



# ***THE LEAN PERFORMANCE DIET***

*A SIMPLE & EFFECTIVE GUIDE TO A HEALTHY REGIMEN*





Jump starting a new dietary regimen is an exciting challenge that is necessary to achieve a variety of goals: health, fitness, performance, or just looking and feeling better. This guide was designed to give you simple, easy-to-follow guidelines to get you leaner and performing optimally.

**The Lean Performance Diet focuses on:** meals, portions, macronutrients (macros) and foods. By introducing meal timing and proper portion amounts, we can ensure that fueling is adequate, but not in excess, since extra calories are turned into body fat. Timing macros appropriately and choosing the best food options for each macro completes the overall picture to give you choice, flexibility, and deliciousness.

**The three macros are:** carbs, fats, and protein. Protein is for muscle-building, so the Lean Performance Diet is protein-focused, with proper protein portions at every meal and snack (high protein also helps burn body fat). Carbs and fats are for fuel, but we want them in separate meals since they don't work effectively when combined. Fats are for breakfast (I know we put fruits in there too, but try to keep them lower carb and smaller portions) and carbohydrates are for lunch and dinner.

By incorporating these guidelines into your eating patterns, you will discover wholesome, healthy options to give your body the proper fuel it needs to keep you lean, strong, and able to crush it every day!

## How much will I be eating?

3 meals + 2 protein shakes per day

**Breakfast:** Focus on high-protein choices with fruits and healthy fats

**Lunch:** Plate should be filled in thirds: 1/3 protein, 1/3 carbs, 1/3 veggies

**Dinner:** Same as lunch, but add fruit for dessert

Protein portion should be size on your open palm of your hand.

Carb portion should be size of your fist.



# Suggested Foods:

## PROTEIN

**Fish:** Tuna, Salmon, Mackerel, Cod, Flounder, Grouper, Tilapia, Sardines, etc.

Chicken

Beef

Eggs

Tofu

**Dairy:** yogurt, cheese, kefir, milk

## VEGGIES

**Greens:** Lettuces, spinach, beet greens

**Brassicas:** broccoli, cauliflower, cabbage, kale, collard greens, mustard greens

**Legumes:** Beans and peas

(high in protein and carbs, so adjust those macro serving sizes accordingly )

**Snackable Trinity:** Carrots, Celery, Cucumber

## CARBS

**Roots:** Sweet potato, beet, turnip, parsnip, rutabaga, carrot, radish

**Ancients:** Quinoa, amaranth, millet, barley, teff, farro, spelt

Brown rice, eggplant, squashes (summer or winter)

## FRUITS

**Citrus:** Oranges, grapefruit

**Berries:** Strawberries, blueberries, raspberries, blackberries

**Melons:** Watermelon, cantaloupe, honeydew

Apples, kiwi, pears, grapes, peaches, pineapple, papaya

## FATS

Coconut Oil

Olive Oil

Avocado



## **Typical Day:** Repeat and adjust to your liking

**7am:** Breakfast = Protein + fruit/veg + healthy fats (+ MP Armor-V and MP Fish Oil)

- EX: Whole milk, plain greek yogurt with mixed berries + hemp seeds
- EX: Denver omelet (ham, onions, red bell pepper, cheddar) cooked in butter

**10am:** MP Combat protein shake

**1pm:** Lunch = Grilled chicken breast, quinoa and salad

**4pm:** MP Combat protein shake + apple

**7pm:** Steak, beets, and asparagus

(Times can be adjusted according to personal schedule)

## **Daily Beverages:**

Do not consume sugar in your drinks. Aim for 8-10 glasses of water per day. Water can be flavored with herbal tea bags or fruit infusions (drop citrus, cucumbers, or berries into a jug of water at home). Coffee and tea can be consumed in moderation. Non-calorie sweeteners should be used sparingly.

## **What not to eat:**

Trans fats are your enemy, so no trans fats

Trans fats are generally found in processed foods, so stay away from pre-packaged foods and snacks.

Keep dressings and dips to a minimum.

Beware of additional sugars in sauces and dressings.

Stay away from fried foods.

