

NUTRITION GUIDE



Before



After

**BELIEVE STAGE
WEEKS**

4-5



FITNESS



NUTRITION



MOTIVATION



RESULTS

Now that you fully understand our approach to nutrition we want to teach you new concepts to maximize your results. We recognize that you need to implement change throughout your journey in order to see sustained results. For that reason we will educate you during your journey.





CONGRATULATIONS!

We hope the results you've seen this far have been inspiring and you are slowly starting to achieve your goals. The best is yet to come! In the Believe Stage you will learn the following new concepts:

1

CARBOHYDRATE CYCLING:

Carbohydrate cycling is a proven system to help maximize body composition change. We are helping match your nutrient intake for the day to the particular type of exercise you are performing by modifying the daily quantities of food you eat. Please take specific notice in the table below to the carbs and fats. You will see changes highlighted on the table appropriately so you can see what is different for you for weeks four and five as opposed to the initial stage you've been following. In a perfect world you will mirror the chart below so that your exercise and nutrition match. If for some reason you need to deviate you should still maintain four days per week as 'low carb' and three days per week as 'high carb'.

2

WHY TWO DIFFERENT MEAL PLANS?

Since we have two different primary types of workouts at THE MAX Challenge we want to ensure you are eating the foods that will give your body the best response in muscle recovery and fat burning. Your body will benefit from additional carbohydrate intake on the days where you work out for strength and your body will benefit from healthy fats on days where you are working out for cardio. The other piece of the puzzle is timing. If you aren't already, we now recommend eating some protein and some carbohydrates immediately following a strength workout. After cardio workouts you should still wait one hour prior to eating your next meal to ensure maximum fat and calorie burning.





	MONDAY Cardio Workout LOW CARB	TUESDAY Strength Workout HIGH CARB NO FATS	WEDNESDAY Cardio Workout LOW CARB	THURSDAY Strength Workout HIGH CARB NO FATS	FRIDAY Cardio Workout LOW CARB	SATURDAY LOW CARB	SUNDAY TREAT MEAL
PROTEIN Servings	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 1 Men: 2 (Not Counting Treat Meal)
CARBS Servings	Women: 1 Men: 1	Women: 2 Men: 3	Women: 1 Men: 1	Women: 2 Men: 3	Women: 1 Men: 1	Women: 1 Men: 1	Women: 1 Men: 2 (Not Counting Treat Meal)
FATS Servings	Women: 3 Men: 4	NONE	Women: 3 Men: 4	NONE	Women: 3 Men: 4	Women: 3 Men: 4	NONE (Not Counting Treat Meal)
FRUITS Servings	Women: 2 Men: 2	Women: 2 Men: 2	Women: 2 Men: 2	Women: 2 Men: 2	Women: 2 Men: 2	Women: 2 Men: 2	Women: 1 Men: 1 (Not Counting Treat Meal)
DETOXIFYING AND CLEANSING VEGETABLES	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum



**BELIEVE
STAGE**

MENU



	LOW CARB SAMPLE MENU	HIGH CARB SAMPLE MENU
BREAKFAST	<ul style="list-style-type: none"> • MAX 180° The Natural Whey® Cherry Vanilla Protein Shake (See recipe below*) • Cinnamon raisin Ezekiel English muffin with peanut butter ½ serving protein, 1 serving carb, 1 serving fruit, 1 serving fat 	<ul style="list-style-type: none"> • 4 egg white omelet with vegetables, (men should supplement with a ½ container of turkey sausage) • 2 slices Ezekiel bread with mashed banana on top ½ serving protein (women), 1 serving protein (men), 1 serving carb, 1 serving fruit
SNACK	<ul style="list-style-type: none"> • 1 Apple (men add peanut butter for 1 serving fat) 1 serving fruit, 1 serving fat for men 	<ul style="list-style-type: none"> • 2 rice cakes with sliced strawberries (men should consume 4 rice cakes) ½ serving carb (women), 1 serving carb (men), 1 serving fruit
LUNCH	<ul style="list-style-type: none"> • 7 cup salad with ½ protein serving of grilled chicken, balsamic vinegar and EVOO (men should consume a full serving of protein) 1 serving vegetables, ½ serving protein (women), 1 serving protein (men) 1 serving fat 	<ul style="list-style-type: none"> • Turkey burger (no bun) with roasted asparagus 1 serving protein, additional vegetable 
SNACK	<ul style="list-style-type: none"> • Cashews 1 serving fat 	<ul style="list-style-type: none"> • Mary's Gone Crackers ½ serving carb (women) 1 serving carb (men)
DINNER	<ul style="list-style-type: none"> • Grilled salmon with steamed broccoli (men should consume 1½ servings of protein) 1 serving protein, additional vegetables 	<ul style="list-style-type: none"> • Grilled steak over 7-cup salad with balsamic vinegar (men should consume a full serving of protein) ½ serving protein (women), 1 serving protein (men), 1 serving vegetables

*Recipe for MAX 180° The Natural Whey® Cherry Vanilla Protein Shake

1½ scoops MAX 180° The Natural Whey® Vanilla Protein*
1 cup frozen cherries
1 cup unsweetened vanilla almond milk
Ice

Add all ingredients into blender and blend!
Additional recipes available on
THEMAXChallenge.com in the members'
only section

½ serving protein, 1 fruit

*Available for purchase at your MAX Challenge center!



- Made Fresh
- Fully Compliant
- Delivered right to your door



Order today at:

MAXChallengeMeals.com

(Where available)

MAXimize YOUR RESULTS



- Are you planning your meals out at the beginning of the day/week?
- Are you eating your 2 fruit servings early in the day?
- Do you consume all of your carbs 3 HOURS before bed?
- Are you going to your workout on an empty stomach?
- Are you pushing yourself to new limits each workout?
- Are you aware of any injuries or setbacks?
- Are you working around them without making things worse?
- Are you eating your detoxifying and cleansing vegetables every day?
- Are you measuring out your carbs and proteins in a 9.5 oz. container?
- Do you fully understand the BELIEVE STAGE Carb Cycling Nutrition Guide?
- Are you asking questions of instructors/coaches and posting on the Facebook page for feedback?

IS YOUR GLASS HALF EMPTY OR HALF FULL?

THE MAX Challenge is just as much a way of thinking as it is a fitness and nutrition program. That is why we say it is fitness for the mind, body, and spirit. Take a good look at your performance for the first three weeks and identify what went well and what may still be an opportunity. Put a plan to action and begin to improve in these areas to guarantee amazing results!



Before



After

"I was so unhappy with my weight. I just had my third baby and I was sick and tired, of being sick and tired. I didn't have any energy to keep up with two boys and a new born baby boy. I never thought I was going to make it past day 1, but day 1 turned into week 1 and so forth and so on. By the end of the 10 weeks I had lost a total of 35 pounds, was back down to my pre-baby weight and college weight and my confidence was through the roof. I was able to do things with my children, work two full time jobs, and travel the world. Thank you to THE MAX for changing my life."

- Mary Ann, Elizabeth, NJ

THEMAXChallenge.com

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