



@HuskNutrition

7 Day Free Female Fat Loss Meal Plan

FAT LOSS

Starving ourselves and living on pasta salad, is not the answer to getting leaner.

When we want to make a body we are proud of, we have to be prepared for change.

We all have our non-negotiables in life, the things we will not let go of because we love them - I'm not here to tell you now to remove them.

This meal plan is designed as information and guidance, this is not YOUR meal plan - it is completely generic.

- I'm not a fan of prescribing any meal plan but sometimes we need guidance on what to eat and when because to have a stronger, leaner body you need to eat the right food at the right time -

Eating good food is part of the fat loss process but also drinking plenty of fresh water too.

Hydrated bodies grow and change, dehydrated ones do not...

Stay away from alcohol - it disrupts your hormones and limits your growth potential.

I've assumed that someone may train mid-morning/lunch but obviously this won't be the same for everyone, just move 'training food' to where you train.

Combine this with an effective training plan that uses volume, frequency, intensity and plenty of daily movement.



FAT LOSS

Based on a training day calorie intake around 1750 calories - this plan is based around fat loss for a female weighing 154LBS - 70KG - 10.5ST.

We assume four training days and three recovery days.

All weights are raw not cooked unless otherwise stated.

This plan is flexible and uses a realistic weekend balance.

TRAINING DAY

- Emphasise carbohydrates around the training window.
- Lower carbohydrates at breakfast for mental focus.
- No supplements are used other than whey protein.

RECOVERY DAY

- The only calorie change comes from the removal of workout nutrition.
- Stay active and move - try some yoga, pilates, qi gong, long walks.
- Hydrate like it's your job.

MONDAY

TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	340G TOTAL FAGE 5% GREEK, 150G RASPBERRIES/ BLUEBERRIES/STRAWBERRIES	10	29	16
MEAL 2	150G COD, 15G OLIVE OIL, 100G ASPARAGUS	/	27	15
TRAINING				
POST	30G WHEY PROTEIN, 100G GRAPES	20	25	/
MEAL 3	150G PRAWNS, 75G BROWN RICE	57	29	2
MEAL 4	200G PORK LOIN STEAKS, 30G CHEDDAR, 30G APPLESAUCE, 80G SPRING GREENS	15	46	36
TOTAL DAILY INTAKE - 1653 CALORIES		102	156	69

TUESDAY

TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	3 WHOLE EGGS, 50G SMOKED SALMON, 120G DICED TOMATOES	2	34	24
MEAL 2	170G CHICKEN, 10G BUTTER, 50G QUINOA, SUGAR SNAP PEAS	32	46	13
TRAINING				
POST	30G WHEY PROTEIN, 100G MANGO	20	25	/
MEAL 3	150G CHICKEN, 50G OLIVES, 200G BUTTERNUT SQUASH	25	33	16
MEAL 4	125G 5% BEEF, 75G RICE, 1 SLICE LIGHT LEERDAMMER, 1/2 CUP FROZEN PEAS	61	38	13
TOTAL DAILY INTAKE - 1858 CALORIES		140	176	66

WEDNESDAY

RECOVERY

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	125G LIGHT HALLOUMI BAKED, 50G STRAWBERRIES, 60G ROCKET	5	33	17
MEAL 2	170G CHICKEN, 200G PARSNIPS, 10G BUTTER	36	47	11
MEAL 3	170G CHICKEN, 200G PARSNIPS, 10G BUTTER	36	47	11
MEAL 4	200G 0% GREEK YOGHURT, 100G BLUEBERRIES, 26G BAR OF WILLIES 72% DARK CHOCOLATE	30	17	12
TOTAL DAILY INTAKE - 1463 CALORIES		107	144	51

THURSDAY TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	40G PARMA HAM, 3 SLICES LIGHT LEERDAMMER, 60G WATERCRESS	/	29	18
MEAL 2	1 PERI PERI CHICKEN WRAP, CELERY, CUCUMBER AND CARROT STICKS	53	21	12
TRAINING				
POST	30G WHEY PROTEIN, 150G PINEAPPLE	22	25	/
MEAL 3	125G 5% BEEF, 75G RICE, 1 SLICE LIGHT LEERDAMMER, 1/2 CUP FROZEN PEAS	61	38	13
MEAL 4	200G 0% GREEK YOGHURT, 100G BLUEBERRIES, 26G BAR OF WILLIES 72% DARK CHOCOLATE	30	17	12
	TOTAL DAILY INTAKE - 1695 CALORIES	166	134	55

FRIDAY TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	4 SAUSAGES GRILLED/ROASTED, 40G SPINACH	24	28	30
MEAL 2	100G FETA, 1TSP HONEY, 8G OLIVE OIL, DICED ONION, DRIED MINT, DRIED OREGANO (BAKED), 80G SALAD	10	15	26
TRAINING				
POST	2 KVARG VANILLA YOGHURTS	10	30	/
MEAL 3	125G CHICKEN, 80G WHITE RICE, 100G GREEN BEANS	64	35	2
MEAL 4	200G LOW FAT GREEK YOGHURT, 1 OAT SO SIMPLE POT	47	24	4
TOTAL DAILY INTAKE - 1717 CALORIES		149	126	55

SATURDAY REST

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	340G TOTAL FAGE 5% GREEK, 150G RASPBERRIES/ BLUEBERRIES/STRAWBERRIES	10	29	16
MEAL 2	3 EGGS, 2 TSP HONEY, 1 APPLE HALVED + BAKED WITH LEMON JUICE	30	20	20
MEAL 3	150G CHICKEN, 50G WHITE RICE, 60G HALF FAT CREME FRAICHE, 1 TSP CURRY POWDER	50	40	12
MEAL 4	2 GLASSES PROSECCO, 80G PARMA HAM	30	34	18
TOTAL DAILY INTAKE - 1554 CALORIES		120	123	66

SUNDAY REST

		MACRO SPLIT		
MEAL PLAN		C	P	F
MEAL 1	REPEAT 1 BREAKFAST YOU ENJOY FROM THE WEEK DRINK THE JUICE OF 1 LEMON IN HOT WATER	10	30	20
MEAL 2	2 KVARG VANILLA YOGHURT, 100G STRAWBERRIES	18	30	1
MEAL 2	SUNDAY LUNCH - 2 PALMS OF COOKED PROTEIN WITH FAT, 1 CUPPED HAND OF COOKED CARBOHYDRATE, 2 COOKED FISTS OF VEG + GRAVY	30	60	20
MEAL 3	1 TUB OF OPPO CHOCOLATE HAZELNUT ICE CREAM	40	16	22
TOTAL DAILY INTAKE - 1543 CALORIES		98	136	67

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