALS

Calories: 1500

Protein: 160g

Carbs: 125g

Fat: 40g

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



WOMEN'S MEAL PLAN 3

PHASE 1: WEEKS 1-4

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

- (ND) 225g plain soymilk yogurt alternative (ex: Silk brand)
- (P) 1 scoop plant-based protein powder
- (½ F) 15g chia seeds
- (FR) 200g raspberries

MEAL 2

- (1½ P) 9 oz Firm tofu
- (¾ SC) 75g cooked brown rice pasta
- (½ P) 8g nutritional yeast
- (V) 100g tomato

MEAL 3

- (1½ FR, V, F, P) 1 serving Berries and Kale Salad (SEE RECIPE)
- (P) 3 oz seitan

MEAL 4

- (V) 100g Roasted Vegetables (SEE RECIPE)
- (P) 4 oz Beyond Meat Substitute (chicken)
- (SC) 130g (½ cup) pinto beans
- (F) 2 oz avocado
- (OC) 30g (2 tbsp) salsa

MEAL 5/POST WORKOUT

- (1½ FR) 1.5 medium bananas
- (1½ P) 1.5 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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

DAILY GOALS

Calories: 1988

Protein: 180g

Carbs: 200g

Fat: 52g



WOMEN'S MEAL PLAN 3

PHASE 2: WEEKS 5-8

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

- (½ SC) 2 oz russet potato
- (1½ P) 4.5 oz tempeh
- (¼ V) 25g pepper
- (¼ V) 25g onion
- (P) 15g nutritional yeast

MEAL 2

- (1¾ P) 7 oz Quorn Meat Substitute
- (½ SC) 50g quinoa
- (F) 15g pine nuts
- (V) 100g Roasted Vegetables (SEE RECIPE)

MEAL 3

- (2 P) 2 Boca veggie burgers
- (½ PC) 75g edamame beans
- (V) 100g cauliflower

MEAL 4

- (3 V, P, F) 1.5 servings Sweet Teriyaki Tofu (SEE RECIPE)
- (1½ P) 22g nutritional yeast

MEAL 5/POST WORKOUT

- (SC) 2 Lundberg brown rice cake
- (1½ P) 1.5 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

371 calories, 38g protein, 30g carbs, 11g fat

DAILY GOALS

Calories: 1756

Protein: 190g

Carbs: 150g

Fat: 44g



MEN'S MEAL PLAN 1 PHASE 1: WEEKS 1-4

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

- (ND) 225g plain soymilk yogurt alternative (ex: Silk brand)
- (P) 1 scoop plant-based protein powder
- (F) 30g chia seeds
- (FR) 200g raspberries

MEAL 2

- (2 P) 12 oz Firm tofu
- (SC) 100g cooked brown rice pasta
- (½ P) 8g nutritional yeast
- (V) 100g tomato

MEAL 3

- (1½ FR, V, F, P) 1 serving Berries and Kale Salad (SEE RECIPE)
- (P) 3 oz seitan

MEAL 4

- (V) 100g Roasted Vegetables (SEE RECIPE)
- (1¼ P) 5 oz Beyond Meat Substitute (chicken)
- (SC) 130g (½ cup) pinto beans
- (F) 2 oz avocado
- (OC) 30g (2 tbsp) salsa

MEAL 5/POST WORKOUT

- (1½ FR) 1.5 medium bananas
- (2 P) 2 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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

DAILY GOALS

Calories: 2244

Protein: 210g

Carbs: 225g

Fat: 55g



MEN'S MEAL PLAN 1 PHASE 2: WEEKS 5-8

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

- (½ SC) 2 oz russet potato
- (2 P) 6 oz tempeh
- (¼ V) 25g pepper
- (¼ V) 25g onion
- (P) 15g nutritional yeast

MEAL 2

- (2 P) 8 oz Quorn Meat Substitute
- (½ SC) 50g quinoa
- (F) 15g pine nuts
- (V) 100g Roasted Vegetables (SEE RECIPE)

MEAL 3

- (2 P) 2 Boca veggie burgers
- (PC) 150g edamame beans
- (V) 100g cauliflower

MEAL 4

- (3 V, P, F) 1.5 servings Sweet Teriyaki Tofu (SEE RECIPE)
- (2 P) 30g nutritional yeast

MEAL 5/POST WORKOUT

- (SC) 2 Lundberg brown rice cake
- (2 P) 2 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

433 calories, 44g protein, 35g carbs, 13g fat

DAILY GOALS

Calories: 2048

Protein: 220g

Carbs: 175g

Fat: 52g



MEN'S MEAL PLAN 2

PHASE 1: WEEKS 1-4

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

- (ND) 225g plain soymilk yogurt alternative (ex: Silk brand)
- (1½ P) 1.5 scoops plant-based protein powder
- (F) 30g chia seeds
- (FR) 200g raspberries

MEAL 2

- (2 P) 12 oz Firm tofu
- (SC) 100g cooked brown rice pasta
- (P) 15g nutritional yeast
- (V) 100g tomato

MEAL 3

- (1½ FR, V, F, P) 1 serving Berries and Kale Salad (SEE RECIPE)
- (P) 3 oz seitan

MEAL 4

- (2 V) 200g Roasted Vegetables (SEE RECIPE)
- (1½ P) 6 oz Beyond Meat Substitute (chicken)
- (SC) 130g (½ cup) pinto beans
- (F) 2 oz avocado
- (OC) 30g (2 tbsp) salsa

MEAL 5/POST WORKOUT

- (2 P) 2 scoops plant-based protein powder
- (1½ FR) 1.5 medium banana
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

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

DAILY GOALS

Calories: 2500

Protein: 240g

Carbs: 250g

Fat: 60g



MEN'S MEAL PLAN 2 PHASE 2: WEEKS 5-8

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

- (¾ SC) 3 oz russet potato
- (2 P) 6 oz tempeh
- (¼ V) 25g pepper
- (¼ V) 25g onion
- (1½ P) 22g nutritional yeast

MEAL 2

- (2½ P) 10 oz Quorn Meat Substitute
- (¾ SC) 75g quinoa
- (F) 15g pine nuts
- (V) 100g Roasted Vegetables (SEE RECIPE)

MEAL 3

- (2 P) 2 Boca veggie burgers
- (PC) 150g edamame beans
- (2 V) 200g cauliflower

MEAL 4

- (3 V, 2 P, 1½ F) 2 servings Sweet Teriyaki Tofu (SEE RECIPE)
- (P) 15g nutritional yeast

MEAL 5/POST WORKOUT

- (SC) 2 Lundberg brown rice cake
- (2 P) 2 scoops plant-based protein powder
- 6 oz unsweetened almond/cashew milk

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

MEAL TOTALS

Meal 5/Post Workout Meal

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

All Other Meals

486 calories, 50g protein, 40g carbs, 14g fat

DAILY GOALS

Calories: 2304

Protein: 250g

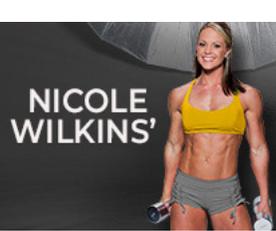
Carbs: 200g

Fat: 56g

NUTRITION

GROCERY LIST,
FOOD EXCHANGE LISTS,
RECIPES

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
 **READY**
**TRANSFORMATION
PROGRAM**



GROCERY LIST

PHASE 1: WEEKS 1-4

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 (any flavor)
- 2 lbs chicken breast
- 2 lbs 93% lean ground turkey
- 1 large container nonfat plain Greek yogurt
- 1 container nonfat cottage cheese
- 4 cans tuna in water

VEGAN PROTEINS

- 1 package Boca vegetable burgers
- 1 package seitan
- 1 package Beyond Meat substitute
- Plant based protein powder
- 2 packages extra firm tofu

CARBOHYDRATES

- 5 medium sweet potatoes/yams
- 5 red potatoes
- 1 bag whole wheat flour
- 1 bag Ezekiel bread (or other sprouted grains bread)
- 1 bag English muffins
- 1 bag/box long grain brown rice
- 1 bag/box white rice
- 1 container oatmeal/rolled oats
- 2 cans pinto beans

FRUITS

- 4 bananas
- 2 containers raspberries
- 1 container blueberries
- 1 container strawberries
- 3 grapefruits
- 1 pineapple
- 2 containers blackberries
- 1 jar unsweetened applesauce

VEGETABLES

- 1 bunch broccoli
- 1 head cauliflower
- 1 bag green beans
- 1 bag mixed greens
- 1 bag brussel sprouts
- 1 bag baby carrots
- 1 bag kale
- 3 tomatoes

NON DAIRY

- 1 large container plain soymilk yogurt alternative
- 1 bag tofu cheese

DAIRY

- 1 bag cheddar cheese
- 1 container feta cheese

FATS

- 1 container olive oil
- 3 avocados
- 1 container butter
- 1 container whipped butter
- 1 jar mayonnaise
- 1 bag pistachios
- 1 bag chia seeds

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
- 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
- Tumeric
- Cilantro
- Ground red pepper
- Fat free/light sour cream
- Lime/Lemon juice
- Dried basil
- Vanilla extract
- Butter extract
- Chili powder
- Ground ginger
- Dried minced onion



GROCERY LIST

PHASE 2: WEEKS 5-8

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

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

PROTEINS

- 2 dozen eggs
- 4 containers liquid egg whites
- 1 container nPower Nutrition Isolate (any flavor)
- 2 lbs chicken breast
- 2 lbs flank steak
- 2 lbs pork tenderloin
- 2 lbs mahi mahi
- 2 lbs 99% extra lean ground turkey
- 1 large container nonfat plain Greek yogurt

VEGAN PROTEINS

- 1 package Boca vegetable burgers
- 1 package edamame beans
- 1 package Quorn meat substitute
- 1 package tempeh
- 1 container nutritional yeast
- Plant based protein powder
- 2 packages extra firm tofu

CARBOHYDRATES

- 5 medium sweet potatoes/yams
- 4 Russet potatoes
- 1 bag/box wild rice
- 1 bag/box white rice
- 1 bag/box quinoa
- 1 container oatmeal/rolled oats
- 1 bag Lundberg brown rice cakes
- 1 bag Quaker rice cakes lightly salted

FRUITS

- 4 bananas
- 1 container unsweetened applesauce
- 1 container apple butter

VEGETABLES

- 1 bunch broccoli
- 1 head cauliflower
- 2 red onions
- 1 red pepper
- 1 orange pepper
- 1 yellow pepper
- 1 bag baby carrots
- 1 bag spinach
- 1 can artichoke hearts in water
- 1 can roasted red peppers in water
- 1 bag brussel sprouts
- 1 bag frozen peas
- 2 bags frozen riced cauliflower
- 3 zucchini
- 1 bunch asparagus
- 1 spaghetti squash

DAIRY

- 1 container blue cheese crumbles

FATS

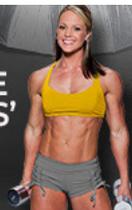
- 1 container olive oil
- 1 container sesame oil
- 1 container coconut oil
- 1 bag pine nuts
- 3 avocados
- 1 container butter
- 1 bag almonds
- 1 container natural almond/peanut butter

BEVERAGES

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

CONDIMENTS (OPTIONAL)

- Stevia/Splenda/Truvia
- PB2
- Cornstarch
- Cinnamon
- Mustard
- Low-sugar ketchup
- Worcestershire sauce
- Rice vinegar
- Bragg's Amino Acids
- Salsa
- Light soy sauce
- Crushed red pepper
- Tamari
- Red pepper flakes
- Apple cider vinegar
- Balsamic vinegar
- Ginger
- Low-fat Italian dressing
- 1 container bay leaves
- Italian seasoning
- Coconut aminos
- Low sugar/low fat marinara sauce (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 tbsp (33g) cream of wheat
- ¼ cup (37g) grits
- 4 oz sweet potato
- 4 oz yam
- 4 oz red potato
- 4 oz russet potato
- 4 oz purple potato
- 4 oz yellow potato
- ½ cup (100g) brown rice
- ½ cup (100g) white rice
- ½ cup (100g) wild rice
- ½ cup (100g) black rice
- ½ cup (100g) quinoa
- ½ cup (100g) cous cous
- 3 Quaker rice cakes (plain)
- 2 Quaker rice cakes (flavored)
- 2 Lundberg rice cakes
- 3 cups (40g) air popped popcorn (no oil)
- 1 cup (28g) Cheerios Original
- 1 cup (27g) Chex Rice Cereal
- 1 cup (31g) Chex Corn Cereal
- 2 corn tortillas, 6"
- 1 large whole wheat tortilla
- 2 slices Ezekiel Bread/sprouted grains bread/whole wheat bread
- 1 whole wheat dinner roll
- 1 plain English muffin
- ½ plain bagel
- ½ cup (130g) kidney beans
- ½ cup (130g) canned black beans
- ½ cup (130g) black eyed peas
- ½ cup (130g) garbanzo beans
- ½ cup (130g) refried beans
- 6 Triscuit Original crackers
- 100g whole wheat pasta
- 100g brown rice pasta
- 100g chickpea pasta
- 150g corn
- 150g green peas
- 250g baby carrots
- 215g butternut squash
- 200g acorn squash
- 150g edamame beans

FRUIT (FR)

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

- 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 | |

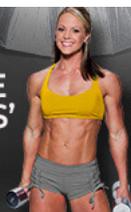
FATS (F)

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 | |



8 WEEK



PHOTO SHOOT READY

TRANSFORMATION PROGRAM



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'
8 WEEK
PHOTO SHOOT
READY
TRANSFORMATION
PROGRAM

RECIPES

OVERNIGHT OATS WITH BERRIES

SERVINGS: 1

INGREDIENTS

- 20g old fashioned oats
- 4 oz nonfat plain Greek yogurt
- ½ scoop nPower Nutrition Isolate (any flavor)
- ½ cup unsweetened almond milk
- 2 packets of sweetener of choice (stevia/Splenda)
- ¼ cup blueberries
- 3 medium strawberries

DIRECTIONS

- Mix together oatmeal, Greek yogurt, almond milk, protein powder and sweetener.
- Place in refrigerator for minimum 8 hours.
- Add blueberries and strawberries on top and enjoy!

NUTRITION INFO

PER SERVING

228 calories, 25g protein, 32g carbs, 3g fat

BERRIES AND KALE SALAD

SERVINGS: 1

INGREDIENTS

- 3 cups kale, chopped
- 2 tbsp balsamic vinegar
- 1/2 tsp salt
- 1/2 tsp black pepper
- ½ cup blackberries
- ½ cup sliced strawberries
- ¼ cup crumbled tofu cheese (or feta)
- ½ oz chopped pistachios

DIRECTIONS

- Place kale, vinegar, salt and pepper in a large bowl and toss to coat.
- Top with blackberries, strawberries, tofu/feta, and pistachios.
- Serve or store in the fridge for later.

NUTRITION INFO

PER SERVING

341 calories, 16g protein, 38g carbs, 13g fat





MEDITERRANEAN STEAK STIR-FRY

SERVINGS: 2

INGREDIENTS

- ½ cup nonfat plain Greek yogurt
- 1 tsp garlic, chopped
- 1 tsp fresh mint, chopped
- 8 oz thinly sliced raw lean flank steak
- ½ cup chopped red onion
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp dried oregano
- ⅛ tsp salt
- ⅛ tsp black pepper
- ½ cup canned artichoke hearts packed in water, drained and chopped
- ¼ cup roasted red peppers packed in water, drained and chopped
- 4 black olives, sliced

DIRECTIONS

- In medium bowl, combine yogurt, garlic and mint.
- Bring a skillet with nonstick spray to medium-high heat.
- Add steak, onion and seasonings and cook/stir until steak is fully cooked and onion has slightly softened, about 3-5 minutes.
- Reduce heat to medium low and add artichokes, red peppers, and yogurt mixture.
- Cook and stir until hot and well mixed.
- Top with olives and enjoy!

NUTRITION INFO

PER SERVING

245 calories, 31g protein, 10g carbs, 7g fat

SWEET TERIYAKI TOFU

SERVINGS: 2

INGREDIENTS

- 8 oz block-style extra-firm tofu, excess moisture removed, cut into 1 inch cubes
- ½ tsp garlic powder
- ⅛ tsp salt
- ⅛ tsp black pepper
- 4 cups broccoli florets
- 2 tbsp teriyaki sauce
- 1 tbsp sweet chili sauce
- 1 tsp sesame oil
- ¼ cup chopped scallions

DIRECTIONS

- Preheat oven to 400F
- Spray a baking sheet with nonstick spray.
- Season tofu with garlic powder, salt and pepper and place on the baking sheet. Add broccoli and bake until tofu is crisp and broccoli is tender, about 20 minutes, flipping halfway through.
- In a small bowl, mix teriyaki, chili sauce, and oil.
- Drizzle over tofu and broccoli and toss to mix.
- Top with scallions and enjoy!

NUTRITION INFO

PER SERVING

219 calories, 15g protein, 17g carbs, 8g fat

CAULIFLOWER RICE DELIGHT

SERVINGS: 4

INGREDIENTS

- 3 cups cauliflower rice
- ½ tsp oregano
- ¼ tsp turmeric
- ⅛ tsp cayenne pepper
- 4 raw chicken breasts (4 oz)
- ¼ tsp black pepper
- ⅛ tsp paprika
- 1 tsp salt
- 1 ½ cups red bell pepper, sliced
- 1 cup chopped onion
- 2 cups seeded and chopped tomatoes
- ½ cup chopped fresh cilantro
- 1 tbsp chopped garlic
- 1 cup frozen peas
- ¾ cup chicken broth
- 2 bay leaves

DIRECTIONS

- Place cauliflower rice in a large bowl and mix in oregano, turmeric and cayenne pepper.
- Pound chicken to ½ inch thickness and season with black pepper, paprika and ½ tsp salt.
- Bring a large pot sprayed with nonstick spray to medium heat and cook chicken about 4 minutes per side, or until cooked through. Transfer chicken to a plate and cover to keep warm.
- Remove pot from heat, clean and respray. Bring to medium-high heat.
- Add bell pepper and onion and cook until mostly softened, about 8-10 minutes.
- Add tomatoes, cilantro, garlic and remaining ½ tsp salt. Cook and stir until tomatoes have softened, about 3-5 minutes.
- Add seasoned cauliflower rice, peas, broth and bay leaves and bring to a boil.
- Reduce to a simmer. Cover and cook for 6 minutes.
- Uncover and stir until cauliflower rice is tender, about 5 minutes.
- Remove and discard bay leaves. Serve chicken with cauliflower rice.

NUTRITION INFO

PER SERVING

213 calories, 29g protein, 20g carbs, 3g fat



RASPBERRY STREUSEL BARS

SERVINGS: 12

DOUGH

- 1½ cups old fashioned oats
- ¾ cup whole wheat flour
- ½ cup whipped butter
- ¼ cup unsweetened applesauce
- 2 tbsp Truvia spoonable or other natural brand sweetener
- 1 tsp cinnamon
- ½ tsp baking powder
- ¼ tsp salt

FILLING

- 2 tbsp Truvia or other natural brand sweetener
- 1½ tbsp arrowroot powder
- 4½ cups raspberries (fresh or thawed from frozen - no sugar added)
- ⅛ tsp salt

DIRECTIONS

- Preheat oven to 375F. Spray a 9x13in baking pan with nonstick spray.
- Combine dough ingredients into large bowl and mash until uniform and crumbly.
- Spread ¾ of the dough into the baking pan pressing firmly into an even layer.
- In a second large bowl mix sweetener with arrowroot powder. Add raspberries and salt and stir evenly to coat.
- Evenly pour filling over the dough in the pan.
- Break the remaining dough into pieces and sprinkle over the filling.
- Bake until topping is golden brown and filling is bubbly - about 25-30 minutes.
- Let cool completely for about an hour.

NUTRITION INFO

PER SERVING

160 calories, 3g protein, 29g carbs, 4g fat

ROASTED VEGETABLES

SERVINGS: WILL VARY

INGREDIENTS

**As much as you want of the following vegetables:*

- Broccoli
- Brussel Sprouts
- Cauliflower
- Carrots
- Any spices you wish to add: garlic powder, pepper, onion powder, cumin, turmeric, etc

DIRECTIONS

- Preheat oven to 425F.
- Add veggies into your preferred baking dish, then very lightly mist with a little water so the seasonings adhere.
- Place in oven for 15-20 minutes, stirring occasionally.

NUTRITION INFO

PER 100g (1 CUP) SERVING

35 calories, 3g protein, 5g carbs, 0g fat

ACCOUNTABILITY TRACKER

NICOLE WILKINS'
8 WEEK
PHOTO SHOOT
 **READY**
**TRANSFORMATION
PROGRAM**

ACCOUNTABILITY TRACKER

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?)

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

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

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. ❶

HERE'S HOW IT WORKS

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

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

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

» At the end of each week, add up your daily totals and write them in the Weekly Totals box. Then turn to page 116 and add your total for that week. ❹

» The maximum number of points you can earn for each week during Phase 1 is 43; the maximum number of points you can earn for each week during Phase 2 is 44. The maximum number of points you can earn for Week 8 is 33.

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

WEEKLY POINTS TRACKER WEEK 1							
ACTIVITY	MON	TUES	WED	THUR	FRI	SAT	SUN
Workout							
Cardio							
Meal 1							
Meal 2 ❶							
Meal 3							
Meal 4							
Meal 5 (Post Workout)							
Total Per Day ❸							
WEEK 1 TOTALS: ❹							43
Notes: _____							

NICOLEWILKINS.COM							

SCORING RULES

- If you do not follow the meal plan (or hit your meal macros), your score for that Meal is 0.
- If you cheat or have something that is not on your meal plan that does not fit your macros, score yourself a 0 for **the most recent meal you have eaten**. So if you eat that something between Meal 1 and 2, your score for Meal 1 will be 0.
- If you skip a MEAL, your score for that meal is 0.
- If you skip a WORKOUT but make it up on a Saturday or Sunday, award yourself 1 point on the day you worked out (even if it puts you over the total points for that day).
- If you skip CARDIO but make it up on a Saturday or Sunday (or another day when it isn't listed), award yourself the 5 points on the day you performed cardio (even if it puts you over the total points for that day).
- There are no “bonus” points awarded for extra cardio sessions or workouts. The Day 6 Optional workout is not scored.

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 (Post Workout)							
Total Per Day							

WEEK 1 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 1: WEEK 2

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

WEEK 2 TOTALS: / 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 (Post Workout)							
Total Per Day							

WEEK 3 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 1: WEEK 4

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

WEEK 4 TOTALS: / 43

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2: WEEK 5

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

WEEK 5 TOTALS: / 44

Notes: _____

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	
Week 7 Total	
Week 8 Total	
Challenge Total	/2425

AWESOME JOB 🙌🙌

8 WEEK PHOTOSHOOT READY PROGRAM

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 (Post Workout)							
Total Per Day							

WEEK 6 TOTALS: / 44

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2: WEEK 7

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

WEEK 7 TOTALS: / 44

Notes: _____

WEEKLY POINTS TRACKER

PHASE 2: WEEK 8

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

WEEK 8 TOTALS: / 33

Notes: _____

