



FAT LOSS

MEAL PLANS (MEN & WOMEN)

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Introduction

You probably know that when you want to lose weight your diet is even more important than your workout. Unfortunately, most beginners are extremely confused about what the right weight loss meal plan should look like.

That's why in this guide I will show you step-by-step what, when and how exactly you want to eat to lose fat, get leaner and look better.

Not only will you get a ready to use meal plan but I will also share with you my 5-step action plan to creating the ultimate fat-loss diet.



5-Step Action Plan

Step 1: The right mindset

Step 2: How much should you eat?

Step 3: What should you eat?

Step 4: When should you eat?

Step 5: Supplements

Step #1: Change Your Mindset

The first step is actually less about your meal plan and more about your mindset. You have to stop thinking about your diet as something that you do short term and then go back to your old eating habits.

Long-term improvements require long-term changes, which is why it's better to look at it as a lifestyle change than a change in eating habits. Health and fitness really come down to adopting the right lifestyle and not eating some magic superfood, like so many "gurus" would have you believe.

Of course, this doesn't mean you have to run around in gym clothes all the time and prep your meals every Sunday. You can start small by just evaluating your diet and being honest about what's good for you and what isn't.

For example, if you are a chocolate freak like me, try to limit your intake to one chocolate bar a day. If you were eating more than one per day before, include some fruits instead and you will quickly see how your taste changes. Over time you will get used to these small adjustments and crave chocolate a lot less.

Step #2: How much should you eat?

To lose fat you need a moderate calorie deficit of about 20% below your maintenance level. It will make you lose 1 - 2 pounds of fat per week without crash dieting and huge hunger cravings.

The only people that should consider a larger deficit are those starting off from a very high body weight, who want to lose a significant amount of fat. The larger fat reserves can somewhat compensate for the energy deficit and you will see results faster.

You can create your calorie deficit like this:

1. Calculate your calorie maintenance level with this online calculator: <https://www.freediting.com/calorie-calculator>
2. Times your maintenance calories by 0.8

For example if your calorie maintenance level is 2500 then you take $2500 * 0.8 = 2000$ (= daily fat loss calories)

Step #3: What should you eat ? (Macronutrients)

Protein:

The optimal protein intake is about 0.8g to 1.0g per pound of body weight per day (note: if you are significantly overweight use your target body weight rather than your current body weight). So for a 180lb man, we would choose an average intake of somewhere between 145g and 180g of protein per day.

Fat:

Your fat intake should be around 15% to 35% of your daily calories. Going below 15% could hurt your hormone production and going above 35% will leave less room for carbs, which means your workout performance will suffer.

As an example, if you consume 2000 calories daily your fat intake will be between 300 and 700 calories. That might sound like a lot at first but remember that 1 gram of fat has 9 calories so in this example these values only translate to about 33 - 77 grams of fat per day. If you have no idea with which value to start, go with an even 25%

Carbs:

Now that you have both your daily protein and daily fat intake, calculating your carb intake is relatively easy. You just subtract protein and fat intakes from your daily calories. For these calculations you need to know that 1 gram of protein or carbs has 4 calories and 1 gram of fat has 9 calories.

Your calculation would then look something like this:

2000 daily calories

- 580 calories from 145g protein
- 500 calories from 55g fat
- = 920 calories for carbs (230 grams)

This means you are left with 920 daily calories for carbs. Because 1 gram carbs has 4 calories this translates to 230 grams. Therefore, your daily calorie and macronutrient intake looks like this:

2000 daily calories

145g protein

55g fat

230g carbs

Step #3: What should you eat? (Fat-Loss Foods)

The best foods for fat loss are high in volume and low in calories. These foods will occupy more room in your stomach and make you full, but because they are low in calories they don't make you fat.

Good options are...

Protein: chicken, lean meat, eggs or if you are a vegan beans and legumes

Carbs: (cruciferous) vegetables, whole grains, rice or potatoes

Fats: avocados, nuts and fish (in moderation!)

You can eat massive amounts of them and still lose weight. That's because they are high in fiber and water. The water gives them more volume and the fiber is digested more slowly, which also keeps your hunger in check.

When setting up my meal plan, what I like to do is to combine one type of carb on the list (usually vegetables) with one type of protein. That way you can eat a lot, the meals are healthy and you will lose weight.

For example, one super easy meal is to take a vegetable mix (you can use the frozen vegetables you get at the supermarket) and add some beans and chicken. Season everything with curry or just normal pepper and then you're good to go. It tastes good is perfect for weight loss and will make you full.

One more thing. Even though I included healthy fats like nuts and avocados in the list make sure to limit these in your diet. They aren't bad and of course a lot healthier than processed junk food. But as with most things in life, it's the dose that matters.

Since high-fat foods are fairly calorie dense and often not very filling, you just can't eat that much when compared to other healthy foods like most vegetables or even lean meats. So make sure to monitor your overall food intake and adjust your diet plan accordingly.

Step #4: When should you eat?

Meal timing is a lot less important than people think. It doesn't matter if you eat three or six meals or anything in between. All studies on different meal frequencies have shown that different setups lead to basically the same results. This also means you don't gain anything from eating several small meals.

No, it doesn't boost your metabolism to any meaningful degree and your overall energy expenditure will be the same as if you ate three large meals.

The most important meals are your pre- and post workout meals. Both should be high in carbs (e.g. pasta, rice, potatoes) and protein (e.g. chicken, meat, beans, fish). If you don't have the time to prepare a complete meal 1 hour before your workout, go with an apple (or some other fruit) and a protein shake.

Step #5: What About Supplements?

I usually recommend only two supplements: protein powder and creatine. They are proven to work and have pretty much no side effects in healthy adults. Generally, I would recommend them to you as part of your weight loss diet, but there is one problem with protein powder: It's liquid calories.

Liquid calories aren't less healthy than solid calories but they are digested more rapidly and leave you less satisfied. This can lead to more cravings which puts you at higher risk of overeating. So, if you struggle with cravings and hunger then protein shakes or any other kind of meal replacement shakes are usually not a good idea. Instead cook some egg whites with vegetables or eat a chicken filet which will also provide you with quality protein but leave you full for longer.

If you don't have problems with hunger but find it difficult to reach your daily protein requirements then protein powder can be a good addition to your weight loss diet. As for creatine, it's really an amazing supplement if you are doing strength training and I recommend it for anyone dieting or not.

Supplement List - Every day you should consume:

40 – 60 Grams Protein Powder (read the disclaimer on the last page)

5 Grams Creatine (mix this into one of your protein shakes)

Optional:

1 - 3 Grams Of Fish Oil

200 – 500 milligrams of caffeine if you need more energy before your workouts



Eating Schedule

Before I show you *your* ideal meal plan, it's important you understand the logic behind *any* good meal plan.

On the next page you will find a very detailed eating schedule with food options for breakfast, lunch, dinner and two snacks (pre-workout & before bed).

That way you know which foods you need for each meal. This will help you customize your own meal plan and also make things a lot more flexible.

Eating Schedule

Breakfast (7:30 a.m.) – Carbs With Protein & Fat

Carbs: Whole Grain Bread, Oats, Fruits

Protein: Eggs, Protein Powder, Whole Milk, Cottage Cheese

Fat: Avocado, Nuts, Olive Oil

Lunch (12 p.m.) – Carbs With Protein

Carbs: Whole Grains, Rice, Potatoes

Protein: Fish, Chicken, Meat, Beans

Optional: Sauce (from meat)

Pre-Workout Snack (30 Min Before Workout) – Light Carbs & Protein Shake

Carbs: Fruits Or Vegetables

Protein: Protein Shake Or Egg Whites

Dinner (1 - 2 Hours After Workout) - Carbs With Protein

Carbs: Whole Grains, Rice, Potatoes

Protein: Fish, Chicken, Meat, Beans

Optional: Sauce (from meat)

Bedtime Snack (10 p.m.) – Fat With Protein

Protein: Eggs, Protein Powder, Whole Milk, Cottage Cheese

Fat: Avocado, Nuts, Olive Oil



Your Meal Plan

Let's now get to the actual meal plans. I included 3 meal plans dor women and 3 for men. Choose a meal plan that best represents your measurements and daily fat-loss calories.

If you are smaller than the measurements of the first meal plan subtract 50 daily calories from the first meal plan for each 5 lbs you are lighter. If you are bigger than the measurements of the last meal plan add 50 daily calories to the last meal plan for each 5 lbs you are heavier.



Male Meal Plans

MEAL PLAN MALE I - 1900 Calories

MEAL PLAN MALE II - 2000 Calories

MEAL PLAN MALE III - 2100 Calories

MEAL PLAN MALE I - 1900 Calories

Breakfast (7:30 a.m.)

- 2 Eggs: 156 kcal (14.1 protein; 11 g fat; 0 carbs)
- 1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
- 50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Lunch (12 p.m.) – Rice With Meat & Veggies

- 100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)
- 100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

- 30 gram protein shake : 111 kcal (25.8 protein; 0 fat; 1.6 carbs)
- 1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
- 1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

- 170 gram brown rice (cooked): 209 kcal (5.2 protein; 2.2 fat; 58.4 Carbs)
- 150 gram salmon: 270 kcal (31 protein; 16.5 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

- 25 gram Mixed nutes: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)
- 30 gram protein shake: 111 kcal (25.8 protein; 0 fat; 1.6 carbs)

Total: 1889 Calories • 204.8g Carbs • 52.8g Fat • 155g Protein

MEAL PLAN MALE II - 2000 Calories

Breakfast (7:30 a.m.)

- 2 Eggs: 156 kcal (14.1 protein; 11 g fat; 0 carbs)
- 1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
- 50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Lunch (12 p.m.) – Rice With Meat & Veggies

- 100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)
- 100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

- 30 gram protein shake : 111 kcal (25.8 protein; 0 fat; 1.6 carbs)
- 1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
- 1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

- 200 gram brown rice (cooked): 279 kcal (5.2 protein; 2.2 fat; 58.4 Carbs)
- 150 gram salmon: 270 kcal (31 protein; 16.5 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

- 25 gram Mixed nutes: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)
- 30 gram protein shake: 111 kcal (25.8 protein; 0 fat; 1.6 carbs)

Total: 1969 Calories • 214.8g Carbs • 52.8g Fat • 155g Protein

MEAL PLAN MALE III - 2100 Calories

Breakfast (7:30 a.m.)

- 2 Eggs: 156 kcal (14.1 protein; 11 g fat; 0 carbs)
- 1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
- 50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Lunch (12 p.m.) – Rice With Meat & Veggies

- 100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)
- 120 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

- 30 gram protein shake : 111 kcal (25.8 protein; 0 fat; 1.6 carbs)
- 1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
- 1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

- 200 gram brown rice (cooked): 279 kcal (5.2 protein; 2.2 fat; 58.4 Carbs)
- 150 gram salmon: 270 kcal (31 protein; 16.5 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

- 25 gram Mixed nutes: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)
- 40 gram protein shake: 111 kcal (35.8 protein; 0 fat; 1.6 carbs)

Total: 2089 Calories • 214.8g Carbs • 52.8g Fat • 165g Protein



Female Meal Plans

MEAL PLAN FEMALE I - 1350 Calories

MEAL PLAN FEMALE II - 1500 Calories

MEAL PLAN FEMALE III - 1600 Calories

MEAL PLAN FEMALE I - 1350 Calories

Breakfast (7:30 a.m.) – Breakfast Sandwich

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

30 gram oatmeal: 120 kcal (3.7 protein; 2.6 fat; 21.8 carbs)

Lunch (12 p.m.) – Rice With Meat & Veggies

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

half a banana: 59 Kcal (0.7 protein; 0.2 fat ; 13.5 carbs)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram salmon: 225 kcal (25.3 protein; 13.8 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

20 gram Mixed nuts: 116 kcal (4.7 protein; 9.8 fat; 2.3 carbs)

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

Total: 1388 Calories • 150g Carbs • 38.1g Fat • 117.1g Protein

MEAL PLAN FEMALE II - 1500 Calories

Breakfast (7:30 a.m.) – Breakfast Sandwich

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Lunch (12 p.m.) – Rice With Meat & Veggies

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram salmon: 225 kcal (25.3 protein; 13.8 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

20 gram Mixed nuts: 116 kcal (4.7 protein; 9.8 fat; 2.3 carbs)

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

Total: 1528 Calories • 166.5g Carbs • 38.1g Fat • 117.1g Protein

MEAL PLAN FEMALE III - 1600 Calories

Breakfast (7:30 a.m.) – Breakfast Sandwich

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Lunch (12 p.m.) – Rice With Meat & Veggies

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram salmon: 225 kcal (25.3 protein; 13.8 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

20 gram Mixed nutes: 116 kcal (4.7 protein; 9.8 fat; 2.3 carbs)

30 gram whey protein shake (isolate) : 74 kcal (27.2 protein; 0 fat; 1.1 carbs)

Total: 1568 Calories • 166.5g Carbs • 38.1g Fat • 127.1g Protein



Vegan Meal Plans

VEGAN MEAL PLAN MALE

VEGAN MEAL PLAN FEMALE

VEGAN MEAL PLAN MALE - 2000 Calories

Breakfast (7:30 a.m.)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

100 gram oatmeal: 380 kcal (12.4 protein; 8.3 fat; 12 carbs)

Lunch (12 p.m.)

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

200 gram tofu: 160 kcal (17.6 protein; 8 fat; 1 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

1 banana: 105 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

Dinner (1 - 2 Hours After Workout)

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

300 gram kidney beans: 321 kcal (22 protein; 1.5 fat; 45 carbs)

Bedtime Snack (10 p.m.)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

35 gram Mixed nuts: 200 kcal (5.3 protein; 22 fat; 5 carbs)

Total: 2059 Calories • 222.2g Carbs • 44g Fat • 131g Protein

Note: If the protein is too low for you you might want to consider adding another protein shake

VEGAN MEAL PLAN FEMALE - 1500 Calories

Breakfast (7:30 a.m.)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 6 carbs)

Lunch (12 p.m.)

100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram tofu: 80 kcal (11 protein; 8 fat; 1 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

1 banana: 105 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

Dinner (1 - 2 Hours After Workout)

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

200 gram kidney beans: 214 kcal (14.6 protein; 1 fat; 30 carbs)

Bedtime Snack (10 p.m.)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

20 gram Mixed nutes: 120 kcal (4 protein; 12 fat; 2.9 carbs)

Total: 1480 Calories • 161.5g Carbs • 29g Fat • 106.5g Protein

Resources

Bonus:

[Meal Planning Theory Guide](#)

[100 Fat Loss Recipes](#)

Helpful Guides:

[Meal Planning For Beginners - The Complete Guide](#)

[How Many Calories Should I Eat To Lose Weight](#)

Supplements

[Protein Powder](#)

[Creatine](#)

[More Weight Loss Recipes](#)
