The Sample Fat Loss Meal Plan

So if you take a look at the sample menus I've provided you'll get an idea of how you can create your own, and keeping it really simple.

View the Sample Meal Plan.pdf

I personally aim to include around 25 grams of protein per meal. It may not be exact each time, sometimes it'll be 27 grams or 22grams. But close enough is good enough, when you're making it a lifestyle.

Here's how I work out how much protein to have.

I multiply my weight in kilos by 2.2. So I average around 61kgs (so I multiply that by 2.2) 61 x 2.2 is 134.2 grams protein. I consume 5 meals per day, so 134.2 divided by 5 is 26.84. If I only get in 125 grams in per day, I'm not going to freak out. Once again, it's a lifestyle.
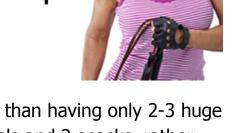
IMPORTANT: If you're trying to get your protein in, don't go thinking because you only got half in yesterday, that you're going to have 10 scoops of protein powder today etc, because you think having heaps of protein is going to make you skinny. Your body can only use a certain amount. So it's really just being wasteful.

Here's how I work my heavier carbs eg, brown rice, sweet potato, banana etc… I'll have them after training. Or I'll have them for lunch if I feel like I need it (energy wise).

I consume plenty of veggies, and I love fruit, so I never go a day without eating fruit, unless there's a specific reason for it.

Some of the meals in the sample plan are from my own personal eating plan, others are ones that I've created for my clients to use.

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Aim to eat smaller meals every 3 hours each day – rather than having only 2-3 huge main meals per day. So that would be 3 smaller main meals and 2 snacks, rather than just having 2-3 huge main meals and no snacks.

I know it's hard to remember when you're caught up with things you're doing in your business, family commitments, studies and children, but you need to keep your metabolism firing, otherwise you'll end up having energy slumps all the time. Which you're probably experiencing now if you're not eating properly.

Skipping meals all the time doesn't help either. I've had clients starve themselves all day (they're lucky to have had breakfast) and only eat at night by then they're so hungry they overeat.
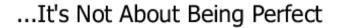
Most people kick back at night and relax. Not only are you teaching your body to store your food, due to starving it all day, but you're not able to then efficiently burn off those calories that you've consumed at night. Especially if you eat right up until you pretty much go to bed.

When it comes to your meals, it's NOT about eating until you feel so full you can't consume another mouthful. It's about eating just enough so that in 3 hours time you actually feel like you're ready to eat again.

And I don't mean you'll be so hungry you'll feel ready to pass out, I'm talking about feeling a bit peckish and knowing that you're ready to have your next meal or snack.

You might need to experiment a little, but that's ok. Listen to your body. Some people prefer every 2.5 hours over every 3 hours. If you're still feeling hungry then add some more salad or veggies to your meals.

When my clients shift from eating sporadically to consuming their meals more frequently the difference it makes shocks them.

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That really excites me seeing that, because it demonstrates the power you can have with reducing your body fat and doing it and healthy way. I love it! It really is so cool.

And one more thing that I see people do that I want to bring up before we go any further... And please don't go doing anything silly like this and that's replacing all your meals with "shakes" or only consuming one "real" meal per day and having shakes or meal replacements the rest of the day. It might work for the short term, but for the long-term it doesn't teach you how to consume real food and meals.
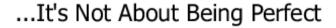
Consuming nutritious meals, via real food, ramps up your metabolism. It takes more work for it burnt off – meaning more calories being burnt.

Don' t spend your time worrying if everything is perfect. Just get in there and do it. If you have fruit at the wrong time here n there, who cares? I don't recommend having huge amounts of fruit before you go to bed every night. But an apple here n there or a small amount of blue berries with natural / greek yoghurt for a special snack isn't going to ruin all your efforts. Keeping fruit to the first half of the day where you can burn it off more efficiently is best.

Use lean protein. Grill your meat when you can. Grill your seafood and chicken as well. If you want something a little different for your fish or chicken breasts, coat them in small amount of olive oil, garlic, lemon, cracked pepper and parsley, wrap it in foil and put it in the oven. Remove the fat and skin from poultry, and use leaner cuts of meat.

Include heaps of greens in your meals. Use those to fill up on in your meals. If you add seasonings and home-made dressings, see your sample eating plan, you'll add some real bang to your meals.

Swap soft drinks for water. Add some fresh lime juice or lemon juice to your water if you feel like you need to add some flavour to it. Drink heaps of water. Have water

with your meals. Have water with your snacks. Don't wait until you're really thirsty to drink have regular water intake throughout the day.

Reduce your alcohol consumption. You'll be reducing calories, you'll feel much fresher in the morning and it'll allow your body to burn off the calories you're consuming from your meals more efficiently.

And once again, I'm not saying you have to quit alcohol completely, just reduce it. The difference in reducing your alcohol intake can be huge, especially if you're used to having a few glasses of wine per night or whatever it is that you're having.

Open Your healthy-lifestyle-menu-sheet.pdf
...And start writing down your meals for the coming week.