

Meal Plan:

GETTING LEAN



MORNING WORKOUT

Preworkout

1 apple
1 cup black coffee
BCAAs

Postworkout

1 scoop protein
1 cup almond milk
½ cup blueberries

Breakfast 2

3 large eggs
2 slices sprouted bread
1 apple
1 cup green tea

Morning Snack

6 oz. plain Greek yogurt
1 oz. walnuts

Lunch

5 oz. shrimp
½ cup black beans
1 cup green tea

Dinner

6 oz. grass fed beef, loin cut
1 cup broccoli
2 cups spinach
1 cup red bell pepper
2 tsp. olive oil
5 oz. wine

Bedtime Snack

8 oz. low-fat (1%) cottage cheese

CALORIES 2,578 PROTEIN 290g
CARBS 195g FAT 78g

AFTERNOON WORKOUT

Breakfast

1 scoop protein
1 cup almond milk
1 apple

Breakfast 2

3 large eggs
1 cup oatmeal
1 cup green tea

Morning Snack

4 oz. plain Greek yogurt
½ cup blueberries

Lunch

1 slice sprouted bread
1 can (5 oz.) salmon
2 cups spinach
1 cup red bell pepper
3 oz. shrimp
2 tsp. olive oil
1 cup green tea

Preworkout

1 cup black coffee
BCAAs

Postworkout

1 scoop protein
1 cup almond milk
banana

Dinner

5 oz. chicken breast
½ cup quinoa
1 cup broccoli

Bedtime Snack

8 oz. low-fat (1%) cottage cheese
1 oz. walnuts

CALORIES 2,283 PROTEIN 276g
CARBS 177g FAT 83g

DAY OFF

Breakfast 1

1 scoop protein
1 cup almond milk
1 apple

Breakfast 2

3 large eggs
1 cup oatmeal
1 cup green tea

Morning Snack

6 oz. plain Greek yogurt
½ cup blueberries

Lunch

1 slice sprouted bread
1 can (5 oz.) salmon
2 cups spinach
1 cup red bell pepper
2 tsp. olive oil

Midafternoon Snack

1 scoop protein
1 cup almond milk

Dinner

6 oz. chicken breast
1.2 cup black beans
1 cup broccoli

Bedtime Snack

8 oz. low-fat (1%) cottage cheese
1 oz. walnuts

CALORIES 2,547 PROTEIN 291g
CARBS 182g FAT 79g

Strive to get 12-15 calories per pound of bodyweight per day, including 1.5 grams of protein, 0.4-0.6 grams of fat and 1 gram of carbs (based on a 180lb person).

For more information call (866) 243-4472 or visit: www.innovative-results.com