Meal Plan to Lose Belly Fat

Patient name: Michael Hans **Age:** 33 **Sex:** ◉ Male ○ Female

Nutritional goals		
Daily caloric intake goal: 1800 kcal	**Fat goal:** 40 g	**Protein goal:** 150 g
Carbohydrates goal: 200 g	**Fiber goal:** 60 g	**Water intake goal:** 3 L per day

Food to avoid

Sugary beverages (soda, fruit juices).
High-fat processed foods (chips, cookies).
Refined carbs (white bread, pasta).
Fried foods.
High-sugar snacks (candy bars, cakes).

Weekly meal plan overview

Breakfast options	Lunch options	Dinner options	Snack options
Oatmeal topped with sliced strawberries and a tablespoon of chia seeds. Greek yogurt mixed with blueberries and a sprinkle of hemp seeds. Scrambled egg whites with spinach, tomatoes, and whole-grain toast. Smoothie made with spinach, banana, almond milk, and a scoop of plant-based protein powder. Quinoa porridge with almond milk, apple slices, and cinnamon.	Grilled chicken salad with mixed greens, cucumber, carrots, and a vinaigrette dressing. Quinoa bowl with black beans, corn, avocado, and salsa. Turkey breast wrap with whole-grain tortilla, lettuce, and hummus. Lentil soup with a side of whole-grain bread. Baked salmon with steamed broccoli and brown rice. Vegetable stir-fry with tofu and a	Grilled tilapia with roasted sweet potatoes and green beans. Zucchini noodles with turkey meatballs and marinara sauce. Baked chicken breast with quinoa and asparagus. Veggie burger on a whole-grain bun with a side salad. Stir-fried shrimp with mixed vegetables and brown rice. Beef stir-fry with bell peppers, onions, and a side of cauliflower	Sliced cucumber with hummus. Handful of almonds. Apple slices with almond butter. Greek yogurt with a handful of walnuts. Carrot sticks with guacamole. A small bowl of mixed berries. Celery sticks with peanut butter. Cottage cheese with pineapple chunks. Boiled eggs. Air-popped popcorn.

Notes, adjustments, and recommendations
Michael reported feeling more energetic but struggled with afternoon cravings. Suggested adding an extra snack in the afternoon. Michael should continue monitoring his hunger levels and adjust portion sizes as needed. Incorporating moderate physical activity, such as a 30-minute walk daily, can enhance fat loss. Reevaluate protein intake if feeling unusually fatigued