

LEAN & CLEAN



samantha
christine

7 DAYS TO UNLOCK YOUR INNER BABE!

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Welcome to **Lean & Clean**, my 7-day workout schedule designed to help you feel strong, energized, and confident while supporting lean muscle and clean eating.

This program is first and foremost about movement with purpose. Over the next week, you'll follow a structured training split combining strength, cardio, and recovery to help you build lean muscle, boost endurance, and create real momentum. The workouts are intentional, effective, and designed to fit into real life without spending hours in the gym.

To support your training, you'll also find clean, protein-focused meal options to help fuel your body, support recovery, and keep you feeling satisfied throughout the week. This is not a strict meal plan. These are flexible and nourishing options you can mix into your week based on your schedule, preferences, and lifestyle.

This isn't about restriction or cutting out foods you love. It's about showing up and making small but intentional choices that add up.

As a certified personal trainer, nutritionist, and busy mom, I know how important it is to keep things simple and sustainable. The same approach that helped me feel stronger, more confident, and more connected to my body is exactly what this program is built on.

Increased energy
Improved confidence
Feeling lighter and more balanced
A renewed sense of motivation and routine

Use this program as a reset, a kick-start, or a reminder of what you're capable of. Focus on progress over perfection and trust the process.

You're here to feel disciplined.
You're here to feel confident.
You're here to feel strong from the inside out.

xx Sam

The Lean & Clean Training Style

The workouts follow a balanced, results-driven training split combining strength training, cardio, and recovery. You'll train your lower body, upper body, and full body, paired with both steady-state and interval cardio to support fat loss, endurance, and overall fitness.

Strength sessions focus on compound lifts, supersets, and finishers to help build lean muscle, improve strength, and increase calorie burn. Cardio days are intentional, designed to improve aerobic capacity while supporting recovery and consistency.

This approach allows you to train hard without burning out.



The Benefits

By following this program, you'll:

1. Build lean muscle and full-body strength
2. Improve endurance and cardiovascular fitness
3. Support fat loss while maintaining muscle
4. Increase energy, confidence, and performance

Each workout is structured, efficient, and purposeful, making it easy to stay consistent even with a busy schedule.

After Week One

This program isn't just a one-time reset. You can repeat Lean & Clean for multiple weeks by gradually increasing weight, reps, or intensity as you get stronger. Consistency is what creates results. Use this week as your foundation, then build from there.



Day 1

Lower Body

1. COMPOUND

REPS: 5

SETS: 5

REST: 60 sec



Goblet Squat

2. SUPERSET

REPS: 10-16 per exercise

SETS: 5

REST: 30 sec



Romanian Deadlift



Walking Lunges

3. GLUTE & CORE CIRCUIT

REPS: 12-20 per exercise

SETS: 3

REST: 30 sec



Hip Thrusts



Banded Lateral Walks



V-ups

Day 2

Zone 2 Easy Cardio

1. CHOOSE ONE CARDIO OPTION

REPS: 5-6

TIME: 30-40 min



Run, Bike, Row, Stairmaster, Swim, or Elliptical
(You can breathe through your nose + full conversation pace)

Day 3

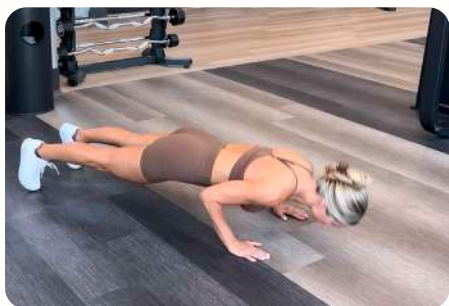
Upper Body

1. COMPOUND

REPS: 6

SETS: 5

REST: 60 sec



DB Bench Press or Push-Ups

2. SUPERSET

REPS: 10 per exercise

SETS: 3

REST: 30 sec



Single Arm DB Row



Seated Shoulder Press

3. ARM + CORE FINISHER

REPS: 12-30 per exercise

SETS: 3

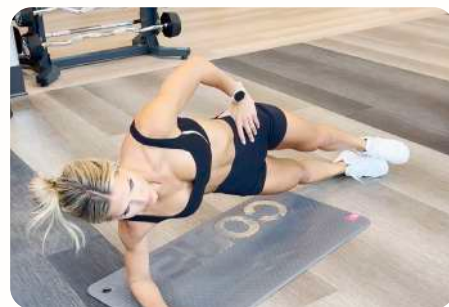
REST: 30 sec



DB Bicep Curls



Tricep Dips



Side Plank

Day 4

Interval Cardio

1. CHOOSE ONE CARDIO OPTION



Run, Bike, Row, Stairmaster, Swim, or Elliptical

WARM UP

EASY: 10 MIN, ROUNDS: 6

HARD: 1, RPE: 8-9

EASY RECOVERY: 2 MIN

COOL DOWN

EASY: 10 MIN

Day 5

Full Body

1. COMPOUND

REPS: 5

SETS: 5

REST: 75 sec



DB Deadlift

2. SUPERSET

REPS: 8-10 per exercise

SETS: 3

REST: 30 sec



Step-Ups



Push Press

3. CONDITIONING FINISHER

REPS: 8-20 per exercise

SETS: 3

REST: 30 sec



Glute Kickbacks



Renegade Rows



Russian Twists

Day 6

Endurance Cardio

1. CHOOSE ONE CARDIO OPTION

EASY: 60 min



Run, Bike, Row, Stairmaster, Swim, or Elliptical

2. EASY AEROBIC

RPE: 5-6

Day 7

1. REST

Fuel for Lean & Clean

The meals included in Lean & Clean are here to support the way you're training. They're balanced, protein-forward, and designed to fuel workouts, support muscle, and keep energy steady throughout the day.

These are tried-and-tested meals I personally rotate through my own weekly routine. They're made with clean, nourishing ingredients, easy to prep, and designed to actually taste good. Nothing complicated. Nothing restrictive. Just meals that help you feel satisfied and fuelled.

Each option balances protein, quality carbs, and healthy fats to support strength, recovery, and consistency. You can mix and match based on your hunger and training days and most of these meals can be enjoyed by the whole family!

This isn't about eating perfectly. It's about eating in a way that supports your goals and feels good long term.

Bacon & Gruyère Protein Egg Bites

MACROS (per serving) CAL: 390 PROTEIN: 38g CARBS: 4g FAT: 22g



INGREDIENTS (per serving)

- Whole eggs: 1 large
- Egg whites: $\frac{3}{4}$ cup (180g)
- Cottage cheese (2%): $\frac{1}{4}$ cup (55g)
- Uncured bacon, cooked & crumbled: 1 slice
- Gruyère or sharp cheddar: $\frac{1}{2}$ oz (14g)
- Salt + pepper
- Optional: Veggies

METHOD

1. Preheat oven to 350°F. Lightly spray a muffin tin with olive oil spray.
2. In a bowl, combine whole egg, egg whites, cottage cheese, salt, and pepper.
3. Stir in chopped bacon, shredded cheese, and any optional veggies.
4. Pour mixture evenly into muffin cups.
5. Bake for 18–22 minutes until set in the center.
6. Let cool slightly before removing.
7. Store in the fridge and reheat for quick, high-protein mornings.

Banana Nut Protein Pancakes

MACROS (w/ walnuts + yogurt) CAL: 445 PROTEIN: 40g CARBS: 32g FAT: 13g



INGREDIENTS (1 serving)

- Rolled oats (blended to oat flour): 1/3 cup (30g)
- Vanilla protein powder: 1 scoop (30g)
- Egg whites: 1/2 cup (120g)
- Whole egg: 1 large
- Banana (mashed): 1/4 medium (30g)
- Baking powder: 1/2 tsp
- Cinnamon: 1/2 tsp
- Vanilla extract: 1/4 tsp
- Unsweetened almond milk or water: 2–3 tbsp
- Olive oil spray (pan)

CRUNCH TOPPING (sprinkle before flipping)

- Chopped walnuts: 1 tbsp (7–8g)

SERVING TOPPING

- Greek yogurt: 1/4 cup (60g)
- 1/2 tsp honey

METHOD

1. Blend oats into flour using a food processor.
2. In a bowl, whisk together oat flour, protein powder, baking powder, and cinnamon.
3. Add egg whites, whole egg, mashed banana, vanilla, and almond milk. Mix until smooth.
4. Heat a nonstick pan and lightly spray with olive oil.
5. Pour batter into pancakes. Sprinkle chopped walnuts on top before flipping.
6. Cook 2–3 minutes per side until golden.
7. Serve with Greek yogurt and a drizzle of honey.

Garden Omelet w/ Feta + Turkey Sausage

MACROS (per serving) CAL: 445 PROTEIN: 40g CARBS: 32g FAT: 13g



INGREDIENTS (per serving)

- Egg whites: 1 cup (243g)
- Whole egg: 1 large
- Mushrooms + spinach (sautéed): 1½ cups
- Lean turkey sausage: 2 oz (56g)
- Feta cheese: ½ oz (14g)
- Avocado: ¼ medium (50g)
- Olive oil spray
- Salt, pepper, garlic powder

METHOD

1. Sauté mushrooms and spinach in a sprayed pan until softened. Remove and set aside.
2. In the same pan, cook turkey sausage until browned and cooked through.
3. Whisk egg whites and whole egg with salt, pepper, and garlic powder.
4. Pour into pan over medium heat.
5. Once partially set, add veggies, sausage, and feta to one side.
6. Fold omelet and cook until fully set.
7. Serve with sliced avocado.

Lean Chicken Fajita Power Bowl

MACROS (per serving) CAL: 470 PROTEIN: 45g CARBS: 32g FAT: 18g



INGREDIENTS (per serving)

- Grilled chicken breast: 5 oz (140g)
- Bell peppers (sliced): 1 cup (150g)
- Red onion (sliced): ¼ cup (40g)
- Olive oil (for cooking): 1 tsp (5g)
- Cauliflower rice: 1 cup (150g)
- Black beans (rinsed): ¼ cup (45g)
- Avocado: ¼ medium (50g)
- Fresh cilantro + lime juice

SEASONING / FLAVOR (do not skip)

- Fajita or taco seasoning: 1 tsp
- Garlic powder + cumin
- Sea salt
- Hot sauce or salsa: 1–2 tbsp

OPTIONAL CREAMY ADD-ON (highly recommended)

- Plain Greek yogurt (as sour cream): 2 tbsp

METHOD

1. Season chicken with fajita seasoning, garlic powder, cumin, and salt.
2. Grill or pan-cook in olive oil until fully cooked. Slice.
3. In the same pan, sauté peppers and onion until tender.
4. Heat cauliflower rice separately.
5. Assemble bowl: cauliflower rice, black beans, peppers/onion, sliced chicken, avocado.
6. Top with cilantro, lime juice, salsa, and Greek yogurt if using.

Turkey Avocado Lettuce Wraps

MACROS (per serving) CAL: 430 PROTEIN: 40g CARBS: 12g FAT: 22g



INGREDIENTS (per serving)

- Lean turkey breast: 5 oz (140g)
- Romaine leaves: 4 large
- Avocado: 1/3 medium (65g)
- Light mayo or avocado oil mayo: 1 tbsp
- Mustard: 1 tsp

METHOD

1. Lay out romaine leaves and pat dry.
2. Mix mayo and mustard together.
3. Layer turkey slices onto each leaf.
4. Add avocado slices and spread sauce over top.
5. Roll tightly and slice in half if desired.

Quick, clean, and perfect for busy days.

Miso Salmon Cauli Bowl

MACROS (per serving) CAL: 460 PROTEIN: 38g CARBS: 18g FAT: 24g



INGREDIENTS (per serving)

- Salmon: 5 oz (140g)
- Cauliflower rice: 1½ cups
- Zucchini or Broccoli: 1 cup
- Olive oil: 1 tsp
- Miso paste or coconut aminos: 1 tbsp

METHOD

1. Preheat oven to 400°F.
2. Brush salmon with olive oil and miso paste or coconut aminos.
3. Bake 10–12 minutes until flaky.
4. Sauté zucchini or broccoli in a pan until tender.
5. Heat cauliflower rice separately.
6. Assemble bowl and spoon extra glaze from salmon over top.

Honey Garlic Chicken & Rice Plate

MACROS (per serving) CAL: 520 PROTEIN: 48g CARBS: 32g FAT: 17g



INGREDIENTS (per serving)

- Chicken breast (cooked): 6 oz (170g)
- Jasmine or basmati rice (cooked): 1/3 cup (55g)
- Broccoli: 1½ cups
- Olive oil: 1 tbsp
- Honey: 1 tsp
- Garlic + coconut aminos/low-sodium soy sauce: 1 tbsp

METHOD

1. Mix honey, garlic, and coconut aminos/soy sauce.
2. Heat olive oil in a pan and cook chicken until golden and cooked through.
3. Pour sauce over chicken and simmer 1–2 minutes until slightly thickened.
4. Steam broccoli until tender.
5. Serve chicken over rice with broccoli on the side. Spoon extra sauce over top.

Steakhouse Quinoa Power Bowl

MACROS (per serving) CAL: 540 PROTEIN: 42g CARBS: 30g FAT: 25g



INGREDIENTS (per serving)

- Flank steak (cooked): 5 oz (140g)
- Quinoa (cooked): 1/3 cup (60g)
- Green Beans: 1½ cups
- Olive oil: 1 tbsp
- Chimichurri or herb sauce: 1 tbsp

METHOD

1. Season flank steak with salt and pepper.
2. Grill or pan-sear 3–4 minutes per side (medium), then rest before slicing.
3. Steam or sauté green beans.
4. Cook quinoa according to package directions if not pre-cooked.
5. Assemble bowl and drizzle with chimichurri or herb sauce.

Lemon Butter Mahi & Farro

MACROS (per serving) CAL: 500 PROTEIN: 44g CARBS: 30g FAT: 21g



INGREDIENTS (per serving)

- Mahi 6 oz (170g)
- Farro or brown rice (cooked): 1/3 cup (60g)
- Asparagus: 1½ cups
- Butter or ghee: 1 tbsp
- Lemon juice, garlic, salt

METHOD

1. Season mahi with salt and garlic.
2. Heat butter or ghee in a pan over medium heat.
3. Cook fish 3–4 minutes per side until flaky.
4. Steam asparagus until tender-crisp.
5. Serve over farro or brown rice and finish with fresh lemon juice.

Cinnamon Crunch Cottage Bowl

MACROS (per serving) CAL: 280 PROTEIN: 24g CARBS: 26g FAT: 6g



INGREDIENTS (per serving)

- Low-fat cottage cheese: $\frac{3}{4}$ cup (165g)
- Granola (clean/low sugar): $\frac{1}{4}$ cup (30g)
- Blueberries: $\frac{1}{4}$ cup (35g)
- Cinnamon
- Honey or monk fruit: 1 tsp

METHOD

1. Add cottage cheese to a bowl.
2. Top with blueberries and granola.
3. Sprinkle cinnamon and drizzle honey or monk fruit.
4. Mix or enjoy layered.

Blueberry Banana Protein Smoothie

MACROS (per serving) CAL: 260 PROTEIN: 30g CARBS: 22g FAT: 3g



INGREDIENTS (per serving)

- Unsweetened almond milk: 1 cup (240 ml)
- Protein powder: 1 scoop (30g)
- Blueberries: ½ cup (75g)
- Banana: ¼ medium (30g)
- Honey or monk fruit: 1 tsp
- Ice + cinnamon (optional)

METHOD

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust thickness with ice or almond milk as needed.

Savory Snack Plate

MACROS (per serving) CAL: 210 PROTEIN: 18g CARBS: 2g FAT: 14g



INGREDIENTS (per serving)

- Hard-boiled eggs: 2 large
- Sea salt
- Dijon mustard

METHOD

1. Slice hard-boiled eggs in half.
2. Sprinkle with sea salt.
3. Serve with Dijon mustard for dipping.

Lean & Clean Top Tips

- ✓ **Lift with intention.** Focus on good form and challenging weights. Building lean muscle comes from progressive overload, not rushing reps.
- ✓ **Protein first.** Include a quality protein source at every meal to support muscle, recovery, and fullness.
- ✓ **Fuel your training.** Eating enough matters. Under-fuelling leads to low energy and stalled progress.
- ✓ **Keep meals simple.** Repeating meals during the week saves time and improves consistency.
- ✓ **Prep what you can.** Batch cook proteins and veggies once or twice a week to make clean eating effortless.
- ✓ **Plan for real life.** Choose meals you enjoy and your family will eat. Sustainability always wins.
- ✓ **Progress over perfection.** One week won't change everything, but consistency over time will.

Discipline + Consistency = Results

Let's do this!