



SCULPT MEAL PLANS



FIT BODY
SCULPT

MEAL PLANS

03	Under 135 lbs Tone
20	135–165 lbs Tone
37	Over 165 lbs Tone
54	Under 135 lbs Strength
71	135–165 lbs Strength
88	Over 165 lbs Strength



UNDER 135 lbs

TONE

Meal Plan

Plan #1

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	35g (2/3 c) Honey Bunches of Oats	25g (1 scoop) IdealLean Strawberries n Cream Protein	3/4 c unsweetened almond milk
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Pop Tart any flavor	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		85g pork tenderloin	30g (1/8 small) avocado AND 1 tbsp. light dressing
MEAL 4	1 whole wheat tortilla (80 cal) AND 50g (1/2 small) banana	2 egg whites	24g (1 1/2 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5		85g tilapia	20g feta cheese
MEAL 6	50g (1/4 c) strawberries, sliced	115g (1/2 c) low-fat cottage cheese	

Recipe/Ideas

Plan #1

MEAL 1

Make protein milk cereal with any flavor protein powder and any cereal with 6g of sugar or less per serving. Shake up the milk and protein powder and pour it over your cereal! Get creative with cereals and flavors! Try Cheerios and Chocolate Brownie or Life and Cake Batter or Honey Bunches of Oats and Strawberries 'N Cream! Or, if you prefer a shake, try this recipe:

- Raspberry Cheesecake Shake
- 1 c unsweetened almond milk
- 20g French Vanilla IdealLean Protein (1 scoop)
- 30g Fat free cream cheese
- 60g Frozen raspberries (1/4c)
- 1 1/2 sheets/6 squares low fat graham crackers
- Ice

Blend all ingredients in a blender. Reserve 1 graham cracker square to crumble over the top.

MEAL 2

Remember, including low-fat sugars post workout helps with muscle building and glycogen replenishment! Don't be afraid of this! Feel free to use the sub list if you'd like a healthier carb option. Make your sub in the 200 calorie row. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

- Slow Cooker Chipotle, Honey and Lime Pork
- 2-3lb pork tenderloin roast
- 1/4 c water
- 1 chili chopped (use canned chipotle chilis in adobo sauce)
- 2 medium onions, quartered
- 1 1/2 tsp. salt
- 1 1/2 tsp. pepper

- Sauce:
- 1 chili chopped (use canned chipotle chilis in adobo sauce)
- 1 tbsp. honey
- 2 tbsp. Splenda/Stevia in the raw (optional)
- 1 1/2 tbsp. Worcestershire sauce
- 3 tbsp. lime juice
- 1/3 c reduced sugar ketchup
- 1 tsp. ground coriander

Place 1/4 c water, onions and one chopped pepper into slow cooker. Place the pork tenderloin roast (approx 2-3lbs) in slow cooker and top salt and pepper. Cover and cook on low for six hours.

Remove pork and onions from slow cooker and discard juices. Pull the pork and return it to the crock pot. Combine the sauce ingredients and add to the pork stirring the sauce into the meat. Cover and cook on low for one hour.

My favorite dressing to use with this recipe is Cilantro Avocado yogurt dressing by Bolthouse Farms. Make a salad with free veggies and top with 85g pork, 30g avocado and 1 tbsp. dressing.

MEAL 4

- Monkey Wrap
- 1 whole wheat tortilla (80 cals)
- 24g peanut butter (1 1/2 tbsp.)
- 30g banana (1/4 banana)
- 7g honey (1 tsp.)
- 4g mini chocolate chips
- 2 egg whites

Wrap up the banana, peanut butter, chocolate chips and honey in the wrap. Eat two hard boiled egg whites on the side.

MEAL 5

- Fish Sticks
- 3 tilapia filets (approx 12oz/360g total, raw)
- 2 egg whites, beaten
- 45g panko bread crumbs (3/4 c)
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 25g parmesan cheese (1/4 c)

Preheat oven to 450. Cut each tilapia filets into four "sticks." Season with salt and pepper. In a bowl, beat the egg whites. In a separate bowl, mix bread crumbs, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, then in the panko mixture, pressing the bread crumbs into the fish. Spray a wire rack with cooking spray and lay fish sticks on the wire rack. Bake for 10 minutes. Flip and back for 10 more minutes.

Makes four servings/12 fish sticks. Have three fish sticks as your serving. This can also be made with chicken, if desired.

Tip: Try mixing together two tbsp. mustard, one squirt of sriracha (to taste) and stevia (to taste) as a dipping sauce!

TIP FOR FAMILIES: Buy a bag of frozen french fries from the store to serve to the rest of your family with their fish sticks! Look for one with a small ingredient list without a lot of added oils and preservatives.

MEAL 6

Idea: Try topping your cottage cheese with berries and a little stevia for a sweet treat! You can even stir 1 1/2 tsp. fat-free sugar-free cheesecake pudding powder into your cottage cheese!

Meal Plan

Plan #2

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (1/2 c) oats	1/2 c egg whites	10g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1+ c) Lucky Charms Cereal*	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		1 egg AND 75g chicken breast (OR 115g chicken breast)	30g (1/8 small) avocado AND 1 tbsp. light dressing
MEAL 4	120g (1 medium) banana	27g (1 scoop) IdealLean Protein	1 c unsweetened almond milk AND 8g (1/2 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	60g (1/3 c) white rice	85g chicken breast	
MEAL 6		175g (3/4 c) plain fat-free greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	

Recipe/Ideas

Plan #2

MEAL 1

Pumpkin Cheesecake Overnight Oats

30g oats (1/3 c)
1/3 c almond milk
70g canned pumpkin puree (1/3 c)
22g Greek yogurt cream cheese* (2 tbsp)
10g Vanilla IdealLean Protein** (1/2 scoop)
5g chia Seeds (1 tsp.)
1 packet Stevia in the Raw

Stir together oats and almond milk. In a separate bowl mix the pumpkin and cream cheese well. Stir in 1 packet of stevia, protein powder and chia seeds. Stir the pumpkin mixture into the oats and let sit in the fridge overnight. *If you can't find Greek yogurt cream cheese you can use 22g of fat free cream cheese. **Cake Batter IdealLean Protein is also delicious!

MEAL 2

*Use any cereal of your choice, no matter the sugar content! Post workout sugars are totally fine and beneficial! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Cobb Salad

Cobb Salad
1 hard-boiled egg
1 slice turkey bacon, already cooked
50g chicken breast, already cooked
30g avocado (1/8 avocado)
Romaine lettuce
Green onion, sliced
Tomato, sliced
1 tbsp. light dressing*

Make a big salad with as much romaine lettuce and free veggies as you'd like. Top with a diced hard-boiled egg, the turkey and chicken. I like to use Bolt-house Ranch yogurt dressing or Newman's Own Light Balsamic Vinaigrette dressing. Use 20-25 calories of dressing.

MEAL 6

Lemon Cream Pie Pudding

175g plain fat-free Greek yogurt (3/4 c)
10g Cake Batter IdealLean Protein (1/2 scoop)
4g lemon sugar-free fat-free pudding powder (1 tbsp.)
1 packet stevia

Stir all ingredients together in a small bowl. Let sit in the fridge for about 15 minutes to thicken. French Vanilla IdealLean Protein would also be great. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

MEAL 4

All Greens Smoothie

2/3 c unsweetened almond milk
1/3 c egg whites*
15g French Vanilla IdealLean Protein** (1/2 scoop)
30g (1/8 small) avocado
45g (1 small) kiwi
50g (1/2 small) green apple
60g (1/2 medium) banana
2 handfuls spinach/kale
1/3 cucumber
Ice

Blend all ingredients in a blender! *The egg whites need to be the kind in the carton. These are pasteurized and completely safe to drink raw. They don't have any taste at all but make your smoothie so creamy! If this creeps you out you can do 1 full cup of almond milk and do 12g protein powder in place of the egg whites. **Strawberries n Cream and Pina Colada IdealLean Protein Powder would also be delish!

MEAL 5

Sriracha Chicken Kabobs

Wooden/bamboo skewers
1 tbsp. lite soy sauce
1 tbsp. sriracha sauce
1/4 tsp. ground ginger
1 lb. chicken breast, cut into cubes

Soak wooden skewers in water for 15 minutes to avoid burning them. Mix soy sauce, sriracha sauce and ginger in a small bowl. Put chicken and sauce in a ziplock bag and let marinate for at least 20 minutes. Thread onto skewers and grill until cooked through. (If you don't want to do this chicken as kabobs you can simply marinate and grill the full chicken breast.)

Cilantro Rice

1 c uncooked jasmine rice
2 c water
4 cloves garlic, finely chopped (or 1/2 tsp. garlic powder)
1/4 tsp. salt
1/2 c chopped fresh cilantro

Cook water, rice, salt and garlic in your rice cooker. When it's finished, fluff with a fork and stir in cilantro.

If you don't have a rice cooker, bring the rice, water, salt and garlic to a boil over high heat. Reduce heat to low and cover. Cook for 20 minutes. Remove from heat and let stand, covered, for five minutes. Fluff with a fork and stir in cilantro. (If you prefer to just make plain rice, that is fine).

Measure out 85g cooked chicken and 60g cooked rice for your portion. Serve with a side salad or steamed veggies.

NOTE FOR FAMILIES: This wasn't as spicy as I thought it would be and my kids loved it! You can let kids dip it in ranch dressing to tone the spice down if needed. My family loves Bolthouse Ranch yogurt dressing. I would also serve baby carrots with the ranch.

Meal Plan

Plan #3

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 slice Ezekial Bread* AND 60g (1/2 small) banana AND 7g (1 tsp.) honey AND 12g (2 tbsp.) powdered peanut butter	10g IdealLean Protein (1/2 scoop)	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	6 (1 1/2 sheets)low-fat graham crackers AND 120g (1 medium) banana AND 75g (1/3 c) strawberries	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 whole wheat sandwich thin	55g top round roast OR 55g top sirloin steak	1 low-fat Laughing Cow cheese wedge
MEAL 4	35g hummus*	1 hard-boiled egg	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 small corn tortilla (50 cals)	85g chicken	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #3

MEAL 1

Idea:
Add 1 tbsp. water to the powdered peanut butter (PB2 or PB Fit) and spread over toasted bread. Top with honey and sliced banana. Drink the serving of protein powder with water on the side. *You can use any whole wheat bread that is 80 calories a slice if you can't find Ezekial Bread.

MEAL 2

Caramel Coconut Cookie Bowl
25g Chocolate Coconut IdealLean Protein (or Chocolate Brownie IdealLean Protein) (1 scoop)
3/4 c unsweetened almond milk
3g dark cocoa (or regular cocoa)
1/4 tsp. coconut extract
2 packets stevia
1/2 tsp. xanthan gum (optional--for thickening)
Lots of ice

Toppings:
20g sugar-free caramel ice cream topping/syrup (1 tbsp.)
6 low-fat graham cracker squares (1 1/2 sheets)
8g shredded sweetened coconut
8g mini chocolate chips

Blend the protein powder, almond milk, cocoa, coconut extract, stevia, xanthan gum and ice. Continue adding ice until it's very thick and you have to spoon it out of the blender. Spoon it into a bowl and top with the toppings! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Peperoncini Beef Sandwich
2-3lb top round roast or other roast with 6g of fat or less per serving
1 16oz jar sliced peperoncinis
2 garlic cloves
Salt and Pepper

Salt and pepper your roast and then sear it in a pan pre-heated to medium/high heat on all sides.

Place roast, chopped garlic cloves and jar of peperoncinis (including juice) into your slow cooker and cook over low heat for 6-8 hours. Using two forks pull the roast apart. Store in the fridge until ready to use.

To make your sandwich, spread two light Laughing Cow cheese wedges (35 cals each) on your sandwich thin. Use 55g of cooked roast and any free veggies you'd like to complete your sandwich!

MEAL 4

*Use 80 calories of hummus. Different brands may be different calories so you may have to adjust the amount. I used Sabra brand for calculations. Dip free veggies into your hummus and have your hard-boiled eggs on the side.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Sweet 'n Sour Chicken Take Out
4 boneless skinless chicken breasts, chopped into 1 inch pieces
1/3 c corn starch
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 white or yellow onion, chopped
1 5oz can water chestnuts
1 tbsp. coconut oil

Sauce
1/2 c Splenda or Stevia in the Raw (in the big bag)
1/2 c vinegar
2 tbsp. lite soy sauce
1 tsp.garlic powder
1/2 tsp. onion salt
1/4 c reduced sugar ketchup
1 tbsp. cornstarch + 2 tbsp. cold water

Add stevia, vinegar, soy sauce, garlic powder, onion, salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the 1 tbsp. corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.

Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat the chicken. Drizzle a large pan or skillet with 1 tbsp. coconut oil. Add coated chicken. Saute over medium heat for about five minutes. Add peppers, onions and water chestnuts. Continue to saute over medium heat until chicken is browned and cooked through.

Add sauce to chicken and peppers. Stir to coat well. For your portion, try to pick out and weigh 85g of chicken and then scoop out as many veggies as you'd like. Stir to coat well. Serve warm.

NOTE FOR FAMILIES: Serve with rice!

MEAL 6

Butterscotch Peanut Butter Pudding
175g plain fat-free Greek yogurt (3/4 c)
10g French Vanilla or Cake Batter IdealLean Protein (~1/2 scoop)
4g fat-free sugar-free butterscotch pudding powder (1 tsp.)
16g peanut butter (1 tbsp.)
2 packets stevia

Stir all ingredients together well and let sit in the fridge for 15 minutes to thicken. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

Meal Plan

Plan #4

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 slice Ezekial bread* AND 50g (1/4 c) strawberries	1/2 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10g (2 tbsp.) oats AND 75g (1/2 c) frozen mangos AND 60g (1/3 c) frozen pineapple	25g (1 scoop) Pina Colada IdealLean Protein	1 c unsweetened almond milk
MEAL 3	125g (1/2 medium) sweet potato, weighed raw	85g chicken	2 tbsp. light dressing
MEAL 4	2 plain rice cakes	20g (1 scoop) IdealLean Protein	1 c. unsweetened almond milk
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 small corn tortilla (60 cal)	55g lean ground beef	10g cheddar cheese AND 30g (1/8) avocado
MEAL 6	75g (3/4 medium) banana	30g (1+ scoop) IdealLean Protein	20g (1 1/4 tbsp.) peanut butter

Recipe/Ideas

Plan #4

MEAL 1

French Toast

1 slice Ezekial bread
1/2 c egg whites
50g any berry (1/4c)
Splash Almond milk
Cinnamon
Sweetener

Whisk together egg whites, almond milk, cinnamon and sweetener to taste. Let the bread soak in the eggs for a couple minutes on each side. Cook on a skillet until cooked through. Top with berries and Walden Farms sugar free syrup! If you have left over eggs, scramble them and eat on the side!

Tip: You can make multiple days of this in advance and pop it in the toaster each morning! *You can use any 80 calorie/slice whole wheat bread if you can't find Ezekial bread.

MEAL 2

Idea:

Blend all ingredients with ice in a blender! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Buffalo Chicken Stuffed Sweet Potatoes

Prepare your buffalo chicken as per the recipe below. Microwave your sweet potato for approximately 3-5 minutes until it is soft to the touch. Slice it in half and load it with 85g buffalo chicken. Top with 2 tbsp. of Bolthouse Yogurt Chunky Blue Cheese dressing. You can also use a light ranch, if you'd rather. Use 35 calories of dressing.

Buffalo Chicken

Put four frozen chicken breasts in crock pot and top with one envelope Ranch Dips packet and 3/4 of a 12oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food, try one packet of ranch dip powder and one packet of taco seasoning instead!

MEAL 4

Cinnamon Roll Muscle Muffins

1 c egg whites
1 egg
120g oats (1 1/2 c)
1/2 c Splenda or Stevia in the Raw
115g cottage cheese (1/2 c)
50g applesauce, no sugar added (1/4 c)
25g Cake Batter IdealLean Protein (1 scoop)
1/2 tsp. baking soda
1/2 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla
60g Greek yogurt cream cheese* (5 1/2 tbsp.)

Blend all ingredients except cream cheese in the blender and pour into well greased muffin tins. Press about 5g cream cheese into the batter of each muffin. Sprinkle more cinnamon and some stevia over the tops of the muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have three muffins for your meal. *If you can't find Greek yogurt cream cheese use fat-free cream cheese.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Tacos:

Brown 1lb ground beef (90/10 or leaner). Drain the fat and add one packet of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos using the amounts and foods in the chart to the left.

TIPS FOR FAMILIES: If your kids don't like tacos, try making a "chip" by frying the tortilla in coconut oil and giving them the chip with refried beans and cheese!

MEAL 6

Molten Mug Cake

75g banana (3/4 medium)
1 egg
7g cocoa
2 packets stevia
25g Chocolate Brownie IdealLean Protein (1 scoop)

Blend all ingredients in a blender, not by hand!
Pour into a large mug sprayed with non-stick cooking spray.
Microwave for one minute and then check it. If it doesn't look done, continue cooking in 10 second increments until it is set but still gooey just in the middle. Top with 12g (3/4 tbsp.) peanut butter.

Meal Plan

Plan #5

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	25g (1/4 c) oats AND 40g (1/3 small) banana	1/2 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	30g (3 tbsp.) cream of rice/ wheat AND 12g (2 tbsp.) powdered peanut butter	25g (1 scoop) Chocolate Brownie IdealLean Protein	3/4 c unsweetened almond milk
MEAL 3	1 slice Ezekial bread* AND 50g (1/4 c) blueberries	115g (1/2 c) low-fat cottage cheese	
MEAL 4	20g (3 tbsp.) Bare Naked Granola*	175g (3/4 c) plain fat-free Greek yogurt	8g (1/2 tbsp.) slivered almonds
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	65g (1/3 c) white rice	70g 93/7 ground beef	18g mozzarella cheese
MEAL 6		25g (1 scoop) French Vanilla IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #5

MEAL 1

Chocolate Chip Banana Bread Waffles
80g oats (1 c)
50g French Vanilla IdealLean Protein (2 scoops)
215g banana, very ripe (2 small)
1 1/2 c unsweetened almond milk
1/2 c coconut flour
1 c egg whites
20g mini chocolate chips

Blend all ingredients except chocolate chips in blender. Stir in chocolate chips last.

Pour into greased waffle iron and cook until cooked through.
Makes six waffles. Have one for your serving.

MEAL 2

Idea:
Mix protein powder, 5g cocoa (1 tbsp.), stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 30g of cream of rice or cream of wheat (3 tbsp.) with 3/4 c water and cook according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of rice/wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of rice/wheat. This is one of my favorite breakfasts!

ALTERNATE: You are welcome to match the amount of cream of rice with oats and blend it all into a shake instead. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Toast your bread and top with cottage cheese and berries. *You can use any 80 calorie per slice whole wheat bread if you can't find Ezekial bread.

MEAL 4

Idea:
Sweeten your Greek yogurt with stevia until it tastes as sweet as you like it. Top with granola and nuts! You can use any granola with 8g of sugar or less per serving.

MEAL 5

Cheesy Zucchini Hamburger Casserole
1lb 93/7 ground beef, raw
1 medium onion, chopped (1/2 c)
1/2 tsp. salt
1/8 tsp. pepper
3/4 c uncooked white rice
1 c water
1 medium zucchini, cut into 1/4 inch thick slices (2 c)
1 large tomato, chopped (1 c)
1 can (10.75oz) tomato soup
1 tsp. basil
110g shredded mozzarella cheese
Preheat your oven to 375 degrees. Brown ground beef and onion until beef is cooked through. Drain off the fat and sprinkle with salt, pepper and basil. Place uncooked rice and water in sprayed 9x13 pan and stir. Layer cooked beef, zucchini and tomato over rice.

In a separate bowl mix tomato soup and one can water and pour over casserole.

Cut a piece of foil big enough to loosely cover the dish and spray with non-stick cooking spray. Cover dish with foil, sprayed side down.
Bake 40 minutes. Uncover dish and sprinkle with cheese. Bake uncovered 10-15 minutes longer or until edges are bubbly and cheese is lightly browned. Cut into six servings. Have one serving for your meal.

TIPS FOR FAMILIES: My family loves this recipe without any modifications!

MEAL 6

Butterscotch Peanut Butter Cookie Shake
1 c unsweetened almond milk
4g butterscotch sugar-free fat-free pudding powder (1 tbsp.)
25g French Vanilla or Cake Batter IdealLean Protein (1 scoop)
16g peanut butter (1 tbsp.)
2 shakes salt
Ice
Blend and enjoy!

Meal Plan

Plan #6

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	100g (1 1/2 c) potatoes/hash browns	1/2 c egg whites	8g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	20g (1/4 c) oats AND 75g (1/3 c) strawberries AND 2 tbsp. sugar-free strawberry jam AND 12g (2 tbsp.) powdered peanut butter	20g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	80g (1/2 c) brown rice	55g ground beef (90/10 or leaner)	
MEAL 4	3 plain rice cakes	10g (1/2 scoop) IdealLean Protein	20g (1 1/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g (1/2 small) sweet potato	85g chicken	10g cheddar cheese
MEAL 6	12g pretzels	20g (~1 scoop) IdealLean Protein	12g (3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #6

MEAL 1

Breakfast Hash

600g frozen hashbrowns* (9 c)
3 c egg whites
48g cheddar cheese
Any free veggies you'd like

Spread hash browns and veggies over the bottom of a sprayed 9x13 pan. Top with cheese. Pour the egg whites over the top. Salt and pepper to taste. Bake at 350 degrees for about 45-60 minutes or until cooked through. Top with salsa. Keep this in the fridge all week and heat up as needed. Makes six servings. Have one serving for your meal. *Any brand of hash brown without added oils is fine. Find one with 0g fat and you will be fine.

MEAL 2

Idea:

Blend all ingredients into your shake for a peanut butter and jelly shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

MEAL 4

Chocolate Coconut Balls

100g peanut butter (6 tbsp.)
80g oats (1/2 c)
80g honey (1/4 c)
20g mini chocolate chips
20g unsweetened coconut
40g Chocolate Coconut IdealLean Protein (1 1/2 scoops)
10g cocoa (2 tbsp.)
1/2 tsp. vanilla
Opt: almond milk

Mix all ingredients together. Add almond milk until you can make 12 compact balls. Store in the freezer and let thaw slightly before eating. Have two balls for your serving.

OR

1 IdealLean Protein Bar, any flavor + 1 plain rice cake

MEAL 5

White Chicken Chili

1/2 tbsp. extra virgin olive oil
1 1/2lb boneless chicken, cubed (about 3-4 boneless, skinless breasts)
1 medium onion, diced
3-4 cloves garlic, minced
2 cans Great Northern Beans
1 3.5oz can green chilis
1/2 tsp. cumin
1/2 tsp. dried oregano leaves
1/2 tsp. coriander
1/2 tsp. salt
Fresh cracked pepper
1 lime
1/2 c chopped cilantro
1 32oz box chicken broth
Toppings for your serving only:
10g pepper jack cheese OR 25g avocado
25g plain Greek yogurt

In a large pot, heat olive oil. Add chopped onion and cook for about two minutes, just until it starts to become translucent. While onions are cooking, drain beans and rinse with cold water and set aside. Sprinkle chopped chicken with a little salt and pepper and add to pot. Add garlic as well. Cook until there's no more visible pink on the chicken, probably 3-4 minutes. Then add green chilis, along with all of the juices in the can. Add beans, cumin, oregano, coriander, salt, and a few turns of fresh cracked pepper. Stir to combine and then add chicken broth. If you want a thicker chili add less broth. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 10-15 minutes. Remove from heat and add the juice from one lime and the 1/2 c chopped cilantro. Add salt and pepper to taste.

Makes about 8 cups of soup. Have 1/8 recipe for your serving. Top your bowl with 25g plain fat free greek yogurt and EITHER 10g pepper jack cheese OR 25g avocado. TIPS FOR FAMILIES: Top with avocado, cheese and crushed tortilla chips. We like Tostitos Simply Scoops.

MEAL 6

Candy Bar Fudge

20g Chocolate Brownie IdealLean Protein (1 scoop)
3g dark cocoa (1/2 tbsp.)
1 packet stevia
6g powdered peanut butter (1 tbsp.)
3g honey (1/2 tsp.)
8g peanuts, chopped (1/2 tbsp.)
5g pretzels, chopped
3g mini chocolate chips (approx 18 chips)

Stir protein powder, cocoa, stevia and 1 tbsp. water together until you have a thick brownie batter-like paste. Top batter with peanuts, pretzels and chocolate chips. Mix powdered peanut butter, honey and enough water to make it a consistency you prefer. This is your "caramel nougat" so it can either be a pourable consistency to drizzle over the top or a thicker consistency to chop into the fudge. Pour/chop the powdered peanut butter and honey mixture over the top of the fudge. Freeze for at least 1-2 hours. If you freeze longer than that, thaw the fudge for about 20 minutes before eating.

Meal Plan

Plan #7

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	30g (1/3 c) oats AND 50g (1/4 c) any berry AND 12g (2 tbsp.) powdered peanut butter	15g (~1/2 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Skinny Cow ice cream sandwich	20g (~1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 slice Ezekial bread	1 whole egg AND 1 slice turkey bacon	30g (1/8) avocado
MEAL 4	80 calories of any fruit	70g turkey slices	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla (80 cals)	70g chicken breast	24g cheddar cheese
MEAL 6		115g (1/2 c) low-fat cottage cheese AND 12g (1/2 scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #7

MEAL 1

Idea:
Cook oatmeal according to package directions. Stir in berries and protein powder. Mix one tbsp. water into your powdered peanut butter and drizzle over the top of your oatmeal!

MEAL 2

Idea:
Have your ice cream sandwich with shake on the side! Or you can blend your ice cream sandwich into your shake for a yummy milk shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Cook one egg over easy so the yolk is still a little soft. Meanwhile toast your bread and put slices of avocado and your bacon over the top of your bread. Put the egg on top for an open faced sandwich!

MEAL 4

Ideas for 80 calories of fruit are: 200g peaches (1 large) OR 275g watermelon (2 c) OR 150g pear (1 large) OR 90g banana (1/2 large) OR 250g berries (1 1/2 c)

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Buffalo Chicken Mac
1/2 tbsp. extra virgin olive oil
1 pound (about 2-3) chicken breasts, cut into small bits
2 large carrots, peeled and finely chopped
1 large onion, chopped
5 ribs celery, finely chopped
2 large cloves garlic, finely chopped or grated
1/2 tbsp. smoked paprika
1 bay leaf
Salt and freshly ground black pepper
1 c chicken stock
2-4 tbsp. hot sauce or buffalo sauce, depending on how hot you like it
1/2 15oz can crushed tomatoes
120g whole wheat elbow macaroni, dry
55g pepper jack cheese
65g crumbled blue cheese
1 scallions, thinly sliced

Boil macaroni according to package directions.

Heat the oil in a pan over medium/high heat and brown the chicken bits for about 5-6 minutes. Add carrot, onion, celery, garlic, paprika, bay leaf and salt and pepper. Cook the veggies, stirring frequently, until tender, about 3-4 minutes. Add chicken stock and mix well. Add hot sauce and tomatoes and bring to a simmer. Simmer for 8-10 minutes to thicken.

Stir the pasta into the chicken mixture and pour the mixture into an 8x8 casse- role dish. Sprinkle the cheeses over the top and put under the broiler until the cheeses have melted and the top is golden brown, about 2-3 minutes. Top with sliced scallions. Recipe makes six servings. Eat one serving for your meal.

TIPS FOR FAMILIES: Try adding a little more cheese to their portions. If it's too spicy for the kids you can stir in a little plain greek yogurt to tone it down.

MEAL 6

Peanut Butter Ice Cream
230g low-fat cottage cheese (1 c)
32g peanut butter (2 tbsp.)
25g IdealLean French Vanilla* (1 scoop)
1/4-1/3 c unsweetened almond milk
5-10 ice cubes
1/4 tsp. xanthan gum (optional)
2 packets stevia (optional)

Blend all ingredients in your blender until well mixed. You may need to scrape the sides and blend a few times. If you need to add more almond milk you can but you want this to be THICK! When it's very thick and blended spoon it out of the blender and into two small bowls. Put in the freezer for a couple hours, stirring/chopping it up every hour or so. If it's frozen solid, let thaw for 30 minutes or so before eating. Makes two servings. Eat one serving for your meal.

*Any protein powder flavor is amazing in this recipe!

Meal Plan

Plan #8

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 whole wheat tortilla/wrap (80-100 cals)	1/2 c egg whites	8g cheddar
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10 York Minis OR 150 calories any low-fat candy*	20g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	6 Simply Tortilla Chips*	70g chicken	20g cheddar cheese
MEAL 4	20g (3/4 c) plain Cheerios	1 Dannon Light n Fit Greek yogurt*	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla/wrap (100 cals)	60g chicken breast	30g low-fat mozzarella cheese AND 1 tbsp. light dressing (20 cals)
MEAL 6	25g (5 tbsp.) sugar-free Cool Whip	20g (1+ scoop) IdealLean Protein	3g (1/2 tsp.) coconut oil

Recipe/Ideas

Plan #8

MEAL 1

Idea:
Make a breakfast burrito with your egg whites, cheese and tortilla! You can make these in advance and warm them up each morning if you'd like.

MEAL 2

*Any treat that is under 6g of fat for 150 calories is fine! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Macho Nachos
6 Simply Tortilla Chips by Tostitos*
70g chicken breast
20g cheddar cheese
Pico de gallo, salsa, jalapenos, etc.

You can use chicken that you have left over from another recipe (buffalo chicken would be yummy!) or you can use canned chicken, rotisserie chicken or slow cooked shredded chicken. Lay chips out on your plate and top with chicken and cheese. Warm in the microwave or under the broiler for best results. Top with veggies, salsa, jalapenos, etc. *Use 140 calories of any "simply organic" or baked chip. Triscuit Thin Crips would also be a good option. You get 15 crackers for 130 calories.

MEAL 4

*You can use any 80-100 calorie greek yogurt. Stir your cereal into your yogurt! Have fruit on the side or mix it all together!

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Pizza
1 whole wheat wrap/tortilla (100 cals)
1/3 c pizza sauce
30g low-fat mozzarella cheese
15 slices turkey pepperoni
Any free veggies

Spread pizza sauce over the tortilla and top with cheese, pepperoni and lots of veggies! Bake at 350 degrees until cheese is melted and toasty!

TIPS FOR FAMILIES: Let your kids make their own pizzas! Have plenty of healthy toppings and some fun ones too! They're more likely to eat it if they help make it.

MEAL 6

Birthday Cake Fudge
20g Cake Batter IdealLean Protein (1 scoop)
3g coconut oil (1/2 tsp.)
4g vanilla fat-free sugar-free pudding powder (1 tbsp.)
1 tbsp. water
18g sugar-free Cool Whip (4 tbsp.)
Sprinkles (opt)

Stir together melted coconut oil, protein powder and pudding powder. Add a little water to make it a thick, stirrable consistency. Freeze. Top with Cool Whip and sprinkles and enjoy! You can also try topping it with Cool Whip before you freeze it for a frozen dessert! Don't forget the sprinkles!



Meal Plan

Plan #1

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (3/4 c) Honey Bunches of Oats	35g (1+ scoop) IdealLean Strawberries n Cream Protein	3/4 c unsweetened almond milk
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Pop Tart any flavor	35g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		100g pork tenderloin	60g (1/4 small) avocado AND 1 tbsp. light dressing
MEAL 4	1 whole wheat tortilla (80 cals) AND 50g (1/2 small) banana	3 egg whites	24g (1 1/2 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g gold potatoes, weighed raw	85g tilapia	20g feta cheese
MEAL 6	50g (1/4 c) strawberries, sliced	115g (1/2 c) low-fat cottage cheese	

Recipe/Ideas

Plan #1

MEAL 1

Make protein milk cereal with any flavor protein powder and any cereal with 6g of sugar or less per serving. Shake up the milk and protein powder and pour it over your cereal! Get creative with cereals and flavors! Try Cheerios and Chocolate Brownie or Life and Cake Batter or Honey Bunches of Oats and Strawberries 'N Cream! Or, if you prefer a shake, try this recipe:

- Raspberry Cheesecake Shake
- 1 c unsweetened almond milk
- 30g French Vanilla IdealLean Protein (1+ scoop)
- 30g fat-free cream cheese
- 90g frozen raspberries (1/3 c)
- 1 1/2 sheets/6 squares low-fat graham crackers
- Ice

Blend all ingredients in a blender. Reserve one graham cracker square to crumble over the top.

MEAL 2

Remember, including low-fat sugars post workout helps with muscle building and glycogen replenishment! Don't be afraid of this! Feel free to use the sub list if you'd like a healthier carb option. Make your sub in the 200 calorie row. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

- Slow Cooker Chipotle, Honey and Lime Pork
- 2-3lb pork tenderloin roast
- 1/4 c water
- 1 chili chopped (use canned chipotle chilis in adobo sauce)
- 2 medium onions, quartered
- 1 1/2 tsp. salt
- 1 1/2 tsp. pepper

- Sauce:
- 1 chili chopped (use canned chipotle chilis in adobo sauce)
- 1 tbsp. honey
- 2 tbsp. Splenda/Stevia in the raw (optional)
- 1 1/2 tbsp. worcestershire sauce
- 3 tbsp. lime juice
- 1/3 c reduced sugar ketchup
- 1 tsp. ground coriander

Place 1/4 c water, onions and one chopped pepper into slow cooker. Place the pork tenderloin roast (approx 2-3lbs) in slow cooker and top salt and pepper. Cover and cook on low for six hours.

Remove pork and onions from slow cooker and discard juices. Pull the pork and return it to the crock pot. Combine the sauce ingredients and add to the pork stirring the sauce into the meat. Cover and cook on low for one hour.

My favorite dressing to use with this recipe is Cilantro Avocado yogurt dressing by Bolthouse Farms. Make a salad with free veggies and top with 100g pork, 60g avocado and 1 tbsp. dressing.

MEAL 4

- Monkey Wrap
- 1 whole wheat tortilla (80 cal)
- 24g peanut butter (1 1/2 tbsp.)
- 30g banana (1/4 banana)
- 7g honey (1 tsp.)
- 4g mini chocolate chips
- 3 egg whites

Wrap up the banana, peanut butter, chocolate chips and honey in the wrap. Eat three hard boiled egg whites on the side.

MEAL 5

- Fish Sticks
- 3 tilapia filets (approx 12oz/360g total, raw)
- 2 egg whites, beaten
- 45g panko bread crumbs (3/4 c)
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 25g parmesan cheese (1/4 c)

Preheat oven to 450. Cut each tilapia filets into four "sticks." Season with salt and pepper. In a bowl, beat the egg whites. In a separate bowl, mix bread crumbs, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, then in the panko mixture, pressing the bread crumbs into the fish. Spray a wire rack with cooking spray and lay fish sticks on the wire rack. Bake for 10 minutes. Flip and back for 10 more minutes.

Makes four servings/12 fish sticks. Have three fish sticks as your serving. This can also be made with chicken, if desired. Slice 100g gold potatoes into french fries and bake at the same time as your fish at 450 degrees. The potatoes may take about 25-30 minutes so start them first! Watch the potatoes after 20 minutes and cook until desired crispiness!

Tip: Try mixing together 2 tbsp. mustard, one squirt of sriracha (to taste) and stevia (to taste) as a dipping sauce!

TIP FOR FAMILIES: Buy a bag of frozen french fries from the store to serve to the rest of your family with their fish sticks! Look for one with a small ingredient list without a lot of added oils and perservatives.

MEAL 6

Idea: Try topping your cottage cheese with berries and a little stevia for a sweet treat! You can even stir 1 1/2 tsp. fat-free sugar-free cheesecake pudding powder into your cottage cheese!

Meal Plan

Plan #2

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	50g (1/2 c) oats	1/2 c egg whites	12g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1+ c) Lucky Charms Cereal*	35g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		1 egg AND 95g chicken breast (OR 135g chicken breast)	60g (1/4 small) avocado AND 1 tbsp. light dressing
MEAL 4	120g (1 medium) banana	27g (1 scoop) IdealLean Protein	1 c unsweetened almond milk AND 12g (3/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	80g (1/2 c) white rice	85g chicken breast	
MEAL 6		175g (3/4 c) plain fat-free greek yogurt AND 15g (~1/2 scoop) Cake Batter IdealLean Protein	

Recipe/Ideas

Plan #2

MEAL 1

Pumpkin Cheesecake Overnight Oats

40g oats (1/2 c)
1/2 c almond milk
125g canned pumpkin puree (1/2 c)
22g greek yogurt cream cheese* (2 tbsp.)
10g Vanilla IdealLean Protein** (1/2 scoop)
5g Chia Seeds (1 tsp.)
1 packet Stevia in the Raw

Stir together oats and almond milk. In a separate bowl mix the pumpkin and cream cheese well. Stir in one packet of stevia, protein powder and chia seeds. Stir the pumpkin mixture into the oats and let sit in the fridge overnight. *If you can't find Greek yogurt cream cheese you can use 22g of fat free cream cheese. **Cake Batter IdealLean Protein is also delicious!

MEAL 2

*Use any cereal of your choice, no matter the sugar content! Post workout sugars are totally fine and beneficial! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Cobb Salad

1 hard-boiled egg
1 slice turkey bacon, already cooked
70g chicken breast, already cooked
60g avocado (1/4)
Romaine lettuce
Green onion, sliced
Tomato, sliced
1 tbsp. light dressing*

Make a big salad with as much romaine lettuce and free veggies as you'd like. Top with a diced hard-boiled egg, the turkey and chicken. I like to use Bolthouse Ranch yogurt dressing or Newman's Own Light Balsamic Vinaigrette dressing. Use 20-25 calories of dressing.

MEAL 6

Lemon Cream Pie Pudding

175g plain fat free greek yogurt (3/4 c)
15g Cake Batter IdealLean Protein (1/2 scoop)
4g lemon sugar-free fat-free pudding powder (1 tbsp.)
1 packet stevia

Stir all ingredients together in a small bowl. Let sit in the fridge for about 15 minutes to thicken. French Vanilla IdealLean Protein would also be great. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

MEAL 4

All Greens Smoothie

2/3 c unsweetened almond milk
1/3 c egg whites*
15g French Vanilla IdealLean Protein** (1/2 scoop)
45g (1/8 small) avocado
45g (1 small) kiwi
50g (1/2 small) green apple
60g (1/2 medium) banana
2 handfuls spinach/kale
1/3 cucumber
Ice

Blend all ingredients in a blender! *The egg whites need to be the kind in the carton. These are pasteurized and completely safe to drink raw. They don't have any taste at all but make your smoothie so creamy! If this creeps you out you can do 1 full cup of almond milk and do 12g protein powder in place of the egg whites. **Strawberries 'n Cream and Pina Colada IdealLean Protein Powder would also be delish!

OR

1 IdealLean Protein Bar, any flavor + 50g banana

MEAL 5

Sriracha Chicken Kabobs

Wooden/bamboo skewers
1 tbsp. lite soy sauce
1 tbsp. sriracha sauce
1/4 tsp. ground ginger
1lb chicken breast, cut into cubes

Soak wooden skewers in water for 15 minutes to avoid burning them. Mix soy sauce, sriracha sauce and ginger in a small bowl. Put chicken and sauce in a ziplock bag and let marinate for at least 20 minutes. Thread onto skewers and grill until cooked through. (If you don't want to do this chicken as kabobs you can simply marinate and grill the full chicken breast.)

Cilantro Rice

1 c uncooked jasmine rice
2 c water
4 cloves garlic, finely chopped (or 1/2 tsp. garlic powder)
1/4 tsp. salt
1/2 c chopped fresh cilantro

Cook water, rice, salt and garlic in your rice cooker. When it's finished, fluff with a fork and stir in cilantro.

If you don't have a rice cooker, bring the rice, water, salt and garlic to a boil over high heat. Reduce heat to low and cover. Cook for 20 minutes. Remove from heat and let stand, covered, for five minutes. Fluff with a fork and stir in cilantro. (If you prefer to just make plain rice, that is fine)

Measure out 85g cooked chicken and 80g cooked rice for your portion. Serve with a side salad or steamed veggies.

NOTE FOR FAMILIES: This wasn't as spicy as I thought it would be and my kids loved it! You can let kids dip it in ranch dressing to tone the spice down if needed. My family loves Bolthouse Ranch yogurt dressing. I would also serve baby carrots with the ranch.

Meal Plan

Plan #3

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 slice Ezekial Bread* AND 60g (1/2 small) banana AND 7g (1 tsp.) honey AND 12g (2 tbsp.) powdered peanut butter	20g IdealLean Protein Powder (~1 scoop)	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	6 (1 1/2 sheets)low-fat graham crackers AND 120g (1 medium) banana AND 75g (1/3 c) strawberries	35g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 whole wheat sandwich thin	70g top round roast OR 70g top sirloin steak	1 low-fat Laughing Cow cheese wedge
MEAL 4	35g hummus*	1 hard-boiled egg AND 1 hard-boiled egg white	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	110g (2/3 c) white rice	100g chicken	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #3

MEAL 1

Idea:
Add 1 tbsp. water to the powdered peanut butter (PB2 or PB Fit) and spread over toasted bread. Top with honey and sliced banana. Drink the serving of protein powder with water on the side. *You can use any whole wheat bread that is 80 calories a slice if you can't find Ezekial Bread.

MEAL 2

Caramel Coconut Cookie Bowl
35g Chocolate Coconut IdealLean Protein (or Chocolate Brownie IdealLean Protein) (1+ scoop)
3/4 c unsweetened almond milk
3g dark cocoa (or regular cocoa)
1/4 tsp. coconut extract
2 packets stevia
1/2 tsp. xanthan gum (optional--for thickening)
Lots of ice

Toppings:
20g sugar-free caramel ice cream topping/syrup (1 tbsp.)
6 low-fat graham cracker squares (1 1/2 sheets)
8g shredded sweetened coconut
8g mini chocolate chips

Blend the protein powder, almond milk, cocoa, coconut extract, stevia, xanthan gum and ice. Continue adding ice until it's very thick and you have to spoon it out of the blender. Spoon it into a bowl and top with the toppings!

On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Peperoncini Beef Sandwich
2-3lb top round roast or other roast with 6g of fat or less per serving
1-16oz jar sliced peperoncinis
2 garlic cloves
Salt and pepper

Salt and pepper your roast and then sear it in a pan pre-heated to medium/high heat on all sides.

Place roast, chopped garlic cloves and jar of peperoncinis (including juice) into your slow cooker and cook over low heat for 6-8 hours.

Using two forks pull the roast apart. Store in the fridge until ready to use.

To make your sandwich, spread one light Laughing Cow cheese wedge (35 cals) on one side of a sandwich thin. Use 70g of cooked roast and any free veggies you'd like to complete your sandwich!

MEAL 4

*Use 80 calories of hummus. Different brands may be different calories so you may have to adjust the amount. I used Sabra brand for calculations. Dip free veggies into your hummus and have your hard-boiled eggs on the side.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Sweet 'n Sour Chicken Take Out
4 boneless skinless chicken breasts, chopped into 1 inch pieces
1/3 c corn starch
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 white or yellow onion, chopped
1 5oz can water chestnuts
1 tbsp. coconut oil

Sauce
1/2 c Splenda or Stevia in the Raw (in the big bag)
1/2 c vinegar
2 tbsp. lite soy sauce
1 tsp.garlic powder
1/2 tsp. onion salt
1/4 c reduced sugar ketchup
1 tbsp. cornstarch + 2 tbsp. cold water

Add stevia, vinegar, soy sauce, garlic powder, onion salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the one tablespoon corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.

Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat the chicken. Drizzle a large pan or skillet with one tbsp. coconut oil. Add coated chicken. Saute over medium heat for about five minutes. Add peppers, onions and water chestnuts. Continue to saute over medium heat until chicken is browned and cooked through.

Add sauce to chicken and peppers. Stir to coat well. For your portion, try to pick out and weigh 100g of chicken and then scoop out as many veggies as you'd like. Serve warm over 80g white rice.

NOTE FOR FAMILIES: My family loved this recipe as is and with rice!

MEAL 6

Butterscotch Peanut Butter Pudding
175g plain fat-free Greek yogurt (3/4 c)
10g French Vanilla or Cake Batter IdealLean Protein (~1/2 scoop)
4g fat-free sugar-free butterscotch pudding powder (1 tsp.)
16g peanut butter (1 tbsp.)
2 packets stevia

Stir all ingredients together well and let sit in the fridge for 15 minutes to thicken. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

Meal Plan

Plan #4

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 1/2 slices Ezekial bread* AND 50g (1/4 c) strawberries	2/3 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10g (2 tbsp.) oats AND 75g (1/2 c) frozen mangos AND 60g (1/3 c) frozen pineapple	35g (1+ scoop) Pina Colada IdealLean Protein	1 c unsweetened almond milk
MEAL 3	150g (1/2 medium) sweet potato, weighed raw	85g chicken	2 tbsp. light dressing
MEAL 4	2 plain rice cakes	20g (~1 scoop) IdealLean Cake Batter Protein	1 c. unsweetened almond milk
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	2 small corn tortillas (60 cal)	70g lean ground beef	10g cheddar cheese AND 30g (1/8) avocado
MEAL 6	75g (3/4 medium) banana	30g (1+ scoop) IdealLean Protein	24g (1 1/2 tbsp.) peanut butter

Recipe/Ideas

Plan #4

MEAL 1

French Toast

1 1/2 slices Ezekial bread
2/3 c egg whites
50g any berry (1/4 c)
Splash almond milk
Cinnamon
Sweetener

Whisk together egg whites, almond milk, cinnamon and sweetener to taste. Let the bread soak in the eggs for a couple minutes on each side. Cook on a skillet until cooked through. Top with berries and Walden Farms sugar-free syrup! If you have left over eggs, scramble them and eat on the side!

Tip: You can make multiple days of this in advance and pop it in the toaster each morning! *You can use any 80 calorie/slice whole wheat bread if you can't find Ezekial bread.

MEAL 2

Idea:

Blend all ingredients with ice in a blender! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Buffalo Chicken Stuffed Sweet Potatoes

Prepare your buffalo chicken as per the recipe below. Microwave your sweet potato for approximately 3-5 minutes until it is soft to the touch. Slice it in half and load it with 85g buffalo chicken. Top with 2 tbsp. of Bolthouse Yogurt Chunky Blue Cheese dressing. You can also use a light ranch, if you'd rather. Use 35 calories of dressing.

Buffalo Chicken

Put four frozen chicken breasts in crock pot and top with one envelope Ranch Dips packet and 3/4 of a 12oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food, try one packet of ranch dip powder and one packet of taco seasoning instead!

MEAL 4

Cinnamon Roll Muscle Muffins

1 c egg whites
1 egg
120g oats (1 1/2 c)
1/2 c Splenda or Stevia in the Raw
115g cottage cheese (1/2 c)
50g applesauce, no sugar added (1/4 c)
25g Cake Batter IdealLean Protein (1 scoop)
1/2 tsp. baking soda
1/2 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla
60g Greek yogurt cream cheese* (5 1/2 tbsp.)

Blend all ingredients except cream cheese in the blender and pour into well greased muffin tins. Press about 5g cream cheese into the batter of each muffin. Sprinkle more cinnamon and some stevia over the tops of the muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have two muffins for your meal. *If you can't find Greek yogurt cream cheese use fat-free cream cheese.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Tacos:

Brown 1lb ground beef (90/10 or leaner). Drain the fat and add one packet of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos using the amounts and foods in the chart to the left.

TIPS FOR FAMILIES: If your kids don't like tacos, try making a "chip" by frying the tortilla in coconut oil and giving them the chip with refried beans and cheese!

MEAL 6

Molten Mug Cake

75g banana (3/4 medium)
1 egg
7g cocoa
2 packets stevia
25g Chocolate Brownie IdealLean Protein (1 scoop)

Blend all ingredients in a blender, not by hand! Pour into a large mug sprayed with non-stick cooking spray. Microwave for one minute and then check it. If it doesn't look done, continue cooking in 10 second increments until it is set but still gooey just in the middle. Top with 16g (1 tbsp.) peanut butter.

Meal Plan

Plan #5

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	25g (1/4 c) oats AND 40g (1/3 small) banana	1/2 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1/4 c) cream of rice/ wheat AND 12g (2 tbsp.) powdered peanut butter	35g (1+ scoop) Chocolate Brownie IdealLean Protein	3/4 c unsweetened almond milk
MEAL 3	1 slice Ezekial bread* AND 100g (1/2 c) blueberries	115g (1/2 c) low-fat cottage cheese	
MEAL 4	30g (1/4 c) Bare Naked Granola*	175g (3/4 c) plain fat-free Greek yogurt	16g (1 tbsp.) slivered almonds
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	65g (1/3 c) white rice	70g 93/7 ground beef	18g mozzarella cheese
MEAL 6		35g (1+ scoop) French Vanilla IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #5

MEAL 1

Chocolate Chip Banana Bread Waffles
80g oats (1 c)
50g French Vanilla IdealLean Protein (2 scoops)
215g banana, very ripe (2 small)
1 1/2 c unsweetened almond milk
1/2 c coconut flour
1 c egg whites
20g mini chocolate chips

Blend all ingredients except chocolate chips in blender. Stir in chocolate chips last.

Pour into greased waffle iron and cook until cooked through.
Makes six waffles. Have one for your serving.

MEAL 2

Idea:
Mix protein powder, 5g cocoa (1 tbsp.), stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 40g of cream of rice or cream of wheat with 1 c water and cook according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of rice/wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of rice/wheat. This is one of my favorite breakfasts!

ALTERNATE: You are welcome to match the amount of cream of rice with oats and blend it all into a shake instead. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Toast your bread and top with cottage cheese and berries. *You can use any 80 calorie per slice whole wheat bread if you can't find Ezekial bread.

MEAL 4

Idea:
Sweeten your Greek yogurt with stevia until it tastes as sweet as you like it. Top with granola and nuts! You can use any granola with 8g of sugar or less per serving.

MEAL 5

Cheesy Zucchini Hamburger Casserole
1lb 93/7 ground beef, raw
1 medium onion, chopped (1/2 c)
1/2 tsp. salt
1/8 tsp. pepper
3/4 c uncooked white rice
1 c water
1 medium zucchini, cut into 1/4 inch thick slices (2 c)
1 large tomato, chopped (1 c)
1 can (10.75oz) tomato soup
1 tsp basil
110g shredded mozzarella cheese
Preheat your oven to 375 degrees. Brown ground beef and onion until beef is cooked through. Drain off the fat and sprinkle with salt, pepper and basil. Place uncooked rice and water in sprayed 9x13 pan and stir. Layer cooked beef, zucchini and tomato over rice.

In a separate bowl mix tomato soup and one can water and pour over casserole.

Cut a piece of foil big enough to loosely cover the dish and spray with non-stick cooking spray. Cover dish with foil, sprayed side down.

Bake 40 minutes. Uncover dish and sprinkle with cheese. Bake uncovered 10-15 minutes longer or until edges are bubbly and cheese is lightly browned. Cut into six servings. Have one serving for your meal. TIPS FOR FAMILIES: My family loves this recipe without any modifications!

MEAL 6

Butterscotch Peanut Butter Cookie Shake
1 c unsweetened almond milk
4g butterscotch sugar-free fat-free pudding powder (1 tbsp.)
35g French Vanilla or Cake Batter IdealLean Protein (1+ Scoop)
16g peanut butter (1 tbsp.)
2 shakes salt
Ice
Blend and enjoy!

Meal Plan

Plan #6

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	120g (1/2 c) potatoes/hash browns	1/2 c egg whites and 1 whole egg	8g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	30g (1/3 c) oats AND 75g (1/3 c) strawberries AND 2 tbsp. sugar-free strawberry jam AND 12g (2 tbsp.) powdered peanut butter	35g (1+ scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	120g (3/4 c) brown rice	55g ground beef (90/10 or leaner)	
MEAL 4	3 plain rice cakes	10g (~1/2 scoop) IdealLean Protein	20g (1 1/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g (1/2 small) sweet potato	85g chicken	10g cheddar cheese
MEAL 6	12g pretzels	30g (1+ scoop) IdealLean Protein	12g (3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #6

MEAL 1

Breakfast Hash
720g frozen hashbrowns* (9 1/2 c)
6 eggs
3 cups egg whites
48g cheddar cheese
Any free veggies you'd like

Spread hash browns and veggies over the bottom of a sprayed 9x13 pan. Top with cheese. Whisk the eggs together in a bowl and pour them over the top. Salt and pepper to taste. Bake at 350 degrees for about 45-60 minutes or until cooked through. Top with salsa. Keep this in the fridge all week and heat up as needed. Makes six servings. Have one serving for your meal. *Any brand of hash brown without added oils is fine. Find one with 0g fat and you will be fine.

MEAL 2

Idea:
Blend all ingredients into your shake for a peanut butter and jelly shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

MEAL 4

Chocolate Coconut Balls
100g peanut butter (6 tbsp.)
80g oats (1/2 c)
80g honey (1/4 c)
20g mini chocolate chips
20g unsweetened coconut
40g Chocolate Coconut IdealLean Protein (1 1/2 scoops)
10g cocoa (2 tbsp.)
1/2 tsp. vanilla
Opt: almond milk

Mix all ingredients together. Add almond milk until you can make 12 compact balls. Store in the freezer and let thaw slightly before eating. Have two balls for your serving.

OR

1 IdealLean Protein Bar, any flavor + 1 plain rice cake

MEAL 5

White Chicken Chili
1/2 tbsp. extra virgin olive oil
1 1/2lb boneless chicken, cubed (about 3-4 boneless, skinless breasts)
1 medium onion, diced
3-4 cloves garlic, minced
2 cans Great Northern Beans
1 3.5oz can green chilis
1/2 tsp. cumin
1/2 tsp. dried oregano leaves
1/2 tsp. coriander
1/2 tsp. salt
Fresh cracked pepper
1 lime
1/2 c chopped cilantro
1 32oz box chicken broth
Toppings for your serving only:
10g pepper jack cheese OR 25g avocado
25g plain Greek yogurt

In a large pot, heat olive oil. Add chopped onion and cook for about two minutes, or just until it starts to become translucent. While onions are cooking, drain beans and rinse with cold water and set aside. Sprinkle chopped chicken with a little salt and pepper and add to pot. Add garlic as well. Cook until there's no more visible pink on the chicken, probably 3-4 minutes. Then add green chilis, along with all of the juices in the can. Add beans, cumin, oregano, coriander, salt, and a few turns of fresh cracked pepper. Stir to combine and then add chicken broth.

If you want a thicker chili, add less broth. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 10-15 minutes. Remove from heat and add the juice from one lime and the 1/2 c chopped cilantro. Add salt and pepper to taste.

Makes about eight cups of soup. Have 1/8 recipe for your serving. Top your bowl with 25g plain fat free greek yogurt and EITHER 10g pepper jack cheese OR 25g avocado. TIPS FOR FAMILIES: Top with avocado, cheese and crushed tortilla chips. We like Tostitos Simply Scoops.

MEAL 6

Candy Bar Fudge
30g Chocolate Brownie IdealLean Protein (1+ scoop)
3g dark cocoa (1/2 tbsp.)
1 packet stevia
6g powdered peanut butter (1 tbsp.)
3g honey (1/2 tsp.)
8g peanuts, chopped (1/2 tbsp.)
5g pretzels, chopped
3g mini chocolate chips (approx 18 chips)

Stir protein powder, cocoa, stevia and 1 tbsp. water together until you have a thick brownie batter-like paste. Top batter with peanuts, pretzels and chocolate chips. Mix powdered peanut butter, honey and enough water to make it a consistency you prefer. This is your "caramel nougat" so it can either be a pourable consistency to drizzle over the top or a thicker consistency to chop into the fudge. Pour/chop the powdered peanut butter and honey mixture over the top of the fudge. Freeze for at least 1-2 hours. If you freeze longer than that, thaw the fudge for about 20 minutes before eating.

Meal Plan

Plan #7

Supplements needed:

- 2+ scoops IdealLean Protein
- 2 scoops IdealLean BCAAs
- 1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (1/2 c) oats AND 50g (1/4 c) any berry AND 12g (2 tbsp.) powdered peanut butter	20g (1 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Skinny Cow ice cream sandwich	35g (1+ scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 slice Ezekial bread	1 whole egg AND 1 slice turkey bacon	30g (1/8) avocado
MEAL 4	2 cheddar rice cakes AND 80 calories of fruit*	100g turkey slices	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla (80 cal)	70g chicken breast	24g cheddar cheese
MEAL 6		115g (1/2 c) low-fat cottage cheese AND 12g (1/2 scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #7

MEAL 1

Idea:
Cook oatmeal according to package directions. Stir in berries and protein powder. Mix one tbsp. water into your powdered peanut butter and drizzle over the top of your oatmeal!

MEAL 2

Idea:
Have your ice cream sandwich with shake on the side! Or you can blend your ice cream sandwich into your shake for a yummy milk shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Cook one egg over easy so the yolk is still a little soft. Meanwhile toast your bread and put slices of avocado and your bacon over the top of your bread. Put the egg on top for an open faced sandwich!

MEAL 4

Ideas for 80 calories of fruit are: 200g peaches (1 large) OR 275g watermelon (2 c) OR 150g pear (1 large) OR 90g banana (1/2 large) OR 250g berries (1 1/2 c)

MEAL 5

Buffalo Chicken Mac
1/2 tbsp. extra virgin olive oil
1 pound (about 2-3) chicken breasts, cut into small bits
2 large carrots, peeled and finely chopped
1 large onion, chopped
5 ribs celery, finely chopped
2 large cloves garlic, finely chopped or grated
1/2 tbsp. smoked paprika
1 bay leaf
Salt and freshly ground black pepper
1 c chicken stock
2-4 tbsp. hot sauce or buffalo sauce, depending on how hot you like it
1/2 15oz can crushed tomatoes
120g whole wheat elbow macaroni, dry
55g pepper jack cheese
65g crumbled blue cheese
1 scallions, thinly sliced

Boil macaroni according to package directions.

Heat the oil in a pan over medium/high heat and brown the chicken bits for about 5-6 minutes. Add carrot, onion, celery, garlic, paprika, bay leaf and salt and pepper. Cook the veggies, stirring frequently, until tender, about 3-4 minutes. Add chicken stock and mix well. Add hot sauce and tomatoes and bring to a simmer. Simmer for 8-10 minutes to thicken.

Stir the pasta into the chicken mixture and pour the mixture into an 8x8 casse- role dish. Sprinkle the cheeses over the top and put under the broiler until the cheeses have melted and the top is golden brown, about 2-3 minutes. Top with sliced scallions. Recipe makes six servings. Eat one serving for your meal.

TIPS FOR FAMILIES: Try adding a little more cheese to their portions. If it's too spicy for the kids you can stir in a little plain greek yogurt to tone it down.

MEAL 6

Peanut Butter Ice Cream
230g low-fat cottage cheese (1 c)
32g peanut butter (2 tbsp.)
25g IdealLean French Vanilla* (1 scoop)
1/4-1/3 c unsweetened almond milk
5-10 ice cubes
1/4 tsp. xanthan gum (optional)
2 packets stevia (optional)

Blend all ingredients in your blender until well mixed. You may need to scrape the sides and blend a few times. If you need to add more almond milk you can but you want this to be THICK! When it's very thick and blended spoon it out of the blender and into two small bowls. Put in the freezer for a couple hours, stirring/chopping it up every hour or so. If it's frozen solid, let thaw for 30 minutes or so before eating. Makes two servings. Eat one serving for your meal.

*Any protein powder flavor is amazing in this recipe!

Meal Plan

Plan #8

Supplements needed:

- 2+ scoops IdealLean Protein
- 2 scoops IdealLean BCAAs
- 1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 whole wheat tortilla/wrap (100 cals)	2/3 c egg whites	8g cheddar
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10 York Minis OR 150 calories any low-fat candy*	35g (1+ scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	6 Simply Tortilla Chips* AND 50g (3 tbsp.) black beans	70g chicken	20g cheddar cheese
MEAL 4	30g (1c) plain Cheerios AND 150g (2/3c) strawberries	1 Dannon Light n Fit Greek yogurt*	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla/wrap (100 cals)	75g chicken breast	30g low-fat mozzarella cheese AND 1 tbsp. light dressing (20 cals)
MEAL 6	25g (5 tbsp.) sugar-free Cool Whip	25g (1 scoop) IdealLean Protein	3g (1/2 tsp.) coconut oil

Recipe/Ideas

Plan #8

MEAL 1

Idea:
Make a breakfast burrito with your egg whites, cheese and tortilla! You can make these in advance and warm them up each morning if you'd like.

MEAL 2

*Any treat that is under 6g of fat for 150 calories is fine! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Macho Nachos
6 Simply Tortilla Chips by Tostitos*
70g chicken breast
50g black beans (3 tbsp.)
20g cheddar cheese
Pico de gallo, salsa, jalapenos, etc.

You can use chicken that you have left over from another recipe (buffalo chicken would be yummy!) or you can use canned chicken, rotisserie chicken or slow cooked shredded chicken. Lay chips out on your plate and top with chicken and cheese. Warm in the microwave or under the broiler for best results. Top with veggies, salsa, jalapenos, etc. *Use 140 calories of any "simply organic" or baked chip. Triscuit Thin Crips would also be a good option. You get 15 crackers for 130 calories.

MEAL 4

*You can use any 80-100 calorie Greek yogurt. Stir your cereal into your yogurt! Have fruit on the side or mix it all together!

OR

1 IdealLean Protein Bar, any flavor + 250g strawberries

MEAL 5

Pizza
1 whole wheat wrap/tortilla (100 cals)
1/3 c pizza sauce
30g low-fat mozzarella cheese
20 slices turkey pepperoni
Any free veggies

Spread pizza sauce over the tortilla and top with cheese, pepperoni and lots of veggies! Bake at 350 degrees until cheese is melted and toasty!

TIPS FOR FAMILIES: Let your kids make their own pizzas! Have plenty of healthy toppings and some fun ones too! They're more likely to eat it if they help make it.

MEAL 6

Birthday Cake Fudge
25g Cake Batter IdealLean Protein (1 scoop)
3g coconut oil (1/2 tsp.)
4g vanilla fat-free sugar-free pudding powder (1 tbsp.)
1 tbsp. water
18g sugar-free Cool Whip (4 tbsp.)
Sprinkles (opt.)

Stir together melted coconut oil, protein powder and pudding powder. Add a little water to make it a thick, stirrable consistency. Freeze. Top with Cool Whip and sprinkles and enjoy! You can also try topping it with Cool Whip before you freeze it for a frozen dessert! Don't forget the sprinkles!



OVER 165 lbs

TONE

Meal Plan

Plan #1

Supplements needed:

- 3 scoops IdealLean Protein
- 2 scoops IdealLean BCAAs
- 1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (3/4 c) Honey Bunches of Oats	40g (1+ scoop) IdealLean Strawberries 'n Cream Protein	3/4 c unsweetened almond milk
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Pop Tart any flavor	40g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	60g white rice (1/3 c)	115g pork tenderloin	60g avocado (1/4 small avocado) AND 1 tbsp. light dressing
MEAL 4	1 whole wheat tortilla (80 cals) AND 80g (3/4) banana	3 egg whites	24g (1 1/2 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g gold potatoes, weighed raw	85g tilapia	20g feta cheese
MEAL 6	50g (1/4 c) strawberries, sliced	175g (3/4 c) low-fat cottage cheese	

Recipe/Ideas

Plan #1

MEAL 1

Make protein milk cereal with any flavor protein powder and any cereal with 6g of sugar or less per serving. Shake up the milk and protein powder and pour it over your cereal! Get creative with cereals and flavors! Try Cheerios and Chocolate Brownie or Life and Cake Batter or Honey Bunches of Oats and Strawberries 'N Cream! Or, if you prefer a shake, try this recipe:

Raspberry Cheesecake Shake

- 1 c unsweetened almond milk
- 35g French Vanilla IdealLean Protein (1+ scoop)
- 30g fat-free cream cheese
- 90g frozen raspberries (1/3c)
- 1 1/2 sheets/6 squares low-fat graham crackers
- Ice

Blend all ingredients in a blender. Reserve 1 graham cracker square to crumble over the top.

MEAL 2

Remember, including low-fat sugars post workout helps with muscle building and glycogen replenishment! Don't be afraid of this! Feel free to use the sub list if you'd like a healthier carb option. Make your sub in the 200 calorie row. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Slow Cooker Chipotle, Honey and Lime Pork

- 2-3lb pork tenderloin roast
- 1/4 c water
- 1 chili chopped (use canned chipotle chilis in adobo sauce)
- 2 medium onions, quartered
- 1 1/2 tsp. salt
- 1 1/2 tsp. pepper

Sauce:

- 1 chili chopped (use canned chipotle chilis in adobo sauce)
- 1 tbsp. honey
- 2 tbsp. Splenda/Stevia in the raw (optional)
- 1 1/2 tbsp. worcestershire sauce
- 3 tbsp. lime juice
- 1/3 c reduced sugar ketchup
- 1 tsp. ground coriander

Place 1/4 c water, onions and one chopped pepper into slow cooker. Place the pork tenderloin roast (approx 2-3lbs) in slow cooker and top salt and pepper. Cover and cook on low for six hours. Remove pork and onions from slow cooker and discard juices. Pull the pork and return it to the crock pot. Combine the sauce ingredients and add to the pork stirring the sauce into the meat. Cover and cook on low for one hour.

My favorite dressing to use with this recipe is Cilantro Avocado yogurt dressing by Bolthouse Farms. Make a salad with free veggies and top with 100g pork, 60g avocado, 60g rice and 1 tbsp. dressing.

MEAL 4

Monkey Wrap

- 1 whole wheat tortilla (80 cal)
- 24g peanut butter (1 1/2 tbsp.)
- 30g banana (1/4 banana)
- 7g honey (1 tsp.)
- 8g mini chocolate chips
- 3 egg whites

Wrap up the banana, peanut butter, chocolate chips and honey in the wrap. Eat three hard boiled egg whites on the side.

MEAL 5

Fish Sticks

- 3 tilapia filets (approx 12oz/360g total, raw)
- 2 egg whites, beaten
- 3/4 c panko bread crumbs
- 1/2 tsp. salt
- 1/2 tsp pepper
- 1/4 c parmesan cheese (25g)

Preheat oven to 450. Cut each tilapia filets into four "sticks." Season with salt and pepper. In a bowl, beat the egg whites. In a separate bowl, mix bread crumbs, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, then in the panko mixture, pressing the bread crumbs into the fish. Spray a wire rack with cooking spray and lay fish sticks on the wire rack. Bake for 10 minutes. Flip and back for 10 more minutes.

Makes four servings/12 fish sticks. Have three fish sticks as your serving. This can also be made with chicken, if desired. Slice 100g gold potatoes into french fries and bake at the same time as your fish at 450 degrees. The potatoes may take about 25-30 minutes so start them first! Watch the potatoes after 20 minutes and cook until desired crispiness!

Tip: Try mixing together 2 tbsp. mustard, one squirt of sriracha (to taste) and stevia (to taste) as a dipping sauce!

TIP FOR FAMILIES: Buy a bag of frozen french fries from the store to serve to the rest of your family with their fish sticks! Look for one with a small ingredient list without a lot of added oils and perservatives.

MEAL 6

Idea: Try topping your cottage cheese with berries and a little stevia for a sweet treat! You can even stir 1 1/2 tsp. fat-free sugar-free cheesecake pudding powder into your cottage cheese!

Meal Plan

Plan #2

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	50g (1/2 c) oats	2/3 c egg whites	12g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	50g (1 1/4 c) Lucky Charms Cereal*	40g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		2 eggs AND 85g chicken breast	60g (1/4 small) avocado AND 1 tbsp. light dressing
MEAL 4	140g (1 large) banana	27g (1 scoop) IdealLean Protein	1 c unsweetened almond milk AND 16g (1 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g white rice	85g chicken breast	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 15g (~1/2 scoop) Cake Batter IdealLean Protein	

Recipe/Ideas

Plan #2

MEAL 1

Pumpkin Cheesecake Overnight Oats

40g oats (1/2 c)
1/2 c almond milk
125g canned pumpkin puree (1/2 c)
22g Greek yogurt cream cheese* (2 tbsp.)
15g Vanilla IdealLean Protein** (1/2 scoop)
5g chia seeds (1 tsp.)
1 packet Stevia in the Raw

Stir together oats and almond milk. In a separate bowl mix the pumpkin and cream cheese well. Stir in one packet of stevia, protein powder and chia seeds. Stir the pumpkin mixture into the oats and let sit in the fridge overnight. *If you can't find Greek yogurt cream cheese you can use 22g of fat-free cream cheese. **Cake Batter IdealLean Protein is also delicious!

MEAL 2

*Use any cereal of your choice, no matter the sugar content! Post-workout sugars are totally fine and beneficial! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Cobb Salad

1 hard-boiled egg
2 slices turkey bacon, already cooked
85g chicken breast, already cooked
60g avocado (1/4 avocado)
Romaine lettuce
Green onion, sliced
Tomato, sliced
1 tbsp. light dressing*

Make a big salad with as much romaine lettuce and free veggies as you'd like. Top with a diced hard-boiled egg, the turkey and chicken. I like to use Bolthouse Ranch yogurt dressing or Newman's Own Light Balsamic Vinaigrette dressing. Use 20-25 calories of dressing.

MEAL 6

Lemon Cream Pie Pudding

175g plain fat free greek yogurt (3/4 c)
15g Cake Batter IdealLean Protein (1/2 scoop)
4g lemon sugar-free fat-free pudding powder (1 tbsp.)
1 packet stevia

Stir all ingredients together in a small bowl. Let sit in the fridge for about 15 minutes to thicken. French Vanilla IdealLean Protein would also be great. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

MEAL 4

All Greens Smoothie

2/3 c unsweetened almond milk
1/3 c egg whites*
15g French Vanilla IdealLean Protein** (1/2 scoop)
60g (1/4 small) avocado
45g (1 small) kiwi
50g (1/2 small) green apple
80g (1/2 medium) banana
2 handfuls spinach/kale
1/3 cucumber
Ice

Blend all ingredients in a blender! *The egg whites need to be the kind in the carton. These are pasteurized and completely safe to drink raw. They don't have any taste at all but make your smoothie so creamy! If this creeps you out you can do one full cup of almond milk and do 12g protein powder in place of the egg whites. **Strawberries 'n Cream and Pina Colada IdealLean Protein Powder would also be delish!

MEAL 5

Sriracha Chicken Kabobs

Wooden/bamboo skewers
1 tbsp. lite soy sauce
1 tbsp. sriracha sauce
1/4 tsp. ground ginger
1lb chicken breast, cut into cubes

Soak wooden skewers in water for 15 minutes to avoid burning them. Mix soy sauce, sriracha sauce and ginger in a small bowl. Put chicken and sauce in a ziplock bag and let marinate for at least 20 minutes. Thread onto skewers and grill until cooked through. (If you don't want to do this chicken as kabobs you can simply marinate and grill the full chicken breast.)

Cilantro Rice

1 c uncooked jasmine rice
2 c water
4 cloves garlic, finely chopped (or 1/2 tsp. garlic powder)
1/4 tsp. salt
1/2 c chopped fresh cilantro

Cook water, rice, salt and garlic in your rice cooker. When it's finished, fluff with a fork and stir in cilantro.

If you don't have a rice cooker, bring the rice, water, salt and garlic to a boil over high heat. Reduce heat to low and cover. Cook for 20 minutes. Remove from heat and let stand, covered, for five minutes. Fluff with a fork and stir in cilantro. (If you prefer to just make plain rice, that is fine)

Measure out 85g cooked chicken and 100g cooked rice for your portion. Serve with a side salad or steamed veggies.

Meal Plan

Plan #3

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	2 slices Ezekial Bread* AND 60g (1/2 small) banana AND 7g (1 tsp.) honey AND 12g (2 tbsp.) powdered peanut butter	20g IdealLean Protein (~1 scoop)	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	6 (1 1/2 sheets)low-fat graham crackers AND 120g (1 medium) banana AND 75g (1/3 c) strawberries	40g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 whole wheat sandwich thin	85g top round roast OR 85g top sirloin steak	2 low-fat Laughing Cow cheese wedges
MEAL 4	35g hummus*	1 hard-boiled egg AND 1 hard-boiled egg white	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	110g (2/3 c) white rice	115g chicken	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	20g (1 1/4 tbsp.) peanut butter

Recipe/Ideas

Plan #3

MEAL 1

Idea:
Add 1 tbsp. water to the powdered peanut butter (PB2 or PB Fit) and spread over toasted bread. Top with honey and sliced banana. Drink the serving of protein powder with water on the side. *You can use any whole wheat bread that is 80 calories a slice if you can't find Ezekial Bread.

MEAL 2

Caramel Coconut Cookie Bowl
40g Chocolate Coconut IdealLean Protein (or Chocolate Brownie IdealLean Protein) (1 1/2 scoop)
3/4 c unsweetened almond milk
3g dark cocoa (or regular cocoa)
1/4 tsp. coconut extract
2 packets stevia
1/2 tsp xanthan gum (optional--for thickening)
Lots of ice

Toppings:
20g sugar-free caramel ice cream topping/syrup (1 tbsp.)
6 low-fat graham cracker squares (1 1/2 sheets)
8g shredded sweetened coconut
8g mini chocolate chips

Blend the protein powder, almond milk, cocoa, coconut extract, stevia, xanthan gum and ice. Continue adding ice until it's very thick and you have to spoon it out of the blender. Spoon it into a bowl and top with the toppings!

On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Peperoncini Beef Sandwich
2-3lb top round roast or other roast with 6g of fat or less per serving
1 16oz jar sliced peperoncinis
2 garlic cloves
Salt and pepper

Salt and pepper your roast and then sear it in a pan pre-heated to medium/high heat on all sides

Place roast, chopped garlic cloves and jar of peperoncinis (including juice) into your slow cooker and cook over low heat for 6-8 hours.

Using two forks pull the roast apart. Store in the fridge until ready to use.

To make your sandwich, spread two light Laughing cow cheese wedges (35 cals each) on your sandwich thin. Use 85g of cooked roast and any free veggies you'd like to complete your sandwich!

MEAL 4

*Use 80 calories of hummus. Different brands may be different calories so you may have to adjust the amount. I used Sabra brand for calculations. Dip free veggies into your hummus and have your hard-boiled eggs on the side.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Sweet 'n Sour Chicken Take Out
4 boneless skinless chicken breasts, chopped into 1 inch pieces
1/3 c corn starch
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 white or yellow onion, chopped
1 5oz can water chestnuts
1 tbsp. coconut oil

Sauce
1/2 c Splenda or Stevia in the Raw (in the big bag)
1/2 c vinegar
2 tbsp. lite soy sauce
1 tsp. garlic powder
1/2 tsp. onion salt
1/4 c reduced sugar ketchup
1 tbsp. cornstarch + 2 tbsp cold water

Add stevia, vinegar, soy sauce, garlic powder, onion salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the 1 tbsp. corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.

Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat the chicken. Drizzle a large pan or skillet with 1 tbsp. coconut oil. Add coated chicken. Saute over medium heat for about five minutes. Add peppers, onions and water chestnuts. Continue to saute over medium heat until chicken is browned and cooked through.

Add sauce to chicken and peppers. Stir to coat well. For your portion, try to pick out and weigh 115g of chicken and then scoop out as many veggies as you'd like. Serve warm over 80g white rice.

NOTE FOR FAMILIES: My family loved this recipe as is, with rice!

MEAL 6

Butterscotch Peanut Butter Pudding
175g plain fat-free Greek yogurt (3/4 c)
10g French Vanilla or Cake Batter IdealLean Protein (~1/2 scoop)
4g fat-free sugar-free butterscotch pudding powder (1 tsp.)
20g peanut butter (1 1/4 tbsp.)
2 packets stevia

Stir all ingredients together well and let sit in the fridge for 15 minutes to thicken. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

Meal Plan

Plan #4

Supplements needed:

3+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	2 slices Ezekial bread* AND 50g (1/4 c) strawberries	3/4 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	15g (2 tbsp.) oats AND 75g (1/2 c) frozen mangos AND 60g (1/3 c) frozen pineapple	40g (1+ scoop) Pina Colada IdealLean Protein	1 c unsweetened almond milk
MEAL 3	150g (1/2 medium) sweet potato, weighed raw	100g chicken	2 tbsp. light dressing
MEAL 4	3 plain rice cakes	30g (1+ scoop) IdealLean Protein	1 c. unsweetened almond milk
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	2 small corn tortillas (60 cal)	70g lean ground beef	10g cheddar cheese AND 30g (1/8) avocado
MEAL 6	75g (3/4 medium) banana	30g (1+ scoop) IdealLean Protein	28g (1 3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #4

MEAL 1

French Toast

2 slices Ezekial bread
3/4 c. egg whites
50g any berry (1/4c)
Splash Almond milk
Cinnamon
Sweetener

- 1. Whisk together egg whites, almond milk, cinnamon and sweetener to taste.
- 2. Let the bread soak in the eggs for a couple minutes on each side.
- 3. Cook on a skillet until cooked through.
- 4. Top with berries and Walden Farms sugar free syrup! If you have left over eggs, scramble them and eat on the side!

Tip: You can make multiple days of this in advance and pop it in the toaster each morning! *You can use any 80 calorie/slice whole wheat bread if you can't find Ezekial bread.

MEAL 2

Idea:
Blend all ingredients with ice in a blender! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Buffalo Chicken Stuffed Sweet Potatoes

Prepare your buffalo chicken as per the recipe below. Microwave your sweet potato for approximately 3-5 minutes until it is soft to the touch. Slice it in half and load it with 100g buffalo chicken. Top with 2 tbsp. of Bolthouse Chunky Blue Cheese yogurt dressing. You can also use a light ranch, if you'd rather. Use 35 calories of dressing.

Buffalo Chicken

Put four frozen chicken breasts in crock pot and top with 1one envelope Ranch Dips packet and 3/4 of a 12oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food try one packet of ranch dip powder and one packet of taco seasoning instead!

MEAL 4

Cinnamon Roll Muscle Muffins

1 c egg whites
1 egg
120g oats (1 1/2 c)
1/2 c Splenda or Stevia in the Raw
115g cottage cheese (1/2 c)
50g applesauce, no sugar added (1/4 c)
25g Cake Batter IdealLean Protein (1 scoop)
1/2 tsp. baking soda
1/2 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla
60g Greek yogurt cream cheese* (5 1/2 tbsp)

Blend all ingredients except cream cheese in the blender and pour into well greased muffin tins. Press about 5g cream cheese into the batter of each muffin. Sprinkle more cinnamon and some stevia over the tops of the muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have three muffins for your meal. *If you can't find Greek yogurt cream cheese use fat-free cream cheese.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Tacos:

Brown 1lb ground beef (90/10 or leaner). Drain the fat and add one packet of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos using the amounts and foods in the chart to the left.

TIPS FOR FAMILIES: If your kids don't like tacos, try making a "chip" by frying the tortilla in coconut oil and giving them the chip with refried beans and cheese!

MEAL 6

Molten Mug Cake

75g banana (3/4 medium)
1 egg
7g cocoa
2 packets stevia
25g Chocolate Brownie IdealLean Protein (1 scoop)

Blend all ingredients in a blender, not by hand!
Pour into a large mug sprayed with non-stick cooking spray.
Microwave for one minute and then check it. If it doesn't look done, continue cooking in 10 second increments until it is set but still gooey just in the middle. Top with 20g (1 1/4 tbsp.) peanut butter.

Meal Plan

Plan #5

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	37g (~1/2 c) oats AND 60g (1/2 small) banana	3/4 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1/4 c) cream of rice/ wheat AND 12g (2 tbsp.) powdered peanut butter	40g (1+ scoop) Chocolate Brownie IdealLean Protein	3/4 c unsweetened almond milk
MEAL 3	1 1/2 slices Ezekial bread* AND 100g (1/2 c) blueberries	115g (1/2 c) low-fat cottage cheese	
MEAL 4	30g (1/4 c) Bare Naked Granola*	225g (1 c) plain fat-free Greek yogurt	16g (1 tbsp.) slivered almonds
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	65g (1/3 c) white rice	70g 93/7 ground beef	18g mozzarella cheese
MEAL 6		40g (1+ scoop) French Vanilla IdealLean	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #5

MEAL 1

Chocolate Chip Banana Bread Waffles

80g oats (1 c)
50g French Vanilla IdealLean Protein (2 scoops)
215g banana, very ripe (2 small)
1 1/2 c unsweetened almond milk
1/2 c coconut flour
1 c egg whites
20g mini chocolate chips

Blend all ingredients except chocolate chips in blender. Stir in chocolate chips last.

Pour into greased waffle iron and cook until cooked through. Makes six waffles. Have 1 1/2 waffles for your serving.

MEAL 2

Idea:

Mix protein powder, 5g (1 tbsp.) cocoa, stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 40g of cream of rice or cream of wheat with 1 c. water and cook according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of rice/wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of rice/wheat. This is one of my favorite breakfasts!

ALTERNATE: You are welcome to match the amount of cream of rice with oats and blend it all into a shake instead. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Toast your bread and top with cottage cheese and berries. *You can use any 80 calorie per slice whole wheat bread if you can't find Ezekial bread.

MEAL 4

Idea:

Sweeten your Greek yogurt with stevia until it tastes as sweet as you like it. Top with granola and nuts! You can use any granola with 8g of sugar or less per serving.

MEAL 5

Cheesy Zucchini Hamburger Casserole

1lb 93/7 ground beef, raw
1 medium onion, chopped (1/2 c)
1/2 tsp. salt
1/8 tsp. pepper
3/4 c uncooked white rice
1 c water
1 medium zucchini, cut into 1/4 inch thick slices (2 c)
1 large tomato, chopped (1 c)
1 can (10.75oz) tomato soup
1 tsp. basil
110g shredded mozzarella cheese

Preheat your oven to 375 degrees. Brown ground beef and onion until beef is cooked through. Drain off the fat and sprinkle with salt, pepper and basil. Place uncooked rice and water in sprayed 9x13 pan and stir. Layer cooked beef, zucchini and tomato over rice.

In a separate bowl mix tomato soup and one can water and pour over casserole.

Cut a piece of foil big enough to loosely cover the dish and spray with non-stick cooking spray. Cover dish with foil, sprayed side down.

Bake 40 minutes. Uncover dish and sprinkle with cheese. Bake uncovered 10-15 minutes longer or until edges are bubbly and cheese is lightly browned. Cut into six servings. Have one serving for your meal. TIPS FOR FAMILIES: My family loves this recipe without any modifications!

MEAL 6

Butterscotch Peanut Butter Cookie Shake

1 c unsweetened almond milk
4g butterscotch sugar-free fat-free pudding powder (1 tbsp.)
40g French Vanilla or Cake Batter IdealLean Protein (1 1/2 scoop)
16g Peanut butter (1 tbsp.)
2 shakes salt
Ice
Blend and enjoy!

Meal Plan

Plan #6

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	120g (1/2 c) potatoes/hash browns	1/2 c egg whites and 1 whole egg	8g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	30g (1/3 c) oats AND 75g (1/3 c) strawberries AND 2 tbsp. sugar-free strawberry jam AND 12g (2 tbsp.) powdered peanut butter	35g (1+ scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	140g (3/4 c) brown rice	70g ground beef (90/10 or leaner)	
MEAL 4	3 plain rice cakes	10g (1/2 scoop) IdealLean Protein Powder	20g (1 1/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	175g (1/2 medium) sweet potato	85g chicken	10g cheddar cheese
MEAL 6	15g pretzels	40g (1 1/2 scoops) IdealLean Protein	12g (3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #6

MEAL 1

Breakfast Hash
720g frozen hashbrowns* (9 1/2 c)
6 eggs
3 c egg whites
48g cheddar cheese
Any free veggies you'd like

Spread hash browns and veggies over the bottom of a sprayed 9x13 pan. Top with cheese. Whisk the eggs together in a bowl and pour them over the top. Salt and pepper to taste. Bake at 350 degrees for about 45-60 minutes or until cooked through. Top with salsa. Keep this in the fridge all week and heat up as needed. Makes six servings. Have one serving for your meal. *Any brand of hash brown without added oils is fine. Find one with 0g fat and you will be fine.

MEAL 2

Idea:
Blend all ingredients into your shake for a peanut butter and jelly shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

MEAL 4

Chocolate Coconut Balls
100g peanut butter (6 tbsp.)
80g oats (1/2 c)
80g honey (1/4 c)
20g mini chocolate chips
20g unsweetened coconut
40g Chocolate Coconut IdealLean Protein (1 1/2 scoops)
10g cocoa (2 tbsp.)
1/2 tsp. vanilla
Opt: almond milk

Mix all ingredients together. Add almond milk until you can make 12 compact balls. Store in the freezer and let thaw slightly before eating. Have two balls for your serving.

OR

1 IdealLean Protein Bar, any flavor + 1 plain rice cake

MEAL 5

White Chicken Chili
1/2 tbsp. extra virgin olive oil
1 1/2lb boneless chicken, cubed (about 3-4 boneless, skinless breasts)
1 medium onion, diced
3-4 cloves garlic, minced
2 cans Great Northern beans
1 3.5oz can green chilis
1/2 tsp. cumin
1/2 tsp. dried oregano leaves
1/2 tsp. coriander
1/2 tsp. salt
Fresh cracked pepper
1 lime
1/2 c chopped cilantro
1 32oz box chicken broth
Toppings for your serving only:
10g pepper jack cheese OR 25g avocado
25g plain Greek yogurt
4 tortilla chips*

In a large pot, heat olive oil. Add chopped onion and cook for about two minutes, or just until it starts to become translucent. While onions are cooking, drain beans and rinse with cold water and set aside. Sprinkle chopped chicken with a little salt and pepper and add to pot. Add garlic as well. Cook until there's no more visible pink on the chicken, probably 3-4 minutes. Then add green chilis, along with all of the juices in the can. Add beans, cumin, oregano, coriander, salt, and a few turns of fresh cracked pepper. Stir to combine and then add chicken broth. If you want a thicker chili add less broth. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 10-15 minutes. Remove from heat and add the juice from one lime and the 1/2 c chopped cilantro. Add salt and pepper to taste.

Makes about eight cups of soup. Have 1/8 recipe for your serving. Top your bowl with 25g plain fat-free Greek yogurt, four tortilla chips and EITHER 10g pepper-jack cheese OR 25g avocado. *Use the "Simply Organic" line of tortilla chips by Tostitos--approx 100 calories. TIPS FOR FAMILIES: Top with avocado, cheese and crushed tortilla chips.

MEAL 6

Candy Bar Fudge
35g Chocolate Brownie IdealLean Protein (1+ scoop)
3g dark cocoa (1/2 tbsp.)
1 packet stevia
12g powdered peanut butter (2 tbsp.)
5g honey (1 tsp.)
8g peanuts, chopped (1/2 tbsp.)
5g pretzels, chopped
3g mini chocolate chips (approx 18 chips)

Stir protein powder, cooca, stevia and 1 tbsp. water together until you have a thick brownie batter-like paste. Top batter with peanuts, pretzels and chocolate chips. Mix powdered peanut butter, honey and enough water to make it a consistency you prefer. This is your "caramel nougat" so it can either be a pourable consistency to drizzle over the top or a thicker consistency to chop into the fudge. Pour/chop the powdered peanut butter and honey mixture over the top of the fudge. Freeze for at least 1-2 hours. If you freeze longer than that, thaw the fudge for about 20 minutes before eating.

Meal Plan

Plan #7

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (1/2 c) oats AND 75g (1/3 c) any berry AND 12g (2 tbsp.) powdered peanut butter	25g (1 scoop) IdealLean Protein Powder	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Skinny Cow ice cream sandwich	40g (1 1/2 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	2 slices Ezekial bread	1 whole egg AND 2 slices turkey bacon	45g (1/4) avocado
MEAL 4	2 cheddar rice cakes AND 80 calories of fruit*	100g turkey slices	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla (80 cal)	70g chicken breast	24g cheddar cheese
MEAL 6		115g (1/2 c) low-fat cottage cheese AND 12g (1/2 scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #7

MEAL 1

Idea:
Cook oatmeal according to package directions. Stir in berries and protein powder. Mix one tbsp. water into your powdered peanut butter and drizzle over the top of your oatmeal!

MEAL 2

Idea:
Have your ice cream sandwich with shake on the side! Or you can blend your ice cream sandwich into your shake for a yummy milk shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Cook one egg over easy so the yolk is still a little soft. Meanwhile toast your bread and put slices of avocado and your bacon over the top of your bread. Put the egg on top for an open faced sandwich!

MEAL 4

Idea
200g peaches (1 large) OR 275g watermelon (2 c) OR 150g pear (1 large) OR 90g banana (1/2 large) OR 250g berries (1 1/2 c)

OR

1 IdealLean Protein Bar, any flavor + 2 cheddar rice cakes

MEAL 5

Buffalo Chicken Mac
1/2 tbsp. extra virgin olive oil
1lb (about 2-3) chicken breasts, cut into small bits
2 large carrots, peeled and finely chopped
1 large onion, chopped
5 ribs celery, finely chopped
2 large cloves garlic, finely chopped or grated
1/2 tbsp. smoked paprika
1 bay leaf
Salt and freshly ground black pepper
1 c chicken stock
2-4 tbsp. hot sauce or buffalo sauce, depending on how hot you like it
1/2 15oz can crushed tomatoes
120g whole wheat elbow macaroni, dry
55g pepper jack cheese
65g crumbled blue cheese
1 scallions, thinly sliced

Boil macaroni according to package directions.

Heat the oil in a pan over medium/high heat and brown the chicken bits for about 5-6 minutes. Add carrot, onion, celery, garlic, paprika, bay leaf and salt and pepper. Cook the veggies, stirring frequently, until tender, about 3-4 minutes. Add chicken stock and mix well. Add hot sauce and tomatoes and bring to a simmer. Simmer for 8-10 minutes to thicken.

Stir the pasta into the chicken mixture and pour the mixture into an 8x8 casserole dish. Sprinkle the cheeses over the top and put under the broiler until the cheeses have melted and the top is golden brown, about 2-3 minutes. Top with sliced scallions. Recipe makes six servings. Eat one serving for your meal.

TIPS FOR FAMILIES: Try adding a little more cheese to their portions. If it's too spicy for the kids you can stir in a little plain Greek yogurt to tone it down.

MEAL 6

Peanut Butter Ice Cream
230g low-fat cottage cheese (1 c)
32g peanut butter (2 tbsp.)
25g IdealLean French Vanilla* (1 scoop)
1/4-1/3 c unsweetened almond milk
5-10 ice cubes
1/4 tsp. xanthan gum (optional)
2 packets stevia (optional)

Blend all ingredients in your blender until well mixed. You may need to scrape the sides and blend a few times. If you need to add more almond milk you can but you want this to be THICK! When it's very thick and blended spoon it out of the blender and into two small bowls. Put in the freezer for a couple hours, stirring/chopping it up every hour or so. If it's frozen solid, let thaw for 30 minutes or so before eating. Makes two servings. Eat one serving for your meal.

*Any protein powder flavor is amazing in this recipe!

Meal Plan

Plan #8

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 whole wheat tortilla/wrap (100 cals) AND 75g (1/2 large) banana	2/3 c. egg whites	8g cheddar
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10 York Minis OR 150 calories any low-fat candy*	40g (1 1/2 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	6 Simply Tortilla Chips* AND 75g (1/3 c) black beans	85g chicken	24g cheddar cheese
MEAL 4	30g (1 c) plain Cheerios AND 150g (2/3 c) strawberries	1 Dannon Light n Fit Greek yogurt*	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla/wrap (100 cals)	75g chicken breast	35g low-fat mozzarella cheese AND 1 tbsp. light dressing (20 cals)
MEAL 6	25g (5 tbsp.) sugar-free Cool Whip	35g (1+ scoop) IdealLean Protein	6g (1 tsp.) coconut oil

Recipe/Ideas

Plan #8

MEAL 1

Idea:
Make a breakfast burrito with your egg whites, cheese and tortilla! You can make these in advance and warm them up each morning if you'd like.

MEAL 2

*Any treat that is under 6g of fat for 150 calories is fine! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Macho Nachos
6 Simply Tortilla Chips by Tostitos*
85g chicken breast
75g black beans (1/3 c)
24g cheddar cheese
Pico de gallo, salsa, jalapenos, etc.

You can use chicken that you have left over from another recipe (buffalo chicken would be yummy!) or you can use canned chicken, rotisserie chicken or slow cooked shredded chicken. Lay chips out on your plate and top with chicken and cheese. Warm in the microwave or under the broiler for best results. Top with veggies, salsa, jalapenos, etc. *Use 140 calories of any "simply organic" or baked chip. Triscuit Thin Crips would also be a good option. You get 15 crackers for 130 calories.

MEAL 4

*You can use any 80-100 calorie greek yogurt. Stir your cereal into your yogurt! Have fruit on the side or mix it all together!

OR

1 IdealLean Protein Bar, any flavor + 250g strawberries

MEAL 5

Pizza
1 whole wheat wrap/tortilla (100 cals)
1/3 c pizza sauce
35g low-fat mozzarella cheese
20 slices turkey pepperoni
Any free veggies

Spread pizza sauce over the tortilla and top with cheese, pepperoni and lots of veggies! Bake at 350 degrees until cheese is melted and toasty!

TIPS FOR FAMILIES: Let your kids make their own pizzas! Have plenty of healthy toppings and some fun ones too! They're more likely to eat it if they help make it.

MEAL 6

Birthday Cake Fudge
35g Cake Batter IdealLean Protein (1+ scoop)
6g coconut oil (1 tsp.)
4g vanilla fat-free sugar-free pudding powder (1 tbsp.)
1 tbsp. water
18g sugar-free Cool Whip (4 tbsp.)
Sprinkles (opt)

Stir together melted coconut oil, protein powder and pudding powder. Add a little water to make it a thick, stirrable consistency. Freeze. Top with Cool Whip and sprinkles and enjoy! You can also try topping it with Cool Whip before you freeze it for a frozen dessert! Don't forget the sprinkles!



UNDER 135 lbs

STRENGTH

Meal Plan

Plan #1

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (3/4 c) Honey Bunches of Oats	25g (1 scoop) IdealLean Protein	3/4 c unsweetened almond milk
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Pop Tart any flavor	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		85g pork tenderloin	60g avocado (1/4 small avocado) AND 1 tbsp. light dressing
MEAL 4	1 whole wheat tortilla (80 cal) AND 50g (1/2 small) banana	2 egg whites	24g (1 1/2 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g gold potatoes, weighed raw	85g tilapia	20g feta cheese
MEAL 6	50g (1/4 c) strawberries, sliced	115g (1/2 c) low-fat cottage cheese	

Recipe/Ideas

Plan #1

MEAL 1

Make protein milk cereal with any flavor protein powder and any cereal with 6g of sugar or less per serving. Shake up the milk and protein powder and pour it over your cereal! Get creative with cereals and flavors! Try Cheerios and Chocolate Brownie or Life and Cake Batter or Honey Bunches of Oats and Strawberries 'N Cream! Or, if you prefer a shake, try this recipe:

Raspberry Cheesecake Shake
1 c unsweetened almond milk
20g French Vanilla IdealLean Protein (1 scoop)
30g fat-free cream cheese
60g frozen raspberries (1/4 c)
1 1/2 sheets/6 squares low-fat graham crackers
Ice

Blend all ingredients in a blender. Reserve one graham cracker square to crumble over the top.

MEAL 2

Remember, including low-fat sugars post workout helps with muscle building and glycogen replenishment! Don't be afraid of this! Feel free to use the sub list if you'd like a healthier carb option. Make your sub in the 200 calorie row. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Slow Cooker Chipotle, Honey and Lime Pork
2-3lb pork tenderloin roast
1/4 c water
1 chili chopped (use canned chipotle chilis in adobo sauce)
2 medium onions, quartered
1 1/2 tsp. salt
1 1/2 tsp. pepper

Sauce:
1 chili chopped (use canned chipotle chilis in adobo sauce)
1 tbsp. honey
2 tbsp. Splenda/Stevia in the raw (optional)
1 1/2 tbsp. worcestershire sauce
3 tbsp. lime juice
1/3 c reduced sugar ketchup
1 tsp. ground coriander

Place 1/4 c water, onions and one chopped pepper into slow cooker. Place the pork tenderloin roast (approx 2-3lbs) in slow cooker and top salt and pepper. Cover and cook on low for six hours.

Remove pork and onions from slow cooker and discard juices. Pull the pork and return it to the crock pot. Combine the sauce ingredients and add to the pork stirring the sauce into the meat. Cover and cook on low for one hour.

My favorite dressing to use with this recipe is Cilantro Avocado yogurt dressing by Bolthouse Farms. Make a salad with free veggies and top with 100g pork, 60g avocado, 60g rice and 1 tbsp. dressing.

MEAL 4

Monkey Wrap
1 whole wheat tortilla (80 cal)
24g peanut butter (1 1/2 tbsp.)
30g banana (1/4 banana)
7g honey (1 tsp.)
4g mini chocolate chips
2 egg whites

Wrap up the banana, peanut butter, chocolate chips and honey in the wrap. Eat two hard boiled egg whites on the side.

MEAL 5

Fish Sticks
3 tilapia filets (approx 12oz/360g total, raw)
2 egg whites, beaten
3/4 c panko bread crumbs
1/2 tsp. salt
1/2 tsp. pepper
1/4 c parmesan cheese (25g)

Preheat oven to 450. Cut each tilapia filets into four "sticks." Season with salt and pepper. In a bowl, beat the egg whites. In a separate bowl, mix bread crumbs, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, then in the panko mixture, pressing the bread crumbs into the fish. Spray a wire rack with cooking spray and lay fish sticks on the wire rack. Bake for 10 minutes. Flip and back for 10 more minutes.

Makes four servings/12 fish sticks. Have three fish sticks as your serving. This can also be made with chicken, if desired. Slice 100g gold potatoes into french fries and bake at the same time as your fish at 450 degrees. The potatoes may take about 25-30 minutes so start them first! Watch the potatoes after 20 minutes and cook until desired crispiness!

Tip: Try mixing together 2 tbsp. mustard, one squirt of sriracha (to taste) and stevia (to taste) as a dipping sauce!

TIP FOR FAMILIES: Buy a bag of frozen french fries from the store to serve to the rest of your family with their fish sticks! Look for one with a small ingredient list without a lot of added oils and preservatives.

MEAL 6

Idea: Try topping your cottage cheese with berries and a little stevia for a sweet treat! You can even stir 1 1/2 tsp. fat-free sugar-free cheesecake pudding powder into your cottage cheese!

Meal Plan

Plan #2

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	50g (1/2 c) Oats	1/2 c egg whites	12g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1+ c) Lucky Charms Cereal*	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		1 egg AND 75g chicken breast (OR 115g chicken breast)	60g (1/4 small) avocado AND 1 tbsp. light dressing
MEAL 4	120g (1 medium) banana	22g (~1 scoop) IdealLean Protein	1 c unsweetened almond milk AND 12g (3/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	80g white rice	85g chicken breast	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	

Recipe/Ideas

Plan #2

MEAL 1

Pumpkin Cheesecake Overnight Oats

40g oats (1/2 c)
1/2 c almond milk
125g canned pumpkin puree (1/2 c)
22g Greek yogurt cream cheese* (2 tbsp.)
10g Vanilla IdealLean Protein** (1/2 scoop)
5g chia Seeds (1 tsp.)
1 packet Stevia in the Raw

Stir together oats and almond milk. In a separate bowl mix the pumpkin and cream cheese well. Stir in one packet of stevia, protein powder and chia seeds. Stir the pumpkin mixture into the oats and let sit in the fridge overnight. *If you can't find Greek yogurt cream cheese you can use 22g of fat-free cream cheese. **Cake Batter IdealLean Protein is also delicious!

MEAL 2

*Use any cereal of your choice, no matter the sugar content! Post workout sugars are totally fine and beneficial! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Cobb Salad

1 hard-boiled egg
1 slice turkey bacon, already cooked
50g chicken breast, already cooked
60g avocado (1/4 avocado)
Romaine lettuce
Green onion, sliced
Tomato, sliced
1 tbsp. light dressing*

Make a big salad with as much romaine lettuce and free veggies as you'd like. Top with a diced hard-boiled egg, the turkey and chicken. I like to use Bolt-house Ranch yogurt dressing or Newman's Own Light Balsamic Vinaigrette dressing. Use 20-25 calories of dressing.

MEAL 6

Lemon Cream Pie Pudding

175g plain fat-free Greek yogurt (3/4 c)
10g Cake Batter IdealLean Protein (1/2 scoop)
4g lemon sugar-free fat-free pudding powder (1 tbsp.)
1 packet stevia

Stir all ingredients together in a small bowl. Let sit in the fridge for about 15 minutes to thicken. French Vanilla IdealLean Protein would also be great.

MEAL 4

All Greens Smoothie

2/3 c unsweetened almond milk
1/3 c egg whites*
10g French Vanilla IdealLean Protein** (1/2 scoop)
45g (1/8 small) avocado
45g (1 small) kiwi
50g (1/2 small) green apple
60g (1/2 medium) banana
2 handfuls spinach/kale
1/3 cucumber
Ice

Blend all ingredients in a blender! *The egg whites need to be the kind in the carton. These are pasteurized and completely safe to drink raw. They don't have any taste at all but make your smoothie so creamy! If this creeps you out you can do one full cup of almond milk and do 12g protein powder in place of the egg whites. **Strawberries n Cream and Pina Colada IdealLean Protein Powder would also be delish!

MEAL 5

Sriracha Chicken Kabobs

Wooden/bamboo skewers
1 tbsp. lite soy sauce
1 tbsp. sriracha Sauce
1/4 tsp. ground ginger
1lb chicken breast, cut into cubes

Soak wooden skewers in water for 15 minutes to avoid burning them. Mix soy sauce, sriracha sauce and ginger in a small bowl. Put chicken and sauce in a ziplock bag and let marinate for at least 20 minutes. Thread onto skewers and grill until cooked through. (If you don't want to do this chicken as kabobs you can simply marinate and grill the full chicken breast.)

Cilantro Rice

1 c uncooked jasmine rice
2 c water
4 cloves garlic, finely chopped (or 1/2 tsp. garlic powder)
1/4 tsp. salt
1/2 c chopped fresh cilantro

Cook water, rice, salt and garlic in your rice cooker. When it's finished, fluff with a fork and stir in cilantro.

If you don't have a rice cooker, bring the rice, water, salt and garlic to a boil over high heat. Reduce heat to low and cover. Cook for 20 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and stir in cilantro. (If you prefer to just make plain rice, that is fine).

Measure out 85g cooked chicken and 80g cooked rice for your portion. Serve with a side salad or steamed veggies.

Meal Plan

Plan #3

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 slice Ezekial Bread* AND 60g (1/2 small) banana AND 7g (1 tsp.) honey AND 12g (2 tbsp.) powdered peanut butter	10g (1/2 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	6 (1 1/2 sheets) low-fat graham crackers AND 120g (1 medium) banana AND 75g (1/3 c) strawberries	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 whole wheat sandwich thin	55g top round roast OR 55g top sirloin steak	1 low-fat Laughing Cow cheese wedge
MEAL 4	35g hummus*	1 hard-boiled egg AND 1 hard-boiled egg white	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	110g (2/3 c) white rice	85g chicken	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #3

MEAL 1

Idea:
Add 1 tbsp. water to the powdered peanut butter (PB2 or PB Fit) and spread over toasted bread. Top with honey and sliced banana. Drink the small serving of protein powder with water on the side. *You can use any whole wheat bread that is 80 calories a slice if you can't find Ezekial Bread.

MEAL 2

Caramel Coconut Cookie Bowl
25g Chocolate Coconut IdealLean Protein (or Chocolate Brownie IdealLean Protein) (1 scoop)
3/4 c unsweetened almond milk
3g dark cocoa (or regular cocoa)
1/4 tsp. coconut extract
2 packets stevia
1/2 tsp. xanthan gum (optional--for thickening)
Lots of ice

Toppings:
20g sugar-free caramel ice cream topping/syrup (1 tbsp.)
6 low-fat graham cracker squares (1 1/2 sheets)
8g shredded sweetened coconut
8g mini chocolate chips

Blend the protein powder, almond milk, cocoa, coconut extract, stevia, xanthan gum and ice. Continue adding ice until it's very thick and you have to spoon it out of the blender. Spoon it into a bowl and top with the toppings! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Peperoncini Beef Sandwich
2-3lb top round roast or other roast with 6g of fat or less per serving
1 16oz jar sliced peperoncinis
2 garlic cloves
Salt and pepper

Salt and pepper your roast and then sear it in a pan pre-heated to medium/high heat on all sides.
Place roast, chopped garlic cloves and jar of peperoncinis (including juice) into your slow cooker and cook over low heat for 6-8 hours.
Using two forks pull the roast apart. Store in the fridge until ready to use.

To make your sandwich, spread 1 light Laughing Cow cheese wedge (35 cals) on one side of a sandwich thin. Use 55g of cooked roast and any free veggies you'd like to complete your sandwich!

MEAL 4

*Use 80 calories of hummus. Different brands may be different calories so you may have to adjust the amount. I used Sabra brand for calculations. Dip free veggies into your hummus and have your hard-boiled eggs on the side.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Sweet 'n Sour Chicken Take Out
4 boneless skinless chicken breasts, chopped into 1 inch pieces
1/3 c corn starch
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 white or yellow onion, chopped
1 5oz can water chestnuts
1 tbsp. coconut oil

Sauce
1/2 c Splenda or Stevia in the Raw (in the big bag)
1/2 c vinegar
2 tbsp. lite soy sauce
1 tsp. garlic powder
1/2 tsp. onion salt
1/4 c reduced sugar ketchup
1 tbsp. cornstarch + 2 tbsp. cold water

Add stevia, vinegar, soy sauce, garlic powder, onion salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the 1 tablespoon corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.

Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat the chicken. Drizzle a large pan or skillet with 1T coconut oil. Add coated chicken. Saute over medium heat for about 5 minutes. Add peppers, onions and water chestnuts. Continue to saute over medium heat until chicken is browned and cooked through.

Add sauce to chicken and peppers. Stir to coat well. For your portion, try to pick out and weigh 85g of chicken and then scoop out as many veggies as you'd like. Serve warm over 80g white rice.

NOTE FOR FAMILIES: My family loved this recipe as is and with rice!

MEAL 6

Butterscotch Peanut Butter Pudding
175g plain fat-free Greek yogurt (3/4 c)
10g French Vanilla or Cake Batter IdealLean Protein (~1/2 scoop)
4g fat-free sugar-free butterscotch pudding powder (1 tbsp.)
16g peanut butter (1 tbsp.)
2 packets stevia

Stir all ingredients together well and let sit in the fridge for 15 minutes to thicken. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

Meal Plan

Plan #4

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 1/2 slices Ezekial bread* AND 50g (1/4 c) strawberries	1/2 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10g (2 tbsp.) oats AND 75g (1/2 c) frozen mangos AND 60g (1/3 c) frozen pineapple	25g (1 scoop) Pina Colada IdealLean Protein	1 c unsweetened almond milk
MEAL 3	150g (1/2 medium) sweet potato, weighed raw	70g chicken	2 tbsp. light dressing
MEAL 4	2 plain rice cakes	20g (1 scoop) IdealLean Protein	1 c. unsweetened almond milk
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	2 small corn tortillas (60 cal)	55g lean ground beef	10g cheddar cheese AND 30g (1/8) avocado
MEAL 6	75g (3/4 medium) banana	30g (1+ scoop) IdealLean Protein	24g (1 1/2 tsp.) peanut butter

Recipe/Ideas

Plan #4

MEAL 1

French Toast

1 1/2 slices Ezekial bread
1/2 c egg whites
50g any berry (1/4c)
Splash almond milk
Cinnamon
Sweetener

Whisk together egg whites, almond milk, cinnamon and sweetener to taste. Let the bread soak in the eggs for a couple minutes on each side. Cook on a skillet until cooked through. Top with berries and Walden Farms sugar-free syrup! If you have left over eggs, scramble them and eat on the side!

Tip: You can make multiple days of this in advance and pop it in the toaster each morning! *You can use any 80 calorie/slice whole wheat bread if you can't find Ezekial bread.

MEAL 2

Idea:

Blend all ingredients with ice in a blender! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Buffalo Chicken Stuffed Sweet Potatoes

Prepare your buffalo chicken as per the recipe below. Microwave your sweet potato for approximately 3-5 minutes until it is soft to the touch. Slice it in half and load it with 70g buffalo chicken. Top with 2 tbsp. of Bolthouse Chunky Blue Cheese yogurt dressing. You can also use a light ranch, if you'd rather. Use 35 calories of dressing.

Buffalo Chicken

Put four frozen chicken breasts in crock pot and top with one envelope Ranch Dips packet and 3/4 of a 12oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food try one packet of ranch dip powder and one packet of taco seasoning instead!

MEAL 4

Cinnamon Roll Muscle Muffins

1 c egg whites
1 egg
120g oats (1 1/2 c)
1/2 c Splenda or Stevia in the Raw
115g cottage cheese (1/2 c)
50g applesauce, no sugar added (1/4c)
25g Cake Batter IdealLean Protein (1 scoop)
1/2 tsp. baking soda
1/2 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla
60g Greek yogurt cream cheese* (5 1/2 tbsp.)

Blend all ingredients except cream cheese in the blender and pour into well greased muffin tins. Press about 5g cream cheese into the batter of each muffin. Sprinkle more cinnamon and some stevia over the tops of the muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have two muffins for your meal. *If you can't find Greek yogurt cream cheese use fat-free cream cheese.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Tacos:

Brown 1lb ground beef (90/10 or leaner). Drain the fat and add one packet of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos using the amounts and foods in the chart to the left.

TIPS FOR FAMILIES: If your kids don't like tacos, try making a "chip" by frying the tortilla in coconut oil and giving them the chip with refried beans and cheese!

MEAL 6

Molten Mug Cake

75g banana (3/4 medium)
1 egg
7g cocoa
2 packets stevia
25g Chocolate Brownie IdealLean Protein (1 scoop)

Blend all ingredients in a blender, not by hand!
Pour into a large mug sprayed with non-stick cooking spray.
Microwave for one minute and then check it. If it doesn't look done, continue cooking in 10 second increments until it is set but still gooey just in the middle. Top with 16g (1 tbsp.) peanut butter.

Meal Plan

Plan #5

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	25g (1/4 c) oats AND 40g (1/3 small) banana	1/2 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1/4 c) cream of rice/ wheat AND 12g (2 tbsp.) powdered peanut butter	20g (1 scoop) Chocolate Brownie IdealLean Protein	3/4 c unsweetened almond milk
MEAL 3	1 slice Ezekial bread* AND 100g (1/2 c) blueberries	85g (2/3 c) low-fat cottage cheese	
MEAL 4	30g (1/4 c) Bare Naked Granola*	175g (3/4 c) plain fat-free Greek yogurt	16g (1 tbsp.) slivered almonds
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	65g (1/3 c) white rice	70g 93/7 ground beef	18g mozzarella cheese
MEAL 6		20g (1 scoop) French Vanilla IdealLean	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #5

MEAL 1

Chocolate Chip Banana Bread Waffles

80g oats (1 c)
50g French Vanilla IdealLean Protein (2 scoops)
215g banana, very ripe (2 small)
1 1/2 c unsweetened almond milk
1/2 c coconut flour
1 c egg whites
20g mini chocolate chips

Blend all ingredients except chocolate chips in blender. Stir in chocolate chips last.

Pour into greased waffle iron and cook until cooked through.
Makes six waffles. Have one for your serving.

MEAL 2

Idea:

Mix protein powder, 5g (1 tbsp.) cocoa, stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 40g of cream of rice or cream of wheat with 1 c water and cook according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of rice/wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of rice/wheat. This is one of my favorite breakfasts!

ALTERNATE: You are welcome to match the amount of cream of rice with oats and blend it all into a shake instead. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Toast your bread and top with cottage cheese and berries. *You can use any 80 calorie per slice whole wheat bread if you can't find Ezekial bread.

MEAL 4

Idea:

Sweeten your Greek yogurt with stevia until it tastes as sweet as you like it. Top with granola and nuts! You can use any granola with 8g of sugar or less per serving.

MEAL 5

Cheesy Zucchini Hamburger Casserole

1lb 93/7 ground beef, raw
1 medium onion, chopped (1/2 c)
1/2 tsp. salt
1/8 tsp. pepper
3/4 c uncooked white rice
1 c water
1 medium zucchini, cut into 1/4 inch thick slices (2 c)
1 large tomato, chopped (1 c)
1 can (10.75oz) tomato soup
1 tsp. basil
110g shredded mozzarella cheese

Preheat your oven to 375 degrees. Brown ground beef and onion until beef is cooked through. Drain off the fat and sprinkle with salt, pepper and basil. Place uncooked rice and water in sprayed 9x13 pan and stir. Layer cooked beef, zucchini and tomato over rice.

In a separate bowl mix tomato soup and one can water and pour over casserole.

Cut a piece of foil big enough to loosely cover the dish and spray with non-stick cooking spray. Cover dish with foil, sprayed side down.

Bake 40 minutes. Uncover dish and sprinkle with cheese. Bake uncovered 10-15 minutes longer or until edges are bubbly and cheese is lightly browned. Cut into six servings. Have one serving for your meal. TIPS FOR FAMILIES: My family loves this recipe without any modifications!

MEAL 6

Butterscotch Peanut Butter Cookie Shake

1 c unsweetened almond milk
4g butterscotch sugar-free fat-free pudding powder (1 tbsp.)
20g French Vanilla or Cake Batter IdealLean Protein (1 scoop)
16g peanut butter (1 tbsp)
2 shakes salt
Ice
Blend and enjoy!

Meal Plan

Plan #6

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	140g (2 c) potatoes/hash browns	1/3 c egg whites and 1 whole egg	8g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	30g (1/3 c) oats AND 75g (1/3 c) strawberries AND 2 tbsp. sugar-free strawberry jam AND 12g (2 tbsp.) powdered peanut butter	20g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	120g (3/4 c) brown rice	55g ground beef (90/10 or leaner)	
MEAL 4	3 plain rice cakes	10g (1/2 scoop) IdealLean Protein Powder	20g (1 1/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g sweet potato (1/2 small)	85g chicken	10g cheddar cheese
MEAL 6	12g pretzels	20g (~1 Scoop) IdealLean Protein	12g (3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #6

MEAL 1

Breakfast Hash

840g frozen hashbrowns* (12 c)
6 eggs
2 c egg whites
48g cheddar cheese
Any free veggies you'd like
Spread hash browns and veggies over the bottom of a sprayed 9x13 pan. Top with cheese. Whisk the eggs together in a bowl and pour them over the top.

Salt and pepper to taste. Bake at 350 degrees for about 45-60 minutes or until cooked through. Top with salsa. Keep this in the fridge all week and heat up as needed. Makes six servings. Have one serving for your meal. *Any brand of hash brown without added oils is fine. Find one with 0g fat and you will be fine.

MEAL 2

Idea:
Blend all ingredients into your shake for a peanut butter and jelly shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

MEAL 4

Chocolate Coconut Balls
100g peanut butter (6 tbsp.)
80g oats (1/2 c)
80g honey (1/4 c)
20g mini chocolate chips
20g unsweetened coconut
40g Chocolate Coconut IdealLean Protein (1 1/2 scoops)
10g cocoa (2 tbsp.)
1/2 tsp. vanilla
Opt: almond milk

Mix all ingredients together. Add almond milk until you can make 12 compact balls. Store in the freezer and let thaw slightly before eating. Have two balls for your serving.

OR

1 IdealLean Protein Bar, any flavor + 1 plain rice cake

MEAL 5

White Chicken Chili
1/2 tbsp. extra virgin olive oil
1 1/2lb boneless chicken, cubed (about 3-4 boneless, skinless breasts)
1 medium onion, diced
3-4 cloves garlic, minced
2 cans Great Northern beans
1 3.5oz can green chilis
1/2 tsp. cumin
1/2 tsp. dried oregano leaves
1/2 tsp. coriander
1/2 tsp. salt
Fresh cracked pepper
1 lime
1/2 c chopped cilantro
1 32oz box chicken broth
Toppings for your serving only:
10g pepper jack cheese OR 25g avocado
25g plain Greek yogurt

In a large pot, heat olive oil. Add chopped onion and cook for about two minutes, or just until it starts to become translucent. While onions are cooking, drain beans and rinse with cold water and set aside. Sprinkle chopped chicken with a little salt and pepper and add to pot. Add garlic as well. Cook until there's no more visible pink on the chicken, probably 3-4 minutes. Then add green chilis, along with all of the juices in the can. Add beans, cumin, oregano, coriander, salt, and a few turns of fresh cracked pepper. Stir to combine and then add chicken broth. If you want a thicker chili add less broth. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 10-15 minutes.

Remove from heat and add the juice from one lime and the 1/2 c chopped cilantro. Add salt and pepper to taste.

Makes about eight cups of soup. Have 1/8 recipe for your serving. Top your bowl with 25g plain fat free greek yogurt and EITHER 10g pepper jack cheese OR 25g avocado. *Use the "Simply Organic" line of tortilla chips by Tostitos-- approx 100 calories. TIPS FOR FAMILIES: Top with avocado, cheese and crushed tortilla chips. We like Tostitos Simply Scoops.

MEAL 6

Candy Bar Fudge
20g Chocolate Brownie IdealLean Protein (1 scoop)
3g dark cocoa (1/2 tbsp.)
1 packet stevia
6g powdered peanut butter (1 tbsp.)
3g honey (1/2 tsp.)
8g peanuts, chopped (1/2 tbsp.)
5g pretzels, chopped
3g mini chocolate chips (approx 18 chips)

Stir protein powder, cooca, stevia and 1 tbsp. water together until you have a thick brownie batter-like paste. Top batter with peanuts, pretzels and chocolate chips. Mix powdered peanut butter, honey and enough water to make it a consistency you prefer. This is your "caramel nougat" so it can either be a pourable consistency to drizzle over the top or a thicker consistency to chop into the fudge. Pour/chop the powdered peanut butter and honey mixture over the top of the fudge. Freeze for at least 1-2 hours. If you freeze longer than that, thaw the fudge for about 20 minutes before eating.

Meal Plan

Plan #7

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (1/2 c) oats AND 50g (1/4 c) any berry AND 12g (2 tbsp.) powdered peanut butter	15g (~1/2 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Skinny Cow ice cream sandwich	20g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 slice Ezekial bread	1 whole egg AND 1 slice turkey bacon	30g (1/8) avocado
MEAL 4	2 cheddar rice cakes AND 80 calories of fruit*	100g turkey slices	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla (80 cal)	70g chicken	24g cheddar cheese
MEAL 6		115g (1/2 c) low-fat cottage cheese AND 12g (1/2 scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #7

MEAL 1

Idea:
Cook oatmeal according to package directions. Stir in berries and protein powder. Mix 1 tbsp. water into your powdered peanut butter and drizzle over the top of your oatmeal!

MEAL 2

Idea:
Have your ice cream sandwich with shake on the side! Or you can blend your ice cream sandwich into your shake for a yummy milk shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Cook one egg over easy so the yolk is still a little soft. Meanwhile toast your bread and put slices of avocado and your bacon over the top of your bread. Put the egg on top for two open faced sandwiches or put it together for a "breakfast" sandwich!

MEAL 4

*Ideas for 80 calories of fruit are: 200g peaches (1 large) OR 275g watermelon (2 c) OR 150g pear (1 large) OR 90g banana (1/2 large) OR 250g berries (1 1/2 c)

OR

1 IdealLean Protein Bar, any flavor + 2 cheddar rice cakes

MEAL 5

Buffalo Chicken Mac
1/2 tbsp. extra virgin olive oil
1lb (about 2-3) chicken breasts, cut into small bits
2 large carrots, peeled and finely chopped
1 large onion, chopped
5 ribs celery, finely chopped
2 large cloves garlic, finely chopped or grated
1/2 tbsp. smoked paprika
1 bay leaf
Salt and freshly ground black pepper
1 cup chicken stock
2-4 tbsp. hot sauce or buffalo sauce, depending on how hot you like it
1/2 15oz can crushed tomatoes
120g whole wheat elbow macaroni, dry
55g pepper jack cheese
65g crumbled blue cheese
1 scallions, thinly sliced

Boil macaroni according to package directions.
Heat the oil in a pan over medium/high heat and brown the chicken bits for about 5-6 minutes. Add carrot, onion, celery, garlic, paprika, bay leaf and salt and pepper. Cook the veggies, stirring frequently, until tender, about 3-4 minutes. Add chicken stock and mix well. Add hot sauce and tomatoes and bring to a simmer. Simmer for 8-10 minutes to thicken.

Stir the pasta into the chicken mixture and pour the mixture into an 8x8 casserole dish. Sprinkle the cheeses over the top and put under the broiler until the cheeses have melted and the top is golden brown, about 2-3 minutes. Top with sliced scallions. Recipe makes six servings. Eat one serving for your meal.

TIPS FOR FAMILIES: Try adding a little more cheese to their portions. If it's too spicy for the kids you can stir in a little plain Greek yogurt to tone it down.

MEAL 6

Peanut Butter Ice Cream
230g low-fat cottage cheese (1 c)
32g peanut butter (2 tbsp.)
25g IdealLean French Vanilla Protein* (1 scoop)
1/4-1/3 c unsweetened almond milk
5-10 ice cubes
1/4 tsp. xanthan gum (optional)
2 packets stevia (optional)

Blend all ingredients in your blender until well mixed. You may need to scrape the sides and blend a few times. If you need to add more almond milk you can but you want this to be THICK! When it's very thick and blended spoon it out of the blender and into two small bowls. Put in the freezer for a couple hours, stirring/chopping it up every hour or so. If it's frozen solid, let thaw for 30 minutes or so before eating. Makes two servings. Eat one serving for your meal.

*Any protein powder flavor is amazing in this recipe!

Plan #8

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 whole wheat tortilla/wrap (100 cals)	1/2 c egg whites	8g cheddar
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10 York Minis OR 150 calories any low-fat candy*	20g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	6 Simply Tortilla Chips* AND 50g (3 tbsp.) black beans	70g chicken	24g cheddar cheese
MEAL 4	30g (1 c) plain Cheerios AND 150g (2/3 c) strawberries	1 Dannon Light 'n Fit Greek yogurt*	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla/wrap (100 cals)	60g chicken breast	35g low-fat mozzarella cheese AND 1 tbsp. light dressing (20 cals)
MEAL 6	25g (5 tbsp.) sugar-free Cool Whip	20g (~1 scoop) IdealLean Protein	3g (1/2 tsp.) coconut oil

Recipe/Ideas

Plan #8

MEAL 1

Idea:
Make a breakfast burrito with your egg whites, cheese and tortilla! You can make these in advance and warm them up each morning if you'd like.

MEAL 2

*Any treat that is under 6g of fat for 150 calories is fine! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Macho Nachos
6 Simply Tortilla Chips by Tostitos*
70g chicken breast
50g black beans (3tbsp.)
24g cheddar cheese
Pico de gallo, salsa, jalapenos, etc

You can use chicken that you have left over from another recipe (buffalo chicken would be yummy!) or you can use canned chicken, rotisserie chicken or slow cooked shredded chicken. Lay chips out on your plate and top with chicken and cheese. Warm in the microwave or under the broiler for best results. Top with veggies, salsa, jalapenos, etc. *Use 140 calories of any "simply organic" or baked chip. Triscuit Thin Crips would also be a good option. You get 15 crackers for 130 calories.

MEAL 4

*You can use any 80-100 calorie Greek yogurt. Stir your cereal into your yogurt! Have fruit on the side or mix it all together!

OR

1 IdealLean Protein Bar, any flavor + 250g strawberries

MEAL 5

Pizza
1 whole wheat wrap/tortilla (100 cals)
1/3 c pizza sauce
35g low-fat mozzarella cheese
15 slices turkey pepperoni
Any free veggies

Spread pizza sauce over the tortilla and top with cheese, pepperoni and lots of veggies! Bake at 350 degrees until cheese is melted and toasty!

TIPS FOR FAMILIES: Let your kids make their own pizzas! Have plenty of healthy toppings and some fun ones too! They're more likely to eat it if they help make it.

MEAL 6

Birthday Cake Fudge
20g Cake Batter IdealLean Protein (1 scoop)
3g coconut oil (1/2 tsp.)
4g vanilla fat-free sugar-free pudding powder (1 tbsp.)
1 tbsp. water
18g sugar-free Cool Whip (4 tbsp.)
Sprinkles (opt)

Stir together melted coconut oil, protein powder and pudding powder. Add a little water to make it a thick, stirrable consistency. Freeze. Top with Cool Whip and sprinkles and enjoy! You can also try topping it with Cool Whip before you freeze it for a frozen dessert! Don't forget the sprinkles!



135 – 165 lbs

STRENGTH

Meal Plan

Plan #1

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	45g (3/4 c) Honey Bunches of Oats	35g (1+ Scoop) IdealLean Straberries 'n Cream Protein	3/4 c unsweetened almond milk
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Pop Tart any flavor	35g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	60g white rice (1/3 c)	100g pork tenderloin	60g avocado (1/4 small avocado) AND 1 tbsp light dressing
MEAL 4	1 whole wheat tortilla (80 cal) AND 80g (3/4) banana	3 egg whites	24g (1 1/2 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	100g gold potatoes, weighed raw	85g tilapia	20g feta cheese
MEAL 6	75g (1/3 c) strawberries sliced	150g (1/2 c) low-fat cottage cheese	

Recipe/Ideas

Plan #1

MEAL 1

Make protein milk cereal with any flavor protein powder and any cereal with 6g of sugar or less per serving. Shake up the milk and protein powder and pour it over your cereal! Get creative with cereals and flavors! Try Cheerios and Chocolate Brownie or Life and Cake Batter or Honey Bunches of Oats and Strawberries 'N Cream! Or, if you prefer a shake, try this recipe:

Raspberry Cheesecake Shake

1 c unsweetened almond milk
30g French Vanilla IdealLean Protein (1+ scoop)
30g fat-free cream cheese
90g frozen raspberries (1/3 c)
1 1/2+ sheets/7 squares low-fat graham crackers
Ice

Blend all ingredients in a blender. Reserve one graham cracker square to crumble over the top.

MEAL 2

Remember, including low-fat sugars post workout helps with muscle building and glycogen replenishment! Don't be afraid of this! Feel free to use the sub list if you'd like a healthier carb option. Make your sub in the 200 calorie row. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Slow Cooker Chipotle, Honey and Lime Pork

2-3lb pork tenderloin roast
1/4 c water
1 chili chopped (use canned chipotle chilis in adobo sauce)
2 medium onions, quartered
1 1/2 tsp. salt
1 1/2 tsp. pepper

Sauce:

1 chili chopped (use canned chipotle chilis in adobo sauce)
1 tbsp. honey
2 tbsp. Splenda/Stevia in the raw (optional)
1 1/2 tbsp. worcestershire sauce
3 tbsp. lime juice
1/3 c reduced sugar ketchup
1 tsp. ground coriander

Place 1/4 c water, onions and one chopped pepper into slow cooker. Place the pork tenderloin roast (approx 2-3lbs) in slow cooker and top salt and pepper. Cover and cook on low for six hours.

Remove pork and onions from slow cooker and discard juices. Pull the pork and return it to the crock pot. Combine the sauce ingredients and add to the pork stirring the sauce into the meat. Cover and cook on low for one hour.

My favorite dressing to use with this recipe is Cilantro Avocado yogurt dressing by Bolthouse Farms. Make a salad with free veggies and top with 100g pork, 60g avocado, 60g rice and 1 tbsp. dressing.

MEAL 4

Monkey Wrap

1 whole wheat tortilla (80 cals)
24g peanut butter (1 1/2 tbsp)
30g banana (1/4 banana)
7g honey (1 tsp.)
8g mini chocolate chips
3 egg whites

Wrap up the banana, peanut butter, chocolate chips and honey in the wrap. Eat three hard boiled egg whites on the side.

MEAL 5

Fish Sticks

3 tilapia filets (approx 12oz/360g total, raw)
2 egg whites, beaten
3/4 c panko bread crumbs
1/2 tsp. salt
1/2 tsp. pepper
1/4 c parmesan cheese (25g)

Preheat oven to 450. Cut each tilapia filets into four "sticks." Season with salt and pepper. In a bowl, beat the egg whites. In a separate bowl, mix bread crumbs, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, then in the panko mixture, pressing the bread crumbs into the fish. Spray a wire rack with cooking spray and lay fish sticks on the wire rack. Bake for 10 minutes. Flip and back for 10 more minutes.

Makes four servings/12 fish sticks. Have three fish sticks as your serving. This can also be made with chicken, if desired. Slice 100g gold potatoes into french fries and bake at the same time as your fish at 450 degrees. The potatoes may take about 25-30 minutes so start them first! Watch the potatoes after 20 minutes and cook until desired crispiness!

Tip: Try mixing together 2 tbsp. mustard, one squirt of sriracha (to taste) and stevia (to taste) as a dipping sauce!

TIP FOR FAMILIES: Buy a bag of frozen french fries from the store to serve to the rest of your family with their fish sticks! Look for one with a small ingredient list without a lot of added oils and perservatives.

MEAL 6

Idea: Try topping your cottage cheese with berries and a little stevia for a sweet treat! You can even stir 1 1/2 tsp. fat-free sugar-free cheesecake pudding powder into your cottage cheese!

Meal Plan

Plan #2

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	50g (1/2 c) oats	1/2 c egg whites	12g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	50g (1 1/4c) Lucky Charms Cereal*	35g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		2 eggs AND 85g chicken breast	60g (1/4 small) avocado AND 1 tbsp. light dressing
MEAL 4	140 g (1 large banana)	22g (1 scoop) IdealLean Protein	1 c unsweetened almond milk AND 16g (1 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	120g (3/4 c) white rice	85g chicken breast	
MEAL 6		175g (3/4g) plain fat-free Greek yogurt AND 15g (~1/2 scoop) Cake Batter IdealLean Protein	

Recipe/Ideas

Plan #2

MEAL 1

Pumpkin Cheesecake Overnight Oats

40g oats (1/2 c)
1/2 c almond milk
125g canned pumpkin puree (1/2 c)
22g Greek yogurt cream cheese* (2 tbsp.)
10g Vanilla IdealLean Protein** (1/2 scoop)
5g chia seeds (1 tsp.)
1 packet Stevia in the Raw

Stir together oats and almond milk. In a separate bowl mix the pumpkin and cream cheese well. Stir in one packet of stevia, protein powder and chia seeds. Stir the pumpkin mixture into the oats and let sit in the fridge overnight. *If you can't find Greek yogurt cream cheese you can use 22g of fat-free cream cheese. **Cake Batter IdealLean Protein is also delicious!

MEAL 2

*Use any cereal of your choice, no matter the sugar content! Post workout sugars are totally fine and beneficial! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Cobb Salad

1 hard-boiled egg
2 slices turkey bacon, already cooked
85g chicken breast, already cooked
60g avocado (1/4 avocado)
Romaine lettuce
Green onion, sliced
Tomato, sliced
1 tbsp. light dressing*

Make a big salad with as much romaine lettuce and free veggies as you'd like. Top with a diced hard-boiled egg, the turkey and chicken. I like to use Bolthouse Ranch yogurt dressing or Newman's Own Light Balsamic Vinaigrette dressing. Use 20-25 calories of dressing.

MEAL 6

Lemon Cream Pie Pudding

175g plain fat-free Greek yogurt (3/4 c)
15g Cake Batter IdealLean Protein (~1/2 scoop)
4g lemon sugar-free fat-free pudding powder (1 tbsp.)
1 packet stevia

Stir all ingredients together in a small bowl. Let sit in the fridge for about 15 minutes to thicken. French Vanilla IdealLean Protein would also be great.

MEAL 4

All Greens Smoothie

2/3 c unsweetened almond milk
1/3 c egg whites*
10g French Vanilla IdealLean Protein** (1/2 scoop)
60g (1/4 small) avocado
45g (1 small) kiwi
50g (1/2 small) green apple
80g (1/2 medium) banana
2 handfuls spinach/kale
1/3 cucumber
Ice

Blend all ingredients in a blender! *The egg whites need to be the kind in the carton. These are pasteurized and completely safe to drink raw. They don't have any taste at all but make your smoothie so creamy! If this creeps you out you can do one full cup of almond milk and do 12g protein powder in place of the egg whites. **Strawberries 'n Cream and Pina Colada IdealLean Protein Powder would also be delish!

MEAL 5

Sriracha Chicken Kabobs

Wooden/bamboo skewers
1 tbsp. lite soy sauce
1 tbsp. sriracha sauce
1/4 tsp. ground ginger
1lb chicken breast, cut into cubes

Soak wooden skewers in water for 15 minutes to avoid burning them. Mix soy sauce, sriracha sauce and ginger in a small bowl. Put chicken and sauce in a ziplock bag and let marinate for at least 20 minutes. Thread onto skewers and grill until cooked through. (If you don't want to do this chicken as kabobs you can simply marinate and grill the full chicken breast.)

Cilantro Rice

1 c uncooked jasmine rice
2 c water
4 cloves garlic, finely chopped (or 1/2 tsp. garlic powder)
1/4 tsp. salt
1/2 c chopped fresh cilantro

Cook water, rice, salt and garlic in your rice cooker. When it's finished, fluff with a fork and stir in cilantro.

If you don't have a rice cooker, bring the rice, water, salt and garlic to a boil over high heat. Reduce heat to low and cover. Cook for 20 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and stir in cilantro. (If you prefer to just make plain rice, that is fine).

Measure out 85g cooked chicken and 120g cooked rice for your portion. Serve with a side salad or steamed veggies.

Meal Plan

Plan #3

Supplements needed:

- 2+ scoops IdealLean Protein
- 2 scoops IdealLean BCAAs
- 1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	2 slices Ezekial Bread* AND 60g (1/2 small) banana AND 7g (1 tsp.) honey AND 12g (2 tbsp.) powdered peanut butter	20g (~1 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	6 (1 1/2 sheets)low-fat graham crackers AND 120g (1 medium) banana AND 75g (1/3 c) strawberries	25g (1 scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 whole wheat sandwich thin	70g top round roast OR 70g top sirloin steak	2 low-fat Laughing Cow cheese wedges
MEAL 4	35g hummus*	2 hard-boiled eggs	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	110g (2/3c) white rice	85g chicken	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	20g (1 1/4 tbsp.) peanut butter

Recipe/Ideas

Plan #3

MEAL 1

Idea:
Add 1 tbsp. water to the powdered peanut butter (PB2 or PB Fit) and spread over toasted bread. Top with honey and sliced banana. Drink the serving of protein powder with water on the side. *You can use any whole wheat bread that is 80 calories a slice if you can't find Ezekial Bread.

MEAL 2

Caramel Coconut Cookie Bowl
25g Chocolate Coconut IdealLean Protein (or Chocolate Brownie IdealLean Protein) (1 scoop)
3/4 c unsweetened almond milk
3g dark cocoa (or regular cocoa)
1/4 tsp. coconut extract
2 packets stevia
1/2 tsp. xanthan gum (optional--for thickening)
Lots of ice

Toppings:
20g sugar-free caramel ice cream topping/syrup (1 tbsp.)
6 low-fat graham cracker squares (1 1/2 sheets)
8g shredded sweetened coconut
8g mini chocolate chips

Blend the protein powder, almond milk, cocoa, coconut extract, stevia, xanthan gum and ice. Continue adding ice until it's very thick and you have to spoon it out of the blender. Spoon it into a bowl and top with the toppings! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Peperoncini Beef Sandwich
2-3lb top round roast or other roast with 6g of fat or less per serving
1 16oz jar sliced peperoncinis
2 garlic cloves
Salt and Pepper

Salt and pepper your roast and then sear it in a pan pre-heated to medium/high heat on all sides.

Place roast, chopped garlic cloves and jar of peperoncinis (including juice) into your slow cooker and cook over low heat for 6-8 hours. Using two forks pull the roast apart. Store in the fridge until ready to use.

To make your sandwich, spread two light Laughing Cow cheese wedges (35 cals each) on your sandwich thin. Use 70g of cooked roast and any free veggies you'd like to complete your sandwich!

MEAL 4

*Use 80 calories of hummus. Different brands may be different calories so you may have to adjust the amount. I used Sabra brand for calculations. Dip free veggies into your hummus and have your hard-boiled eggs on the side.

OR

1 IdealLean Protein Bar, any flavor + 8g peanut butter or almonds

MEAL 5

Sweet 'n Sour Chicken Take Out
4 boneless skinless chicken breasts, chopped into 1 inch pieces
1/3 c corn starch
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 white or yellow onion, chopped
1 5oz can water chestnuts
1 tbsp. coconut oil

Sauce
1/2 c Splenda or Stevia in the Raw (in the big bag)
1/2 c vinegar
2 tbsp. lite soy sauce
1 tsp.garlic powder
1/2 tsp. onion salt
1/4 c reduced sugar ketchup
1 tbsp. cornstarch + 2 tbsp. cold water

Add stevia, vinegar, soy sauce, garlic powder, onion, salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the 1 tbsp. corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.

Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat the chicken. Drizzle a large pan or skillet with 1 tbsp. coconut oil. Add coated chicken. Saute over medium heat for about five minutes. Add peppers, onions and water chestnuts. Continue to saute over medium heat until chicken is browned and cooked through.

Add sauce to chicken and peppers. Stir to coat well. For your portion, try to pick out and weigh 85g of chicken and then scoop out as many veggies as you'd like. Serve warm over 80g white rice.

NOTE FOR FAMILIES: My family loved this recipe as is with rice!

MEAL 6

Butterscotch Peanut Butter Pudding
175g plain fat-free Greek yogurt (3/4 c)
10g French Vanilla or Cake Batter IdealLean Protein (~1/2 scoop)
4g fat-free sugar-free butterscotch pudding powder (1 tsp.)
20g peanut butter (1 1/4 tbsp.)
2 packets stevia

Stir all ingredients together well and let sit in the fridge for 15 minutes to thicken. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

Meal Plan

Plan #4

Supplements needed:
3+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	2 slices Ezekial bread* AND 50g (1/4 c) strawberries	2/3 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	15g (3 tbsp.) oats AND 75g (1/2 c) frozen mangos AND 60g (1/3 c) frozen pineapple	25g (1 scoop) Pina Colada IdealLean Protein	1 c unsweetened almond milk
MEAL 3	175g (1/2 medium) sweet potato, weighed raw	85g chicken	2 tbsp. light dressing
MEAL 4	3 plain rice cakes	30g (1+ scoop) IdealLean Protein	1 c. unsweetened almond milk
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	2 small corn tortillas (60 cal)	70g lean ground beef	10g cheddar cheese AND 30g (1/8) avocado
MEAL 6	75g (3/4 medium) banana	30g (1+ scoop) IdealLean Protein	28g (1 3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #4

MEAL 1

French Toast

2 slices Ezekial bread
2/3 c egg whites
50g any berry (1/4 c)
Splash almond milk
Cinnamon
Sweetener

Whisk together egg whites, almond milk, cinnamon and sweetener to taste. Let the bread soak in the eggs for a couple minutes on each side. Cook on a skillet until cooked through. Top with berries and Walden Farms sugar-free syrup! If you have left over eggs, scramble them and eat on the side!

Tip: You can make multiple days of this in advance and pop it in the toaster each morning! *You can use any 80 calorie/slice whole wheat bread if you can't find Ezekial bread.

MEAL 2

Idea:

Blend all ingredients with ice in a blender! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Buffalo Chicken Stuffed Sweet Potatoes

Prepare your buffalo chicken as per the recipe below. Microwave your sweet potato for approximately 3-5 minutes until it is soft to the touch. Slice it in half and load it with 85g buffalo chicken. Top with 2 tbsp. of Bolthouse Chunky Blue Cheese yogurt dressing. You can also use a light ranch, if you'd rather. Use 35 calories of dressing.

Buffalo Chicken

Put four frozen chicken breasts in crock pot and top with one envelope Ranch Dips packet and 3/4 of a 12oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food try one packet of ranch dip powder and one packet of taco seasoning instead!

MEAL 4

Cinnamon Roll Muscle Muffins

1 c egg whites
1 egg
120g oats (1 1/2 c)
1/2 c Splenda or Stevia in the Raw
115g cottage cheese (1/2 c)
50g applesauce, no sugar added (1/4 c)
25g Cake Batter IdealLean Protein (1 scoop)
1/2 tsp. baking soda
1/2 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla
60g Greek yogurt cream cheese* (5 1/2 tbsp.)

Blend all ingredients except cream cheese in the blender and pour into well greased muffin tins. Press about 5g cream cheese into the batter of each muffin. Sprinkle more cinnamon and some stevia over the tops of the muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have three muffins for your meal. *If you can't find Greek yogurt cream cheese use fat-free cream cheese.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Tacos:

Brown 1lb ground beef (90/10 or leaner). Drain the fat and add one packet of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos using the amounts and foods in the chart to the left.

TIPS FOR FAMILIES: If your kids don't like tacos, try making a "chip" by frying the tortilla in coconut oil and giving them the chip with refried beans and cheese!

MEAL 6

Molten Mug Cake

75g banana (3/4 medium)
1 egg
7g cocoa
2 packets stevia
25g Chocolate Brownie IdealLean Protein (1 scoop)

Blend all ingredients in a blender, not by hand! Pour into a large mug sprayed with non-stick cooking spray. Microwave for one minute and then check it. If it doesn't look done, continue cooking in 10 second increments until it is set but still gooey just in the middle. Top with 20g (1 1/4 tbsp.) peanut butter.

Meal Plan

Plan #5

Supplements needed:
2 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	37g (~1/2 c) oats AND 60g (1/2 small) banana	3/4 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1/4 c) cream of rice/ wheat AND 12g (2 tbsp.) powdered peanut butter	25g (1 scoop) Chocolate Brownie IdealLean Protein	3/4 c unsweetened almond milk
MEAL 3	1 1/2 slices Ezekial bread* AND 100g (1/2 c) blueberries	115g (1/2 c) low-fat cottage cheese	
MEAL 4	30g (1/4 c) Bare Naked Granola*	175g (3/4 c) plain fat-free Greek yogurt	16g (1 tbsp.) slivered almonds
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	65g (1/3 c) white rice	70g 93/7 ground beef	18g mozzarella cheese
MEAL 6		25g (1 scoop) French Vanilla IdealLean	24g (1 1/2 tbsp.) peanut butter

Recipe/Ideas

Plan #5

MEAL 1

Chocolate Chip Banana Bread Waffles

80g oats (1 c)
50g French Vanilla IdealLean Protein (2 scoops)
215g banana, very ripe (2 small)
1 1/2 c unsweetened almond milk
1/2 c coconut flour
1 c egg whites
20g mini chocolate chips

Blend all ingredients except chocolate chips in blender. Stir in chocolate chips last.

Pour into greased waffle iron and cook until cooked through. Makes six waffles. Have 1 1/2 waffles for your serving.

MEAL 2

Idea:

Mix protein powder, 5g (1 tbsp) cocoa, stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 40g of cream of rice or cream of wheat with 1 c water and cook according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of rice/wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of rice/wheat. This is one of my favorite breakfasts!

ALTERNATE: You are welcome to match the amount of cream of rice with oats and blend it all into a shake instead. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Toast your bread and top with cottage cheese and berries. *You can use any 80 calorie per slice whole wheat bread if you can't find Ezekial bread.

MEAL 4

Idea:

Sweeten your Greek yogurt with stevia until it tastes as sweet as you like it. Top with granola and nuts! You can use any granola with 8g of sugar or less per serving.

MEAL 5

Cheesy Zucchini Hamburger Casserole

1lb 93/7 ground beef, raw
1 medium onion, chopped (1/2 c)
1/2 tsp. salt
1/8 tsp. pepper
3/4 c uncooked white rice
1 c water
1 medium zucchini, cut into 1/4 inch thick slices (2 c)
1 large tomato, chopped (1 c)
1 can (10.75oz) tomato soup
1 t dried basil
110g shredded mozzarella cheese

Preheat your oven to 375 degrees. Brown ground beef and onion until beef is cooked through. Drain off the fat and sprinkle with salt, pepper and basil. Place uncooked rice and water in sprayed 9x13 pan and stir. Layer cooked beef, zucchini and tomato over rice.

In a separate bowl mix tomato soup and one can water and pour over casserole.

Cut a piece of foil big enough to loosely cover the dish and spray with non-stick cooking spray. Cover dish with foil, sprayed side down. Bake 40 minutes. Uncover dish and sprinkle with cheese. Bake uncovered 10-15 minutes longer or until edges are bubbly and cheese is lightly browned. Cut into six servings. Have one serving for your meal. TIPS FOR FAMILIES: My family loves this recipe without any modifications!

MEAL 6

Butterscotch Peanut Butter Cookie Shake

1 c unsweetened almond milk
4g butterscotch sugar-free fat-free pudding powder (1 tbsp.)
25g French Vanilla or Cake Batter IdealLean Protein (1 scoop)
24g peanut butter (1 1/2 tbsp.)
2 shakes salt
Ice
Blend and enjoy!

Meal Plan

Plan #6

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	140g (2 c) potatoes/hash browns	1/3 c egg whites and 1 whole egg	8g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	30g (1/3 c) oats AND 75g (1/2 c) strawberries AND 2 tbsp. sugar-free strawberry jam AND 12g (2 tbsp.) powdered peanut butter	25g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	140g (3/4 c) brown rice	70g ground beef (90/10 or leaner)	
MEAL 4	3 plain rice cakes	10g (~1/2 scoop) IdealLean Protein	20g (1 1/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	175g (1/2 medium) sweet potato	85g chicken	10g cheddar cheese
MEAL 6	15g pretzels	30g (1+ Scoop) IdealLean Protein	12g (3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #6

MEAL 1

Breakfast Hash

840g frozen hashbrowns* (12 c)
6 eggs
2 c egg whites
48g cheddar cheese
Any free veggies you'd like

Spread hash browns and veggies over the bottom of a sprayed 9x13 pan. Top with cheese. Whisk the eggs together in a bowl and pour them over the top. Salt and pepper to taste. Bake at 350 degrees for about 45-60 minutes or until cooked through. Top with salsa. Keep this in the fridge all week and heat up as needed. Makes six servings. Have one serving for your meal. *Any brand of hash brown without added oils is fine. Find one with 0g fat and you will be fine.

MEAL 2

Idea:

Blend all ingredients into your shake for a peanut butter and jelly shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

MEAL 4

Chocolate Coconut Balls

100g peanut butter (6 tbsp.)
80g oats (1/2 c)
80g honey (1/4 c)
20g mini chocolate chips
20g unsweetened coconut
40g Chocolate Coconut IdealLean Protein (1 1/2 scoops)
10g cocoa (2 tbsp.)
1/2 tsp. vanilla
Opt: almond milk

Mix all ingredients together. Add almond milk until you can make 12 compact balls. Store in the freezer and let thaw slightly before eating. Have two balls for your serving.

OR

1 IdealLean Protein Bar, any flavor + 1 plain rice cake

MEAL 5

White Chicken Chili

1/2 tbsp. extra virgin olive oil
1 1/2lb boneless chicken, cubed (about 3-4 boneless, skinless breasts)
1 medium onion, diced
3-4 cloves garlic, minced
2 cans Great Northern beans
1 3.5oz can green chilis
1/2 tsp. cumin
1/2 tsp. dried oregano leaves
1/2 tsp. coriander
1/2 tsp. salt
Fresh cracked pepper
1 lime
1/2 c chopped cilantro
1 32oz box chicken broth
Toppings for your serving only:
10g pepper jack cheese OR 25g avocado
25g plain Greek yogurt
4 Tortilla chips*

In a large pot, heat olive oil. Add chopped onion and cook for about two minutes, or just until it starts to become translucent. While onions are cooking, drain beans and rinse with cold water and set aside. Sprinkle chopped chicken with a little salt and pepper and add to pot. Add garlic as well. Cook until there's no more visible pink on the chicken, about 3-4 minutes. Then add green chilis, along with all of the juices in the can. Add beans, cumin, oregano, coriander, salt, and a few turns of fresh cracked pepper. Stir to combine and then add chicken broth. If you want a thicker chili add less broth. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 10-15 minutes. Remove from heat and add the juice from one lime and the 1/2 c chopped cilantro. Add salt and pepper to taste.

Makes about eight cups of soup. Have 1/8 recipe for your serving. Top your bowl with 25g plain fat-free Greek yogurt, 4 tortilla chips and EITHER 10g pepperjack cheese OR 25g avocado. *Use the "Simply Organic" line of tortilla chips by Tostitos--approx 100 calories. TIPS FOR FAMILIES: Top with avocado, cheese and crushed tortilla chips. We like Tostitos Simply Scoops.

MEAL 6

Candy Bar Fudge

25g Chocolate Brownie IdealLean Protein (1 scoop)
3g dark cocoa (1/2 tbsp.)
1 packet stevia
12g powdered peanut butter (2 tbsp.)
5g honey (1 tsp.)
8g peanuts, chopped (1/2 tbsp.)
5g pretzels, chopped
3g mini chocolate chips (approx 18 chips)

Stir protein powder, cocoa, stevia and 1tbsp. water together until you have a thick brownie batter-like paste. Top batter with peanuts, pretzels and chocolate chips. Mix powdered peanut butter, honey and enough water to make it a consistency you prefer. This is your "caramel nougat" so it can either be a pourable consistency to drizzle over the top or a thicker consistency to chop into the fudge. Pour/chop the powdered peanut butter and honey mixture over the top of the fudge. Freeze for at least 1-2 hours. If you freeze longer than that, thaw the fudge for about 20 minutes before eating.

Meal Plan

Plan #7

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (1/2 c) oats AND 75g (1/3 c) any berry AND 12g (2 tbsp.) powdered peanut butter	15g (~1/2 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Skinny Cow ice cream sandwich	25g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	2 slices Ezekial bread	1 whole egg AND 2 slices turkey bacon	45g (1/4) avocado
MEAL 4	3 cheddar rice cakes AND 80 calories of fruit*	100g turkey slices	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla (80 cal)	70g chicken breast	24g cheddar cheese
MEAL 6		115g (1/2 c) low-fat cottage cheese AND 12g (~1/2 scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #7

MEAL 1

Idea:
Cook oatmeal according to package directions. Stir in berries and protein powder. Mix 1 tbsp. water into your powdered peanut butter and drizzle over the top of your oatmeal!

MEAL 2

Idea:
Have your ice cream sandwich with shake on the side! Or you can blend your ice cream sandwich into your shake for a yummy milk shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Cook one egg over easy so the yolk is still a little soft. Meanwhile toast your bread and put slices of avocado and your bacon over the top of your bread. Put the egg on top for two open faced sandwiches or put it together for a "breakfast" sandwich!

MEAL 4

*Ideas for 80 calories of fruit are: 200g peaches (1 large) OR 275g watermelon (2 c) OR 150g pear (1 large) OR 90g banana (1/2 large) OR 250g berries (1 1/2 c)

OR

1 IdealLean Protein Bar, any flavor + 3 cheddar rice cakes

MEAL 5

Buffalo Chicken Mac
1/2 tbsp. extra virgin olive oil
1lb (about 2-3) chicken breasts, cut into small bits
2 large carrots, peeled and finely chopped
1 large onion, chopped
5 ribs celery, finely chopped
2 large cloves garlic, finely chopped or grated
1/2 tbsp. smoked paprika
1 bay leaf
Salt and freshly ground black pepper
1 c chicken stock
2-4 tbsp. hot sauce or buffalo sauce, depending on how hot you like it
1/2 15oz can crushed tomatoes
120g whole wheat elbow macaroni, dry
55g pepper jack cheese
65g crumbled blue cheese
1 scallions, thinly sliced

Boil macaroni according to package directions.

Heat the oil in a pan over medium/high heat and brown the chicken bits for about 5-6 minutes. Add carrot, onion, celery, garlic, paprika, bay leaf and salt and pepper. Cook the veggies, stirring frequently, until tender, about 3-4 minutes. Add chicken stock and mix well. Add hot sauce and tomatoes and bring to a simmer. Simmer for 8-10 minutes to thicken.

Stir the pasta into the chicken mixture and pour the mixture into an 8x8 casserole dish. Sprinkle the cheeses over the top and put under the broiler until the cheeses have melted and the top is golden brown, about 2-3 minutes. Top with sliced scallions. Recipe makes six servings. Eat one serving for your meal.

TIPS FOR FAMILIES: Try adding a little more cheese to their portions. If it's too spicy for the kids you can stir in a little plain Greek yogurt to tone it down.

MEAL 6

Peanut Butter Ice Cream
230g low-fat cottage cheese (1 c)
32g peanut butter (2 tbsp.)
25g IdealLean French Vanilla Protein* (1 scoop)
1/4-1/3 c unsweetened almond milk
5-10 ice cubes
1/4 tsp. xanthan gum (optional)
2 packets stevia (optional)

Blend all ingredients in your blender until well mixed. You may need to scrape the sides and blend a few times. If you need to add more almond milk you can but you want this to be THICK! When it's very thick and blended spoon it out of the blender and into two small bowls. Put in the freezer for a couple hours, stirring/chopping it up every hour or so. If it's frozen solid, let thaw for 30 minutes or so before eating. Makes two servings. Eat one serving for your meal.

*Any protein powder flavor is amazing in this recipe!

Meal Plan

Plan #8

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 whole wheat tortilla/wrap (100 cals) AND 75g (1/2 large) banana	2/3 c egg whites	8g cheddar
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	10 York Minis OR 150 calories any low-fat candy*	35g (1+ scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	6 Simply Tortilla Chips* AND 75g (1/3 c) black beans	70g chicken	24g cheddar cheese
MEAL 4	35g (1 1/4 c) plain Cheerios AND 150g (2/3 c) strawberries	1 Dannon Light 'n Fit Greek yogurt*	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla/wrap (100 cals)	60g chicken breast	40g low-fat mozzarella cheese AND 1 tbsp. light dressing (20 cals)
MEAL 6	25g (5 tbsp.) sugar-free Cool Whip	25g (1 scoop) IdealLean Protein	6g (1 tsp.) coconut oil

Recipe/Ideas

Plan #8

MEAL 1

Idea:
Make a breakfast burrito with your egg whites, cheese and tortilla! You can make these in advance and warm them up each morning if you'd like. Have fruit on the side.

MEAL 2

*Any treat that is under 6g of fat for 150 calories is fine! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Macho Nachos
6 Simply Tortilla Chips by Tostitos*
70g chicken breast
75g black beans (1/3 c)
24g cheddar cheese
Pico de gallo, salsa, jalapenos, etc

You can use chicken that you have left over from another recipe (buffalo chicken would be yummy!) or you can use canned chicken, rotisserie chicken or slow cooked shredded chicken. Lay chips out on your plate and top with chicken and cheese. Warm in the microwave or under the broiler for best results. Top with veggies, salsa, jalapenos, etc. *Use 140 calories of any "simply organic" or baked chip. Triscuit Thin Crips would also be a good option. You get 15 crackers for 130 calories.

MEAL 4

*You can use any 80-100 calorie greek yogurt. Stir your cereal into your yogurt! Have fruit on the side or mix it all together!

OR

1 IdealLean Protein Bar, any flavor + 250g strawberries

MEAL 5

Pizza
1 whole wheat wrap/tortilla (100 cals)
1/3 c pizza sauce
40g low-fat mozzarella cheese
15 slices turkey pepperoni
Any free veggies

Spread pizza sauce over the tortilla and top with cheese, pepperoni and lots of veggies! Bake at 350 degrees until cheese is melted and toasty!

TIPS FOR FAMILIES: Let your kids make their own pizzas! Have plenty of healthy toppings and some fun ones too! They're more likely to eat it if they help make it.

MEAL 6

Birthday Cake Fudge
25g Cake Batter IdealLean Protein (1 scoop)
6g coconut oil (1 tsp.)
4g vanilla fat-free sugar-free pudding powder (1 tbsp.)
1 tbsp. water
18g sugar-free Cool Whip (4 tbsp.)
Sprinkles (opt)

Stir together melted coconut oil, protein powder and pudding powder. Add a little water to make it a thick, stirrable consistency. Freeze. Top with Cool Whip and sprinkles and enjoy! You can also try topping it with Cool Whip before you freeze it for a frozen dessert! Don't forget the sprinkles!



OVER 165 lbs

STRENGTH

Meal Plan

Plan #1

Supplements needed:

3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	45g (3/4 c) Honey Bunches of Oats	40g (1+ scoop) IdealLean Strawberries n Cream Protein	3/4 c unsweetened almond milk
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 Pop Tart any flavor	40g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	100g (2/3 c) white rice	115g pork tenderloin	60g avocado (1/4 small avocado) AND 1 tbsp light dressing
MEAL 4	1 whole wheat tortilla (80 cal) AND 110g banana (1 small banana)	3 egg whites	32g peanut butter (2 tbsp.)
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	150g gold potatoes weighed raw	85g tilapia	20g feta cheese
MEAL 6	75g (1/3 c) strawberries sliced	175g (3/4 c) low-fat cottage cheese	

Recipe/Ideas

Plan #1

MEAL 1

Make protein milk cereal with any flavor protein powder and any cereal with 6g of sugar or less per serving. Shake up the milk and protein powder and pour it over your cereal! Get creative with cereals and flavors! Try Cheerios and Chocolate Brownie or Life and Cake Batter or Honey Bunches of Oats and Strawberries 'N Cream! Or, if you prefer a shake, try this recipe:

Raspberry Cheesecake Shake

1 c unsweetened almond milk
35g French Vanilla IdealLean Protein (1+ scoop)
30g fat-free cream cheese
90g frozen raspberries (1/3 c)
1 1/2 sheets+7 squares low-fat graham crackers
Ice

Blend all ingredients in a blender. Reserve one graham cracker square to crumble over the top.

MEAL 2

Remember, including low-fat sugars post workout helps with muscle building and glycogen replenishment! Don't be afraid of this! Feel free to use the sub list if you'd like a healthier carb option. Make your sub in the 200 calorie row. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Slow Cooker Chipotle, Honey and Lime Pork

2-3lb pork tenderloin roast
1/4 c water
1 chili chopped (use canned chipotle chilis in adobo sauce)
2 medium onions, quartered
1 1/2 tsp. salt
1 1/2 tsp. pepper

Sauce:

1 chili chopped (use canned chipotle chilis in adobo sauce)
1 tbsp. honey
2 tbsp. Splenda/Stevia in the raw (optional)
1 1/2 tbsp. worcestershire sauce
3 tbsp. lime juice
1/3 c reduced sugar ketchup
1 tsp. ground coriander

Place 1/4 c water, onions and one chopped pepper into slow cooker. Place the pork tenderloin roast (approx 2-3lbs) in slow cooker and top salt and pepper. Cover and cook on low for six hours.

Remove pork and onions from slow cooker and discard juices. Pull the pork and return it to the crock pot. Combine the sauce ingredients and add to the pork stirring the sauce into the meat.

Cover and cook on low for one hour.

My favorite dressing to use with this recipe is Cilantro Avocado yogurt dressing by Bolthouse Farms. Make a salad with free veggies and top with 100g pork, 60g avocado, 100g rice and 1 tbsp. dressing.

MEAL 4

Monkey Wrap

1 whole wheat tortilla (80 cal)
32g peanut butter (1 1/2 tbsp.)
60g banana (1/4 banana)
7g honey (1 tsp.)
8g mini chocolate chips
3 egg whites

Wrap up the banana, peanut butter, chocolate chips and honey in the wrap. Eat three hard boiled egg whites on the side.

MEAL 5

Fish Sticks

3 tilapia filets (approx 12oz/360g total, raw)
2 egg whites, beaten
3/4 c panko bread crumbs
1/2 tsp. salt
1/2 tsp. pepper
1/4 c parmesan cheese (25g)

Preheat oven to 450. Cut each tilapia filets into four "sticks." Season with salt and pepper. In a bowl, beat the egg whites. In a separate bowl, mix bread crumbs, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, then in the panko mixture, pressing the bread crumbs into the fish. Spray a wire rack with cooking spray and lay fish sticks on the wire rack. Bake for 10 minutes. Flip and back for 10 more minutes.

Makes four servings/12 fish sticks. Have three fish sticks as your serving. This can also be made with chicken, if desired. Slice 150g gold potatoes into french fries and bake at the same time as your fish at 450 degrees. The potatoes may take about 25-30 minutes so start them first! Watch the potatoes after 20 minutes and cook until desired crispiness!

Tip: Try mixing together 2 tbsp. mustard, one squirt of sriracha (to taste) and stevia (to taste) as a dipping sauce!

TIP FOR FAMILIES: Buy a bag of frozen french fries from the store to serve to the rest of your family with their fish sticks! Look for one with a small ingredient list without a lot of added oils and perservatives.

MEAL 6

Idea: Try topping your cottage cheese with berries and a little stevia for a sweet treat! You can even stir 1 1/2 tsp. fat-free sugar-free cheesecake pudding powder into your cottage cheese!

Meal Plan

Plan #2

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	50g (1/2 c) oats AND 12g (2 tbsp.) powdered peanut butter	2/3 c egg whites	12g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	50g (1 1/4c) Lucky Charms Cereal*	40g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3		2 eggs AND 85g chicken breast	60g (1/4 small) avocado AND 1 tbsp. light dressing
MEAL 4	160g (1 large) banana AND 15g (3 tbsp.) oats	22g (~1 scoop) IdealLean Protein	1 c unsweetened almond milk AND 16g (1 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	120g (3/4 c) white rice	85g chicken breast	
MEAL 6		175g (3/4g) plain fat-free Greek yogurt AND 15g (~1/2 scoop) Cake Batter IdealLean Protein	

Recipe/Ideas

Plan #2

MEAL 1

Pumpkin Cheesecake Overnight Oats

40g oats (1/2 c)
1/2 c almond milk
125g canned pumpkin puree (1/2 c)
22g Greek yogurt cream cheese* (2 tbsp.)
15g Vanilla IdealLean Protein** (~1/2 scoop)
5g chia seeds (1 tsp.)
1 packet Stevia in the Raw
12g powdered peanut butter (PB2 or PB Fit)

Stir together oats and almond milk. In a separate bowl mix the pumpkin and cream cheese well. Stir in one packet of stevia, protein powder and chia seeds. Stir the pumpkin mixture into the oats and let sit in the fridge overnight. In the morning stir 1 tbsp. water into 12g powdered peanut butter and pour over the oats before eating. *If you can't find Greek yogurt cream cheese you can use 22g of fat-free cream cheese. **Cake Batter IdealLean Protein is also delicious!

MEAL 2

*Use any cereal of your choice, no matter the sugar content! Post workout sugars are totally fine and beneficial! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Cobb Salad

1 hard-boiled egg
2 slices turkey bacon, already cooked
85g chicken breast, already cooked
60g avocado (1/4 avocado)
Romaine lettuce
Green onion, sliced
Tomato, sliced
1 tbsp. light dressing*

Make a big salad with as much romaine lettuce and free veggies as you'd like. Top with a diced hard-boiled egg, the turkey and chicken. I like to use Bolt-house Ranch yogurt dressing or Newman's Own Light Balsamic Vinaigrette dressing. Use 20-25 calories of dressing.

MEAL 6

Lemon Cream Pie Pudding

175g plain fat-free Greek yogurt (3/4 c)
15g Cake Batter IdealLean Protein (~1/2 scoop)
4g lemon sugar-free fat-free pudding powder (1 tbsp.)
1 packet stevia

Stir all ingredients together in a small bowl. Let sit in the fridge for about 15 minutes to thicken. French Vanilla IdealLean Protein would also be great.

MEAL 4

All Greens Smoothie

2/3 c unsweetened almond milk
1/3 c egg whites*
10g French Vanilla IdealLean Protein**
60g (1/4 small) avocado
45g (1 small) kiwi
50g (1/2 small) green apple
100g (1/2 medium) banana
15g oats (3 tbsp.)
2 handfuls spinach/kale
1/3 cucumber
Ice

Blend all ingredients in a blender! *The egg whites need to be the kind in the carton. These are pasteurized and completely safe to drink raw. They don't have any taste at all but make your smoothie so creamy! If this creeps you out you can do one full cup of almond milk and do 12g protein powder in place of the egg whites. **Strawberries 'n Cream and Pina Colada IdealLean Protein Powder would also be delish!

MEAL 5

Sriracha Chicken Kabobs

Wooden/bamboo skewers
1 tbsp. lite soy sauce
1 tbsp. sriracha sauce
1/4 tsp. ground ginger
1lb chicken breast, cut into cubes

Soak wooden skewers in water for 15 minutes to avoid burning them. Mix soy sauce, sriracha sauce and ginger in a small bowl. Put chicken and sauce in a ziplock bag and let marinate for at least 20 minutes. Thread onto skewers and grill until cooked through. (If you don't want to do this chicken as kabobs you can simply marinate and grill the full chicken breast.)

Cilantro Rice

1 c uncooked jasmine rice
2 c water
4 cloves garlic, finely chopped (or 1/2 tsp. garlic powder)
1/4 tsp. salt
1/2 c chopped fresh cilantro

Cook water, rice, salt and garlic in your rice cooker. When it's finished, fluff with a fork and stir in cilantro.

If you don't have a rice cooker, bring the rice, water, salt and garlic to a boil over high heat. Reduce heat to low and cover. Cook for 20 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and stir in cilantro. (If you prefer to just make plain rice, that is fine)

Measure out 85g cooked chicken and 120g cooked rice for your portion. Serve with a side salad or steamed veggies.

Meal Plan

Plan #3

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	2 slices Ezekial Bread* AND 60g (1/2 small) banana AND 7g (1 tsp.) honey AND 12g (2 tbsp.) powdered peanut butter	20g (~1 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	8 (2 sheets) low-fat graham crackers AND 120g (1 medium) banana AND 75g (1/3 c) strawberries	40g (1+ scoop) IdealLean Protein	1 c unsweetened almond milk
MEAL 3	1 whole wheat sandwich thin AND 150g apple*	85g top round roast OR 85g top sirloin steak	2 low-fat Laughing Cow cheese wedges
MEAL 4	35g hummus*	2 hard-boiled eggs	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	110g (2/3c) white rice	100g chicken	
MEAL 6		175g (3/4 c) plain fat-free Greek yogurt AND 10g (~1/2 scoop) Cake Batter IdealLean Protein	20g (1 1/4 tbsp.) peanut butter

Recipe/Ideas

Plan #3

MEAL 1

Idea:
Add 2 tbsp. water to the powdered peanut butter (PB2 or PB Fit) and spread over toasted bread. Top with honey and sliced banana. Drink the serving of protein powder with water on the side. *You can use any whole wheat bread that is 80 calories a slice if you can't find Ezekial Bread.

MEAL 2

Caramel Coconut Cookie Bowl
40g Chocolate Coconut IdealLean Protein (or Chocolate Brownie IdealLean Protein) (1+ scoop)
3/4 c unsweetened almond milk
3g dark cocoa (or regular cocoa)
1/4 tsp. coconut extract
2 packets stevia
1/2 tsp. xanthan gum (optional--for thickening)
Lots of ice

Toppings:
20g sugar-free caramel ice cream topping/syrup (1 tbsp.)
8 low-fat graham cracker squares (2 sheets)
8g shredded sweetened coconut
8g mini chocolate chips

Blend the protein powder, almond milk, cocoa, coconut extract, stevia, xanthan gum and ice. Continue adding ice until it's very thick and you have to spoon it out of the blender. Spoon it into a bowl and top with the toppings! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Peperoncini Beef Sandwich
2-3lb top round roast or other roast with 6g of fat or less per serving
1 16oz jar sliced peperoncinis
2 garlic cloves
Salt and pepper

Salt and pepper your roast and then sear it in a pan pre-heated to medium/high heat on all sides.

Place roast, chopped garlic cloves and jar of peperoncinis (including juice) into your slow cooker and cook over low heat for 6-8 hours.

Using two forks pull the roast apart. Store in the fridge until ready to use.

To make your sandwich, spread 2 light Laughing Cow cheese wedges (35 cal each) on your sandwich thin. Use 85g of cooked roast and any free veggies you'd like to complete your sandwich! Have your apple on the side. *I have found that most apple cores are about 35g so if you weigh out an apple that is approx 185g you can just eat the whole thing and assume it's close enough!

MEAL 4

*Use 80 calories of hummus. Different brands may be different calories so you may have to adjust the amount. I used Sabra brand for calculations. Dip free veggies into your hummus and have your hard-boiled eggs on the side.

OR

1 IdealLean Protein Bar, any flavor + 8g peanut butter or almonds

MEAL 5

Sweet 'n Sour Chicken Take Out
4 boneless skinless chicken breasts, chopped into 1-inch pieces
1/3 c corn starch
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 white or yellow onion, chopped
1 5oz can water chestnuts
1 tbsp. coconut oil

Sauce
1/2 c Splenda or Stevia in the Raw (in the big bag)
1/2 c vinegar
2 tbsp. lite soy sauce
1 tsp. garlic powder
1/2 tsp. onion salt
1/4 c reduced sugar ketchup
1 tbsp cornstarch + 2 tbsp. cold water

Add stevia, vinegar, soy sauce, garlic powder, onion salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together one tablespoon corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat.

Add chicken pieces and corn starch to a large ziplock bag. Seal and shake to coat the chicken. Drizzle a large pan or skillet with 1 tbsp. coconut oil. Add coated chicken. Saute over medium heat for about five minutes. Add peppers, onions and water chestnuts. Continue to saute over medium heat until chicken is browned and cooked through.

Add sauce to chicken and peppers. Stir to coat well. For your portion, try to pick out and weigh 100g of chicken and then scoop out as many veggies as you'd like. Serve warm over 80g white rice.

NOTE FOR FAMILIES: My family loved this recipe as is with rice!

MEAL 6

Butterscotch Peanut Butter Pudding
175g plain fat-free Greek yogurt (3/4 c)
10g French Vanilla or Cake Batter IdealLean Protein (~1/2 scoop)
4g fat-free sugar-free butterscotch pudding powder (1 tbsp.)
20g peanut butter (1 1/4 tbsp.)
2 packets stevia

Stir all ingredients together well and let sit in the fridge for 15 minutes to thicken. You can also try putting it in the freezer for an hour or two! You may have to let thaw for about 10-20 minutes before eating.

Meal Plan

Plan #4

Supplements needed:
3+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	2 slices Ezekial bread* AND 50g (1/4 c) strawberries	3/4 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	20g (1/4 c) oats AND 75g (1/2 c) frozen mangos AND 60g (1/3 c) frozen pineapple	35g (1+ scoop) Pina Colada IdealLean Protein	1 c unsweetened almond milk
MEAL 3	200g (1 small) sweet potato, weighed raw	100g chicken	2 tbsp. light dressing
MEAL 4	3 plain rice cakes	30g (1+ scoop) IdealLean Protein	1 c. unsweetened almond milk
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	3 small corn tortillas (60 cal)	85g lean ground beef	20g cheddar cheese AND 30g avocado (1/8 avocado)
MEAL 6	75g (3/4 medium) banana	30g (1+ scoop) IdealLean Protein	28g (1 3/4 tbsp.) peanut butter

Recipe/Ideas

Plan #4

MEAL 1

French Toast

2 slices Ezekial bread
3/4 c egg whites
50g any berry (1/4 c)
Splash almond milk
Cinnamon
Sweetener

Whisk together egg whites, almond milk, cinnamon and sweetener to taste. Let the bread soak in the eggs for a couple minutes on each side. Cook on a skillet until cooked through. Top with berries and Walden Farms sugar-free syrup! If you have left over eggs, scramble them and eat on the side!

Tip: You can make multiple days of this in advance and pop it in the toaster each morning! *You can use any 80 calorie/slice whole wheat bread if you can't find Ezekial bread.

MEAL 2

Idea:

Blend all ingredients with ice in a blender! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Buffalo Chicken Stuffed Sweet Potatoes

Prepare your buffalo chicken as per the recipe below. Microwave your sweet potato for approximately 3-5 minutes until it is soft to the touch. Slice it in half and load it with 100g buffalo chicken. Top with 2 tbsp. of Bolthouse Chunky Blue Cheese yogurt dressing. You can also use a light ranch, if you'd rather. Use 35 calories of dressing.

Buffalo Chicken

Put four frozen chicken breasts in crock pot and top with one envelope Ranch Dips packet and 3/4 of a 12oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food try one packet of ranch dip powder and one packet of taco seasoning instead!

MEAL 4

Cinnamon Roll Muscle Muffins

1 c egg whites
1 egg
120g oats (1 1/2 c)
1/2 c Splenda or Stevia in the Raw
115g cottage cheese (1/2 c)
50g applesauce, no sugar added (1/4 c)
25g Cake Batter IdealLean Protein (1 scoop)
1/2 tsp. baking soda
1/2 tsp. baking powder
2 tsp. cinnamon
1 tsp. vanilla
60g Greek yogurt cream cheese* (5 1/2 tbsp.)

Blend all ingredients except cream cheese in the blender and pour into well greased muffin tins. Press about 5g cream cheese into the batter of each muffin. Sprinkle more cinnamon and some stevia over the tops of the muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have three muffins for your meal. *If you can't find Greek yogurt cream cheese use fat-free cream cheese.

OR

1 IdealLean Protein Bar, any flavor

MEAL 5

Tacos:

Brown 1lb ground beef (90/10 or leaner). Drain the fat and add one packet of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos using the amounts and foods in the chart to the left.

TIPS FOR FAMILIES: If your kids don't like tacos, try making a "chip" by frying the tortilla in coconut oil and giving them the chip with refried beans and cheese!

MEAL 6

Molten Mug Cake

75g banana (3/4 medium)
1 egg
7g cocoa
2 packets stevia
25g Chocolate Brownie IdealLean Protein (1 scoop)

Blend all ingredients in a blender, not by hand! Pour into a large mug sprayed with non-stick cooking spray. Microwave for one minute and then check it. If it doesn't look done, continue cooking in 10 second increments until it is set but still gooey just in the middle. Top with 20g (1 1/4 tbsp.) peanut butter.

Meal Plan

Plan #5

Supplements needed:
2+ scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	50g (6 tbsp.) oats AND 80g (3/4 small) banana	1 c egg whites	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	40g (1/4 c) cream of rice/ wheat AND 12g (2 tbsp.) powdered peanut butter	35g (1+ scoop) Chocolate Brownie IdealLean Protein	3/4 c unsweetened almond milk
MEAL 3	1 1/2 slices Ezekial bread* AND 100g (1/2 c) blueberries	115g (1/2 c) low-fat cottage cheese	
MEAL 4	30g (1/4 c) Bare Naked Granola*	225g (1 c) plain fat-free Greek yogurt	24g (1 1/2 tbsp.) slivered almonds
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	65g (1/3 c) white rice	70g 93/7 ground beef	18g mozzarella cheese
MEAL 6		35g (1+ scoop) French Vanilla IdealLean	24g (1 1/2 tbsp.) peanut butter

Recipe/Ideas

Plan #5

MEAL 1

Chocolate Chip Banana Bread Waffles

80g oats (1 c)
50g French Vanilla IdealLean Protein (2 scoops)
215g banana, very ripe (2 small)
1 1/2 c unsweetened almond milk
1/2 c coconut flour
1 c egg whites
20g mini chocolate chips

Blend all ingredients except chocolate chips in blender. Stir in chocolate chips last.

Pour into greased waffle iron and cook until cooked through. Makes six waffles. Have two waffles for your serving.

MEAL 2

Idea:

Mix protein powder, 5g (1 tbsp.) cocoa, stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 40g of cream of rice or cream of wheat with 1 c water and cook according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of rice/wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of rice/wheat. This is one of my favorite breakfasts!

ALTERNATE: You are welcome to match the amount of cream of rice with oats and blend it all into a shake instead. On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Toast your bread and top with cottage cheese and berries. *You can use any 80 calorie per slice whole wheat bread if you can't find Ezekial bread.

MEAL 4

Idea:

Sweeten your Greek yogurt with stevia until it tastes as sweet as you like it. Top with granola and nuts! You can use any granola with 8g of sugar or less per serving.

MEAL 5

Cheesy Zucchini Hamburger Casserole

1lb 93/7 ground beef, raw
1 medium onion, chopped (1/2 c)
1/2 tsp. salt
1/8 tsp. pepper
3/4 c uncooked white rice
1 c water
1 medium zucchini, cut into 1/4 inch thick slices (2 c)
1 large tomato, chopped (1 c)
1 can (10.75oz) tomato soup
1 tsp. basil
110g shredded mozzarella cheese

Preheat your oven to 375 degrees. Brown ground beef and onion until beef is cooked through. Drain off the fat and sprinkle with salt, pepper and basil. Place uncooked rice and water in sprayed 9x13 pan and stir. Layer cooked beef, zucchini and tomato over rice.

In a separate bowl mix tomato soup and one can water and pour over casserole.

Cut a piece of foil big enough to loosely cover the dish and spray with non stick cooking spray. Cover dish with foil, sprayed side down.

Bake 40 minutes. Uncover dish and sprinkle with cheese. Bake uncovered 10-15 minutes longer or until edges are bubbly and cheese is lightly browned. Cut into six servings. Have one serving for your meal. TIPS FOR FAMILIES: My family loves this recipe without any modifications!

MEAL 6

Butterscotch Peanut Butter Cookie Shake

1 c unsweetened almond milk
4g butterscotch sugar-free fat-free pudding powder (1 tbsp.)
35g French Vanilla or Cake Batter IdealLean Protein (1+ scoop)
24g peanut butter (1 1/2 tbsp.)
2 shakes salt
Ice
Blend and enjoy!

Meal Plan

Plan #6

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	200g (3 c) potatoes/hash browns	2/3 c egg whites and 1 whole egg	12g cheddar cheese
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	35g (7 tbsp.) oats AND 150g (1 1/2 c) strawberries AND 2 tbsp. sugar-free strawberry jam AND 12g (2 tbsp.) powdered peanut butter	35g (1 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	140g (3/4 c) brown rice	70g ground beef (90/10 or leaner)	
MEAL 4	3 plain rice cakes	10g (~1/2 scoop) IdealLean Protein Powder	20g (1 1/4 tbsp.) peanut butter
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	175g (1/2 medium) sweet potato	85g chicken	10g cheddar cheese
MEAL 6	20g pretzels	40g (1+ Scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #6

MEAL 1

Breakfast Hash

600g frozen hashbrowns* (9 c)
3 eggs
2 c egg whites
36g cheddar cheese
Any free veggies you'd like

Spread hash browns and veggies over the bottom of a sprayed 9x13 pan. Top with cheese. Whisk the eggs together in a bowl and pour them over the top. Salt and pepper to taste. Bake at 350 degrees for about 45-60 minutes or until cooked through. Top with salsa. Keep this in the fridge all week and heat up as needed. Makes three servings. Have one serving for your meal. *Any brand of hash brown without added oils is fine. Find one with 0g fat and you will be fine.

MEAL 2

Idea:

Blend all ingredients into your shake for a peanut butter and jelly shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:

Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

MEAL 4

Chocolate Coconut Balls

100g peanut butter (6 tbsp.)
80g oats (1/2 c)
80g honey (1/4 c)
20g mini chocolate chips
20g unsweetened coconut
40g Chocolate Coconut IdealLean Protein (~1 1/2 scoops)
10g cocoa (2 tbsp.)
1/2 tsp. vanilla
Opt: almond milk

Mix all ingredients together. Add almond milk until you can make 12 compact balls. Store in the freezer and let thaw slightly before eating. Have two balls for your serving.

OR

1 IdealLean Protein Bar, any flavor + 1 plain rice cake

MEAL 5

White Chicken Chili

1/2 tbsp. extra virgin olive oil
1 1/2lb boneless chicken, cubed (about 3-4 boneless, skinless breasts)
1 medium onion, diced
3-4 cloves garlic, minced
2 cans Great Northern beans
1 3.5oz can green chilis
1/2 tsp. cumin
1/2 tsp. dried oregano leaves
1/2 tsp. coriander
1/2 tsp. salt
Fresh cracked pepper
1 lime
1/2 c chopped cilantro
1 32oz box chicken broth
Toppings for your serving only:
10g pepper jack cheese OR 25g avocado
25g plain Greek yogurt
4 Tortilla chips*

In a large pot, heat olive oil. Add chopped onion and cook for about two minutes, or just until it starts to become translucent. While onions are cooking, drain beans and rinse with cold water and set aside. Sprinkle chopped chicken with a little salt and pepper and add to pot. Add garlic as well. Cook until there's no more visible pink on the chicken, probably 3-4 minutes. Then add green chilis, along with all of the juices in the can. Add beans, cumin, oregano, coriander, salt, and a few turns of fresh cracked pepper. Stir to combine and then add chicken broth. If you want a thicker chili add less broth. Bring to a boil and reduce heat to a simmer. Simmer uncovered for 10-15 minutes.

Remove from heat and add the juice from one lime and the 1/2 c chopped cilantro. Add salt and pepper to taste.

Makes about eight cups of soup. Have 1/8 recipe for your serving. Top your bowl with 25g plain fat-free Greek yogurt, 4 tortilla chips and EITHER 10g pepperjack cheese OR 25g avocado. *Use the "Simply Organic" line of tortilla chips by Tostitos--approx 100 calories. TIPS FOR FAMILIES: Top with avocado, cheese and crushed tortilla chips. We like Tostitos Simply Scoops..

MEAL 6

Candy Bar Fudge

35g Chocolate Brownie IdealLean Protein (1+ scoop)
3g dark cocoa (1/2 tbsp.)
1 packet stevia
18g powdered peanut butter (3 tbsp.)
5g honey (1 tsp.)
8g peanuts, chopped (1/2 tbsp.)
10g pretzels, chopped
3g mini chocolate chips (approx 18 chips)

Stir protein powder, cocoa, stevia and 1 tbsp. water together until you have a thick brownie batter-like paste. Top batter with peanuts, pretzels and chocolate chips. Mix powdered peanut butter, honey and enough water to make it a consistency you prefer. This is your "caramel nougat" so it can either be a pourable consistency to drizzle over the top or a thicker consistency to chop into the fudge. Pour/ chop the powdered peanut butter and honey mixture over the top of the fudge. Freeze for at least 1-2 hours. If you freeze longer than that, thaw the fudge for about 20 minutes before eating.

Meal Plan

Plan #7

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	40g (1/2 c) oats AND 75g (1/3 c) any berry AND 24g (1/4 c) powdered peanut butter	25g (1 scoop) IdealLean Protein	
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	1 1/2 Skinny Cow ice cream sandwiches	40g (~1 1/2 scoops) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	2 slices Ezekial bread	1 whole egg AND 2 slices turkey bacon	45g (1/4) avocado
MEAL 4	3 cheddar rice cakes AND 120 calories of fruit*	100g turkey slices	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla (80 cal)	70g chicken breast	24g cheddar cheese
MEAL 6		115g (1/2 c) low-fat cottage cheese AND 12g (~1/2 scoop) IdealLean Protein	16g (1 tbsp.) peanut butter

Recipe/Ideas

Plan #7

MEAL 1

Idea:
Cook oatmeal according to package directions. Stir in berries and protein powder. Mix 2 tbsp. water into your powdered peanut butter and drizzle over the top of your oatmeal!

MEAL 2

Idea:
Have your ice cream sandwich with shake on the side! Or you can blend your ice cream sandwich into your shake for a yummy milk shake! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Idea:
Cook one egg over easy so the yolk is still a little soft. Meanwhile toast your bread and put slices of avocado and your bacon over the top of your bread. Put the egg on top for two open faced sandwiches or put it together for a "breakfast" sandwich!

MEAL 4

*Ideas for 120 calories of fruit are: 300g peaches (1 large) OR 400g watermelon (2 1/2 c) OR 225g pear (1 large) OR 140g banana (1 large) OR 375g berries (2+ c)

OR

1 IdealLean Protein Bar, any flavor + 2 cheddar rice cakes

MEAL 5

Buffalo Chicken Mac
1/2 tbsp. extra virgin olive oil
1lb (about 2-3) chicken breasts, cut into small bits
2 large carrots, peeled and finely chopped
1 large onion, chopped
5 ribs celery, finely chopped
2 large cloves garlic, finely chopped or grated
1/2 tbsp. smoked paprika
1 bay leaf
Salt and freshly ground black pepper
1 c chicken stock
2-4 tbsp. hot sauce or buffalo sauce, depending on how hot you like it
1/2 15oz can crushed tomatoes
120g whole wheat elbow macaroni, dry
55g pepper jack cheese
65g crumbled blue cheese
1 scallions, thinly sliced
Boil macaroni according to package directions.

Heat the oil in a pan over medium/high heat and brown the chicken bits for about 5-6 minutes. Add carrot, onion, celery, garlic, paprika, bay leaf and salt and pepper. Cook the veggies, stirring frequently, until tender, about 3-4 minutes. Add chicken stock and mix well. Add hot sauce and tomatoes and bring to a simmer. Simmer for 8-10 minutes to thicken.

Stir the pasta into the chicken mixture and pour the mixture into an 8x8 casserole dish. Sprinkle the cheeses over the top and put under the broiler until the cheeses have melted and the top is golden brown, about 2-3 minutes. Top with sliced scallions. Recipe makes six servings. Eat one serving for your meal.

TIPS FOR FAMILIES: Try adding a little more cheese to their portions. If it's too spicy for the kids you can stir in a little plain Greek yogurt to tone it down.

MEAL 6

Peanut Butter Ice Cream
230g low-fat cottage cheese (1 c)
32g peanut butter (2 tbsp.)
25g IdealLean French Vanilla* (1 scoop)
1/4-1/3 c unsweetened almond milk
5-10 ice cubes
1/4 tsp. xanthan gum (optional)
2 packets stevia (optional)

Blend all ingredients in your blender until well mixed. You may need to scrape the sides and blend a few times. If you need to add more almond milk you can but you want this to be THICK! When it's very thick and blended spoon it out of the blender and into two small bowls. Put in the freezer for a couple hours, stirring/chopping it up every hour or so. If it's frozen solid, let thaw for 30 minutes or so before eating. Makes two servings. Eat one serving for your meal.

*Any protein powder flavor is amazing in this recipe!

Meal Plan

Plan #8

Supplements needed:
3 scoops IdealLean Protein
2 scoops IdealLean BCAAs
1 scoop IdealLean Pre-Workout

	CARBS	PROTEIN	FAT
MEAL 1/ PRE-WORKOUT	1 whole wheat tortilla/wrap (100 cal) AND 125g (1 large) banana	2/3 c egg whites	12g cheddar
DURING WORKOUT	1 scoop IdealLean Pre-Workout 20 min before 1 scoop IdealLean BCAAs during		
MEAL 2/ POST WORKOUT	13 York Minis OR 200 calories any low-fat candy*	40g (~1 1/2 scoop) French Vanilla IdealLean Protein	1 c unsweetened almond milk
MEAL 3	8 Simply Tortilla Chips* AND 75g (1/3 c) black beans	85g chicken	24g cheddar cheese
MEAL 4	35g (1 1/4 c) plain Cheerios AND 150g (2/3 c) strawberries	1 Dannon Light 'n Fit Greek yogurt*	
BETWEEN MEALS	1 scoop IdealLean BCAAs		
MEAL 5	1 whole wheat tortilla/wrap (100 cal)	75g chicken breast	40g low-fat mozzarella cheese AND 1 tbsp. light dressing (20 cal)
MEAL 6	25g (5 tbsp.) sugar-free Cool Whip	35g (1+ scoop) IdealLean Protein	6g (1 tsp.) coconut oil

Recipe/Ideas

Plan #8

MEAL 1

Idea:
Make a breakfast burrito with your egg whites, cheese and tortilla! You can make these in advance and warm them up each morning if you'd like. Have fruit on the side.

MEAL 2

*Any treat that is under 7g of fat for 200 calories is fine! On days you don't lift have 100 calories of fruit instead of the carb choice in this meal. Use the fruit substitution list to figure out your amount. Still have the protein powder and almond milk.

MEAL 3

Macho Nachos
8 Simply Tortilla Chips by Tostitos*
85g chicken breast
75g black beans (1/3 c)
24g cheddar cheese
Pico de gallo, salsa, jalapenos, etc

You can use chicken that you have left over from another recipe (buffalo chicken would be yummy!) or you can use canned chicken, rotisserie chicken or slow cooked shredded chicken. Lay chips out on your plate and top with chicken and cheese. Warm in the microwave or under the broiler for best results. Top with veggies, salsa, jalapenos, etc. *Use 190 calories of any "simply organic" or baked chip. Triscuit Thin Crips would also be a good option. You get 22 crackers for 190 calories.

MEAL 4

*You can use any 80-100 calorie greek yogurt. Stir your cereal into your yogurt! Have fruit on the side or mix it all together!

OR

1 IdealLean Protein Bar, any flavor + 250g strawberries

MEAL 5

Pizza
1 whole wheat wrap/tortilla (100 cals)
1/3 c pizza sauce
40g low fat mozzarella cheese
20 slices turkey pepperoni
Any free veggies

Spread pizza sauce over the tortilla and top with cheese, pepperoni and lots of veggies! Bake at 350 degrees until cheese is melted and toasty!

TIPS FOR FAMILIES: Let your kids make their own pizzas! Have plenty of healthy toppings and some fun ones too! They're more likely to eat it if they help make it.

MEAL 6

Birthday Cake Fudge
35g Cake Batter IdealLean Protein (1+ scoop)
6g coconut oil (1 tsp.)
4g vanilla fat-free sugar-free pudding powder (1 tbsp.)
1 tbsp. water
18g sugar-free Cool Whip (4 tbsp.)
Sprinkles (opt)

Stir together melted coconut oil, protein powder and pudding powder. Add a little water to make it a thick, stirrable consistency. Freeze. Top with Cool Whip and sprinkles and enjoy! You can also try topping it with Cool Whip before you freeze it for a frozen dessert! Don't forget the sprinkles!