

Important Disclaimer

This guide provides general nutrition information for fat loss and performance support. It is not medical or dietary advice. Always consult a qualified healthcare professional or registered nutrition professional before making significant dietary changes, particularly if you have medical conditions, food allergies, or specific dietary requirements. Individual calorie and nutrient needs vary based on body size, activity level, and health status.

Introduction

When cutting body fat, the primary goal is maintaining a calorie deficit while preserving muscle mass. This is best achieved through meals that are low in calories, high in protein, nutrient-dense, and filling. Prioritising lean protein sources, high-fibre foods, and controlled portions helps support fat loss while maintaining energy levels, recovery, and training performance.

Below are five practical cutting meals designed to support fat loss. These meals focus on high protein intake, moderate carbohydrates, and controlled calories. Three meals include meat, one is vegetarian, and one is fully vegan.

Note: Macros are approximate and may vary depending on brands and preparation methods.

Meal 1 – Grilled Chicken and Vegetable Bowl (Meat)

Ingredients

- 150 g chicken breast (skinless)
- 100 g broccoli florets
- 100 g courgette (zucchini), sliced
- 50 g bell peppers, sliced
- 1 tsp olive oil
- Salt, pepper, garlic seasoning, paprika (optional)

Instructions

Season chicken and grill or pan-cook on medium heat for 6–8 minutes per side until fully cooked. Lightly sauté vegetables in olive oil or steam until tender. Slice chicken and serve over vegetables.

Preparation Time

15–20 minutes

Approximate Nutrition

- Calories: ~320 kcal
- Protein: ~40 g



Nutritional Focus

High lean protein, high fibre, very filling with low calorie density. Supports muscle retention during fat loss.

Meal 2 — Lean Turkey Lettuce Wraps (Meat)

Ingredients

- 150 g lean turkey mince (5% fat)
- 4 large lettuce leaves
- 50 g chopped tomatoes
- 30 g onion, diced
- 1 tsp low-sodium soy sauce
- Garlic, pepper, chilli flakes (optional)

Instructions

Cook turkey mince with onion until browned. Add seasoning and soy sauce. Spoon mixture into lettuce leaves and top with tomatoes.

Preparation Time

10–15 minutes

Approximate Nutrition

- Calories: ~300 kcal
- Protein: ~35 g



Nutritional Focus

Low calorie and low carbohydrate while providing high-quality protein and strong satiety.

Meal 3 — Tuna and Egg Protein Salad (Meat/Fish)

Ingredients

- 1 tin tuna in spring water (120 g drained)
- 2 large eggs
- 50 g mixed salad leaves
- 50 g cucumber
- 1 tbsp low-fat Greek yogurt
- Lemon juice, salt, pepper

Instructions

Boil eggs for 8–10 minutes and slice. Mix tuna with yogurt and seasoning. Combine with salad leaves and cucumber, then add eggs.

Preparation Time

12–15 minutes

Approximate Nutrition

- Calories: ~340 kcal
- Protein: ~38 g



Nutritional Focus

High protein with healthy fats for satiety, supports recovery and sustained fullness.

Meal 4 — Egg White and Cottage Cheese Scramble (Vegetarian)

Ingredients

- 4 egg whites
- 100 g low-fat cottage cheese
- 50 g spinach
- 50 g mushrooms
- Salt, pepper, herbs (optional)

Instructions

Cook mushrooms until softened, add spinach, then pour in egg whites and scramble. Stir in cottage cheese and cook briefly until combined.

Preparation Time

8–12 minutes

Approximate Nutrition

- Calories: ~220 kcal
- Protein: ~32 g



Nutritional Focus

Very low calorie, extremely high protein meal ideal for aggressive fat loss phases.

Meal 5 — Vegan Tofu and Quinoa Bowl (Vegan)

Ingredients

- 150 g firm tofu
- 60 g cooked quinoa
- 100 g broccoli
- 50 g carrots
- 1 tsp soy sauce
- Garlic or chilli seasoning

Instructions

Press and cube tofu, then cook in a non-stick pan until lightly browned. Steam vegetables and combine with cooked quinoa and tofu. Season to taste.

Preparation Time

15–20 minutes

Approximate Nutrition

- Calories: ~350 kcal
- Protein: ~22 g



Nutritional Focus

Balanced plant-based protein with fibre and slow-digesting carbohydrates for sustained energy.

General Instructions for Cutting Meal Planning

Prioritise lean protein at each meal to support muscle preservation. Increase vegetable intake to improve fullness while controlling calories. Manage portion sizes to maintain a calorie deficit and focus on whole, minimally processed foods. Consistency and sustainability produce the best long-term results.

Final Reflection

Successful cutting nutrition is built on consistency, structured food choices, and sustainable habits. Meals that are high in protein, controlled in calories, and rich in nutrients support fat loss while maintaining performance and recovery. A structured approach to meal planning creates a strong foundation for long-term health, body composition improvement, and physical progress.