

3-Day Fat Loss Plan + Daily Checklist

■ **Daily Checklist (Repeat Daily)**

Meal 1: Steak, eggs (with oat butter), Brussels

Meal 2: Core Life Elite Shake (optional for protein)

Meal 3: Chicken patties + salad + olive oil

Meal 4: Rotating protein + Brussels + olive oil

Water: 120 oz

Steps: 12,000 minimum (14,000+ for max fat loss)

Supplements: Multivitamin, berberine (w/ Meal 1)

Daily weigh-in: Track separately

■ **Day 1 — Steak + Ground Beef**

Meal 1: 5 oz steak, 2 eggs (1 tsp oat butter), 1 cup Brussels

Meal 2: Core Life Elite Shake (42g protein)

Meal 3: 2 thin chicken patties (~5 oz), 2 cups salad, 1 tsp olive oil

Meal 4: 5 oz ground beef, 1 cup Brussels, 1 tsp olive oil

■ **Day 2 — Steak + Chicken Breast**

Meal 1: 5 oz steak, 2 eggs (1 tsp oat butter), 1 cup Brussels

Meal 2: Core Life Elite Shake (42g protein)

Meal 3: 2 thin chicken patties (~5 oz), 2 cups salad, 1 tsp olive oil

Meal 4: 5 oz chicken breast, 1 cup Brussels, 1 tsp olive oil

■ **Day 3 — Steak + Salmon**

Meal 1: 5 oz steak, 2 eggs (1 tsp oat butter), 1 cup Brussels

Meal 2: Core Life Elite Shake (42g protein)

Meal 3: 2 thin chicken patties (~5 oz), 2 cups salad, 1 tsp olive oil

Meal 4: 5 oz salmon, 1 cup Brussels, 1 tsp olive oil

■ **Daily Totals (with Shake)**

Protein: 170–175g

Fat: 75–85g

Carbs: 30–35g

Calories: ~1,600–1,700 depending on portions