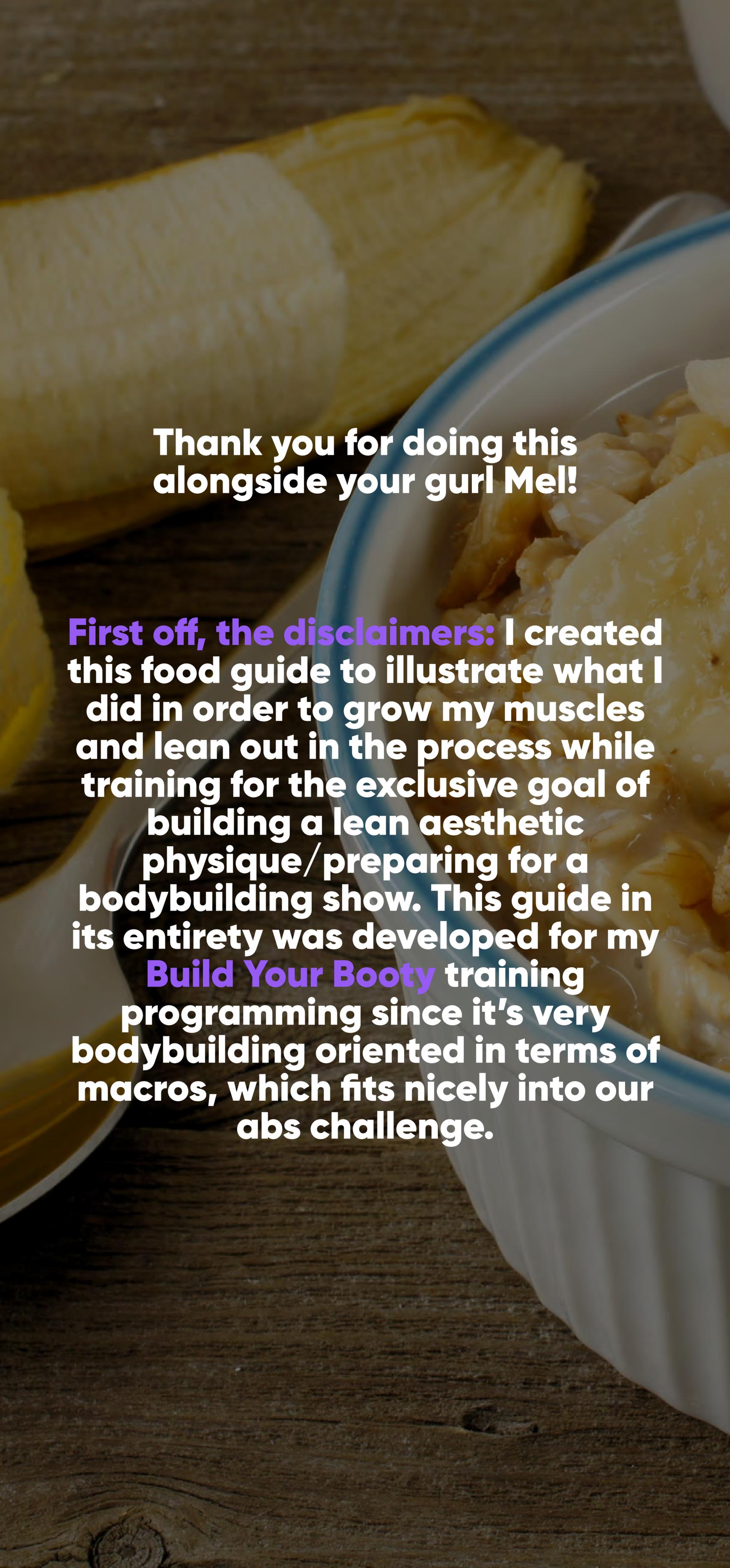




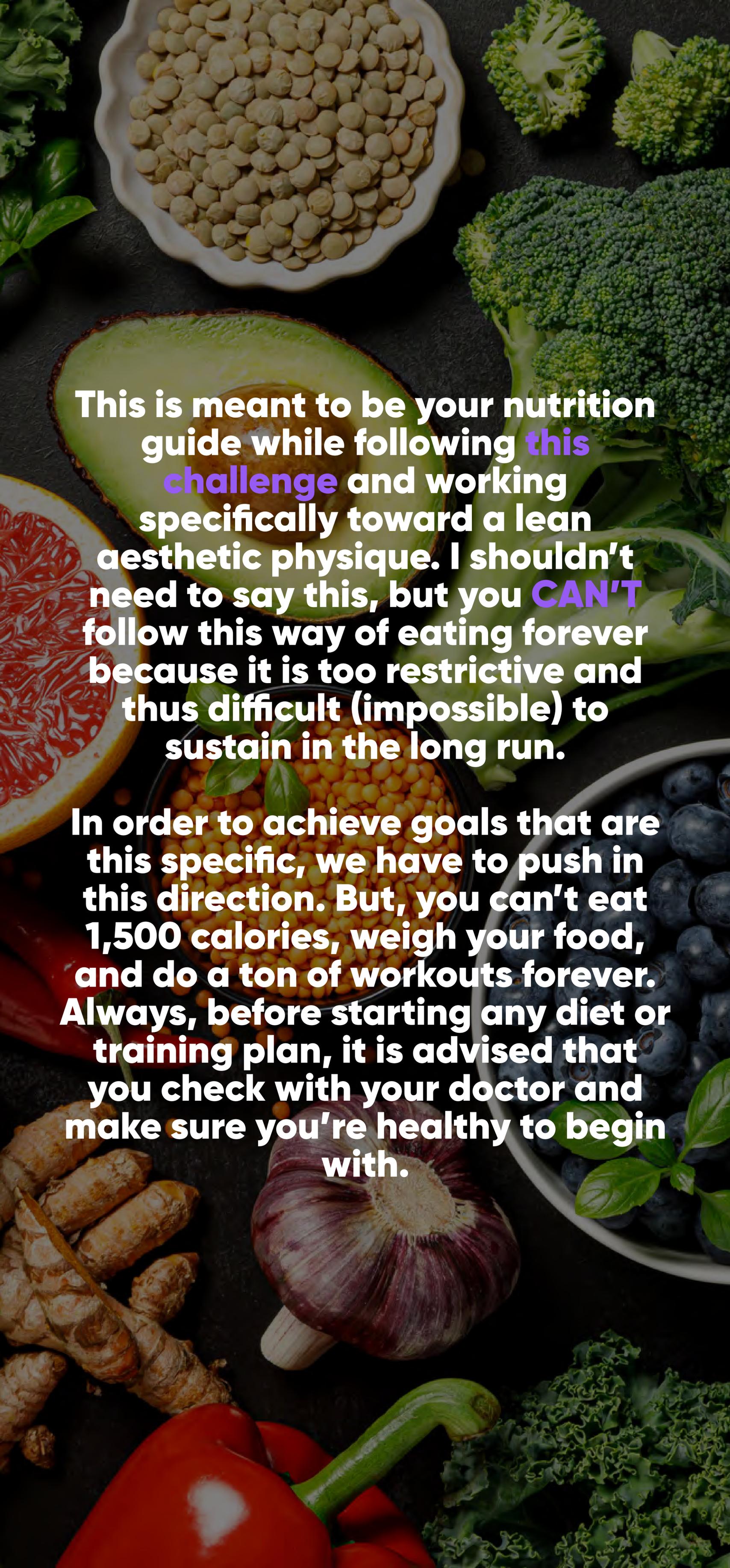
6 Weeks Abs Challenge

FOOD GUIDE

A close-up photograph of a white bowl with a blue rim, filled with a meal consisting of cooked chicken pieces, white rice, and green vegetables. The bowl is placed on a dark wooden surface. In the background, another white plate with a yellow rim is partially visible, containing what appears to be a slice of bread or a similar food item. The lighting is warm and natural, highlighting the textures of the food and the wood.

**Thank you for doing this
alongside your gurl Mel!**

First off, the disclaimers: I created this food guide to illustrate what I did in order to grow my muscles and lean out in the process while training for the exclusive goal of building a lean aesthetic physique/ preparing for a bodybuilding show. This guide in its entirety was developed for my **Build Your Booty** training programming since it's very bodybuilding oriented in terms of macros, which fits nicely into our abs challenge.

A top-down view of various fresh ingredients including lentils, avocado, citrus, broccoli, blueberries, ginger, and garlic. The ingredients are arranged on a dark surface, creating a vibrant and healthy aesthetic. The lentils are in a white bowl at the top, the avocado is sliced in the middle, and the blueberries are in a white bowl at the bottom right. The other ingredients are scattered around, including broccoli, ginger, and garlic.

This is meant to be your nutrition guide while following [this challenge](#) and working specifically toward a lean aesthetic physique. I shouldn't need to say this, but you **CAN'T follow this way of eating forever because it is too restrictive and thus difficult (impossible) to sustain in the long run.**

In order to achieve goals that are this specific, we have to push in this direction. But, you can't eat 1,500 calories, weigh your food, and do a ton of workouts forever. Always, before starting any diet or training plan, it is advised that you check with your doctor and make sure you're healthy to begin with.

Now, let's go over the items that you need right away:



Digital food scale



**Measuring cups
(1 cup, ½ cup, 1 tbsp, etc.)**



**Full membership to MyFitnessPal—
to track your macros you'll need
this separate app.**



**Fitgurlmel 1G Water Bottle (optional)
from fitgurlmel.com, this is to track
your water intake daily.**



Patience and Consistency!

Step 1: Figure out your Average Daily Caloric Intake

Before you start using this guide and while you start doing my 6 Weeks Abs Challenge, take at least a few days and track everything you eat using MyFitnessPal; try to eat as you normally do, not overeat or undereat on purpose. Now take your total calories consumed during this period and divide it by 3 (or whatever numbers of days you tracked for), here's the formula and example:

**TOTAL CALORIES / NUMBER OF DAYS =
AVERAGE DAILY CALORIC INTAKE**

$$(1400 + 1700 + 1600) / (3) = 1566$$

We round up to the nearest hundredth and now your daily caloric intake example is 1600, done!



Once you have figured out your average daily caloric intake, let's incorporate some rules for hitting that intake with real food to begin with:

If your daily average caloric intake is less than 1500 calories per day, please start at 1500 calories of average daily intake. **After the first 7-10 days (first auto check-in), if you have lost some weight or your weight is stable, please add 100 calories to your daily caloric intake split evenly between carbs and fat. Repeat your auto check-ins and modify your intake, if needed, every 7-10 days; more info on what info to track during check-ins below. Ideally, at the end of this challenge your daily caloric intake should be around 2000 calories. The ratio we're aiming for is 40/30/30 (40% carbs, 30% protein, and 30% fat).**

If you're eating over 2000 calories per day, please start Build Your Booty at least at 1700 calories of average daily intake. **After the first 7-10 days (first auto check-in), if you have lost some weight or your weight is stable, please add 100 calories to your daily caloric intake split evenly between carbs and fat. Repeat your auto check-ins and modify your intake, if needed, every 7-10 days; more info on what info to track during check-ins below. Ideally, at the end of this challenge your daily caloric intake should be around 2200-2300 calories. The ratio we're aiming for is 40/30/30 (40% carbs, 30% protein, and 30% fat).**



Anything over 2500 calories, please start Build Your Booty at least at 2000 calories of daily average intake. After the first 7-10 days (first auto check-in), if you have lost some weight or your weight is stable, please add 100 calories to your daily caloric intake split evenly between carbs and fat. Repeat your auto check-ins and modify your intake, if needed, every 7-10 days; more info on what info to track during check-ins below. Ideally, at the end of this challenge your daily caloric intake should be around 2500 calories. The ratio we're aiming for is 40/30/30 (40% carbs, 30% protein, and 30% fat).

I'm giving you the above caloric intake recommendations because we're going to change whatever you're eating for nutrition rich calories, so even at 1500 daily calories it'll feel like a lot of food. You need this food, so don't try to undereat because that will not work and you'll end up compromising your metabolism to get visible abs; what I'm doing here is teaching your body to have visible abs while fed. In addition, we're sold by fitness "gurus" that carbs are "bad" for you and that protein is how you lose fat. Let me say this straight: you need carbs! Not Oreo cookie carbs, but actual carbs like rice, plantains, potatoes, etc. So, trust me on this one and let's eat healthy carbs—the a la carte menu is at the end of this guide, so there will be no confusion.



Step 2: Eliminate calories that don't deliver **nutrients**

Here's a list of some of them, it's impossible to catch everything but this will help give you an idea of what I'm talking about:



Alcohol; yes, forget about alcohol for the time being since it has too many empty calories.



Anything that comes ready to eat (protein bars, vegan chips, energy drinks, etc.)



Soda and any drink with artificial sweeteners.



Sweeteners (sugar, stevia, splenda, etc.)



Chips, cookies, cake, ice cream...even if they are calorie free, eliminate them for the time being.

Step 3: Follow the training programming in this challenge and **start eating, and drink at least **60oz of water daily!****

Now you know how many calories you are supposed to eat, and you know what you need to eliminate, this is the time to bring it all together!

BUT, if you're wondering how to assemble your daily intake in terms of what your meals actually look like, here's what I ate—you can simply add some grams of macros (protein, carbs, or fat) here and there to make the numbers you need but this will work for most people:



1500 daily calorie SAMPLE

This is just an example of a starting point for someone at 1500 daily calories, even this person would end up at 1800–2000 daily calories by the end of Build Your Booty

intake for building lean aesthetic muscle under this kind of training:

1500 Calorie Plan:

33% Protein, 33% Carbs, 33% Fat
Goal for each Meal: ~36P/36C/16F



MEAL 1

Shake: 1 Scoop of Protein or 1 cup of Greek Yogurt 0% (24P/2C/0F), 120g Banana (2P/27C/0F), 8oz unsweetened almond milk (1P/1C/2F), 1.5 tbsp almond butter (4P/5C/14F)

31P/32C/16F



MEAL 2

(in case you ever want to have chicken)

Grilled Chicken, Rice, and Veggies: 4.5 oz chicken (29P/0C/2F), 1/2 cup white rice (1P/22C/0F), 200 grams Zucchini(3P/7C/0F), 1/2 of an Avocado (2P/6C/12F), 1 tsp coconut oil (0P/0C/3F)

35P/35C/17F

OR

Fish, Rice, and Veggies: 6 oz Dover Sole (32P/0C/3F), 1/2 cup white rice (1P/22C/0F), 200 grams Zucchini(3P/7C/0F), 1/2 of an Avocado (1P/6C/11F), Add 1/4 tbsp olive oil (0P/0C/3F)

37P/35C/17F



SNACK

Yogurt bowl: 1 6oz container Almond Milk Yogurt (140 Calories), 100g blueberries (60 Calories)

200 Calorie Snack

OR

1 Medium Granny Smith Apple (100 Calories), 15 Almonds (100 Calories)

200 Calorie Snack



MEAL 3

Sweet potato/yams, chicken, and veggies: 3 oz of sliced yams (0P/24C/0F), 5 oz chicken (33P/0C/2F), 200 grams Zucchini (3P/7C/0F), ½ of an Avocado (1P/6C/11F), Add ¼ tbsp olive oil (0P/0C/3F)

37P/37C/16F

OR

Sweet potato, fish, and veggies: 3 oz of sliced yams (0P/24C/0F), 6 oz Dover Sole (32P/0C/3F), 200 grams Zucchini(3P/7C/0F), Add 1 tbsp olive oil (0P/0C/14F)

35P/31C/17F

OR

Sweet potato, turkey, and veggies: 3 oz of sliced yams (0P/24C/0F), 4.5 oz ground turkey (32P/0C/2F), 200 grams Zucchini(3P/7C/0F), ¼ of an Avocado (0P/3C/6F) Add ½ tbsp olive oil (0P/0C/7F)

35P/34C/15F



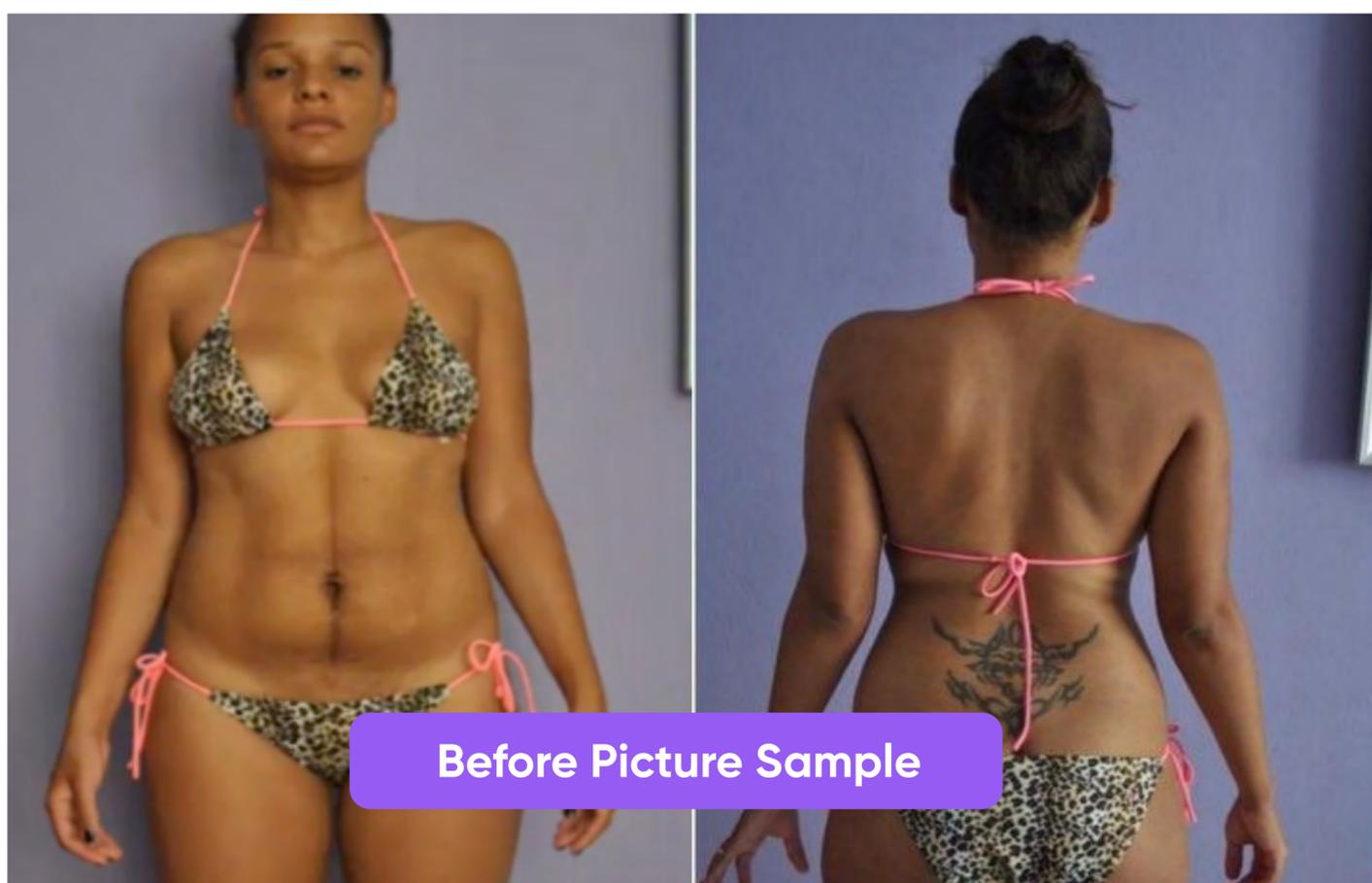
IMPORTANT: If this meal plan works for you, but there's anything that you don't like, please replace it with another item that works better from my A La Carte menu in the BYB Food Guide; if you don't have the full version of this app, start with a 7-day free trial.. I have set up items as "protein", "carbs", and "micronutrients" so that it's easier for you to figure out where to get what you need. Notice that there is no "fat" section since every form of protein also comes with some fat. That being said, if you need more fat in a meal, you can always just add some room temperature olive oil to make up the deficit; and yes, you need fat in order to break down proteins, so don't try to go fatless!



Step 4: Check and re-check where you're at!

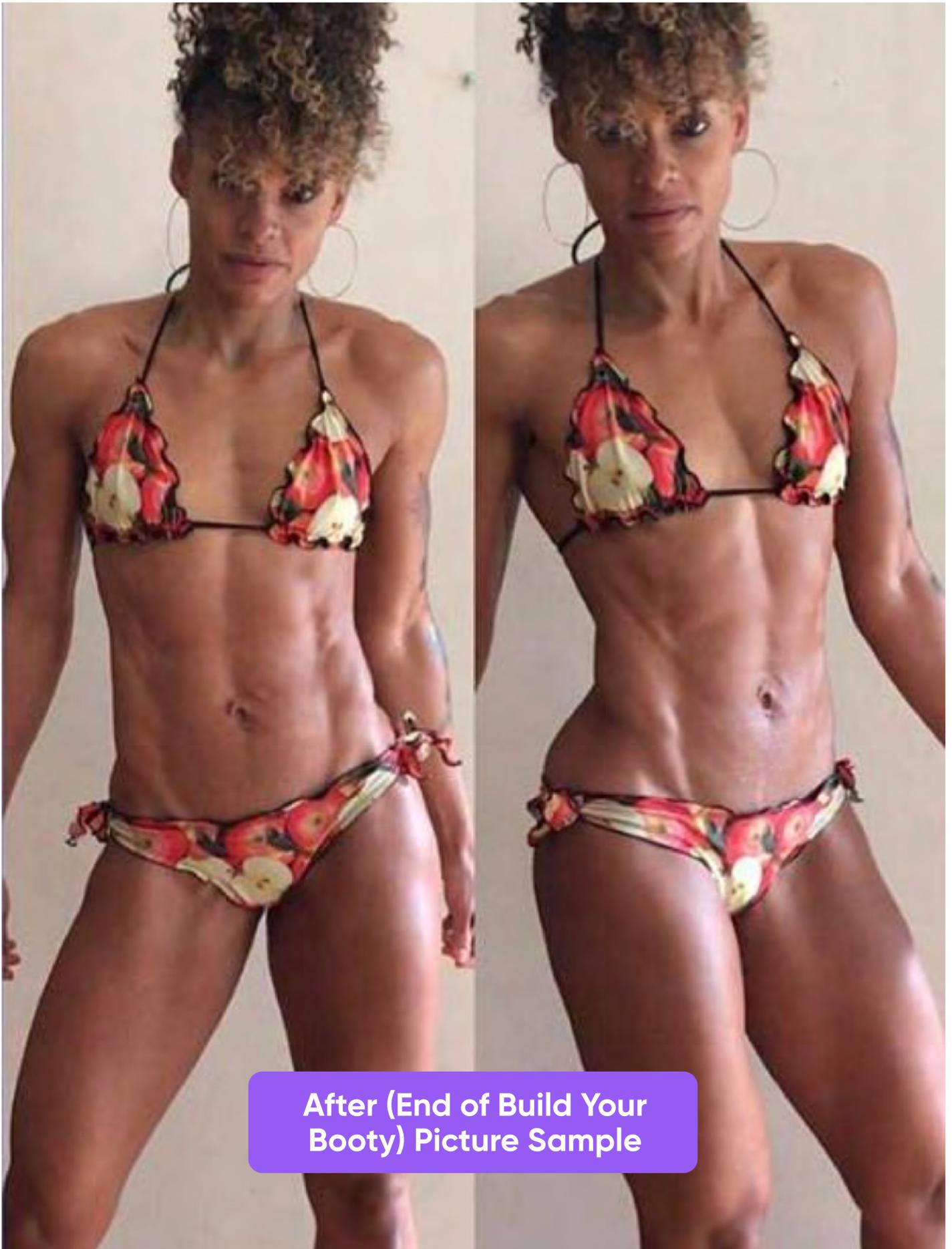
Objectives that are measurable are better because you can quantify if you're making progress and/or make modifications if needed.

On **day 1** before you start your first workout and eat accordingly, take your "before" pictures and measurements. You should repeat this process every week (7-10 days max) while you're on this training and nutrition plan. Here's what I track:



- ✓ **Weight: 150lbs**
- ✓ **Average daily water intake past 7 days: 60oz**
- ✓ **Average daily caloric intake past 7 days: 1500 calories**
- ✓ **Chest circumference: 36**
- ✓ **Arm circumference (at bicep relaxed): 12**
- ✓ **Waist circumference: 33**
- ✓ **Thighs circumference: 24**
- ✓ **Calves circumference: 15**

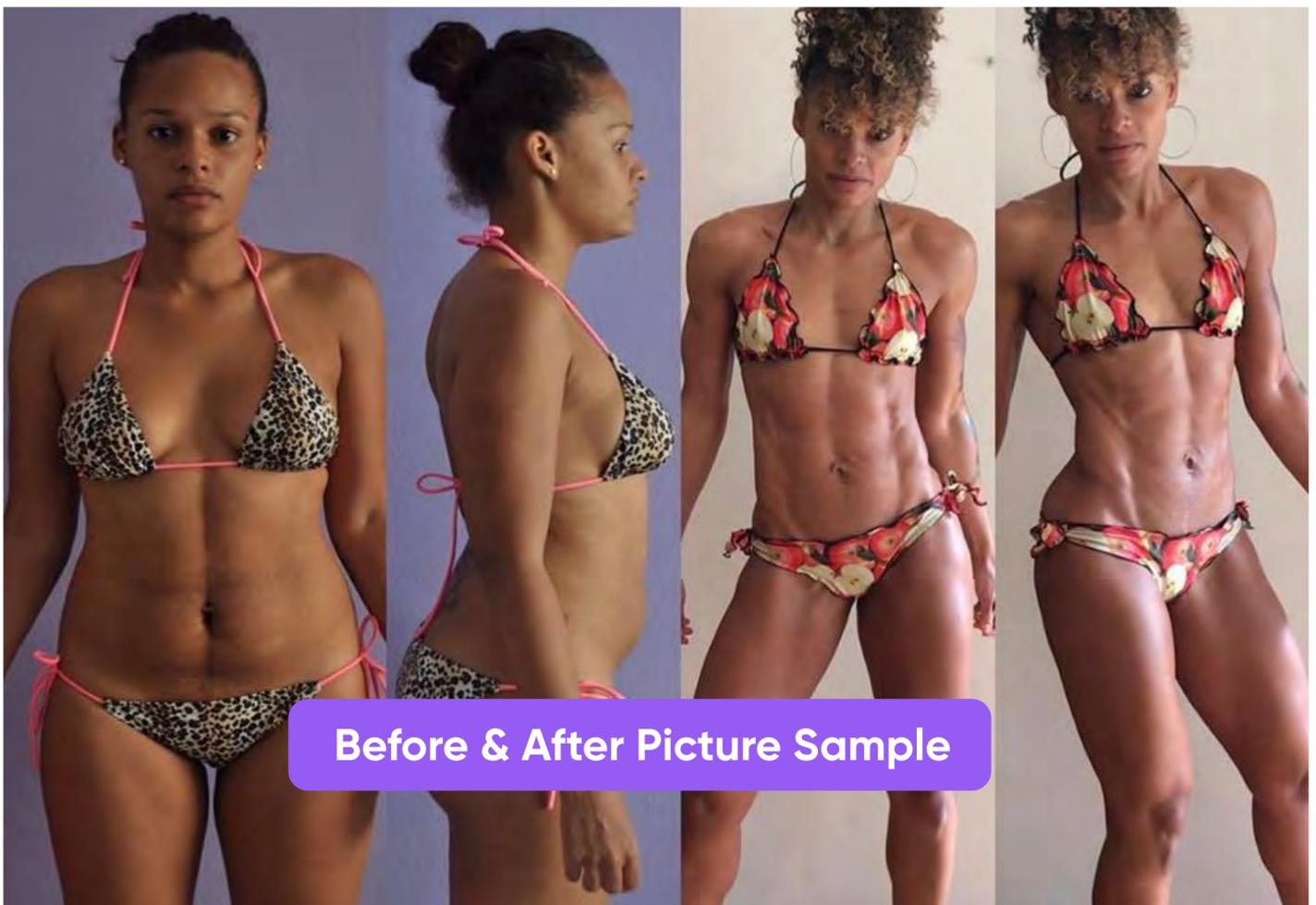




After (End of Build Your Booty) Picture Sample

- ✓ **Weight (final): 135lbs**
- ✓ **Average daily water intake past 7 days: 90oz**
- ✓ **Average daily caloric intake past 7 days: 1750 calories**
- ✓ **Chest circumference (final): 32**
- ✓ **Arm circumference (final): 11**
- ✓ **Waist circumference (final): 28**
- ✓ **Thighs circumference (final): 22**
- ✓ **Calves circumference (final): 15**



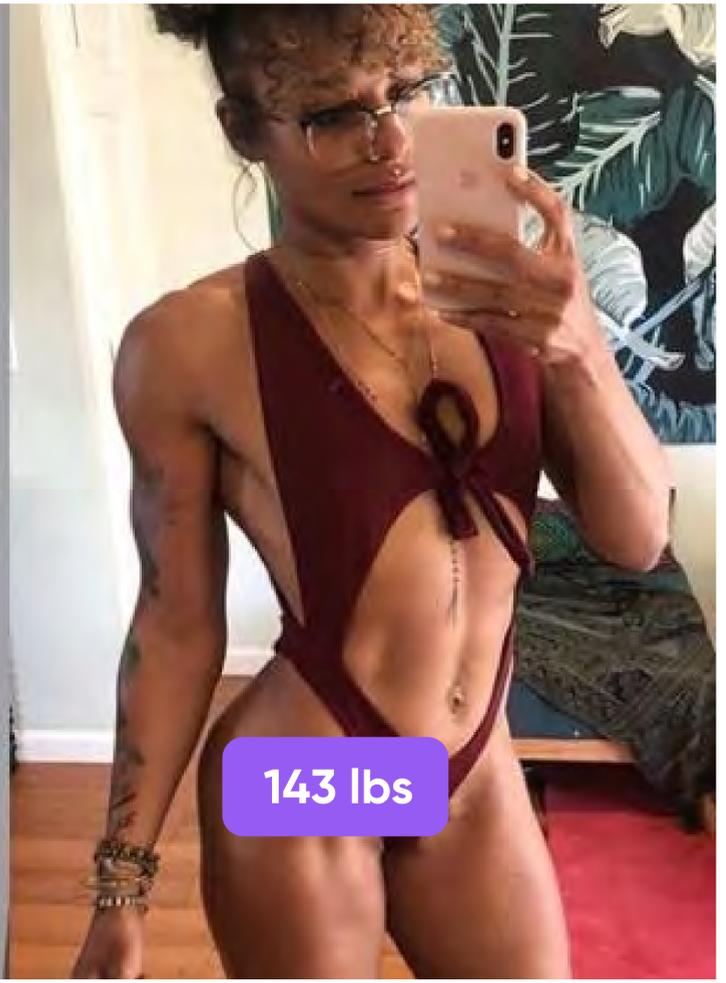
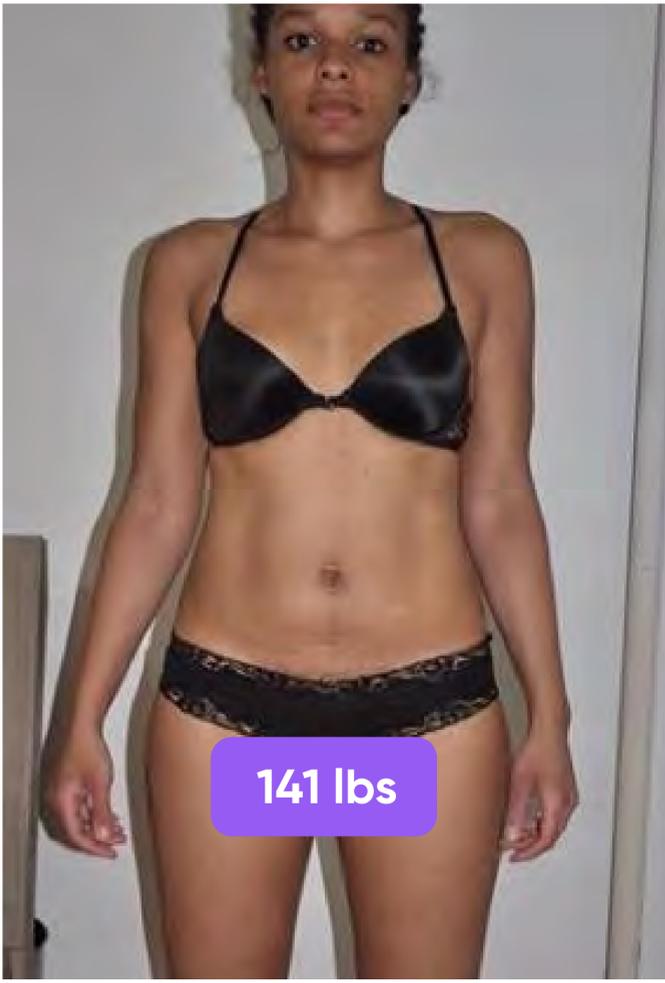


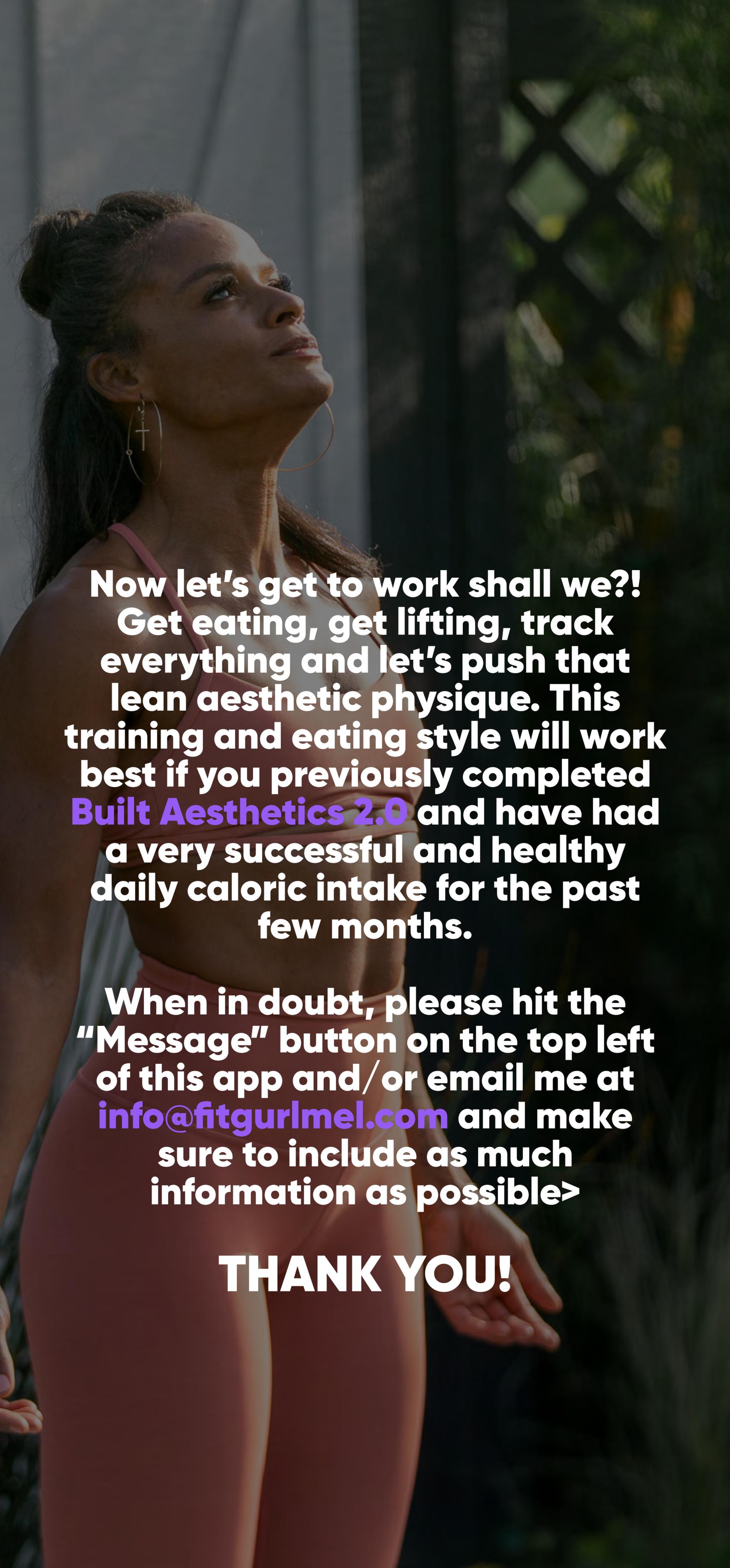
Alternate Scenario:

In the next slide I show you a scenario that happens when you have already lost some weight prior to this kind of training and diet, have been working out in the gym and are moving toward your natural/ideal weight. In this scenario, my body went through a recomposition –I ended up gaining weight and size in some areas, but then losing size in other areas.

Notice how I actually weigh more than in the before picture, but I'm leaner and more muscular. It's possible that the same may happen to you if you're already in a healthy weight to fat ratio and have been lifting for some time.







**Now let's get to work shall we?!
Get eating, get lifting, track
everything and let's push that
lean aesthetic physique. This
training and eating style will work
best if you previously completed
Built Aesthetics 2.0 and have had
a very successful and healthy
daily caloric intake for the past
few months.**

**When in doubt, please hit the
"Message" button on the top left
of this app and/or email me at
info@fitgurlmel.com and make
sure to include as much
information as possible➤**

THANK YOU!