

THE LEAN METHOD

Get in the best shape of your life—without sacrificing your career, family, or freedom.

LEAN IN

NUTRITION AND TRAINING

Who this program is for

- You have a demanding career and busy family life
- You're stuck at a desk or work long hours but want to lose 10-30 lbs
- You have tried different diets/workouts but nothing sticks
- You're tired of spinning your wheels
- You want confidence, energy, and visible results that last for life
- You want a simple, straightforward plan that you can stick to
- You are committed to making a change in your life

The problem with what you've tried

- Restrictive diets = short-term success, long-term failure.
 - keto, fasting, cutting carbs/sugar, endless cardio
- You're confused, doing "everything right" but still feel stuck.
- You don't want to be a bodybuilder—you want to feel and look your best.
- You have no systems in place to get you to your goal and keep you there.

What you actually want

- A simple system that:
 - Fits your life—not consumes it
 - Takes the guesswork out of fat loss
 - Gives you more time back in your day
 - Removes stress from your life
- You want to:
 - Enjoy the process, not dread it
 - Be proud of what you see in the mirror
 - Have more energy and drive

The System to get you there

- **Phase 1: Lifestyle Optimization**
 - Build the habits and consistency
- **Phase 2: Efficient Fat Loss**
 - Lose 10+lbs of bodyfat
- **Phase 3: Adaptation**
 - Learn to keep your results
- **Phase 4: New Muscle Growth**
 - Build 5+lbs of lean muscle

Phase 1: Lifestyle Optimization

Build clarity, confidence, and momentum for fat loss in 6 weeks or less

Nutrition

- Gain confidence in knowing exactly what and how much to eat to lose fat.
- Make nutrition feel effortless and automatic so you can stay consistent on your busiest days, without constantly thinking about food.
- Break free from poor habits, hidden calorie traps, and restrictive diets that are sabotaging your progress.

Phase 1: Lifestyle Optimization

Build clarity, confidence, and momentum for fat loss in 6 weeks or less

Workouts

- Build more muscle with 2-4 time efficient workouts per week so you don't have to spend hours in the gym to see real results.
- Stay consistent with a training routine that works with your life and schedule. No more skipping workouts or feeling overwhelmed by unrealistic plans.
- Stay motivated and injury-free by doing workouts you actually enjoy.

Phase 1: Lifestyle Optimization

Build clarity, confidence, and momentum for fat loss in 6 weeks or less

Lifestyle and Mindset

- Make progress feel simple by focusing on realistic movement goals that fit into your daily life — no extreme cardio needed.
- Feel better, recover faster, and improve fat loss by addressing the hidden habits that sabotage your progress — without overhauling your entire life overnight.
- Have a plan you can finally stick to — one that bends around your schedule, preferences, and life demands so you can get lean without burning out.

Phase 2: Efficient Fat loss

Execute the plan and drop 10-30lbs of fat in 12 weeks.

Nutrition

- Have a clear plan for fat loss every day — no more decision fatigue, energy crashes, or second-guessing meals.
- Burn fat without stalling and without starving yourself.
- Eat foods you love, stay consistent long-term, and stop the all-or-nothing cycle of weight loss and re-gain.

Phase 2: Efficient Fat loss

Execute the plan and drop 10-30lbs of fat in 12 weeks.

Workouts

- Avoid burnout, keep fat loss moving, and stay active without spending hours in the gym.
- No more dreading your workouts. You'll have a plan you are excited to follow.
- Lose fat with minimal cardio.
- Build and retain muscle with a foolproof plan that keeps you on track no matter how busy life gets.

Phase 2: Efficient Fat loss

Execute the plan and drop 10-30lbs of fat in 12 weeks.

Lifestyle and Mindset

- Keep fat loss consistent without relying solely on diet or workouts.
- Feel in complete control and less tempted to fall into old patterns.
- Stack daily wins outside of the gym that carry over into your day to day life
- Stop self-sabotaging and finally stay consistent without guilt.

Phase 3: Adaptation

Solidify your results and stay lean for life.

Nutrition

- Enjoy more food, satisfy cravings, and still stay lean without meticulous tracking.
- Move toward intuitive eating without fear of backsliding and re-gaining bodyfat.
- Ditch the all-or-nothing mindset with food—eat out, indulge, and stay in control.
- Speed up your metabolism and feel energized all day.

Phase 3: Adaptation

Solidify your results and stay lean for life.

Workouts

- Make workouts feel fresh and enjoyable without pressure to always “push.”
- Reignite motivation and technique with a form reset.
- Fix form, feel stronger, and avoid injury moving into your next phase.
- Prioritize recovery, enjoyment, and sustainability to solidify your routine for life.

Phase 3: Adaptation

Solidify your results and stay lean for life.

Lifestyle and Mindset

- Stay lean without obsessing over steps, numbers, or perfection.
- Finally feel like this is just “your lifestyle”—not a phase or a diet.
- Drink socially, enjoy high-calorie meals, and still feel confident in your body.
- Sleep better, recover faster, and feel more relaxed than ever.
- Navigate social events and life stress with ease and flexibility.
- Experience the balance you always wanted—results without sacrifice.

Phase 4: New Muscle Growth

Build muscle, stay lean, rinse and repeat.

Nutrition

- Build lean muscle without gaining unwanted fat.
- Eat more high-calorie meals without guilt or backsliding.
- Fuel your workouts and recovery while making your diet feel effortless.
- Improve your relationship with food—more freedom, better results.
- Stay consistent with ease by eating foods you love that align with your goals.

Phase 4: New Muscle Growth

Build muscle, stay lean, rinse and repeat.

Workouts

- Break through plateaus and pack on lean muscle without overhauling your entire approach
- Have the best workouts of your life by building strength weekly
- Start filling out your clothes in the right places, not your gut
- Break through strength and muscle plateaus using more advanced, science-backed strategies.

Phase 4: New Muscle Growth

Build muscle, stay lean, rinse and repeat.

Lifestyle and Mindset

- Recover faster and feel more energized so you can keep crushing life outside the gym.
- Keep your heart and joints healthy without obsessive cardio.
- Enjoy a strong, confident body and a balanced lifestyle with zero burnout or rebound weight gain.
- Feel in control: Fitness is no longer something you chase, it's how you live.
- Rinse and repeat the LEAN program on autopilot to stay lean when it matters most without sacrificing your family or social life.

Real Results from Busy Men Like You



What our clients are saying:

Bro! It almost pisses me off how easy this has been. I've personally tried to cut and lose weight, with minimal results. Have hired 2 others to help... the one having me eating chicken, oatmeal and nuts 2-3 times a day for 10 weeks to the point oatmeal makes me wanna vomit to this day. Can't even touch it. Legit STARVING all day and trying to get 2-45 min cardio sessions a day. 10 weeks of that no cheats and only lost like 5-7 lbs. I lift EOD with only 4-6 lifts a

day. Physique is noticeably different. Strength goes up every lift, while being at a calorie deficit. The food isn't like a steakhouse dinner but it's all good food. Now chew and swallow with 2 big gulps of water just to get it down. I keep waiting for you to make it harder or turn it up. Pisses me off how easy this has been. No starving. No 3 miles runs or sprints. Less time in the gym.

That's the worst part is I gave them the same focus and trust for weeks at a time even seeing little to no results week after week just to be defeated and wasting money. I keep waiting for you to say this week is going to suck all you can eat is a piece of lettuce and 2 cups of ice with 40,099 steps or something. Genuinely has been so extremely easy and just see changes near daily. Truly appreciate it!

100% going to be at the 20lbs down for tomorrow check in. Haven't touched the scale all week but I'm feeling 218 tomorrow. If so I may not wear pants all day tomorrow 😂😂

What our clients are saying:

I feel like my understanding of food piece is really come a long way, I don't see much

Definitely more positive and "lighter." Feel great and more energetic.

Great. Marks 15lbs since we started. Arms, legs and shoulders are looking great. Good workouts and strength. Feel lighter and healthier just walking around daily.

Really great. Weights dropped 5lbs. Still know I can easily cut more calories. Great workouts. Arms, shoulders and legs are showing a lot of definition. Belt tightened up one notch.

I felt great. My strength is increasing and my cardio health is getting better. I am nowhere near out of breath through physical activities.

How are you feeling overall about this past week?
Feeling great. Energy is definitely up

Please comment on anything that felt significant with: Sleep and Energy

Energy is a lot higher this week

on Friday morning which is hands down my lowest weight yet. This is the first time in my life I have stuck with a real program this long, with intention, and seen real results. I

My best progress on the scale this week. Plus the weather is breaking here and now wearing just a polo to work people are seeing some of the results, or at least I am too.

I'm feeling good and I can tell my belly is slimming down and my muscles are coming back.

Great sleep and energy through the day with less caffeine.

I am feeling better about protein intake and keeping standard meal options for breakfast and lunch.

Great. I think my average weight is a little lighter

Dude - I am feeling good. I feel like I am making progress in my food intake. I feel like I am dialed in with the nutrition. I simply need to add the exercise into the mix. Once that happens on a regular basis, watch out,

Really good. I slacked for a week in terms of logging everything but through the good habits I have developed I have maintained my weight and even lost weight.

I am really enjoying trying to explore some recipes with this new food and really enjoying the food. It's honestly been nice to watch the scale as well because I've never eaten like this and not gain weight.

Energy is good. Sleep is amazing. Wake up with energy. Energy is consistent all day.

Feeling really good. I have great momentum and I am on the right track

Hunger and cravings are down. I feel like I am eating more wholesome and filling meals without loading up on crap