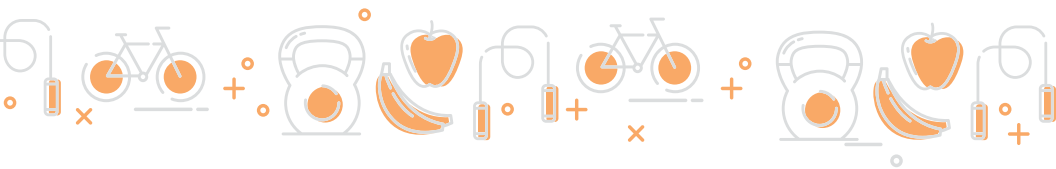




Lean³⁰[®]

DAILY GUIDE



WELCOME TO Lean30[®]

Congratulations on taking the first step toward a stronger, healthier, and more confident you. We are thrilled to support you as you begin your body composition journey and work toward becoming the best version of yourself. Get ready to unlock your full potential.

At IDLife, we believe improving body composition is about far more than the number on a scale. It's about building lean muscle, supporting healthy fat loss, increasing energy, and creating a body that feels strong, capable, and well-fueled. True transformation comes from a balanced approach—not fad diets or quick fixes.

That's why our program is designed to provide a comprehensive system that combines high-quality supplementation, balanced nutrition, movement, healthy habits, and expert support. We understand that every individual is uniquely designed, and our goal is to help you make progress in a way that fits your body and your lifestyle.

As you move through this program, our focus is helping you create sustainable results that support long-term wellness. You'll learn how to nourish your body with quality foods, fill nutritional gaps with targeted supplements, and build habits that help you feel energized, confident, and in control.

In this guide, you'll find valuable resources including a daily tracker, menu formula, meal planner, delicious recipes, and tools to help you stay consistent. Use these resources to stay focused, measure progress beyond the scale, and celebrate every win along the way.

Remember, meaningful change happens through small, consistent actions repeated over time. Trust the process, stay committed, and know that every positive choice adds up.

Here's to building strength, confidence, and lasting results.

Yours in health and wellness,

IDLife & Your Lean30[®] Coaches

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

What's In the Box?



PROTEIN

Fuel your body with protein that works as hard as you do—20 grams of high-quality protein plus over 2 grams of leucine to help support lean muscle, recovery, and body composition goals.*

energy

Start your day with IDLife Energy – experience sustained energy for 4-6 hours without the crash.*



load

Push your performance with advanced support designed to help amplify strength, endurance, and power so you can train harder and get more from every workout. LOAD also helps support muscle growth, recovery, and reduced post-workout soreness—so you can minimize fatigue, bounce back faster, and keep progressing.*

lean

Build lean muscle and supercharge your metabolism with Lean – our powerful formula for maximum results.*



OPTIONAL!



ESSENTIALS pack

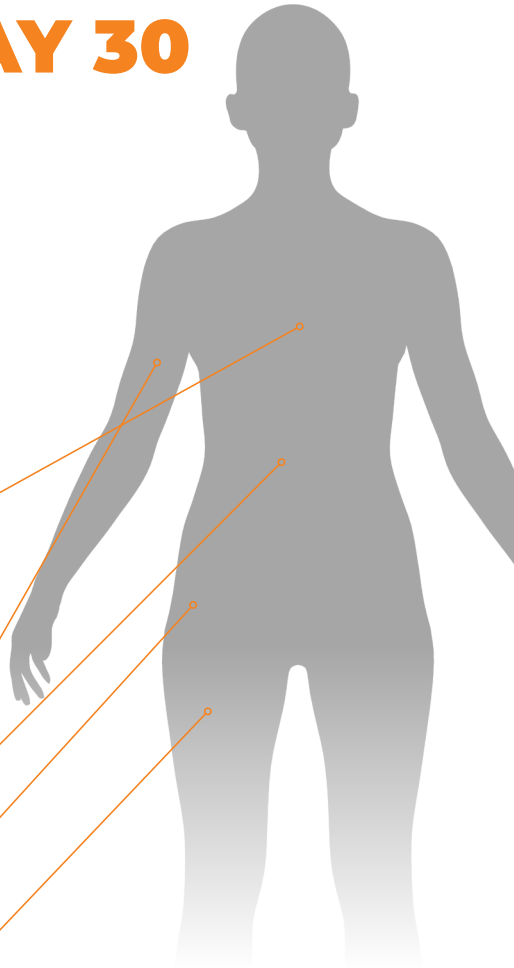
Support your body from the inside out with a complete daily nutrition system designed to help optimize digestion, nutrient absorption, energy production, and cellular health. By supporting gut health, heart and brain function, and metabolism, the Essentials Pack helps create a stronger foundation for consistent daily wellness.*

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Taking Measurements

DAY 1 VS. DAY 30

Taking measurements during a body composition journey is crucial for tracking progress and understanding the true transformation taking place. While scales provide a simple metric, they often fail to reveal the complete picture. Measurements, on the other hand, offer valuable insights into changes occurring within your body.



CHEST

lift up arms, wrap the tape measure around your chest, just above the nipple, and then lower your arms

ARMS (Biceps)

either left of right, but be consistent

WAIST

at the belly button for consistency

HIPS






measure the widest part of your hips

THIGH

left or right, but pick the same spot on your thigh for each measurement

Daily Tracker

SHOOT FOR 80% SUCCESS
check 144 of 180 boxes

DATE	DAY							 Hrs. of Sleep
	01							
	02							
	03							
	04							
	05							
	06							
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	30							

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DAILY WINS



NUTRITION: Ate balanced meals/snacks, controlled portions, and avoided fried foods, refined carbs, sugar, etc.



MOVEMENT: Did at least 30 minutes of movement / fitness

- **Goal:** 3+ active days per week (resistance training, walks, classes, yoga, YouTube workouts, etc.)
- **Step goal:** 8,000–10,000 steps, 3+ days per week



WATER: Met water goal (your body weight ÷ 2 = no. of ounces)



BEVERAGES: Drank IDLife products; avoided alcohol, sugary drinks, etc.



POSITIVE ACTION: Read or listened to something positive, and/or did an act of kindness



IDLIFE: Took IDLife Products: Essential Vitamins, IDLife Protein Smoothie 1x per day (with LOAD), & Lean before dinner



MORNING

- Drank IDLife Energy
- Healthy Breakfast
- **Option:** IDLife PROTEIN Smoothie (counts as your 1 daily meal replacement – see page 10 for recipe)



AFTERNOON

- Healthy Lunch
- If you did not have your PROTEIN Smoothie in the morning, you can have it here (at least one per day)
- **Optional snack:** IDLife PROTEIN Shake



EVENING

- Took 4 Lean before dinner
- Healthy dinner
- Took Essentials Vitamins (PM)



RECORD YOUR HOURS OF SLEEP EACH NIGHT

MEASUREMENTS

DAY 1

DAY 15

DAY 30

WEIGHT

WAIST

CHEST

HIPS

ARMS

THIGHS

ENERGY (1-10)

POSITIVE MOOD (1-10)

Menu Formula

USE **PROTEIN** TO
REPLACE ANY MEAL
(one per day)



 Drink an **energy** before

BREAKFAST

 AM VITAMIN PACK + **1**  PROTEIN + **1**  COMPLEX CARB + **1**  HEALTHY FAT + **1**  VEGGIE

Example:

- Omelette (Protein & Veggie)
- Oats (Complex Carb)
- Peanut Butter (Fat)

Example:

- Eggs (Protein)
- Roasted Sweet Potatoes & Cauliflower (Complex Carb & Veggie)
- Olive Oil - for roasting (Fat)

MORNING SNACK (2-3 hours after breakfast)

1  PROTEIN + **1/2**  COMPLEX CARB or **1**  HEALTHY FAT

Example:

- Tuna (Protein)
- Avocado Mayo (Fat)
- Cucumber (Unlimited Veggie)

Example:

- Chicken (Protein)
- Apple (Complex Carb)

LUNCH (2-3 hours after snack)

1  PROTEIN + **1**  COMPLEX CARB + **1**  HEALTHY FAT + **1**  VEGGIE

Example:

- Chicken (Protein)
- Whole Wheat Pita Wrap (Complex Carb)
- Avocado Mayo (Fat)
- Celery Sticks (Unlimited Veggie)

Example:

- Ground Beef (Protein)
- Black Beans (Complex Carb)
- Salad Greens (Unlimited Veggie)
- Oil Based Dressing (Fat)

AFTERNOON SNACK (2-3 hours after lunch)

1  PROTEIN + 1/2  COMPLEX CARB or 1  HEALTHY FAT

Example:

- Hard Boiled Eggs (Protein)
- Berries (Complex Carb)

Example:

- Fresh Deli Meat (Protein)
- Almonds (Fat)



Take 4 **lean** supplements 1 hr. before

DINNER

1  PM VITAMIN PACK + 1  PROTEIN + 1  HEALTHY FAT + 1  VEGGIE

Example:

- Beef (Protein)
- Asparagus (Unlimited Veggie)
- Grass-fed Butter (Fat)

Example:

- Seasoned Chicken (Protein)
- Broccoli (Unlimited Veggie)
- Olive Oil for cooking (Fat)

WATER RECOMMENDATION

your body weight divided by **2** = ounces of **water** you should drink per day.



1 cup = 8 oz.

FOOD PROPORTION / SIZE RECOMMENDATIONS



1 serving of protein



Serving Size: width and thickness of palm



1 serving of vegetables

Eat all you want!

raw or cooked // leafy greens

What We Eat

A FOOD GUIDE TO HEALTHY EATING HABITS

PROTEINS

Stabilize our blood sugar, push cravings away, help build lean muscle.

Serving Size: width and thickness of palm



- Beef (lean)
- Calamari
- Canadian Bacon
- Canned Tuna
- Chicken
- Clams
- Cottage Cheese (non-fat)
- Crab Meat
- Deli Meat (from butcher)
- Duck
- Eggs (Egg Whites)
- Flounder
- Ground Beef
- Ground Turkey
- Ham
- Lamb
- Lobster
- Milk (skim)
- Pork
- Salmon
- Scallops
- Shrimp
- Soy Beans
- Soy Burgers
- Tuna
- Turkey (Turkey Bacon)
- Veal

- Venison
- Greek Yogurt (non-fat)

CARBOHYDRATES

Give us ENERGY.

Serving Size: either a fist or cupped hand

VEGGIES: Eat all you want!

- Artichoke
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chick peas
- Cucumber
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- Peppers
- Spaghetti Squash
- Tomato
- Zucchini

FRUITS: Serving Size: (fist sized)

- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Strawberries
- Tangerine
- Watermelon



FATS

Help your body absorb nutrition and run effectively.

Serving Size: Thumb

- Almonds
- Almond butter
- Avocado
- Butter (grass-fed)
- Cashews Coconut oil
- Guacamole
- Macadamia nuts
- Mayo (avocado or olive oil)
- Oil-based Dressings
- Olives
- Olive oil
- Peanut butter
- Peanuts
- Pistachios
- Walnuts (chopped)



COMPLEX CARBS: Serving Size: (cupped hand)

- Beans (pinto, black, kidney, lima)
- Carrots
- Corn
- Lentils
- Oatmeal
- Peas (green & black-eyed)
- Potato (white, red or sweet)
- Rice (brown)
- Squash (acorn and butternut)
- Quinoa
- Whole grain bread
- Whole wheat tortilla/pasta



LIMIT these Foods & Beverages...


- Alcohol/wine
- Candy
- Chips
- Creamy sauces/salad dressings
- Cookies
- Fried foods
- Prepackaged/processed foods
- Pastries
- Sodas
- White bread and rice





Recipe Ideas


Use **IDLife PROTEIN Smoothie** to replace any meal or snack 1x a day.


Breakfast

 **IDLIFE PROTEIN SMOOTHIE:**
2 scoops IDLife PROTEIN
(20 grams protein)
12-14 oz water, milk, or almond milk
1 tbsp peanut or almond butter
1-2 Scoops of Load
1 Serving of Healthy Fruits & Vegetables
served with your smoothie or mixed in
Option: Blend with ice for a creamy
texture

 **PANCAKES:**
2 scoops IDLife PROTEIN
1 egg
1 TSP baking powder
Splash of water (depends on consistency
you'd like)
Top with berries and dab of nut butter
of choice

 **PROTEIN POWER OATS:**
1/3 - 1/2 cup of oatmeal + 1 cup water
Microwave for 3 minutes
Add in 1 scoop of IDLife PROTEIN
1 TSP of Chia Seed
1 TSP of cinnamon
1 TSP of turmeric
1 TBSP of flax seed
3/4 cup frozen blueberries
Serve with egg whites topped with salsa


 **AVOCADO TOAST:**
Sourdough toast
Eggs
Avocado
Top with pico


 **SOUTHWEST BOWL:**
Diced potatoes (can buy frozen)
Handful of spinach
Olive oil (for sauteing potatoes and
spinach)
Black Beans
Egg whites
Shredded cheese
Salsa
Avocado
Salt & pepper to taste


Lunch

*Also an excellent
lunch option!*



 **POWER BOWL:**
Chicken breast (4-6 oz)
1/2 cup of brown rice
Handful of spinach
1/2 cup of cucumbers
1/2 cup of diced peppers
1/2 avocado

 **EGG SALAD SANDWICH:**
2 hard-boiled eggs
1/4 cup of plain, non-fat Greek yogurt
1/4 cup of diced onion
1/4 cup of celery
2 slices of whole wheat bread
Pepper and salt to taste

 **TURKEY WRAP:**
Whole wheat tortilla
Turkey (4 oz)
Spinach
Tomato
1/2 avocado
1 slice of watermelon

 **SWEET-N-SAVORY LUNCH:**
1 slice of whole wheat bread - toasted
Top with 1/2 cup of plain, non-fat Greek
yogurt
Top with 1/2 cup of sliced strawberries
Drizzle with 1 TSP honey
1 slice of whole wheat bread - toasted
Top with 1/2 cup cottage cheese
Top with sliced cucumber
Sprinkle with fresh dill

Dinner



COBB SALAD:

2 cups romaine lettuce
 1/2 cup chopped red bell pepper
 1 egg, hard boiled
 1/2 cup grape tomatoes
 1/4 cup cucumber, chopped
 1/2 avocado
 1 slice crispy bacon
 4 oz cooked chicken breast, cubed
 1/4 cup red onion
 2 TBSP sunflower seeds



TACOS:

Lean ground meat of choice
 Cauliflower rice (microwavable bag)
 Salsa
 Cheese
 Bolthouse farm cilantro/ranch dressing
 Diced tomato
 Serve on a bed of lettuce or use lettuce wraps



CHEESEBURGER SALAD:

Lean ground meat of choice
 Cheese
 Pickles
 Lettuce
 Onion
 Tomato
 Mustard
 Bolthouse ranch dressing



CHICKEN STIR FRY: (Yields 2 / Serving 1)

3 trimmed chicken breast cut into 1 inch cubes
 Salt & pepper
 Garlic powder
 2 TBSP honey
 Liquid amino acids (Braggs brand found by the Soy Sauce)
 Bag of frozen stir fry veggies
 Bag of frozen cauliflower rice
 Cook chicken in olive oil, honey and 2 TBSP liquid aminos. Prepare other microwave veggies. Season veggies to taste and add a little more liquid amino if desired. Combine veggies with chicken.

Snacks

Protein + Fat Examples - Be mindful of your serving size and have fun with seasonings.

- Grilled chicken with guacamole
- Hard boiled eggs & walnuts
- Turkey slices rolled & dipped in tahini
- Chicken salad (shredded chicken, avocado mayo, celery, and seasonings)
- Celery sticks with nut butter and hard-boiled egg whites
- Turkey roll up (deli turkey with avocado and salsa rolled up)
- Protein salad (diced cucumbers, diced cherry tomatoes, diced deli meat with olive oil and fresh cracked pepper)


Protein + 1/2 Complex Carb Examples - be mindful of your serving size and have fun with seasonings.

- Non-fat Greek yogurt with berries
- Fresh deli meat on a Wasa cracker
- Open faced tuna sandwich
- Non-fat cottage cheese with pineapple or strawberries
- Fresh deli meat and an unsalted rice cake
- Apple and hard-boiled egg
- Turkey roll ups (deli turkey with red or yellow peppers and hummus)
- Mini burrito (ground beef, small tortilla, diced peppers)
- Steamed edamame and berries

SCAN THE CODE FOR MORE DELICIOUS RECIPES!




Meal Planner


	energy	BREAKFAST	MORNING SNACK	LUNCH
	Drink 1 Before Breakfast 	AM Vitamin Pack + 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggie OR 1 IDLife PROTEIN	2 - 3 hours after Breakfast 1 Protein ½ Complex Carb OR 1 Protein 1 Healthy Fat	2 - 3 hours after Snack 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggie OR 1 IDLife PROTEIN
DAY 1 DATE:				
DAY 2 DATE:				
DAY 3 DATE:				
DAY 4 DATE:				
DAY 5 DATE:				
DAY 6 DATE:				
DAY 7 DATE:				
DAY 8 DATE:				

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DAY 9 DATE:				
DAY 10 DATE:				
DAY 11 DATE:				
DAY 12 DATE:				
DAY 13 DATE:				
DAY 14 DATE:				
DAY 15 DATE:				

Meal Planner

	energy	BREAKFAST	MORNING SNACK	LUNCH
	Drink 1 Before Breakfast 	AM Vitamin Pack + 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggie OR 1 IDLife PROTEIN	2 - 3 hours after Breakfast 1 Protein ½ Complex Carb OR 1 Protein 1 Healthy Fat	2 - 3 hours after Snack 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggie OR 1 IDLife PROTEIN
DAY 16 DATE:				
DAY 17 DATE:				
DAY 18 DATE:				
DAY 19 DATE:				
DAY 20 DATE:				
DAY 21 DATE:				
DAY 22 DATE:				
DAY 23 DATE:				

Meal Planner

	energy	BREAKFAST	MORNING SNACK	LUNCH
	Drink 1 Before Breakfast 	AM Vitamin Pack + 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggie OR 1 IDLife PROTEIN	2 - 3 hours after Breakfast 1 Protein ½ Complex Carb OR 1 Protein 1 Healthy Fat	2 - 3 hours after Snack 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggie OR 1 IDLife PROTEIN
DAY 24 DATE:				
DAY 25 DATE:				
DAY 26 DATE:				
DAY 27 DATE:				
DAY 28 DATE:				
DAY 29 DATE:				
DAY 30 DATE:				



CREATING HEALTHY HABITS

My IDLife Lean30® Coach

Name

Email

Phone Number

My IDLife Information

ID Number

IDLife Customer Support: (972) 987-4430 | info@idlife.com

Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. Consult your physician and follow all safety instructions before beginning any exercise program, making dietary changes, or using any supplement or nutritional product. The information on our website is not intended to diagnose or treat any medical condition or to replace the advice of a healthcare professional. The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.



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