



Pre-structured Diet Plan - 2200

Lean Body *Plus Muscle Mass* - Overview & Content

This 2,200 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. 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. Users 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 - 2200 total daily calorie intake

MEAL 1	Calories	Carbs (g)	Protein (g)	Fat (g)
4 egg whites	68	0	16	0
Slice fat free cheese	28	2	5	0
2/3 cup instant oatmeal	204	36	8	4
1 medium banana	90	20	2	0
Total	390	58	31	4

MEAL 2	Calories	Carbs (g)	Protein (g)	Fat (g)
5 oz. chicken breast	153	0	33	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
Total	369	32	41.5	7

Meal 3	Calories	Carbs (g)	Protein (g)	Fat (g)
6 oz. sliced deli turkey	182	4	30	5
slice fat free cheese	28	2	5	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
Total	380	43	38	6

MEAL 4	Calories	Carbs (g)	Protein (g)	Fat (g)
4 oz. top round steak	240	0	40	8
4 oz. baked yam	121	28	2.5	0
¾ cup steamed spinach	22	3	1	0
Total	383	31	43.5	8

MEAL 5	Calories	Carbs (g)	Protein (g)	Fat (g)
5 oz. cooked chicken breast	165	0	35	3
4 oz. baked potato	134	28	3	0
1 T sour cream	32	1	2	2
½ cup steamed broccoli	48	8	4	0
Total	379	37	44	5

MEAL 6	Calories	Carbs (g)	Protein (g)	Fat (g)
1 9-inch tortilla	131	23	3	3
5 oz. grilled chicken breast	160	0	35	3
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
Total	385	35	48	6

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 *Plus Muscle Mass* Diet Plan Alternative To Six Meal Plan - 2200

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 2,200 calories per day or roughly 367 calories per meal.

Meal 1: 364 calories - Protein Shake (Blend two scoops of whey protein powder with 1 C of 1% milk and 1 small banana).

Meal 2: 377 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 4 oz of non-fat plain yogurt).

Meal 3: 380 calories - Protein Shake (Blend two scoops of rice protein powder with 1 C of vanilla soy milk, and 1 of a medium apple).

Meal 4: 370 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, 3 oz grilled chicken breast and 3/4 C cooked brown rice).

Meal 5: 350 calories - Protein Shake (Blend 1 and 1/2 scoop of egg protein powder, with 1 C of 1% milk plus 1/2 C water).

Meal 6: 357 calories - Grilled chicken with mixed green salad and baked sweet potato. (Small mixed green salad with egg white with 1 T oil and vinegar salad dressing, 5 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.