



It's simple. In order to lose weight, you must eat fewer calories than you burn. In theory this sounds simple, but managing your daily food intake can be difficult.

To help you be successful in your Lean Body System transformation, we encourage you to download the My Fitness Pal App to help track your

daily calorie intake. Your free account will allow you to set daily calorie goals based on your current body weight and how much weight you want to lose.

Based on your personal calorie recommendation from My Fitness Pal, we suggest the following numbers of daily servings:

FOOD TYPE/ Calorie Amount	1200-1499 Calories	1500-1799 Calories	1800-2099 Calories	2100-2299 Calories	2300-2499 Calories	2500-2799 Calories
VEGETABLES	3	4	5	6	7	8
PROTEINS	4	4	5	6	6	7
FRUITS	2	3	3	4	5	5
CARBOHYDRATES	2	3	4	4	5	5
HEALTHY FATS	1	1	1	1	1	1

Lean Body System - ***NUTRITION PLAN***

Check out this list of great foods that fulfill your serving requirements in each category! Don't feel like you have to stick to these lists, but we hope they will provide good recommendations and ideas.

VEGETABLES

These incredible vegetables help incorporate nutrients like potassium, fiber and calcium. They support with vitamins C, A and E.

Spinach
Watercress
Leaf lettuce
Kale
Collard greens
Peppers
Arugula
Broccoli
Pumpkin
Brussels sprouts
Cabbage
Cauliflower
Carrots
Tomatillos
Snow Peas
Squash
Sauerkraut
String beans
Tomatillos
Artichokes
Onions
Asparagus
Beets
Celery
Cucumbers
Pickle
Mushrooms

PROTEINS

Check out our list of high-quality, easily digestible proteins to help with recovery and building muscle.

Egg whites
Tuna
Shrimp
Lobster
Turkey breast
Red meat
Sustain Vanilla protein shake
Boneless, skinless chicken
Greek yogurt
Pork tender loin
Lean ground beef
Eggs
Ham slices
Turkey slices
Turkey bacon

FRUITS

These delicious fruits will help keep you properly fueled and provide a steady stream of energy.

Strawberries
Orange
Grapefruit
Blackberries
Raspberries
Pear
Kiwi
Figs
Apple
Blueberry
Banana
Apricot
Tangerine
Papaya
Cherries
Mango
Peach
Plum
Pineapple
Grapes
Watermelon

CARBOHYDRATES

Try these carbohydrates to help increase your daily fiber, recharge your energy and fuel your workouts!

Sweet potato
Lentils
Edamame
Yams
Barley
Quinoa
Peas
Corn on the cob
Oatmeal
Wild rice
Brown rice
Popcorn
Tortilla (whole wheat)
Beans (kidney, black, garbanzo, white, lima)
Pita Bread

HEALTHY FATS

Healthy fats are a great, heart-friendly way to fuel up. Check out these tasty ways to incorporate good fats throughout the day.

Almonds
Pecans
Walnuts
Hummus
Peanuts
Pistachios
Avocado
Cashews
Parmesan
Mozzarella
Monterey jack
Cheddar
Provolone
Coconut milk
Olive Oil