Diet Plan for Boxing:

Breakfast
- Oatmeal (1 cup)
- 2 boiled eggs on wholemeal toast
- or: 4 scrambled eggs (2 yolks)
- No fruit juices, coffee or tea is good/green tea even better

10:30 am (1/2 meal) or ur first break
- Ham/Tuna on crackers or grilled chicken/fish
- Small serve rice or w/meal pasta

12:30 pm Lunch
- 1 chicken breast/turkey breast or fish (tuna or chicken in a can)
- 1/2 cup brown rice or have the chicken on wholemeal/tuna on crackers..

2:30 pm (1/2 meal) snack
- protein shake
- or
- can tuna or chicken

7:00 pm Dinner
- Fish or chicken breast or steak

Use this as a guide it doesn’t have to be exact. If u do feel the need for more carbs limit them to the morning so no juices etc after about 2pm

Stay away from pastas white breads milk sugar cordial and non-diet soft drinks. There are great diet cordials and soft drinks available..

Try take a diuretic or fat burner while on this if u still aren’t shedding the weight with diet alone