TRIPLE THREAT

FAT-LOSS MEAL PLAN: 150 LBS.

MEAL 1
Eggs, 1 large
Egg whites, 4 large
Low-fat provolone, 1 slice
Spinach, 1 cup
274 calories, 8 g fat, 3 g carbs, 26 g protein

MEAL 2
Ground turkey 90/10, 4 oz.
Brown rice, 1/2 cup cooked
Red pepper (diced), 1/2 cup
Olive oil, 1/2 tbsp
353 calories, 17 g fat, 26 g carbs, 24 g protein

MEAL 3
Lean turkey breast, 4 oz.
Low-fat provolone, 1 slice
Whole-grain bread, 3 slices
Tomato, 2 slices
Green leave lettuce, 1 slice
330 calories, 6 g fat, 34 g carbs, 35 g protein

MEAL 4
Chicken breast, 4 oz.
Sweet potato, 10 oz.
Broccoli (steamed), 1 cup
365 calories, 1 g fat, 61 g carbs, 28 g protein

MEAL 5
Greek yogurt (low-fat), 8 oz.
Whey protein, 1/2 scoop
Strawberries (chopped), 1 cup
221 calories, 5 g fat, 20 g carbs, 37 g protein

DAILY TOTALS
1,509 calories, 37 g fat, 144 g carbs, 150 g protein

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