

# GRIT FITNESS & WELLNESS

## 21 DAYS + 21 FOODS CHALLENGE

### PROTEIN (Pick 6-7)

<input type="checkbox"/> Wild Caught Salmon	<input type="checkbox"/> Eggs	<input type="checkbox"/> Sausage	<input type="checkbox"/> Tuna
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Chicken	<input type="checkbox"/> Deli Meat (Low Sodium)	<input type="checkbox"/> Protein Powder*
<input type="checkbox"/> Ground Beef (90/10 ^)	<input type="checkbox"/> Turkey	<input type="checkbox"/> Sirloin Steak	<input type="checkbox"/> Jerky
<input type="checkbox"/> Buffalo	<input type="checkbox"/> Bacon	<input type="checkbox"/> Pork	

### VEGETABLES (Pick 5-6)

<input type="checkbox"/> Leafy (Kale, Spinach, Argula)	<input type="checkbox"/> Brussel Sprouts	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Sweet Potato
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Squash	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Tomato
<input type="checkbox"/> Bell Peppers	<input type="checkbox"/> Carrots	<input type="checkbox"/> Onions	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Snap Peas	<input type="checkbox"/> Beets/Bok Choy/Cabbage

### FRUIT (Pick 3-4)

<input type="checkbox"/> Apples	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Bananas	<input type="checkbox"/> Grapes	<input type="checkbox"/> Peaches	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Pear	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Mango	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Raisins/Apricots

### FATS (Pick 3-4)

<input type="checkbox"/> Avocado	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Pecans	<input type="checkbox"/> Pumpkin/Sunflower Seeds
<input type="checkbox"/> Cashews	<input type="checkbox"/> Almonds	<input type="checkbox"/> Pistachio	<input type="checkbox"/> COCONUT/Extra Virgin Oil
<input type="checkbox"/> Hazelnuts	<input type="checkbox"/> Almond Butter/Peanut Butter*	<input type="checkbox"/> Pine Nuts	<input type="checkbox"/> Walnuts

### Healthy Non-Whole 30 Options (Pick 2-3)

<input type="checkbox"/> Plain Oatmeal	<input type="checkbox"/> Whole Wheat Pasta	<input type="checkbox"/> Black Beans	<input type="checkbox"/> Protein Bar (Sugar <5)
<input type="checkbox"/> Quinoa	<input type="checkbox"/> Whole Wheat Tortilla	<input type="checkbox"/> Chickpeas	
<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Whole Wheat Flour	<input type="checkbox"/> Hummus	
<input type="checkbox"/> 100% Whole Wheat Bread	<input type="checkbox"/> Almond Milk	<input type="checkbox"/> Marinara/Salsa	

### Seasoning Options

<input type="checkbox"/> Lemon	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Beef or Chicken Broth
<input type="checkbox"/> Lime	<input type="checkbox"/> Dill	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Curry
<input type="checkbox"/> Parsley	<input type="checkbox"/> Cayene Pepper	<input type="checkbox"/> Vinegar (balsamic, cider)	<input type="checkbox"/> Pickles/Relish/Green Chiles
<input type="checkbox"/> Basil	<input type="checkbox"/> Garlic	<input type="checkbox"/> Hot Sauce	<input type="checkbox"/> Butter or Ghee

## COURTNEY'S SAMPLE MEAL PLAN

<b>BREAKFAST</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Protein</b>	1/2 Scoop Protein Powder	2 Hard Boiled Eggs	1 Scoop Protein Powder
	5 Egg Whites		6oz Almond Milk
<b>Healthy Fat</b>	2 TBSP Almond Butter	2 Pieces Natural Bacon	1 TBSP Almond Butter
<b>Fruit/Carb</b>	1/2 C Oatmeal	1 C Berries	1 Banana
<b>LUNCH</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Vegetables</b>	2 C Spinach	4oz Ground Beef	2 C Dark Leafy Greens
<b>Protein</b>	4 oz Chicken	4oz Sweet Potato	2 Pieces of Natural Bacon
<b>Healthy Fat</b>	1/2 Avocado +2 Bacon	1 Avocado	1 Hard Boiled Egg +
<b>Carb/Fruit</b>	1 C Berries		1/2 Avocado
<b>SNACKS</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
<b>Healthy Fat</b>	1oz Almonds	2 TBSP Almond Butter	1oz Nuts
<b>Fruit</b>	1 C Berries	1 Banana	1 C Berries
<b>Protein</b>	1 Protein Bar (Sugar >5)	1 Protein Shake	2 Protein Cookies
<b>Vegetables</b>	1 C Carrots		(Homemade ^)
<b>DINNER</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Protein</b>	4oz Chicken	4oz Salmon	4oz Grass Fed Burger
<b>Healthy Fat</b>	1/2 Avocado	(Salmon)	1/2 Avocado
<b>Vegetables</b>	7 Asparagus	1 C Green Beans	1 C Homemade Pico +
<b>(Carb Option)</b>		1/2 C Wild Rice	7 Asparagus