

Fat loss and Protein intake routine plan

Health analysis

From your daily intake summary basis it seems that hostel food is not adding up to your protein cut ; it's more carbs n less protein so that maybe the reason u had problem ig.

Then coming on to the food add up

Peanuts or roasted chana as snacks between meals.

One of my relatives told that bilikadale(or channa) rinse it overnight n have it morning in before breakfast it helps in putting healthy weight not a bad one..

Note: Having a glass of hot water in every morning in the empty stomach is very good for gut health its from my experience n its prescribed to me by mumma (additionally,if possible add pure home made coconut oil of tea spoon it increases its efficiency)

- **Milk** (if available) or curd as it adds protein and aids digestion.
- **Sprouts**: Ask if she can request sprouts or dal from the mess.

Healthy Fat: A spoon of peanut butter or almonds (if affordable) for healthy fat.

Chana and Dal Adjustments

- **Chana**: If you experience bloating or digestive discomfort from consuming chana, starts with small amounts and increase gradually to allow the body to adjust.
- **Dal**: Some dals can cause gas or bloating, so you could focus on less gas-inducing dals like moong dal. She can also try adding cumin or ginger (if possible) to reduce discomfort.

Lactose Intolerance Consideration

- Since milk products might cause digestive issues, limit milk and curd if you notice discomfort like bloating or stomach cramps.
- If lactose intolerance symptoms arise, suggest lactose-free alternatives like almond or soy milk (if available or if you can buy small packs from nearby stores).

Alternative Protein Sources

- **Nuts and Seeds**: small amounts of almonds, peanuts, or flaxseeds to increase protein intake without causing digestive problems.

- **Lentils & Beans:** If you are okay with dals, small portions of lentil-based curries will still help with protein intake without relying on milk.

Breakfast Options (Start with Carbs + Protein Boost)

- **Idli/Dosa/Upma with Sambar:** Always pair these carb-heavy meals with sambar or chutney for a nutrient boost.
- **Protein Add-ons:** Include small portions of **roasted peanuts** or **chickpeas** (chana) on the side for added protein.
 - If milk is available and you're not lactose intolerant, drink a small glass or have **curd** with idli/dosa for added nutrition.

Mid-Morning Snack (Quick Protein Fix)

- Keep **roasted chana** or **almonds** on hand for a quick snack to keep your metabolism going and protein intake steady.

Lunch (Carb Control + Protein Focus)

- **Rice with Curry (Focus on Dal/Legumes):**
Reduce poori intake and focus on rice with dal-based curry. Lentils, chickpeas, or beans in the curry will provide protein, helping you maintain muscle while reducing fat.
 - Eat **more vegetables** from the curry, which adds fiber and keeps you fuller for longer, preventing overeating carbs.

Afternoon Snack (Simple and Light)

- If your hostel provides **fruit** (like bananas or apples), grab them. Otherwise, a small pack of **nuts** (like almonds or cashews) works well.
- If you feel bloated from chana, rotate with **peanuts** or **boiled moong dal** when available.

Dinner (Light and Balanced)

- **Chapati with Curry (Focus on Fiber + Protein):**
Reduce rice intake and focus on more chapati and the veggie part of the curry. The veggies will provide the fiber needed to digest carbs better.
 - **Dal-based Curries:** Focus on dal-based curries to ensure you get enough protein.

Evening Tea (Light Option)

- A small serving of **curd** (if tolerated) or **herbal tea** for digestion. Avoid milk-based teas if lactose intolerance is a concern.

Hydration Throughout the Day

- **Lemon Water:** Drink water with a splash of lemon during the day. It helps digestion and supports fat loss.
- **Regular Water Intake:** Staying hydrated is key to metabolism and overall health.

Extraa Tips(^-^)

- Stay consistent with portions, focusing on **balancing carbs and protein** without drastically changing your meals.
- Avoid too many fried options like poori and ask for boiled or steamed variations when possible.

Coming to the workout

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1. Warm-Up (5-7 Minutes)

- **Jumping Jacks:** 1 minute to get your heart rate up.
- **Arm Circles:** 30 seconds in each direction.
- **Leg Swings:** 30 seconds per leg, swinging front to back to loosen up.

2. Full Body Circuit (Repeat 2-3 Times)

A. Lower Body (For Toning Curves and Burning Fat)

- **Squats** (3 sets of 15 reps): Focus on deep squats to target your glutes and thighs, helping with shaping curves.
- **Lunges** (3 sets of 10 reps per leg): Strengthens your glutes and thighs for better lower body definition.
- **Glute Bridges** (3 sets of 20 reps): Lie on your back, knees bent, feet flat on the floor, and lift your hips up to engage your glutes and hamstrings.

B. Core Work (For Belly Fat Reduction)

- **Plank** (3 sets, 30 seconds to 1 minute hold): Strengthens your core muscles, helping reduce belly fat.
- **Leg Raises** (3 sets of 12 reps): Lying down, lift both legs straight up to engage your lower abs.

- **Russian Twists** (3 sets of 20 twists): Sit on the floor, slightly lean back, and twist from side to side to work your obliques.

C. Upper Body

- **Push-ups** (3 sets of 10-12 reps): You can modify them to knee push-ups if regular ones feel tough. These work your chest, shoulders, and arms.
- **Tricep Dips** (3 sets of 12 reps): Using the edge of a chair or bed, lower your body to target your triceps and build upper body strength.

3. Cardio Options (10-15 Minutes)

- **Brisk Walking**: Around your hostel or even within your room for a quick cardio burst.
- **High Knees**: 30-second intervals, lifting your knees high to engage your core and legs.
- **Mountain Climbers**: 30-second bursts to keep your heart rate up while working your core and legs.

4. Cool Down (5-7 Minutes)

- **Standing Toe Touches**: Hold for 30 seconds to stretch your hamstrings and lower back.
- **Seated Forward Bend**: Sit and stretch toward your toes for 30 seconds to release tension in your legs and back.
- **Child's Pose**: Hold for 1 minute to relax your lower back and release tension in your body.

Frequency

- **5 Days a Week**: Aim to do this workout 5 times a week, with 2 rest days for recovery.

This routine focuses on strength, fat burn, and toning, without needing any equipment, and is easy to fit into your hostel schedule. It will help you achieve a more toned, curvier physique while addressing belly fat.

Ps 🤗 You're on a journey to a stronger, more confident you! Every little effort counts, and I believe in you. You've got the power to transform not just your body but your mindset too 💪 ✨ ..Ganbare Ganbare

