



LEAN BODY ANALYSIS

TODAY

LEAN
113.7 lbs
61.78%

FAT
70.3 lbs
38.22%

TOTAL
184.0 lbs
100.00%

YOUR BODY FAT RANGE

38.22% → **HIGH**

VERY LEAN	LEAN	AVERAGE	ABOVE AVERAGE	HIGH
9%-13.99%	14%-20.99%	21%-25.99%	26%-31.99%	Over 32 +%

How much body fat is right for you is a personal choice. If you have more body fat than you personally want, your Burn & Build plan gives you a path toward changing it.

Desirable lean body mass for your height is 106 pounds or more.

113.7 lbs lean body mass

Your LBM is at or above the desirable amount for your height.

Why Lean Body Mass Matters

Lean body mass (predominantly muscle) is your strength, your energy, and your true body shape under your fat. It's your muscle, bones, organs, skin, hair, and hormones.

Actually, it's you.

Eating to keep your muscle (LBM) is a solid move toward being as healthy and vibrant as possible. When your lean mass is gone, you are gone.

AT YOUR CURRENT 113.7 LBS OF LEAN MASS

Here are the body weights corresponding to the different body-fat ranges.

VERY LEAN	LEAN	AVERAGE	ABOVE AVERAGE	HIGH
125-130 lbs.	131-143 lbs.	143-152 lbs.	153-166 lbs.	167 lbs. or more

RECHECK YOUR PROGRESS

Recheck your body composition every 6–8 weeks. The goal is to see fat coming down while protecting your lean body mass, strength and energy.



IN 8 WEEKS

The following food program is calculated from your individual lean body mass (LBM) and your activities. Your food plan is calculated specifically for you.

In eight weeks, you could lose **11.0 pounds of fat**. On your information sheet, you indicated you plan to exercise a total of **6.00 hour(s) per week**.

3.00 hour(s) of weights/racquet sports, 0.00 hour(s) of cardiovascular activities, 3.00 hour(s) of fat-burning activities

TODAY	YOU COULD LOSE	8-WEEK GOAL
LEAN 61.78% 113.7 lbs. FAT 38.22% 70.3 lbs. TOTAL 100.00% 184.0 lbs.	-11.0 LBS FAT	LEAN 65.71% 113.7 lbs. FAT 34.29% 59.3 lbs. TOTAL 100.00% 173.0 lbs.

Your plan projects an average fat loss of 1.3 pounds per week. In addition, you could gain lean weight. Gaining lean weight will increase your strength and energy and offset your fat loss.

OK, SO HOW DO I LOSE 11.0 POUNDS OF FAT IN EIGHT WEEKS?

The table below shows what happens when you eat too much or too little protein, carbohydrates and fat. The key to having your strength and energy and losing fat is cutting the fine line between too much and too little.

And that's what the servings on the next page do for you. No counting. No calculating. Just follow the servings and choose foods from the food lists.

	PROTEIN	CARBOHYDRATES	FAT
TOO MUCH	Converted to fat	Converted to fat	Gain Fat
TOO LITTLE	Lose Strength	Lose Energy	Lose Fat



SERVINGS

Your daily servings and how to use them.

	Daily	Breakfast	Fruit	Lunch	Fruit	Dinner	Fruit
Protein & Dairy	9	3		3		3	
Grain & Starch	9	3		3		3	
Veggies	1	can be eaten any time of day.					
Fruit	3		1		1		1

GETTING STARTED

- Eat all the servings recommended.
- Alternate meals with fruit snacks.
- Eat every two to three hours.
- Eliminate extra fats, sugar and alcohol. They slow down your fat loss.

Helpful Tips

Salt

Using salt is a personal choice. Most people find when they eat less fat, they also eat less salt (chips, cheese, margarine, bacon, sausage, fast food)—you get the point.

Beverages

Coffee, tea, diet drinks and seltzer water are fine. Although they do not affect fat loss, you may want to avoid them for other health reasons. Water is the best drink in the house. A simple rule is to drink a glass with every meal and snack that you eat.

NOTE: Always consult your physician before starting this plan or making any change in your eating habits.



FOOD LIST

The amount shown is calculated to match your servings. No math needed.

Protein & Dairy

Chicken breast	78g
Cod	105g
Cottage cheese, 1%	219g
Cottage cheese, 2%	219g
Cottage cheese, nonfat	234g
Eggs 3 whole eggs (yolks optional) / 3 egg whites	
Eye of round	81g
Greek yogurt, lowfat	240g
Lean ground beef (ground round)	81g
Plain Greek yogurt, nonfat	234g
Ricotta, nonfat	210g
Shrimp	99g
Sirloin steak	81g
Tilapia	93g
Tuna (canned)	102g
Turkey breast	84g
Yogurt, plain, nonfat	420g

Grain & Starch

Bagel	84g
Beans (any on list)	177g
Cheerios	57g
Corn grits	54g
Corn, sweet	195g
Cream of Wheat (dry)	54g
English muffin	96g
Farina (dry)	54g
French bread	81g
Hard roll	81g
Mixed peas and carrots	420g
Multigrain bread	96g
Oatmeal (dry)	63g
Pasta (cooked)	168g
Pasta, whole wheat (cooked)	159g
Peas, green	270g
Peas, split	204g
Pita (pocket)	75g
Popcorn (air popped)	54g
Potato, baked (with skin)	198g
Potato, boiled	210g
Quinoa (cooked)	198g
Rice, brown (cooked)	180g
Rice, white (cooked)	150g
Rye bread	87g
Sweet potato	204g
Tortilla, corn (6-inch)	93g
Tortilla, whole wheat	93g
Whole wheat bread	102g
Whole wheat roll	81g



FOOD LIST

Veggies

Asparagus (cooked)	256g
Asparagus (whole, fresh)	256g
Bell peppers, orange (cooked)	149g
Bell peppers, orange (whole, fresh)	167g
Bell peppers, red (cooked)	149g
Bell peppers, red (whole, fresh)	167g
Bell peppers, yellow (cooked)	149g
Bell peppers, yellow (whole, fresh)	167g
Broccoli (cooked)	139g
Broccoli (whole, fresh)	152g
Carrots (cooked)	122g
Carrots (whole, fresh)	104g
Cauliflower (cooked)	244g
Cauliflower (whole, fresh)	200g
Cucumbers (whole, fresh)	278g
Green beans (cooked)	143g
Green beans (whole, fresh)	143g
Mushrooms, white (cooked)	189g
Mushrooms, white (whole, fresh)	303g
Spinach (cooked)	263g
Spinach (whole, fresh)	278g
Squash, summer (yellow) (whole, fresh)	294g
Squash, winter (hubbard) (whole, fresh)	115g
Squash, zucchini (whole, fresh)	323g
Tomatoes (cooked)	250g
Tomatoes (whole, fresh)	256g

Fruit

Apples (whole, fresh)	130g
Bananas (whole, fresh)	79g
Blueberries (whole, fresh)	124g
Cantaloupe (whole, fresh)	220g
Clementines (whole, fresh)	150g
Dried plums (pitted prunes)	28g
Grapes (whole, fresh)	99g
Pineapple (whole, fresh)	137g
Strawberries (whole, fresh)	234g
Tangerines (whole, fresh)	135g
Watermelon (whole, fresh)	237g



MENU PLAN

See how easy it is to build your day.

7:00 AM PM	BREAKFAST
	Protein & Dairy <u>Eggs</u> Serving size <u>3 whole eggs (yolks optional) / 3 egg whites</u>
	Grain & Starch <u>Oatmeal (dry)</u> Serving size <u>63g</u>
10:00 AM PM	FRUIT
	Fruit <u>Apples (whole, fresh)</u> Serving size <u>130g</u>
1:00 AM PM	LUNCH
	Protein & Dairy <u>Chicken breast</u> Serving size <u>78g</u>
	Grain & Starch <u>Rice, white (cooked)</u> Serving size <u>150g</u>
4:00 AM PM	FRUIT
	Fruit <u>Apples (whole, fresh)</u> Serving size <u>130g</u>
7:00 AM PM	DINNER
	Protein & Dairy <u>Sirloin steak</u> Serving size <u>81g</u>
	Grain & Starch <u>Sweet potato</u> Serving size <u>204g</u>
	Veggies <u>Broccoli (cooked)</u> Serving size <u>139g</u>
10:00 AM PM	FRUIT
	Fruit <u>Apples (whole, fresh)</u> Serving size <u>130g</u>

BUILD YOUR OWN DAY

Download a blank Menu Plan at burnandbulddiet.com/menuplanworksheet



QUESTIONNAIRE **CONFIRMATION**

These are the answers used to build your personalized food plan.

1. What is your full name?	Sample Female
2. What is your gender?	female
3. What is your email address?	verify@example.com
4. Who do we thank?	—
5. How physically active is your job?	Sitting
6. Your life outside work & training hours	Comfortable
7. What is your birthdate?	—
8. How many hours per week of Weights/Racquet Sports?	3
9. How many hours per week in your cardio training range?	0
10. How many hours per week in your fat burning training range?	3
11. What is your height?	5'6"
12. What is your weight?	184 lbs
13. What is your body fat percentage?	38.22%
14. How do you know?	Calipers
15. Approved	<i>Sample Female</i> — 01 / 15 / 2024