

A top-down view of a wooden cutting board with a hole in the center. On the board are two pieces of grilled salmon with visible grill marks. The salmon is garnished with a slice of lime. Surrounding the salmon are several green beans, a whole cherry tomato, and two more lemon wedges. The board is set on a white wooden surface.

LEAN MASS EATING PLAN

**7-DAY EATING PLAN
FOR WOMEN**



FEMALE EATING PLAN

LEAN MASS EATING PLAN

#CHALLENGEYOURSELF

POST-WORKOUT

INTRA-WORKOUT

PRE-WORKOUT



30-45 MINUTES BEFORE TRAINING



TAKE DURING YOUR TRAINING



TAKE AFTER YOUR TRAINING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Large glass of luke warm water. Add a splash of freshly squeezed lemon or unsweetened lemon juice concentrate.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	40 g raw oats with ½-1 scoop BlueLab 100% Whey and 1 tbsp nut butter 1 apple	1 whole egg with 2 egg whites, scrambled 1 slice rye bread 30 g mozzarella cheese	Smoothie made with ½-1 scoop BlueLab 100% Whey 40 g raw oats 1 small banana 1 Tbs nut butter	Overnight oats made with 40 g raw oats, ½-1 serving BlueLab 100% Whey 250 ml low fat milk Cinnamon to taste	1 serving BlueLab 100% Whey and 200 g plain low fat yoghurt with ¾ cup berries 1 small banana 5 almonds and 1 tsp honey	Protein pancakes made with 40 g raw oats 1 egg and 2 egg whites 1 small banana, mashed 1 scoop BlueLab 100% Whey. Top with 2 tsp honey and cinnamon to taste	Omelette made with 1 eggs and 2 egg whites 1 cup mushrooms 1 cup spinach 60 g grated mozzarella and 1 slice rye bread 1 apple
MID-MORNING SNACK	½-1 serving BlueLab 100% Whey with water	½ - 1 serving BlueLab™ 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water
LUNCH	1 tin tuna, drained and mixed with 2 tbs low fat cottage cheese 2 cups green salad 1 medium baked potato	1 wholewheat wrap filled with Lemon and herb chicken (120 g raw) 1 cup sliced tomato and onion 1 cup spinach ½ avocado	Spicy lean beef mince (120 g raw) made with ½ can chopped tomatoes cup red kidney beans 1 small onion cup rice, cooked	1 wholewheat wrap filled with Roasted chicken (120 g raw) 1 Tbs reduced-fat hummus 1 cup rocket ½ cup roasted vegetables	1 tin tuna, drained and mixed with 2 Tbs low fat cottage cheese 1 slice rye bread 2 cups mixed salad	Chicken kebabs (120 g raw) 1 corn on the cob Tomato and mozzarella salad made with 2 tomatoes, 1 small red onion Basil 30 g mozzarella Balsamic vinegar	Grilled beef fillet steak (120 g raw) with 1 medium sweet potato 2 cups mixed salad ½ avocado
MID-MORNING SNACK	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water	½-1 serving BlueLab 100% Whey with water
DINNER (NO LATER THAN 8 PM)	Grilled chicken breast (120 g raw) ½ cup roasted butternut with cinnamon 1 cup cooked mixed green vegetables ½ avocado	Grilled lean red meat (120 g raw) 1 cup green beans 2 cups roasted vegetables	Hake (180 g raw) cooked with 1 cup stir fried green beans, onion and mushroom 1 cup cauliflower, cooked	Lean meat balls (120g raw) with ½ cup cauliflower rice ½ cup home-made tomato sauce 2 cups green salad	Stir fried chicken (120 g raw) with 2 cups stir fried mixed vegetables (carrots, peppers, cabbage) 1 Tbs toasted sesame seeds	Grilled ostrich steak (100 g-120 g raw) 1 cups steamed green vegetables 1 gem squash, cooked	Hake (180 g raw), cooked with chilli, ginger and soy sauce and served with 2 cups stir fried mixed vegetables
LATE EVENING SNACK	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein	½-1 serving BlueLab 100% Whey with water OR 1 serving Casein Night Time Protein

Meals are interchangeable within each meal category, example breakfast, lunch and supper. | *Do not exceed usage for longer than 2 weeks.

FOOD EXCHANGE LIST

NON-STARCHY VEGETABLES

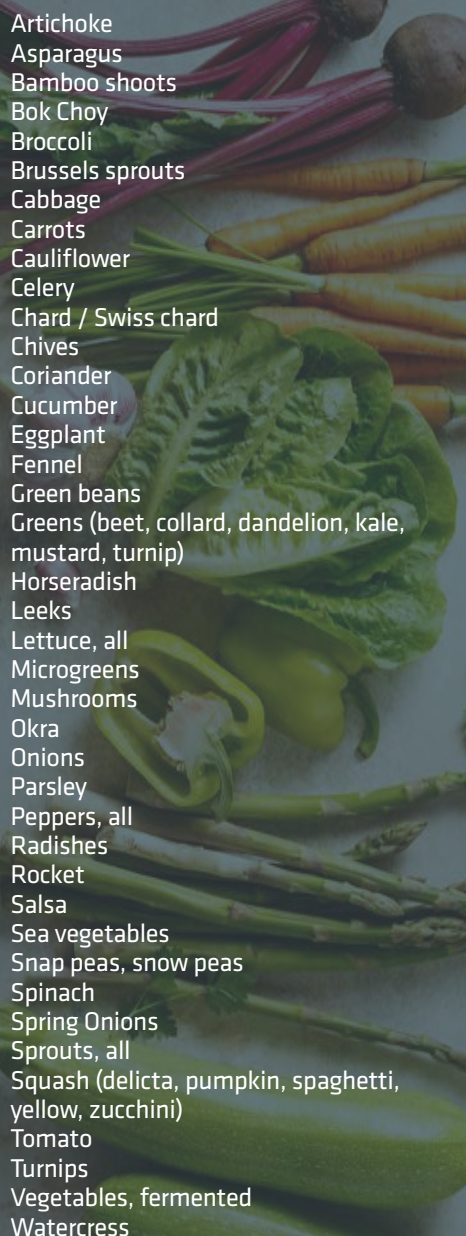
A serving of leafy greens is about 2-3 cups. For all other non-starchy vegetables, one serving is 1/2 cup cooked or 1 cup raw vegetables. 1 serving = approx. 25 calories, 5 g carbs, 1-2 g protein, 0 g fat.

FRUITS

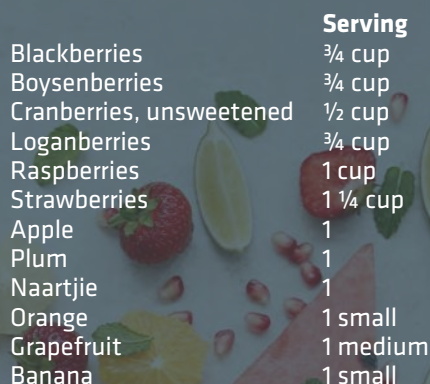
1 serving = approx. 60 calories, 15 g carbs, 0 g protein, 0 g fat.

STARCHES

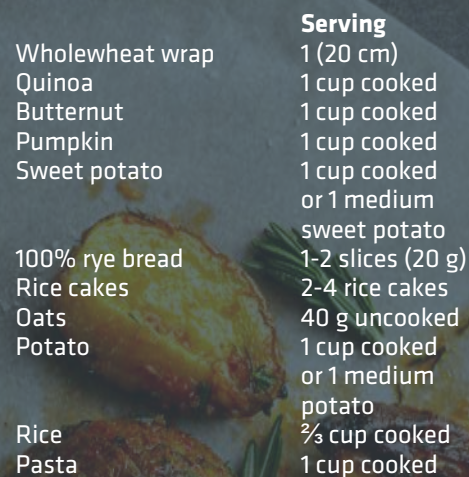
1 serving = approx. 70-140 calories, 15-30 g carbs, 3-6 g protein, 0 g fat.



Artichoke
Asparagus
Bamboo shoots
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard / Swiss chard
Chives
Coriander
Cucumber
Eggplant
Fennel
Green beans
Greens (beet, collard, dandelion, kale, mustard, turnip)
Horseradish
Leeks
Lettuce, all
Microgreens
Mushrooms
Okra
Onions
Parsley
Peppers, all
Radishes
Rocket
Salsa
Sea vegetables
Snap peas, snow peas
Spinach
Spring Onions
Sprouts, all
Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
Tomato
Turnips
Vegetables, fermented
Watercress



	Serving
Blackberries	3/4 cup
Boysenberries	3/4 cup
Cranberries, unsweetened	1/2 cup
Loganberries	3/4 cup
Raspberries	1 cup
Strawberries	1 1/4 cup
Apple	1
Plum	1
Naartjie	1
Orange	1 small
Grapefruit	1 medium
Banana	1 small



	Serving
Wholewheat wrap	1 (20 cm)
Quinoa	1 cup cooked
Butternut	1 cup cooked
Pumpkin	1 cup cooked
Sweet potato	1 cup cooked or 1 medium sweet potato
100% rye bread	1-2 slices (20 g)
Rice cakes	2-4 rice cakes
Oats	40 g uncooked
Potato	1 cup cooked or 1 medium potato
Rice	2/3 cup cooked
Pasta	1 cup cooked

FOOD EXCHANGE LIST

FATS & OILS

1 serving = approx.
45 calories, 0 g carbs,
0 g protein, 5 g fat.

	Serving
Avocado	2 Tablespoons or 1/3 avocado
Butter	1 teaspoon
Coconut milk, regular	1 1/2 Tablespoon
Cream	1 teaspoon
Cream cheese	1 Tablespoon
Oils, cooking: coconut (virgin), grapeseed, extra virgin olive, sesame	1 teaspoon
Oils, salad: Almond, avocado, canola, flaxseeds, grapeseed, hempseed, olive, pumpkin seed, high-oleic safflower and sunflower, sesame, walnut	1 teaspoon
Mayonnaise (unsweetened - made with avocado, grapeseed or olive oil)	1 teaspoon
Olives, black or green	8
Salad dressing made with quality oil	1 Tablespoon
MCT powder	1/2 Tablespoon
MCT oil	1 teaspoon
Sour cream	2 Tablespoons

PROTEIN

1 serving = approx.
220 calories, 0 g carbs,
28 g protein, 1-9 g fat

	Serving
Animal proteins:	
Bacon	2-3 slices
Beef	120 g
Cheese:	
Cottage	1/2 cup
Feta	60 g
Goats cheese	60 g
Mozzarella	60 g or 1/2 cup shredded
Ricotta	1/3 cup
Chicken, white or dark meat	120 g
Eggs, whole	1
Egg whites	2
Fish:	
Hake and white fish	180 g
Herring	120 g
Mackerel	120 g
Salmon	120 g
Sardines (in water or oil)	120 g
Trout	120 g
Tuna, canned (chunk light or solid light, in water or brine)	120 g
Yellowtail	120 g
Lamb, leg, chop, or lean roast	120 g
Pork, tenderloin	120 g
Sausage: varies	
Shellfish (shrimp, crab, lobster, clams, mussels, oysters, scallops)	120 g
Turkey, white or dark meat	120 g
Venison/Game	120 g

NUTS

1 serving = approx.
45 calories, 0 g carbs,
1 g protein, 5 g fat.

	Serving
Almonds	5
Almond butter	1 Tablespoon
Brazil nuts	3
Cashews	6
Chia Seeds	1 Tablespoon
Coconut, dried	1 Tablespoon
Flaxseeds, ground	1 Tablespoon
Hazelnuts	5
Hemp seeds	2 Tablespoons
Macadamia	6
Nut & seed butter	1 Tablespoon
Peanuts	10
Pecan halves	4
Pine nuts	1 Tablespoon
Pistachios	16
Pumpkin seeds	1 Tablespoon
Sesame seeds	1 Tablespoon
Soy nuts	1 Tablespoon
Sunflower seeds	1 Tablespoon
Walnut	4 halves

FOOD EXCHANGE LIST

CONDIMENTS

Unlimited

Blackstrap molasses
 Bone broth
 Cacao (powder / nibs)
 Carob
 Flavoured extracts (e.g. almond, vanilla)
 Garlic
 Ginger
 Herbs, all fresh or dried
 Horseradish
 Hot sauce (unsweetened)
 Lemon
 Lime
 Miso
 Mustard
 Salsa (unsweetened)
 Soy sauce / tamari
 Spices, all, fresh or dried (e.g. chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder or flakes, paprika, pepper, turmeric etc.)
 Tomato sauce (unsweetened)
 Vinegars (unsweetened)
 Apple cider vinegar
 Balsamic vinegar
 Red wine or white wine vinegar

LEGUMES

1 serving = approx.
 76 calories, 15 g carbs,
 7 g protein, 1 g fat.

	Serving
Beans (Black-eyed, black, cannellini, edamame, garbanzo, kidney, lima, mung, navy, pinto, etc.)	1/3 cup cooked
Bean soups, homemade	3/4 cup
Hummus	2 Tablespoons or 1/3 cup
Lentils (brown, green, red, yellow, French)	1/3 cup cooked
Peas	1/4 cup cooked
Chickpeas	1/3 cup cooked

DAIRY

1 serving = approx.
 125 calories, 12 g carbs,
 8 g protein, 5 g fat.

	Serving
Kefir, plain	1 cup
Milk	1 cup
Yogurt, plain, unsweetened full fat/ whole milk, Greek	1/2 cup or 200 g

Allowed beverages

Water
 Coffee/Espresso
 Tea (Green/Rooibos/English)
 Caffeine-free herbal teas (mint, chamomile etc.)
 Sparkling water (unsweetened)
 Allowed sweeteners: Stevia, Xylitol, Erythritol