

# Lean Up for Men |

## WORKOUT DAY

### Breakfast

2 whole eggs  
2 egg whites  
½ cup oatmeal  
1 gram omega-3 fish oil

### Snack

6 oz 2% plain Greek yogurt  
1 tbsp ground flaxseed

### Lunch

½ cup faro, Quinoa, brown rice  
4-5 oz grilled chicken breast  
½ cup black beans  
1 cup mixed greens  
½ avocado

### Pre-workout

½ banana  
½ scoop Whey protein  
Small handful mixed nuts  
5 grams BCAA

### Post-Workout

1 scoop Whey Protein  
8 oz coconut water  
8 oz water  
1 gram omega-3 fish oil  
10 grams BCAA

### Dinner

6-8 oz sirloin steak  
1-2 cup(s) broccoli  
1 5-6oz (*medium*) sweet potato

### Bedtime Snack

4 egg whites  
1 oz mixed nuts (*Brazil, Almond, Walnuts*)

## NON-WORKOUT DAY

### Breakfast

4-6 oz lean ground turkey  
1 oz mixed nuts  
1 gram omega-3 fish oil

### Snack

½ cup oatmeal  
1 tbsp ground flaxseed  
4 egg whites

### Lunch

4-6 oz low sodium lunch meat  
2 cups mixed green salad  
¼ cup fresh berries  
2 tbsp oil / vinegar mix  
1 gram omega-3 fish oil

### Snack

1 scoop mixed protein  
1 tbsp fresh ground nut butter  
2 cups unsweetened vanilla almond milk

### Dinner

6-8 oz salmon  
15-20 asparagus

### Bedtime Snack

1 cup low-fat cottage cheese  
2 tbsp fresh salsa

