

THE **MISSIONLEAN** GUIDE TO
NUTRITION

EAT FOR THE LEAN BODY





Welcome to Mission Lean! The only program that gets you lean and helps you stay lean for life.

Mission Lean was developed by Lyuda, a former Wilhelmina model, and Jon, a top athlete at Harvard University and professional tennis player with the philosophy that you should feel amazing inside of your body every single day in order to perform at your peak levels and achieve all of your goals.

Mission Lean combines fitness, nutrition, and lifestyle components for a holistic way to transform your life.

WHAT YOU EAT IS EQUALLY IMPORTANT, IF NOT MORE SO, THAN YOUR WORKOUTS.

It's not difficult to eat well, it's just about being committed. The focus should be one healthy meal after another, until one healthy meal after another is a natural part of your life.

Use the colors of nature -- not artificial colors -- to become the artist of your plate.

It's the fuel you give to your body that will determine how hard you can push yourself in your workouts.

Once you get the right foods into your system, you're going to be able to last longer in your training and spend all of the excess energy that you have. Then nourish your body with delicious and nutritious foods.

A consistent routine of giving 100% during your workouts, followed by a plate of healthy food, is the blueprint for achieving a fit physique and a healthy lifestyle.

You can diet and
exercise. Or you can
eat and train.



ELIMINATE CRAVINGS BEFORE THEY EVER BEGIN.

You need to have energy so you can get your body moving. Without food in your belly, there will be no way to motivate yourself to complete the workout routines that will truly make a difference.

The Mission Lean approach to nutrition is about eating to satiety and then burning off the stored fuel through high intensity workouts.

To reach your physical and mental potential, you must get your nutrition right.

**To get into the best shape of
your life you must fuel your
body with the best ingredients.**

The healthiest and most delicious meals start with simple, whole ingredients.

Setting up your kitchen means keeping the cupboards and fridge fully-stocked so you have healthy food on hand right when you need it.

With delicious produce, grains, and seafood all around you, you won't be tempted to order take-out. What you can cook will be infinitely better than anything you order in.

Always stay organized and know what products you have in stock and what needs to be replaced. Aim to keep your kitchen and dining room neat by clearing the table and washing the dishes after each and every meal so that you're ready for the next.

Eating well will keep you fit, healthy, and feeling good.

As you become a better food-shopper and chef, you will learn how to select the best ingredients at the store. Whether it's a bundle of lettuce or a bag of apples, you will recognize right away what is fresh and what isn't.

Pretty soon, you will be your own professional chef.

Organize your kitchen to help you succeed with your goals.

All Mission Lean dishes are simple and can be prepared in less than 20 minutes.

As you continue to eat clean, the cravings that you normally experience will dissipate. Eating pure, wholesome foods will help you detox and get you in tune with exactly what your body needs.

A well balanced diet has holistic benefits for not only your physical health but your mental and emotional health as well.

OUR FAVORITE INGREDIENTS

Here are some of our favorite ingredients that we love to use over and over again.



AVOCADO

Get plenty of healthy fats with this delicious and filling addition. Top off a plate of grains with some avocado slices, use it as “butter” on piece of German rye toast, or substitute it for dressing in a salad. Avocado's creamy texture and silky taste will fill you up and provide lots of nutrients too.

BROWN RICE

Brown rice is a staple because it's easy to store and cook. Plus, it will last for a very long time in your pantry so you don't have to worry about it going bad. Cook it on it's own and mix with sautéed veggies for added flavor. Or cook the veggies right in with the rice! You can also add this to any dish to make it more filling- soup, salad, and any lean protein .



CABBAGE

This bright, beautiful vegetable can be cooked in so many different ways. You can eat it raw in a salad, steam it for a softer texture, or boil it inside a soup. Regardless of your preparation method, it will provide so many amazing vitamins and minerals in every bite so enjoy your meal!



ZUCCHINI

Zucchini is another favorite vegetable that can be prepared in so many delicious and nutritious ways. Steam it, bake it, broil it, or eat it raw! You can even make it into noodles for a very low-carb pasta alternative. As a bonus, you could sauté it in a pan with some olive oil, onions, and spices for extra flavor.

SPICES

Spices truly add variety and flavor to any and every dish. The same plate with a different combination of spices will make for very different tastes. You can play around and figure out which ones are your favorites. Some are spicy, some are mild. Explore your taste buds and use plenty. Other than added flavor, spices bring tons of benefits to your health and well-being.



DARK CHOCOLATE

For dessert, never skip dark chocolate. It has much lower sugar content than milk chocolate and tastes delicious with some dried fruit and nuts. This is a treat you can feel good about indulging in.



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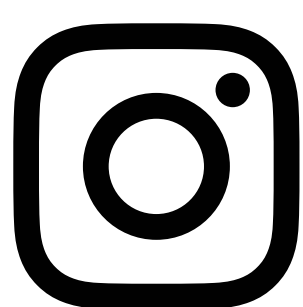
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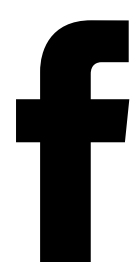
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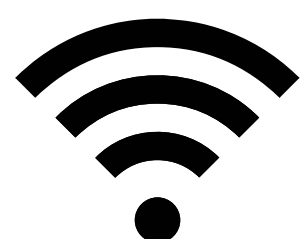
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