

# Liquid Diet Plan for Fat Loss

## Daily Macros

- Calories: ~1500-1800 kcal
- Carbs: 50-70g (15-20%)
- Protein: 80-100g (25-30%)
- Fats: 80-100g (50-55%)

## Meal Plan

### Breakfast (8:00 AM)

- Protein smoothie (whey protein, almond milk, peanut butter, chia seeds)
- Black coffee or green tea

### Mid-Morning Snack (11:00 AM)

- Bone broth or vegetable soup
- Lemon water with pink salt

### Lunch (1:30 PM)

- Meal replacement shake (protein, MCT oil, spinach, and berries)
- Herbal tea

### Evening Snack (4:30 PM)

- Greek yogurt smoothie with nuts
- Coconut water

### Dinner (8:30 PM)

- Creamy vegetable soup (blended)
- Warm turmeric milk (almond/coconut milk)

### Optional Late-Night Drink (10:00 PM)

- Chamomile tea or warm bone broth

## Guidelines

- Drink 3-4 liters of water per day
- Avoid sugar, processed juices, and soda
- Ensure fiber intake with chia/flaxseeds
- Include electrolytes (salt, magnesium, potassium)