

7 Day Meal Plan + Grocery List

They say something like 90% of weight loss happens in the kitchen. While the X50 50 Day Challenge will walk you through the exact progression of exercise needed to maximize fat breakdown and muscle building, this 7 Day Meal Plan – paired with our 98-page in-depth Nutrition Guide – will walk you through the nutritional foundation you need to experience a full body transformation.

We've literally done all the work for you. We've tried hundreds – if not thousands – of different meal plans, combinations, and regimens over more than a decade. This is the result of years of study, trial, and error. This list is based on five factors: cheap and cost-effective, easy for busy individuals, tasty, nutritious, and non-monotonous.

This meal plan makes it so that every item on your grocery list is used. There are no items that are used just once, preventing you from spending money on food that will just be left to spoil in your fridge. These meals are tasty, easy to make, versatile, and – most importantly – nutritious. They'll help turn your body into a fat-burning, energized machine. Eat everything between the hours of 8am – 8pm (or, if you're up to it, between the hours of 9am – 5pm) to capitalize on the metabolism-igniting benefits of intermittent fasting.

Enjoy!

Grocery List

Frozen Section

- 1 Bag Mixed Berries
- 1 Bag Peas & Carrots Medley
- 1 Bag Mixed Veggies (broccoli, cauliflower, carrots, etc)
- 1 Bag Sweet Corn

Meat

- Pre-Cooked Grilled Chicken Strips (in refrigerator section)
- If desired, you can swap out or add in fish or turkey as well

Dairy

- Dannon Light & Fit Greek Yogurt – 5 – 10 Individual packs
 - This is by far the healthiest and yummiest brand of Greek yogurt. All the rest are packed with sugar and aren't much better for you than a cup of ice cream.
- Almond Milk (sweetened or unsweetened)
- 1 – 2% Fat Cottage Cheese
- Feta Cheese
- Egg Whites

Fruits & Vegetables

- 4 Apples
- 2 Avocados
- 1 Bag Leafy Greens of Choice

Carbohydrates

- Plain, Old-Fashioned Oats
- 2 – 3 Sweet Potatoes
- Whole Wheat Bagels
- 90 Second Microwave Quinoa + Brown Rice Packets (around 3 – 5)

Other

- Coffee
- Tea
- Protein powder (look for ones that have about 120 calories and 20 grams protein per scoop)
- Walnuts
- PB Fit Powder (should be near the peanut butter section)

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- Salsa

Breakfast Meals

Here are our top 4 favorite breakfast meals to start your day off right. These meals are designed to provide a steady stream of energy throughout the morning while helping you feel full and satisfied. They are also designed to be easy for busy individuals who need to grab and go in the mornings.

1. 2 Cups Coffee + 1 Cup Protein Powder + 1/2 Cup Almond Milk – 150 Calories
 - a. Most people don't realize that you can replace regular creamer with 1 scoop of protein powder and some almond milk. It tastes just as delicious – if not better – while delivering less fat/sugar calories and more nutrients. We generally aim for around 2 -3 cups of water and 3 heaping Tablespoons of coffee grounds, though this can easily be catered to your caffeine tolerance level.
2. 1 Plain Whole Wheat Bagel - 250 Calories
 - a. Whole wheat bagels are delicious on their own – plain, soft, and chewy. They are packed with fiber, vitamins, and minerals that will keep you full all throughout the morning.
3. 1 Cup Oatmeal + ½ Cup Mixed Berries + ½ Cup Almond Milk – 350 Calories
 - a. When you mix fresh, old-fashioned, warm oatmeal with berries and mix it all together, it practically tastes like dessert. Plus, the complex carbohydrates will break down slowly throughout the day, keeping you feel and energized. Mix 1 cup dry, plain, old-fashioned oats with ½ cup almond milk and cook in the microwave for 60 – 90 seconds. Immediately add in ½ cup mixed berries and enjoy.
4. 1 Light & Fit Greek Yogurt + ½ Cup Berries + 1/4 Cup Walnuts
 - a. Greek yogurt is packed with protein, vitamins, minerals, and a rich, creamy flavor. Add in berries and walnuts for extra energy in a blend that will cure any sweet tooth.

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Lunch Meals

Here are our top 4 favorite lunchtime meals. These healthy combos are delicious, well-balanced, and provide wholesome nutrition. They'll cure your midday cravings and keep you plenty full throughout the afternoon.

1. 1 Cup Quinoa/Brown Rice + 3oz Grilled Chicken Strips + ½ Avocado
 - a. You'll love this delicious combination of healthy grains, lean protein, and heart-healthy fats. Heat up the Quinoa/Brown Rice in the microwave for 90 seconds, add half of it to a bowl with the chicken, and lay the slices of avocado on top. Mmmm.

2. 2 Cups Lettuce (or greens of your choice) + 3 oz Grilled Chicken Strips + ½ Cup Corn +1/2 Avocado – 335 Calories
 - a. This delicious, balanced salad is the perfect midday meal to satisfy your hunger while nourishing your body with fat-burning, muscle-building foods.

3. 1 Cup Mixed Veggies + 3 oz Grilled Chicken Strips + ½ Avocado + 1 T. Feta Cheese - 360 Calories
 - a. Cook up the veggies in a bowl in the microwave with some water. Add in the chicken strips. Lay the avocado slices on top and sprinkle the feta cheese over everything. You'll love this one.

4. ½ Sweet Potato + 3oz Grilled Chicken Strips +1 T. Feta Cheese – 400 Calories
 - a. This is another great combination of complex carbohydrates, lean protein, and healthy fats. It tastes incredible and is super filling - all while staying around the 400 calorie mark.

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Dinner Meals

Five easy, simple, balanced, and YUMMY dinner meals. These are easy to whip up and tasty to eat. Some are pretty similar to the lunches. That's the great thing about this plan – it doesn't cost a lot, but you get just enough food to have plenty of versatility and options.

1. ½ Cup Egg Whites + 4 Slices Ham + 1 T. Salsa – 260 Calories
 - a. Take your sliced ham and rip it up into shreds. Throw it in the pan until it starts to get golden brown. Add in the egg whites and salsa and mix until cooked through. Tastes just like a Southwestern omelet.

2. ½ Cup Egg Whites + 4 Slices Ham + 1 T. Salsa + 1 T. Feta Cheese + ¼ Avocado – 420 Calories
 - a. For some added protein and flavor, throw in some feta cheese and avocado. This is great for days when you need some extra calories or are craving something a little different.

3. 1 Cup “Fried” Rice + 3oz Grilled Chicken Strips + 1 T. Soy Sauce (400 calories)
 - a. Mix 1/2 cup of the peas/carrots medley with 3 T. of egg whites, onion flakes, garlic powder, and soy sauce. Add in 1 cup of Quinoa/Brown rice. Once heated up, throw in the chicken strips to get warm. Enjoy this healthy twist on an oriental favorite.

4. ½ Sweet Potato + 3oz Grilled Chicken Strips +1 T. Feta Cheese – 400 Calories
 - a. Same as the lunch listed above. This one is great for lunch or dinner.

5. 1 Cup Quinoa/Brown Rice + 3oz Grilled Chicken Strips + ½ Avocado
 - a. Same as above. Great for lunch or dinner. Add some salsa for extra flavor if desired.

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Snacks

Eating 4 – 5 small meals throughout the day can help elevate metabolism to an even greater degree. The higher your metabolism, the less cardio you have to do! That's what makes healthy snacks such a great (and important) part of a healthy diet. Here are some of our favorites

1. ½ Cup 1 – 2% Fat Cottage Cheese – 100 Calories
2. Dannon Light & Fit Greek Yogurt + ½ Cup Mixed Berries – 120 Calories
3. 1 Scoop Protein Powder + 1 Cup Almond Milk + 4 Ice Cubes – 180 Calories
4. 1 Apple + 2 T. PB Fit – 110 Calories
 - a. Mix 2 T. PB Fit with 1 T. water and a little extra honey if desired. Spread on apple slices.
5. Tea & 1 T. Honey – 30 Calories
6. Fruit Smoothie – 250 Calories
 - a. 1 Dannon Light & Fit Greek Yogurt
 - b. ½ Cup Mixed Berries
 - c. 1 Cup Almond Milk
 - d. 1 Scoop Vanilla Protein Powder

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Now that you know the basics, here is a sample 7 Day Meal plan. This will keep you from feeling hungry or bored while still having the structure, balance, and guidance you need to maximize weight loss, fat burning, and muscle support.

Day 1

Breakfast (8am)

2 Cups Coffee + 1 Scoop Protein Powder + ½ Cup Almond Milk (150 calories)

1 Plain Whole Wheat Bagel (250 calories)

Lunch (11:30 pm)

1 Cup Quinoa + Brown Rice + 3 oz Grilled Chicken Strips + ½ Avocado (400 calories)

1 Cup Tea + 1 T. Honey (30 calories)

Snack (3pm)

1 Apple + 2 TB PB Fit (100 calories)

½ Cup Cottage Cheese (100 calories)

Dinner (5:30pm)

1/2 Cup Egg Whites + 4 Slices Ham + 1 T. Salsa (260 calories)

1 Scoop Protein Powder + 1 Cup Almond Milk + 4 Ice Cubes (160 calories)

Snack (7:45pm)



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1 Cup Mixed Berries (50 calories)

Total Calories: 1500

Day 2

Breakfast (8am)

1 Cup Oatmeal + ½ Cup Almond Milk + ½ Cup Mixed Berries (350 Calories)

Lunch (11:30 pm)

½ Baked Sweet Potato + 3 oz Grilled Chicken Strips + 1 T. Feta Cheese (400 calories)

1 Cup Tea + 1 T. Honey (30 calories)

Snack (3pm)

1 Light & Fit Greek Yogurt + ½ Cup Berries + ¼ Cup Walnuts (220 calories)

Dinner (5:30pm)

1 Cup “Fried” Rice + 3oz Grilled Chicken Strips + 1 T. Soy Sauce (400 calories)

Snack (7:45pm)

½ Cup Cottage Cheese (100 calories)

Total Calories: 1500

Day 3

Breakfast (8am)

2 Cups Coffee + 1 Scoop Protein Powder + ½ Cup Almond Milk (150 Calories)

1 Light & Fit Greek Yogurt + ½ Cup Mixed Berries (120 Calories)

Lunch (11:30 pm)

1 Cup Mixed Veggies + 3 oz Grilled Chicken Strips + ½ Avocado + 1 T. Feta Cheese (360 Calories)

1 Cup Tea + 1 T. Honey (30 calories)

Snack (3pm)

1 Apple + 2 T. PB Fit (105 Calories)

½ Cup Cottage Cheese (100 Calories)

Dinner (5:30pm)

½ Baked Sweet Potato + 3 oz Grilled Chicken Strips + 1 T. Feta Cheese (400 calories)

Snack (7:45pm)

Fruit Smoothie (250 calories)

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Total Calories: 1515

Day 4

Breakfast (8am)

2 Cups Coffee + 1 Scoop Protein Powder + ½ Cup Almond Milk (150 calories)

1 Plain Whole Wheat Bagel (250 calories)

Lunch (11:30 pm)

1 Cup Quinoa + Brown Rice + 3 oz Grilled Chicken Strips + ½ Avocado (400 calories)

1 Cup Tea + 1 T. Honey (30 calories)

Snack (3pm)

1 Apple + 2 TB PB Fit (100 calories)

½ Cup Cottage Cheese (100 calories)

Dinner (5:30pm)

1/2 Cup Egg Whites + 4 Slices Ham + 1 T. Salsa (260 calories)

1 Scoop Protein Powder + 1 Cup Almond Milk + 4 Ice Cubes (160 calories)



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Snack (7:45pm)

1 Cup Mixed Berries (50 calories)

Total Calories: 1500

Day 5

Breakfast (8am)

2 Cups Coffee + 1 Scoop Protein Powder + ½ Cup Almond Milk (150 Calories)

1 Light & Fit Greek Yogurt + ½ Cup Mixed Berries (120 Calories)

Lunch (11:30 pm)

2 Cups Lettuce + 3 oz Grilled Chicken Strips + 1/2 Avocado + 1/2 Cup Corn (335 Calories)

1 Cup Tea + 1 T. Honey (30 calories)

Snack (3pm)

1 Apple + 2 T. PB Fit (105 Calories)

½ Cup Cottage Cheese (100 Calories)

Dinner (5:30pm)

1 Cup “Fried” Rice + 3oz Grilled Chicken Strips + 1 T. Soy Sauce (400 calories)

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Snack (7:45pm)

Fruit Smoothie (250 calories)

Total Calories: 1490

Day 6

Breakfast (8am)

1 Cup Oatmeal + ½ Cup Almond Milk + ½ Cup Mixed Berries (350 Calories)

Lunch (11:30 pm)

1 Cup Quinoa + Brown Rice + 3 oz Grilled Chicken Strips + ½ Avocado (400 calories)

1 Cup Tea + 1 T. Honey (30 calories)

Snack (3pm)

1 Apple + 2 T. PB Fit (105 Calories)

½ Cup Cottage Cheese (100 Calories)

Dinner (5:30pm)

1/2 Cup Egg Whites + 4 Slices Ham + 1 T. Salsa (260 calories)

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1 Scoop Protein Powder + 1 Cup Almond Milk + 4 Ice Cubes (160 calories)

Snack (7:45pm)

1 Cup Mixed Berries (50 calories)

Total Calories: 1455

Day 7

Cheat Day – if desired. If you don't feel the need or desire for a cheat day, there's no reason to take one. Cheat days are not meant to let yourself go crazy. The whole point of a 7 day meal plan like this is that it's designed so you won't feel hungry or like you're depriving yourself. However, if for some reason you're still getting used to your new, healthier lifestyle and still finding yourself having regular cravings, a cheat day may help you to stick to your diet the other 6 days of the week.

Here are the rules for cheat day:

- Don't consume over 3,000 calories.
- Pay attention to portion sizes. Enjoy your favorite treats, but stick to small portions to prevent yourself from overdoing it.
- Start and end your day on a healthy note. Have a healthy breakfast and end with a healthy snack, such as a bowl of frozen berries or yogurt.
- Enjoy it. Relish it. Then move on to another week of healthy eating.
- Don't forget to follow along with the X50 50 Day Challenge daily. We've done all the work for you. All you have to do is follow along our simple step-by-step instructions to lose up to 50 lbs

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in just 50 days. Send us your before and after pictures when you're done for a chance to be featured and win special prizes!

