

# ☒ 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.

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## ⊗ Mid-Morning

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

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## ⊗ 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
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## ☒ 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%
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## ☒ PHASE 2: ACCELERATION PHASE (Week 5–8)

### ☒ Objective:

- Burn stored fat
  - Improve muscle tone
  - Increase stamina
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### ☒ 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:

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## ⊗ 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

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## ☒ PLATEAU BREAK SYSTEM

If weight not reducing for 2 weeks:

- Increase steps by 3000

- Reduce carb slightly

Check salt intake