

3.DAY | MEAL PLAN

MONDAY

- B** /
- L** Chicken (1 piece breast) 12pm
- D** 3-6 Eggs white 7pm

TUESDAY

- B** /
- L** Chicken (1 piece breast) 12pm
- D** Salmon (150g) 7pm

WEDNESDAY

- B** /
- L** Chicken (1 piece breast) 12pm
- D** 1 Cup Protein Shake 7pm

✓ TAKE A SCALE MEASUREMENT BEFORE START.

✓ AFTER 3 DAYS TAKE SCALE MEASUREMENT AGAIN.

YOUR NAME (Weight Loss)

KG | -

BMI | -

-Body Mass Index is a person weight in kilograms divided by the square of height in metres.



BMR | - (Average for woman is around 1500)

-Basal metabolic rate) is the number of calories required to keep your body functioning at rest, also known as your metabolism.

APPLICATION | myfitnesspal.com (free)

-Keeping a food diary helps you understand your habits and increases your likelihood of hitting your goals.

Diary				
Today				
2,560	-	372	+	0
Goal		Food		Exercise
				= 2,188
Breakfast				372
Avocado on Toast				372
Homemade, 2.0 slices				

NOTE:

-Everything that you intake during day have own calorie (coffe, milk..) be conciuos of that, because everything counts.

2,560	-	807	+	0	=	1,753
Goal		Food		Exercise		Remaining
Snacks						60
ness						25
nescafe, 6.0 gram						
Honey Lime Tea Drink						35
Vita, 100.0 ml						