







FAT LOSS MEAL PLAN FOR MEN



BY DAULAT HUSSAIN



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	MEAL 1	Whole grain cereals with apple - 5 egg whites 1 whole egg
	MEAL 2	- Protein drink - Apple - Nuts
	MEAL 3	- Chicken breast - Large garden salad with avocado
	MEAL 4	- Strawberries, apple - 6 Egg whites
	MEAL 5	- Protein drink - Banana
	MEAL 6	- Fish/tuna - Large garden salad

NOTE: REMEMBER TO DRINK BETWEEN 10 TO 12 GLASSES OF WATER PER DAY