



# 30 DAY CHALLENGE MEAL PLAN GUIDE

FEMALE LEAN MUSCLE GAIN VEGETARIAN (1900 CALORIES)



## 30 DAY DIET

### TIPS AND GUIDELINES

- Eat all meals each day
- Spread your meals out, a 3hr - 4hr gap between each meal
- Drink plenty of water - 3L Minimum.
- You can add on seasoning to your meat (no carb).
- To optimise fat loss, try to do cardio fasted (first thing upon waking). 30mins is required, reason being this will be the perfect time to optimise a fat burning effect and give the metabolism a kick start for the day. If you can't commit to fasted cardio find some time during the day to complete your cardio session.
- Be prepared! Meaning have your food and supplementation ready for the day, this will ensure that you will be on track to achieve your goals daily.
- When heading out to social events the best way to stay on track is pick a meal that would best fit your meal plan. Look at the menu online prior so you are organized.
- Make sure you weigh all of your food.
- All meats, rice and sweet potato are weighed cooked
- Cook meats with a small amount of Olive oil or Spray Olive Oil.
- Don't skip meals.
- You can add in black coffee - no sugar (Equal and Splenda allowed)
- You can add in frank hot sauce, sugar free cordial (cottees), taco seasoning, salsa (old El Paso), 1tbs American mustard (Heinz brand), Pepsi Max or Coke Zero (2 per day)
- Fat Burner recommended (if desired) OxyShred
- Pre workout recommended (if desired) RP Max

Please note G3 Fitness is providing this information based on personal experience, research and studies through our experience within the industry. All recommendations made about weight training, cardio, nutrition, supplements or lifestyle information provided should be discussed between yourself and health care provider. The information you receive in emails, programs, services and products do not take place of professional medical advice. All members and challenge participants should consult their health care provider before undergoing any diet and exercise program. Members and challenge participants who have any type of medical condition or injury need to make G3 Fitness Owners aware of this in writing before beginning any program within a studio.

# FEMALE LEAN MUSCLE GAIN VEGETARIAN (1900 CALORIES)

	WHAT TO EAT	ALTERNATIVE OPTIONS/NOTES	
<b>MEAL 1</b>	<b>Option 1</b>  2x Whole Eggs 50g Cherry Tomato 50g Mushrooms 2x Light Rye Toast 1x Green Tea with Lemon	<b>Option 2</b>  1 scoop WPI 250ml Almond Breeze Milk 60g All Bran Honey Almond 100g Strawberries	<b>Vitamins</b> -Women's Multi Vitamin -1000mg Vitamin C -2000mg Fish Oil
<b>MEAL 2</b>	<b>Option 1</b>  1x WPI Scoop 1x Banana 250ml Almond Breeze Vanilla Milk 20g Mayvers Peanut Butter		<b>Supplements</b> OxyShred - upon waking L-carnitine - upon waking and before any type of cardio WPI protein - Meal 2
<b>MEAL 3</b>	<b>Option 1</b>  1x Helga Wholemeal Wrap 100g Veg/Salad ½ Avocado or 10g Japanese Mayo (kewpie)	<b>Option 2</b>  100g Basmati Rice 100g Green Salad 90g Edgell Chickpeas 30g Tasty Grated Cheese	<b>Cardio</b> 30min walk daily (not needed when training HIIT) 1 hour cardio Sunday - eg. Walk 4-6x G3 sessions per week
<b>MEAL 4</b>	<b>Option 1</b>  1x Apple Fibre One Bar	<b>Option 2</b>  2 Arnott's Cruskits 1/2 Cucumber 1/2 Tomato Mayo Salt and Pepper	
<b>MEAL 5</b>	<b>Option 1</b>  100g Stir Fry Veg 120g Basmati Rice 75g Edgell Four Bean Mix 100g Salad/Green Veg  Fodmapped For You - Sweet Chili + Lemongrass Stir fry		
<b>MEAL 6</b>	1x Yo Pro Ice Cream Stick 100g Strawberries		

**\*Greens/salad options (100g-150g)** - Broccoli, Asparagus, Cauliflower, Spinach, Cucumber, Lettuce, Tomato, Onion, Capsicum.