

FAT LOSS MEAL PLAN FOR WOMEN



BY DAULAT HUSSAIN



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MEAL 1

- Whole grain cereals with fat-free milk
- 1 egg white 1 full egg

MEAL 2

- Protein drink
- Apple
- Almonds

MEAL 3

- Chicken breast or black beans
- Large portion of garden salad with 1/2sp of olive oil

MEAL 4

- 4-5 Strawberries, half handful of peanuts
- 3 Egg whites

MEAL 5

- Protein drink
- Banana

MEAL 6

- Fish/tuna
- Broccoli
- Large garden salad with 1/2sp of olive oil

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