

FENRIR POWER NUTRITION'S

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FAT LOSS MEAL PLAN

(FREE)

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INTRODUCTION

This 4-week fat loss meal plan is designed to help you see if the full purchase of this plan will be right for you.

This plan is designed to get your body to the tone you are happy with, helping you to feel more comfortable with your visual progress.

Each day provides a balance of high-quality protein, carbohydrates, and healthy fats and plenty of hydration to maximise fat loss alongside your current workout regime, as well as our very own Fenrir Power nutrition work-out plans.



NUTRITION GUIDELINES

- **Protein:**

2.2g per kg of bodyweight daily – essential for muscle retention

- **Carbohydrates:**

Focus on fibrous, low-GI carbs

(e.g. oats, sweet potato, quinoa) timed around workouts

- **Fats:**

From whole foods like avocado, nuts, and olive oil, keep moderate (we are trying to lose fat afterall!)

- **Hydration:**

2.5-3L of water daily – critical for metabolic function and fat oxidation

- **Supplements (Optional):**

>Fenrir Fat Burner (morning & pre-workout)

>Isolate powder (post-training)

>Omega-3, Vitamin D3



EXAMPLE DAY

Breakfast:

- Egg white & spinach scramble with chili flakes
- Half an avocado
- Black coffee

Mid-Morning Snack:

- Sliced cucumber + hummus
- Protein powder in almond milk

Lunch:

- Grilled shrimp (150g) over spiralized zucchini noodles
- Cherry tomatoes & pesto drizzle

Afternoon Snack:

- Low-fat cottage cheese (100g)
- 1 rice cake with almond butter

Dinner:

- Baked turkey breast
- Roasted cauliflower mash
- Side greens with olive oil

