



YOU ARE WHAT YOU EAT

### ***Meal Plan for Fat Loss***

#### **Breakfast:**

- 1 Cup Orange Juice (55)
- 1/2 Cup Oatmeal (160)
- 1 Cup Low-Fat Yogurt (154)
- Black coffee or Tea (0)

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#### **Snack:**

- Smoothie(170)
- (1 cup Berries blended with 1 cup Milk(2%))

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#### **Lunch:**

- 120gr chicken breast with 1/2 cup cooked brown rice (320)
- Salad(116)

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#### **Dinner:**

- 1 Cup Tuna (in water) (180)
- 1/2 Cup cooked brown rice (200)
- Salad (116)
- Herbal Tea (0)