



Health & Physical

BY LEAN

ENHANCE YOUR BEST RESULTS FROM YOUR EXERCISE PROGRAM AND HIGH QUALITY NUTRITION PLANNING

AUSTRALIAN BASED NUTRITION PLANNER BACKED BY AUSTRALIAN DIETITIANS

You will be provided with a 7 Day Meal Plan as well as the nutritional method of your choice. A Shopping List, Recipe Sheets, Information Sheet and a Video of our dietitians explaining your meal plan as well as extra tips.

We also have Vegetarian, Plant Based and Gluten Free options for all our nutrition methods!



SEE THE DIFFERENCE THAT NUTRITION CAN MAKE TO YOUR FITNESS AND BODY COMPOSITION GOALS

		7 Day Meal Plan						
		LEAN Lower Carb VEGAN Non-vegetarian						
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast		2 Low Carb Toast + Avoc (144) + Latte (20kcal)	Farmer Jo Paleo Omelette (114) with Greek Yoghurt (20g)	Protein Shake - Whey Protein (20g) + Almond Milk (1 cup)	Greek Yoghurt (12 cup) + Honey (2tsp) + Walnuts (20g)	2 Boiled Eggs + Avocado (14g) + Roasted Tomatoes (15) + Olive Oil (2 tsp)	Low Carb Bread (2 Slices), Ham (2 slices) + Cheese (2 slices) Toastie	Oats (1 1/2 cups), Yoghurt (20g) (20g) + Strawberries (20g) + Blueberries (20g)
Midday		Mandarin + Table of Plenty Choc Rice Cakes (1 serve)	30g Mixed Nuts, 6 Dried Apricots	3 Vilsa Wafers with Cheese (2 slices)	Alkins Choc Bar + 1 KiwiBar	Almond and Blueberry Smoothie + Almond Latte (175kcal)	Y'Pro Vanilla Yoghurt + Blueberries (18 cup) + Almonds (10)	1 Caramel & 1 Caramel Swirl Smoothie + Almonds
Lunch		Low Carb Wrap - Chicken (20g), Avoc (14), Mayo (10), Cucumber, Lettuce	Low Carb Bread (2 Slices), Avoc (14) + Cheese (2 Slices) Toastie	2 Slice Low Carb Bread, Kale/Spinach (2 cups), Ham (2 slices), Avoc (14)	Capers Salad - Tomato (2), Bacon (20g), Olive Oil (2tsp), Basil	Greek Salad with Meatballs	The Beeslators & Zucchini Soup with Almonds	Easy Grazing Plate
Snacks		Greek Yoghurt (12 cup) with Mixed Berries (12 cup)	4 Vilsa Wafers Crackers & Vegemite	Y'Pro Yoghurt Lilt (160g) & Coconut (15g)	Medium Cheddar Smith Apples & Almonds (16)	Protein Shake - Whey Protein (20g) + Almond Milk (1 cup)	2 VilsaWafers Crackers - Caramel (20g) + Avoc (14) + Tomato (14)	Alkins Choc Bar + 1 KiwiBar
Dinner		200g Steak + 1.5 cups Mixed Non-Starchy Veg + 1/4 cup Squid Ink Potato	15 Minute Green Curry with Basil and Korjari Rice	Salmon Fillet (150g) + Mixed Avoc (14) + Soy Sauce (1 tsp)	Lamb Chops (2 small) + Cucumber (2tsp) + Broccoli (8 stalk)	Low Carb Homemade Veggie Pizza	Sweet Chili Chicken Salad with Avocado and Mango	Lemon Chicken and Asparagus Stir-Fry
Snacks		30g Mixed Nuts, 6 Dried Apricots	Alkins Choc Bar + 5 Strawberries	4 Trapp Fiopro Ice Cream & Handful Pecanuts	Two Wafers Crackers with Dark Chocolate, Table Of Plenty (2 Slices)	Alkins Choc Bar + 5 Strawberries	4 Trapp Fiopro Ice Cream & Handful Pecanuts	Dark Chocolate (4 squares)
Macros		1888 Calories 189 Protein (g) 88 Carbs (g) 48 Sugar (g) 59 Fat (g)	1870 Calories 191 Protein (g) 88 Carbs (g) 52 Sugar (g) 59 Fat (g)	1822 Calories 189 Protein (g) 45 Carbs (g) 22 Sugar (g) 65 Fat (g)	1740 Calories 198 Protein (g) 68 Carbs (g) 51 Sugar (g) 59 Fat (g)	1728 Calories 129 Protein (g) 100 Protein (g) 47 Carbs (g) 39 Sugar (g) 108 Fat (g)	1788 Calories 189 Protein (g) 87 Carbs (g) 39 Sugar (g) 111 Fat (g)	1741 Calories 194 Protein (g) 88 Carbs (g) 48 Sugar (g) 110 Fat (g)

Nutrition Methods you can choose

- LEAN Lighter (1000, 1300, 1500 1700 & 2000 calories per day)
- LEAN Lower Carb
- LEAN Fast
- LEAN Strength

Please ask your PT for further info on these methods

