

Lean Up for Women II

WORKOUT DAY

Breakfast

1 whole egg
1 egg white
1 small slice gluten-free toast
½ oz mixed nuts (*almonds, walnuts*)
1 gram omega-3 fish oil

Snack

10 grams whey protein
½ small apple
1 tbsp nut butter

Lunch

3-4 oz grilled chicken breast
1 cup diced broccoli
¼ cup gluten free pasta
¼ cup roasted red bell peppers
1 tbsp oil / vinegar mix
1 gram omega-3 fish oil
½ oz mixed nuts (*almonds, walnuts*)

Pre-workout

10 grams whey protein
5 grams BCAA

Post-Workout

15 grams whey protein
8 oz coconut water
8 oz water
1 tsp organic honey
1 gram omega-3 fish oil
5 grams BCAA

Dinner

¼ lb lean grass-fed beef
1 cups asparagus
1 3-4oz (*small*) sweet potato

Bedtime Snack

2 egg whites
½ oz mixed nuts (*almonds, walnuts*)

NON-WORKOUT DAY

Breakfast

3 oz lean organic chicken
1 oz mixed nuts (*almonds, walnuts*)
1 gram omega-3 fish oil

Snack

¼ cup oatmeal
1 tbsp ground flaxseed
2 egg whites

Lunch

3-4 oz diced chicken breast
2 cups mixed greens
1 tbsp oil / vinegar mix
1 gram omega-3 fish oil
½ oz mixed nuts (*almonds, walnuts*)

Snack

6 oz 2% organic Greek yogurt

Dinner

3-4 oz white fish (*Mahi-Mahi, Tilapia, Cod*)
½ lemon
½ cup shredded cabbage
1 whole grain corn tortillas
2 tbsp pico de gallo
¼ avocado
1 g omega-3 fish oil

Bedtime Snack

10 g protein
½ oz mixed nuts (*almonds, walnuts*)

