

## **LEAN MEAN MACHINE! 1, 2, 3, diet plan**

### **Daily Diets to LIVE STRONG, LIVE HEALTHY AND HAPPY LIVES (Provided by Fitness Lane Inc.; Founder Fentris Lane)**

Fitness Trainer and Professional Body Builder Fentris Lane shares his training secrets with you and your young athlete. Fentris recommends “Eating several high quality *small meals* daily keep the machine in *high gear!*” Also Fentris is sure to ADD 8 hours of sleep every night for optimal health. A sample of a TWO week “Clean Diet” is provided for your family to understand just how clean a “Clean Diet” must be. Notice how the percentages of Carbohydrates (Sugars and Simple Flour) is greatly reduced in a training diet where one’s goal is to limit excess body fat and build muscle. Try it today, Good Luck! - Cor2Life

#### **Monday**

##### **MEAL 1**

- ½-1 cup oatmeal made with soy milk, strawberry slices
- 1 orange or banana
- 8 oz water

##### **MEAL 2**

- 1 medium apple - 1 tablespoon peanut butter
- 1 handful of almonds

##### **MEAL 3**

**- Raspberry Almond Salad, Mixed Spring lettuce, Raspberry salad dressing, almond slices, sunflower seeds, goat cheese crumbles, fido dry noodles**

- 1 cup rice wild or brown rice, 1 tsp light mayo
- 6 oz skinless chicken breast cutlet or fish, grilled

##### **MEAL 4**

- 1 cup baby carrots with light Ranch
  - 1/2 cup hummus (peanut butter optional)
- 8 Oz vitamin water

##### **MEAL 5**

- 6 oz fish, grilled
  - 1 small sweet potato with light sour cream
  - 1 small salad light vinaigrette
- 8 oz vitamin water

##### **MEAL 6**

- 1 cup mixed berries with plain yogurt, honey 1 tsp.
- 8 Oz water

## **Tuesday**

### **MEAL 1**

- 1 egg
- 4 egg whites, scrambled
- 1 cup peach or tomato salsa
- 1 cup soy or 2% milk

### **MEAL 2**

- 1 cup cherry tomatoes
- 1/2 cup hummus
- 8 oz water

### **MEAL 3**

- 6 oz skinless chicken breast cutlet or fish grilled
- 1 cup mixed veggies
- 1 cup Jell-O pudding, sugar-free with light whipped cream

### **MEAL 4**

- 10 oz protein shake with soy milk (Oats and Whey)

### **MEAL 5**

- 6 oz grilled fish
- 1 cup mixed veggies
- 1/2- 1 cup wild rice

### **MEAL 6**

- You choose late snack today, maybe rice cake and almond butter with honey
- 8 oz water

## **Wednesday**

### **Meal 1**

- 5-8 egg whites one yolk with feta cheese
- 1 cup of oatmeal with honey/blueberries
- 1 serving Protein powder with soy milk

### **Meal 2 pack your snack and lunch for school today**

- 1-2 chicken or turkey breast with hummus
- Vegetables- carrots, broccoli and low fat ranch
- 1 Cup brown rice

### **Meal 3**

- 1-2 chicken breast or turkey breast
- 1 cup of brown rice
- 1 cup mixed vegetables

- 6 oz protein shake with soy milk and fruit in blender 45 minutes later

#### **Meal 4**

- 4-6 oz flank steak or sirloin with grilled onions
- asparagus and sliced carrot rounds in oven grilled crisp, with salt and sea salt.
- 5 oz protein shake with soy milk and fruit in blender

#### **Meal 5**

- Fish and vegetables stir fry with light oil  
Sweet potato slices baked crisp in oven with olive oil spray, salt and pepper  
\* Protein shake 45 minutes later.

#### **MEAL 6**

- Late snack today, maybe rice cake and almond butter!
- Angel Food cake slice with strawberries and light whipped cream

#### **Thursday**

##### **Meal 1: Wake up meal:**

- 2 cups tea w/stevia
- one cup Oats & Whey with soy milk or 2% milk
- cliff Bar or Kashi hi grain bar
- 1 serving canned white fish

Recess: run around for 30 minutes

##### **Meal 2 –Mid Morning, take to school in small baggies**

- Half a mandarin orange
- 2 Handful of sea salt almonds
- mix with two handfuls of whole wheat chex cereal

##### **Meal 3 Lunch at home or school**

- Choose baked fish or meat, example 6 oz. chicken breast
- 1 rice cake packed from home in baggie with almond butter
- 4 oz. sweet potatoes
- Green beans, choose a boiled vegetable
- 1 oz raw almonds from home

Outside:-go play and exercise!

##### **Meal 4: Home from School**

- 6 oz. canned tuna fish with 1 tbsp light mayo and celery and rice chips with sea salt
- 1 rice cake

- 6 oz. sweet potatoes chips
- Edamame dried snacks

**Meal 5: no later than 7 pm**

- 6 oz. chicken breast or fish fillet (tilapia or salmon or tuna)
- 2 rice cakes w/teaspoon almond butter
- Green beans or broccoli boiled with salt and Benechol Spread

Meal 6: Before you go to Bed no later than 9:30 pm

- 6 oz of Tofutti Soy based ice cream Vanilla with Almond Bark, 1 cup blue berries
- 1 Graham cracker

**Friday**

**Meal 1: Don't forget breakfast!**

- 1 cup peaches sliced- Delmonte Light Syrup
- 6 oz. Salmon grilled with mint jelly
- 1 slice of Multi Grain bread with Hummus
- 1 6 oz glass of low sugar OJ

**Meal 2 Mid morning**

- Kashi bar – Orange Spice or almond

**Meal 3 Pack a lunch for school today**

- 2Whole Wheat or Spinach tortillas in baggies
- 1 serving hummus
- 1 serving chopped chicken
- ½ cup of shredded skim mozzarella cheese

Place in tortilla ingredients and either microwave 15 seconds or eat cold

**Meal 4 Home from school for weekend-go outside and play/run one hour  
After snax**

- 2 cups GORP “Good Old raisins and Peanuts” that you mixed during the week with 3-4cups of whole wheat chex cereal, 1 cup almonds, 1 cup walnuts, ½ cup Hersheys chocolate bits, raisins or cranberries, or dried blueberries.
- 1- 8 oz glass water

**Meal 5: Help Mom make turkey burgers tonight**

- 1.5 lb. ground lean turkey, add salt and pepper and shredded carrots and make patties about the size of a deck of cards
- Slice tomatoes into 10-12 rounds, add a slice of skim mozzarella on top, lightly sprinkle olive oil, basil, salt and pepper. Place in small oven until melted. Serve with turkey patties and ground mustard.
- Drink 8 oz. of light V-8 splash Mango-Peach
- Wash 6 strawberries and slice in rounds, lightly sprinkle powdered sugar and serve with a light sprinkle of sunflower seeds on top.

### **Meal 6: Before 10 pm**

- have mom by crepes, Nutella and bananas, slice bananas and line ½ of crepe, spread nutella on other half, fold and enjoy one before bed with a glass of milk

**Saturday** The Weekend, time to play hard, get your parents to the fields and play soccer, football or chase for one hour

### **Meal 1:** more time to make a delicious breakfast

- have mom buy Wheat pancake mix, strawberries and walnuts. Wash and slice strawberries, add crushed walnuts and fruit to pancake mix, use soy milk. Make funny shapes in a large skillet and eat 1-3 pancakes with low sugar syrup.
- Turkey bacon slices

Go outside and play- drink oz water

### **Meal 2**

- Veggie plate- baby carrots, cucumber slices, cherry tomatoes, dipped in light ranch dressing
- Pretzel crackers with sea salt, hummus
- Vitamin water – Berry

### **Meal 3**

- Whole Chicken from Publix- cooked, lemon pepper for family of 4, eat 1 thigh and leg without skin
- 1 bag of shredded cabbage, mixed with Almond slices, add ½ bag Ramman noodles, 2 tbsp Olive oil, 2 tbsp. Balsamic Vinegar, 1 tsp. brown sugar.
- 1 small can of Bush's baked beans

### **Meal 4**

- 2 cups Orville Redenbacher Light Popcorn with sprinkled parmesan cheese

- 2 handfuls of GORP
- 1 8 oz glass of water

### **Meal 5**

- Make a Pizza with whole wheat dough, sundried tomatoes, tomato sauce, ricotta cheese, low salt ham or left over chicken shreds, add pineapple or sliced papaya to jazz it up
- Light Root Beer

### **Meal 6 Watch a movie with your parents**

- Rice Chips or Veggie straws with green salsa
- 6-8 dark chocolate covered cashews (Walgreens)
- 8 Oz soy milk- vanilla

**Sunday Your personal day-drink 8 oz water every morning before anything else**

**Read for one hour in the am quietly in your room before family gets up  
Go outside and walk around the block**

### **Meal 1**

- 4 egg white, 1 yolk omelet, diced ham, turkey or whatever lean meat is left over, add 1 cup feta cheese, diced tomato and cook with olive oil spray on medium heat.
- When egg hard, flip and brown each side after folding in middle, slide into plate and slice in 3-4 oz pieces, cut 3 slices of wheat toast into 4 squares each without edges and spread hummus or light butter and Polander low sugar jelly. Wake up mom and Dad with coffee and this plate then ask them to take you to walk up Stone Mountain or Kennestone Mt. today!

**Meal 2 Pack a snack, always have a backpack ready to go with towel, sneakers and water bottle.**

- baggies full of GORP, salted almonds and cashews, or granola
- Water bottles 8 oz.
- Apple slices and almond butter
- Baby carrots.

**Meal 3 give mom the day off, plan and cook a Sunday late lunch-early dinner**

- 6-8 lean Pork chops, defrost and place in cooking tray, lightly cover in honey glaze, salt and basil. Sliced Papaya or pears. Cook at 350 degrees for 10 minutes

- and flip, another 10 minutes, open and add sliced fruit on top. Cook until crispy and not burned!
- Slice small potatoes into rounds and place in skillet with 2 tbsp olive oil, salt pepper, oregano and let simmer until golden brown
  - Ready washed mixed greens, cranberries, 2 tbsp goat cheese, almond slices mix and add Raspberry Vinaigrette dressing. Call mom and dad.

**Meal 4 – early snack meal after long day (6-8 pm)**

- Smoothies- 1 cup protein powder (Oats and Whey), 3 cups soy milk, one cup crushed cherries, blueberries or strawberries, 2 tbsp honey, 1 cup plain low fat yogurt, blender high speed until mixed, pour over plain granola in bowl and enjoy

**Meal 5**

- 8 Oz water before bed
- 1 dark chocolate wafer