



Budget Fat Loss Meal Plan



Welcome to the budget fat loss meal plan!

The whole meal plan costs just \$5/day and consists of 4 delicious, high protein, easy to make meals.

The total calories and macros for this plan are around 2,000 and 150 grams of protein. For most people, this is the right amount of calories and protein to lose fat. But we suggest using our calculator to determine if you need to make adjustments to your recipes (this is discussed later on in the FAQ section).

Now before we dive into the recipes themselves, it's crucial that you buy the cheapest ingredients possible. And this starts by choosing the right grocery store.

Take a look at the 5 most popular grocery stores, ranked from most to least expensive.



Now that we know where to get the most bang for your buck, it's time to now look closer at what to buy for the most bang for your buck. These are some of the cheapest options I've found and are what we'll use to create the meal plan.

PROTEIN	CARBS	FATS	VEGETABLES
Lentils	Banana	Peanuts	Spinach
Ground Beef (85/15)	Pinto Beans	Peanut Butter	Bell Peppers
	Oats	Olive Oil	Celery
Greek Yogurt	Rice		Onions
Eggs	Russet Potatoes		Cabbage
Canned Tuna	Flour		Carrots
2% Milk			
Protein Power (Bulk)			
Chicken Breast (Bulk)			

And lastly, for a full video breakdown of how to make each of these meals, be sure to check out the full [YouTube video!](#)

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TOTAL DAILY COST BREAK-DOWN

TOTAL: \$5.60

Daily Total Nutrition:
1,999 calories
151g protein
231g carbs
55g fat



BREAKFAST OATS

(\$1.49)

\$0.10 for oats
\$0.50 for 1/2 scoop protein
\$0.64 for greek yogurt
\$0.09 for peanut butter
\$0.16 for banana
Free 125mL water (1/2 cup)



FREEZER LUNCH BURRITO

(\$1.55)

\$0.54 for chicken
\$0.11 for pinto beans
\$0.17 for tortilla
\$0.20 for onion
\$0.30 for 1/2 green pepper
\$0.23 for cheddar cheese



SNACK

(premium option)

\$0.77 for 1 apple



EGG FRIED RICE

(\$1.31)

\$0.52 for 3 eggs
\$0.30 for white rice
\$0.41 for peas
\$0.08 for carrots



DESSERT SMOOTHIE

(\$1.25)

\$1 for 1 scoop protein
\$0.16 for 1 banana
\$0.09 for peanut butter
5-10 ice cubes (free)
3/4 cup water (free)

GROCERY LIST

All of these ingredients are listed out in a single quantity. If you would like to prepare these recipes for multiple meals, simply multiply the ingredients by the number of meals you'd like to prepare them for (e.g. x4 to each ingredient if you want to prep 4 days worth of food)!

Produce:

- 2 bananas
- 1/2 onion
- 1/2 bell pepper
- 2 carrots

Dairy & Meat:

- 110g (4 oz) boneless, skinless chicken breast
- 3 whole eggs
- 3/4 cup (150g) plain, 0% Greek yogurt
- 1 oz (28g) cheddar cheese

Frozen:

- ½ cup green peas

Bread & Grains:

- 2/3 cup (60g) oats
- 1 large white flour tortilla
- 1 1/2 cups (160g) cooked white rice OR 1 packet instant rice

Canned & Boxed:

- 1/3 cup (60g) pinto beans

Seeds, Nuts & Spices:

- 2 tbsp (30g) peanut butter

Condiments, Seasonings & Spices:

- Salt
- Pepper
- Garlic Powder
- Soy sauce
- Cooking spray
- Sugar free maple syrup
(premium option)
- Honey *(premium option)*
- Salsa *(premium option)*
- Hot sauce *(premium option)*
- Sriracha *(premium option)*
- Chili garlic sauce *(premium option)*

Other:

- 1 ½ scoops (45g) protein powder





RECIPES



BREAKFAST OATS




INGREDIENTS

2/3 cup (60g) oats
 Pinch of salt
 1/2 scoop (15g) protein powder
 3/4 cup (150g) plain fat free greek yogurt
 1/2 cup (125 mL) water
 1 banana
 1 tbsp (15g) peanut butter

Calories & Protein:

582 calories | 40g protein

Total Meal Cost: \$1.49

FOOD SWAPS ↗

Protein Powder: switch up the flavor (e.g. vanilla, chocolate, strawberry, etc.)

Banana: swap for 1 whole apple, 1 whole peach, OR 175 grams (1.25 cup) of mixed berries

Peanut butter: swap for 15 grams of dark chocolate chips OR chopped nuts (walnuts, cashews, almonds, etc.)

DIRECTIONS



Add the oats, plain fat free Greek yogurt, and protein powder into a mason jar, bowl, or Tupperware container.



Next, add in about 1/2 cup of water and mix the ingredients together until everything is well combined.

Place in the fridge for at least 8 hours or overnight.



Right before you're ready to eat, top it with sliced banana, peanut butter, and a pinch of salt. Enjoy!



Premium Option:

For a little extra sweetness, you can top it with sugar free maple syrup or a bit of honey!

FREEZER LUNCH BURRITO



INGREDIENTS

- 1 large white flour tortilla
- 4oz (110g) chicken breast
- 1/2 onion
- 1/2 bell pepper
- 1/3 cup (60g) canned pinto beans
- 1oz (28g) cheddar cheese
- Salt, pepper, garlic powder, soy sauce for seasoning

Calories & Protein:

497 calories | 41g protein

Total Meal Cost: \$1.55

FOOD SWAPS ↗

Chicken breast: use half the cheddar cheese and swap the chicken for 142 grams (5 oz) raw extra lean ground beef OR steak

Cheddar cheese: swap for any other cheese OR 15g (1tbsp) of tahini

Pinto beans: swap for any other bean (black beans, chickpeas, kidney beans)

Spices: experiment with fajita seasoning, taco seasoning, etc.

DIRECTIONS



Heat a skillet over medium to medium high heat and spray with non-stick spray. Dice the chicken breast and add to the skillet. Season with salt and pepper to taste, as well as any other additional seasonings of choice.



Once the chicken is cooked, add the canned pinto beans. Mix ingredients together until cooked and warmed all the way through. Drain any liquid from the chicken and pinto beans and let sit for 5-10 minutes or until cooled.



While the chicken and pinto beans are cooling, place the skillet back onto the stove and spray with non-stick cooking spray.



Dice the onion and peppers, and once the skillet is hot, add the onions first and allow to soften, about 1-2 minutes. Then add the diced peppers and season with salt and pepper to taste. Once the peppers have softened in texture, remove from heat and allow to cool.



Place the tortilla on a plate and toss into the microwave for 5-10 seconds to soften up.

Next, place the tortilla flat on a plate. Add the vegetables and chicken & bean mixture to the middle lower third of the tortilla. Next, top with cheddar cheese.

To wrap the tortilla, fold the two sides in on each other. Then take the lower half of the tortilla and fold it in on itself and finish with rolling the burrito up.

Place the finished burrito in either aluminum foil or saran wrap and toss into the freezer until you're ready to eat it.

Once you're ready to eat, heat it up in the microwave for roughly 5 minutes. Flip it over at least once, and continue cooking until desired temperature is reached. Enjoy!



Premium Option:

For extra toppings, you can add salsa or hot sauce!

SHORTCUT YOUR TRANSFORMATION

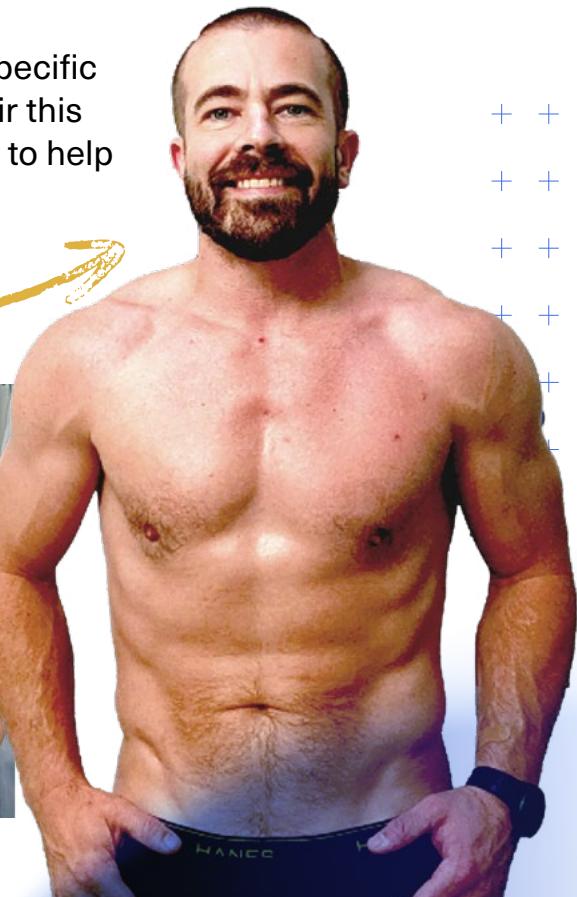
Want faster results?

Let us take care of the guesswork for you.

While this meal plan is a great start, for the best results you'll want a full nutrition plan that's personalized to your body, your lifestyle, and your goals.

Each of our step-by-step programs come equipped with a powerful software that will determine exactly what your specific body should be eating to see the best results. We then pair this with a workout plan (plus tons more fat loss meal recipes) to help speed up your transformation.

It's the "secret" behind the incredible results our members get:



MONTH 1

MONTH 3

MONTH 6

**Click here to discover
the best program for you
and your body!**

JOIN TODAY

EGG FRIED RICE




INGREDIENTS

- 3 whole eggs
- 1.5 cups (~200g) cooked white rice (can use 1 pack of instant rice)
- 1/2 cup green peas (frozen)
- 2 carrots (diced)
- Salt, pepper, garlic powder, soy sauce for seasoning

Calories & Protein:

587 calories | 35g protein

Total Meal Cost: \$1.31

FOOD SWAPS ↗

3 whole eggs: swap for 110 grams (4 oz) of raw extra lean ground turkey, raw extra lean ground beef, or 110 (4 oz) grams canned salmon

DIRECTIONS



Heat a skillet over medium heat with non-stick cooking spray. Add the eggs and scramble together, seasoning with salt and pepper and any other desired seasonings.

Once the eggs are fully cooked, set aside on a plate and place the skillet back on the heat.



Dice the carrots and place them in the skillet, along with the frozen peas. Season with garlic powder, salt and pepper.

Once the vegetables are cooked and softened, add the cooked rice. Add soy sauce to your liking and stir together.



Add in the scrambled eggs and allow to heat through once more. Place on a plate and enjoy!



Premium Option:

For extra spice, you can top it with sriracha or chili garlic sauce. You can also add an extra side of steamed broccoli or any vegetables to increase the volume of your meal and increase your vegetable intake!

DESSERT SMOOTHIE




INGREDIENTS

- 1 scoop (30g) protein powder
- 1 banana (frozen)
- 1 tbsp (15g) peanut butter
- 5-10 ice cubes (use 5 since you like it more liquidy)
- 3/4 cup (175mL) water

Calories & Protein:

333 calories | 35g protein

Total Meal Cost: \$1.25

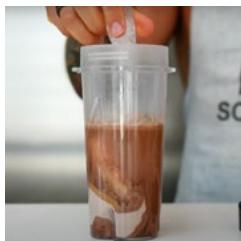
FOOD SWAPS ↗

Protein Powder: switch up the flavor (e.g. vanilla, chocolate, strawberry, etc.) OR swap for 200 grams (~1 cup) of plain 0% Greek Yogurt

1 Banana: swap for 1 whole apple, 1 whole peach, OR 175 grams (1 ¼ cup) of mixed berries

Peanut butter: swap for 15 grams of dark chocolate chips OR chopped nuts (walnuts, cashews, almonds, etc.)

DIRECTIONS



In a blender, add the frozen banana, scoop of protein powder, peanut butter, water, and about 5-10 ice cubes, depending on how thick you like your smoothies.

Blend together and enjoy!



Premium Option:

To make it extra creamy, you can purchase a **Ninja Creami!**

If you swap out the protein powder for Greek yogurt, add sugar free maple syrup or a pinch of stevia to add a bit of extra sweetness to the recipe.

MEAL PLAN ADD-INS

One of the aspects of dieting and losing fat is that you may experience a small degree of hunger. This is completely normal because you're feeding your body less calories than what it wants to maintain its weight. However, you shouldn't feel ravenously hungry, as this may be a sign that your calorie deficit is too large and won't support the long-term sustainability of your diet.

There are some additions that you can make to your diet to both increase the flavor profile (without adding a huge amount of calories), as well as add more volume to your food and add higher-satiety food items.

Here is a list of sauces, condiments, and seasonings that you can add to your meals to boost the flavor profile, but not break the dietary budget, as well as a list of high-volume foods that you can add to your meals.

Sauces:

- Lemon or lime juice
- Salsa
- Hot sauce
- Ketchup (*ideally sugar free*)
- Mustard
- Sriracha
- Soy sauce
- A1/HP Sauce
- Worcestershire sauce
- Liquid soy aminos

Seasonings:

- Cinnamon
- Nutmeg
- Herbs (*basil, rosemary, thyme, etc.*)
- Dry seasonings (*pepper, paprika, dried basil, etc.*)

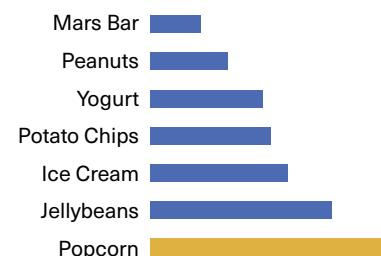
This list is by no means exhaustive, and if you find a spice or seasoning that is low or zero calorie, feel free to still incorporate it! You can also include options that do have more calories with them, but be sure to account for it with whichever tracking method you are following.

Now as mentioned, a small degree of hunger is possible during a dieting phase. Typically, the more volume you can add to your meals, the more you're able to eat and the more this will help with satiety. One of the easiest ways to add more bulk to your meals is by adding vegetables or even incorporating fruit with a higher water content (like watermelon, berries, etc.).

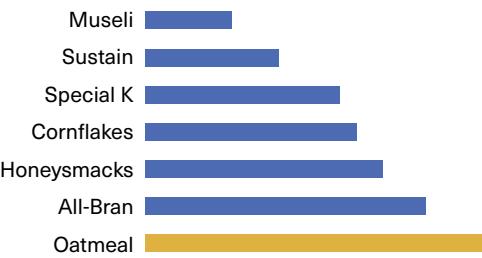
Another way you can go about your diet is by including high-satiety enhancing foods from what we know from [this 1995 study by Holt et al](#)

Satiety Index Score (%)—PMID:7498104

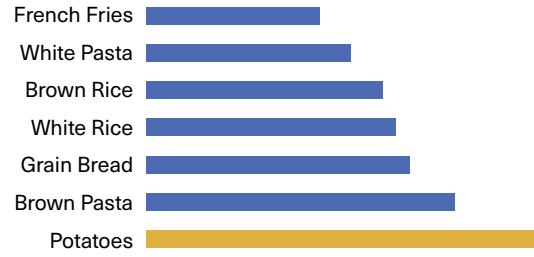
Snacks & Confectionery



Breakfast Cereals



Carbohydrate-Rich Foods



Fruits



As you can see, some of the more filling food items are popcorn, oatmeal/porridge, boiled potatoes, and oranges. We're not saying that you need to have these food items all the time, but if you enjoy them, it could be a great addition to incorporate into your regular day to day eating!

In addition to these food items, any food with a higher fiber content will be more satiating. This includes whole grain products (whole grain pasta & bread, quinoa, brown rice, etc.), vegetables, fruit, and the like.

FAQs

FREQUENTLY ASKED QUESTIONS

1. Can I prepare any of these meals ahead of time and for multiple days?

Yes! All of these meals can be meal prepped ahead of time. Since you can freeze the burritos, you can make more of those and store them in the freezer for a full week (or several weeks!). However, for the other meals, it'd be best to limit those to 3-4 days just to keep them fresh and for food safety purposes. The smoothie, though, is the only meal that will taste the absolute best prepared fresh, so we recommend you save that one for preparation right before you're ready to eat it!

2. How do I get started with meal prepping if I haven't done it before?

No worries if you haven't meal prepped before, as the process is relatively simple! It may take you a bit longer the first time you do it, but like with any skill, the more practice you get with it, the more efficient it'll become.

The first thing we recommend is that you only select 1 meal to prepare ahead of time. You'll have time to get to the other meals, but to make the process less overwhelming to start, it'll be best if you just stick to one.

For this one meal, try to make it the one that's going to have the biggest impact on your day. For example, if you typically order out for dinner because you don't want to prepare a meal at the end of a long work day, then start with preparing dinner ahead of time so that you can consistently eat a home-cooked meal!

Once you've selected your meal, decide how many day(s) you want to prepare it for. Typically we recommend sticking to 3-4 days total to keep the food as fresh as possible. Next, you'll multiply all the ingredients in that recipe by the number of days you want to meal prep for. Now you have your grocery list ready to go!

Once you have all the ingredients, simply follow the same exact instructions as if you were preparing a single serving. After you've prepared the meal, if it's a mixed dish, then you can simply divide the final prepared dish into those individual portions. You can measure out the weight of each portion if you'd like, but it'll be just as effective if you eyeball the portions out.

Once you nail this process down and as you feel more comfortable, feel free to increase the amount of dishes that you're preparing!

3. How do I know if the calories and protein for this meal plan are right for me?

First off, if you don't know your calories and macros specific to your body, activity type, and goals, then you have two options.

1. You can head over to builtwithscience.com/calculator and fill out the information and receive your individualized calories and macros.
2. If you're already a [Built With Science member](#), then you will receive your individualized calories and macros from your Pocket Coach, so follow those recommendations.

Luckily, it's easy to make adjustments to this plan. If you need more calories, simply increase the serving of some carbs like the rice or some fats like the peanut butter and vice versa if you need less. If you need more protein, then you can do the same by increasing or reducing the protein servings to suit your needs.

4. What if I get bored of eating the same thing everyday?

Don't be afraid to switch things up! One of the things our dietitians notice with their clients is that their clients become anxious to switch things up from what they're currently doing because they see that it's been working for them. As long as you're still in a calorie deficit (by following those calorie and protein recommendations), then you will continue to lose fat. Swapping out food items to give yourself some more variety and make your diet less monotonous will actually be more helpful to keeping you on track rather than being harmful. That's why each recipe also comes with some "food swap" recommendations, so that you can switch things up every once in a while!

Also, don't be afraid to deviate from this plan once you've figured out how this works. Being flexible and inclusive with your diet will have positive effects on sustainability of your diet and results.

FREQUENTLY ASKED QUESTIONS

continued

5. How long should I follow this meal plan for?

However long you follow this meal plan is completely up to you and whether or not you get bored easily from the same meals or if you can eat similar meals every day. If you do get bored and want to switch it up, we recommend trying out some of the food swaps in each of the recipes that we've listed out for you! You can also try adding some different condiments and seasonings to your meals like we referenced underneath the "Meal Plan Add-Ins" section.

With regards, though, to how long you should follow the calories and macros for and when you might need to switch things up, you have a couple of options:

1. If you're already a Built With Science member, the Pocket Coach will do all the work for you! After you've reached the 3 weeks of calorie and weight data entry, it will automatically start updating your calories week-by-week depending on the progress you're making.
2. If you are using the calculator and following your own calories and macros, then you can remain consistent with those until you are no longer making progress. You'll know you aren't making progress if you haven't reached a new low weigh-in with your weight, if your circumference measurements and/or progress pictures aren't changing, or your clothes aren't fitting any different. If this does happen to you, we recommend either increasing your step count by 1-2K steps or light intensity activity by 10 minutes OR you can decrease your calories by 100 calories to start with.

However, if you're continuing to make progress, don't feel like you need to switch up anything with your calories, and don't switch up your meals if you're still enjoying everything!

6. What if I want to build muscle? Will this meal plan still work for me?

If you want to build muscle, then we recommend checking out this past YouTube video that covers [how to build muscle while on a budget!](#) The video covers similar concepts as the fat loss version, but it comes with a separate muscle building meal plan. Enjoy!

7. When is the best time to work out while following this plan?

The best time to work out is going to be the time that you can consistently work out, whether that is in the morning, afternoon, or evening for you! We'll just want to work on timing with your nutrition to ensure you're well fueled for your session.

Typically, we want to consume a meal 1-2 hours before your training session, and this meal should predominantly be carbohydrates, but can have some protein and little to no fat. Fat and protein take longer to digest, so it depends on you in terms of how far ahead of your workout you can have these macros.

If you are someone that works out fasted, then that is completely okay as long as you still feel like you have enough energy for your training session. You'll just want to ensure that you have something with protein within an hour after finishing your session, as the timing of protein is a bit more important when you're fasted. The timing becomes less important if you've eaten something before, so having a post-workout meal within a couple of hours after your session is perfectly fine.

If you want more meal and snack ideas, be sure to check out [this Instagram post](#) that our Built With Science dietitians put together!

8. What times should I eat each meal at?

This will all depend on you and your schedule, but ideally, you'll space your meals out 3-5 hours apart, depending on the meal size. This helps to ensure that your hunger levels stay consistent throughout the day and that you also have a constant energy source throughout the day (since food is fuel!).

For example, an average day could look something like this:

- Wake up at 7:00am
- Breakfast at 7:30am
- Lunch between 11:30 and 12:00pm
- *Premium option* Snack at 3:30pm
- Dinner between 5:30 and 6:30pm
- Dessert anytime after dinner

You can customize this to however you like and for what works best for your schedule. Finding a consistent meal frequency that works for you is very helpful for ensuring that you are consistently eating and not having huge gaps in between meals!

Disclaimer

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You should always consult your physician, dietitian, or other qualified healthcare professional on any matters regarding your health, engagement in physical activity, and/or diet before starting any fitness program or meal plan to determine if it is suitable for your needs. This is especially important if you (or your family members) have a history of high blood pressure or heart disease, if you have ever experienced chest pain while exercising, or if you have experienced chest pain in the past month when not engaged in physical activity. You should also consult your physician, dietitian, or other qualified healthcare professional before starting any fitness program, meal plan, or dietary regimen if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity or diet. Do not start or continue any fitness program, meal plan, or dietary regimen if your physician, dietitian, or health care provider advises

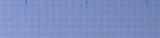
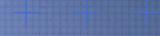
against it. If you experience faintness, dizziness, pain, shortness of breath or any other form of discomfort at any time while exercising or while following any meal plan/dietary regimen, you should stop immediately. If you are in Canada and think you are having a medical or health emergency, call your health care provider, or 911, immediately.

Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed solely at your own risk;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used solely at your own risk; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed solely at your own risk.

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ENJOY!

