



Building Muscle & Strengthening Minds

## DAILY NUTRITION PLAN

1500 calories daily

## PURPOSE

Primary: Weight loss

Secondary: Muscle building/retention

*"Leave Weakness Behind"*



## INTRODUCTION

This meal plan was created by AntiWeak with one purpose: **to help you break barriers** – both physically and mentally – and create a stronger, more energized version of yourself. We believe it's not weakness to start from scratch – **choosing to do something about it is real strength.**

This plan is designed for those who want to **lose weight** in a healthy and balanced way. With a focus on quality and results, it provides around **1,500 calories per day**, supporting fat loss without compromising your body's needs.

The plan follows a macronutrient split of **40% protein, 30% fat, and 30% carbohydrates** to help you:

Maintain muscle mass during weight loss with a high protein intake.

Experience satiety and stable energy to stay focused and avoid cravings.

Build a sustainable lifestyle where healthy choices become a natural part of your daily routine.

At AntiWeak, we focus on providing tools that actually work. This plan uses **easy-to-find ingredients**, simple meals, and built-in flexibility so you can adapt it to your taste and routine.

How does the plan work?

The plan includes **3 main meals** and **1–2 snacks** per day for an even energy distribution. Ingredients and portions are carefully balanced to give you the right ratio of calories and nutrients.

Meals can be varied to suit your preferences without compromising the plan.

We believe **small steps lead to big results.** That's why this plan is not just a fat loss tool – it's part of your journey toward a life full of strength and energy.

**Note:** All nutritional values and portion sizes are approximate and may vary depending on the ingredients you use. Adjust as needed to match your body's unique needs.



# DAILY MEAL PLAN (APPROX. 1,500 KCAL)

## Breakfast (350 kcal)

- Greek yogurt (2%): 150 g
- Fresh berries (e.g., blueberries/strawberries): 50 g
- Oats: 20 g
- Chopped almonds: 10 g

### Nutritional values:

Kcal: 350 | Protein: 23 g | Fat: 10 g | Carbs: 32 g

## Morning Snack (150 kcal)

- Boiled egg: 1 pc
- Vanilla skyr: 100 g

### Nutritional values:

Kcal: 150 | Protein: 13 g | Fat: 6 g | Carbs: 8 g

## Lunch (400 kcal)

- Chicken breast (grilled or pan-fried): 100 g
- Quinoa (cooked): 50 g
- Green salad (spinach, cucumber, tomato): 150 g
- Olive oil: 1 tsp
- Dressing: lemon/lime juice, salt, pepper

### Nutritional values:

Kcal: 400 | Protein: 35 g | Fat: 10 g | Carbs: 36 g



## Afternoon Snack (150 kcal)

- Cottage cheese (1.5%): 100 g
- Rye crispbread: 1 slice

### Nutritional values:

Kcal: 150 | Protein: 13 g | Fat: 4 g | Carbs: 12 g

## Dinner (450 kcal)

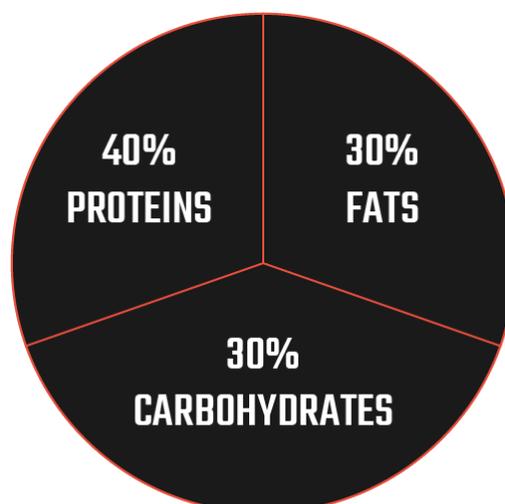
- Salmon or chicken (grilled or baked): 100 g
- Broccoli (steamed): 150 g
- Sweet potatoes (baked): 100 g
- Light sour cream (as dip): 1 tbsp

### Nutritional values:

Kcal: 450 | Protein: 35 g | Fat: 16 g | Carbs: 36 g

## Daily Macro Breakdown

- **Calories:** 1,500 kcal
- **Protein:** 119 g (40%)
- **Fat:** 46 g (30%)
- **Carbohydrates:** 124 g (30%)





## NOTES LOG

WEEK NO.	NOTES
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	
WEEK 7	
WEEK 8	



## PROGRESS TRACKER

<b>MEASUREMENT</b> ↓ <b>WEEK</b> →	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>5.</b>	<b>6.</b>	<b>7.</b>	<b>8.</b>
<b>Body weight</b>								
<b>Body fat %</b>								
<b>Muscle mass %</b>								
<b>Water %</b>								
<b>Upper arm</b>								
<b>Chest</b>								
<b>Waist</b>								
<b>Hips</b>								
<b>Thigh</b>								
<b>Calf</b>								