

# Lean Diet Plan

## LEAN DIET PLAN

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)

## BREAKFAST OPTION

Breakfast Option

- ☐ Scrambled eggs with spinach, whole-grain toast, and a piece of fruit
- ☐ Greek yogurt with berries and a sprinkle of nuts and seeds

## MID-MORNING SNACK OPTION

Mid-Morning Snack Option

- ☐ A small handful of almonds    ☐ A piece of fruit or carrot sticks with hummus

## LUNCH OPTION

Lunch Option

- ☐ Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and olive oil dressing
- ☐ Quinoa bowl with black beans, corn, avocado, and grilled vegetables

## AFTERNOON SNACK OPTION

Afternoon Snack Option

- ☐ Cottage cheese with pineapple chunks    ☐ Whole grain crackers with turkey slices

## DINNER OPTION

Dinner Option

- ☐ Baked salmon with steamed broccoli and brown rice    ☐ Stir-fried tofu with mixed vegetables and a side of quinoa

## EVENING SNACK OPTION (OPTIONAL)

Evening Snack Option (optional)

- ☐ A small apple with a tablespoon of almond butter    ☐ A few slices of cucumber with a slice of cheese

Monday Breakfast

Monday Mid-Morning Snack

Monday Lunch

Monday Afternoon Snack

Monday Dinner

Monday Evening Snack

Notes on allergies and preferences