



# Lean30<sup>®</sup>

# Menu Formula

USE IDLIFE PROTEIN TO REPLACE ANY MEAL (ONE PER DAY)

## Breakfast (Energy First)

AM Vitamins + 1 Protein + 1 Complex Carb + 1 Healthy Fat + Veggie

### Example:

- Omlette (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 + ½ 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 + 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)

## Mid Afternoon Snack (2-3 hours after lunch)

1 Protein + ½ Complex Carb or 1 Healthy Fat

### Example:

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

### Example:

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

## 4 Lean supplements 1 hour before Dinner

PM Vitamins + 1 Protein + 1 Healthy Fat + Veggie

### Example:

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

### Example:

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