

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (banana)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake Ready-To-Drink • 1 fruit (1 cup fresh strawberries)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (1 cup red grapes)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (1 cup blueberries)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (1 cup blueberries)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (banana) • 1 Tbsp peanut/almond butter	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (1 cup strawberries)
AM Snack 1 Lean Bar or Layered Lean Bar	AM Snack 1 Lean Bar or Layered Lean Bar	AM Snack 1 GNC Total Lean® Lean Shake™ or Lean Shake™ 25 or Lean Shake™ Ready-To-Drink	AM Snack 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink	AM Snack 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink	AM Snack 1 Lean Bar or Layered Lean Bar	AM Snack 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink
Lunch • 4 oz. turkey breast, • 2 slices whole wheat bread with mustard, lettuce and tomato slices • 1 cup veggie sticks (baby carrots)	Lunch • 4 oz. grilled chicken, • 1 whole wheat wrap with mustard, lettuce and tomato slices • 1 cup veggie sticks (red peppers) • ¼ cup almonds	Lunch • 4 oz. canned tuna, • 2 cups baby spinach/mixed, greens/raw veggies • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (1 cup grapes)	Lunch • 4 oz. roasted pork loin or chicken breast • 2 cups baby spinach/mixed greens/raw veggies • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 oz. pretzels • 1 fruit (1 cup blueberries)	Lunch • 4 oz. white fish w/ lemon • 2 cups baby spinach/mixed greens/raw veggies • 2 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (banana)	Lunch • 4 oz. grilled fish with lemon juice • 2 cups baby spinach/mixed, greens/raw veggies • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (apple)	Lunch • 4 oz. broiled salmon • 2 cups baby spinach/mixed greens/raw veggies • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (1 cup strawberries) • 1 oz. feta cheese
PM Snack 1 Lean Bar or Layered Lean Bar	PM Snack 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink	PM Snack 1 Lean Bar or Layered Lean Bar	PM Snack 1 Lean Bar or Layered Lean Bar	PM Snack 1 Lean Bar or Layered Lean Bar	PM Snack 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink	PM Snack 1 Lean Bar or Layered Lean Bar
Dinner • 4 oz. grilled chicken • ½ cup brown rice • ½ cup black beans • 1 cup grilled veggies • 1 oz. shredded cheese • 1 Tbsp salsa <i>Calories – 1526, Protein – 140g, Fat – 33g, Carbohydrate – 144g, Fiber – 27g</i>	Dinner • 4 oz. grilled chicken • ¾ cup brown rice • 1 cup cooked veggies (broccoli) • 1 Tbsp olive oil & seasonings (for cooking) <i>Calories – 1521, Protein – 141g, Fat – 61g, Carbohydrate – 96g, Fiber – 25g</i>	Dinner • 4 oz. pork loin or chicken breast • 1 cup diced roasted sweet potato • 1 cup cooked veggies (broccoli) • 1 Tbsp olive oil & seasonings (for cooking) <i>Calories – 1468, Protein – 146g, Fat – 44g, Carbohydrate – 116g, Fiber – 19g</i>	Dinner • 4 oz. grilled chicken • 1 medium baked potato • 1 cup cooked veggies (green beans) • 1 Tbsp olive oil & seasonings (for cooking) <i>Calories – 1549, Protein – 147g, Fat – 43g, Carbohydrate – 141g, Fiber – 17g</i>	Dinner • 6 oz. grilled fish with lemon • 1 cup roasted potatoes • 2 cups baby spinach/mixed greens/raw veggies • 2 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (apple) <i>Calories – 1497, Protein – 138g, Fat – 38g, Carbohydrate – 148g, Fiber – 28g</i>	Dinner • 4 oz. broiled salmon • 1 baked potato/sweet potato • 1 cup cooked green beans • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice <i>Calories – 1560, Protein – 144g, Fat – 56g, Carbohydrate – 130g, Fiber – 24g</i>	Dinner • 4 oz. lean ground turkey • ½ cup marinara sauce • 1 cup whole wheat pasta • 1 cup cooked veggies (broccoli) • 1 Tbsp parmesan grated cheese <i>Calories – 1451, Protein – 139g, Fat – 57g, Carbohydrate – 92g, Fiber – 24g</i>

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Breakfast • 1 GNC Total Lean® Lean Shake™ 25 OR Lean Shake™ Ready-To-Drink • 1 fruit (pear)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 OR Lean Shake™ Ready-To-Drink • 1 fruit (1 cup blueberries)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 OR Lean Shake™ Ready-To-Drink • 1 fruit (1 cup berries)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 or Lean Shake™ Ready-To-Drink • 1 fruit (banana)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 OR Lean Shake™ Ready-To-Drink • 1 fruit (banana) • 1 Tbsp peanut butter	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 OR Lean Shake™ Ready-To-Drink • 1 fruit (1 cup berries)	Breakfast • 1 GNC Total Lean® Lean Shake™ 25 OR Lean Shake™ Ready-To-Drink • 1 banana
AM Snack 1 banana 1 Tbsp peanut butter	AM Snack 2 Tbsp Hummus 1oz pretzels	AM Snack 6oz low fat Greek yogurt 1 fruit (1 cup berries)	AM Snack 6oz low fat Greek yogurt 1 fruit (1 cup berries)	AM Snack 1 Low fat string cheese ½ cup veggie sticks	AM Snack ¼ cup almonds 1 fruit (pear)	AM Snack 6oz low fat Greek yogurt 1 fruit (1 cup berries)
Lunch • 4 oz. lean deli meat • 2 slices whole wheat bread with mustard, lettuce and tomato slices • ½ cup veggie sticks (baby carrots) • 1 fruit (pear)	Lunch • 4oz grilled chicken • 1 whole wheat wrap with mustard, lettuce and tomato slices • 1 cup veggie sticks • ¼ cup cashews	Lunch • 4oz broiled fish OR shrimp • 2 cups baby spinach/mixed greens/raw veggies • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (apple)	Lunch • 4oz broiled salmon • 2 cups baby spinach/mixed greens/raw veggies • ¼ cup diced sweet potatoes • 1 Tbsp olive oil/balsamic vinegar/lemon or salad dressing of choice	Lunch • 4oz grilled fish • 2 cups baby spinach/mixed greens/raw veggies • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice • 1 fruit (apple)	Lunch • 4oz grilled chicken or shrimp • 2 cups baby spinach/mixed greens/raw veggies • ½ cup brown rice/black beans • 1oz low fat shredded cheese • 1 Tbsp salsa	Lunch • 4oz grilled chicken • 1 whole wheat wrap • Lettuce and tomato slices • 1 Tbsp feta cheese • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice
PM Snack 1 cup veggie sticks 1 low fat string cheese	PM Snack ½ cup low fat cottage cheese 1 fruit (1 cup blueberries)	PM Snack 1 Lean Bar or Layered Lean Bar	PM Snack 1 fruit (apple) 1 low fat string cheese	PM Snack 1 Lean Bar or Layered Lean Bar	PM Snack 1 string cheese 1 cup veggie sticks	PM Snack 1 Tbsp peanut butter 1 fruit (apple)
Dinner • 4 oz. grilled chicken • 1 Tbsp olive oil + seasonings • ½ baked potato • ¼ cup low fat cottage cheese • 1 cup cooked veggies (green beans) <i>Calories – 1489, Protein – 101g, Fat – 66g, Carbohydrate – 188g, Fiber – 26g</i>	Dinner • 4 oz. broiled fish OR shrimp • 1 Tbsp olive oil + seasonings • ¾ cup brown rice • 1 cup cooked stir fry veggies <i>Calories – 1587, Protein – 110g, Fat – 57g, Carbohydrate – 169g, Fiber – 24g</i>	Dinner • 4 oz. broiled salmon • ½ cup diced sweet potato • 1 cup roasted broccoli • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice <i>Calories – 1492, Protein – 114g, Fat – 59g, Carbohydrate – 121g, Fiber – 21g</i>	Dinner • 4 oz. pork loin or baked chicken breast • 1 medium baked potato • ¼ cup low fat cottage cheese • 1 cup green beans • 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice <i>Calories – 1529, Protein – 121g, Fat – 60g, Carbohydrate – 120g, Fiber – 19g</i>	Dinner • 4 oz. grilled chicken or shrimp • ½ cup brown rice • ½ cup black beans • 1.5 cup grilled veggies • 1oz shredded cheese • 1 Tbsp salsa <i>Calories – 1500, Protein – 134g, Fat – 29g, Carbohydrate – 139g, Fiber – 22g</i>	Dinner • 4 oz. grilled chicken • ½ cup whole wheat pasta • 1 Tbsp feta cheese • 1 cup roasted veggies • 1 Tbsp olive oil + seasonings <i>Calories – 1468, Protein – 127g, Fat – 42g, Carbohydrate – 139g, Fiber – 26g</i>	Dinner • 4 oz. lean ground turkey • ½ cup marinara sauce • ¾ cup pasta • 1 cup cooked veggies (broccoli) • 1 Tbsp parmesan grated cheese <i>Calories – 1557, Protein – 131g, Fat – 55g, Carbohydrate – 131g, Fiber – 25g</i>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
1 serving Double Chocolate Overnight Oats (featuring Total Lean® Zero Sugar Protein)	6oz low fat Greek yogurt ½ cup low fat granola 1 cup strawberries	2 Whole grain waffles 1 Tbsp peanut butter 1 Tbsp maple syrup	2 Egg Omelet w/ ½ cup leftover cooked veggies & 1oz cheese 1 fruit (blueberries)	1 serving Double Chocolate Overnight Oats (featuring Total Lean® Zero Sugar Protein)	6oz Greek yogurt 1 fruit (banana) 1 Tbsp peanut/almond butter	2 Whole grain waffles 1 Tbsp peanut butter 1 Tbsp maple syrup 1 cup strawberries
AM Snack	AM Snack	AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
¼ cup hummus 1 cup raw veggie sticks	Banana ¼ cup almonds	6oz Greek yogurt Fruit (1 cup strawberries)	½ cup low fat cottage cheese Fruit (1 cup blueberries)	6z Greek yogurt Fruit (1 cup strawberries) ¼ cup low fat granola	1 Lean Bar/Layered Lean Bar	1 Lean Bar/Layered Lean Bar
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
4 oz. turkey breast or deli meat 2 slices whole wheat bread with mustard, lettuce and tomato slices 1 cup veggie sticks (baby carrots) ¼ cup almonds	4oz grilled chicken 1 whole wheat tortilla wrap with mustard, lettuce and tomato slices 1 cup veggie sticks (red peppers) ¼ cup almonds	4oz canned tuna 2 cups baby spinach/mixed greens/raw veggies 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1 fruit	6oz canned tuna 2 cups baby spinach/mixed greens/raw veggies 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1oz pretzels 1 fruit ¼ cup almonds	6oz grilled fish w/ lemon 2 cups baby spinach/mixed greens/raw veggies 2 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1oz pretzels 1 fruit (banana)	4 oz. grilled fish with lemon juice 2 cups baby spinach/mixed greens/raw veggies 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1 fruit (apple)	4oz broiled salmon 2 cups baby spinach/mixed greens/raw veggies 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1 fruit (1 cup strawberries) ¼ cup cashews
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
1 fruit (banana) 1 Tbsp peanut butter	1oz beef or turkey jerky Fruit (apple)	1 low fat string cheese 1 cup grapes ¼ cup almonds	1oz beef or turkey jerky Fruit (apple)	1oz beef or turkey jerky Fruit (apple)	¼ cup hummus 1 cup raw veggie sticks ¼ cup almonds	Fruit (apple) ¼ cup almonds
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
4 oz. grilled chicken ¾ cup brown rice ½ cup black beans 1 ½ cups grilled veggies 1oz shredded cheese 1 Tbsp salsa Calories – 1797, Protein – 134g, Fat – 53g, Carbohydrate – 206, Fiber – 32g	4oz. grilled chicken ¾ cup brown rice 1 cup cookie veggies (broccoli) 1 Tbsp olive oil & seasonings (for cooking) Calories – 1894, Protein – 127g, Fat – 81g, Carbohydrate – 180g, Fiber – 34g	6 oz. pork loin 1 cup diced sweet potato 1 cup cooked veggies (broccoli) 1 Tbsp olive oil & seasonings (for cooking) Calories – 1722, Protein – 121g, Fat – 68g, Carbohydrate – 166g, Fiber – 19g	6oz roasted pork or chicken breast 1 medium baked potato 1 cup cooked veggies (green beans) 1 Tbsp olive oil & seasonings (for cooking) Calories – 1764, Protein – 160g, Fat – 52g, Carbohydrate – 151g, Fiber – 24g	6oz grilled fish with lemon 1.5 cup roasted potatoes 2 cups baby spinach/mixed greens/raw veggies 2 Tbsp olive oil + seasonings (for cooking) 1 fruit (apple) Calories – 1812, Protein – 143g, Fat – 52g, Carbohydrate – 234g, Fiber – 26g	4 oz. grilled salmon 1.5 baked potato/sweet potato 1 cup cooked green beans 1 Tbsp olive oil + seasonings (for cooking) Calories – 1737, Protein – 115g, Fat – 74g, Carbohydrate – 161g, Fiber – 30g	4 oz. lean ground turkey ½ cup marinara sauce ¾ cup pasta 1 cup cooked veggies (broccoli) 1 Tbsp parmesan grated cheese Calories – 1848, Protein – 107g, Fat – 94g, Carbohydrate – 144g, Fiber – 24g

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Breakfast 1 serving Double Chocolate Overnight Oats (featuring Total Lean® Zero Sugar Protein)	Breakfast 6oz Low Fat Greek yogurt ½ cup low fat granola 1 cup blueberries	Breakfast 2 Whole grain waffles 1 Tbsp peanut butter 1 Tbsp maple syrup	Breakfast 2 Egg Omelet w/ ½ cup leftover cooked veggies & 1oz cheese 1 fruit (banana)	Breakfast 1 serving Double Chocolate Overnight Oats (featuring Total Lean® Zero Sugar Protein)	Breakfast 6oz Greek yogurt 1 fruit (banana) 1 Tbsp peanut/almond butter	Breakfast 2 Whole grain waffles 1 Tbsp peanut butter 1 Tbsp maple syrup
AM Snack 1 fruit (apple) 1 Tbsp peanut butter	AM Snack 1 low fat cheese stick 1 cup veggies (baby carrots)	AM Snack 6oz low fat Greek yogurt 1 fruit (1 cup strawberries)	AM Snack ½ cup low fat cottage cheese 1 fruit (1 cup berries)	AM Snack 6z Greek yogurt Fruit (1 cup strawberries)	AM Snack 1 Lean Bar or Layered Lean Bar	AM Snack 1 Lean Bar or Layered Lean Bar
Lunch 4 oz. lean deli meat 2 slices whole wheat bread with mustard, lettuce and tomato slices 1 cup veggie sticks (cucumber) ¼ cup almonds	Lunch 4oz grilled chicken or pork 1 whole wheat wrap with mustard, lettuce and tomato slices 1 cup veggie sticks (peppers + carrot sticks) ¼ cup almonds	Lunch 4oz broiled fish OR shrimp 2 cups baby spinach/mixed greens/raw veggies 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1 fruit (apple)	Lunch 4oz broiled salmon 2 cups baby spinach/mixed greens/raw veggies ½ cup diced sweet potatoes 1 Tbsp olive oil/balsamic vinegar/lemon or salad dressing of choice 1 fruit (apple)	Lunch 4oz grilled fish w/ lemon 2 cups baby spinach/mixed greens/raw veggies 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice 1 fruit (1 cup red grapes)	Lunch 4oz grilled chicken or shrimp 2 cups baby spinach/mixed greens/raw veggies ½ cup brown rice/black beans ¼ cup shredded cheese 1 Tbsp salsa	Lunch 4oz grilled chicken 1 whole wheat wrap - Lettuce and tomato slices 1 Tbsp feta cheese 1 Tbsp olive oil/balsamic vinegar or salad dressing of choice
PM Snack 1 cup veggie sticks ¼ cup hummus	PM Snack ½ cup low fat cottage cheese 1 fruit (1 cup blueberries)	PM Snack 1 cup veggie sticks (baby carrots) 1 low fat string cheese ¼ cup almonds	PM Snack 1 cup veggie sticks (baby carrots or snow peas) 1oz beef or turkey jerky	PM Snack 1 low fat string cheese ¼ cup almonds	PM Snack ¼ cup hummus 1 cup raw veggie sticks ¼ cup almonds	PM Snack ¼ cup almonds 1 fruit (pear)
Dinner 4 oz. grilled chicken or pork loin 1 Tbsp olive oil + seasonings 1 baked potato ¼ cup low fat cottage cheese 1 cup cooked veggies (broccoli) Calories – 1847, Protein – 124g, Fat – 64g, Carbohydrate – 206g, Fiber – 26g	Dinner 4 oz. broiled/grilled fish OR shrimp 1 Tbsp olive oil + seasonings ¾ cup brown rice 1 cup cooked veggies (peppers, carrots, onions) Calories – 1790, Protein – 130g, Fat – 62g, Carbohydrate – 187g, Fiber – 20g	Dinner 4 oz. broiled salmon 1 cup diced sweet potato 1.5 cups roasted veggies (green beans) 1 Tbsp olive oil & seasonings (for cooking) Calories – 1807, Protein – 98g, Fat – 74g, Carbohydrate – 197g, Fiber – 26g	Dinner 6 oz. grilled fish w/ lemon 1 medium baked potato ¼ cup low fat cottage cheese 1 cup cooked veggies (green beans) 1 Tbsp olive oil & seasonings (for cooking) Calories – 1742, Protein – 111g, Fat – 78g, Carbohydrate – 159g, Fiber – 21g	Dinner 6 oz. grilled chicken or shrimp ¾ cup brown rice ¾ cup black beans 1 cup grilled veggies (peppers & onions) 1oz shredded cheese 1 Tbsp salsa Calories – 1769, Protein – 132g, Fat – 59g, Carbohydrate – 182g, Fiber – 24g	Dinner 4 oz. grilled chicken ½ cup whole wheat pasta 1 Tbsp feta cheese 1 cup roasted veggies 1 Tbsp olive oil + seasonings (for cooking) Calories – 1851, Protein – 146g, Fat – 79g, Carbohydrate – 140g, Fiber – 24g	Dinner 4 oz. lean ground turkey ½ cup marinara sauce ½ cup pasta 1 cup cooked veggies (broccoli) 1 Tbsp parmesan grated cheese Calories – 1858, Protein – 116g, Fat – 90g, Carbohydrate – 140g, Fiber – 26g