

WEEKS 1-4 DIETARY BASE

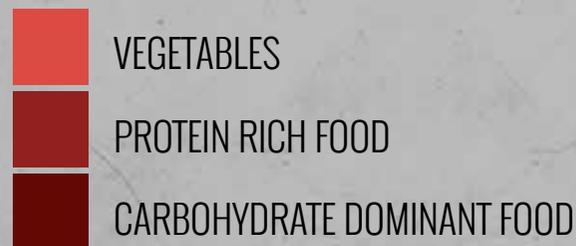
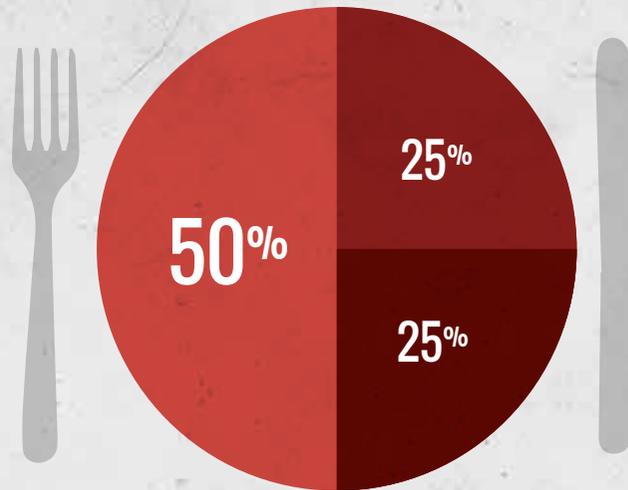
PLAN PRINCIPLES

WEEKS 1 TO 4 FOCUS ON GETTING YOUR BASE DIET RIGHT. YOU SHOULD BE AIMING TO SPREAD YOUR CALORIES ACROSS THE DAY OVER SMALL REGULAR MEALS, EATING EVERY 2 TO 3 HOURS.

For your plated meals see the diagram to the right. Your protein rich food choice (e.g. beans, fish, meat) should be fist sized represented by the diagram, your carbohydrate rich food choice should also be a fist sized portion and your vegetables should be a 2 x fist size portion.

Don't snack outside of the plan and ensure you don't add calories through milky drinks such as Latte's. Instead choose an Americano and add a small amount of milk.

MEAL OVERVIEW



WHAT YOU'LL NEED



20 SERVINGS OF
PROMAX LEAN

1 TUB



24 PROMAX
LEAN BARS

2 BOXES OF 12

LEAN DEFINITION MEAL PLAN



WEEKS 1-4 DIETARY BASE

	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	EVENING MEAL
MON	Porridge oats (not instant) made with semi-skimmed milk, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of chicken (1 breast), sliced tomato, green salad with houmous on wholegrain bread.	PROMAX LEAN BAR	Salmon Fillet, green vegetables, carrots, wild/basmati rice
TUE	Full fat Greek yoghurt (120g) with 1 banana and a handful of blueberries	PROMAX LEAN BAR	Tuna, Mushroom, Parsley and lemon stuffed wholegrain pitta bread (wholegrain)	Sushi 6 Pack	Chicken breast (100g), tomato based sauce, 1/2 jacket potato and vegetables
WED	Scrambled egg (2 eggs) on 1 piece of wholegrain toast	PROMAX LEAN	Feta cheese salad with light balsamic vinegar. 1 piece of fruit.	PROMAX LEAN BAR	Oven cooked sea bass/cod fillet with green vegetables and wild rice or quinoa
THU	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN BAR	Sardines (drained) with brown/wild rice (fist sized portion) and salad (pre-prepared and transported in a sealed sandwich box	2 carrots and half a cucumber chopped into sticks with 2 tablespoons houmous and 1 piece of fruit	Spicy Seasoned chicken breast (100-120g) with mixed vegetables and couscous
FRI	Wholegrain cereal with semi-skimmed milk and 1 piece of fruit.	PROMAX LEAN	Fresh prawns (fist sized portion) with green salad including spinach, avocado and carrots & rice. Follow with a small handful of red berries or an orange	PROMAX LEAN BAR	Mixed beans & vegetables in a Spaghetti Bologna sauce with 80g wholegrain spaghetti.
SAT	Porridge oats (not instant) made with semi-skimmed milk or water, with a handful of chopped fruit or berries to accompany or sprinkled on top.	PROMAX LEAN	Breast of turkey (1 breast) and green salad with avocado on wholegrain bread	PROMAX LEAN BAR	120g Sirloin steak with mushrooms, sweet potato and mixed vegetables
SUN	2 x Poached eggs on 1 slice wholegrain bread	PROMAX LEAN	Choose your own meal: approx nutritional value: 300 kcal, 30g carb, 20g protein, 5g fat.	Choose your own snack: approx nutritional value: 230kcal, 10g protein, 40g carb, 3g fat	Roast with 150g white breast meat, vegetables and a sweet jacket potato