



How to Choose Your Meal Plan

Meal Plans are a great way to get started with our program on Day 1. Please note that our goal for you is NOT to depend on meal plans for the rest of your life. These are simply an initial tool to take the guesswork out of what you should be consuming on a daily basis.

Ultimately, you will learn the Secrets of a Lean Body Mindset and implement these daily habits for life!

We have developed two meal plan options for you to get started. It is crucial that you take into consideration your personal caloric intake need, based on your current body weight. Do not just choose meal plan A because it is less calories, it doesn't work that way. 😊

If you currently weigh between 100 and 135 pounds, select Meal Plan A, where you will consume between 1,200 – 1,450 calories per day.

If you currently weigh 136 pounds or more, select Meal Plan B, where you will consume between 1,500 – 1,750 calories per day.

Each meal plan will have a caloric split of 40% protein, 30% carbohydrate and 30% fats.

There is no shame in where you are today! You are taking a huge step forward in achieving your ideal body by learning the Secrets of a Lean Body Mindset.

Disclaimer: The information within our meal plans are not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet (or exercise) program, for diagnosis and treatment for illness and injuries and for advice regarding medications.