

Budget Diet Plan (Under ₹100/Day)

Profile Summary

Height: 149 cm

Weight: 64.6 kg

BMI: 28 (Overweight)

Goal: Fat loss, improved protein intake, better health

Daily Diet Plan

- Morning: Warm water + 5 soaked peanuts
- Breakfast: 2 eggs + 1 roti OR 2 moong dal chilla
- Mid-morning: 1 seasonal fruit (guava/papaya/apple)
- Lunch: Dal or 100g chicken + 1 bowl rice or 2 rotis + vegetables
- Evening: Roasted chana or boiled corn + green tea
- Dinner: Vegetable soup + 1 boiled egg (no rice/roti)

Important Guidelines

- Use max 3 teaspoons oil per day
- Avoid fried food, sugar, bakery items
- Drink 2.5–3 liters of water daily
- Walk 30–45 minutes daily
- Sleep before 11 PM

Expected Result: 2–3 kg fat loss in 30–40 days with consistency.