

7-Day Fat Burning Meal Plan Sample

This plan serves as a general template for a fat-burning diet.

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Day 1: Strong Start

- **Breakfast:** 2-egg omelet + 1 slice whole wheat bread + 1 cup green tea
 - **Snack:** A handful of almonds + 1 apple
 - **Lunch:** Grilled chicken breast + brown rice + steamed vegetables
 - **Snack:** Greek yogurt + honey
 - **Dinner:** Salmon fish + green salad + olive oil
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Day 2: More Energy!

- **Breakfast:** Oats + low-fat milk + honey
 - **Snack:** Peanut butter + banana
 - **Lunch:** Quinoa + vegetables + boiled egg
 - **Snack:** Walnuts + Greek yogurt
 - **Dinner:** Beef steak + roasted potatoes + salad
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Day 3: Burn More Fat!

- **Breakfast:** Greek yogurt + berries + nuts
 - **Snack:** A handful of almonds + green tea
 - **Lunch:** Turkey breast + grilled vegetables + brown rice
 - **Snack:** 1 banana + 10 almonds
 - **Dinner:** Lentil soup + whole wheat bread
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Days 4-7: Repeat with Some Variation!

For days 4-7 of the fat-burning meal plan, you should mix and match the foods mentioned earlier, adding variety to prevent monotony.

For example, you can replace red meat with fish, chicken breast, or turkey. For snacks, feel free to rotate options like peanut butter, Greek yogurt, nuts, and fruit to keep things interesting.