

Boxing Bells Fitness – Free Fat Loss Meal Plan

Let's keep this **very simple, realistic, and sustainable**—no complicated dieting, just a structure that supports your boxing + kettlebell plan and helps with steady fat loss.

Simple Fat Loss Meal Plan (Over 40)

Core Idea

- Eat **3 main meals + 1 optional snack**
 - Prioritize **protein + whole foods**
 - Keep it easy to repeat
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Breakfast (Pick 1)

Option A

- Greek yogurt
- Berries
- Handful of nuts

Option B

- 2–3 eggs (scrambled or boiled)
- 1 slice wholegrain toast

Option C (quick)

- Protein smoothie (milk + protein powder + banana)
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Lunch (Pick 1)

Option A

- Grilled chicken salad
- Olive oil + vinegar dressing

Option B

- Tuna + wholegrain wrap
- Salad inside

Option C

- Leftover dinner (best option for simplicity)

Dinner (Keep This Formula)

Protein + Veg + Carb (optional/small)

Examples:

- Chicken + broccoli + small portion rice
- Salmon + salad + potatoes
- Lean beef + mixed vegetables

Plate guide:

- ½ vegetables
 - ¼ protein
 - ¼ carbs
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Snacks (Optional – 1 per day)

Only if hungry:

- Fruit + handful of nuts
 - Boiled eggs
 - Greek yogurt
 - Protein shake
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What to Reduce (Big Impact)

- Sugary drinks
- Alcohol (limit to 1–2 times/week)
- Ultra-processed snacks (chips, biscuits)

 You don't need to eliminate—just reduce.

Hydration

- 2–3 litres water/day
- Have a glass before meals (helps appetite control)

Simple Daily Example

Breakfast: Eggs + toast

Lunch: Chicken salad

Snack: Yogurt

Dinner: Salmon + veg + small potatoes

Portion Control (No Calorie Counting)

Use your hands:

- Protein = palm-sized
 - Carbs = cupped hand
 - Fats = thumb-sized
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Keep It Sustainable

- Eat similar meals most days (less thinking)
 - Allow 1–2 relaxed meals per week (not a whole day)
 - Don't aim for perfection—aim for consistency
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What to Expect

- Slow, steady fat loss
- Less hunger over time
- Better energy for workouts