

FAT LOSS

SIMPLE
DIET
PLAN



WHAT'S INSIDE

Most women struggling to lose weight aren't failing because of lack of discipline.

They're struggling because they don't have a simple plan.

When meals are random, it becomes much easier to overeat, snack too much, or rely on convenience foods.

This simple diet plan focuses on meals that are:

- high in protein
- balanced with healthy fats and fiber
- easy to prepare

You don't have to follow it perfectly — use it as a guide to structure your meals.



FAT LOSS NUTRITION RULES

Keep it simple.

1. Prioritize Protein

Protein helps keep you full longer and supports fat loss.

Try to include protein in every meal.

Examples: eggs, chicken, fish, yogurt, lean beef.



2. Build Balanced Meals

A simple structure for fat loss meals:

Protein + Fiber + Healthy Fat

Example:

Chicken + vegetables + avocado.



3. Drink Water First

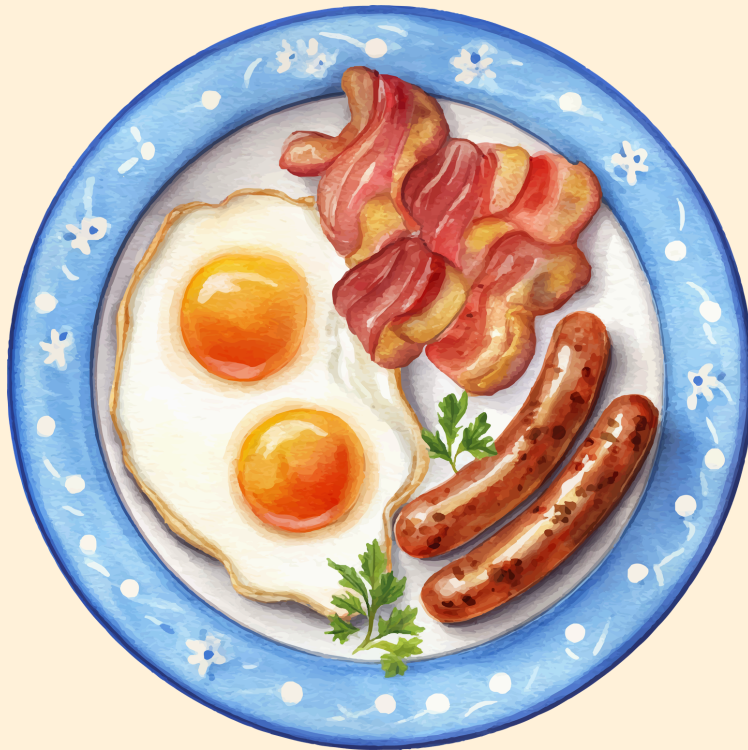
Many people confuse thirst with hunger.

Start the day with a large glass of water before coffee or breakfast.



BREAKFAST RECIPES

HERE ARE 3 MEAL IDEAS FOR YOUR BREAKFAST THAT WILL
BOOST YOUR WEIGHT LOSS



PROTEIN YOGURT BOWL

Ingredients

- 1 cup plain Greek yogurt
- ½ cup mixed berries (blueberries or strawberries)
- 1 tbsp chia seeds
- 1 tbsp almonds or walnuts
- small drizzle of honey

Procedure

- Add the Greek yogurt to a bowl.
- Top with berries, chia seeds, and nuts.
- Mix everything together and enjoy.

Why it works

Protein + fiber slows digestion and helps control hunger.

This breakfast is high in protein and fiber, which helps reduce cravings later in the day and keeps you full for hours.



VEGGIE EGG SCRAMBLE

Ingredients

- 2–3 eggs
- ½ cup spinach
- ¼ cup diced tomatoes
- ¼ avocado
- salt and pepper

Procedure

- Heat a pan on medium heat.
- Crack the eggs into the pan and scramble them.
- Add spinach and tomatoes while cooking.
- Season with salt and pepper.
- Serve with sliced avocado on the side.

Why it works

Eggs are rich in protein and help stabilize blood sugar, which can reduce cravings during the day.



Ingredients

- ½ cup oats
- 1 scoop vanilla protein powder
- 1 cup milk (or almond milk)
- ½ banana
- cinnamon

Procedure

- Cook oats with milk according to instructions.
- Once cooked, stir in the protein powder.
- Add sliced banana and cinnamon on top.

Why it works

Oats provide fiber while protein powder boosts satiety and supports muscle retention during fat loss.

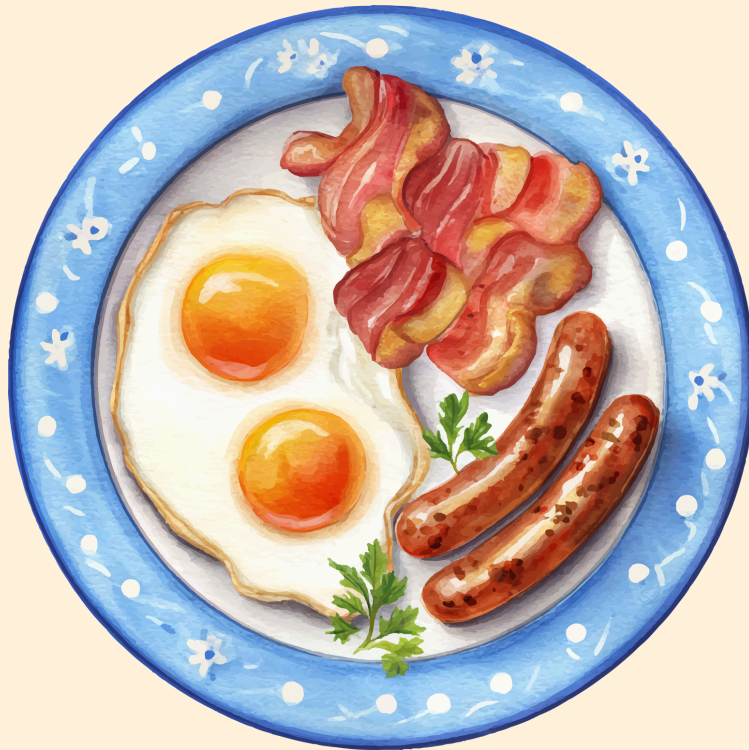
Keeps energy stable and reduces mid-morning snacking.

PROTEIN OATMEAL



LUNCH *R*ECIPES

**HERE ARE 3 MEAL IDEAS FOR YOUR LUNCH THAT WILL
BOOST YOUR WEIGHT LOSS**





GRILLED CHICKEN POWER SALAD

Ingredients

- 4 oz grilled chicken breast
- 2 cups mixed greens
- ½ avocado
- cherry tomatoes
- cucumber slices
- 1 tbsp olive oil + lemon juice

Procedure

- Place the greens in a bowl.
- Add grilled chicken, avocado, tomatoes, and cucumber.
- Drizzle with olive oil and lemon juice.

Why it works

This meal is high in protein and fiber while staying relatively low in calories.

TUNA PROTEIN BOWL

Ingredients

- 1 can tuna (in water)
- ½ cup cooked rice or quinoa
- ½ avocado
- cucumber
- carrots
- olive oil or light dressing

Procedure

- Add rice or quinoa to a bowl.
- Top with tuna, avocado, cucumber, and carrots.
- Drizzle lightly with olive oil or dressing.

Why it works

Tuna is extremely high in protein and quick to prepare.

Balanced protein, carbs, and healthy fats.



Ingredients

- 1 whole wheat tortilla
- 3–4 slices turkey breast
- lettuce
- tomato slices
- mustard or hummus
- sliced avocado

Procedure

- Lay the tortilla flat.
- Add turkey, vegetables, and sauce.
- Roll it tightly into a wrap.

Why it works

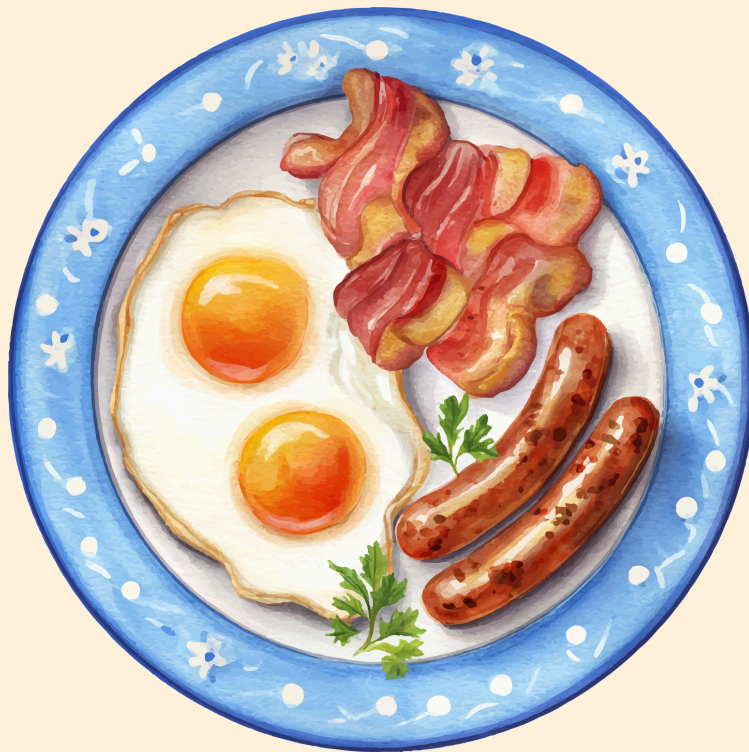
High protein meals reduce cravings and make fat loss easier.

Quick meal that works well for busy days.



DINNER *R*ECIPES

**HERE ARE 3 MEAL IDEAS FOR YOUR DINNER THAT WILL
BOOST YOUR WEIGHT LOSS**



BAKED SALMON WITH VEGGIES

Ingredients

- 4 oz salmon fillet
- broccoli or asparagus
- olive oil
- garlic
- Lemon

Procedure

- Preheat oven to 400°F (200°C).
- Place salmon and vegetables on a baking tray.
- Drizzle with olive oil, garlic, and lemon juice.
- Bake for 12–15 minutes.

Why it works

Salmon provides protein and omega-3 fats that support metabolism and help keep you satisfied.



Ingredients

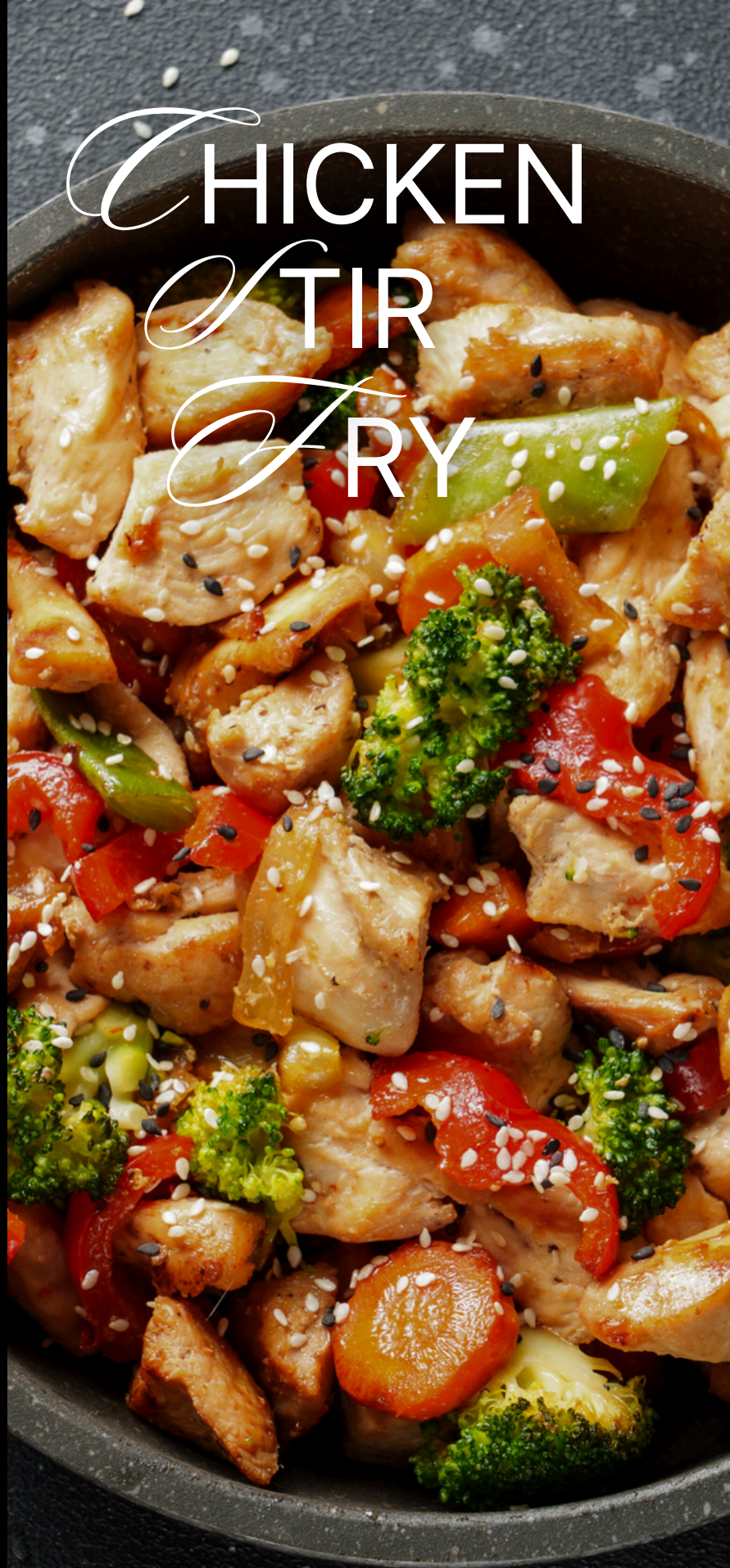
- 4 oz chicken breast
- broccoli
- bell peppers
- carrots
- soy sauce or teriyaki sauce
- ½ cup cooked rice

Procedure

- Heat a pan with a little oil.
- Cook diced chicken until fully cooked.
- Add vegetables and stir fry for a few minutes.
- Add soy sauce and serve with rice.

Why it works

High-protein meals like this help reduce late-night snacking.



CHICKEN STIR FRY





Ingredients

- 4 oz lean ground beef
- 1 medium sweet potato
- spinach or mixed greens
- olive oil
- salt and pepper

Procedure

- Bake the sweet potato for about 35–40 minutes.
- Cook the ground beef in a pan with salt and pepper.
- Slice the sweet potato and serve with beef and greens.
- Drizzle lightly with olive oil.

Why it works

This meal provides protein, fiber, and slow-digesting carbs that support energy levels.

HOW TO USE THIS PLAN

Pick one breakfast, one lunch, and one dinner each day.

Rotate the meals throughout the week depending on your preferences.

You can also swap ingredients or adjust portion sizes depending on your hunger and activity levels.

The goal is simple, balanced meals you can stick with consistently.

