



## Pre-structured Diet Plan - 2500

### Lean Body *Plus Muscle Mass* - Overview & Content

This 2,500 calorie diet plan has two parts:

Part 1. A calorie specific plan for individuals who prefer to consume foods only – no shakes etc.

Part 2. A calorie specific lean body diet plan alternative to six meals with foods.

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#### Part 1: Overview - Lean Body Diet Plan

- 12 week diet plan.
- Regimented - strict adherence to specified total daily caloric intake for maximal results.
- Specially designed with right mix of carbs, protein and fat for optimal body function.
- Obtain starting weight (body fat % will decrease when plan is strictly followed).
- Observe how your clothes fit over time, not just the size, to monitor results.

#### Part 1: Principles & Critical Components to Success:

- 6 small, frequent meals per day are recommended to support metabolism for optimal hormone balance and lean body development.
- Start early in the morning.
- Consume a mix of carbohydrates and protein at each meal (see Tables below).

#### Reader's Note:

*Lower calorie diet plans often produce fast results, but may be harder to adhere to due to such restriction, meaning you may feel hungry. You can start with the least aggressive plan and then accelerate your lean body transformation by choosing a lower calorie Lean Body Diet Plan if, and only if, you are able to tolerate the calorie restriction. 1,000 calories per day is the lowest recommended because drastic weight loss diets with extreme caloric restriction may be detrimental to one's health and well-being on a clinical level. This diet is given freely with the understanding that the author is not engaged in rendering medical, health, or any other kind of person professional services. Readers should consult their medical, health or other competent professional before adopting any suggestions in this plan. The author specifically disclaims all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this meal plan.*

## Lean Body *Plus Muscle Mass* Diet Plan - 2500 total daily calorie intake

| <b>MEAL 1</b>            | <b>Calories</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> | <b>Fat (g)</b> |
|--------------------------|-----------------|------------------|--------------------|----------------|
| 5 egg whites             | 85              | 0                | 20                 | 0              |
| 2 slices fat free cheese | 56              | 4                | 10                 | 0              |
| 2/3 cup instant oatmeal  | 204             | 36               | 8                  | 4              |
| 1 medium banana          | 90              | 20               | 2                  | 0              |
| <b>Total</b>             | <b>435</b>      | <b>60</b>        | <b>40</b>          | <b>4</b>       |

| <b>MEAL 2</b>                 | <b>Calories</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> | <b>Fat (g)</b> |
|-------------------------------|-----------------|------------------|--------------------|----------------|
| 6 oz. chicken breast          | 187             | 0                | 38                 | 3              |
| 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              |
| <b>Total</b>                  | <b>403</b>      | <b>32</b>        | <b>46.5</b>        | <b>7</b>       |

| <b>Meal 3</b>            | <b>Calories</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> | <b>Fat (g)</b> |
|--------------------------|-----------------|------------------|--------------------|----------------|
| 6 oz. sliced deli turkey | 182             | 4                | 30                 | 5              |
| 2 slices fat free cheese | 56              | 4                | 10                 | 0              |
| 1 piece bread            | 90              | 17               | 3                  | 1              |
| 2 slices tomato, lettuce | 20              | 5                | 0                  | 0              |
| 1 T fat free mayo        | 12              | 3                | 0                  | 0              |
| 1 cup strawberries       | 48              | 12               | 0                  | 0              |
| <b>Total</b>             | <b>408</b>      | <b>45</b>        | <b>43</b>          | <b>6</b>       |

| <b>MEAL 4</b>          | <b>Calories</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> | <b>Fat (g)</b> |
|------------------------|-----------------|------------------|--------------------|----------------|
| 4 oz. top round steak  | 240             | 0                | 40                 | 10             |
| 3 oz. baked yam        | 91              | 21               | 2                  | 0              |
| ½ cup steamed broccoli | 48              | 8                | 4                  | 0              |
| ½ slice bread          | 45              | 8                | 1.5                | 0.5            |
| <b>Total</b>           | <b>424</b>      | <b>37</b>        | <b>47.5</b>        | <b>10.5</b>    |

| <b>MEAL 5</b>               | <b>Calories</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> | <b>Fat (g)</b> |
|-----------------------------|-----------------|------------------|--------------------|----------------|
| 6 oz. cooked chicken breast | 196             | 0                | 40                 | 4              |
| 4 oz. baked potato          | 134             | 28               | 3                  | 0              |
| 1 T sour cream              | 32              | 1                | 2                  | 2              |
| ½ cup steamed broccoli      | 48              | 8                | 4                  | 0              |
| <b>Total</b>                | <b>410</b>      | <b>37</b>        | <b>49</b>          | <b>6</b>       |

| <b>MEAL 6</b>                | <b>Calories</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> | <b>Fat (g)</b> |
|------------------------------|-----------------|------------------|--------------------|----------------|
| 1 9-inch tortilla            | 131             | 23               | 3                  | 3              |
| 6 oz. grilled chicken breast | 196             | 0                | 40                 | 4              |
| 2 slices fat free cheese     | 56              | 4                | 10                 | 0              |
| 2 T salsa                    | 10              | 2                | 0                  | 0              |
| 1 cup diced green peppers    | 28              | 6                | 0                  | 0              |
| <b>Total</b>                 | <b>421</b>      | <b>35</b>        | <b>53</b>          | <b>7</b>       |

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



| <b>Proteins</b>                         | <b>Carbohydrates</b>                      |
|---|---|
| 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 *Plus Muscle Mass* Diet Plan Alternative To Six Meal Plan - 2500**

As a complement to the Lean Body *Plus Muscle Mass* 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 2,500 calories per day or roughly 417 calories per meal.

**Meal 1: 419 calories** - Protein Shake (Blend two scoops of whey protein powder with 1 and 1/2 C of 1% milk and 1 small banana).

**Meal 2: 409 calories** - Turkey sandwich with a low carbohydrate yogurt. (Two slices of whole grain bread with four slices of turkey, 1/2 T ketchup, 1/2 T mayo, 2 pieces of romaine lettuce and 6 oz of on-fat plain yogurt).

**Meal 3: 430 calories** - Protein Shake (Blend two scoops rice protein powder with 1 and 1/2 C of vanilla soy milk, and 1 of a medium apple).

**Meal 4: 400 calories** - A mixed green salad with chicken and brown rice. (1.5 C mixed green salad with 1 hard-boiled egg white with 1 T of oil and vinegar salad dressing, 4 oz grilled chicken breast and 3/4 C cooked brown rice).

**Meal 5: 405 calories** - Protein Shake (Blend 1 and 1/2 scoop of egg protein powder, with 1 and 1/2 C of 1% milk plus 1/2 C water).

**Meal 6: 423 calories** - Grilled chicken with mixed green salad and baked sweet potato. (Small mixed green salad with egg white with 2 T oil and vinegar salad dressing, 6 oz chicken breast, 1 medium sweet potato).

Note: Results from the Lean Body *Plus Muscle Mass* Diet are being enhanced by your body sculpting/building exercise program. 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.