

Aggressive Fat Loss

[2-Day Meal Plan]

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KINOBODY

2-Day Aggressive Fat Loss Meal Plan (Simple, Delicious & Filling)

I want to share some awesome recipes that are simple to make, incredibly delicious and even more so filling.

When you use these recipes on the Aggressive Fat Loss plan, you will love life and stay insanely satisfied.

Day One: Big Meal (Crispy Chicken & Potato Wedges)



For the chicken:

- Cut up two to three chicken breasts into small bite sized pieces.
- Heat 2-4tsp of coconut oil on a skillet.
- Cook both sides of the chicken breast until crispy.
- Serve with some delicious barbecue sauce

For the potato wedges:

- Get two to three medium potatoes and slice into wedges.
- Add 3-6 tsp of melted coconut oil or macadamia nut oil into a bowl and then add the wedges into the bowl.
- Mix around then put the wedges onto a baking tray with tinfoil.
- Cook at 400f for 30-40 minutes (until crispy)

You can do the same thing with sweet potatoes. It almost tastes like a dessert. Add some cinnamon and you're good to go. Each night I alternate between sweet potato wedges and russet potato wedges.



Day One: Small Meal (Scrambled Eggs/whites)



Directions:

- Mix about 2 whole eggs with 1-1.5 cups of egg whites.
- Heat 1-tsp of oil on a pan.
- Add the egg mixture.
- Cook until fully cooked.
- Mix it into a scrambled like consistency.
- You can add veggies to the scrambled eggs, sea salt, greens and pepper.

Day Two: Big Meal (Mexican Beef & Sweet Potatoes)

This one is simple, cheap and delicious. Feel free to add your favorite spices like cumin, garlic... *Another great and delicious option is to get extra lean ground beef (90-95% lean).*

- Cook on a pan with a little coconut oil.
- Once it's all brown add diced onions, peppers and zucchini and some tomato sauce.



The baked sweet potatoes are simple and delicious. Tastes like a dessert... Mind blowing good!

- Bake at 400f for about an hour.
- Serve with cinnamon and butter (if you have room in your macros).



Day Two: Small Meal (2 Options)

For the small meal, you can have about 500g of 2% plain cottage cheese. To make it taste better you can add cinnamon.



OR...

If you want the lower protein and higher fat/carb option, you can do cheese quesadillas.

For these cheese quesadillas, you'll need about 2-3 corn tortillas and about 30g of low fat mozzarella cheese per tortilla.

Directions:

- Heat one tsp of coconut oil on a skillet.
- Add your tortillas (you may only be able to fit one or two - that's okay, just cook the rest after, but don't keep using oil; otherwise you'll go too high in fat).
- Once the one side is cooked, flip the tortilla.
- Add the cheese (30g per tortilla), and fold in half.
- Flip again and continue to cook until the cheese is melted.

Eat with a little sea salt. Unbelievably good and only about 140 cal per quesadilla.

