

Daily Routine & Diet Plan for Fat Loss and Study

Daily Routine

6:00 AM - Wake Up

- Drink warm water with lemon
- Light stretching or 5 min meditation

6:30 AM - Gym (Strength Training, 60-75 mins)

- Day 1: Chest + Triceps
- Day 2: Back + Biceps
- Day 3: Shoulders + Abs
- Day 4: Legs
- Day 5: Full Body
- Day 6: Core or Recovery
- Day 7: Rest or Light Activity

8:00 AM - Post-Workout Breakfast

- Oats with banana/nuts OR
- 3 egg whites + 1 whole egg + roti OR
- Sprouts + fruit + green tea

9:00 AM - 1:00 PM - Study (Engineering & Career)

1:00 PM - Lunch

- 1-2 rotis or small bowl rice
- 1 cup dal/chana/rajma
- Sabzi + salad + curd

2:00 PM - Optional Nap (20-30 mins)

3:00 PM - 6:00 PM - Study Block 2

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6:30 PM - Cardio (30-45 mins)

- Walking, jogging, cycling, HIIT

8:00 PM - Dinner (Light)

- Paneer/tofu/chicken + veggies

- 1 roti or low-carb meal

- Buttermilk or green tea

9:00 PM - Light Study / Career Planning

10:30 PM - Sleep (7-8 hours)

Diet Tips

Indian Fat Loss Diet Tips:

- Less oil, no deep-frying

- Avoid sugar, sweets, soft drinks

- Eat more protein (dal, paneer, chicken, eggs)

- Drink 3-4 L water daily

- No late-night heavy meals

Benefits of This Routine

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1. Gym Training:

- Burns fat, builds muscle

- Increases metabolism & confidence

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2. Evening Cardio:

- Extra calorie burn, improves heart health
- Reduces stress, enhances sleep

3. Indian Diet:

- Balanced and sustainable
- High fiber, protein, and nutrients

4. Study Routine:

- Manages engineering and career prep effectively
- Builds time discipline

5. Sleep:

- Crucial for fat loss and brain recovery