30-Day Fat Loss Plan (Muslim, Mumbai-Based, Budget Friendly)

This plan is designed for a 90+ kg individual living in Mumbai (Mankhurd/Cheetah Camp), with a moderate income, who wants to lose up to 10 kg in one month. The approach is realistic, halal, affordable, and emphasizes fat loss without compromising health.

# 🎯 Goal: Lose Up to 10 kg in 1 Month (Aggressive Plan)

While 10 kg in 1 month is very aggressive and not recommended for everyone, this plan targets fat loss through a high-protein, low-carb diet and consistent physical activity.

## 🔐 Daily Rules

* • Consume 1500–1600 calories/day
* • Avoid sugar, bread, biscuits, soft drinks, and processed foods
* • Drink 4+ liters of water daily
* • Eat protein with every meal (eggs, dal, chicken, paneer)
* • Include vegetables and salads daily
* • Do not skip meals, but eat clean
* • No cheat meals or snacks

## 🗓️ Sample Daily Meal Plan

Repeat or rotate meals from this plan.

* 6:00 AM:  
  2 glasses warm water with lemon
* 8:00 AM (Breakfast):  
  2 eggs + 2 egg whites (boiled/bhurji)  
  ½ cup oats with chia seeds in water
* 1:00 PM (Lunch):  
  1 roti or ½ cup rice + 1 bowl dal/chana + 1 bowl sabzi + salad
* 5:00 PM (Snack):  
  Black tea/green tea + 1 boiled egg or roasted chana or apple
* 8:00 PM (Dinner):  
  Grilled chicken/fish (150g) or paneer (100g) + sabzi + salad  
  (No roti/rice at night)
* 10:00 PM (Optional):  
  1 cup low-fat milk or 4 almonds

## 🏋️‍♂️ Exercise Plan

Daily Activity:

• Walk 60–90 minutes daily (split into 2–3 sessions) around your local area (e.g., streets or parks)

Optional: 15-minute home workout (pushups, squats, planks, jumping jacks)

## 📉 Expected Results (in 30 Days)

* • Inactive & High Fat: 6–8 kg
* • Moderate Activity: 5–6 kg
* • Strict Diet + Daily Walking: 8–9 kg

Perfect! Here's your **strict 7-day fat loss diet plan (text only)** designed to help you **lose 8–9 kg in 30 days**, assuming you're walking **60–90 minutes daily** (or more).

🗓️ **7-Day Strict Fat-Loss Diet Plan**

🔁 Repeat weekly for 4 weeks for max fat burning.  
⚠️ No sugar, bread, biscuits, juice, samosas, junk food, or fried items.

🌅 **6:00 AM – Wake Up**

* 2 glasses **warm water with lemon**
* Optional: pinch of salt + jeera (empty stomach)

🥣 **8:00 AM – Breakfast**

**Option (repeat daily):**

* 2 boiled eggs + 2 egg whites
* ½ cup oats cooked in water
* 1 tsp chia seeds
* 1 banana OR 1 apple
* Black coffee or green tea (no sugar)

🍱 **1:00 PM – Lunch**

**Rotate these combinations:**

**Day 1–3:**

* 1 roti (without ghee) OR ½ cup rice
* 1 bowl dal or chana
* 1 bowl sabzi (lauki, palak, bhindi, cabbage)
* Cucumber + onion + lemon salad

**Day 4–7:**

* 1 bowl rajma or kala chana curry
* 1 bowl stir-fried sabzi
* Salad with jeera, lemon, and mint
* (Skip rice or roti if you feel full)

☕ **5:00 PM – Snack**

* 1 boiled egg OR 100g paneer OR roasted chana
* Green tea or black tea (no sugar)
* 1 fruit: apple / guava / papaya / orange

🍽️ **8:00 PM – Dinner (Low Carb)**

**Repeatable Option:**

* 150g grilled chicken OR 100g paneer OR 2 boiled eggs
* 1 bowl stir-fried veggies (carrot, lauki, spinach, bhindi, capsicum)
* Cucumber-onion salad + lemon

❌ No roti/rice at dinner.

🌙 **10:00 PM – Optional (only if hungry)**

* 1 glass warm low-fat milk OR
* 4 soaked almonds / 2 walnuts

💧 **Water Intake**

* **4–5 liters/day**
* Add lemon or mint for variety
* Avoid cold drinks and juices completely

🚶**‍**♂️ **Daily Activity (Must Do)**

* **Walk 10,000–12,000 steps daily**  
  (Split into morning + evening walks)
* 3x/week: Basic bodyweight workouts (pushups, squats, planks)

📉 **Estimated Fat Loss:**

|  |  |
| --- | --- |
| **Week** | **Weight Loss** |
| Week 1 | 2.5 – 3 kg |
| Week 2 | 2 – 2.5 kg |
| Week 3 | 2 kg |
| Week 4 | 1.5 – 2 kg |

✅ **Total: 8–9 kg in 30 days**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Focus** | **Duration** | **Description** |
| Mon | Full Body Burn | 30 min | Bodyweight workout + walk |
| Tue | Walk + Core | 45 min | 30-min brisk walk + 15-min abs |
| Wed | Lower Body | 30 min | Squats + lunges + step-ups |
| Thu | Walk + Cardio | 45 min | 5k steps brisk + 10-min cardio |
| Fri | Upper Body | 30 min | Pushups, dips, planks |
| Sat | Mixed HIIT + Walk | 45 min | 10-min HIIT + 30-min walk |
| Sun | REST DAY | — | Light stretching / walk only |

🛒 Grocery Basics for the Week

* Eggs, oats, paneer, chicken, dal, rice, roti flour
* Bhindi, lauki, spinach, cabbage, onions, tomatoes
* Fruits: banana, guava, apple, papaya
* Spices: jeera, haldi, chili, lemon, ginger
* Green tea, almonds, chana

🗓️ **7-Day Fasting + Fat-Loss Meal Plan**

➡️ **Fasting Style**:

* **Mon & Thu** = Sunnah fast (Suhoor to Maghrib)
* **Tue, Wed, Fri, Sat, Sun** = 16:8 intermittent fasting (Eat between 12:00 PM – 8:00 PM)

🎯 **Goal**: 1500–1600 calories/day  
💧 Water: 4–5 liters/day  
🚶‍♂️ Steps: 10,000+ daily

🕌 **Day 1 – Monday (Fasting)**

**Suhoor (Before Fajr):**

* ½ cup oats + 1 boiled egg + 1 banana + 2 dates
* 1 glass water + pinch of salt + lemon

**Iftar (Maghrib):**

* 2 dates + 1 glass water
* Grilled chicken (150g) + lauki or bhindi sabzi + salad
* 1 roti or ½ cup rice

**Optional (Post-Isha):**

* 1 glass milk OR 4 almonds

🥗 **Day 2 – Tuesday (16:8 Fast)**

**12:00 PM (Meal 1):**

* 2 eggs + 2 egg whites (bhurji)
* ½ cup oats + chia seeds

**4:00 PM (Snack):**

* Roasted chana + green tea
* 1 guava or papaya slice

**7:30 PM (Dinner):**

* Paneer bhurji (100g) + sabzi
* 1 roti + salad

🕌 **Day 3 – Wednesday (16:8 Fast)**

**12:00 PM (Meal 1):**

* Rajma curry + ½ cup rice + cucumber salad

**4:00 PM (Snack):**

* 1 boiled egg or 100g grilled paneer
* Green tea

**7:30 PM (Dinner):**

* Grilled fish or tofu + bhindi or spinach sabzi
* No rice/roti

🕌 **Day 4 – Thursday (Fasting)**

**Suhoor:**

* 2 boiled eggs + 1 banana + 1 toast (optional)
* Water + jeera + lemon

**Iftar:**

* 2 dates + water
* Grilled chicken (150g) OR kala chana salad
* 1 roti or dal + sabzi

**Optional Snack (light):**

* 1 fruit or 1 cup milk

🍛 **Day 5 – Friday (16:8 Fast)**

**12:00 PM (Meal 1):**

* Moong dal + 1 roti + bhindi or cabbage sabzi

**4:00 PM (Snack):**

* Apple + black tea + 4 almonds

**7:30 PM (Dinner):**

* Paneer tikka (100g) + salad
* No rice/roti

🍲 **Day 6 – Saturday (16:8 Fast)**

**12:00 PM (Meal 1):**

* Egg bhurji + oats + 1 apple

**4:00 PM (Snack):**

* Boiled corn + lemon + masala OR roasted chana

**7:30 PM (Dinner):**

* Lauki curry + 1 roti
* Grilled tofu/chicken optional

🥦 **Day 7 – Sunday (16:8 Fast)**

**12:00 PM (Meal 1):**

* 1 bowl dal + 1 roti + cabbage/palak sabzi

**4:00 PM (Snack):**

* 1 boiled egg + green tea + 1 fruit

**7:30 PM (Dinner):**

* Chicken or paneer + stir-fried vegetables
* No rice/roti