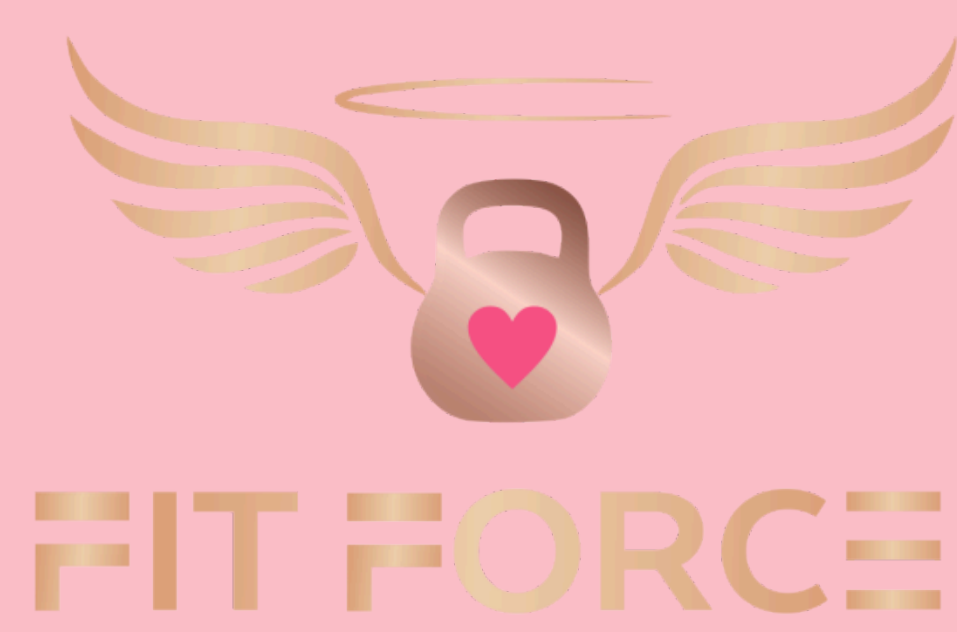




8 week

**DIET & EXERCISE
PLAN**



8-Week High-Protein, Low-Carb Weight Loss Plan

Embark on your journey to a healthier, stronger, and more confident you with our 8-week high-protein, low-carb meal plan! Designed to support gradual, sustainable weight loss, this plan focuses on nutritious, satisfying meals that fuel your body while keeping your calorie intake at 1400 per day. By prioritizing protein and limiting carbohydrates, you can help preserve muscle mass, boost metabolism, and stay fuller for longer—all while working toward your weight loss goals.



Why This Plan Works:

Weight loss is about consistency and making sustainable changes. Over the next eight weeks, this meal plan will not only guide you through balanced and delicious meal options but also teach you the importance of nourishing your body in the right way. Remember, small steps lead to big changes!

With dedication and a positive mindset, you can achieve your goals. Here's to a healthier, happier you!



FIT FORCE

Motivation & Tips for Success

- **Stay Consistent:** Stick to your daily calorie and protein goals. Even when results feel slow, every small victory adds up.
- **Stay Hydrated:** Drinking plenty of water helps with digestion and keeps your body functioning optimally.
- **Stay Active:** Aim for at least 30 minutes of moderate exercise most days of the week. Find activities you enjoy, whether it's walking, cycling, or strength training.
- **Listen to Your Body:** If you feel hungry, evaluate whether you need a nutrient-rich snack or more hydration. If you feel full, don't force yourself to eat.
- **Plan & Prep:** Meal prepping can save you time and keep you on track. Use the weekends to prepare ingredients and meals for the week ahead.
- **Practice Mindful Eating:** Slow down and savor each bite, paying attention to when your body feels satisfied.
- **Celebrate Your Progress:** Focus on non-scale victories too, like increased energy levels, improved mood, or clothes fitting better.

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Disclaimer:

This 8-week meal plan is provided for general informational purposes only and is not a substitute for professional medical or nutritional advice. Before starting this weight loss program or any diet plan, consult with a healthcare provider or a registered dietitian, especially if you have pre-existing medical conditions, dietary restrictions, or specific nutritional needs. Results may vary, and weight loss of 1 kg per week is not guaranteed. Always ensure that your dietary plan is safe and appropriate for your individual circumstances. Do not use if pregnant or breastfeeding.



1 Week

MEAL PLAN

BREAKFAST (EVERY DAY)

Green Juice: Handful spinach, 1 finger length pc cucumber, 1/2 green apple. 1 tbsp grated ginger, juice of half lemon, 1tsp apple cider vinegar, cold water. Blend until smooth. (optional: 1 serving absolute collagen)

1 GRAPEFRUIT.

(tea or coffee, 1 cup per day, no sugar. sweetener only, no sugar.)

1x sculpt fat burner after breakfast.
1x sculpt or intense burner after lunch.

MONDAY:

- Mid-Morning (Sculpt Protein Smoothie): Sculpt Protein Shake with water or unsweetened almond milk
- Lunch: Grilled chicken breast (150g) with a mixed green salad (lettuce, cucumber, cherry tomatoes, and a tbsp dressing) 1/4 avocado, 1/2 cup cooked brown rice
- Mid-Afternoon Snack: 20g almonds, 1 square dark chocolate.
- Dinner: Baked fish (120g) with steamed asparagus, 1/2 cup steamed broccoli

TUESDAY:

- Mid-Morning (Sculpt Protein Smoothie): Sculpt Protein Shake with frozen berries and spinach
- Lunch: Tuna salad (1 can of tuna in water, mixed greens, cucumber, bell peppers, and a light vinaigrette) with a small side of roasted sweet potato wedges (100g)
- Mid-Afternoon Snack: 1 cup sliced cucumber with hummus (2 tablespoons)
- Dinner: Grilled beef kebabs (120g) with sautéed green beans and bell peppers

1 Week MEAL PLAN

WEDNESDAY:

- Mid-Morning (Sculpt Protein Smoothie): Sculpt Protein Shake with a tablespoon of natural peanut butter and ice
- Lunch: Chicken lettuce wraps (100g ground chicken, lettuce leaves, and chopped veggies) with a side of carrot sticks and a small whole wheat pita (40g)
- Mid-Afternoon Snack: 1 boiled egg (or 100gr plain greek yogurt) and 1 small piece of dark chocolate (10g)

Dinner: Baked fish (120g) with roasted Brussels sprouts and broccoli

THURSDAY:

- Mid-Morning (Sculpt Protein Smoothie): Sculpt Protein Shake with water or almond milk
- Lunch: Grilled beef salad (100g grilled beef, mixed greens, arugula, cucumber, cherry tomatoes, olive oil, and lemon) with 1/4 avocado
- Mid-Afternoon Snack: Baby carrots with 3 tablespoons of guacamole
- Dinner: chicken or shrimp stir-fry (150g) with broccoli, snap peas, peppers and 1/2 cup cooked brown rice

FRIDAY:

- Mid-Morning (Sculpt Protein Smoothie): Sculpt Protein Shake with unsweetened almond milk and a few frozen cherries
- Lunch: Grilled chicken (120g) and veggie salad (mixed greens, diced tomatoes, cucumbers, and a lemon-tahini dressing) with 1/2 cup roasted chickpeas
- Mid-Afternoon Snack: A small handful of walnuts (20g), 2 tbsp fat free cottage cheese
- Dinner: chicken (150g) with roasted veg, plus 1/2 small baked potato

SATURDAY:

- Same as Tuesday

SUNDAY:

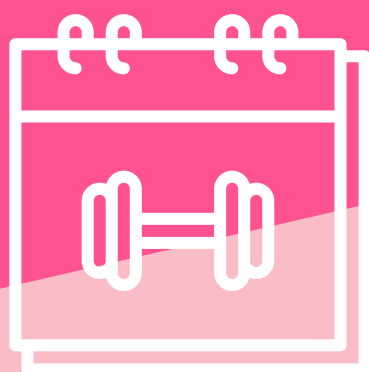
- Same as Thursday

ADDITIONAL NOTES:

- Mid afternoon snack is optional you can skip it if you're not hungry.
- Do not skip any of the other meals
- Eat every 2-3 hours to sustain energy and keep hunger at bay.

AT HOME WORKOUT CHALLENGE

This is designed for those who are not active.
Implementing exercise will assist you in achieving your weightloss goals.
Follow this plan along with the diet plan. You can do this workout with or without dumbbells.



WEEK 1 & 2: MON/WED/FRIDAY

| | |
|----------------|---------------------------|
| 20 Squats | 30 Jumping jacks |
| 15 Lunges | 20 hip thrusts |
| 20 Jump squats | 20 Donkey kicks (per leg) |
| 40 Chrunches | Repeat x 5 |
| 30 Sec Plank | |
| | 5-10 min walk. |

WEEK 1 & 2 TUES/THURS

| | |
|-----------------------|-----------------------|
| 1 min jogging on spot | 20 Tricep Dips |
| 30 sec plank | 20 russian twists |
| 1 min jumping jacks | 1 min jogging on spot |
| 20 sit ups | repeat x5 |
| 20 wall push ups | |

WEEK 3 & 4: MON/WED/FRIDAY

| | |
|----------------|---------------------------|
| 30 Squats | 50 Jumping jacks |
| 25 Lunges | 30 hip thrusts |
| 30 Jump squats | 30 Donkey kicks (per leg) |
| 50 Chrunches | Repeat x 5 |
| 45 Sec Plank | |
| | 10-15 min walk. |

WEEK 3 & 4: TUES/THURS

| | |
|---------------------------|---------------------------|
| 1 min 30s jogging on spot | 30 Tricep Dips |
| 45 sec plank | 30 russian twists |
| 1 min 30s jumping jacks | 1 min 30s jogging on spot |
| 30 sit ups | repeat x5 |
| 30 wall push ups | |

WEEK 3 & 4: MON/WED/FRIDAY

| | |
|----------------|---------------------------|
| 50 Squats | 70 Jumping jacks |
| 40 Lunges | 40 hip thrusts |
| 40 Jump squats | 40 Donkey kicks (per leg) |
| 60 Chrunches | Repeat x 6 |
| 60 Sec Plank | |
| | 15 min walk. |

WEEK 3 & 4: TUES/THURS

| | |
|----------------------|----------------------|
| 2min jogging on spot | 40 Tricep Dips |
| 60 sec plank | 40 russian twists |
| min 2jumping jacks | 2min jogging on spot |
| 40 sit ups | repeat x6 |
| 40 wall push ups | |



Participating in any exercise program carries a risk of injury. By voluntarily participating in this program, you assume the risk of any injury or health issue that may result. Always listen to your body and modify or stop exercises as needed. If you experience any discomfort, pain, or unusual symptoms, stop immediately and seek medical advice. Fitforce and its representatives are not liable for any injury, loss, or health complications that may arise from the use of this program. Always perform exercises in a safe environment and use proper technique.