



FIT LEGACY

MEALS FOR ABS

30 of my tried and tested go-to
meals and snacks for when I want
to lose fat effortlessly with
minimal hunger and reveal my abs.

R O B E R T D O D D S

THE BLUEPRINT FOR FAT LOSS

When it comes to getting abs, it all boils down to one simple truth: you already have abs - you just need to lose the fat that's covering them.

No ab exercises will spot-reduce that fat (although they may make your ab muscles bigger and help them to show through a bit easier).

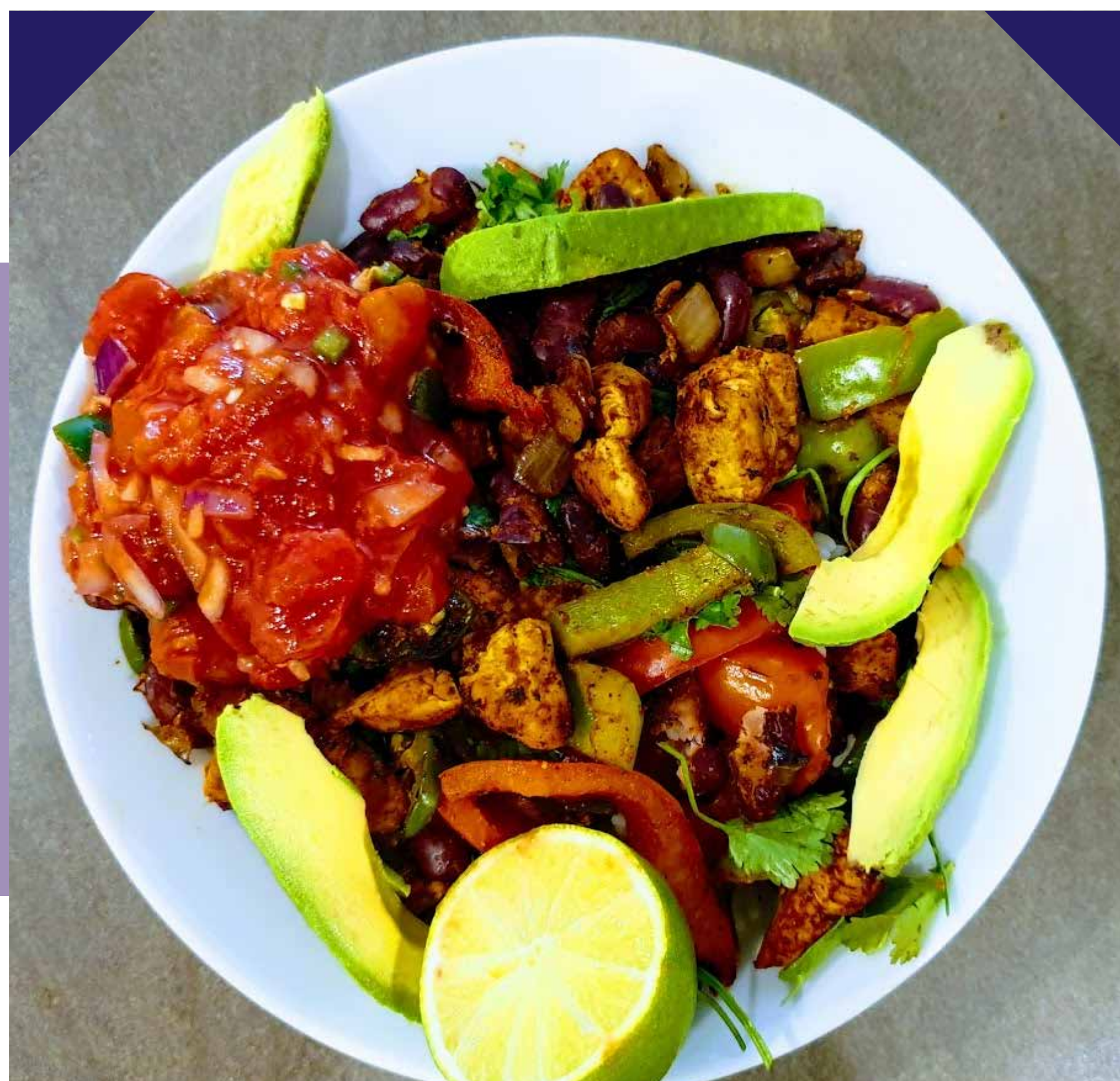
But even if you've never trained a day in your life, you still potentially have six pack abs - you just need to lose fat.

Fat loss happens when you're in a calorie deficit. That means you need to burn more calories than you consume. There's no magic diet or secret trick—just the basic principle that you have to eat less than your body uses for energy.

But here's the thing: while you can eat anything and still drop fat as long as you're in a calorie deficit, there are a few caveats.

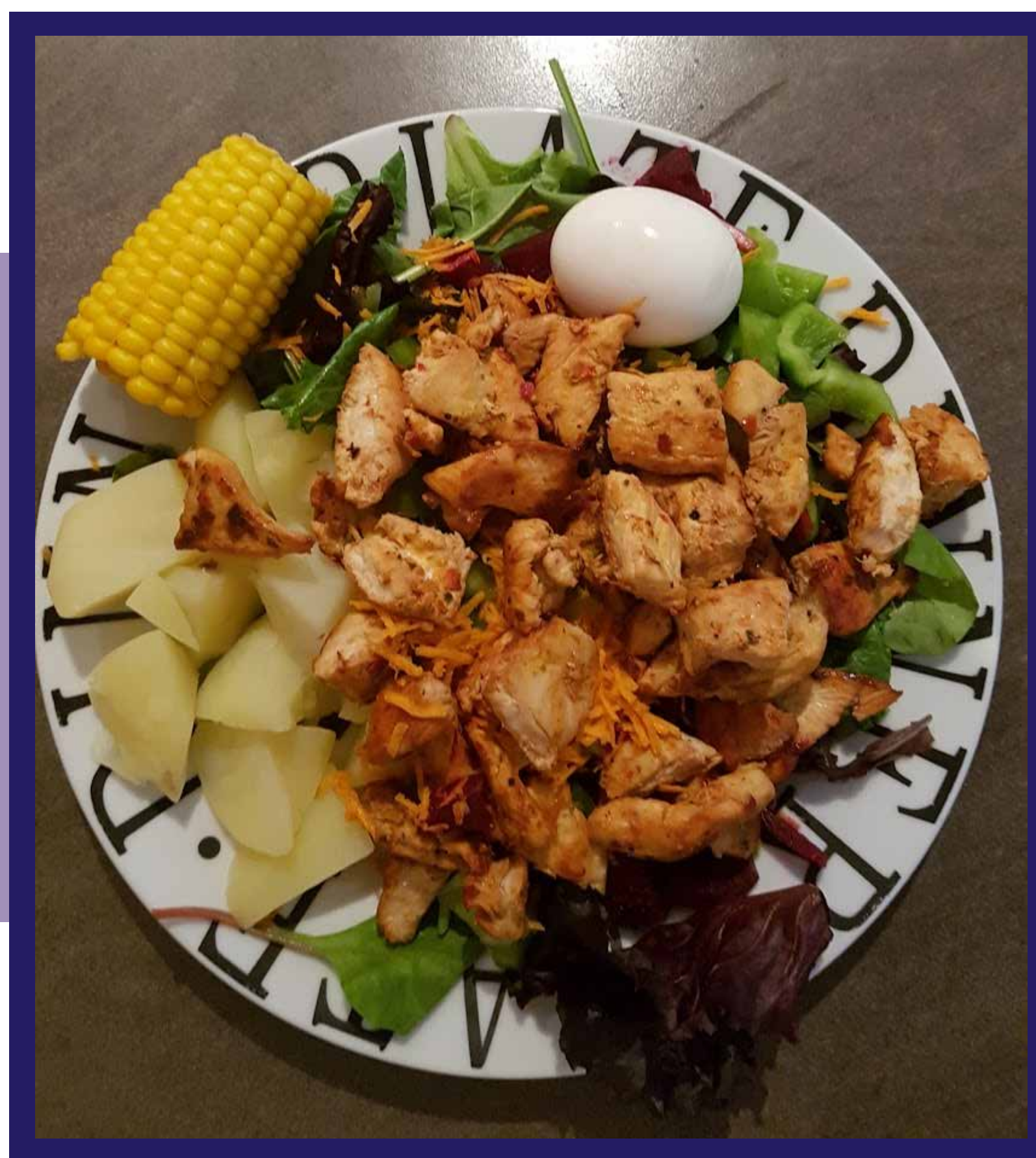
- 1- **You need to get in enough protein - around 1g per lb of your lean mass.**
- 2- **You should prioritise foods that keep you feeling full to stave off hunger.**
- 3- **You should prioritise whole foods that are high in nutrients so you stay healthy and can perform and function well.**

What you choose to eat can make a huge difference in how easy (or hard) that process feels. This is where meal choices become crucial. You want meals that keep you full, help you hit your protein goals, and still taste great, so you can stay consistent and actually enjoy what you're eating. That's exactly what this guide is about. And if you have a few calories to spare each day you can enjoy a small nightly treat. Alternatively you can bank those extra calories for faster progress or a bigger treat at the end of the week!



Why Protein Matters

One of the key factors in losing fat without losing muscle is getting enough protein. **Protein helps preserve muscle mass**, keeps you feeling full, and you'll actually burn more calories during digestion than carbs or fat. That's why all the meals in this guide are designed to maximise protein intake while keeping calories low. The meals you'll see here are some of the exact meals I eat regularly when I want to drop fat and lean out.



Adjusting for Your Needs

This is important: these meals fit my personal macros, but they're just a starting point for you. Your calorie needs might be higher or lower than mine, and that's OK. You'll need to adjust portion sizes or ingredients to match your own macros and calorie goals.

If you don't know how much you should be eating, there's a quick and rough calculation you can use to get started.

Once you see how your body responds you can adjust:

Take your bodyweight in pounds and multiply it by one of these numbers:

11 – choose this number if you're doing none, or very little physical activity, and you have a sedentary job.

12 – You have an active job, on your feet all day (e.g. you work in construction), but you do not train currently OR you have a sedentary job and train hard 2-3 times per week.



13 – You have a sedentary job but you train hard with weights 4 – 6 times per week. OR you have an active job and train hard 2-3 times per week.

14 – Choose this number if you’re training hard with weights 4 to 6 times per week, and you have an active job where you’re on your feet most of the day.

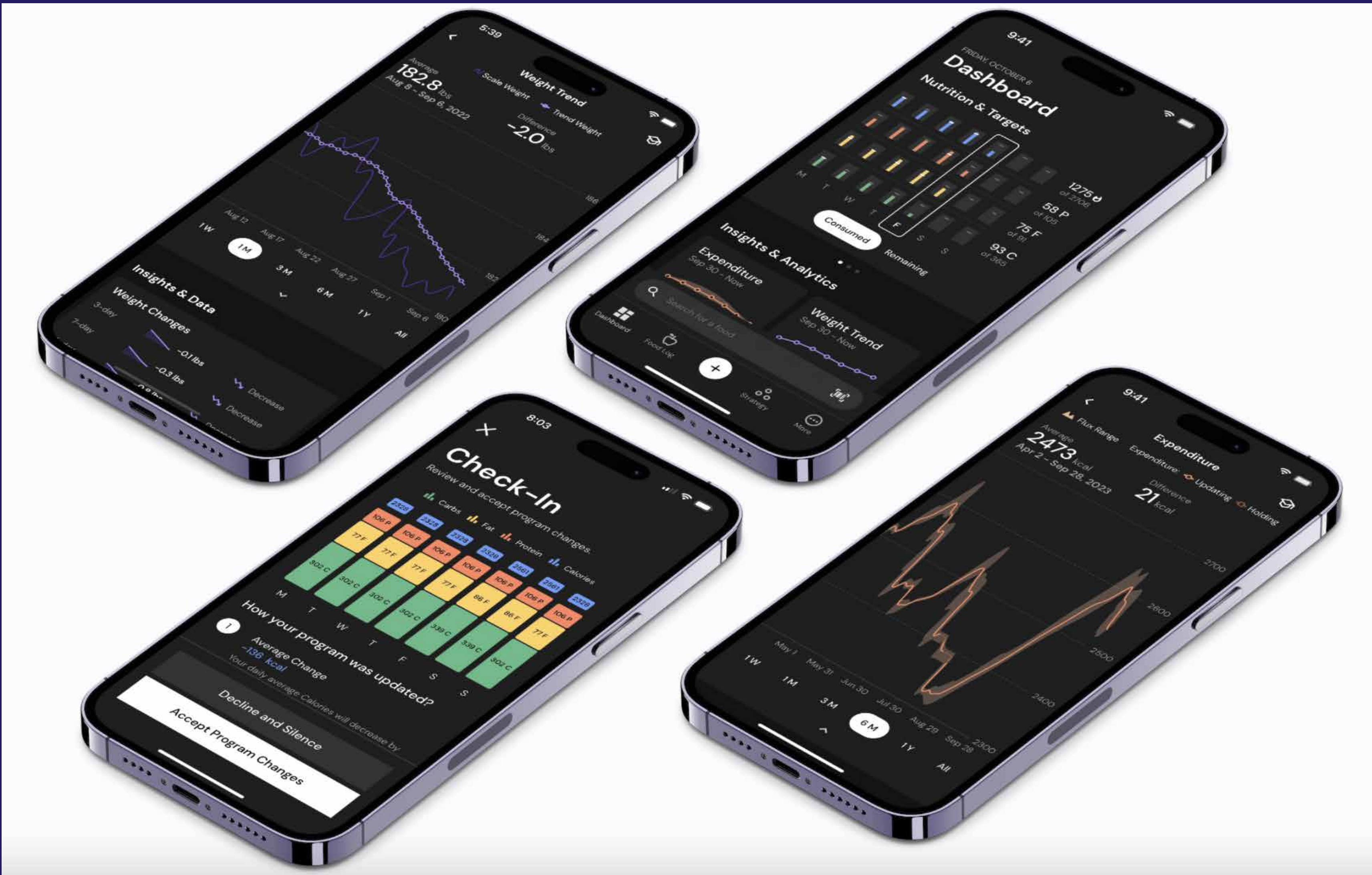
There are some cases where people may need to multiply by a higher number than 14, but this is uncommon.

Choose the multiplier that describes you best, and multiply it by your body weight in pounds.

Example – 180 pound man, sedentary job training 3 times a week with weights:
 $180 \times 12 = 2,160$ calories per day for fat loss.

You can also use your bodyweight in lbs as your protein goal too. For example, weigh 180 lbs? Shoot for 180g of protein.

The better way: **Use MacroFactor**



If you want a method that is more scientific than the one I just gave you, use [MacroFactor](#). You're going to want an app to track all your food in anyway, and this is the best one - so I recommend you get it. Just make sure to use the code **ROBNBF** to get 2 weeks free.

[MacroFactor](#) will give you your initial calories and macros (most importantly, protein). It will calculate this based on your answers to the questions it asks during setup.

It will then adjust your targets each week based on the speed of your progress. This will keep you on track and losing fat at the right rate.

The right rate of weight loss is between 0.5 - 1.5% of your weight per week. Of course, you can go slower if you've got a lot of patience, but I wouldn't recommend going faster. 1.5% per week will feel pretty uncomfortable as it is. Somewhere around 0.75 - 1% per week should be the sweet spot that gives you enough speed without too much discomfort.

A deficit that is too aggressive will kill your energy levels, give you brain fog, result in you being unable to think about anything other than food, make you feel weak, make you grumpy and irritable and prone to catching more infections like colds etc. You'll also be more likely to binge at some point and undo your work.

Right, that's enough pre-amble. Let's get onto the meals!

BREAKFASTS

You don't have to skip breakfast to lose fat.

I've lost fat many times and helped hundreds of men to do it too. I ate breakfast every time, and 99% of my clients did too.

Of course, you can skip breakfast if you like. It will immediately cut some calories out of your day, helping you get into a calorie deficit. However, it won't help you lose fat if you still consume too many total calories in the day.



Chocolate Skyr Bowl



Eat this breakfast most days during a fat loss phase. It also doubles up as a snack for the evenings and is super easy to make. I use 200g Skyr, 5g cocoa powder and one 35g scoop of chocolate whey protein. Mix with a spoon. You might need to add a splash of water to get it all to mix properly. I add my daily creatine into this too. You can substitute Skyr with 0% fat Greek yoghurt, just make sure it's got about 10g protein per 100g.

57g protein

319 calories

Omelette with Veg

This omelette is made with whole eggs and egg whites. Egg whites deliver FAR more protein per calorie (they're just pure protein, the yolks contain fat), but making omelettes made with JUST egg whites are very boring - so I mix it up by mixing the two.

This version is two large eggs and 200 ml of liquid egg whites (comes in a bottle or carton) with 20g of 30% reduced fat cheese. There's some onions, peppers and mushrooms inside the omelette and on the side. You can also add a couple of chicken sausages to add more protein for minimal calories.

45g Protein

369 Calories



Eggs on Toast



This is a simple one. Poach some eggs and put some toast on. The picture only shows three eggs, but I usually have at least 4. The toast has 10g marmite on each slice (don't knock it until you've tried it). Macros here are for two slices of wholemeal bread, four large eggs and 20g marmite.

49g protein 616 calories

LUNCHES

It's not enough to eat your usual lunch. Those £3.50 meal deals have got to go. You've got to make sure you're maximising protein and keeping calories down. Try to make extra portions of some of the dinners in this guide, and heat them up for lunch.

Sandwich Stuffed with Meat

A straightforward one. Take two slices of wholemeal bread (will fill you for longer) and stuff it full of beef or ham (like 100g of it). Buy the high quality meat from the deli counter where they slice it off in front of you. You can use cooked chicken or turkey as well. In this example I've got salted beef. I add a tiny bit of coleslaw (10g). You may want to eat some more meat on the side to boost the protein count further.

39g protein 401 calories



Fajita Wrap



This one makes a good dinner too (although I'd probably have two of them). Fry up some chicken breast, onions and peppers in some fajita seasoning or other seasoning of your choice. Eat in a wholemeal wrap with a bit of cheese. This is one wholemeal wrap with 10g grated reduced fat cheese, 125g chicken breast (raw weight), 50g onions, 50g peppers and 50g taco mixed beans.

38g protein 403 calories

The Burger Bowl

All credit for this has to go to Jack Gadd (I saw it on his Instagram) but it is so good that it's become a staple fat loss meal for me - lunch or dinner. It is ridiculously filling and very good. You need a huge salad bowl for this. Fry 250g LEAN beef mince (5% fat, maximum) seasoned with a good beef seasoning. Also fry about 70g onions and 70g mushrooms, make sure you drain off the fat. Throw that into the salad bowl with about 150g lettuce, 30g grated carrot, 30g grated reduced fat cheese and some sliced gherkins and jalapenos. Mix that all up and throw some hot sauce ketchup and mustard all over it (but don't go too crazy, it's all got calories).

64g protein 553 calories



Salad + Protein



This is such a simple one but it's so good that I've been eating it for years.

Stick a chicken breast or a salmon fillet in the oven with some seasoning. While that's cooking, make a salad. The one here is some mixed salad leaves, peppers, avocado, cherry tomatoes, grated carrot, grated reduced fat cheese and two soft boiled eggs (the yolk makes a dressing). Calories and protein are for my version here with salmon fillet:

47g Protein 535 calories

Chicken + Greek Salad

Season some chicken breasts and stick them in the oven or air fryer (I've got 200g here, raw weight). Make a greek salad - olives, tomato, red onion, cucumber, feta cheese, dried oregano and olive oil. Go easy on the olives, cheese and oil as fat calories add up fast.

48g protein 433 calories



A Tuna Sandwich



So ridiculously simple. Take 2 cans of tuna (our cans are 145g - make sure it's not in oil - spring water or brine is fine). Mix with 50g light mayo and shove it between two slices of wholemeal bread, alternatively you can use a wrap. This probably won't fit so you have to eat the excess tuna from the bowl. You won't be hungry after.

61g protein 578 calories

DINNERS

Massive Low Carb Chilli

Chilli is immense for fat loss. You can get a load of protein and it's very very filling (especially if you add low calorie vegetables like I do). I cut out the rice completely and just have more chilli, but you can have a bit of rice if you have calories available for it.

This plate is 300g beef mince (5% fat), 250g passata (or other tomato based sauce), 70g onions, 70g mushrooms, half a 200g can of kidney beans, 100g aubergine and 100g courgette. Chilli powder and a beef stock cube were added during cooking. I made a huge batch, these amounts are just roughly what ended up on this plate.

79g protein 664 calories



Chicken Curry



This picture is a meal I ate when gaining so I've added rice to increase the calories and there is a bigger portion of everything. Make the following way to get the stated protein and calories. 250g chicken breast, 50g curry paste, 100g onion, 100g mushroom, 100g courgette, 100g aubergine, half a 400ml can of LIGHT coconut milk. Add coconut milk when all ingredients are cooked in the frying pan, then add curry powder and simmer. 5 minutes before the end add 200g spinach and stir in until wilted.

60g protein

563 calories

Pork Tenderloin

Pork tenderloin is incredible. For a very lean meat it's unbelievably tender (as the name would suggest). Have 250g of this (raw weight) with whatever vegetables and sides you want and can fit in your calories. Macros here are just for the meat (250g).

50g protein

285 calories



Chicken Stir Fry



Another great chicken option. Fry 250g chicken breast with a load of vegetables. My suggestion is 50g broccoli, 50g green beans, 50g pepper, 50g onion, 50g mushrooms. Add a low calorie stir fry sauce (mine is 63 calories per serving - it's by Blue Dragon). This is low calorie so you can add some rice or noodles.

56g protein 380 calories

Bolognese Stuffed Inside

Spaghetti bolognese - without the pasta. 250g 5% fat beef mince. 50g reduced fat mozzarella, some passata for sauce, some onions and mushrooms in there too, stock cube, herbs and spices. Stuff it all inside some bell peppers and roast in the oven.

67g protein 559 calories



Steak and Veg



Really simple, but delicious. Here we have a 227g sirloin steak, 100g broccoli, 100g green beans, 50g sweet potato and some onions, mushrooms, and courgette. Make sure you season the steak well and for the love of God, don't cook it well done.

56g protein 606 calories

BBQ Chicken Skewers in Pitta

Grab 250g chicken breast and cut it into cubes. Put it on some skewers (it should fit on 2). Season with your favourite seasoning (I like a Greek one). Roast some veg and eat in a wholemeal pitta bread or wrap with some tzatziki or another sauce of your choosing. Macros shown are for 250g chicken in one pitta bread with some veg and tzatziki.

65g protein 567 calories



Chicken + Broccoli



Very simple and easy to cook. Chop up some sweet potato (150g here) trim and season two chicken breasts (about 350g) and boil some broccoli (about 100g). Roast the chicken and sweet potatoes in the oven or air fryer.

77g protein 543 calories

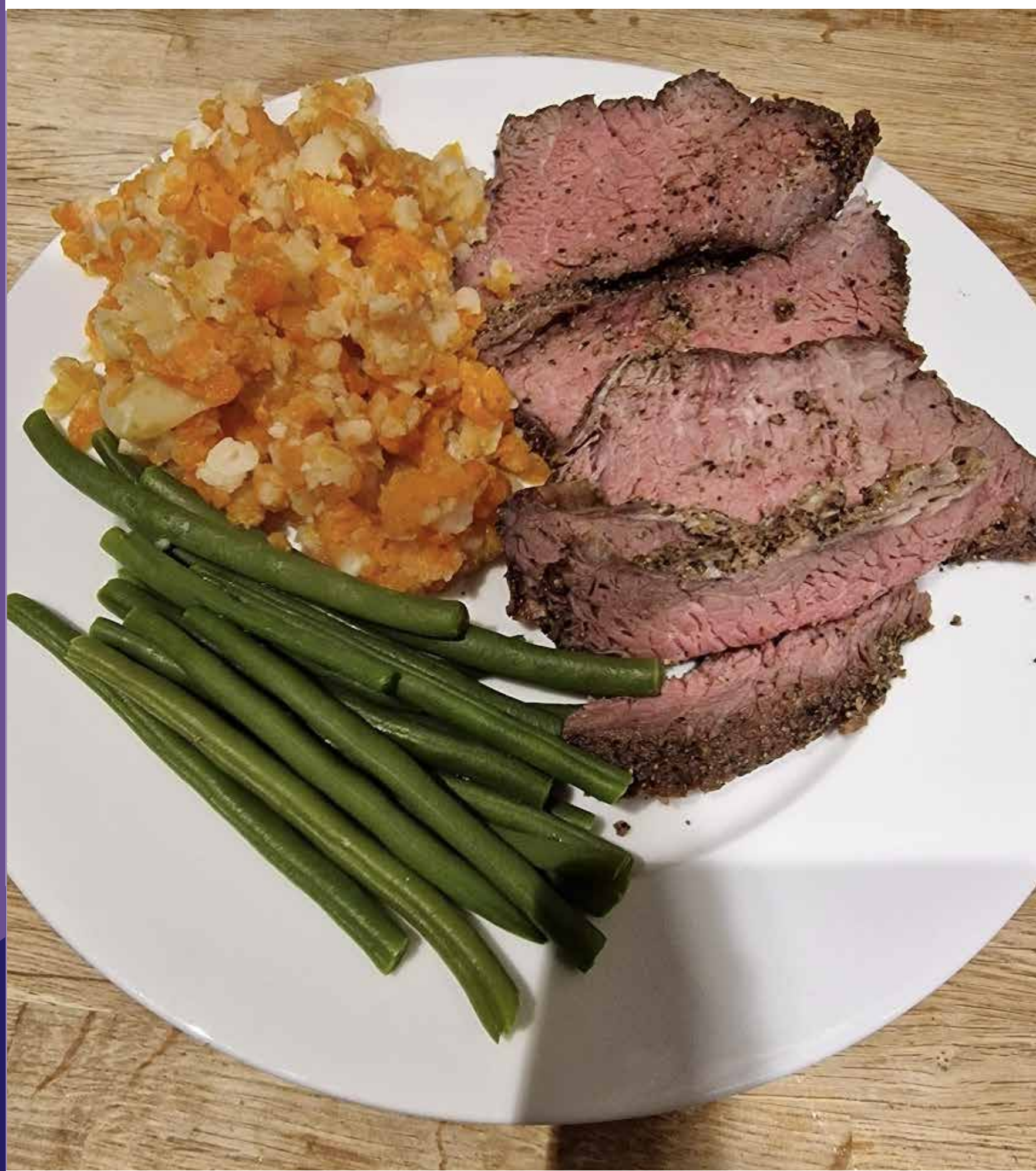
Steak Stir Fry

This is bloody delicious. Cut up a sirloin steak (227g) with some veg (broccoli, green beans, chillis, onions). Fry together with a hoi sin cooking sauce (i use one that is about 150 calories). I have served over 50g white rice here (uncooked weight).

60g protein 855 calories



Roast Beef with mashed carrot and swede



Roast a lean cut of beef (topside here). Make sure it is seasoned first. I use salt, pepper, garlic, rosemary and parsley. Here I had 200g of beef with 50g swede, 50g carrot and 70g green beans. Can pour over some gravy too for 0 extra calories.

49g protein 341 calories

Salmon and Veg

Similar to the chicken and veg dish shown earlier, this is one you can just shove in the oven, and do some veg on the hob. There is a quarter of a side of salmon here but you can just use two fillets instead. The sweet potato is roasted in the oven whole.

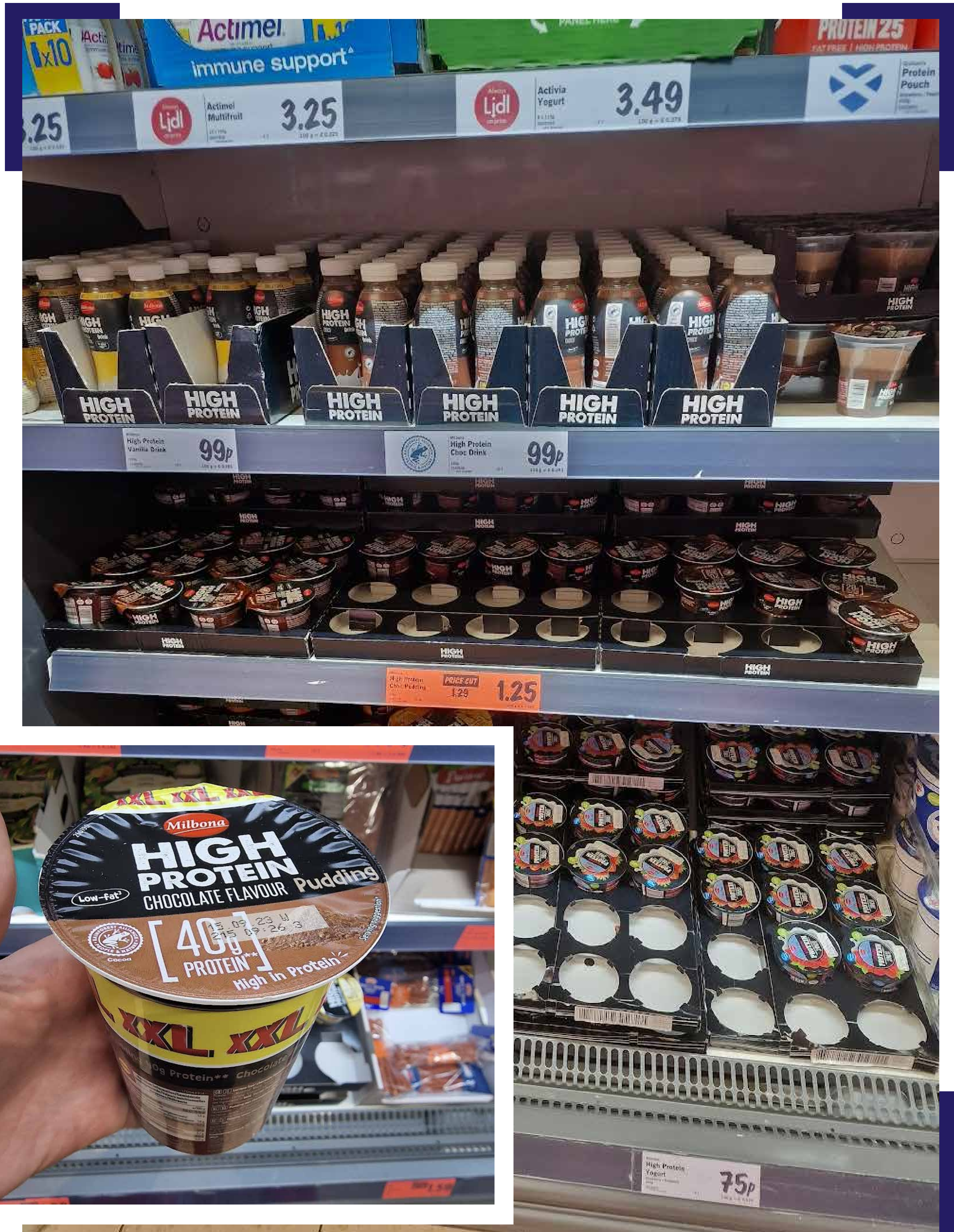
52g protein 682 calories



SNACKS

High protein dairy snacks

These are everywhere now. Check the macros before you buy. You can usually find 20-30g protein in a yoghurt for 200-300 calories. They taste great as well, good for keeping in the fridge for the evenings as a treat.



Skyr Fruit Bowl



This one doubles up as a breakfast, too. Add 200g of plain Skyr or 0% fat greek yoghurt to a bowl. Add fruit of your choice. Here I have strawberries and grapes. I'll often add raspberries or bananas as well.

23g protein 181 calories

Ready to Eat Shellfish

You can find this in many supermarkets, you've just got to know where to look. Shellfish is incredibly protein efficient. Pretty much all the calories come from protein. If you eat it in public from the pack, expect weird looks. Macros shown are for the pack pictured.

28g protein 120 calories



Ninja Creami Vanilla Oreo “McFlurry”



If you have a Ninja Creami, this is an amazing recipe. It's the best one I've managed to make so far. I have the deluxe, so the quantities in this recipe will only fit if you have the deluxe size pots. If not, reduce everything by 50%.

750ml semi skimmed milk, 40g vanilla whey protein, 10g guar gum. 2 tablespoons of low calorie sweetener. Freeze for 24 hours then mix on “ice cream” setting. May need a splash of milk and a respin. Protein and calories are for the entire batch without the oreos on top.

67g protein 607 calories

Protein Shake

Pretty simple. The ready to drink ones you buy in the shops will probably taste nicer, but the ones you make at home will probably have more protein for fewer calories.

Expect 20-50g protein for 100-300 calories.



Low Cal Ice Cream



If you don't have a creami you can still have low calorie ice cream. Halo Top is good. Lidl's low calorie chocolate ice cream is great. The calories are low enough in these tubs that you can just eat the whole thing straight from the tub, no guilt.

22g protein 295 calories

Protein Mug Cake

This one is from The Protein Works (my protein supplement provider of choice for 10+ years). Use code **ROBD** for 10% off. I mix 2 scoops mug cake mix with 1 scoop whey protein, then add water and microwave.

35g protein 401 calories



Ready to Eat Chicken



There's loads of options for this. Look for cooked chicken that's ready to eat from the refrigerated section of the supermarket. Look for chicken breast chunks that go in sandwiches or satay chicken skewers. Macros are for 4 sticks.

17g protein 70 calories

IMPORTANT NOTE

While these 28 meals are my personal go-to choices for revealing abs, simply copying them exactly as I eat them could lead to consuming more (or fewer) calories than your body actually needs for fat loss. Why? Because **you and I have different calorie and macro requirements.**

For optimal results, it's essential to follow **your own macro and calorie targets.** These meals are great ideas for what you could eat, but if you weigh less than I do, have less muscle, or move less throughout the day, **you'll likely need fewer calories to hit your fat loss goals.**

Want a shortcut to get it right, every time?

Get personalised macro recommendations and a **custom meal plan tailored to YOUR needs**—all within my app.

Here's what you'll get with the app:





- **Personalised meal plans** based on your unique calorie and macro needs, using a database of hundreds of delicious recipes.
- Meal plans based on your dietary preferences or restrictions and liked/disliked foods.
- **Shopping lists generated from your meal plans so you know exactly what to buy.**
- The ability to get a replacement for any meal you don't like.
- Meal plan based on your preferred number of meals and snacks per day.
- Eating out function - easily import meals from any restaurant and adjust your other meals for your remaining calories.
- **Customised training programs** designed for your goals and fitness level.
- A **video resource library** for proper exercise form and tips.
- Tools to **track your progress** and stay on target.



191g

Proteins

121g

Fats

361g

Carbs

3280

Calories



Shopping List

16 Items



Breakfast

Bacon and Egg Bagel (Df)



Swap



Dislike

1st Snack

Rice Cake and Nut Butter (Df, Gf, ...



<

Shopping List

Check off as you buy ingredients when grocery shopping.

☐

Dairy

>

Butter

☐

Dairy - Butter
28 g

☐

Cottage Cheese

☐

Dairy - Cottage
Cheese (Regular Fat)
60 g

☐

Milk

☐

Dairy - Milk (Whole -
Full Fat)

☐

Ready to dial in your nutrition and training for maximum results?
[Check out the app here](#) and take the guesswork out of your fitness journey

