

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 several lemon wedges. The board is placed on a white wooden surface.

# **LEAN MASS EATING PLAN**

**7-DAY EATING PLAN  
FOR MEN**



MALE EATING PLAN

# LEAN MASS EATING PLAN

#CHALLENGE

POST-WORKOUT



TAKE AFTER YOUR

INTRA-WORKOUT



TAKE DURING

PRE-WORKOUT



30-45 MINUTES

**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	60g raw oats 1-2 scoops BlueLab™ 100% Whey and 2 Tbs nut butter 1 apple	2 whole eggs with 3 egg whites, scrambled 2 slices rye bread 30g mozzarella cheese	Smoothie made with 1-2 scoops BlueLab™ 100% Whey 40g raw oats, 1 small banana, 125ml low fat milk, 2 Tbs nut butter	Overnight oats made with 40g raw oats, 1 serving BlueLab™ 100% Whey, 250ml low fat milk and ¾ cup berries Cinnamon to taste	1-2 servings BlueLab™ 100% Whey and 200g plain low fat yoghurt with ¾ cup berries, 1 small banana, 10 almonds and 2 tsp honey	Protein pancakes made with 40g 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 2 eggs and 3 egg whites, 1 cup mushrooms, 1 cup spinach, 60g grated mozzarella. 1 slice rye bread 1 apple
MID-MORNING SNACK	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water
LUNCH	1 tin tuna, drained and mixed with 2 Tbs low fat cottage cheese and 1 medium baked potato 2 cups green salad	1 wholewheat wrap filled with Lemon and herb chicken (180g raw), 1 cup sliced tomato and onion, 1 cup spinach, ½ avocado	Spicy lean beef mince (150g-180g raw) made with 1 can chopped tomatoes, ½ cup red kidney beans, 1 small onion 2 ½ cup rice, cooked	1 wholewheat wrap filled with Roasted chicken (150g-180g raw), 2 Tbs reduced-fat hummus, 1 cup rocket, 1 cup roasted vegetables	1 tin tuna, drained and mixed with 2 Tbs low fat cottage cheese 2 slices rye bread 2 cups mixed salad"	Chicken kebabs (180g raw) 1 corn on the cob Tomato and mozzarella salad made with 2 tomatoes, 1 small red onion Basil 60g mozzarella Balsamic vinegar	Grilled beef fillet steak (180g raw) with 1 medium sweet potato 2 cups mixed salad ½ avocado
MID-MORNING SNACK	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water	½ - 1 serving BlueLab™ 100% Whey with low fat milk or water
DINNER (NO LATER THAN 8 PM)	Grilled chicken breast (180g raw) 1 cup roasted butternut with cinnamon 2 cups cooked mixed green vegetables ½ avocado	Grilled lean red meat (180g raw) 1 cup green beans 2 cups roasted vegetables	Hake (270g raw) cooked with 1½ cup stir fried green beans, onion and mushroom 1 cup cauliflower, cooked	Lean meat balls (150g-180g raw) with 1 cup cauliflower rice ½ cup home-made tomato sauce 2 cups green salad	Stir fried chicken (180g raw) with 3 cups stir fried mixed vegetables (carrots, peppers, cabbage) 1 Tbs toasted sesame seeds	Grilled ostrich steak (150g-180g raw) 2 cups steamed green vegetables 1 gem squash, cooked	Hake (270g raw), cooked with chilli, ginger and soy sauce and served with 3 cups stir fried mixed vegetables
LATE EVENING SNACK	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein	½ - 1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

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

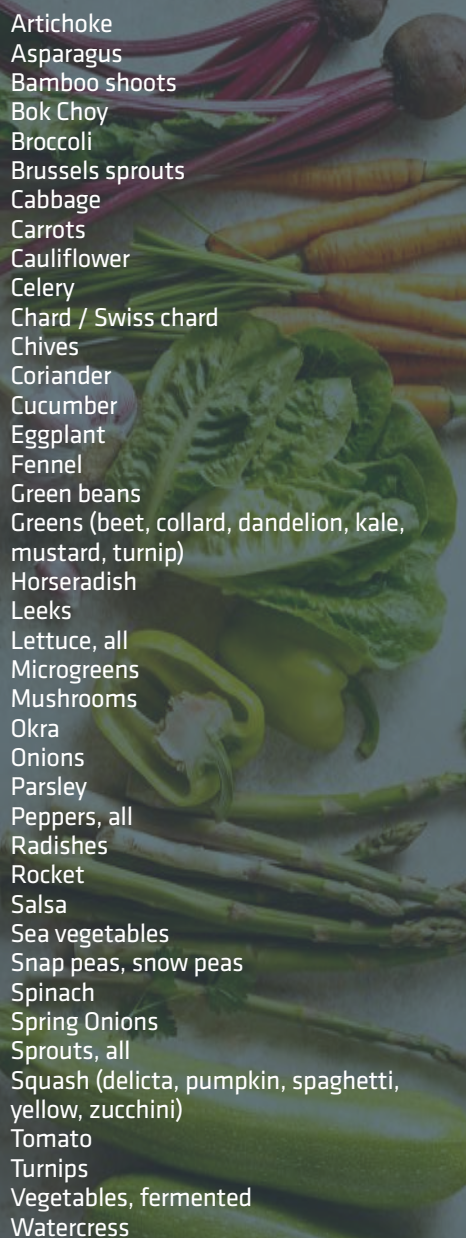
A serving of leafy greens is about 2-3 cups. For all other non-starchy vegetables, one serving is 1/2 cup cooked or 1 cup raw vegetables. 1 serving = approx. 25 calories, 5 g carbs, 1-2 g protein, 0 g fat.

## FRUITS

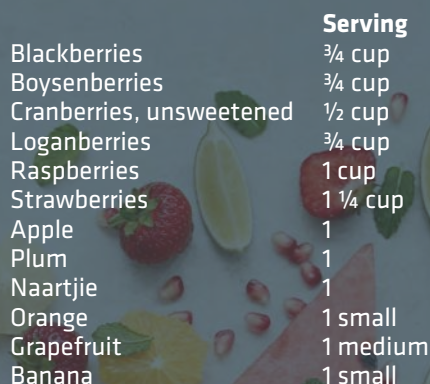
1 serving = approx. 60 calories, 15 g carbs, 0 g protein, 0 g fat.

## 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



	<b>Serving</b>
Blackberries	¾ cup
Boysenberries	¾ cup
Cranberries, unsweetened	½ cup
Loganberries	¾ cup
Raspberries	1 cup
Strawberries	1 ¼ cup
Apple	1
Plum	1
Naartjie	1
Orange	1 small
Grapefruit	1 medium
Banana	1 small



	<b>Serving</b>
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	¾ cup cooked
Pasta	1 cup cooked
Couscous	¾ cup cooked

# FOOD EXCHANGE LIST

## FATS & OILS

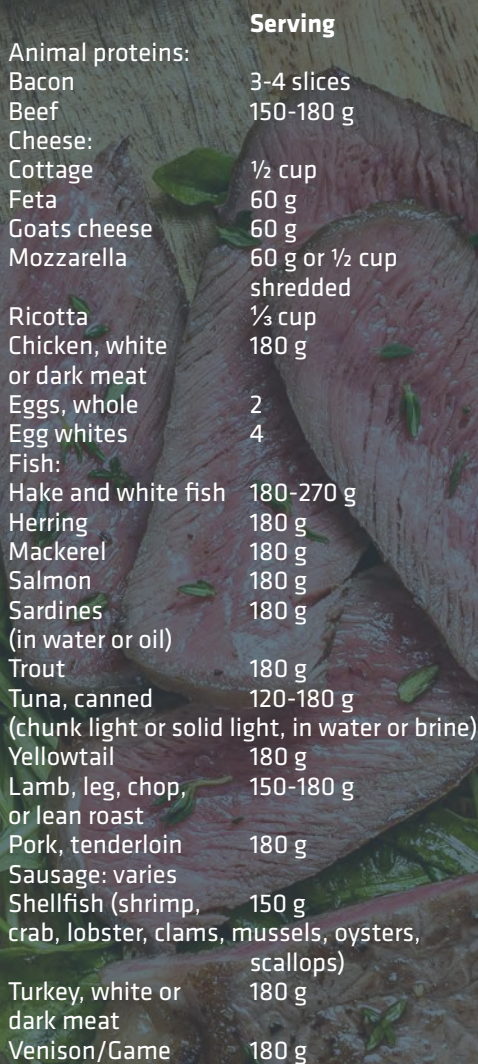
1 serving = approx.  
45 calories, 0 g carbs,  
0 g protein, 5 g fat.



	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	3-4 slices
Beef	150-180 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	180 g
Eggs, whole	2
Egg whites	4
Fish:	
Hake and white fish	180-270 g
Herring	180 g
Mackerel	180 g
Salmon	180 g
Sardines (in water or oil)	180 g
Trout	180 g
Tuna, canned (chunk light or solid light, in water or brine)	120-180 g
Yellowtail	180 g
Lamb, leg, chop, or lean roast	150-180 g
Pork, tenderloin	180 g
Sausage: varies	
Shellfish (shrimp, crab, lobster, clams, mussels, oysters, scallops)	150 g
Turkey, white or dark meat	180 g
Venison/Game	180 g

## NUTS

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



	Serving
Almonds	10
Almond butter	2 Tablespoon
Brazil nuts	6
Cashews	12
Chia Seeds	2 Tablespoons
Coconut, dried	2 Tablespoons
Flaxseeds, ground	2 Tablespoons
Hazelnuts	10
Hemp seeds	4 Tablespoons
Macadamia	6
Nut & seed butter	2 Tablespoons
Peanuts	20
Pecan halves	8
Pine nuts	
Pistachios	32
Pumpkin seeds	2 Tablespoons
Sesame seeds	2 Tablespoons
Soy nuts	2 Tablespoons
Sunflower seeds	2 Tablespoons
Walnut	8 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