



# 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  
**BETTER SOCIETY**

Workouts and meal plans are meant to be a guide and should therefore be followed by your specific pace, skill level, and dietary restrictions. Please consult with your doctor before beginning this program, especially if you have a heart condition, weak immune system, any food allergies, or if you are pregnant or may become pregnant.



# 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 Protein Options*

- Seitan
- Tofu
- Vegan Protein Powder
- Edamame
- "Impossible" Meats



# List of Recommended Protein Powders

- Isoflex
- Gold Standard Whey
- Select Protein
- Ghost Vegan Protein



# 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
- Butter



## List of Carbs

- Rice (White or Brown)
- Sweet Potato / Potatoes
- Quinoa
- Oatmeal
- Pasta
- Couscous

## List of Fruits

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



# Want to lose fat fast and keep your muscle?

- Eat 2-3 Meals a Day
- Add in one Protein shake a day. If you don't want to drink a protein shake then you can replace it with a serving of protein.
- Each meal should have a protein and a vegetable
- If you are craving carbs, then 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 (5-8OZ)
- VEGETABLE (5-7OZ)

## MEAL #2

- PROTEIN (5-8OZ)
- VEGETABLE (5-7OZ)
- FAT

## MEAL #3

- PROTEIN (5-8OZ)
- VEGETABLE (5-7OZ)
- CARB (OPTIONAL) (1/2 - 1 CUPS)

## PROTEIN SHAKE

- PROTEIN SHAKE (1-2 SCOOPS)

## SNACKS

- 1-3 SERVINGS OF FRUIT

# BUILD YOUR OWN MEAL PLAN

USE PAGES '4-7'

**MEN AND LARGER PEOPLE USE THE  
LARGER SERVING SIZE**

**WOMEN AND SMALLER PEOPLE USE  
THE SMALLER SERVING SIZE**

EX:

**Men eat 8oz of chicken breast,  
women eat 5oz.**

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

# PRE-MADE EXAMPLE (MEN)

LOSE FAT FAST & KEEP YOUR MUSCLE

## MEAL #1

- 2 LARGE EGGS
- 4OZ CHICKEN BREAST
- 1/2 AVOCADO
- .7 CUPS OF MIXED VEGGIES

## MEAL #2

- 8 OZ CHICKEN BREAST
- 1 CUP OF MIXED VEGGIES
- 1/2 AVOCADO

## MEAL #3

- 8 OZ CHICKEN BREAST
- 1 CUP OF MIXED VEGGIES
- 1/2 CUP OF COOKED RICE (OPTIONAL)

## PROTEIN SHAKE

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

## SNACK

- 1 CUP OF GRAPES



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

CALORIES: 1,550

CARBS: 96G

PROTEIN: 200G

FATS: 43G



# PRE-MADE EXAMPLE (WOMEN)

LOSE FAT FAST & KEEP YOUR MUSCLE

## MEAL #1

- 2 OZ CHICKEN BREAST
- 2 LARGE EGGS
- 1/2 AVOCADO
- 1 CUP OF MIXED VEGGIES

## MEAL #2

- 7 OZ CHICKEN BREAST
- 1 CUPS OF MIXED VEGGIES

## MEAL #3

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

## PROTEIN SHAKE

- PROTEIN SHAKE W/ 2 SCOOPS
- ALMOND MILK

## SNACKS

- 1 CUP OF GRAPES



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

CALORIES: 1,200  
CARBS: 90G  
PROTEIN: 150G  
FATS: 30G



# VEGAN EXAMPLE #1 (MEN)

LOSE FAT FAST & KEEP YOUR MUSCLE

## MEAL #1

- 1/2 CUP OF OATMEAL (DRY)
- 2 SCOOPS OF VEGAN PROTEIN POWDER
- SWEETEN W/ STEVIA OR AGAVE
- PUT THE PROTEIN IN THE OATMEAL OR MAKE A SHAKE AND ENJOY THEM SEPERATELY

## MEAL #2

- 8OZ "IMPOSSIBLE" BURGER MEAT
- 1 CUP OF MIXED VEGGIES

## MEAL #3

- 5OZ "UPTONS" SEITAN
- 1 CUP OF MIXED VEGGIES
- 1/2 CUP OF COOKED RICE (OPTIONAL)

## PROTEIN SHAKE

- PROTEIN SHAKE W/ 2 SCOOPS
- SUGAR FREE ALMOND MILK

## SNACK

- 1 CUP OF GRAPES OR 1 APPLE

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

CALORIES: 1,750  
CARBS: 168G  
PROTEIN: 186G  
FATS: 39G



# VEGAN EXAMPLE #1 (WOMEN)

LOSE FAT FAST & KEEP YOUR MUSCLE

## MEAL #1

- 1/2 CUP OF OATMEAL (DRY)
- 1 SCOOP OF VEGAN PROTEIN POWDER
- SWEETEN W/ STEVIA OR AGAVE
- PUT THE PROTEIN IN THE OATMEAL OR MAKE A SHAKE AND ENJOY THEM SEPERATELY

## MEAL #2

- 4 OZ "IMPOSSIBLE" BURGER MEAT
- 1 CUP OF MIXED VEGGIES

## MEAL #3

- 5OZ "UPTONS" SEITAN
- 1 CUP OF MIXED VEGGIES
- 1/2 CUP OF COOKED RICE (OPTIONAL)

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## PROTEIN SHAKE

- PROTEIN SHAKE W/ 2 SCOOPS
- SUGAR FREE ALMOND MILK

## SNACK

- 1 CUP OF GRAPES OR 1 APPLE

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

CALORIES: 1,400  
CARBS: 153G  
PROTEIN: 146G  
FATS: 25G



# Additional Breakfast Options

## EGG WHITES & VEGETABLES

- 1 CUP OF EGG WHITES
- SPINACH OR MIXED VEGGIES

## PROTEIN OATMEAL

- 1/2 CUP OF OATMEAL (DRY)
- 2 SCOOPS (MEN) OR 1 SCOOP (WOMEN) OF PROTEIN POWDER
- SWEETEN W/ STEVIA OR AGAVE
- PUT THE PROTEIN IN THE OATMEAL OR MAKE A SHAKE AND ENJOY THEM SEPERATELY

## PROTEIN SHAKE

- 2 SCOOPS (MEN) OR 1 SCOOP (WOMEN) OF PROTEIN POWDER
- SUGAR FREE ALMOND MILK
- SWEETEN W/ STEVIA OR AGAVE

## MEAT & EGGS

- 4-6OZ OF CHICKEN BREAST (OR ANOTHER MEAT)
- 2-3 EGGS

## GREEK YOGURT

- 1-2 CUPS OF GREEK YOGURT
- ADD FRUIT OF YOUR CHOICE
- SWEETEN LIGHTLY

## COTTAGE CHEESE

- 1-2 CUPS OF 2% COTTAGE CHEESE
- FRUIT OF CHOICE
- TSP OF NUTS
- LIGHTLY SWEETEN

# Additional Lunch Options

## BURGERS & VEGGIES

- 4-8OZ OF 96% BEEF (1-2 BURGERS)
- 5-7OZ OF MIXED VEGGIES
- NO BUN OR USE A LOW CALORIE BUN

## PROTEIN SHAKE

- 2 SCOOPS (MEN) OR 1 SCOOP (WOMEN) OF PROTEIN POWDER
- SUGAR FREE ALMOND MILK
- SWEETEN W/ STEVIA OR AGAVE

## MEAT & EGGS

- 4-6OZ OF CHICKEN BREAST (OR ANOTHER MEAT)
- 2-3 EGGS

## MEAT & VEGGIES

- 5-8OZ OF CHICKEN BREAST OR ANOTHER MEAT
- 5-7OZ OF MIXED VEGGIES



# Additional Dinner Options

## BURGERS & VEGGIES

- 4-8OZ OF 96% BEEF (1-2 BURGERS)
- 5-7OZ OF MIXED VEGGIES
- NO BUN OR USE A LOW CALORIE BUN

## PROTEIN SHAKE

- 2 SCOOPS (MEN) OR 1 SCOOP (WOMEN) OF PROTEIN POWDER
- SUGAR FREE ALMOND MILK
- SWEETEN W/ STEVIA OR AGAVE

## MEAT & EGGS

- 4-6OZ OF CHICKEN BREAST (OR ANOTHER MEAT)
- 2-3 EGGS

## MEAT & VEGGIES

- 5-8OZ OF CHICKEN BREAST OR ANOTHER MEAT
- 5-7OZ OF MIXED VEGGIES

## YOU CAN ADD 1 SERVING OF CARBS TO YOUR DINNER

- **RICE** = 1/2 CUP - 1 CUP (COOKED)
- **SWEET POTATO / POTATOES**= 5-8OZ
- **QUINOA**= 1/2 CUP - 1 CUP (COOKED)
- **OATMEAL**= 1/2 CUP - 1 CUP (UNCOOKED)
- **PASTA**= 1/2 CUP - 1 CUP (COOKED)
- **COUSCOUS**= 1/2 CUP - 1 CUP (COOKED)



# ON THE GO OPTIONS

- A protein shake, a protein bar or both.
- Fast Food Option: A salad with grilled chicken. (Use little salad dressing.)
- Chick-Fil-A Option: 12 or 30 piece grilled chicken nuggets.
- Restaurant / Diner: Order meat or fish with vegetables. Or, an egg white omelette with chicken breast and vegetables on the side.
- Drink either water or a zero-calorie drink.



# TIPS TO LOSE FAT

- WEIGH YOURSELF EVERY MORNING.  
RECORD YOUR WEIGHT IN YOUR NOTES.
- YOU SHOULD AIM TO LOSE 2-3 POUNDS  
PER WEEK.
- TAKE A PROGRESS PHOTO AT THE START  
OF EVERY WEEK.

1/11/2023- 214.2lbs  
1/15/2023- 212lbs  
1/16/2023- 211.2lbs  
1/19/2023- 212.8lbs  
1/20/2023- 209.4lbs  
1/21/2023- 208.8lbs



# Additional Tips

- Replace "Chicken Breast" or "Eggs" with a vegan or pescatarian source of protein.
- If you don't like chicken breast you can use any protein source or meat in its place.
- Measure / Weigh the food after it is cooked.
- You can replace the "grapes" with any fruit you like.

# **This is a template, 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.**
- **For a custom meal plan specific to you please book a call with me.**

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