

## **Getting Lean Diet**

		Why eat this?
<p><b>Power Walk on an empty stomach after drinking a large cup of coffee.</b></p> <p>This will help burn fat much quicker because your metabolism is most sensitive from fasting in your sleep and caffeine is a natural fat burner. Walking for half an hour every day can burn up to 750 calories a week (5 days).</p>		
<p><b>Meal 1:</b> Breakfast <b>8am</b></p>	<p>- 4 Boiled Eggs or scrambled - ½ cup of Oats (50g)</p>	<p>Eggs are a quick release protein and will give your body key proteins it needs (Don't eat the yolks, whites only). Oats are a slow releasing carbohydrate and will help give you more energy for the day</p>
<p><b>Meal 2:</b> Mid-morning <b>10 – 11am</b></p>	<p>- 1 Banana - Green tea or coffee</p>	<p>Protein shake is more convenient to have while you are at work and get absorbed by the body quickly. Green tea is a natural anti-oxidant and will aid in burning fat as will coffee.</p>
<p><b>Meal 3:</b> Lunch <b>1 – 2pm</b></p>	<p>- 150g of chicken - 100g brown Rice (half a cup)</p>	<p>Chicken breast does not contain unwanted fat and contains plenty of protein. Brown rice is slow releasing and will give the body energy for longer through out the day so it will turn to storage (fat).</p>
<p><b>Meal 4:</b> Mid-afternoon <b>4 - 5pm</b></p>	<p>- 50g Almonds - Large cup of Coffee</p>	<p>Nuts contain healthy fats and quality protein. They will also help boost energy levels. Caffeine is a very good fat burner and will give your body a boost of energy.</p>
<p><b>Train – 6pm</b></p>		
<p><b>Meal 5:</b> Dinner <b>8pm</b></p>	<p>- Fish (Salmon) or Chicken - Vegetables</p>	<p>Fish contains healthy fats such as omega 3, 6 &amp; 9. Chicken will give you essential protein your body will need for exercise. Vegetables will help boost your immune system and the micronutrients in them will help process the protein.</p>
<p><b>Meal 6:</b> Last meal <b>10 - 11pm</b></p>	<p>- 3 table spoons of Cottage Cheese or Protein shake</p>	<p>Cottage cheese is a slow release protein (casein) which will provide key nutrients while you sleep. Protein shake will help repair muscle tissue broken down from your workout instantly and will not turn to storage while you sleep.</p>