

LARGE LEAN PLAN

WEEK ONE

NAME: _____

First delivery: Days 1, 2, & 3

Second delivery: Days 4, 5, & 6

DAY 1		CALS	PRO	CARBS	FATS
BREAKFAST	Ain't No Yolk Omelete	260	33	7	10
LUNCH	Muscle Up Meatloaf	590	39	38	31
DINNER	Tex Mex Greens	370	27	25	20
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Dwarf Stars Milk Chocolate Cups (2)	260	4	10	13
		1790	116	106	92

DAY 4		CALS	PRO	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Chef's Vietnamese Chicken	380	40	35	11
DINNER	Be-Fit & Rice	390	38	43	9
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Chicken Salad Snacker	360	28	27	16
		1700	154	136	65

DAY 2		CALS	PRO	CARBS	FATS
BREAKFAST	Balanced Breakfast	420	24	36	20
LUNCH	Killer Beef Enchiladas	430	23	50	13
DINNER	Lemon Pepper Chicken	470	49	37	15
SNACK 1	Cookies & Cream ONE Bar	220	20	23	8
SNACK 2	Berry Parfait	240	15	22	8
		1780	131	168	64

DAY 5		CALS	PRO	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	So Legit Chicken Fingers	460	26	56	8
DINNER	Club Med Chicken	450	49	16	24
SNACK 1	Handfuel Lemon Marcona Almonds	250	10	6	22
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		1860	124	166	76

DAY 3		CALS	PRO	CARBS	FATS
BREAKFAST	The Breakwich	400	21	37	20
LUNCH	Sustain Greens	470	33	32	24
DINNER	Cajun Fit Chicken	420	50	43	7
SNACK 1	Food Glow Just Brew It Donut	260	8	5	25
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		1800	131	145	83

DAY 6		CALS	PRO	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	19	28	14
LUNCH	Fired Up Tandoori Chicken	500	29	48	19
DINNER	Garden Bowl	480	39	58	11
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Maple Donut ONE Bar	220	20	23	8
		1880	112	188	59