

7-DAY BEGINNER FAT LOSS PLAN

Your step-by-step guide to kickstart your journey at home!

IMPORTANT NOTICE

Before starting any new diet or exercise program, please consult with a qualified healthcare professional. Your individual health condition, medical history, and personal circumstances should always be taken into account. The information in this guide is for general educational purposes only and does not replace professional advice.

Introduction

Welcome! In this guide, you'll find a **7-day meal plan**, a **simple workout routine**, and some mindset tips to help you **lose fat, feel better, and build consistency**. No expensive supplements, no long workouts – just real, actionable steps.

Daily Meal Structure

Here's the flexible structure you'll follow each day:

- ✓ **Breakfast:** Protein-rich and energizing (e.g., Greek yogurt with berries & oats, or scrambled eggs with avocado on whole grain toast).
 - ✓ **Lunch:** Balanced plate – lean protein, whole grains, colorful veggies, healthy fats (olive oil, seeds).
 - ✓ **Snack:** Something light and satisfying (fruit with nut butter, protein shake, or boiled egg with cherry tomatoes).
 - ✓ **Dinner:** Light but nourishing – baked salmon, sweet potatoes, salad, or grilled tempeh with veggies.
 - ✓ **Hydration:** Aim for 2 liters of water daily. Add a pinch of sea salt to one bottle to balance electrolytes.
-

Day-by-Day Plan

Day 1 – Reset & Rehydrate

- Eat light, clean meals.
- Cut out soda, juice, alcohol.
- Drink plenty of water.

Day 2 – Balanced & Grounded

- Stick to whole foods.
- 3 main meals and 1 snack.
- No restrictions—just consistency.

Day 3 – Boost Your Fiber

- Add a green smoothie (spinach, banana, chia seeds, almond milk).
- Fiber helps digestion and satiety.

Day 4 – Portion Control

- Use smaller plates.
- Eat slowly and chew thoroughly.
- Build awareness around your eating.

Day 5 – High Protein, Low Fat

- Focus on lean proteins (chicken breast, egg whites, legumes).
- Moderate fats, clean carbs (baked chicken, lentil soup, tofu stir-fry).

Day 6 – Plant-Based Day

- Try a vegetarian or plant-based day.
- Beans, veggies, whole grains, seeds.

Day 7 – Flex Day & Prep

- Enjoy one fun meal (pizza with salad, burger with lettuce wrap).
 - Spend time prepping meals for the next week.
-

Workouts (15–30 minutes)

Day 1 – Full Body Activation

- Jumping jacks, bodyweight squats, knee push-ups, planks (30 seconds each, 3 rounds).

Day 2 – Active Recovery

- 30-minute walk outside or light yoga.

Day 3 – Lower Body Strength

- Glute bridges, step-ups, wall sits, lunges.

Day 4 – Core & Cardio

- Mountain climbers, Russian twists, bicycle crunches, plus cardio bursts.

Day 5 – Upper Body Focus

- Incline push-ups (on a table), arm circles, rows with water bottles or cans.

Day 6 – Full Body Stretch & Mobility

- Slow, deep stretches and breathing.

Day 7 – Choose Your Favorite

- Repeat your favorite workout or try dancing, hiking, or swimming.

Mindset Tips

- ✓ Set small, realistic goals – not perfection.
- ✓ Track your daily wins.
- ✓ Talk to yourself like a friend – you're learning and growing.

Your Action Plan

- ✓ Follow the daily meal structure.
- ✓ Move your body every day (even 15 minutes helps!).
- ✓ Hydrate and sleep well (7–8 hours).
- ✓ Use the comment section of the video to check in – I'll be cheering you on!