



**BRIT'S
BROTHERS**
personal training and fitness

20-Day Fitness Challenge

Nutrition Plan

Day 1

Breakfast

- Eggs and Fruit
- 2 eggs, any style
 - 2 slices turkey bacon
 - 1/2 cup melon

Lunch

- Grilled Chicken Salad
- grilled chicken on salad (Men: 5-6oz chicken; Women: 3-4oz)
 - diced half tomato
 - four baby carrots
 - 1/4 cup sprouts of any kind
 - fat free salad dressing or balsamic vinaigrette

Snack

- celery with 1/2 tablespoon peanut butter
- 4 raisins

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 2

Breakfast

- Egg and Turkey Omelette
- 2 egg and bacon omelette
 - 2 slices turkey bacon, cut and diced

Lunch

- Grilled Tilapia and Vegetable
- Grilled / Baked Tilapia (Men: 5-6oz; Women 3-4oz)
 - Cup of steamed broccoli

Snack

- 6oz Greek yogurt (individual serving sizes sold in stores)

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 3**Breakfast**

- Cheddar Cheese omelette
- 2 eggs beaten
- 2 tablespoons non-fat milk
- 1oz shredded low-fat cheddar cheese
- 1/4 cup salsa

Lunch

- Tuna steak (Men: 5-6oz; Women: 3-4oz)

Snack

- 8oz Tomato soup
- Two crackers

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 4**Breakfast**

- Spinach, Mushroom, Cheese omelette
- 2 beaten eggs
- 1/4 cup mushrooms
- 1/4 cup chopped spinach leaves
- 1oz non-fat cheese
- (*salt & pepper to taste)
- 1/2 grapefruit

Lunch

- Low-carb Ground Sirloin Burger [bun-less] (Men: 6oz; Women: 3oz)
- 1/2 teaspoon mustard
- 2 large iceberg lettuce leaves
- 1/2 sliced tomato
- 1 slice onion (optional)

Snack

- 1 Banana

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 5

Breakfast

Scrambled Egg Burrito

- 1 egg scrambled
- 1 2oz patty of turkey sausage
- 6-inch, low carb, whole wheat tortilla
- 1 tbsp green chile or salsa

Lunch

- Grilled chicken (Men: 5-6oz; Women: 3-4oz)
- 5-spears of asparagus

Snack

- 1 navel orange

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 6

Breakfast

Blueberry Oatmeal

- 1 serving oatmeal
- 1/2 cup blueberries

Lunch

Cobb Salad

- 2 cups mixed greens
- 1/2 cup cherry tomatoes
- 1/2 cup avocado
- 1 slice turkey bacon, diced
- sliced chicken (Men: 6oz; Women: 3oz)
- 1 hardboiled egg, sliced
- 2 tbsp non-fat blue cheese dressing

Snack

- 1 cup cottage cheese
- 1/2 tomatoes, diced
- 1/2 cucumbers, diced
- garlic pepper (to taste)

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 7

Breakfast

- 1/2 cantaloupe (cleaned and peeled, fill center with 1/2 cup cottage cheese)

Lunch

Tuna Salad

- 1 3oz can tuna
- 1 tbsp chopped onion
- 1/4 cup chopped celery
- 1 tbsp sliced almonds
- 1 tbsp fat-free mayo
- 1 tsp lemon juice
- 1 tomato sliced
- 2 romaine lettuce

(*combine ingredients, serve on lettuce leaves)

Snack

Turkey Lettuce Wraps

- 3oz sliced, skinless turkey breast
- 4 romaine lettuce leaves
- 1 oz low-fat cheddar
- 1/4 cup cole-slaw
- salt and pepper to taste

(*combine ingredients, serve on lettuce leaves)

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 8

Breakfast

Waffle and Strawberries

- 1 wholegrain waffle
- 5 sliced strawberries

Lunch

Shrimp salad

- Shrimp: boiled or grilled (Men 5-6oz, Women: 3-4oz)
- 1 cup mixed greens
- 1/2 cup sliced avocado
- 2 tbsp nonfat French salad dressing

Snack

Roast Beef Lettuce Wrap

- Sliced Roast Beef (Men: 6oz; Women: 3oz)
- 3 large slices iceberg
- 1 tbsp chopped onion

- 1 tsp horseradish
- 3 slices tomato

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 9

Breakfast

Breakfast Wrap

- 2 eggs, scrambled
- 2 sliced turkey bacon
- 1 oz shredded cheese
- 2 tbsp salsa
- 1 6" wholewheat tortilla

Lunch

Low-carb turkey burger [bun-less]

- Turkey burger (Men: 6oz; Women: 3oz)
- 1/2 teaspoon mustard
- 2 large iceberg lettuce leaves
- 1/2 sliced tomato
- 1 slice onion (optional)

Snack

- 6oz Greek yogurt (individual serving sizes sold in stores)

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 10

Breakfast

Oatmeal with Fruit

- 1 serving oatmeal
- 1/2 banana, sliced
- 1/2 cup strawberries, sliced

Lunch

Turkey and Spinach Salad

- Turkey (Men: 6oz; Women: 3oz)
- 2 cups baby spinach
- 1/2 Granny Smith apple, sliced or diced
- 1/2 nonfat vinaigrette

Snack

Tuna Salad and Crackers

- 1 3oz can tuna
 - 1 tbsp chopped onion
 - 1/4 cup chopped celery
 - 1 tbsp fat-free mayo
 - 1/2 tsp mustard
 - 6 low-fat wholewheat crackers
- (*combine ingredients, serve on crackers)

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 11

Breakfast

- 2 hardboiled / poached eggs
- 2 oz turkey sausage
- 1/2 grapefruit

Lunch

Grilled Chicken Salad

- Grilled Chicken (Men: 5-6oz; Women: 3-4oz)
- 2 cups mixed greens
- 1/2 tomato, sliced
- 1 slice turkey bacon, chopped

Snack

- Protein Shake (Men: 50g protein; Women: 25g protein)

Dinner

- Sirloin Steak (Men: 5-6oz; Women: 3-4oz)
- 1 cup cauliflower

Day 12

Breakfast

- Protein Shake (Men: 50g protein; Women: 25g protein)

Lunch

- Baked Cod (Men: 5-6oz; Women: 3-4oz)
- salt and pepper to taste
- whole squeezed lemon

Snack

Mixed Fruit

- 1/2 banana
- 1/2 cup blueberries
- 1/2 cup strawberries

- 10 red grapes

Dinner

- Baked Chicken (Men: 5-6oz; Women: 3-4oz)
- 2 cups sautéed spinach (flash fry in pan with 1 pad butter, 1 juiced lemon)

Day 13

Breakfast

- Oatmeal with Fruit
- 1 serving oatmeal
- 1/4 cup raisins

Lunch

- Tuna Steak (Men: 5-6oz; Women: 3-4oz)
- 1 cup mixed, steamed veggies

Snack

- Protein Shake (Men: 50g protein; Women: 25g protein)

Dinner

- Baked Tilapia
- Tilapia filet (Men: 5-6oz; Women: 3-4oz)
- salt and pepper to taste
- 1 squeezed lemon

Day 14

Breakfast

- Mushroom and Sausage Omelette
- 2 eggs, beaten
- 1/2 cup mushrooms
- 2oz turkey sausage

Lunch

- Low-carb turkey burger [bun-less]
- Turkey burger (Men: 6oz; Women: 3oz)
- 1/2 teaspoon mustard
- 2 large iceberg lettuce leaves
- 1/2 sliced tomato
- 1 slice onion (optional)

Snack

- 6oz Greek yogurt (individual serving sizes sold in stores)

Dinner

- Protein Shake (Men: 50g protein; Women: 25g protein)

Day 15

Breakfast

- 1/2 banana, sliced
- 5 strawberries, sliced
- 1/2 cup blackberries
- 10 green, seedless grapes

Lunch

- Protein Shake (Men: 50g protein; Women: 25g protein)

Snack

Mixed Nuts

- 5 almonds
- 5 walnuts
- 5 cashews

Dinner

- Grilled chicken (Men: 5-6oz; Women: 3-4oz)
- 5-spears of asparagus

Day 16

Breakfast

Farmer's Oatmeal

- 1 standard serving size oatmeal
- 10 blueberries
- 5 strawberries
- 10 raisins

Lunch

Ground Turkey Burrito

- 4oz ground turkey
- 1 6" whole wheat tortilla
- 1/2 avocado sliced
- 2 tbsp salsa
- 1 tbsp green chile

Snack

- Protein Shake (Men: 50g protein; Women: 25g protein)

Dinner

- 6oz Greek yogurt (individual serving sizes sold in stores)
- 1 banana

Day 17

Breakfast

Fruit and Cheese

- 1/2 cantaloupe
- 1/2 cup non-fat cottage cheese
- 1/2 cup pineapple wedges

Lunch

Tuna Salad

- 1 3oz can tuna
 - 1 tbsp chopped onion
 - 1/4 cup chopped celery
 - 1 tbsp sliced almonds
 - 1 tbsp fat-free mayo
 - 1 tsp lemon juice
 - 1 tomato, sliced
 - 2 romaine lettuce
- (*combine ingredients, serve on lettuce leaves)

Snack

- Protein Shake (Men: 50g protein; Women: 25g protein)

Dinner

Turkey Lettuce Wraps

- 3oz sliced, skinless turkey breast (Men: 6oz; Women: 3oz)
 - 4 large iceberg lettuce leaves
 - 1oz low-fat cheddar cheese
 - 1/2 cup coleslaw
- (*combine ingredients, serve on lettuce leaves, salt and pepper to taste)

Day 18

Breakfast

Pancake and Fruit

- 1 6" pancake
 - 4 sliced strawberries
 - 1/2 banana, sliced
- (lightly dashed with powdered sugar, optional)

Lunch

Shrimp Salad

- Shrimp (Men: 6oz; Women: 3oz)
- 1 cup mixed greens
- 1/2 cup sliced avocado

- 2 tbsp nonfat French salad dressing

Snack

- Protein Shake (Men: 50g protein; Women: 25g protein)

Dinner

Roast Beef Lettuce Wrap

- Sliced Roast Beef (Men: 6oz; Women: 3oz)
- 3 large slices iceberg
- 1 tbsp chopped onion
- 1 tsp horseradish
- 3 slices tomato

Day 19

Breakfast

Breakfast Wrap

- 2 eggs, scrambled
- 2 sliced turkey bacon
- 1oz shredded cheese
- 2 tbsp salsa
- 1 6" wholewheat tortilla

Lunch

- Protein Shake (Men: 50g protein; Women: 25g protein)

Snack

Mixed Nuts

- 5 almonds
- 5 walnuts
- 5 cashews

Dinner

Boneless Turkey Burger

- Turkey burger (Men: 6oz; Women: 3oz)
- 1/2 teaspoon mustard
- 2 large iceberg lettuce leaves
- 1/2 sliced tomato
- 1 slice onion (optional)

Day 20

Breakfast

Strawberry Oatmeal

- 1 standard serving size oatmeal
- 5 strawberries

Lunch

Turkey and Spinach Salad

- Turkey (Men: 6oz; Women: 3oz)
- 2 cups baby spinach
- 1/2 Granny Smith apple, sliced or diced
- 1/2 nonfat vinaigrette

Snack

- Protein Shake (Men: 50g protein; Women: 25g protein)

Dinner

- Steak (Men: 8oz; Women: 6oz)
- 6 spears asparagus
- 2oz steamed broccoli