

LIVELEAN20
DIET



MEAL PLAN

FOR WOMEN



NOTE:

THIS IS NOT A CUSTOM MEAL PLAN

We can't stress this enough: You need to eat the right amount for **YOUR body size, YOUR goals, and YOUR activity level.**

If you do not eat the correct portions based on these factors you may not get the kind of fitness results you want.

Here's a simple way to calculate your calorie needs:

You want to <u>gain</u> muscle	Your Ideal weight X	17	= the amount of calories you should aim for
You want to <u>maintain</u> your size	Your Ideal weight X	15	= the amount of calories you should aim for
You want to <u>lose</u> fat	Your Ideal weight X	13	= the amount of calories you should aim for

MEAL PLAN GUIDELINES

- This meal plan is based on a **1,600 calorie per day diet**.
- You must *customize* it to **YOUR calorie needs**. If you don't customize you may be disappointed with your results.
- If you don't know how to customize or need help doing so, check out our coaching program at [LiveLeanTV.com/coaching](https://www.LiveLeanTV.com/coaching)
- **IMPORTANT:** You'll get the best results if your calories & macros match your body size, goals and activity level.
- The rationale behind the meal planning is that you have your higher calorie and higher carb meals on **Training Days**, and lower calorie, lower carb meals on **Recovery Days**. Typically we have our highest calorie & carb days on our highest intensity training days, for example a "Leg Day".
- You'll see that cheat day is a **Training Day** and we encourage you to train hard on that day. It's best to save your cheat meal for **AFTER** your training.



- You don't have to follow any specific meal order or timing, except for the post workout shake, which should be consumed within **45 minutes** of your workout ending. Just eat the rest of the meals and snacks whenever you want throughout the day.
- You don't have to workout exactly 5 days per week, some weeks can be 4x, other weeks can be 6x, it's flexible, just follow the training day or rest day meal plans according to whether you train or not. If you're looking for a workout program to follow check out LiveLeanTV.com/store
- Don't be anal. All calorie and macro information is estimated, *don't obsess over the numbers*, just try to stay within the ballpark.
- Enjoy your cheat meals. **Like REAL cheat meals.** We know you know that wheat, dairy, and processed foods aren't good for you, but once per week is not going to do you any damage. This should be a social outing, not you sitting in your basement downing 10 boxes of krispy cream donuts. There should be no leftovers from your cheat meal, if you can't finish it, toss the rest. Have a meal you've been craving, enjoy it to the fullest and then get back on track with the next meal.



TRAINING DAY 1

Eat these meals & snacks in any order at any time of day.



**“CEREAL” & PROTEIN
“MILK”**

28p/41c/11f 375 cals



**CHICKEN FINGERS & BRUSSELS
4 MUSCLES**

41p/8c/9f 277 cals



1/2 Serving

**BUILD YOUR BODY
BURGERS**

20p/19c/19f 321 cals



**GET SHREDDED APPLE
SNACK**

4p/29c/9f 213 cals



**POST-WORKOUT
GAINZ SHAKE**

25p/50c/11f 399 cals

*Drink this immediately post-workout,
whenever your workout happens*

Day Totals: 118p/147c/59f 1,585 cals



TRAINING DAY 2

Eat these meals & snacks in any order at any time of day.



1/2 Serving

THE REAL BREAKFAST OF CHAMPIONS

23p/6c/15f 249 cals



1/2 Serving

SCRAMBLE UP SOME GAINZ

23p/6c/18f 276 cals



NOT YO GRANDMA'S PASTA

41p/54c/20f 560 cals



1/2 Serving

POPCORN NUTS

4p/4c/15f 159 cals



POST-WORKOUT GAINZ SHAKE

25p/50c/11f 399 cals

Drink this immediately post-workout, whenever your workout happens

Day Totals: 116p/120c/79f 1,643 cals



TRAINING DAY 3

Eat these meals & snacks in any order at any time of day.



**THE FAMOUS B.A.S.
(BIG ASS SALAD)**

44p/49c/30f 642 cals



**TURKEY MUFFINS &
BROCCO-RICE**

35p/8c/19f 343 cals



**FAST WOK TO
GAINZVILLE**

43p/20c/9f 329 cals



**POST-WORKOUT
GAINZ SHAKE**

25p/50c/11f 399 cals

*Drink this immediately post-workout,
whenever your workout happens*

Day Totals: 147p/127c/69f 1,713 cals





TRAINING DAY 4

Eat these meals & snacks in any order at any time of day.



**BERRY PALEO
PANCAKES**

13p/38c/24f 420 cals



1/2 Serving

**TUNA PATTIES
& FRIES**

27p/11c/3f 253 cals



**MUSCLE MAKING
MEATBALLS**

40p/22c/38f 590 cals



**POST-WORKOUT
GAINZ SHAKE**

25p/50c/11f 399 cals

*Drink this immediately post-workout,
whenever your workout happens*

Day Totals: 105p/121c/76f 1,662 cals



TRAINING DAY 5

Eat these meals & snacks in any order at any time of day.



1/2 Serving

BERRY PALEO PANGAKES

7p/18c/12f 210 cals



1/2 Serving

THE FAMOUS B.A.S. (BIG ASS SALAD)

22p/25c/15f 321 cals

CHEAT DAY

ENJOY A MEAL OUT



POST-WORKOUT GAINZ SHAKE

25p/50c/11f 399 cals

*Drink this immediately post-workout,
whenever your workout happens*

CHEAT MEAL GUIDE:

- There is no calorie restriction or goal for a cheat meal. It's also not intended to be a Binge. We suggest you eat a "normal" portion for 1 person.
- Enjoy a meal plus maybe one drink or dessert, and then get back on track.
- Make sure you use it to socialize with friends or family. Don't be a hermit.
- Drink extra water to help you flush out the excess salt or sugar you may be consuming so you won't feel all bloated in the morning.

Day Totals (NOT INCLUDING CHEAT MEAL): 54p/93c/38f 930 cals



RECOVERY DAY 1

Eat these meals & snacks in any order at any time of day.



**“CEREAL” & PROTEIN
“MILK”**

28p/41c/11f 375 cals



**CHICKEN FINGERS & BRUSSELS
4 MUSCLES**

41p/8c/9f 277 cals



1/2 Serving

**BUILD YOUR BODY
BURGERS**

20p/19c/19f 321 cals



1/2 Serving

**I-SEA-U GETTING LEAN
TUNA BOWL**

24p/6c/6f 168 cals



**MUSCLE
PUDDING**

25p/50c/11f 299 cals

Day Totals: 131p/106c/56f 1,440 cals



RECOVERY DAY 2

Eat these meals & snacks in any order at any time of day.



THE REAL BREAKFAST OF CHAMPIONS

45p/12c/30f 498 cals



**CHICKEN FINGERS & BRUSSELS
4 MUSCLES**

41p/8c/9f 277 cals



**TURKEY MUFFINS &
BROCCO-RICE**

35p/8c/19f 343 cals



1/2 Serving

**POPCORN
NUTS**

4p/4c/15f 159 cals



**SWEET POTATO PROTEIN
SQUARES**

11p/12c/4f 128 cals

Day Totals: 136p/44c/77f 1,405 cals