

THE BURN FAT (4-DAY MEAL PLAN)



****NOTE**** Bodyweight used in calculations is 200lbs

	DAY 1	DAY 2	DAY 3	DAY 4 - Every 4th Day
MEAL 1	14oz Egg White 207 calories, 3g carbs, 43g protein, 1g fat 1 cup Oatmeal 300 calories, 54g carbs, 10g protein, 6g fat	1 tub fat Yoghurt 190 calories, 34g carbs, 11g protein, 0g fat 2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat	5oz Steak 300 calories, 0g carbs, 38g protein, 15g fat 6oz Egg White 89 calories, 1g carbs, 19g protein, 0g fat 3 slices Wholegrain Toast 210 calories, 39g carbs 9g protein, 3g fat	7oz Egg Whites 103 calories, 1g carbs, 22g protein, 0g fat 2 medium Whole Eggs 130 calories, 1g carbs, 11g protein, 9g fat 3 Pancakes 448 calories, 85g carbs 12g protein, 6g fat 2 tbsp. Syrup 104 calories, 27g carbs, 0g protein, 0g fat
	TOTAL 507 calories, 57g carbs, 53g protein, 7g fat	TOTAL 390 calories, 43g carbs, 63g protein, 6g fat	TOTAL 599 calories, 40g carbs, 66g protein, 18g fat	TOTAL 535 calories, 62g carbs, 66g protein, 3g fat
MEAL 2	12oz Chicken Breast 351 calories, 0g carbs, 81g protein, 3g fat 1 cup Brown Rice 209 calories, 44g carbs, 87g protein, 4g fat Fat Burner Supplement (optional)	8oz Chicken Breast 234 calories, 0g carbs, 54g protein, 2g fat 8oz potatoes 202 calories, 46g carbs, 5g protein, 1g fat Fat Burner Supplement (optional)	2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat Fat Burner Supplement (optional)	2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat 1 plain medium-sized Bagle 289 calories, 56g carbs, 11g protein, 0g fat Fat Burner Supplement (optional)

MEAL 3	TOTAL 560 calories, 44g carbs, 87g protein, 4g fat	TOTAL 497 calories, 47g carbs, 72g protein, 3g fat	TOTAL 300 calories, 9g carbs, 52g protein, 6g fat	TOTAL 489 calories, 62g carbs, 51g protein, 4g fat
	10oz Salmon <i>255 calories, 0g carbs,</i> <i>52g protein, 4g fat</i> 2 cups Green Beans <i>68 calories, 16g carbs,</i> <i>4g protein, 0g fat</i>	2 Scoops Whey Protein <i>300 calories, 9g carbs,</i> <i>52g protein, 6g fat</i> Fat Burner Supplement <i>(optional)</i>	8oz Chicken Breast <i>234 calories, 0g carbs,</i> <i>54g protein, 2g fat</i> 1 cup Brown Rice <i>209 calories, 44g carbs,</i> <i>87g protein, 1g fat</i> 2 cups Broccoli <i>62 calories, 12g carbs,</i> <i>6g protein, 0g fat</i> 2 tbsp. teriyaki sauce <i>30 calories, 6g carbs,</i> <i>0g protein, 0g fat</i>	10oz Salmon <i>255 calories, 0g carbs,</i> <i>52g protein, 4g fat</i> 2 cups Brown Pasta <i>363 calories, 71g carbs,</i> <i>13g protein, 2g fat</i> 1 cup Tomato/Bolognese Sauce <i>78 calories, 18g carbs,</i> <i>3g protein, 1g fat</i>
MEAL 4	TOTAL 352 calories, 16g carbs, 56g protein, 4g fat	TOTAL 300 calories, 9g carbs, 52g protein, 6g fat	TOTAL 535 calories, 62g carbs, 66g protein, 3g fat	TOTAL 696 calories, 89g carbs, 68g protein, 7g fat
	2 Scoops Whey Protein <i>300 calories, 9g carbs,</i> <i>52g protein, 6g fat</i>	8oz Turkey <i>252 calories, 0g carbs,</i> <i>56g protein, 2g fat</i> 2 cups Mixed Veggies <i>110 calories, 23g carbs,</i> <i>4g protein, 0g fat</i>	1oz almonds <i>161 calories, 6g carbs,</i> <i>6g protein, 14g fat</i> 2 slices whole-grain toast <i>91 calories, 20g carbs,</i> <i>4g protein, 1g fat</i>	2 Scoops Whey Protein <i>300 calories, 9g carbs,</i> <i>52g protein, 6g fat</i> 1 large banana <i>121 calories, 31g carbs,</i> <i>11g protein, 0g fat</i>
	TOTAL 300 calories, 9g carbs, 52g protein, 6g fat	TOTAL 332 calories, 23g carbs, 60g protein, 2g fat	TOTAL 252 calories, 26g carbs, 10g protein, 15g fat	TOTAL 421 calories, 40g carbs, 63g protein, 6g fat

MEAL 5	<p>10oz Steak 318 calories, 0g carbs, 60g protein, 10g fat</p> <p>1 cup Broccoli 31 calories, 6g carbs, 3g protein, 0g fat</p> <p>Fat Burner Supplement (optional)</p>	<p>2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat</p> <p>Fat Burner Supplement (optional)</p>	<p>10oz Salmon 255 calories, 0g carbs, 52g protein, 4g fat</p> <p>2 cups Green Beans 68 calories, 16g carbs, 4g protein, 0g fat</p> <p>1/2 cup Salsa 53 calories, 8g carbs, 2g protein, 0g fat</p> <p>Fat Burner Supplement (optional)</p>	<p>6oz Chicken Breast 176 calories, 0g carbs, 40g protein, 1g fat</p> <p>8oz Sweet Potatoe 268 calories, 63g carbs, 4g protein, 0g fat</p> <p>Fat Burner Supplement (optional)</p>
	<p>TOTAL 349 calories, 9g carbs, 63g protein, 10g fat</p>	<p>TOTAL 300 calories, 9g carbs, 52g protein, 6g fat</p>	<p>TOTAL 358 calories, 26g carbs, 58g protein, 4g fat</p>	<p>TOTAL 497 calories, 63g carbs, 4g protein, 0g fat</p>
MEAL 6	<p>2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat</p>	<p>10oz White Fish 255 calories, 0g carbs, 52g protein, 4g fat</p> <p>2 cups Green Beans 68 calories, 16g carbs, 4g protein, 0g fat</p>	<p>2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat</p>	<p>2 Scoops Whey Protein 300 calories, 9g carbs, 52g protein, 6g fat</p> <p>1 cup Oatmeal 300 calories, 54g carbs, 10g protein, 6g fat</p> <p>1 tbsp. Honey 64 calories, 17g carbs, 0g protein, 0g fat</p>
	<p>TOTAL 300 calories, 9g carbs, 52g protein, 6g fat</p>	<p>TOTAL 323 calories, 16g carbs, 56g protein, 4g fat</p>	<p>TOTAL 300 calories, 9g carbs, 52g protein, 6g fat</p>	<p>TOTAL 564 calories, 77g carbs, 50g protein, 10g fat</p>

DAILY TOTAL 2,339 calories, 141g carbs 373g protein, 37g fat	DAILY TOTAL 2,111 calories, 146g carbs 358g protein, 27g fat	DAILY TOTAL 2,344 calories, 172g carbs 320g protein, 52g fat	DAILY TOTAL 3,299 calories, 442g carbs 300g protein, 41g fat
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****Disclaimer****

The above meal plan consists of recommendations and is not meant to constitute medical fact. The statements made have not been evaluated. Seek the advice of a qualified nutritionist before undertaking any change to your diet. Seek the advice of a doctor before undertaking any training regime.