



# MEAL PLAN



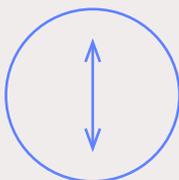
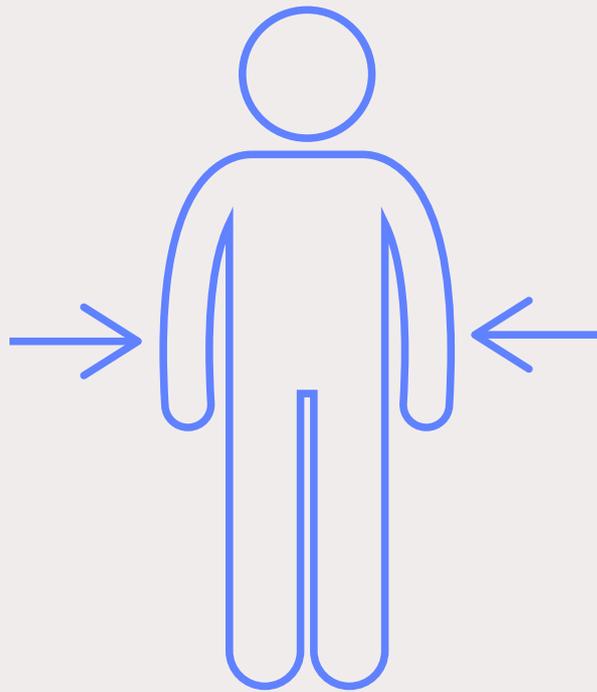
Diet plan outline designed for a person looking to lose fat at 2000 kkal per day.

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# Persona

## Goal - lose fat



### Height

180 cm/5.9 ft



### Age

25 years



### Weight

80 kg/176 lb



### Training

3 times/week



### Kkcal (maintain)

2500 Kkcal



### Kkcal (lose fat)

2000 Kkcal

# Meal plan outline

Meal	Amount of each food source
<b>Meal 1</b>	120 g/4.2 oz of cooked any protein source
	130 g/4.6 oz of any cooked starchy carb source
	200 g/7 oz of any veggies or 150 g/5.3 oz of any fruit source
	2 tsp/10 g/0.35 oz of any oil/butter or 15 g/0.5 oz of any nuts/seeds
<b>Meal 2</b>	120 g/4.2 oz of cooked any protein source
	250 g/8.8 oz of any cooked starchy carb source
	200 g/7 oz of any veggies or 150 g/5.3 oz of any fruit source
	2 tsp/10 g/0.35 oz of any oil/butter or 15 g/0.5 oz of any nuts/seeds
<b>Meal 3</b>	120 g/4.2 oz of cooked any protein source
	130 g/4.6 oz of any cooked starchy carb source
	200 g/7 oz of any veggies or 150 g/5.3 oz of any fruit source
	2 tsp/10 g/0.35 oz of any oil/butter or 15 g/0.5 oz of any nuts/seeds
<b>Meal 4</b>	120 g/4.2 oz of cooked any protein source
	200 g/7 oz of any veggies or 150 g/5.3 oz of any fruit source
	2 tsp/10 g/0.35 oz of any oil/butter or 15 g/0.5 oz of any nuts/seeds

Lastly, looking at the meal plan above, it would be preferable to eat **Meal 2** around 30-90 minutes after your training session. In addition, **Meal 4** should be considered as the last meal of the day, before going to bed.

# User guide

Previously shown the outline of the meal plan is fairly flexible and easy to use, it is completely up to you whether you choose to eat the same foods every day or switch things up, once in a while. However, it is necessary that you have a digital weight scale to weight out a specific amount of food before every meal.

The following five steps describe how to follow this meal plan:

1. Check an outline and be aware of the food source categories you should eat (protein, starchy carbs, fruits & veggies, fats) and the quantity of each for a specific meal.
2. Open "[Healthy food sources](#)" PDF and choose what you want to have from each food source category.
3. Make sure you have it at your home!
4. Weight out a specific amount of food source that falls into the category you should be eating.
5. Enjoy!

# Addition comments

I really hope that the information provided in this PDF file was helpful for you.

If you have any questions please contact me:

[gfitnessonline@yahoo.com](mailto:gfitnessonline@yahoo.com)

Lastly, don't forget to follow me on my other social media platforms, so that you don't miss out on anything!



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