

REFINER'S

30- DAY CHALLENGE

Challenge Guide & Meal Plan



*"Step Into the Fire.
Burn Off What Doesn't Belong."*

REFINER'S FIRE WEIGHT LOSS CHALLENGE

THE PRIMARY RULE (NON-NEGOTIABLE)

Eat at or below:

$$\text{Ideal Weight} \times 8 = \text{Daily Calories}$$

SECONDARY RULE (GUIDANCE, NOT LAW)

Zones are **tools**, not rules.

They help you **structure your day and control calories easily.**



ZONE 1 (SUNRISE → 12 PM)

250 Calories or Less

Purpose: Light start, control hunger, begin fat burn

Choose ONE ITEM

Drinks / Light Options:

- [Bravenly Brew Extreme](#)
- Clean Coffee / [Bio Coffee](#)
- [Bravenly Balance](#)
- [AdvoCare Spark](#)
- [AdvoCare Fiber Packet](#)
- [HW Hot Chocolate](#)
- [CocoRinga](#)

Protein / Light Meals:

- [Egg Whites](#) (with or without spinach/mushrooms)
- [Mighty Muffin](#) / [Quest Muffin](#)
- [Simply Fit Bar](#)
- [Simply Fit Pancakes](#)
- Salad + hemp/chia + approved dressing
- Two Whole Eggs
- [GC Control Shakes](#)
- [Premiere Shakes](#)



- Triple Zero Yogurt
- Greek Plain Yogurt
- 1 Cup of Berries, Hemp Flakes, Hemp Hearts, Chia, Fat Free Cool Whip
- Built Puff Bars

Soup Combo Options:

- 1/2 approved sandwich + [Kettle & Fire Bone Broth](#)
- 1/2 approved sandwich + [HealthWise High Protein Soup](#)
- OR Up to 2 servings [HealthWise Soup](#) (no sandwich)



ZONE 2 (12 PM → 4 PM)

300 Calories or Less

Purpose: Controlled fuel while staying in fat burn

Includes ALL Zone 1 options PLUS:

Meals:

- Grilled chicken salad (approved dressing)
- **Approved sandwich:**
 - Keto bread / Joseph's pita / -2 or -3 wrap
 - Boar's Head meats (<5g sugar)
 - Lettuce, tomato, approved cheese, condiments
 - Approved Hot Dog
 - Approved Hamburger
 - Small Wendy's Chili
 - Chick Fila Grilled Nuggets
- Bars / Shakes:
 - [GC Control Shake](#)
 - [Quest Bar](#) / [RX Bar](#)
 - Homemade hemp bar
 - [Simply Fit Brownie](#)



Fruit Option:

- **Up to 2 cups berries**
 - *Optional: hemp / chia / fat-free Cool Whip/Greek Plain Yogurt*
- **Other:**
 - 2 slices Quest Pizza
- **Soup Combo Options (Same Rule):**
 - 1/2 sandwich + bone broth
 - 1/2 sandwich + [HealthWise soup](#)
 - OR Up to 2 servings [HealthWise soup](#)



ZONE 3 (4 PM → SUNSET)

500 Calories or Less

Purpose: Finish strong, satisfy, stay controlled

Choose ONE ITEM

- Any -2 or -3 recipe
- WOW Challenge meals
- 1+2, 7+2, 4+2
- Lion Day / Shark Day

Soup Combo Option (also allowed here):

- 1/2 sandwich + bone broth
- 1/2 sandwich + [HealthWise soup](#)
- OR Up to 2 servings [HealthWise soup](#)



DAILY DEFICIT BOOSTERS (TRACK IN SPREADSHEET)

REFINER'S FIRE WEIGHT LOSS CHALLENGE

TRACKING SHEET

Enter the member name, current weight, ideal weight, daily calorie intake, daily steps, and optional supplement stack.
Deficit updates automatically.

MEMBER & GOAL INFORMATION	
Member Name	
Current Weight (lb)	250
Ideal Weight (lb)	170
Current Weight Calories (x 10)	2500
Ideal Weight Calories (x 8)	1360
Base Daily Deficit Goal	1140

30-DAY SUMMARY	
30-Day Total Deficit Goal	30000
Actual Total Deficit	0
Difference to Goal	-30000
Projected Fat Loss from Total (lb)	0.0

(Based on ~3,500 calories per pound of fat)

Day	Actual Calories	Food Deficit	Steps	Walking Burn	Supplement	Burn	Appptox.	Approx. Daily Deficit	Running Total Deficit	Projected Fat Loss (lb)
1						0		0	0	0.0
2						0		0	0	0.0
3						0		0	0	0.0
4						0		0	0	0.0
5						0		0	0	0.0
6						0		0	0	0.0
7						0		0	0	0.0
8						0		0	0	0.0
10						0		0	0	0.0
11						0		0	0	0.0
12						0		0	0	0.0
13						0		0	0	0.0
14						0		0	0	0.0
15						0		0	0	0.0
16						0		0	0	0.0
17						0		0	0	0.0
18						0		0	0	0.0
19						0		0	0	0.0
20						0		0	0	0.0
20						0		0	0	0.0

GET YOUR CUSTOM TRACKER
(MAKE A COPY HERE)



Important:

This sheet is **not required to complete the challenge**.
You can fully succeed by simply following the structure,
eating guidelines, and journaling daily.

This is **only for those who want extra precision and accountability**.

STEPS (LINEAR SCALE)

- 10,000 steps = 400 calories burned
- 5,000 steps = 200
- 15,000 steps = 600

Formula:

$$\text{Steps} \div 10,000 \times 400$$

FAT BURNER BONUS (OPTIONAL)

If using ANY of these:

- [ThermoPlus](#)
- [Nutratherm](#)
- [Bravenly Balance](#)
- [Bravenly Brew Extreme](#)
- Zip Slim

Add +200 calories burned manually

DAILY FORMULA

(Current Weight × 10) = Maintenance

(Ideal Weight × 8) = Max Intake

Approx Deficit:

Maintenance – Intake

- Steps Burn
- (Optional) 200 Supplement Bonus

“Hit your calories.

Use the zones to stay disciplined.

Walk daily.

Add fire if you need it.

Stay consistent... and the fat has no choice but to burn.”

THIS IS WHY THIS WORKS

- No overthinking
- No calorie guessing
- Structured freedom
- Built-in discipline

Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

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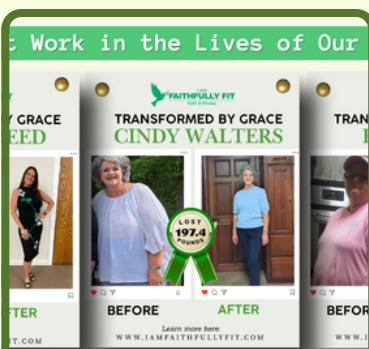


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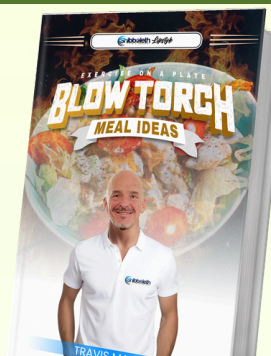
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