



# Lean30<sup>®</sup>

# Meal Planner

**Energy****Breakfast****Morning Snack****Lunch****Slim+****Afternoon Snack****Lean****Dinner**

Drink 1 Before Breakfast



AM Vitamin Pack +  
 1 Protein  
 1 Healthy Fat  
 1 Complex Carb  
 1 Veggie  
 OR  
 1 NurishID

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 NurishID

30 Min. Before Snack



2 - 3 hours after Lunch

1 Protein  
 ½ Complex Carb  
 OR  
 1 Protein  
 1 Healthy Fat

Take 4 1 Hour Before Dinner



PM Vitamin Pack +  
 1 Protein  
 1 Healthy Fat  
 1 Veggie  
 OR  
 1 NurishID

**DAY 1**  
DATE:

**DAY 2**  
DATE:

**DAY 3**  
DATE:

**DAY 4**  
DATE:

**DAY 5**  
DATE:

**DAY 6**  
DATE:

**DAY 7**  
DATE:

**DAY 8**  
DATE:





# Lean30

# Meal Planner

**Energy**

**Breakfast**

**Morning Snack**

**Lunch**

**Slim+**

**Afternoon Snack**

**Lean**

**Dinner**

Drink 1 Before Breakfast



AM Vitamin Pack +

- 1 Protein
- 1 Healthy Fat
- 1 Complex Carb
- 1 Veggies
- OR
- 1 NurishID

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 Veggies
- OR
- 1 NurishID

30 Min. Before Snack



2 - 3 hours after Lunch

- 1 Protein
- ½ Complex Carb
- OR
- 1 Protein
- 1 Healthy Fat

Take 4 1 Hour Before Dinner



PM Vitamin Pack +

- 1 Protein
- 1 Healthy Fat
- 1 Veggies
- OR
- 1 NurishID

**DAY 16**  
DATE:

**DAY 17**  
DATE:

**DAY 18**  
DATE:

**DAY 19**  
DATE:

**DAY 20**  
DATE:

**DAY 21**  
DATE:

**DAY 22**  
DATE:

**DAY 23**  
DATE:



# Lean30

# Meal Planner

**Energy**

**Breakfast**

**Morning Snack**

**Lunch**

**Slim+**

**Afternoon Snack**

**Lean**

**Dinner**

Energy	Breakfast	Morning Snack	Lunch	Slim+	Afternoon Snack	Lean	Dinner
Drink 1 Before Breakfast 	AM Vitamin Pack + 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggies OR 1 NurishID	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 Veggies OR 1 NurishID	30 Min. Before Snack 	2 - 3 hours after Lunch 1 Protein ½ Complex Carb OR 1 Protein 1 Healthy Fat	Take 4 1 Hour Before Dinner 	PM Vitamin Pack + 1 Protein 1 Healthy Fat 1 Veggies OR 1 NurishID

**DAY 24**  
DATE:

**DAY 25**  
DATE:

**DAY 26**  
DATE:

**DAY 27**  
DATE:

**DAY 28**  
DATE:

**DAY 29**  
DATE:

**DAY 30**  
DATE: