

# Nutrition & Activity Plan for 40-Year-Old Male (180cm, 83kg)

## Overview

This personalized plan is designed for a 40-year-old man (180cm, 83kg) working a sedentary job with a goal to reduce belly fat and relieve chronic back pain. The plan combines a calorie deficit diet (~1800 kcal/day) with anti-inflammatory foods and daily low-impact movement.

## Meal Plan

DAILY MEAL STRUCTURE (~1800 kcal/day):

- Breakfast: Greek yogurt (200g), chia seeds (1 tbsp), berries (½ cup), almonds (10), honey (1 tsp)
- Lunch: Grilled chicken breast (150g), quinoa (½ cup), roasted broccoli, olive oil (1 tbsp)
- Dinner: Baked salmon (150g) or tofu (200g), sweet potato (½), spinach sautéed with garlic & olive oil
- Snack (Optional): Cottage cheese (100g) + apple OR 1 boiled egg + handful of nuts

## Grocery List

WEEKLY GROCERY LIST:

Proteins: Chicken breast, salmon, eggs, Greek yogurt, cottage cheese, tofu, lentils

Carbs: Oats, quinoa, brown rice, sweet potatoes, whole grain bread, fruits

Fats: Olive oil, avocados, nuts, chia seeds

Veggies: Spinach, kale, broccoli, carrots, bell peppers, onions, garlic

## Movement Plan

WEEKLY MOVEMENT PLAN:

Mon: 30-min walk + 20-min bodyweight strength

Tue: 45-min walk + 10-min stretching

Wed: 30-min walk + 20-min strength (legs/glutes)

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Thu: Walk after meals + 15-min yoga

Fri: 40-min walk + bodyweight workout

Sat: 45-min nature walk or hike

Sun: Rest + 20-min stretching

### **Tips for Fat Loss & Back Health**

EXTRA TIPS:

- Use anti-inflammatory spices (turmeric, ginger, cinnamon)
- Drink 2-2.5L of water daily
- Sleep 7.5-8 hours per night
- Avoid processed snacks, sugary drinks, refined carbs