



The "**Fckfat**" eating program emphasizes balanced nutrition and portion control to support your fitness goals and overall health. Here's a sample meal plan for a day, showcasing a variety of foods to help you get started. Remember, it's essential to adjust portion sizes and specific foods based on your individual needs and preferences.

## Breakfast:

- **Scrambled Eggs with Spinach:** Scramble two eggs with a handful of fresh spinach. Season with herbs and a pinch of salt and pepper.
- **Whole Grain Toast:** Enjoy one slice of whole grain toast, toasted to your preference.
- **Fresh Berries:** Have a cup of mixed berries like blueberries, strawberries, and raspberries.

## Morning Snack:

- **Greek Yogurt Parfait:** Mix 100 ml Greek yogurt with a scoop of NovaGenics Whey Protein

## Lunch:

- **Grilled Chicken Salad:** Toss together grilled chicken breast, cup of mixed greens, cherry tomatoes, cucumber, bell peppers, and a drizzle of balsamic vinaigrette.
- **Quinoa:** Serve a small portion of cooked quinoa on the side.

## Afternoon Snack:

- **Hummus and Veggie Sticks:** Dip carrot, celery, and bell pepper sticks into hummus for a satisfying crunch.

## Dinner:

- **Baked Salmon:** Season a salmon fillet with lemon juice, garlic, and dill. Bake until cooked through.
- **Steamed Broccoli:** Serve a side of steamed broccoli florets seasoned with a touch of olive oil and a sprinkle of parmesan cheese.
- **Sweet Potato:** Roast a small sweet potato and enjoy it on the side.

## Evening Snack:

- One serving of NovaGenics Whey Protein

## Additional Supplements:

- **Fckfat Hyper Cuts:** Take 1 capsule 30 minutes before breakfast and a further 1 capsule before lunch.
- **NovaGenics Lean Dreams:** Take a maximum of three (3) capsules before bed.

## Additional Tips:

- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated.
- **Balanced Macros:** Aim for a balance of protein, healthy fats, and complex carbohydrates in each meal.
- **Portion Control:** Pay attention to portion sizes to avoid overeating.
- **Variety:** Incorporate a diverse range of foods to ensure you're getting a wide spectrum of nutrients.
- **Moderation:** Enjoy treats occasionally, but keep them in moderation to stay on track.

Remember, this is just a sample meal plan, and you can customize it based on your dietary preferences, calorie needs, and fitness goals. It's always a good idea to consult with a healthcare professional or registered dietitian before making significant changes to your eating habits