

Lean Body Diet Plan - 1750 total daily calorie intake (~300 cal per meal)

MEAL 1	Calories	Carbs (g)	Protein (g)	Fat (g)
5 egg whites	85	0	20	0
Slice fat free cheese	28	2	5	0
1/3 cup instant oatmeal	102	18	4	2
1 medium banana	90	20	2	0
Total	305	40	31	2

MEAL 2	Calories	Carbs (g)	Protein (g)	Fat (g)
3 oz. chicken breast	98	0	20	2
¾ cup brown rice	126	24	4.5	0
1 cup vegetables	48	8	4	0
1 tsp. extra virgin olive oil	42	0	0	4
Total	314	32	28.5	6

Meal 3	Calories	Carbs (g)	Protein (g)	Fat (g)
4 oz. sliced deli turkey	126	0	20	4
slice fat free cheese	28	2	5	0
1 piece bread	90	17	3	1
2 slices tomato, lettuce	20	4	0	0
2 T fat free mayo	24	6	0	0
½ cup strawberries	24	6	0	0
Total	312	35	28	5

MEAL 4	Calories	Carbs (g)	Protein (g)	Fat (g)
2.5 oz. top round steak	150	0	25	5
4 oz. baked yam	121	28	2.5	0
¾ cup steamed spinach	22	3	1	0
Total	293	31	28.5	5

MEAL 5	Calories	Carbs (g)	Protein (g)	Fat (g)
3 oz. cooked chicken breast	98	0	20	2
4 oz. baked potato	134	28	3	0
1 T sour cream	32	1	2	2
½ cup steamed broccoli	48	8	4	0
Total	312	37	29	4

MEAL 6	Calories	Carbs (g)	Protein (g)	Fat (g)
1 9-inch tortilla	131	23	3	3
3 oz. grilled chicken breast	96	0	21	1
1 slice fat free cheese	28	2	5	0
2 T salsa	10	2	0	0
1 cup diced green peppers	28	6	0	0
Total	293	33	29	4

Here's a few other foods that can be incorporated/substituted:



Proteins	Carbohydrates
Chicken breast	Potatoes
Soy Protein patties – soy based meats	Sweet potatoes
Turkey breast	Yams
Ground turkey	Fruits – strawberry, melon, orange, apple
Salmon	Bread – (preferably whole wheat)
Swordfish	Any rice
Tuna	Pasta
Lean ham	Oatmeal
Egg whites or egg beaters	Barley
Low fat cottage cheese or skim milk	Beans
Whey protein, soy, rice protein powders	Vegetables

Part 2: Calorie Specific Lean Body Diet Plan Alternative To Six Meal Plan - 1750

As a complement to the Lean Body Six Meal Diet Plan, I have provided a practical example of how to obtain the same lean effects when meal preparation becomes impractical from a lifestyle or scheduling perspective. This example is not meant to be all inclusive. Its purpose is to help you become aware of how to create substitutions that add convenience and practicality when needed yet maintain the concept of eating six small "meals" throughout the day.

The meal alternative below is calorie aligned to the six-meal plan totaling 1,750 calories per day or roughly 292 calories per meal.

Meal 1: 300 calories - Protein Shake (Blend 1 & 1/4 scoops of whey protein powder with 1 C of 1% milk and 1 small banana).

Meal 2: 277 calories - Half turkey sandwich with a low carbohydrate yogurt. (One slice whole grain bread with four slices of turkey, 1/2 T ketchup, 1/2 T mayo, 2 pieces of romaine lettuce and 4 oz of non-fat plain yogurt).

Meal 3: 285 calories - Protein Shake (Blend 1 scoop of rice protein powder with 1 C of vanilla soy milk, and 1 of a medium apple).

Meal 4: 287 calories - A mixed green salad with chicken and brown rice. (1.5 C mixed green salad with 1 hard-boiled egg white with 1/2 T of oil and vinegar salad dressing, 3 oz grilled chicken breast and 1/2 C cooked brown rice).

Meal 5: 309 calories - Protein Shake (Blend 1 and 1/4 scoop of egg protein powder, with 1 C of 1% milk plus 1/2 C water).

Meal 6: 297 calories - Grilled chicken with mixed green salad and baked sweet potato. (Small mixed green salad with egg white with 1 T oil and vinegar salad dressing, 3 oz chicken breast, 1 medium sweet potato).

Note: Results from the Lean Body Diet can be further enhanced with an exercise program. If you are exercising, it is advised to exercise at least one and a half to two hours after a meal. Then to ensure healthy recovery of muscle tissue, it is recommended to consume the next meal within one hour after your workout.