

NUTRITION GUIDE



Before



After



INSPIRE STAGE
WEEKS

9-10



FITNESS



NUTRITION



MOTIVATION



RESULTS

You've successfully completed eight weeks of THE MAX Challenge and you should be extremely proud of yourself. Everyone sees results at different points of their first 10-Week Challenge but one thing is very consistent. All of our program participants see AMAZING changes during these final two weeks of the challenge. You have two weeks left to achieve all of your short-term 10-week goals and establish new goals for yourself to achieve. Now is not the time to take your progress lightly or coast. Push yourself to your absolute level 10 best in each class. Improve your meal preparation to BEYOND level 10 to maximize your success in these final two weeks.





CONGRATULATIONS! Eight weeks into the program we feel confident that you are well accustomed to our philosophy on nutrition and have incorporated new concepts into your daily life. At this point you should have a vast understanding of the different food categories and serving sizes so going into the INSPIRE stage we want you to implement the following three new concepts:

1 ELIMINATION OF CARBOHYDRATES:
In an effort to maximize your body composition change for the two remaining weeks we are eliminating carbohydrates from your nutrition. Most of our participants report the most dramatic changes to their body during the no-carb stage as well as significant weight loss results. This may be mentally difficult for you but this is a minimal reduction when compared to stage three. Focus on your 10-week goals rather than what you feel like is going to be missing for these final two weeks.

2 CARBOHYDRATE CYCLING WITH FRUIT:
Although carbs have been eliminated we still want your body to see the effects of a staggered amount of carbohydrates each day. We will maintain the concept of carbohydrate cycling by varying the amount of fruit you have each day. Since the overall volume of food has been reduced again, we now recommend you allow yourself to have fruit in the day as late as 6 p.m. if you would like. Spreading out your portions is a great practice to avoid cravings and maximize your metabolic response.

3 ELIMINATION OF TREAT MEALS:
Between weeks 9 and 10 we are asking you to eliminate your treat meal. After week 10 you are welcome to have one treat meal per week on an ongoing basis. There are multiple reasons to eliminate it this one time but the main reason is to simply ensure that you allow nothing to stand in your way of achieving your goals. You've made significant progress over the last eight weeks. The best is yet to come! The last thing we want for you is to temporarily stunt your progress just days before taking your after picture and stepping on the scale for the final time to gauge your weight loss results in 10 weeks. Put your mind in the right place and schedule your celebratory treat meal for after week 10 to keep you focused.





	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 HIGH CARB NO FATS
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: 2 Men: 3
CARBS Servings	NONE	NONE	NONE	NONE	NONE	NONE	NONE
FATS Servings	Women: 3 Men: 4	NONE	Women: 3 Men: 4	NONE	Women: 3 Men: 4	Women: 3 Men: 4	NONE
FRUITS Servings	Women: 2 Men: 2	Women: 4 Men: 4	Women: 2 Men: 2	Women: 4 Men: 4	Women: 2 Men: 2	Women: 2 Men: 2	Women: 4 Men: 4
VEGGIES Servings	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum



**INSPIRE
STAGE**

MENU



	LOW CARB SAMPLE MENU	HIGH CARB SAMPLE MENU
BREAKFAST	<ul style="list-style-type: none"> • “Piña Colada” Protein Shake (1 cup frozen pineapple, 8 oz unsweetened coconut milk) • 1½ scoops MAX 180° the natural whey vanilla protein powder. (men should add to their shake 3 hard boiled eggs and 2 small turkey sausage links) ½ serving protein (women), 1 serving protein (men), 1 serving fruit, 1 serving fat (men) 	<ul style="list-style-type: none"> • 4 egg white omelet with spinach (men should add ½ container of chicken to their omelet) • 1 cup raspberries ½ serving protein (women), 1 serving protein (men), 1 serving fruit, additional vegetables 
SNACK	<ul style="list-style-type: none"> • 1 Apple 1 serving fruit 	<ul style="list-style-type: none"> • Kiwi 1 serving fruit 
LUNCH	<ul style="list-style-type: none"> • 7-cup salad with ½ container grilled shrimp with balsamic vinegar and olive oil (men should consume a full serving) ½ serving protein (women) 1 serving protein (men) 1 serving fat, 1 serving vegetables 	<ul style="list-style-type: none"> • Protein Pancakes* (See recipe below) (men should add ½ container turkey sausage on the side) ½ serving protein (women), 1 serving protein (men), 1 serving fruit
SNACK	<ul style="list-style-type: none"> • Celery with peanut butter 1 serving fat, additional vegetables 	<ul style="list-style-type: none"> • 1 cup frozen grapes 1 serving fruit 
DINNER	<ul style="list-style-type: none"> • Grilled steak and steamed vegetables of your choice with organic butter 1 serving protein, 1 serving fat, additional vegetables 	<ul style="list-style-type: none"> • 7-cup salad with grilled Cajun seasoned chicken 1 serving protein, 1 serving vegetables

*Recipe for Protein Pancakes

- Ingredients:**
- 1 banana
 - 2 egg whites
 - 1 Scoop MAX 180° The Natural Whey® vanilla or MAX 180° The Natural Whey® chocolate protein powder, your choice

Preparation:

Mash banana in a mixing bowl. Add two egg whites and the single scoop of protein powder. Mix together using a fork or a whisk until ingredients are well combined. The batter will not thicken like traditional pancake batter.

Heat a frying pan over low heat and spray with non-stick cooking spray. Form small circles with batter in the pan (smaller pancakes are easier to flip than larger). Once the bottom of the pancake has lightly browned, flip your pancakes and cook through.

Serve plain, with cinnamon or add peanut/almond butter for additional fat if needed on any particular day!

LEGACY It's not too late!

Top 5 reasons to commit to the LEGACY program:

- You need leverage on yourself. Our research shows that many members who complete their 10-Week Challenge without continuing into the LEGACY program unfortunately revert to old habits, gain back most of or all of their weight, and have to start from scratch. You need to know what comes next to keep yourself on track and maintain that leverage.
- Committing now guarantees you your spot in class. As you've seen, classes do fill up quickly so make sure you don't miss the opportunity!
- Continued support on your nutrition needs even after your initial 10-Week Challenge. Each individual is going to have different needs and we will coach and guide you all the way through achievement of your ultimate fitness goals.
- Pay it forward to the new 10-Week Challenge participants that join us new each session. Surely you can think of a member who helped you early on in your challenge whether it be with something in class or with nutrition. Giving back is some of the best leverage you can get on yourself and is extremely rewarding.
- THE MAX Challenge is FUN! There is no other program out there that has an environment as positive and encouraging as ours. Some of the best motivation you'll receive along the way will be from clapping and cheering with your team of peers in class and that level of camaraderie that simply doesn't exist anywhere else!

Additional recipes available on THEMAXChallenge.com in the members only section.

MAXimize YOUR RESULTS



Complete this checklist to ensure you are fully prepared to finish your 10-Week Challenge in the strongest way possible:

- I am completely committed to removing carbohydrates for the next two weeks.
- I will remain strong and omit my treat meal for this upcoming weekend.

- I have set a new series of goals for myself for the next 10-Week Challenge.
- I've submitted my LEGACY membership enrollment form and I am excited to begin again in just a few short weeks.
- I understand that when I am hungry my first line of defense is a bottle of water.
- I will dedicate extra time to meal preparation for the next two weeks.

Not every marathon runner wakes up and runs a marathon the first time they set out to do so. Most runners start by walking a mile. That mile turns into a slow-paced 5K which later becomes five miles. They continue to train until five miles turns into a 10K. Their 10K quickly becomes a half marathon and after months and months of both mental and physical conditioning they achieve their goal of running a full marathon. The journey of a MAXer is extremely similar. Not every MAXer achieves all of their dreams in health and fitness in just 10 weeks. There isn't a single MAXer who achieves all of their goals without temporary struggle and roadblocks. It is the normal cycle of making a major transformation to your life but with the support of your instructor and peers at THE MAX Challenge we guarantee that you'll achieve amazing results in the long run.



Before



After

"THE MAX Challenge has meant so much to me. After my first challenge I went from a size 40 waist to a 34 and lost 35 lbs. I'm coming up on my year anniversary and I'm stronger and healthier then ever. The motivation from the trainers is incredible and class support is outstanding. Keep up the GREAT work."

- Ned, a MAXer for life,
Fairless Hills, PA

THEMAXChallenge.com

Franchise Territories Available: THEMAXFranchising.com

