

The GET-LEAN Meal Plan Examples

BREAKFASTS (select one daily):

3 Large Eggs
1 Cup Oatmeal

4 Large Eggs
1 Whole-Wheat English Muffin
1 Tbsp. Peanut Butter

3 Large Eggs
3 Slices Jennie-O extra-lean turkey bacon

4 Large Eggs
1 Whole-grain waffle (Vans)
½ Cup Strawberries

3 Egg Omelet with
¼ cup fat-free cheddar cheese
1 slice whole-wheat toast

MIDMORNING SNACKS (select one):

8 oz. Reduced Fat Greek Yogurt
1 scoop Whey Protein

2 scoops Whey Protein
1 cup oatmeal

½ cup Grape-Nuts Cereal
8 oz. Low-Fat (1%) Milk
2 scoops Whey Protein

6 medium celery stalks
1 tbsp. Natural Peanut Butter
1 scoop Whey Protein

½ can White Tuna in Water
½ cup Low-Fat (1%) Cottage Cheese

4oz. Deli Turkey
6 Whole Wheat Crackers
1 cup Tomato Soup

LUNCH (select one daily):

1 can White Tuna in Water
1 tbsp. Light mayonnaise
1 large Whole-Wheat Pita Pocket
½ cup Lettuce

6oz. Deli Turkey
1 slice Low-Fat (1%) American Cheese
1 Whole-Wheat Pita Pocket

6oz. canned Chicken Breast (Swanson)
2 cups green salad
½ tomato
1 tbsp. Oil/vinegar dressing

Ham Rolls:

10 slices Healthy Choice Low-Fat Deli Ham
¼ cup light Cream Cheese (Philadelphia)
1 medium cucumber

4oz. Deli Roast Beef
½ Avocado
2 cups Green Salad
1 tbsp. Oil/Vinegar Dressing

MIDAFTERNOON SNACK (select one):

4oz. Deli Turkey
2 sticks Light Mozzarella String Cheese

½ can White Tuna in Water
6 Whole-Wheat Crackers
1 cup Tomato Soup

1 scoop Whey Protein
1 medium Banana, 1 cup Pineapple, 1 cup Blueberries

DINNER (select one daily):

9oz. Tilapia
10 Asparagus Spears
2 cups Green Salad
1 tbsp. Oil/Vinegar Dressing

8oz. Top Sirloin
1 cup Green Beans
1 cup Broccoli

Taco Salad:

8oz. Ground Beef or Ground Turkey
½ Black Beans
¼ cup Fat-Free Cheddar Cheese
2 cups Green Salad
1 tbsp. Low-Fat Ranch Dressing

8oz. Chicken Breast
½ cup Quinoa
1 cup Brussels Sprouts

9oz. Salmon
1 cup Zucchini
2 cups Green Salad
1 tbsp. Oil/Vinegar Dressing