



# LIFT LEAN

## MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Stir Fry optional Meat / Prawns	Frittata - Eggs with Vegetables	Omelet / Scrambled Eggs /Poached eggs	Meat choice with Vegetables	Stir Fry Vegetables	Fish Choice with Vegetables	Organic Bacon Eggs with Vegetables
1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil	1 - 2 TBSP Coconut Oil
1 TBSP Organic Butter / Ghee	Olive Oil	1 TBSP Organic Butter / Ghee	Olive Oil	1 TBSP Organic Butter / Ghee	Olive Oil	1 TBSP Organic Butter / Ghee

Eat meal 1 when you are ready to eat it doesn't have to first thing in the morning • No snacking between meals • Eat till you feel full full not stuffed • Really chew your food well so the stomach doesn't have to do all of the work • If you are allergic to dairy or butter go for Organic Ghee & Coconut or MCT Oil for Fats

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Meat Choice with Green Vegetables	Fish Choice with Green Vegetables	Meat Choice with Green Vegetables	Egg with Meat or Fish Choice with Green vegetables	Meat Choice with Green Vegetables	Fish Choice with Green Vegetables	Egg with Meat or Fish Choice with Green Vegetables
1 x Avocado		Nuts (sml quantity)	1 x Avocado		1 x Avocado	Nuts (sml quantity)
1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oi	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil

Rotate your meats and fishes (protein choices)

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Egg with Meat or Fish Choice with Green vegetables	Meat Choice with Green Vegetables	Fish Choice with Green Vegetables	Meat or Fish Choice with Green vegetables	Fish Choice with Green Vegetables	Meat Choice with Green Vegetables	Meat or Fish Choice with Green Vegetables
1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oi	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil	1 TBSP Organic Butter / Ghee + 1 TBSP Coconut Oil