

Rod's GET LEAN Recommendation

- Avoid junk food
- Consume a clean diet
- Add circuit and interval training
- Add strength and aerobic training
- Reduce total daily calories
- Eat more often throughout day
- Combine lean protein and green vegetable
- Drink plenty of water

GET LEAN Food Preferences

It's not just how much you eat; it's what you eat—and when you eat it.

GET LEAN Protein prevents muscle breakdown; and aids in production of new muscle.

- Chicken, white meat (no skin)
- Egg whites, cooked
- Fish
- Lean beef
- Skim milk
- Non-yogurt, cottage cheese & tofu
- Casein Protein
- Turkey
- Tuna, in water

GET LEAN Carbohydrates replenish energy stores and controls blood sugar levels

- Apples, Berries, Green pears, Grapefruits, Oranges
- Green leafy vegetables
- Onions
- Tomatoes
- Cauliflower
- Celery
- Eggplant
- Kale
- Mushrooms
- Red, green, & yellow peppers

GET LEAN Starchy Carbohydrates

- Beans

- Kasha
- Oat, oatmeal
- Lentils
- Rice (basmati)
- Sweet potatoes
- Bran
- Bulgar wheat
- Cream of wheat
- Pumpkin

GET LEAN *Healthy Fats* for normal growth and development.

- Almonds
- Avocados
- Canola oil
- Fish oil
- Flaxseeds & Flaxseed oil
- Olives & Olive oil
- Sunflower seeds

GET LEAN *Meal Plan*

- A lean protein
- A lean vegetable/Carbohydrate
- A starchy carbohydrate

“If there is no struggle, there is no progress” - Fredrick Douglas, Abolitionist

“Building Strong, Lean, Healthy Bodies One Day at a Time”