

OPERATION: LEAN & MEAN

NUTRITION PROGRAM

THREE MEALS PER 8 HOUR EATING PERIOD

YOU WILL BE FASTING FOR 16HR EACH DAY. YOU WILL NOT EAT ANYTHING BETWEEN THE LAST MEAL OF THE DAY AND YOUR FIRST ONE OF THE NEXT. PLAN ACCORDINGLY. THE BEST WAY TO DO THIS IS PREP ON SUNDAY FOR THE WEEK.

POST WORKOUT: 1 SCOOP
WHEY PROTEIN + 1
TABLESPOON CHIA SEEDS

OPTIONAL: ADD 1 CUP
FRUIT SERVINGS TO 1 OF
YOUR MEALS



Meal 1: A + B + C

Meal 2: A + B + B (That's right, 2 servings of vegetables)

Meal 3: A + B + C (Choose a High Fiber 🍌 Carbohydrate)

SERVING SIZE = 1 CUP FOR ALL GROUPS

A BUILDING

- Tuna
- Salmon
- Eggs
- Chicken Breasts
- Turkey
- Pork
- Beef
- Egg whites
- Cottage cheese
- Greek Yogurt
- Tempeh
- Bison
- Ostrich
- Elk
- Sirloin Steak

B LOW CARB VEGETABLES

- Asparagus
- Sprouts
- Bell Peppers
- Bok Choy
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Kale
- Spinach
- Okra
- Onion
- Snow Peas
- Butternut Squash

C ENERGY CARBOHYDRATES

- Split Peas 🍌
- Oats 🍌
- Sweet Potatoes
- Pinto Beans 🍌
- Chickpeas 🍌
- Black Beans 🍌
- Oat Bran
- Kidney Beans 🍌
- Black Beans 🍌
- Quinoa
- Long Grain Rice
- Red Potatoes
- Lentils 🍌
- Sourdough Bread

FUN FACT:
1 CUP OF SPLIT PEAS HAS
16 GRAMS OF FIBER