

Focusing on low glycemic load, high fiber, complex carbohydrates, lean protein, and monounsaturated fats. This plan promotes sustained energy, satiety, and fat loss while supporting muscle maintenance.

Meal Plan

Meal 1: Breakfast (7-8 am)



- Vegetable Omelette with Avocado

- 3 egg whites + 1 whole egg (110 kcal, 18g protein, 7g fat)
- 1/4 medium avocado (60 kcal, 5g fat, 3g fiber)
- 1/2 cup spinach, tomatoes, and onions (30 kcal, 5g carbs, 2g fiber)
- 1 slice whole grain toast (70 kcal, 15g carbs, 3g fiber)

Total: 270 kcal, 20g carbs, 18g protein, 12g fat

Meal 2: Snack (10-11am)



- Apple with Almond Butter

- 1 small apple (80 kcal, 21g carbs, 3g fiber)

- 1 tbsp almond butter (98 kcal, 9g fat, 3g protein)

Total: 178 kcal, 21g carbs, 3g fiber, 6g protein, 9g fat

Meal 3: Lunch (1-2pm)



- Grilled Chicken Breast with Quinoa and Veggies

- 150g grilled chicken breast (240 kcal, 45g protein, 5g fat)
- 1/2 cup cooked quinoa (111 kcal, 20g carbs, 3g fiber)
- 1 cup steamed broccoli (55 kcal, 11g carbs, 4g fiber)
- 1 tbsp olive oil (120 kcal, 14g fat)

Total: 526 kcal, 31g carbs, 48g protein, 19g fat, 7g fiber

Meal 4: Snack (4-5pm)



- Greek Yogurt with Flaxseeds

- 200g plain Greek yogurt (120 kcal, 20g protein, 6g carbs)
- 1 tbsp flaxseeds (37 kcal, 3g fat, 3g fiber, 2g protein)

Total: 157 kcal, 6g carbs, 3g fiber, 22g protein, 3g fat

Meal 5: Dinner (7-8pm)



- Grilled White Fish with Lentils and Roasted Veggies

- 120g grilled white fish(200 kcal, 25g protein, 10g fat)

- 1/2 cup cooked lentils (115 kcal, 20g carbs, 8g fiber, 9g protein)

- 1 cup roasted carrots and zucchini (50 kcal, 10g carbs, 4g fiber)

- 1 tsp olive oil (40 kcal, 5g fat)

Total 405 kcal, 30g carbs, 8g fiber, 34g protein, 15g fat

Meal 6: Evening Snack (10-11pm)



- Cottage Cheese with Cucumber and Olive Oil

- 100g cottage cheese (90 kcal, 11g protein, 5g fat)

- 1/2 cup cucumber slices (8 kcal, 2g carbs)

- 1 tsp olive oil (40 kcal, 5g fat)

Total: 138 kcal, 2g carbs, 11g protein, 10g fat