

DIET PLAN STRUCTURE

FAT LOSS PLAN

- Follow this simple formula consistently to lower body fat. No cheat meals can be allowed until 20-30lbs have been lost. This is to maximize efficiency for individuals struggling with fat loss.

MACROS:

- Lower calories to 2000-2200/day calories.
- 1800-1900/day calories for an aggressive cutting period but will depend on the program you are following.
- Maintain protein intake to 140-170g/day of protein.

FOODS TO EAT:

- Eggwhites
- Quinoa/Couscous
- Brown Rice
- Oatmeal
- Whole wheat bread/whole grain bagels
- Beans
- Tuna (main protein source)
- Sushi
- Veggies: Spinach, kale, broccoli, avocados, cauliflowers, cabbage, garlic, ginger, onions, lentils



- Replace current carbs with quinoa/couscous, brown rice, oatmeal, whole wheat bread/whole grain bagels. These selected alternatives are low in calories. Keep an eye for servings and portions.
- Protein intake does not have to be high as hypertrophy is not the focus of this diet plan.
- Proteins should mainly include tuna as it is the leanest form of protein available (Very low in fat). Chicken/beef and other fish proteins can be taken but prioritize tuna. Sushi is a great choice too. Lentils are very underrated and should be highly incorporated to the meal (one of the highest forms of protein in legume form).
- Beans are a great supplement along with veggies. High in protein and fiber.
- Maintain healthy sugar levels (25-40g per day) and stay hydrated to avoid muscle cramps and fatigue. Always keep sugar levels under 100g to avoid high blood pressure, inflammation, atherosclerosis, etc.
- This fat loss program is expected to deliver results in 2-3 months. It will vary individual to individual and the effort they put in. Consistency is key.
- Incorporate intermittent fasting to routine. Start at 1-2 times a week and gradually increase if needed. Fasting increases metabolism also. Start with the 16:8 format. Eat within an 8 hour window and then fast for 16 hours. You can drink liquids while fasting.
- Add spices to food as studies have shown spicy food can increase metabolism. A high metabolism means a person burns fat at a higher rate.