

NAIL YOUR NUTRITION

With idealfit



4 WEEK
NUTRITION
Challenge

If you're looking for an extra push to achieve your fitness goals, join IdealFit's 4 week Nutrition Challenge to **NAIL YOUR NUTRITION** and see what progress you make!

We all know that to get lean, we need to be in a calorie deficit; burning more calories than we take in. But where our calories come from is also super important in changing your body composition.

Macronutrients or "macros" are what make up your calories and consist of carbs, protein and fat. Getting the right amounts of macronutrients in your diet will determine whether you build or lose muscle or if you lose or gain fat!

So we want you to challenge yourself to eat clean for a whole month and to focus on the macros you're putting into your body! The aim is to try to build healthy habits that will help you achieve your health and fitness goals.

Before you start, record your measurements here so you can track your progress. Remember to take a 'before' photo to document your transformation.

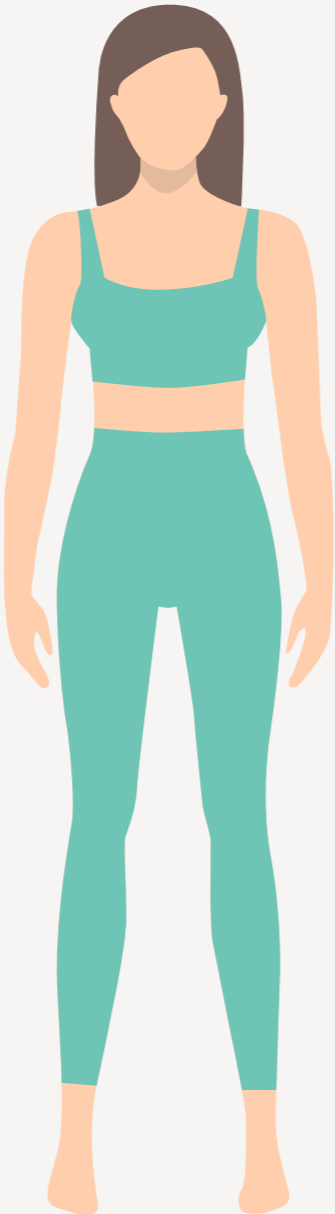
Starting Weight

lbs

Chest

Waist

Hips



Add your before photo here

NUTRITION Challenge TRACKER

Take your measurements once a week to track your progress

	Weight	Chest Measurement	Waist Measurement	Hip Measurement
Week One				
Week Two				
Week Three				
Week Four				

Monthly Goals

- 1
- 2
- 3

Use this calendar to plan your meals for the month

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PRODUCT *Picks*



NUTRITIONAL *Tips*

1.

Make a clear plan! If you're new to meal prepping and clean eating, make sure you establish your goals and make a plan for how to achieve them. If you're stuck for healthy recipes, check out our blog inspiration:

www.idealfit.com/blog

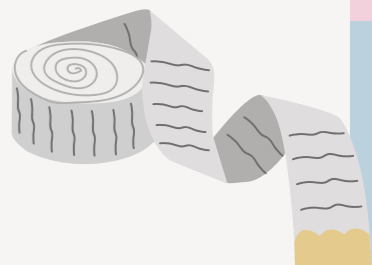


2.

Clear out your cupboards! Get rid of the snacks you're likely to turn to that you will end up regretting and instead stock up on guilt-free IdealFit products.

3.

Keep a nutrition journal. Write down your measurements, recipes you love and any inspiration you find throughout the challenge.



4.

Download a weight tracking app or use an online macro calculator to help you log your intake and stay on track.

5.

Have you experimented with any of our products? Get creative in the kitchen and see what you can create from our shakes and supplements. Shop our range here:

www.idealfit.com/shop



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 @idealfit



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Visit our website at
www.idealfit.com