

Fat Loss Diet Plan

Profile Overview

Goal: Fat loss

Activity Level: Moderate (workout 3–5 times/week)

Calorie & Macronutrient Targets

Target Deficit for Fat Loss: ~1,400–1,600 kcal/day

Macros Split:

- Protein: ~100–120g (1.5g/kg for fat loss)
- Fat: ~50g
- Carbs: Remaining calories (~130–160g)

DAILY MEAL PLAN

Early Morning

- 1 glass warm water + lemon
- 5–6 soaked almonds + 2 walnuts

Breakfast

- Option 1: 3 egg whites + 1 whole egg bhurji, 1 multigrain toast or 1 small Phulka, 1 cup green tea or black coffee (no sugar)
- Option 2: Oats porridge with low-fat milk + 1 boiled egg, ½ banana (optional)

Mid-Morning Snack

- 1 fruit (apple/orange/guava/papaya)
- Green tea (optional)

Lunch

- Option 1: Grilled chicken breast (100–120g), 1 cup brown rice or 2 rotis, mixed vegetable sabzi, green salad
- Option 2: 1 cup dal + 2 boiled eggs + 1 chapati, vegetable salad, ½ cup low-fat curd

Evening Snack

- Green tea or black coffee (no sugar)
- 1 boiled egg or roasted chana (30g) OR 1 whey protein shake.

Dinner

- Option 1: Grilled fish or chicken (100g), sautéed veggies, 1 small roti or ½ cup cooked quinoa
- Option 2: Egg white omelet with veggies + clear soup

Post-Dinner (if hungry)

- 1 glass warm turmeric milk or chamomile tea.

WEEKLY WORKOUT PLAN

- Strength Training: 4–5x/week (45 mins)
- Cardio: 30–45 mins: walking, cycling, HIIT
- Steps Goal: 8,000–10,000 daily

SMART TIPS

- Hydration: 2.5–3 liters water/day
- Avoid: Fried, refined carbs, sugar, packaged foods
- Meal prep: Helps stick to portions & macros
- Cheat meal: Once per week is fine, not cheat days
- Sleep: 7–8 hrs./night for fat loss & recovery

Expected Weight Loss

0.7–1 kg/week = ~10–12 kg in 3 months if followed consistently.