

LG Lean

Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free	
Sunday, August 8, 2021	Week One	First Delivery:									
	DAY 1		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Ain't No Yolk Omelette - O/S	260	33		7		10		GF	
	LUNCH	Be-Fit & Rice - LG	390	38		43		9		DF/GF	
	DINNER	Lem-N-Pepa Chicken - LG	470	49		37		15		DF/GF	
	SNACK 1	ONE Protein Bar	230	20		23		8		GF	
	SNACK 2	PB Crunch Protein Pudding	310	20		19		17		GF	
			Daily Total:	1,660	160	39%	129	31%	59	32%	
	DAY 2		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Balanced Breakfast - LG	420	24		36		20		DF/GF	
	LUNCH	Turkish Bowl	400	33		33		15		GF	
	DINNER	Lean Samurai Steak - LG	370	40		19		16		DF/GF	
	SNACK 1	Protein Dippers	150	10		14		7		GF	
	SNACK 2	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF	
			Daily Total:	1,640	128	31%	147	36%	67	37%	
	DAY 3		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Champion's Scramble - LG	450	44		9		27		DF/GF	
	LUNCH	The Turkey Dinner - LG	410	49		44		5		GF	
	DINNER	Fired Up! Tandoori Chicken - LG	400	37		37		11		GF	
	SNACK 1	Pumpkin Peanut Butter Bar	310	13		26		18			
	SNACK 2	Protein Cookies	200	8		25		8			
		Daily Total:	1,770	151	34%	141	32%	69	35%		
Sunday, August 8, 2021	Second Delivery:										
	DAY 4		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Egg Bites - Sundried Tomato & Goat Cheese	270	15		20		15		GF	
	LUNCH	Killer Enchiladas - Beef - LG	470	34		40		17		GF	
	DINNER	Chef's Vietnamese Chicken - LG	380	40		35		11		DF/GF	
	SNACK 1	Trail Mix Energy Balls	250	19		28		7			
	SNACK 2	Greek Yogurt Berry Parfait	240	15		22		8		GF	
			Daily Total:	1,610	123	31%	145	36%	58	32%	
	DAY 5		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Fit Cakes - LG	580	34		66		20			
	LUNCH	Club Med Chicken - LG	450	49		16		24		DF/GF	
	DINNER	Sustain Greens	470	33		32		24		GF	
	SNACK 1	Carb Rite Bar	190	21		1.5		4		GF	
	SNACK 2	Protein Puffs	90	14		2		3.5		GF	
			Daily Total:	1,780	151	34%	118	26%	76	38%	
	DAY 6		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	The Breakwich - O/S	400	21		37		20			
	LUNCH	Cajun Fit Chicken - LG	420	50		43		7		GF	
	DINNER	Guinness Beef Stew - LG	400	27		26		20		DF	
	SNACK 1	Thrive Wagyu Beef Bar - Honey Line	130	13		8		5		DF/GF	
	SNACK 2	PB Crunch Protein Pudding	310	20		19		17		GF	
		Daily Total:	1,660	131	32%	133	32%	69	37%		
DAY 7		CALORIES	PROTEIN	%	CARBS	%	FATS	%			
BREAKFAST	Egg Bites - Kale & Bacon	280	17		18		16		GF		
LUNCH	Thai-riffic Turkey Burger O/S - LG	420	26		21		26		DF/GF		
DINNER	So Legit Chicken Fingers - LG	460	35		68		8				
SNACK 1	Carb Rite Bar	190	21		1.5		4		GF		
SNACK 2	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF		
		Daily Total:	1,650	120	29%	154	37%	63	34%		