

SMALL LEAN PLAN

NAME: _____

First delivery: Days 1, 2, & 3

DAY 1		CALS	PRO	CARBS	FATS
BREAKFAST	Balanced Breakfast	290	18	26	13
LUNCH	Canadian Salmon	260	21	29	8
DINNER	Tex Mex	470	33	32	24
SNACK 1	Pumpkin Peanut Butter Bar	310	13	26	18
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		1450	90	135	65

DAY 2		CALS	PRO	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	23	17	10
LUNCH	Killer Beef Enchiladas	330	18	34	12
DINNER	Lemon Pepper Chicken	310	30	25	11
SNACK 1	Thrive Wagyu Beef Bar	130	13	7	5
SNACK 2	Berry Parfait	240	15	22	8
		1270	99	105	46

DAY 3		CALS	PRO	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	Garden Bowl	480	39	58	11
DINNER	Fired Up Tandoori Chicken	300	24	21	14
SNACK 1	Dark Chocolate Dwarf Stars	260	6	10	24
SNACK 2	Veg & Hummus	120	4	22	2
		1480	92	139	65

Second delivery: Days 4, 5, & 6

DAY 4		CALS	PRO	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	Very Veggie Spaghetti	270	14	42	6
DINNER	Chef's Vietnamese Chicken	300	26	32	9
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		1260	89	133	45

DAY 5		CALS	PRO	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	Be fit and Rice	250	32	26	4
DINNER	Cajun Fit Chicken	290	30	13	14
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Food Glow Currently Too Legit	290	9	10	25
		1390	97	127	62

DAY 6		CALS	PRO	CARBS	FATS
BREAKFAST	The Breakwich	400	21	37	20
LUNCH	Sustain Greens	470	33	32	24
DINNER	So Legit Chicken Fingers	240	15	29	4
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Cookies & Cream ONE Bar	220	20	23	8
		1450	93	143	58