

FREE 1 - DAY FAT LOSS MEAL PLAN

Kickstart Your Healthy Routine Today



**VEGETABLE
OMELETTE WITH
AVOCADO
300 CALORIES**



**BAKED SALMON
WITH ROASTED
BROCCOLI
480 CALORIES**



**GREEK YOGURT
WITH BERRIES
150 CALORIES**



**GRILLED
CHICKEN SALAD
420 CALORIES**

BALANCED MEALS TO FUEL YOUR BODY, SAVE
TIME, AND STAY ON TRACK - 1200 CALORIES TOTAL

VEGETABLE OMELETTE WITH AVOCADO

Ingredients:

- 2 eggs
- Chopped spinach
- Chopped bell pepper
- 1 Onion
- Salt
- Pepper
- ½ avocado

Instructions:

Whisk eggs with salt and pepper. Sauté vegetables in a non-stick pan for 2–3 minutes, then pour eggs over. Cook until set. Top with sliced avocado.



LUNCH

GRILLED CHICKEN SALAD

Ingredients:

- Chicken breast
- Mixed greens
- Cherry tomatoes
- Cucumber
- Olive oil
- Lemon juice
- Salt
- Pepper

Instructions:

Grill chicken seasoned with salt and pepper.

Slice and serve over greens with chopped veggies. Drizzle with olive oil and lemon juice.



DINNER

BAKED SALMON WITH ROASTED BROCCOLI

Ingredients:

- 1 Salmon fillet
- Broccoli florets
- Olive oil
- Garlic powder
- Salt
- Pepper

Instructions:

Preheat oven to 200°C. Season salmon and broccoli with oil and spices. Place on a baking sheet and bake for 15–20 minutes.



GREEK YOGURT WITH BERRIES

Ingredients:

- 150g Greek yogurt
- ½ Cup berries
- A sprinkle of oats or almonds (optional)

Instructions:

Top yogurt with berries and optional oats or almonds for crunch.





GROCERY LIST

PROTEINS:

Eggs (breakfast)

Chicken breast (lunch)

Salmon fillet (dinner)

Greek yogurt (snack)



VEGETABLES & FRUITS

Spinach

Bell pepper

Onion

Avocado

Mixed greens

Cherry tomatoes

Cucumber

Broccoli

Lemon

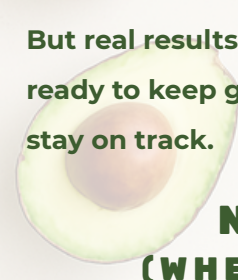
Berries (e.g., blueberries, raspberries)





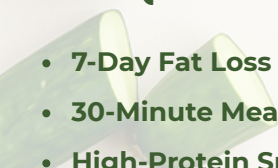
THANK YOU FOR TAKING THE FIRST STEP

You've just completed your 1-Day Fat Loss Meal Plan, and that's something to celebrate!

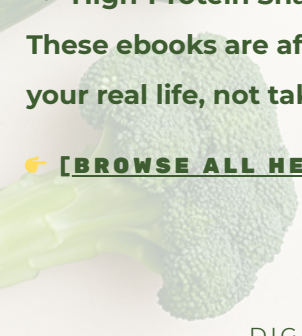


But real results come from consistency. So if you're ready to keep going, I've got more tools to help you stay on track.

NEXT STEPS (WHEN YOU'RE READY):

- 
- 7-Day Fat Loss Meal Plan
 - 30-Minute Meal Prep Cookbook
 - High-Protein Snack Recipes

These ebooks are affordable, simple, and made to fit your real life, not take it over.



👉 **[\[BROWSE ALL HEALTHY RECIPE EBOOKS HERE\]](#)**

Stay inspired!