



Get Lean Diet Plan

Approach this plan as a “choose your own adventure” style of eating. Each meal we will guide you in regards to portion size, and food selection. All you need to do is pick your choice of protein, veggie and fat, allowing you to easily tailor each meal to your own palate.

Each day aim to drink at least 2-3 litres of water.

Upon rising

Morning Ritual:

- 1 glass of luke warm water
- Squeeze of lemon or splash of Apple Cider Vinegar
- ½ teaspoon of salt

1 serve of Trilogy Super Greens Drink

First Meal: Smoothie

- 1 scoop of Hydrolyzed Why Protein
- 1 tablespoon peanut butter
- ½ cup frozen blueberries
- 1 tbsp Psyllium husk
- 1 tbsp slippery elm powder
- 1 tbsp of coconut oil

3-4 Hours Later

Fist size portion of Protein- Choose one of the following:

- 250 grams grilled or baked fish
- 250 grams smoked chicken
- 250 grams baked chicken thighs
- 250 grams Roast Lamb

An abundant serving of Mixed Green Veggies- Choose one of the following:

Any green dark leafy veg

- Zucchini
- Kale
- Broccoli
- Bok Choy
- Cauliflower

- Celery
- Mixed lettuce greens

Each serve of veggies should be at least the size of two fists combined. More is better here. So fill up on your greens.

2 tablespoons of quality fat- Choose one of the following:

- Organic butter
- Cold pressed Extra Virgin Olive oil
- Organic coconut oil

Optional

- Sweet potato or black rice

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2 tablespoons of quality fat- Choose one of the following:

- Organic butter
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- Organic coconut oil

Optional

- Sweet potato or black rice

Afternoon Snack

1 large glass of water with a serve of Trilogy Super Greens Drink

Portion of Protein- Choose one of the following:

- 200 grams smoked salmon
- 2 hard boiled eggs
- 200 grams smoked chicken

- 200grams free range ham
- 1-2 pieces of fruit
- Accompany your protein with some crunchy veggies- carrot sticks, celery sticks, capsicum sticks etc

Good source of fat: choose one of the following:

- 1-2 Tablespoons of Coconut Oil
- 1 Avocado
- 1-2 Tablespoons of Peanut Butter

Dinner 5:30/6pm

Fist size portion of Protein- Choose one of the following:

- 250 grams grilled or baked fish
- 250 grams smoked chicken
- 250 grams baked chicken thighs
- 250 grams Roast Lamb

An abundant serving of Mixed Green Veggies- Choose one of the following:

Any green dark leafy veg

- Zucchini
- Kale
- Broccoli
- Bok Choy
- Cauliflower
- Celery
- Mixed lettuce greens

Each serve of veggies should be at least the size of two fists combined.

2 tablespoons of quality fat- Choose one of the following:

- Organic butter
- Cold pressed Extra Virgin Olive oil
- Organic coconut oil

Sweet Snack 6:30 – 8.30pm

A serve of one of the following:

$\frac{3}{4}$ cup blueberries

1 apple

1 cup diced paw paw

$\frac{3}{4}$ cup pineapple

Avoid bananas, mangoes and anything really sugary.

Dark Chocolate (85% or above) 2-4 squares

1 tablespoon:

Almond butter or organic peanut butter

Sheeps Yoghurt

Before bed

1 large glass of water with a serve of psyllium husk (2 teaspoons) and a splash of lemon juice or apple cider vinegar.

One Day Per Week:

Have a day each week (Sunday is best), where you don't limit meal frequency or schedule. Just eat whenever and whatever, regular intervals and have more calories than you would on the other days.

Notes

This plan is a not necessarily specific to your needs. It is as such to be treated as a general template for improving your nutrition and obtaining better body composition. If you have a serious health concerns, be sure to consult with a professional (face to face) before making drastic changes.