## Lean Diet Plan

## Overview

This lean diet plan is designed to promote lean muscle mass while minimizing body fat. It focuses on high protein intake, complex carbohydrates, healthy fats, and limited processed foods.

## Daily Meal Structure

- Breakfast
- Mid-Morning Snack
- Lunch
- Afternoon Snack
- Dinner
- Evening Snack (optional)


## Meal Composition

- Protein: Include a source of lean protein in each meal.
- Carbohydrates: Opt for complex carbs like whole grains, fruits, and vegetables.
- Fats: Incorporate healthy fats into your diet, but in moderation.
- Vegetables: Aim for a variety of colorful vegetables.
- Hydration: Drink plenty of water throughout the day.


## Sample Meals

## Breakfast

- Option 1: Scrambled eggs with spinach, whole-grain toast, and a piece of fruit.
- Option 2: Greek yogurt with berries and a sprinkle of nuts and seeds.


## Mid-Morning Snack

- Option 1: A small handful of almonds.
- Option 2: A piece of fruit or carrot sticks with hummus.


## Lunch

- Option 1: Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and olive oil dressing.
- Option 2: Quinoa bowl with black beans, corn, avocado, and grilled vegetables.


## Afternoon Snack

- Option 1: Cottage cheese with pineapple chunks.
- Option 2: Whole grain crackers with turkey slices.


## Dinner

- Option 1: Baked salmon with steamed broccoli and brown rice.
- Option 2: Stir-fried tofu with mixed vegetables and a side of quinoa.


## Evening Snack (optional)

- Option 1: A small apple with a tablespoon of almond butter.
- Option 2: A few slices of cucumber with a slice of cheese.


## General Guidelines

- Avoid processed and high-sugar foods.
- Control portion sizes to avoid overeating.
- Stay hydrated with water, avoiding sugary drinks.
- Adjust meal sizes and frequency according to your hunger and fullness cues.


## Weekly Meal Plan

| Day | Breakfast | Mid- <br> Morning <br> Snack | Lunch | Afternoon Snack | Dinner | Evening Snack |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Monday | Scrambled eggs with spinach | A small handful of almonds | Grilled chicken salad | Cottage cheese with pineapple | Baked salmon, broccolini | small apple with almond butter |
| Tuesday | Greek yogurt berries \& nuts | carrot sticks with hummus | Quinoa bowl w vege of choice | Whole grain crackers with turkey slices | Stir-fried tofu, mixed vegetables | Cucumber with cheese |
| Wednesday | Whole grain pancakes w strawberries | Hard-boiled egg | Tuna salad on mixed greens | Apple slices with almond butter | Chicken stirfry with brown rice a | Dark chocolate almonds |
| Thursday | Avocado on whole grain bread | Trail mix (nuts, seeds, dried fruit) | Chickpea and vegecurry | Celery sticks with hummus | Beef and broccoli with quinoa | Greek yogurt with cinnamon |
| Friday | Cereal with almond milk and banana | Rice cakes with peanut butter | Grilled vegetables and quinoa | Cucumber and cherry tomatoes | Turkey meatballs, | Cottage cheese w peaches |
| Saturday | Banana and peanut butter smoothie | Mixed nuts | Chicken <br> Caesar salad | Mixed berries | Baked cod with roasted Brussels | Air-popped popcorn with a pinch of |
| Sunday | Cottage cheese and chia seeds | Veggie sticks with guacamole | Beef stir-fry with broccoli and rice | Apple slices with almond butter | Zucchini noodles \& | A few squares of chocolate |

- Fill in each cell with the meal or snack you plan to have.
- Remember to balance each meal with a good mix of proteins, carbs, and fats.
- Adjust portion sizes and food choices based on personal dietary goals and needs.
- Stay hydrated throughout the day, and consider adding hydration as a column if tracking water intake is important.


## Notes

- Allergies and Preferences: Modify the meal options according to any dietary restrictions or allergies.
- Portion Sizes: Adjust portions based on your specific caloric needs and goals.
- Variety: Rotate different foods to ensure a range of nutrients.
- Consultation: Consider consulting with a dietitian for a plan tailored to your specific health needs and goals

