

## 90-DAY WEIGHT LOSS DIET PLAN (South Indian focus)

### Your stats & goal

- Weight: 84 kg, Height: 163 cm
- Target loss: 10–12 kg in 90 days (≈1–1.5 kg/week)
- Calories/day: ~1500–1700 kcal
- Meals: 3 main + 2 snacks
- Water: 3–3.5 litres/day
- Exercise: 30 mins brisk walk + light home workout

### MORNING ROUTINE (6:30–7:30 AM)

- 1 glass warm water + 1/2 lemon + pinch turmeric
- 5 soaked almonds + 1 walnut
- 15 mins walking/light stretching

### BREAKFAST (8:00–9:00 AM) – 350–400 kcal

#### Mon/Wed/Fri

- 2 Idlis + sambar + 1 egg white
- OR 1 multigrain dosa + chutney + 1 boiled egg
- OR Vegetable upma + green tea

#### Tue/Thu/Sat

- Oats porridge with banana slices
- OR Sprouts salad + 1 toast
- OR Ragi dosa + sambar

#### Sun

- Pongal (1/2 bowl) + chutney + fruit
- OR Poha + 1 boiled egg
- OR Rava idli + sambar

Tip: Avoid sugar, use minimal oil.

### MID-MORNING SNACK (11:00 AM) – 100 kcal

- 1 fruit (apple / orange / papaya) OR
- Buttermilk (no sugar) OR
- Green tea + 2 soaked almonds

### LUNCH (1:00–2:00 PM) – 400–500 kcal

#### Mon–Fri

- 1 cup brown/red rice or millet + dal/sambar + 1 cup veg + 1 egg / small boiled chicken

#### Sat

- 2 chapatis + veg curry + 1 bowl curd

#### Sun

- 1 cup veg biryani (less oil) + salad

Avoid: White rice (daily), fried papad, pickle excess, curd rice combo.

### EVENING SNACK (4:00–5:00 PM) – 100 kcal

- Green tea / black coffee (no sugar) + roasted chana / murmura / sprouts / boiled corn

### DINNER (7:00–8:00 PM) – 300–350 kcal

- 2 phulkas + veg sabzi + salad
- OR Millet porridge / soup + 1 boiled egg
- OR Paneer stir-fry + steamed veg

Rule: No rice at night. Finish before 8:30 PM.

### NIGHT

- 1 glass warm water

- No snacks after dinner

#### WEEKLY EXERCISE PLAN

Mon–Fri: 30 min brisk walk + 15 min stretching

Sat: Yoga or light home workout

Sun: Active rest (walk, cleaning, cycling, etc.)

#### MONTHLY PROGRESS TARGETS

Month 1: Lose 3–4 kg

Month 2: Lose 3–4 kg

Month 3: Lose 3–4 kg

Total: 10–12 kg in 90 days

#### AVOID

- Sugar, sweets, cold drinks
- Deep fried items
- Bakery/maida
- Late-night meals/snacks
- Heavy dinners

#### TRACK WEEKLY

- Weight (same day/time each week)
- Waist measurement
- Steps/day (aim 7k–10k)
- Sleep: 7–8 hours/night

#### OPTIONAL ADD-ONS (tell me if you want them)

1. Monthly grocery list
2. Printable 90-day calendar tracker
3. Beginner home workout (bodyweight) plan