

WEIGHT ▶ 174 LBS

BODY FAT ▶ 30%

BMR ▶ 1,560 KCAL

TDEE ▶ 2,150 KCAL



- ☐ Mon Day 1 ▶ 250 kcal.
- ☐ Tue Day 2 ▶ 250 kcal.
- ☐ Wed Day 3 ▶ 250 kcal.
- ☐ Thu Day 4 ▶ 250 kcal.
- ☐ Fri Day 5 ▶ 250 kcal.
- ☐ Sat Day 6 ▶ 250 kcal.
- ☐ Sun Day 7 ▶ 250 kcal.



WATER

2 LITERS 11OZ

Coconut Water
Purified Water



PROTEIN

420 KCAL

170g Chicken Breast
2 Can Tuna
2 Scp Protein Powder
—1 Whole Egg—



FAT

360 KCAL

14g Coconut Oil ▶ 125 kcal.
14g Olive Oil ▶ 125 kcal.
100g Avocado ▶ 160 kcal.



CARBOHYDRATE 770 KCAL

Each approx.
200 to 250 Kcal▼

Each approx.
45 to 60 Kcal▼

220g Banana
330g Kiwi
330g Mango
360g Apple
360g Guava
380g Pineapple
410g Orange
450g Papaya
620g Melon
620g Watermelon

30g Plantain
100g Beetroot
100g Carrot
140g Broccoli
140g Bell Pepper
140g String Beans
160g Cabbage
200g Cauliflower
250g Tomato
320g Zucchini