

Fat loss plan for men 210 lbs to 250 lbs

Total Calories per day between 2320 and 2550 (depending on where you fall between 210 lb and 250 lb) A Options should be followed by individuals 210 lbs. B Options should be followed by individuals around 225 lbs. C Options should be followed by individuals 250 lb.

A Macros: Total Calories 2320 Including snack(210lb) Protein 200g, Fat 80 Carbs 200g

B Macros: Total Calories 2425 including snack(225lb) Protein 215g, Fat 85g, Carbs 200g

C Macros: Total Calories 2550 including snack(250lb) Protein 217g, Fat 100g, Carbs 200g

Breakfast:

(Option A) Egg white omelette. 1 cup egg whites 3 slices turkey bacon, 1 handful spinach, ½ cup 2% cottage cheese, 2 slices whole wheat toast, half avocado.

(Total Calories 510) Protein 49g, Fat 18g, Carbs 37g

(Option B) Apple pie oatmeal. 60g or ¾ cup oatmeal, 1 scoop (BPI sports) vanilla flavored protein powder, ½ medium apple diced, 1tbs honey, 1 tbs cinnamon, 1 cup 2% milk. Combine milk, oats, apple microwave 1 to 2 min add cinnamon and protein after.

(Total Calories 540) Protein 41g, Fat 8g, Carbs 76g

(Option C) Breakfast Pizza bagel. 1 plain bagel cut in half, 1 chicken sausage, 2 small eggs, 2 tbs tomato paste, 1/2 ounce mozzarella cheese shredded, **(Total Calories 653)**

Protein 35g, Fat 34g, Carbs 45g

Lunch:

(Option A) Tuna, salmon bacon sandwich. 3 oz can tuna (in water) 3 oz can salmon (in water), 3 strips cooked turkey bacon, 1 medium stalks celery (diced), 1 tbs lemon juice, 2 tbs plain greek yogurt, 2 tbs honey mustard, 1 tbs onion powder, 2 slices whole wheat bread. **(Total Calories 444) Protein 46g, Fat 16.5g, Carbs 28g**

(Option B) Quinoa salad. ½ cup Quinoa (cooked), Half avocado, 4 oz Grilled Chicken breast, ¼ cup diced black olives, ¼ cup cucumber peeled and chopped, Half red apple diced, 1 tbs balsamic vinegar, ¼ cup chopped parsley, ¼ cup chopped chives, ¼ cup crumbled feta, ½ teaspoon sea salt, **(Total calories 539) Protein 45g, Fat 23, Carbs 38.5,**

(Option C) BLT turkey wrap. One 8 inch whole wheat tortilla, 4 oz deli turkey, 3 strips cooked bacon, ½ cup lettuce, 1 tomato (sliced) 1 tbs greek yogurt, 2 tbs light ranch dressing, 1 oz cheddar cheese. (Total Calories 712) Protein 42g, Fat 32g, Carbs 64g,

Dinner:

(Option A) Pistachio Encrusted Salmon, side of baked sweet potato. 8 oz salmon, 100g sweet potato, 1 tbs dijon mustard, ½ tbsp honey, ¼ cup chopped, shelled pistachios, ¼ cup panko bread crumbs, 1 tbsp fresh finely chopped chives, 1 tbsp fresh finely chopped parsley, dash of salt.

1. Preheat oven to 400 degrees.
2. Place salmon in baking dish after brushing both cooking spray. (Leave to the side)
3. Mix honey and mustard in small bowl
4. Mix bread crumbs, chives, parsley, pistachios, salt and black pepper in another small bowl
5. Coat top of fish with sauce
6. Cover fish with bread crumb mixture
7. Bake for 15 min
8. Cook sweet potato in microwave, serve with cinnamon and a pinch of salt.

(Total Cal 624 Protein 54g, Fat 28g, Carbs 39g)

(Option B) Chicken burrito bowl. 1 cups cooked brown rice, 1 lime, 2 tbs cilantro, 6 oz chicken breast, mexican seasoning, ⅓ cup no salt added black beans, ½ cup fresh pico de gallo or salsa, ¼ cup guacamole, ¼ cup nonfat greek yogurt, ¼ cup low fat shredded cheddar cheese, 1 cup shredded lettuce.

1. Toss cooked rice with chopped cilantro, squeeze of lime juice and pinch of salt.
2. Toss chicken breast with your favorite Mexican seasoning and bake
3. Cut cooked chicken into bite size pieces
4. Warm black beans in microwave
5. Combine Cilantro lime rice, Shredded Lettuce, Cooked Chicken Breast, Black Beans, Guacamole, Fresh Pico De Gallo, Greek Yogurt.
6. Finish off with sprinkle of cheddar cheese and wedge of lime.

(Total Cal 780 Protein 78g, Fat 20g, Carbs 72g)

(Option C) Grilled 8 oz sirloin steak, side of sour cream topped baked potato (medium 213g) Balsamic sauteed mixed vegetables.

1. Season steak with salt & pepper through it on the grill until cook to desired doneness.
2. Bake potato in microwave until done top with 2 tbs sour cream.
3. Saute in skillet with cooking spray and 3 tbs balsamic vinegar 100 grams of your favorite mixed vegetables diced cook on stove top until veges are soft.

(Total Cal 877 Protein 78, Fat 38, Carbs 55)

Snacks:

Whey protein shake: A option 1 scoop per day. B Option 2 scoops per day C 2 scoop per day, OR (**A,B,C NO MORE THAN 240 CALORIES FROM SNACK OPTION**)

(BPI Pro 1 scoop Cal 120, Protein 24g, Carbs 3g, Fat 1.5g)

(Gold Standard Whey 1 scoop Cal 120, Protein 24g, Carbs 4g, Fat 1g)

(ISO 100 whey protein isolate 1 scoop Calories 110, Protein 25g, Carbs 1g, Fat 0g)

(Nitro-Tech Whey and Lean muscle builder 1 scoop Calories 160, Protein 30g, Carbs 4g Fat 2.5g)

(GAF Whey 1 Scoop Calories 130, Protein 25g, Carbs 3g, Fat 2g)

Banana & Cottage Cheese: 236 Calories 1 Medium Banana $\frac{3}{4}$ cup low fat Cottage Cheese. Carbs 29g, Protein 21g, Fat 4g

0% Greek Yogurt & Blueberries: 164 Calories 1 cup nonfat plain greek yogurt, 75g Blueberries. Carbs 19g, Protein 22g, Fat 0

Macro friendly Strawberry Sundae: 230 Calories, Fage 0% Strawberry Yogurt (split cup) mix in $\frac{1}{4}$ cup fresh strawberries top with Reddi Wip 2tbs (5g) drizzle on 1tbs Nestle Toll House Dark Chocolate Chips. Carbs 29g, Protein 15g, Fat 6g

Macro Friendly Drinks: **Water!** Seltzer water, Unsweetened Tea, Coffee (black or skim milk no sugar) If you need something sweet the occasional diet cola is okay.