



Pre-structured Diet Plan - 1000

Lean Body - Overview & Content

This 1,000 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.

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. 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 Diet Plan - 1000 total daily calorie intake (~167 cal per meal)

MEAL 1	Calories	Carbs (g)	Protein (g)	Fat (g)
3 egg whites	45	0	12	0
Slice fat free cheese	28	2	5	0
½ packet instant oatmeal	55	12	2	1
½ medium banana	45	10	1	0
Total	173	24	20	1

MEAL 2	Calories	Carbs (g)	Protein (g)	Fat (g)
2 oz. chicken breast	65	0	13.5	1.5
¼ cup brown rice	42	8	2	0
¼ cup vegetables	12	2	1	0
1 tsp. extra virgin olive oil	42	0	0	4
Total	161	10	16.5	5.5

MEAL 3	Calories	Carbs (g)	Protein (g)	Fat (g)
2 thin slices deli turkey	40	0	8	1
1 piece 7-grain bread	90	15	3	1
1 slice tomato, lettuce	10	2	0	0
½ T. fat free mayo	6	1.5	0	0
¼ cup strawberries	12	3	0	0
Total	158	21.5	11	2

MEAL 4	Calories	Carbs (g)	Protein (g)	Fat (g)
1.5 oz. top round steak	90	0	15	3
½ baked yam	60	14	1	0
¼ cup steamed broccoli	12	2	1	0
Total	162	16	17	3

MEAL 5	Calories	Carbs (g)	Protein (g)	Fat (g)
½ can tuna fish (in water)	70	0	13	2
½ medium baked potato	55	12	2	0
½ T sour cream	16	0.5	1	1
¼ cup steamed broccoli	25	4	2	0
Total	166	16.5	18	3

MEAL 6	Calories	Carbs (g)	Protein (g)	Fat (g)
1 6-inch tortilla	80	13	2	2
1 oz. grilled chicken breast	32	0	7	0.5
1 slice fat free cheese	28	2	5	0
2 T salsa	10	2	0	0
½ cup diced green peppers	14	3.5	0	0
Total	164	20.5	14	2.5

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



Proteins	Carbohydrates
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 Diet Plan Alternative To Six Meal Plan - 1000

As a complement to the Lean Body 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 1000 calories per day or roughly 167 calories per meal.

Meal 1: 151 calories - Protein Shake (Blend 1/2 scoop of whey protein powder with 1/2 C of 1% milk and 1/2 of a medium banana).

Meal 2: 171 calories - Half turkey sandwich (One slice whole grain bread with two slices of turkey, 1/2 T ketchup, 1/2 T mayo, and 2 pieces of romaine lettuce).

Meal 3: 169 calories - Protein Shake (Blend 1 scoop of protein powder with 1/2 C vanilla soy milk, and 1/4 of a medium apple).

Meal 4: 166 calories - A mixed green salad with chicken and brown rice. (Small mixed green salad with egg hard-boiled egg, 2oz grilled chicken breast and 1/4 C cooked brown rice).

Meal 5: 158 calories - Protein Shake (Blend 1/2 scoop of egg protein powder, with 1/4 C 1% milk plus 1/2 C water, with 3oz. non-fat plain yogurt).

Meal 6: 160 calories - Grilled chicken with mixed green salad and baked sweet potato. (small mixed green salad with egg white, 2 oz chicken breast, 1/2 medium sweet potato).

Note: Results from the Lean Body Diet can be further enhanced with an exercise program. If you are exercising, 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.