



**Lean Men
Nutrition
Healthy Eating
Blueprint**

Lean Men Nutrition Healthy Eating Blueprint

Welcome!

My name is Zach Moore and I am a *Men's Transformative Eating For Transformational Weight Loss Specialist*.

What that means in English is I'm here to show you how to transform your eating so you can transform your weight and build a body you love and the confidence to live your life to the fullest.

And I do this without rigid meal plans or making you give up good food, alcohol, or your social life.

How?

I use a multi tier process involving behavioral change psychology, habit formation, environmental curation, proactive eating and a bunch of other overly scientific concepts that I'm sure you're already bored with!

But it's core, transforming your weight is about eating more healthy food, less unhealthy food, and fewer calories.

That's it(!) and this guide will reveal how much of what foods to eat completely transform your weight.

Why am I giving you this blueprint?

Because I know how much it hurts to struggle with insecurity, pain, physical limitations, and missed opportunities.

My hope is this blueprint ignites your transformation because I don't want you to struggle the way I did for another minute.

I want you to live your life to the absolute fullest and be overwhelmed by the joy and wonder life can bring.

But you need great health, vigor, energy, and confidence to experience that type of life.

And all four start with eating great tasting healthy food.

Let's get in this!

Zach

Breakfast



Objective: *Eat a protein-rich breakfast with few, if any, carbohydrates and preferably a moderate amount of healthy fat. To achieve these goals follow the following steps in the order they appear.*

Step 1: Choose at least one protein rich food, preferably two, from the following list.

1. At least two whole eggs or three egg whites cooked anyway you like.
2. One omelette made from at least two whole eggs or three egg whites. Add as many non-starchy vegetables as you would like from the list on page 6.
3. One single serving sized container (or a similar sized self served portion) of no or low fat, sugar free, unflavored yogurt. No artificial flavors or preserved "fruit on the bottom." You may add fresh fruit by following the "Step 3: Optional Fruit" guideline on page 6.
4. One single serving sized container (or a similar sized self served portion) of no or low fat, sugar free, unflavored cottage cheese. No artificial flavors or preserved "fruit on the bottom." You may add fresh fruit by following the "Step 3: Optional Fruit" guideline on page 6.
5. 2 slices of smoked salmon.
6. Protein shake made from 1 scoop of whey protein mixed in water.

Step 2 *Primary*: Choose one healthy fat-rich food.

1. ¼ of an avocado.
2. Up to 15 almonds, cashews, pistachios, or peanuts. Must be raw (not roasted) and unsalted.
3. Up to 10 walnuts or pecans. Must be raw (not roasted) and unsalted.

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4. Up to 5 brazil nuts. Must be raw (not roasted) and unsalted.

5. 1 tablespoon of your preferred nut butter.

Step 2 *Alternate*: One out of three breakfasts you may choose one healthy carb-rich food instead of a healthy fat-rich food. You never have to choose a healthy carb-rich food if you do not want to. This step is optional and included to give you options for variety.

1. Up to ½ a cup of steel cut or old fashioned oats. Cook in water combined with up to ½ a cup of skim milk or ¼ cup of low fat milk.

2. Up to ½ a cup of quinoa. Cook in water combined with up to ½ a cup of skim milk or ¼ cup of low fat milk.

Step 3 *Optional*: You may add up to one serving of fruit from the list below to every breakfast if you want.

3. ½ a banana, apple, or orange.

4. 1 handful of blueberries, blackberries, or raspberries.

5. ½ a handful of cantaloupe, honeydew, or watermelon.

6. ⅓ a handful of sliced mango or pineapple.

Step 4: Drink at least one, preferably two, large glass(es) of water.

Step 5: You may drink coffee or tea and may include up to one tablespoon of your preferred dairy. Do not add sugar.

Lunch and Dinner



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Objective: *Eat lunches and dinners rich in lean protein and non starchy vegetables, with a moderate amount of either healthy fat or healthy carbohydrates. To achieve these goals follow the following guidelines and steps in the order they appear...*

Step 1: Fill one quarter of your plate with grilled, baked, or seared lean protein from the list on page 8.

Step 2: Fill half your plate with at least one, preferably two or more, grilled, baked, or raw non starchy vegetables from the list on page 8.

Step 3: Fill the remaining quarter of your plate with a healthy fat or healthy carbohydrate. It does not matter which you choose for lunch and which you choose for dinner, but you must choose a healthy fat-rich food at least once between lunch and dinner.

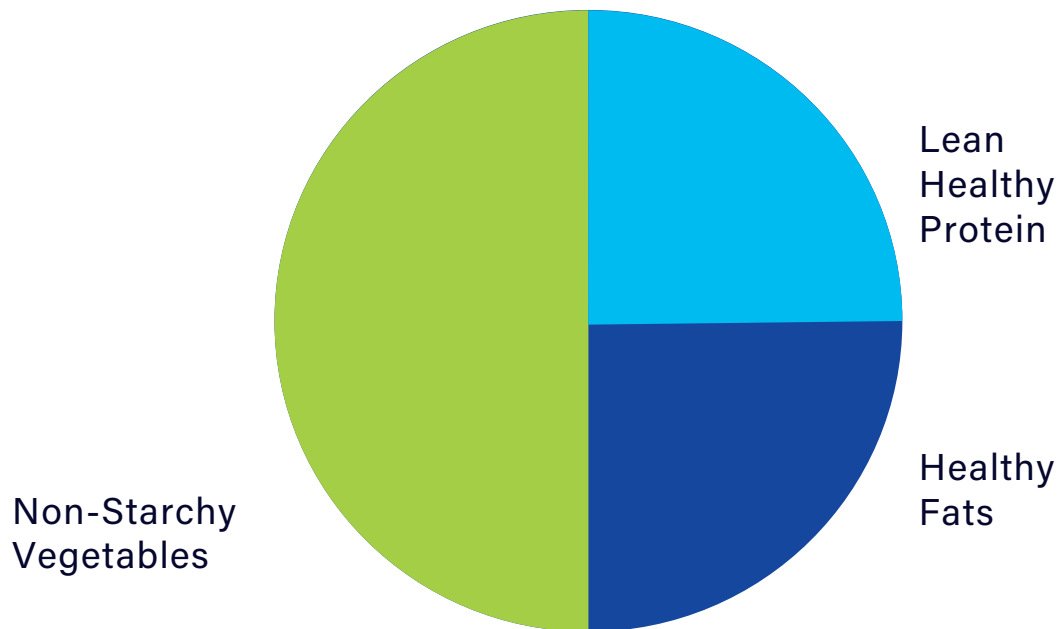
Step 4: For dressing, use a light pour of extra virgin olive oil or a vinaigrette of your choice.

Step 5: Drink at least one, preferably two, large glass(es) or bottle(s) of water.

*See templates on page 7 for a visual representation.

Healthy Lunch and Dinner Templates

Lunch / Dinner With Healthy Fat



Lunch / Dinner With Healthy Carbs



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Lean Protein-Rich Foods

Salmon
Chicken
Turkey
Cod
Tilapia
Tofu

Tuna
Sea Bass
Flounder
Trout
Catfish

Halibut
Shrimp
Scallops
Crab
Lobster

Non-Starchy Veggies

Broccoli
Cauliflower
Kale
Spinach
Beets

Asparagus
Carrots
Green Beans
Mushrooms
Brussels Sprouts

Artichoke
Peas
Peppers
Eggplant
Zucchini

Healthy Fat-Rich Foods

Salmon
Avocados
Extra Virgin Olive Oil
Olives
Almonds

Cashews
Peanuts
Pistachios
Walnuts

Pecans
Brazil Nuts
Chia Seeds
Flax Seeds

Healthy Carbs

Quinoa
Beans
Peas
Lentils

Sweet potatoes
Squash
Brown rice

Wild rice
Buckwheat
Farro

Mid Afternoon Snack



Objective: *Eat a snack everyday around 3:00 - 3:30 pm that is rich in protein, contains no refined sugar, little to some healthy fat, and minimal bad (saturated) fat.*

Step 1: Eat two items from the “healthy snack foods” listed below.

Step 2: Drink at least one, preferably two, large glass(es) or bottle(s) of water.

Step 3: You may also have half an apple, orange, or banana, or a handful of blueberries, blackberries, or raspberries in addition to the two items you choose from the healthy snack list.

Healthy Snack Foods

1. One serving low fat / no fat, sugar free, plain yogurt.
2. One serving low fat / no fat, sugar free, cottage cheese.
3. 10-15 Almonds, cashews, or peanuts.
4. 10 Walnuts or pecans
5. 5 Brazil Nuts
6. Single serve cheese stick or wheel.
7. 1 Scoop whey protein mixed in water

How I Can Support You



Lean Men Nutrition Healthy Eating Blueprint

There you go! You now have the blueprint for nailing your eating and a tool that will drive your entire weight loss transformation if you follow it consistently.

But there's more I want to give you. Tools that make losing weight easy, fast, consistent, and permanent.

I still want to give you...

A personalized caloric budget so you can hone your healthy eating to laser sharp precision.

The essential strategy to budgeting your carbs, calories, and alcohol so you can crush your weight loss while still eating the foods you love and going out on the weekends.

The five daily habits that will turbocharge your weight loss to a pace you never thought possible.

The three keys to curating healthy environments and making your weight loss painless and easy.

And...

The game plan for making your weight loss transformation permanent by overcoming the three reasons 90% of men regain much, if not all, of the weight they lose.

So...

If you're ready to lose up to 30 pounds in the next 90 days so you can build the energy and confidence to live your life to the fullest without rigid meal plans or giving up good food and socializing...

Schedule your complimentary *Transformational Weight Loss Jump Start* Call [here](#) with me now.

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We'll explore your story, identify the obstacles holding you back, and game plan the strategies to drive your weightloss transformation forward.

And if we are a good fit, I'll invite you to join my *Men's Transformative Eating For Transformational Weight Loss program*.

Contact me via email at Zach@Leanmennutrition.com or direct message me through Facebook.

I can't wait to be part of your life-changing transformation!

Zach