

Meal Plan to Lose Belly Fat

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Name: _____ Age: _____

Date: _____ dd / mm / yyyy

This meal plan is designed to help reduce belly fat through a balanced diet rich in nutrients that target abdominal fat. It focuses on whole foods, high in fiber, lean protein, and healthy fats, to improve metabolism and reduce fat accumulation. Generally, meal plans for losing belly fat avoid sugary food, high-fat processed food, and refined carbs.

WEEKLY MEAL PLAN OVERVIEW

Breakfast Options

Lunch Options

Dinner Options

Snack Options

Food to Avoid

GOALS

Daily Caloric Intake Goal: _____ Protein Goal: _____

Fiber Goal: _____ Fat Goal: _____

Carbohydrates Goal: _____ Water Intake Goal: _____

Notes and Adjustments:

HEALTHCARE PROFESSIONAL'S ADDITIONAL NOTES AND RECOMMENDATIONS

Healthcare Professional's Additional Notes and Recommendations