

# Meal Planner (Fat Loss)

**MORNING AFTER WAKING UP 1L OF WATER+ SUPERGREENS  
1SPOON + NEEM JUICE  
11.30 LEMON WATER**

**12PM**

**4 EGG WHOLE OMELLE + 5 GRAMS OF PUMPKIN SEEDS  
+ MULTIVITAMINS**

**2PM APPLE + 100GRAM PAPAYA**

**3 PM LUNCH**

**200GRAM CHICKEN STEAMED + UNCOOKED BROWN RICE 70GRAMS  
+ 100GRAM CURD + 200GRAM GREEN VEGGIES**

**AFTER 20MIN**

**CORIANDER SEED WATER**

**5PM**

**6EGG WHITES + 10GRAMS OF WALNUTS**

**6PM BLACK COFFEE PREWORKOUT**

**8PM LAST MEAL**

**200GRAM STEAMED CHICKEN + 70GRAM UNCOOKED BROWN RICE+  
GREEN VEGGIES**

**DURING FASTING**

**BEFORE SLEEP**

**CINNAMON WATER**

