

LOSE UP TO 7LBS IN MARCH

A simple 4-week fat loss structure.
High protein.
No grazing.
No alcohol.
Just standards..

By Tara Hammett



This is not forever.
This is March.

If I wanted to lose 7lbs in March
this is exactly how I'd do it.

Not a detox.
Not cutting carbs.
Not skipping meals.

I'd:

- Hit my protein target daily
- Walk 8–10k steps
- Track honestly
- Reduce wine
- Stop pretending “little bites” don't count

Fat loss isn't complicated.
It's just consistent.

This guide shows you exactly how I structure
my meals to lose body fat while still eating
real food, feeding my family and living my life.

Let's keep it simple.
Let's get results.

Tara x



THE MARCH RULES

For 4 weeks:

- 1,500–1,600 calories
 - 110–120g protein minimum
 - 4 structured meals per day
 - No grazing
 - No alcohol (minimal at least)
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- 3 x 20-minute strength workouts per week
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- 8,000–12,000 steps daily (up to 15,000 if pushing fat loss)
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- Bed at a sensible time
- Simple.
Not easy.
But simple.





MEAL PLAN 1

Meal 1: Skyr Yogurt Bowl

200g 0% Skyr yogurt
100g strawberries
10g chia seeds
15g pistachios
Calories: 355
Protein: 29g
Carbs: 27g
Fats: 13g

Meal 2: Turkey Pitta

1 Soft Protein Pitta
2 slices roast turkey
Spinach
Cucumber
Tomato
1 medium apple
Calories: 430
Protein: 35g
Carbs: 55g
Fats: 5g

Meal 3: Eggs & Corn Thins

2 medium eggs sliced
3 Corn Thins
Calories: 330
Protein: 19g
Carbs: 27g
Fats: 15g

Meal 4: Mexican Chicken

120g chicken breast
½ pack Bens Lunch Bowl
Mexican Bean & Corn
Sliced peppers
Tomato
Mixed leaves
Calories: 450
Protein: 45g
Carbs: 45g
Fats: 6g



TOTAL

Calories: 1,565
Protein: 128g
Carbs: 154g
Fats: 39g



MEAL PLAN 2

Meal 1: Protein Oats

50g oats
1 scoop whey protein
10g Milled Flaxseed
Water

Calories: 410
Protein: 32g
Carbs: 40g
Fats: 9g

Meal 2: Tuna Salad

110g tuna
Crispy salad bag
Cucumber
80g sweetcorn
50g Skyr Yoghurt
Sriracha
Salt, pepper, lemon juice

Calories: 288
Protein: 33g
Carbs: 24g
Fats: 3g

TOTAL

Calories: 1,470
Protein: 112g
Carbs: 155g
Fats: 39g

Meal 3: Snack

1 pear
3 light Babybel
Calories: 250
Protein: 15g
Carbs: 26g
Fats: 12g

Meal 4: Burger, Potato & Salad Plate

1 lean beef burger (5% fat, 100g)
1 Mccains frozen jacket potato
Beetroot
Large mixed salad
Peppers
Tomato
Calories: 520
Protein: 32g
Carbs: 65g
Fats: 15g





THE WINE RULE

Fat loss isn't ruined by wine.

It's ruined by:
Untracked wine

Wine + snacks
"Ah well, I've blown it"

Instead:

- ✓ Max 1–2x per week
- ✓ Account for it
- ✓ No mindless grazing alongside it
- ✓ Back on track next meal



MARCH CHECKLIST

DAILY NON-NEGOTIABLES

- Stayed within calorie target
 - Hit 110g+ protein
 - Ate 4 structured meals
 - No grazing
 - No liquid calories
 - No alcohol

MOVEMENT

- 8,000–12,000 steps
 - 15,000+ (if pushing fat loss)

TRAINING

- Completed 20 minute strength session
(Mon Wed Fri)

RECOVERY

- In bed at a sensible time
- Hydrated
- Managed stress without overeating



READ THIS

This works if you do it.

Not perfectly, But consistently.

If you want different results,
March has to look different.

Four weeks of discipline.
Then we talk maintenance.

If you need accountability, structure and
support beyond this guide:

Join my 6 Week Plan.

Because losing weight is one thing.
Keeping it off is another.