



# FAT-LOSS MEAL PLAN

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BETTER YOU BETTER SOCIETY

Nutrition guidance to assist you  
during and after the course of your Program.

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BETTER YOU  
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# General Tips & Info

This is a guide, so make adjustments as necessary.

Avoid greasy and oily meats and vegetables.

Natural Appetite Suppressants: Cinnamon, Green Tea, Caffeine, etc.

Weigh your food and use Myfitnesspal to log what you eat and track your calories.

Make your meal plan vegan:

Use a vegan protein powder & replace chicken with a vegan meat substitute.

(Ex: Seitan, Tofu)

If you have any specific questions  
please email us @  
betteryoubettersociety@gmail.com  
or book a call

**[www.betteryoubettersociety.org/book-online](http://www.betteryoubettersociety.org/book-online)**



# List of Protein Sources

- Chicken Breast
- Chicken Thighs
- Salmon
- Tilapia
- Lean Ground Beef
- Turkey
- Egg Whites
- Protein Powder

## *Vegan Options*

- Seitan
- Tofu
- Vegan Protein Powder
- Edamame



## List of Vegetables

- Spinach
- Green Beans
- Carrots
- Sweet Peas
- Mixed Veggies
- Kale
- Broccoli
- Etc

## List of Fats

- Avocado
- Eat Chicken Thighs
- Eat Salmon
- Eat Beef
- Nuts / Nut Butter
- Eat Whole Eggs





## List of Carbs

- Rice (White or Brown)
- Sweet Potato / Potatos
- Quinoa
- Oatmeal

## List of Fruits

- Apples
- Oranges
- Grapes
- Blueberries
- Strawberries
- Bananas



# Want to lose fat fast and keep your muscle?

- Eat 2-3 Meals a Day
- Add in one Protein shake
- Each meal should have a protein and a vegetable
- If you need it you can add a carb in with one meal a day
- Add in a healthy fat once a day





# TEMPLATE #1

PURPOSE: FAST FATLOSS | QUICK TONING

## MEAL #1

- PROTEIN
- VEGETABLE

## MEAL #2

- PROTEIN
- VEGETABLE
- FAT

## MEAL #3

- PROTEIN SHAKE

## MEAL #4

- PROTEIN
- VEGETABLE
- CARB (OPTIONAL)

## MEAL #5(OPTIONAL)

- PROTEIN SHAKE

## SNACKS

- FRUIT
- FRUIT



DRINK 1/2 - 1 GALLON  
OF  
WATER DAILY  
W/ ELECTROLYTES



# EXAMPLE #1 (MEN)

## LOSE FAT FAST & KEEP YOUR MUSCLE

### MEAL #1

- 1 CUP OF EGG WHITES
- 4OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES

### MEAL #2

- 4 OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES
- 1/2 AVOCADO

### MEAL #3

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

### MEAL #4

- 4 OZ CHICKEN BREAST
- .5 CUP OF MIXED VEGGIES
- 1 CUP OF EGG WHITES
- 1/2 CUP OF RICE (OPTIONAL)

### MEAL #5

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK



### SNACKS

- 2 CUPS OF GRAPES

DRINK 1/2 - 1 GALLON OF WATER DAILY  
W/ ELECTROLYTES

CALORIES: 1,835  
CARBS: 106G  
PROTEIN: 263G  
FATS: 35G





# EXAMPLE #1 (WOMEN)

LOSE FAT FAST & KEEP YOUR MUSCLE

## MEAL #1

- 3.5OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES

## MEAL #2

- 4 OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES
- 1/2 AVOCADO

## MEAL #3

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

## MEAL #4

- 4 OZ CHICKEN BREAST
- .5 CUP OF MIXED VEGGIES
- 1 CUP OF EGG WHITES
- .5 CUP OF RICE (OPTIONAL)

## SNACKS

- 2 CUPS OF GRAPES



DRINK 1/2 - 1 GALLON OF WATER DAILY  
W/ ELECTROLYTES

CALORIES: 1,400  
CARBS: 96G  
PROTEIN: 185G  
FATS: 30G



# Want to lose fat slowly or maintain your current bodyfat while building muscle?

- Eat 2-3 Meals a Day
- Add in 1-2 Protein shakes depending on your size
- Each meal should have a protein and a vegetable
- Add a carb in with 1-2 meals a day
- Add in a healthy fat with 1-2 meals a day





# TEMPLATE #2

PURPOSE: MODERATE FATLOSS | MAINTENANCE

## MEAL #1

- PROTEIN
- VEGETABLE

## MEAL #2

- PROTEIN
- VEGETABLE
- FAT

## MEAL #3

- PROTEIN SHAKE

## MEAL #4

- PROTEIN
- VEGETABLE
- CARBOHYDRATE

## MEAL #5

- PROTEIN SHAKE

## SNACKS

- NUTS
- FRUIT



DRINK 1/2 - 1 GALLON  
OF  
WATER DAILY  
W/ ELECTROLYTES



# EXAMPLE #2 (MEN)

PURPOSE: MODERATE FATLOSS | MAINTENANCE

## MEAL #1

- 1 CUP OF EGG WHITES
- 4OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES

## MEAL #2

- 4 OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES
- 1/2 AVOCADO

## MEAL #3

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

## MEAL #4

- 4 OZ CHICKEN BREAST
- .5 CUP OF MIXED VEGGIES
- 1 CUP OF EGG WHITES
- 1 CUP OF RICE

## MEAL #5

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

## SNACKS

- 16 WALNUT HALVES
- 2 CUPS OF GRAPES

DRINK 1/2 - 1 GALLON OF WATER DAILY  
W/ ELECTROLYTES

CALORIES: 2,235  
CARBS: 155G  
PROTEIN: 273G  
FATS: 56G





# EXAMPLE #2 (WOMEN)

PURPOSE: MODERATE FATLOSS | MAINTENANCE

## MEAL #1

- 1 CUP OF EGG WHITES
- 4OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES

## MEAL #2

- 4 OZ CHICKEN BREAST
- .7 CUPS OF MIXED VEGIES
- 1/2 AVOCADO

## MEAL #3

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

## MEAL #4

- 4 OZ CHICKEN BREAST
- .5 CUP OF MIXED VEGGIES
- 1 CUP OF RICE

## SNACKS

- 16 WALNUT HALVES
- 2 CUPS OF GRAPES



DRINK 1/2 -1 GALLON OF WATER DAILY  
W/ ELECTROLYTES

CALORIES: 1,822  
CARBS: 145G  
PROTEIN: 199G  
FATS: 51G



**This is a template to follow make  
sure you adjust it to yourself**

- **If you need help personalizing this meal plan template then you can book a free call and I'll help you out.**

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