

# Lean Up for Men II

## WORKOUT DAY

### Breakfast

2 whole eggs  
4 egg whites  
1 piece of gluten free toast  
1 gram omega-3 fish oil

### Snack

15 grams Whey Protein  
1 small apple  
2 tbsp nut butter

### Lunch

½ cup gluten free pasta  
4-6 oz grilled chicken breast  
2 cup mixed greens  
2 tbsp oil / vinegar mix  
¼ cup roasted red bell peppers  
1 gram omega-3 fish oil

### Pre-workout

¼ cup oatmeal  
15 grams whey protein  
5 grams BCAA

### Post-Workout

20 grams whey protein  
8 oz coconut water  
8 oz water  
1 gram omega-3 fish oil  
5 grams BCAA

### Dinner

⅓-½ lb lean grass-fed beef  
2 cups asparagus  
1 5-6oz (*medium*) sweet potato

### Bedtime Snack

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

## NON-WORKOUT DAY

### Breakfast

4-6 oz lean organic chicken  
1 oz mixed nuts  
1 gram omega-3 fish oil

### Snack

¼-½ cup oatmeal  
1 tbsp ground flaxseed  
4 egg whites

### Lunch

4-6 oz diced chicken breast  
1 cup diced broccoli  
2 cup mixed greens  
2 tbsp oil / vinegar mix  
1 gram omega-3 fish oil

### Snack

6 oz 2% organic Greek yogurt  
1 oz raw almonds

### Dinner

6-8 oz white fish (*Mahi-Mahi, Tilapia, Cod*)  
½ lemon  
1 cup shredded cabbage  
2 corn tortillas  
¼ cup pico de gallo  
½ avocado sliced  
1 g omega-3 fish oil

### Bedtime Snack

8 oz chocolate muscle milk light  
1 oz mixed nuts (*Brazil, Almonds*)

