## 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

$\left.\begin{array}{|l|l|l|l|l|l|l|}\hline \text { Day } & \text { Breakfast } & \begin{array}{l}\text { Mid- } \\ \text { Morning } \\ \text { Snack }\end{array} & \text { Lunch } & & \begin{array}{l}\text { Afternoon } \\ \text { Snack }\end{array} & \text { Dinner }\end{array} \begin{array}{l}\text { Evening } \\ \text { Snack }\end{array}\right]$

- 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

