



SAMPLE LARGE LEAN MEAL PLAN

LARGE LEAN PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Bomb.com Burrito	Ain't No Yolk	The Smart Turkey Omelette	Healthy Sanchez	Champion's Hash	The Smart Turkey Omelette	<p>Everyone needs flexibility!</p> <p>Use this day to enjoy your own homemade meals or to make up meals you missed from going out</p>
LUNCH	Canadian Salmon	Killer Beef Enchiladas	Cowboy White Chili	Vital Vindaloo	Killer Pork Enchilladas	Power Prawn Curry	
DINNER	Club Med Chicken	365 Turkey Dinner	Ginger Beef Lettuce Wraps	Chef's Vietnamese Chicken	Body Builder Chicken	Chicken Lettuce Wraps	
SNACKS Enjoy through the day as you see fit	Dark Chocolate Energy Balls Veg & Hummus	Berry Parfait Trail Mix Balls	Picnic Protein Plate Fruit & Cottage Cheese	Pumpkin Pie Bar Tropical Parfait	Berry Parfait Veg & Hummus	Power Up Protein Plate Fruit & Cottage Cheese	
Total Daily Macros	Cals: 2000 Pro: 129g Carbs: 178g Fat: 95g	Cals: 1600 Pro: 133g Carbs: 151g Fat: 47g	Cals: 1700 Pro: 125g Carbs: 117g Fat: 85g	Cals: 1710 Pro: 136g Carbs: 140g Fat: 69g	Cals: 1610 Pro: 125g Carbs: 149g Fat: 57g	Cals: 1730 Pro: 135g Carbs: 102g Fat: 89g	

Each day also add the following foods to compliment your meal plan and ensure overall balance

Fruit: 3 servings - A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbs dried fruit, or a half cup of unsweeted juice

Vegetables: 2 servings - A serving is Approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings - A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese



SAMPLE SMALL LEAN MEAL PLAN

SMALL LEAN PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Bomb.com Burrito	Ain't No Yolk	The Smart Turkey Omelette	Healthy Sanchez	Champion's Hash	The Smart Turkey Omelette	<p>Everyone needs flexibility!</p> <p>Use this day to enjoy your own homemade meals or to make up meals you missed from going out</p>
LUNCH	Canadian Salmon	Killer Beef Enchiladas	Cowboy White Chili	Vital Vindaloo	Killer Pork Enchilladas	Power Prawn Curry	
DINNER	Club Med Chicken	365 Turkey Dinner	Ginger Beef Lettuce Wraps	Chef's Vietnamese Chicken	Body Builder Chicken	Chicken Lettuce Wraps	
SNACKS Enjoy through the day as you see fit	Dark Chocolate Energy Balls Veg & Hummus	Berry Parfait Trail Mix Balls	Picnic Protein Plate Fruit & Cottage Cheese	Pumpkin Pie Bar Tropical Parfait	Berry Parfait Veg & Hummus	Power Up Protein Plate Fruit & Cottage Cheese	
Total Daily Macros	Cals: 1400 Pro: 81g Carbs: 138g Fat: 66g	Cals: 1320 Pro: 103g Carbs: 128g Fat: 41g	Cals: 1450 Pro: 106g Carbs: 106g Fat: 70g	Cals: 1370 Pro: 102g Carbs: 115g Fat: 59g	Cals: 1320 Pro: 92g Carbs: 120g Fat: 53g	Cals: 1380 Pro: 99g Carbs: 96g Fat: 70g	

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Fruit: 3 servings - A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweeted juice

Vegetables: 2 servings - A serving is Approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings - A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese