

Fat Loss Workout and Indian Vegetarian Diet Plan

Height: 5'6" | Weight: 170 lbs | Target: 150 lbs

Workout: 5 Days/Week | Rest Days: 2/Week

Preference: Minimal chicken, no fish, mostly Indian vegetarian meals

Goal: Fat loss with strength training and a high-protein Indian diet

Workout Plan (Weekly Breakdown)

Day 1 – Push: Bench press, shoulder press, lateral raises, triceps pushdowns, cardio

Day 2 – Pull: Lat pulldown, rows, curls, face pulls, planks, leg raises

Day 3 – Legs: Squats, lunges, deadlifts, leg curl, calf raises, cardio

Day 4 – Rest: Light activity or complete rest

Day 5 – Conditioning: Kettlebell swings, ropes, thrusters, sled/row, jumps, woodchoppers

Day 6 – Hybrid: Incline press, cable row, curls, dips, cardio

Day 7 – Rest: Full rest and hydration

High-Protein Indian Vegetarian Diet Plan

Goal: 80–100g protein/day using dairy, lentils, soy, seeds, legumes

Breakfast:

- Oats with milk, chia seeds, whey (25g) OR eggs + toast + paneer (20g)

Mid-Morning Snack:

- Greek yogurt with fruit OR paneer cubes (15g)

Lunch:

- Roti + dal + sabzi + curd + soya chunks curry (20g)

Snack:

- Roasted chana / soybeans / protein shake (10–15g)

Dinner:

- Quinoa + rajma/chole + veggies + paneer/tofu (20g)

Optional (Pre-bed):

- Milk or Greek yogurt (6–8g)

Tips for Success

- Combine dal + rice or roti for complete proteins
- Use whey or plant protein if needed
- Include soy chunks often—they're very rich in protein
- Track intake with apps like MyFitnessPal or HealthifyMe
- Be consistent; aim for 1–2 lbs fat loss/week