

# Meal Plan for Fat Loss – Male



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(Based on an average man with moderate activity, aiming for ~2200 kcal/day)

Calories: ~2200 kcal

Protein: ~170g


Carbs: ~150g

Fats: ~75g



# Meal 1: Breakfast (High Protein & Sustained Energy)

- ✓ 3 whole eggs + 100g egg whites (protein, micronutrients)
- ✓ ½ avocado (healthy fats)
- ✓ 1 slice wholegrain toast (complex carbs)
- ✓ 1 cup sautéed spinach & mushrooms (fiber, vitamins)

 **Timing: ~60–90 mins before training**



## **Meal 2: Post-Workout Recovery (Protein & Carbs for Recovery)**

- ✓ 150g cooked white rice (glycogen replenishment)
- ✓ 150g kangaroo mince or chicken breast (lean protein)
- ✓ 1 cup steamed broccoli & zucchini (fiber, vitamins)
- ✓ 1 tbsp olive oil for cooking

 **Timing: Within 60 mins post-training**



## **Meal 3: Midday Snack (Protein & Healthy Fats for Satiety)**

- ✓ 200g Greek yogurt (casein protein)
- ✓ 20g walnuts or cashews (healthy fats)
- ✓ ½ tbsp honey



## **Meal 4: Dinner (Protein & Micronutrient Focus, Moderate Carbs)**

- ✓ 200g grilled salmon or lean beef (healthy fats, protein)
- ✓ 1 cup roasted pumpkin or sweet potato (complex carbs)
- ✓ 1 cup asparagus & carrots (fiber, antioxidants)
- ✓ 1 tbsp butter for cooking



# **Meal 5: Pre-Bed Snack (Slow-Digesting Protein for Recovery)**

- ✓ 200g cottage cheese (casein protein)
- ✓ 1 tbsp almond butter





## **Additional Notes:**



**Hydration: Aim for 3–4L water daily**



**Meal Timing: Prioritize carbs around workouts to fuel performance**



**Adjustments: On rest days, reduce rice & sweet potato by ~30%**



**Coach Taj**

Strength Through Movement & Knowledge