

# FREE FAT LOSS MEAL PLAN

This meal plan is designed to help you feel energized, stay satisfied, and fuel your body with the right balance of nutrients. Each meal is built around lean proteins, healthy fats, and nutrient -dense vegetables, making it simple to follow whether your goal is fat loss, or just eating cleaner.

The portions are balanced to keep calories in check while still providing enough protein to support recovery and strength. With quick snacks and flavourful meals, this guide makes healthy eating practical and sustainable.

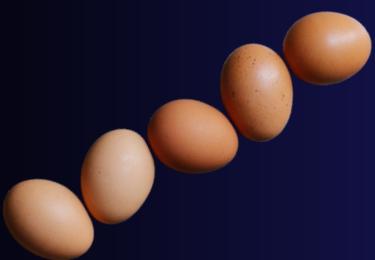
- **HIGH IN PROTEIN**
- **BALANCED WITH HEALTHY FATS AND NUTRIENT-DENSE CARBS**
- **EASY TO PREPARE**



# NUTRITION GUIDELINES

## PROTEIN -

2.2g per Kg of bodyweight daily -  
Essential for muscle retention.



## CARBOHYDRATES -

Focus on fibrous, low GI carbs timed around workouts (e.g Oats, Sweet potato, quinoa)



## FATS -

Healthy sources such as avocado, nuts and olive oil.  
Keep portions moderate, since the goal is fat loss.

## HYDRATION -

2.5-3L of water daily -  
Critical for metabolic function and fat oxidation.



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## Egg whites & spinach scramble with chilli flakes

A high - protein, low fat option to keep you full while supporting lean muscle.

## Half an Avocado

Provides healthy fats and fibre to promote satiety and steady energy.

## Black Coffee

A calorie-free boost to kickstart metabolism and focus for the day.



# MID-MORNING SNACK

## Sliced Cucumber with Hummus

Hydrating, fibre-rich vegetables paired with plant-based protein and healthy fats.



## Protein Powder with Almond Milk

Quick and convenient protein source to aid muscle recovery and fullness.



## Grilled Shrimp (150g) over Spiralized Zucchini Noodles

Lean protein with low-carb, nutrient-dense noodles.

## Cherry Tomatoes with Pesto Drizzle

Adds antioxidants, healthy fats, and flavour balance.



# AFTERNOON SNACK

**Low-Fat Cottage  
Cheese (100g)**

Slow-digesting protein  
to keep you satisfied.



**Rice Cake with Almond  
Butter**

A light source of carbs and  
healthy fats for sustained  
energy.





## Baked Turkey Breast

Lean protein to support recovery and muscle growth.

## Roasted Cauliflower Mash

A lower-carb alternative to potatoes, high in fibre and nutrients.

## Side Greens with Olive Oil

Provides vitamins, minerals, and heart- healthy fats.

