



LFS LEAN OUT PLAN

We are going to stack your nutrients in the morning and ease them up in the evening. You will need to drink 700ml of water with each meal and snack for a total 4-4.5ltrs of water per day. You will need to take 2 tsp of fish oil in the morning and evening.

WEEK ONE

MEAL ONE

- 1 scoop protein powder
- 1/4c of rolled oats (uncooked)
- 2 tsp of fish oil

SNACK ONE

- 5 egg whites
- 1/4 of rolled oats
- 1 cup veggies (Optional)

MEAL TWO

- 3/4c chicken
- 1/2c brown rice
- 2 cups veggies (Kale, Broccoli, Asparagus, Cucumber, Celery, red bell peppers)

SNACK TWO

- 1 cup of Edemame Beans
- 1/2c of brown rice
- 1 cup of veggies (Cucumber, Celery, Broccoli)

MEAL THREE

- 3/4c of Lean beef, chicken, or fish, or turkey
- 2 cups of veggies (Kale, Broccoli, Asparagus, Celery, Cucumbers)

SNACK THREE

- Protein Hot Chocolate: 1 scoop of protein powder & hot water (not boiling)
- Fish oil on side.

NOTES:

- Grains that are acceptable on the lean out plan are: 1/2c cooked Brown Rice, Quinoa, Rolled Oats, 1/4c Yams.
- Lean proteins that are acceptable on the lean out plan are: Egg whites, Protein Powder, Chicken, Turkey, Edemame Beans, Lean Beef, Tuna, Salmon, and Greek Yogurt,
- You are allowed to have ½ cup of cooked grains or 1/4c of raw grains for your first 2 meals & 2 snacks of the day. Dinner time will be protein and veggies only. The last snack will be protein only.
- Measure your portions! Do not eyeball them.

SUPPLEMENTS

- L-Glutamine (1 tsp with each meal) POPEYES
- Spirodex (thermogenic) take 1 or 2 tablets first thing in the morning POPEYES
- Nutra Sea Fish oil: take 2 tsp in the am and 2 in the evening POPEYES, MARKET ON MILLSTREAM, THRIFTY'S
- Elite Whey by Dymatize: Chocolate for the protein hot chocolate in the pm. POPEYES or COSTCO (Kaizen brand)
- Morning Shake: you can use the Elite or KAZIEN but my favorite is RVL vanilla...not in stores but I can hook U up.

CONDIMENTS

- Stevia, Lemon Juice, Natural herbs and salt free spices, Braggs, Sea Salt, Pepper, Balsamic vinegar, coconut oil, grape seed oil, and salsa.
- Coffee is acceptable with a little bit of coconut milk or almond milk and stevia....be sure to drink your 700ml with every meal and snack. This will keep your cravings away and will help you to feel full.