

Meal Plan to Lose Belly Fat

Patient name: _____ Age: _____ Sex: Male Female

Nutritional goals			
Daily caloric intake goal:	Fat goal:	Protein goal:	
Carbohydrates goal:	Fiber goal:	Water intake goal:	
Food to avoid			
Weekly meal plan overview			
Breakfast options	Lunch options	Dinner options	Snack options

Notes, adjustments, and recommendations