

**JSS FITNESS**

**FREE FAT LOSS NON-VEG DIET PLAN**

FREE PLAN | [www.jssfit.com](http://www.jssfit.com)

# **Calories & Macronutrients Analysis**

Calories: 1700-1900 kcal

Protein: 120-140g

Carbs: 140-180g

Water Intake: 4-5 Litres

## Detailed Meal Plan

Meal	Food	Calories	Protein	Carbs	Fats
Breakfast	2 Eggs + 4 Whites + Bread	350	30g	25g	12g
Mid Meal	Apple	80	0g	20g	0g
Lunch	150g Chicken + 2 Roti	500	45g	40g	12g
Pre WO	Banana	100	1g	25g	0g
Dinner	150g Chicken + Salad	450	40g	15g	15g

## **Recommended Foods**

Eggs, Chicken, Fish, Rice, Roti, Fruits, Vegetables, Milk and whole foods.

## **Expected Results**

Results depend on consistency, training and recovery.

## **Success Rules**

Train consistently, sleep 7-9 hours, stay hydrated and follow the diet 90%+ of the time.

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