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.