



# Lean30<sup>®</sup>

# Meal Planner

energy

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

lean

**Dinner**

Drink 1  
Before  
Breakfast



AM Vitamin Pack +  
1 Protein  
1 Healthy Fat  
1 Complex Carb  
1 Veggies  
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 Veggies  
OR  
1 IDLife PROTEIN

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 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:



# Lean30<sup>®</sup>

# Meal Planner

energy

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

lean

**Dinner**

	Drink 1 Before Breakfast 	AM Vitamin Pack + 1 Protein 1 Healthy Fat 1 Complex Carb 1 Veggies 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 Veggies OR 1 IDLife PROTEIN	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 IDLife PROTEIN
--	---	--	--	--	--	--	--

<b>DAY 9</b> DATE:							
<b>DAY 10</b> DATE:							
<b>DAY 11</b> DATE:							
<b>DAY 12</b> DATE:							
<b>DAY 13</b> DATE:							
<b>DAY 14</b> DATE:							
<b>DAY 15</b> DATE:							



# Lean30<sup>®</sup>

# Meal Planner

energy

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

lean

**Dinner**

Drink 1  
Before  
Breakfast



AM Vitamin Pack +  
1 Protein  
1 Healthy Fat  
1 Complex Carb  
1 Veggies  
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 Veggies  
OR  
1 IDLife PROTEIN

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 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:



# Lean30<sup>®</sup>

# Meal Planner

energy

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

lean

**Dinner**

Drink 1  
Before  
Breakfast



AM Vitamin Pack +  
1 Protein  
1 Healthy Fat  
1 Complex Carb  
1 Veggies  
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 Veggies  
OR  
1 IDLife PROTEIN

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 IDLife PROTEIN

**DAY 24**  
DATE:

**DAY 25**  
DATE:

**DAY 26**  
DATE:

**DAY 27**  
DATE:

**DAY 28**  
DATE:

**DAY 29**  
DATE:

**DAY 30**  
DATE: