

☒ PHASE 1: METABOLIC RESET (Week 1–4)

☒ Objective:

- Reduce water retention
 - Control cravings
 - Improve digestion
 - Start visible fat loss
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☒ Detailed Daily Meal Structure

☒ Morning Routine (7–8 AM)

- Warm lemon water
 - 5 soaked almonds
 - 2 walnuts
 - 1 tsp chia seeds (soaked)
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☒ Breakfast Rotation Plan (Rotate Weekly)

Week 1:

- Vegetable oats (no oil)
- Moong dal chilla
- Vegetable upma
- Sprouts bowl

Week 2:

- Besan chilla + curd
- Paneer stuffed roti (low oil)
- Poha (light oil)
- Oats smoothie (banana + peanut butter small)

Week 3 & 4:

Repeat best performing meals.

☒ Mid-Morning

- Papaya / Apple / Guava
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Coconut water (alternate days)

☒ Lunch Structure

- 2 multigrain roti
 - 1 bowl sabzi
 - 1 bowl dal / rajma / chole
 - Big salad bowl
 - Buttermilk (no salt)
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☒ Evening

- Green tea
 - Roasted makhana / chana
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☒ Dinner (Before 8 PM)

Option A:

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Paneer bhurji 100g + salad

Option B:

- Tofu stir fry

Option C:

- Vegetable soup + sprouts

☒ Workout (Progressive System)

Week 1:

- 20 min walking
- Squats 3x12
- Wall pushups
- Plank 30 sec

Week 2:

- Add lunges
- Increase plank

Week 3:

- Add mountain climbers

Week 4:

- Increase reps by 20%

☒ PHASE 2: ACCELERATION PHASE (Week 5–8)

☒ Objective:

- Burn stored fat
- Improve muscle tone
- Increase stamina

☒ Diet Upgrade

- Reduce roti to 1
- Increase protein portion
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Add soy chunks 3x per week

- Add Greek yogurt
 - Add flax seeds
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☒ Craving Control System

- If craving sweets ☒ eat dates (2 max)
 - If craving junk ☒ eat roasted peanuts
 - Drink water before emotional eating
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☒ Workout Upgrade

Week 5–6:

- 30 min brisk walk
- 10 Surya Namaskar
- Strength circuit

Week 7–8:

- Add HIIT 3x week
 - Burpees
 - Plank 1 min
 - Jump squats
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☒ PHASE 3: LEAN TRANSFORMATION (Week 9–12)

☒ Objective:

- Visible waist reduction
 - Lean look
 - Fat % reduction
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☒ Advanced Diet Strategy

- 14:10 intermittent fasting (optional)
- High protein vegetarian focus

- No roti at dinner
- Increase salad volume

Protein Sources:

- Paneer
 - Tofu
 - Soy chunks
 - Sprouts
 - Lentils
 - Peanut butter
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☒ Advanced Workout

- 3 Days Strength
- 3 Days HIIT
- Core focused routine

- Plank 90 sec
 - Burpees 15 reps
 - Squats weighted (if available)
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☒ WEEKLY TRACKER TEMPLATE

Every Sunday record:

Weight:

Waist size:

Hip size:

Energy level (1–10):

Workout completion %:

Water intake:

☒ MASTER GROCERY LIST

Proteins:

- Paneer
- Tofu
- Soy chunks
- Lentils

- Rajma

- Chole

Fiber:

- Oats
- Brown rice
- Multigrain atta

Fats:

- Almonds
- Walnuts
- Chia seeds
- Flax seeds

Vegetables:

- Spinach
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Carrot

- Cucumber
- Beetroot
- Capsicum

☒ MINDSET MODULE

- Cheat meal once per week
- 7–8 hours sleep
- 3 litre water
- No late night snacking

☒ PLATEAU BREAK SYSTEM

If weight not reducing for 2 weeks:

- Increase steps by 3000
- Reduce carb slightly
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Check salt intake