

The
LEAN
SYSTEM™

*Complete Nutrition Guide
& Daily Meal Planner*



Nutrition



Lifestyle



Recipes



Daily Meal Planners

VII

YOUR FIRST MONTH...

The Lean System Nutrition & Exercise Calendar

| | | |
|-------|-------|-----------------|
| Name: | Goal: | The Lean System |
|-------|-------|-----------------|

Month: _____ Start Date: _____ Completion Date: _____

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|--|---|---|
| | DATE: BMI/Body Measurements Chest Shoulders Triceps Workout #1 | DATE: Cardio [HIIT] Abs Workout #2 | DATE: No Training | DATE: Back Biceps Legs Workout #3 | DATE: Cardio [HIIT] Abs Workout #4 | DATE: No Training |
| DATE: Chest Shoulders Triceps Workout #5 | DATE: Cardio [HIIT] Abs Workout #6 | DATE: No Training | DATE: Back Biceps Legs Workout #7 | DATE: Cardio [HIIT] Abs Workout #8 | DATE: No Training | DATE: Chest Shoulders Triceps Workout #9 |
| DATE: Cardio [HIIT] Abs Workout #10 | DATE: No Training | DATE: Back Biceps Legs Workout #11 | DATE: Cardio [HIIT] Abs Workout #12 | DATE: No Training | DATE: Chest Shoulders Triceps Workout #13 | DATE: Cardio [HIIT] Abs Workout #14 |
| DATE: No Training | DATE: Back Biceps Legs Workout #15 | DATE: Cardio [HIIT] Abs Workout #16 | DATE: No Training | DATE: Chest Shoulders Triceps Workout #17 | DATE: Cardio [HIIT] Abs Workout #18 | DATE: No Training |
| DATE: Back Biceps Legs Workout #19 | DATE: Cardio [HIIT] Abs Workout #20 | DATE: No Training | DATE: Chest Shoulders Triceps Workout #21 | DATE: Cardio [HIIT] Abs Workout #22 | DATE: BMI/Body Measurements 4-Week Mark | |

Photocopy the following Daily Planner Worksheets or download more at www.TheLeanSystem.com to continue The Lean System Solution.

The Lean System Worksheet

Name: Shawn Phillips

Date: 6/12/03

| Time | Planned Activity — Example | Status ✓ = Done |
|------------|---|--------------------|
| 6:00 a.m. | Supplement: Lean System (capsule) with 16 ounces of water Cup of coffee | |
| 6:20 a.m. | Cardio Exercise: HIIT workout — 20 minutes on StairMaster (stair climber) | |
| 6:45 a.m. | AB Training: Swiss Ball Crunch — 3 sets x 15 reps Swiss Ball Leg Lift — 3 x 15 Swiss Ball Side Crunch — 3 x 15 | |
| 7:40 a.m. | Breakfast (meal 1): 8 egg white omelet with a little (little!) low-fat cheddar cheese 1 cup of oatmeal with cinnamon & 1 packet of Splenda, 1/2 cup soy milk 16 ounces of water Supplements: Antioxidant Formula (2 capsules) Multi-vitamin/mineral formula (2 tablets) | |
| 10:00 a.m. | Snack (meal 2): Nutrition Shake — Myoplex (vanilla flavor, blended with 16 ounces water, 2 ice cubes, and one serving Meta-CEL supplement) | |
| 11:30 a.m. | Supplement: Lean System (capsule) with 16 ounces of water | |
| Noon | Lunch (meal 3): Grilled chicken breast (1 large) Baked potato (plain) Fresh vegetables (broccoli) 16 ounces of water | |
| 3:00 p.m. | Snack (meal 4): Nutrition Shake — Myoplex (chocolate flavor with one tablespoon of flaxseed oil, blended with 16 ounces water and two ice cubes) | |
| 6:00 p.m. | Dinner (meal 5): Broiled Salmon (large fillet) Steamed brown rice Steamed spinach 16 ounces of water Supplements: Antioxidant Formula (2 capsules) Multi-vitamin/mineral formula (2 tablets) | |
| 8:30 p.m. | Protein Drink: Two scoops of Designer Protein Powder mixed with 12 ounces of cold water | |
| 10:00 p.m. | Planning Session: Specifically state my intent for tomorrow and fill out the next day's Lean System Exercise and Nutrition Worksheet | |

Tip: To download healthy recipes and more Lean System Daily Worksheets, please visit www.TheLeanSystem.com

INTRODUCTION

GETTING TO KNOW YOUR BODY

OVERCOMING NUTRITION MYTHS

10 NUTRITIONAL SUCCESS TIPS

YOU ARE WHAT YOU EAT

SUPPLEMENTING FOR SUCCESS

FUN, DELICIOUS, HEALTHY RECIPES

DAILY EATING AND EXERCISE JOURNALS

The Lean System Worksheet

Name: _____ Date: _____

| Time | Planned Activity — Day 1 — Workout #1 | Status ✓= Done |
|------|--|-------------------|
| | | |
| | Weight Training: <i>TRICEPS</i> | |
| | <i>Chest: Flat Dumbbell Bench Press (5 sets); Incline Dumbbell Flyes (3 sets)</i> | |
| | <i>Shoulders: Standing Dumbbell Press (4 sets); Side Raises (3 sets)</i> | |
| | <i>Triceps: Lying Dumbbell Extensions (4 sets); Reverse-Grip Extensions (3 sets)</i> | |
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| | Breakfast (meal 1): | |
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| | Snack (meal 2): | |
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| | Lunch (meal 3): | |
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| | Snack (meal 4): | |
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| | Dinner (meal 5): | |
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| | Planning Session: | |
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The Lean System Worksheet

Name: _____ Date: _____

| Time | Planned Activity — Day 2 — Workout #2 | Status ✓= Done |
|------|--|-------------------|
| | Cardio Exercise: HIIT workout — 20 minutes on StairMaster (stair climber) | |
| | AB Training: Swiss Ball Crunch — 3 sets x 15 reps | |
| | Swiss Ball Leg Lift — 3 x 15 | |
| | Swiss Ball Side Crunch — 3 x 15 | |
| | Breakfast (meal 1): | |
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| | Snack (meal 2): | |
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| | Lunch (meal 3): | |
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| | Snack (meal 4): | |
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| | Dinner (meal 5): | |
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| | Planning Session: | |
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The Lean System Worksheet

Name: _____ Date: _____

| Time | Planned Activity — Day 4 — Workout #3 | Status ✓= Done |
|------|--|-------------------|
| | Weight Training: <i>EXERCISE</i> | |
| | <i>Back: One-Arm Dumbbell Row (5 sets); Dumbbell Pullover (3 sets)</i> | |
| | <i>Biceps: Barbell Curl (4 sets); Incline Dumbbell Curl (3 sets)</i> | |
| | <i>Legs: Barbell Squat (5 sets); Stiff-Leg Dead Lift (3 sets)</i> | |
| | Breakfast (meal 1): | |
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| | Snack (meal 2): | |
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| | Lunch (meal 3): | |
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| | Snack (meal 4): | |
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| | Dinner (meal 5): | |
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| | Planning Session: | |
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Name: _____ Date: _____

| Time | Planned Activity — Day 5 — Workout #4 | Status ✓= Done |
|------|--|-------------------|
| | | |
| | Cardio Exercise: HIIT workout — 20 minutes on StairMaster (stair climber) | |
| | AB Training: Swiss Ball Leg Lift — 3 sets x 15 reps | |
| | Swiss Ball Side Crunch — 3 x 15 | |
| | Swiss Ball Crunch — 3 x 15 | |
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| | Breakfast (meal 1): | |
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| | Snack (meal 2): | |
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| | Lunch (meal 3): | |
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| | Snack (meal 4): | |
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| | Dinner (meal 5): | |
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| | Planning Session: | |
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The Lean System Worksheet

Name: _____ Date: _____

| Time | Planned Activity — Day 6 | Status ✓ = Done |
|--------------------------|----------------------------|--------------------|
| NO TRAINING TODAY | | |
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| | <i>Breakfast (meal 1):</i> | |
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| | <i>Snack (meal 2):</i> | |
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| | <i>Lunch (meal 3):</i> | |
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| | <i>Snack (meal 4):</i> | |
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| | <i>Dinner (meal 5):</i> | |
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| | <i>Planning Session:</i> | |
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Name: _____ Date: _____

| Time | Planned Activity — Day 7 — Workout #5 | Status ✓= Done |
|------|--|-------------------|
| | | |
| | Weight Training: <i>TRICEPS</i> | |
| | <i>Chest: Flat Dumbbell Bench Press (5 sets); Incline Dumbbell Flyes (3 sets)</i> | |
| | <i>Shoulders: Standing Dumbbell Press (4 sets); Side Raises (3 sets)</i> | |
| | <i>Triceps: Lying Dumbbell Extensions (4 sets); Reverse-Grip Extensions (3 sets)</i> | |
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| | Breakfast (meal 1): | |
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| | Snack (meal 2): | |
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| | Lunch (meal 3): | |
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| | Snack (meal 4): | |
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| | Dinner (meal 5): | |
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| | Planning Session: | |
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