

90-Day Weight Loss Diet Plan for Suresh

This 90-day diet plan is designed for Suresh (84 kg, 163 cm) with a target of losing 10-12 kg over 3 months. It includes South Indian foods, simple exercise, and balanced nutrition.

Morning Routine (6:30-7:30 AM)

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

Breakfast (8:00-9:00 AM) - 350-400 kcal

Options:

1. 2 Idlis + sambar + 1 egg white
2. 1 multigrain dosa + chutney + 1 boiled egg
3. Vegetable upma + green tea
4. Oats porridge with banana slices
5. Ragi dosa + sambar

Mid-Morning Snack (11:00 AM) - 100 kcal

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

Lunch (1:00-2:00 PM) - 400-500 kcal

Mon-Fri: 1 cup brown rice / millet + dal/sambar + 1 cup veg + 1 egg / 1 small chicken piece (boiled)

Sat: 2 chapatis + veg curry + 1 bowl curd

Sun: 1 cup veg biryani (less oil) + salad

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

Options:

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

Weekly Exercise Plan

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

Sat: Yoga or light home workout

Sun: Active rest (walking, cleaning, etc.)

Foods to Avoid

- Sugar, sweets, cold drinks
- Deep fried items
- Bakery and maida items
- Late-night snacks and heavy dinners