


5-DAY CONTEST PREP CHALLENGE

Competition Diet Blueprint

 Build a Stage-Ready Physique with a Smarter Meal Structure

This guide gives you a clear overview of how to structure your meals like a competitor during contest prep. Whether you're preparing for **Bikini, Wellness, Fit Model**, or **Figure**, these nutrition strategies support fat loss, maintain muscle, and help you bring your best to the stage.

 **Eat 5–6 Meals Per Day**

Fuel your metabolism, curb cravings, and maintain steady energy with evenly spaced meals every 2.5–3 hours.

 **What to Include in Every Meal**

Each meal should include:

- ✓ Lean Protein – chicken, egg whites, fish, turkey
- ✓ Complex Carbs – oats, rice, sweet potatoes
- ✓ Essential Fats – avocado, olive oil, nuts/seeds
- ✓ Fibrous Veggies – spinach, zucchini, green beans, etc.






 **Front-Load Your Carbs**

Your body uses carbs best early in the day and around your workout. Prioritize carbs in your first few meals, then taper off and keep dinner light—think lean protein and veggies.






Adjust Your Macros as You Lean Out


As you progress, your body will need adjustments. Slowly reduce carbs or fats as needed—don't slash calories too early or too hard.

Avoid These Common Mistakes

-  Skipping meals
-  Guessing your portions without tracking
-  Overusing shakes and bars
-  Cutting too early or too aggressively
-  Eating "clean" but not balanced

Coach Tips for Smarter Prep

-  Track your food daily
-  Stick to whole foods that digest well for you
-  Rotate your proteins and veggies
-  Stay hydrated and manage sodium intake consistently
-  Stay focused, flexible, and coachable as your prep evolves

 Want a customized prep plan that includes all phases of dieting needed to win? [Book a call](#) with me and let's map out your show timeline and stage strategy.

[GET STAGE READY STRATEGY](#)