Revolution 6 Week Transformation Challenge Diet
Week 2 Meal Plan

The meal plans and nutrition principles that follow are the first steps into your transformation challenge. I assure you that none of these rules are “unhealthy” or “extreme”. On the contrary, they are the best principles you can incorporate to not only get you a jumpstart on your fat loss success but to also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. You will stay lean all year long by following these principles and eating very similar meal plans to the ones outlined below. There is no need to deprive yourself or feel miserable “on a diet”. It is actually, quite the opposite. You will be feeling so great you will want to eat this way every day and will stay at your ideal weight with unstoppable energy.

If you are the type of person that wants to feel like you are on a diet, then you can choose to cut some of, or all of your meals back by 10-20%. For example, instead of 1 cup of broccoli, you would have about ¾ of a cup. Then instead of 4 ounces of chicken breast you would have 3.25 ounces. However, the overall daily protein consumption should not be cut back much at all. Depending on your body weight, the number of grams of protein in this meal plan are just enough for you to keep the muscle that you work so hard to get, while continuing to drop the fat.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. Be sure to make it into Revolution a minimum of 3 times per week for your workouts, and follow each one up with a recovery shake, asking for half the normal amount of fruit. I would rather see you skip a snack then skip your post workout shake. All you need to do is add the commitment and motivation to see it through, which we are going to help you with.

Don’t just do it “half-way”. Go 100% and see your body transform in a way you may have never seen before.

All the best!
Rahm Klampert and the Revolution Family
Meal Plans

The following meal plans can be followed for the first 6 weeks for a quick, jumpstart plan. The serving sizes are the minimum you should be eating. Remember that each person’s starting point is very different. The meal plan servings can be adjusted based on your personal needs. If you are trying to add more lean muscle mass, than eating more protein is going to be important. I go into more detail about that towards the end of this first weeks menu.

If you experience hunger at any time, increase the protein, or vegetable serving in 1 or 2 meals by 1 serving. For example, if lunch calls for 3 ounces of turkey, increase it to 4 ounces or even 5 ounces if necessary. Please do not be afraid to add more healthy food to your plan to nourish your body sufficiently. Eating one or two more ounces of a healthy protein, or vegetable will not affect your results. Eating foods that are not on your list (breads, pastas, sweets) will deter you from seeing the results you’re looking for.

I mention specific brands throughout this jumpstart guide because they are the ones I have researched and found to fit the program best. If you cannot find these brands and cannot order them online, you can make substitutions using your judgment (or by emailing us to ask) and the principles you have learned here. However, I strongly encourage these as I have already eliminated several brands that claim one thing and deliver another.

A couple of things that I wanted to mention for the following weeks:

Meal timing:
Although we want you to try and eat around the times that are suggested, we do realize that some of you have crazy work schedules and therefore may not be able to eat at the suggested times. Don’t worry, and just do your best to follow the time guidelines when you can. If you are working a 24 hour shift, than your meals may be spread out a bit differently than the person who works a more straight forward 9-5 job. That is ok. Try to space your meals out in the same way that they are listed, even if your times happen to go through the middle of the night.

Portions:
You do not have to eat every option in each meal or snack. Although we want you continuously fueling your body to keep that metabolism firing, we don’t want you feeling so full that you get sluggish because of trying to eat all of our
recommendations when you are full after half of them. The best way to customize it is by cutting back some of your portions, just like we said you could add to them if you are feeling really hungry all of the time. So if a meal calls for a cup of vegetables, and 4 ounces of a lean protein, but you only need ¾ of a cup and 3 ounces, then please eat what is right for you as an individual. Try to eat at all of the times there are meals and snacks, with the option of skipping a snack for your post workout shake. Just don't feel like you absolutely have to eat all of the items.

**Caffeine:**
Yes you can have coffee, but you just don't want to add milk or sugar to it. Green tea would be a great alternative and healthier option for you to get your caffeine in, but we are not saying that you can't have it.

**Vegetables:**
Although we did give some detailed options for your vegetable choices. Do not feel that those are the only ones you can eat. There are certainly some that are better for seeing results than others, but we did not list every last one. A good rule of thumb is that if it is a green leafy vegetable than it is most likely an ok option to choose.

**Additional Protein:**
As we stated in the beginning, the portions we recommend are there for a reason, but we do not want you to starve, or to be stuffed. Therefore if you need to cut out an ounce of protein so as to keep your portion to a size you can enjoy, than please feel free to do so. Or if you need to add an ounce in order to not crave snacks an hour later, than again, feel free to do so. A great way to add more protein, without adding many calories or fat is with egg whites. So if you are one of the people looking to gain more muscle mass, than adding lots of those egg whites is one way to get more protein in. For those of you looking for fat loss and muscle maintenance than the egg whites can be used to help you stay full longer while keeping your calories down.

The following pages are your week 2 meal options. As always please feel free to ask us questions you may have. We will do our best to answer them as quickly as possible, and will be here for you through every step of this process. Focus in on your goals and follow the path to a new and more fit you. You can do this, and we are here to help anytime you need us.

Remember that each week something may be taken away while something else is added in. So although the fruit may be gone this week, there is the addition of a healthy fat. Stay strong through this week, as once you make it through, it will only get easier with the food options that will be available. I promise that the fruit will be added back in, as will some other great options, but this week they need to be taken out 100%.
Meal Plan – Week 2

Breakfast (7-8am)

Protein Choices: Choose One

- 2 Whole organic eggs
- 1 Whole organic egg and 2 whites
- 3 Slices Applegate Farms turkey bacon
- 3 Applegate Farms breakfast sausages
- 2 oz of leftover meat from the night before
- 1 Applegate Farms chicken sausage or Thin & Trim Garden Vegetable Chicken Sausage
- 2 Slices Applegate Farms Canadian Bacon

Vegetable Choices: Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- 1 cup brussels sprouts
- 1 cup sauteed kale

Fat Choices: Choose One

- ¼ avocado
- 2 teaspoons flax seed oil (do not cook with flaxseed oil)
- 2 teaspoons extra virgin olive oil, (the better and more high end the quality and brand are, the better the healthy fats will be)

Examples:
2 eggs
1 cup steamed cauliflower
2 tsp flaxseed oil over the cauliflower

2 slices Canadian Bacon
1 cup spinach
¼ Avocado

1 Chicken Sausage
1 cup cooked broccoli
2 tsp extra virgin olive oil
Snack #1 (10-11am) and Snack #2 (3-4pm)

Protein Choices: Choose One

- 2 TBSP Natural, Raw Almond Butter
- 1 oz Raw Almonds
- 1 oz Raw Pistachios (be sure they are unsalted as they often have salt on them)
- 1 oz Raw Walnuts
- 1 oz Macadamia nuts
- 1 oz Raw Pecans
- 2 hard boiled eggs
- 2 oz turkey (dark or white) or chicken (dark or white)
- ½-1 Applegate Farms Chicken Sausage or Thin & Trim Garden Vegetable Chicken Sausage

Vegetable Choices: Choose One

- Celery Sticks
- 10 Baby Carrots
- 1 sliced red, yellow, or green pepper
- 1 large sliced tomato
- 1-2 cups broccoli or cauliflower

Examples:
1 chicken sausage
1 large sliced tomato
2 hard boiled eggs
1 yellow pepper
1 ounce raw macadamia nuts
10 baby carrots

Lunch (1-2pm) and Dinner (6-7pm)

Protein Choices: Choose One

- 4 ounces chicken (dark or white meat)
- 4 ounces turkey (dark or white meat)
- 4 ounces fish (tuna or salmon only 1 or 2 times per week, white fish like tilapia and cod can be had as often as you would like)
• 3 ounces beef (lean varieties and grass fed whenever possible)

Over a large salad that is made up of any of the following (you can also add the 1 cup of vegetable from the “Vegetable choices” to your salad just like the celery, peppers section, but keep that addition to the 1 cup choice:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes, Spinach, Radishes

**Vegetable Choices: Choose One**

• 1 cup cooked broccoli
• 1 cup cooked cauliflower
• 1 cup sautéed spinach
• 1 cup steamed asparagus
• 1 cup mushrooms
• 1 cup brussels sprouts

**Dressing:**
Bragg Organic Apple Cider Vinegar
1 Tbsp Extra Virgin Olive Oil or Flaxseed Oil
Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)

**Examples:**
4 oz grilled chicken (white or dark)
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery
1 cup asparagus added to the salad or on the side
Bragg Organic Apple Cider Vinegar and 1 Tbsp flaxseed oil as dressing

3 oz beef burger
Over sautéed spinach
Salad on the side with Bragg Organic Apple Cider Vinegar and 1 Tbsp extra virgin olive oil

**Notes:**

Applegate Farms products can be found at Whole Foods or Trader Joe's. Any variety of the Chicken Sausage is ok
Also the Applegate Farms Chicken Sausage can be exchanged for “Thin & Trim Garden Vegetable Chicken Sausage” which is a bit less expensive because of not being certified organic. However it is still of good quality and no added hormones.
Remember all nuts must be raw.

Olive Oil must be Extra Virgin and preferably organic, with the higher end brands (more expensive), also being a higher quality fat..

Flaxseed oil must go in the refrigerator.

**Typical Day Meals and Times, (the main point is that they are spaced about 3 hours apart and that dinner is no later than 7pm):**

7am – Breakfast
10am – Snack #1, (Or your postworkout shake if you workout in the morning)
1pm – Lunch
3pm – Snack #2, (Or your postworkout shake if you workout in the afternoon)
6pm – Dinner

Please make an effort not to eat any later than 7pm.

**Water Intake** – ½ of your bodyweight in ounces of water. Example: If you weigh 150lbs, you would have to drink 75 ounces of water. **Do Not Skip This as it plays a very important role in fat loss.**

**Protein Details**

*If you want to lose fat and maintain your muscle mass, while still getting stronger,* women should be getting around .5-.75 grams of protein per pound of body weight and men between 1-1.5 grams protein per pound of body weight.

*If your goal is to lose body fat while not only getting stronger, but also gaining muscle mass, you should increase your protein intake each day.* Women should aim for .75 to 1 gram of protein per pound they weigh. Men should aim for 1.5 to 2 grams per pound they weigh. You can achieve this by adding an additional protein shake or two each day (having one within a few minutes of waking up is a great way to get the muscles absorbing protein right away) and/or by eating more lean proteins like fish and chicken. You could also add egg whites to any of your meals, they will add 5-10 grams of protein (depending on size) for just 17 calories. Those numbers are to add muscle mass while losing fat.

Here are links to a few easy recipes you might like to try. Swap out any ingredients you need based on this list of allowed foods. For example instead of the artichoke hearts and sundried tomatoes you could use asparagus or broccoli and any spice/herb blend you like.
Salmon in Parchment- from the Revolution Blog Dec. 2013

http://revolutionauburn.com/stressfreeholiday/

**Healthy and Delicious Egg Muffins** ([from Paleogrubs.com](http://paleogrubs.com))

Make a batch of these on Sunday and have a grab and go breakfast all week. Mix and match any ingredients you like from the allowed foods list.