



14-Day Meal Plan

DAY 1	DAY 2
Breakfast:	Breakfast:
<p>GNC Total Lean™ Lean Shake™</p> <p>25 grapes</p>	<p>GNC Total Lean™ Lean Shake™</p> <p><i>Mixed Berry Salad:</i> 1/3 cup blueberries, 1/3 cup raspberries, 1/2 cup sliced strawberries topped with the juice of 1/2 of a lime and 1 tbsp. (optional) chopped fresh mint leaves</p>
Snack:	Snack:
<p>GNC Total Lean™ Lean Breakfast Square or 2 large hard boiled eggs</p>	<p>GNC Total Lean™ Lean Breakfast Square or 1 container (6 oz.) low-fat mango Greek yogurt</p>
Lunch:	Lunch:
<p>GNC Total Lean™ Lean Shake™</p> <p><i>Veggies and Dip:</i> 1/2 cup broccoli, 1/2 cup baby carrots, 2 tbsp. plain hummus</p>	<p>GNC Total Lean™ Lean Shake™</p> <p><i>Salad:</i> 2 cups field greens topped with 1/4 cup chopped red pepper, 1/4 cup cucumber slices. Dress with 1 tsp. olive oil and 1 tbsp. balsamic vinegar</p>
Snack:	Snack:
<p>1 part-skim mozzarella cheese stick</p> <p>1 apple</p>	<p><i>Chicken and Veggie Pita Pocket:</i> 1, 4" whole wheat pita stuffed with 1.5 oz. roast chicken breast, 1/4 cup lettuce, 1 tomato slice and 1 tbsp. fat-free plain Greek yogurt</p>
Dinner:	Dinner:
<p><i>BBQ Chicken Dinner:</i> 5 oz. roasted chicken breast topped with 2 tbsp. BBQ sauce</p> <p>1 medium baked sweet potato topped with 1 tsp. omega-3 enriched spread and 1 tsp. brown sugar</p> <p>1 cup steamed green beans sautéed with 1 tsp. olive oil and 2 tbsp. thinly sliced shallots</p>	<p><i>Bean and Cheese Quesadilla:</i> Spray large frying pan w/ non-stick spray and place 1 low carb whole wheat tortilla in bottom of pan (heat to medium). Spread 2 tbsp. pepper jack cheese, 1/2 cup low-sodium pinto beans (drained) over tortilla, top with second whole wheat tortilla. Cook until lightly golden. Repeat cooking on other side. Serve with 2 tbsp. salsa and guacamole (mash 1/4 cup ripe avocado with 2 tsp. lime juice and 1 tbsp. chopped green onions)</p>
Snack:	Snack:
<p>1/2 cup non-fat chocolate frozen yogurt topped with 1 tbsp. sliced, toasted almonds</p>	<p>1 sugar-free chocolate vanilla swirl pudding cup (ready-to-eat) sprinkled with 1 tbsp. toasted sliced almonds</p> <p>3/4 cup skim milk</p>



14-Day Meal Plan

DAY 3	DAY 4
Breakfast:	Breakfast:
GNC Total Lean™ Lean Shake™ 1 small banana	GNC Total Lean™ Lean Shake™ 1 small apple
Snack:	Snack:
GNC Total Lean™ Lean Cereal Bar or <i>Tuna Salad Pita Pocket: 1, 4" whole wheat pita stuffed with 2 oz. tuna (packed in water) mixed with 1 tbsp. fat-free mayo and shredded lettuce</i>	GNC Total Lean™ Lean Breakfast Square or 1 container (6 oz.) low-fat mango Greek yogurt
Lunch:	Lunch:
GNC Total Lean™ Lean Shake™ <i>Veggies and Dip: 1/2 cup cauliflower, 1/2 cup red pepper strips, 2 tbsp plain hummus</i>	GNC Total Lean™ Lean Shake™ <i>Veggies and Dip: 1/2 cup baby carrots and 2 tbsp. plain hummus</i>
Snack:	Snack:
12 almonds 1 cup skim milk	1 sugar-free chocolate vanilla swirl pudding cup (ready-to-eat) sprinkled with 1 tbsp. sliced, toasted almonds 1/2 banana
Dinner:	Dinner:
<i>Steak Dinner: 4 oz. beef filet or steak (visible fat trimmed), grilled to preferred doneness</i> 1 medium baked potato topped with 1/4 cup non-fat Greek yogurt and 1 tbsp. chopped chives Mixed vegetables with 2 tsp. omega-3 enriched spread	<i>Seared Pork with Asian Slaw and Rice: 5 oz. of pork tenderloin medallions (slice to desired thickness, season with pepper, sear in frying pan sprayed with non-stick spray until cooked through). Serve over 1/2 cup cooked brown rice and Asian inspired slaw (1 cup shredded Napa cabbage, 1/2 cup grated carrot, 1/2 cup red pepper strips, 1/4 cup edamame (soybeans), 1 tbsp. chopped cilantro) dressed with mixture of: 2 tbsp. rice vinegar, 1/2 tsp. sesame oil, 2 tsp. vegetable oil and 1/2 tsp. brown sugar</i>
Snack:	Snack:
1 small apple 1 tbsp. peanut butter	<i>Chicken and Veggie Pita Pocket: 1, 4" whole wheat pita stuffed with 1.5 oz. roast chicken breast, 1/4 cup lettuce, 1 tomato slice and 1 tbsp. fat-free plain Greek yogurt</i>



14-Day Meal Plan

DAY 5	DAY 6
Breakfast:	Breakfast:
<p>GNC Total Lean™ Lean Shake™</p> <p><i>Berry Melon Salad:</i> 1/4 cup blueberries, 1 cup cubed cantaloupe topped with the juice of 1/2 of a lime and 1 tbsp. (optional) chopped fresh mint leaves</p>	<p>GNC Total Lean™ Lean Shake™</p> <p>1 small banana</p>
Snack:	Snack:
<p>GNC Total Lean™ Lean Cereal Bar</p> <p>or</p> <p>Veggies with Greek Yogurt Dip: 1 container low-fat plain Greek yogurt mixed with 1 minced garlic clove, 1 tbsp. chopped fresh dill and 1 tbsp. chopped fresh parsley. Serve with 1/2 cup cucumber slices and 5 cherry tomatoes for dipping.</p>	<p>GNC Total Lean™ Lean Cereal Bar</p> <p>or</p> <p>1/2 cup 1% fat, unsalted cottage cheese</p> <p>1/2 cup canned pineapple chunks (in juice)</p>
Lunch:	Lunch:
<p>GNC Total Lean™ Lean Shake™</p> <p><i>Salad:</i> 2 cups field greens topped with 1 chopped plum tomato, 1/4 cup chopped red pepper, 1/4 cup cucumber slices, 2 tbsp. canned chickpeas (drained). Dress with 1 tsp. olive oil and 2 tbsp. balsamic vinegar.</p>	<p>GNC Total Lean™ Lean Shake™</p> <p><i>Spinach Salad:</i> 2 cups baby spinach leaves topped with 1/2 cup sliced white mushrooms, 1 tbsp. diced red onion. Dress with 1 tsp. olive oil and 1 tbsp. balsamic vinegar.</p>
Snack:	Snack:
<p><i>PB&J Roll-up:</i> Spread 2 tsp. reduced-fat peanut butter and 2 tsp. sugar-free strawberry jam over 1, 6" whole wheat, low-carb tortilla. Roll and enjoy.</p>	<p>1 part-skim mozzarella cheese stick</p> <p>1 apple</p>
Dinner:	Dinner:
<p><i>Light Turkey Dinner:</i> 4 oz. roasted turkey breast topped with 2 tbsp. fat-free turkey gravy. Spray sauce pan with non-stick spray, sauté 1/4 cup celery, 1/4 cup red onion until translucent. Pour in 1/4 cup dry quinoa, toast for 1 min. Add 1/2 cup light reduced-sodium chicken broth and 2 tbsp. dried cranberries. Cover with lid, cook until quinoa is tender (just a few minutes). Serve with 1/2 cup corn with 1 tsp. omega-3 enriched spread.</p>	<p><i>Spaghetti with Meat Sauce:</i> In a non-stick skillet, cook 3 oz. ground turkey (lean, 7% fat). Add 1 cup low-sodium marinara sauce, bring to a boil. Serve over 1 cup cooked whole wheat pasta. Sprinkle with 2 tbsp. grated parmesan cheese.</p> <p><i>Garlicky green beans:</i> Cook 1 minced garlic clove in 1 tsp. olive oil (about 1 minute). Toss in green beans, and coat evenly with oil and garlic mixture.</p>
Snack:	Snack:
<p>1 sugar-free chocolate-vanilla swirl pudding cup (ready-to-eat) sprinkled with 1 tbsp. toasted sliced almonds</p> <p>3/4 cup skim milk</p>	<p><i>Homemade Trail Mix:</i> 1 cup air popped popcorn, 15 raisins 1 tbsp. dark chocolate chips, 2 tsp. peanuts</p>



14-Day Meal Plan

DAY 7	DAY 8
Breakfast:	Breakfast:
GNC Total Lean™ Lean Shake™ 1 cup fresh blueberries	GNC Total Lean™ Lean Shake™ 1 small grapefruit 1 packet of no-calorie sweetener
Snack:	Snack:
<i>Veggie Pita Pocket:</i> 1, 4" whole wheat pita stuffed with 1/4 cup cucumber slices, 3 tbsp. hummus and 1 slice tomato	1 small banana 1 cup skim milk
Lunch:	Lunch:
GNC Total Lean™ Lean Shake™ <i>Salad:</i> 2 cups field greens topped with 1 sliced plum tomato, 1/4 cup cucumber slices. Dress with 1 tsp. olive oil and 1 tbsp. balsamic vinegar	GNC Total Lean™ Lean Shake™ <i>Veggies and Dip:</i> 1/2 cup baby carrots and 2 tbsp. plain hummus
Snack:	Snack:
GNC Total Lean™ Lean Breakfast Square or <i>Not-so-devilish Eggs:</i> Cut 2 hardboiled eggs in half, remove yolk, mash with 2 tsp. fat-free mayo and 1 tsp. yellow mustard (thin mixture with a few drops of water if needed). Divide mixture evenly between egg halves, garnish with paprika.	<i>Caprese Salad:</i> 1 oz. fresh mozzarella cheese, 3 large slices tomato, and 1/4 cup drained chickpeas topped with 1 tbsp. balsamic vinegar and 2 tbsp. torn fresh basil
Dinner:	Dinner:
<i>Mustard Roasted Salmon:</i> Spread mixture of 1 tbsp. low-cal mayo, 2 tsp. dijon mustard, 1 tsp. drained capers, 1 tbsp. shallots over 4 oz. salmon fillet. Bake at 425° for approx 10 min until salmon is just done. <i>Roasted Red Skin Potatoes:</i> Toss 1/2 cup quartered red skin potatoes with 1 tbsp. olive oil and 1 clove minced garlic. Roast at 425° for 15-20 minutes to desired level of tenderness	<i>Fresh Chicken Tacos:</i> 2 whole wheat, low-carb tortillas stuffed with 3 oz. shredded chicken breast, 2 tbsp. salsa, 2 tbsp. non-fat plain Greek yogurt, 1/4 cup sautéed green pepper and 2 tbsp. pepper jack cheese
Snack:	Snack:
1/2 cup non-fat chocolate frozen yogurt topped with 1 tbsp sliced, toasted almonds	GNC Total Lean™ Lean Cereal Bar or <i>Chicken and Veggie Pita Pocket:</i> 1, 4" whole wheat pita stuffed with 1.5 oz. roast chicken breast, 1/4 cup lettuce, 1 tomato slice and 1 tbsp. fat-free plain Greek yogurt



14-Day Meal Plan

DAY 9	DAY 10
Breakfast:	Breakfast:
<p>GNC Total Lean™ Lean Shake™</p> <p>10 strawberries</p> <p>1/2 banana</p>	<p>GNC Total Lean™ Lean Shake™</p> <p><i>Berry Melon Salad:</i> 1/4 cup blueberries, 1 cup cubed cantaloupe topped with the juice of 1/2 of a lime and 1 tbsp. (optional) chopped fresh mint leaves</p>
Snack:	Snack:
<p>GNC Total Lean™ Lean Cereal Bar</p> <p>or</p> <p>1/2 cup 1% fat, unsalted cottage cheese and 1 cup fresh peach slices</p>	<p>1 part-skim mozzarella cheese stick</p> <p>1/2 cup grapes</p> <p>1/2 small apple</p>
Lunch:	Lunch:
<p>GNC Total Lean™ Lean Shake™</p> <p><i>Salad:</i> 2 cups field greens topped with 1 sliced plum tomato, 1/4 cup cucumber slices. Dress with 1 tsp. olive oil and 1 tbsp. balsamic vinegar.</p>	<p>GNC Total Lean™ Lean Shake™</p> <p>1 cup steamed broccoli topped with 1 tsp. omega-3 enriched spread</p>
Snack:	Snack:
<p>1 cup low-sodium, low-fat vegetable soup</p> <p>1 small whole wheat dinner roll</p>	<p>4 Triscuit-type crackers</p> <p>2 oz. light creamy Swiss cheese wedge</p>
Dinner:	Dinner:
<p><i>Roast Chicken Dinner:</i></p> <p>6 oz. roast chicken breast</p> <p>1/2 cup mashed potatoes prepared with whole milk and omega-3 enriched spread</p> <p>10 asparagus spears tossed with 1 tsp. olive oil and roasted at 425° for approx. 10 minutes. Sprinkle with the zest of 1 lemon.</p> <p>1/2 cup skim milk</p>	<p><i>Seared Flank Steak with Rice:</i></p> <p>5 oz. seared flank steak topped with 1/2 cup red peppers, 2 slices onion, 2 cups sliced white mushrooms sautéed in 2 tsp. omega-3 enriched spread</p> <p>1/2 cup cooked brown rice</p>
Snack:	Snack:
<p>1/2 cup cooked edamame</p> <p>10 brown rice crackers</p>	<p>GNC Total Lean™ Lean Breakfast Square</p> <p>or</p> <p>1 container (6 oz.) low-fat mango Greek yogurt</p>



14-Day Meal Plan

DAY 11	DAY 12
Breakfast:	Breakfast:
GNC Total Lean™ Lean Shake™ 1 cup fresh blueberries	GNC Total Lean™ Lean Shake™ 1 small banana
Snack:	Snack:
<i>Veggie Pita Pocket:</i> 1, 4" whole wheat pita stuffed with 1/4 cup cucumber slices, 3 tbsp. hummus and 1 slice tomato	GNC Total Lean™ Lean Cereal Bar or 1/2 cup 1% fat, unsalted cottage cheese 1/2 cup canned pineapple chunks (in juice)
Lunch:	Lunch:
GNC Total Lean™ Lean Shake™ <i>Salad:</i> 2 cups field greens topped with 1 sliced plum tomato, 1/4 cup cucumber slices. Dress with 1 tsp. olive oil and 1 tbsp. balsamic vinegar.	GNC Total Lean™ Lean Shake™ 1 cup steamed broccoli topped with 1 tsp. omega-3 enriched spread
Snack:	Snack:
GNC Total Lean™ Lean Breakfast Square or Not-so-devilish Eggs: Cut 2 hardboiled eggs in half, remove yolk, mash with 2 tsp. fat-free mayo and 1 tsp. yellow mustard (thin mixture with a few drops of water if needed). Divide mixture evenly between egg halves, garnish with paprika.	<i>Caprese Salad:</i> 1 oz. fresh mozzarella cheese, 3 large slices tomato, and 1/4 cup drained chickpeas topped with 1 tbsp. balsamic vinegar and 2 tbsp. torn fresh basil
Dinner:	Dinner:
<i>Swordfish and Veggie Skewers:</i> Alternately place 5 oz. swordfish cut into 1" cubes, 1/4 cup red pepper cut into 1" pieces, 4 cherry tomatoes, 1/2 cup zucchini cut into 1" pieces onto wooden skewers previously soaked in water. Spray skewers with non-stick spray. Cook on preheated grill or grill pan for 4-5 min per side, or until cooked through. Once cooked, sprinkle with the zest of one lemon and chopped fresh parsley. Cook 1/2 cup dry orzo in water, toss with 1 oz. feta cheese and 2 tbsp. torn basil leaves	<i>Tofu and Veggie Stirfry:</i> In a large non-stick pan or wok, drizzle 1 tbsp. olive oil, heat oil. Add 4 oz. tofu, stir-fry until beginning to brown. Remove tofu. Add 1/2 cup chopped broccoli, 1/2 cup shredded carrot, 2 sliced shitake mushrooms, 1/2 cup snow peas, 1/2 cup red peppers, 1/4 cup water chestnuts. Add 1 tsp. hot sauce and 1 tbsp. soy sauce. Return tofu to pan and toss to combine. Serve over 3/4 cup dry brown rice cooked in water. Top with 1/4 cup chopped green onions and 1/2 cup bean sprouts.
Snack:	Snack:
4 honey graham cracker squares 1 cup skim milk	1 packed reduced-sugar oatmeal 1/2 cup skim milk



14-Day Meal Plan

DAY 13	DAY 14
Breakfast:	Breakfast:
GNC Total Lean™ Lean Shake™ 15 fresh strawberries	GNC Total Lean™ Lean Shake™ 1 small banana
Snack:	Snack:
GNC Total Lean™ Lean Cereal Bar or 6 oz. container vanilla Greek yogurt topped with 1 tbsp. vanilla granola	GNC Total Lean™ Lean Cereal Bar or Veggies with Greek Yogurt Dip: 1 container low-fat plain Greek yogurt mixed with 1 minced garlic clove, 1 tbsp. chopped fresh dill and 1 tbsp. chopped fresh parsley. Serve with 1/2 cup cucumber slices and 5 cherry tomatoes for dipping.
Lunch:	Lunch:
GNC Total Lean™ Lean Shake™ <i>Salad:</i> 2 cups field greens topped with 1 sliced plum tomato, 1/4 cup cucumber slices. Dress with 1 tsp. olive oil and 1 tbsp. balsamic vinegar.	GNC Total Lean™ Lean Shake™ 1 cup steamed broccoli topped with 1 tsp. omega-3 enriched spread
Snack:	Snack:
1/4 cup black bean dip and 2 tbsp. salsa with 15 baked tortilla chips for dipping	1/4 cup black bean dip and 2 tbsp. salsa with 15 baked tortilla chips for dipping
Dinner:	Dinner:
<i>Beef and Veggie Stirfry:</i> Alternately place 4 oz. lean beef, 5 cherry tomatoes, 1/2 cup red onions cut into 1" pieces and 1/4 cup red pepper cut into 1" pieces onto wooden skewers previously soaked in water. Spray skewers with non-stick spray. Cook on preheated grill or grill pan for 4-5 min per side, or until cooked to appropriate doneness. Once cooked, sprinkle with chopped fresh parsley. Medium baked potato topped with 2 tbsp. non-fat plain Greek yogurt and 1 tbsp. minced chives	<i>Lemon Halibut with Couscous:</i> 5 oz. poached halibut (or other white fish) topped with 1 tsp. omega-3 enriched spread, the zest and juice of 1/2 of a lemon and 1 tsp. drained capers. 1/3 cup whole wheat couscous cooked in water topped with 2 tbsp. grated parmesan cheese and 1 tsp. omega-3 enriched spread Spray small skillet with non-stick spray, lightly sauté 2 tbsp. chopped shallots then add 1 cup sliced zucchini. Cook until tender.
Snack:	Snack:
<i>Homemade Trail Mix:</i> 1 cup air popped popcorn, 15 raisins 1 tbsp. dark chocolate chips, 2 tsp. peanuts	4 honey graham cracker squares 1 cup skim milk



Flexible Meal Plan

Continue your **GNC Total Lean™ Challenge** journey with these additional tools that take you beyond the 14-Day Meal Plan. It's easy to get started. The following chart outlines the total number of servings of starches & carbs, fruits, dairy, vegetables, protein, and fat to eat each day, totaling approximately 1,500 calories. Condiments are variable as many options are unlimited. However, some condiments contain calories, so be sure to account for this to stay within your calorie goals.

Food Type	Total Servings/Day
Starches & Carbs	6
Fruit	1.5
Vegetables	3.5
Dairy	1.75
Protein	11.5
Fats	3
Condiments	Variable

Food Choices

Choose from the following list of foods to create your own meals, meal plan, or shopping list to help you stay on track. Pay attention to serving sizes when tracking your meals:



Total Lean™ Meal Replacements	1 Serving Size	Starch	Protein
GNC Total Lean™ Lean Shake™ Ready-To-Drink	1	0.5	3.5
GNC Total Lean™ Lean Shake™	1	2	1
GNC Total Lean™ Lean Shake™ 25	1	3	3.5
GNC Total Lean™ Lean Bar	1	1.5	2
GNC Total Lean™ Breakfast Squares	1	2	1.5



Starches & Carbs	1 Serving Size
Bread	1 slice
Roll	1 small
Muffin	1 small
Bun	half
Bagel	half
Pita	half
English muffin	half
Pancake	4 inches across, 1/4 inch thick



Flexible Meal Plan



Starches & Carbs	1 Serving Size
Tortilla	1 small or half large
Tortilla chips	10
Pasta	1/2 cup
Rice	1/2 cup
Quinoa	1/3 cup
Spaghetti sauce	1/2 cup
Dry cereal	3/4 cup unsweetened
Hot cereal	1/2 cup
Crackers	4 large
Graham crackers	3 squares
Rice cakes	2
Soup	1 cup
Corn	1/2 cup
Peas	1/2 cup
Lima beans	1/2 cup
Lentils	1/2 cup
Miso	1/2 cup
Baked beans	1/2 cup
Yams	1/2 cup
Potatoes	1/2 cup
Popcorn	3 cups plain, light or low-fat
Sports drink	1 cup
Fruit drink	1 cup
Lemonade	1 cup
Honey	1 tbsp.
Jam	1 tbsp.
Jelly	1 tbsp.
Pancake syrup	1 tbsp.
BBQ sauce	3 tbsp.
Low fat salad dressing	3 tbsp.



Fruits	1 Serving Size
Fresh fruit	3/4-1 cup
Grapefruit	half
100% fruit juice	1/2 cup
Pre-packaged fruit in water	1/2 cup
Dried fruit	1/4 cup



Vegetables	1 Serving Size
Cooked	1/2 cup
Raw	1 cup



Flexible Meal Plan



Dairy	1 Serving Size
Milk	1 cup
Soy milk	1 cup
Plain rice milk	1 cup
Low-fat yogurt	1 cup
Cottage cheese	1/2 cup
Cheese	1 oz. (1 deli-cut slice, 1 inch cube, 1 string)



Protein	1 Serving Size
Meat	3 oz. (size of deck of cards)
Lunch meat	3 slices
Tuna fish	1 can
Eggs	2
Egg whites	6
Beans	1 cup
Peanut butter	1 tbsp.



Fats	1 Serving Size
Butter	1 tsp.
Margarine	1 tsp.
Mayo	1 tsp.
Oil (olive, peanut, coconut and canola)	1 tsp.
Coconut milk	1 1/2 tbsp.
Olives	8
Sesame seeds	1 tbsp.
Avocado	2 tbsp.
Salad dressing	1 tbsp. reduced-fat
Sour cream	2 tbsp.
Cream cheese	1 tbsp.
Bacon	1 slice cooked
Turkey bacon	1 slice cooked
Nuts	6 to 10
Nut butter	1 tbsp.



Condiments	1 Serving Size
Mustard	Unlimited
Horseradish	Unlimited
Lemon juice	Unlimited
Vinegar	Unlimited
Garlic	Unlimited



Flexible Meal Plan



Condiments	1 Serving Size
Herbs	Unlimited
Pimento	Unlimited
Spices	Unlimited
Hot pepper sauce	Unlimited
Worcestershire sauce	Unlimited
Ketchup	1 tbsp.
Honey mustard	1 tbsp.
Pickle relish	1 tbsp.
Soy sauce	1 tbsp.
Taco sauce	1 tbsp.
Salsa	1/4 cup

Here are a few final general nutrition tips to keep in mind:

- Choose whole grains with at least 2 grams of fiber per serving most often. Fiber can help with appetite control, and, depending on the type, can play an important role in digestive and heart health.
- Eat a variety of fruits and vegetables. Different colors mean different important nutrients.
- Choose fat-free, low-fat, or light options.
- Choose lean cuts of meat without skin, and limit fried foods. Try eating fish at least twice per week for a protein-packed dose of healthy fats that are good for your heart.

Good luck and cheers to making a healthy change!