

Your **BMI is between 23.5 and 24.9**, you fall under the **overweight** category in the South Asian BMI scale. The goal should be to **maintain or gradually reduce weight while improving fitness**. The focus should be on **portion control, balanced meals, and regular exercise** to keep body fat in check.

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## Diet Plan for Healthy Weight Maintenance/Loss

### General Guidelines:

- ✓ **Portion control** – Reduce extra carbs but keep meals balanced.
  - ✓ **More fiber, less sugar** – Helps digestion and weight loss.
  - ✓ **Lean protein intake** – Fish, chicken, and legumes.
  - ✓ **Healthy fats only** – Nuts, mustard oil, ghee in moderation.
  - ✓ **Hydration is key** – Drink **3L of water daily**.
  - ✓ **Avoid junk foods** – Limit sweets, fried foods, and excess salt.
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### Meal Plan Example:

#### Morning Detox (7:00 AM)

- ✓ 1 glass of **warm lemon water** OR green tea (aids digestion)
- ✓ 5-6 **almonds** (soaked overnight)

#### Breakfast (8:00 AM - 9:00 AM)

- ✓ 1 boiled/poached egg or an omelet (use less oil)
- ✓ 1 whole wheat roti or 2 slices of brown bread
- ✓ 1 bowl of mixed fruits (papaya, guava, apple, or banana – in moderation)
- ✓ 1 glass of low-fat milk or lassi (unsweetened)

#### Mid-Morning Snack (11:00 AM)

- ✓ 1 handful of roasted peanuts or **chola (chickpeas)**
- ✓ 1 cup of **green coconut water**

#### Lunch (1:30 PM - 2:00 PM)

- ✓ 1 **small cup of rice (brown preferred) or 2 rotis**
- ✓ 1 bowl of **daal (lentil soup)** with a little mustard oil
- ✓ 1 piece of **grilled/boiled fish (rui, pangash, etc.) or chicken (without skin, less oil)**
- ✓ 1 large serving of **boiled or stir-fried vegetables (shak, gourd, pumpkin, beans)**
- ✓ 1 bowl of **curd/yogurt** for gut health

#### Afternoon Snack (5:00 PM - 5:30 PM)

- ✓ 1 cup of **green tea** (no sugar)
- ✓ 2 **Marie biscuits** OR 1 **handful of nuts**

#### **Dinner (8:30 PM - 9:00 PM)**

- ✓ 1 small cup of rice or 2 **whole wheat rotis**
- ✓ 1 piece of **grilled fish or chicken**
- ✓ 1 bowl of **boiled/stir-fried vegetables**
- ✓ 1 boiled egg (optional)

#### **Before Bed (10:30 PM - 11:00 PM)**

- ✓ 1 glass of **warm milk with turmeric** (improves metabolism)
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## **Exercise Routine (Weight Management & Fat Loss Focused)**

- ♦ **Workout at least 5 days a week** (3 days cardio, 2 days strength)
- ♦ **Avoid heavy weightlifting at first** (Focus on functional strength)
- ♦ **Consistency is key** (Even light workouts matter)

### **Workout Plan:**

#### **Day 1: Cardio & Fat Burn**

- ✓ **Brisk Walking or Running** – 30-40 mins
- ✓ **Jump Rope/Skipping** – 3 sets of 30 reps
- ✓ **Jump Squats** – 3 sets of 12 reps
- ✓ **Plank Hold** – 3 sets of 30 seconds

#### **Day 2: Strength Training (Upper Body & Core)**

- ✓ **Push-ups** – 3 sets of 10-12 reps
- ✓ **Dumbbell Shoulder Press** – 3 sets of 10 reps
- ✓ **Russian Twists** – 3 sets of 20 reps
- ✓ **Leg Raises** – 3 sets of 12 reps

#### **Day 3: Cardio & Functional Workout**

- ✓ **Jogging/Cycling** – 40 mins
- ✓ **Jumping Jacks** – 3 sets of 40 reps
- ✓ **Side Lunges** – 3 sets of 12 reps each side
- ✓ **Plank to Push-ups** – 3 sets of 10 reps

#### **Day 4: Lower Body & Core Strength**

- ✓ **Squats** – 3 sets of 15 reps
- ✓ **Lunges** – 3 sets of 12 reps each leg
- ✓ **Calf Raises** – 3 sets of 15 reps
- ✓ **Bicycle Crunches** – 3 sets of 15 reps

#### Day 5: Full Body Workout & HIIT

- ✓ **Jump Squats** – 3 sets of 10 reps
- ✓ **Burpees** – 3 sets of 10 reps
- ✓ **Mountain Climbers** – 3 sets of 30 reps
- ✓ **Jump Rope** – 5 minutes

♦ **Bonus Tips:**

- ✓ Walk **10,000 steps daily** for steady fat loss
  - ✓ Sleep **7-8 hours daily** to control metabolism
  - ✓ Avoid **eating heavy meals before bedtime**
  - ✓ Reduce **stress levels** (stress causes weight gain)
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## Final Tips for Weight Control in Bangladesh

- ✓ Eat **home-cooked** meals (avoid excessive restaurant food)
  - ✓ Reduce **sweets & sugary drinks** (cha with sugar, cold drinks)
  - ✓ Have **light dinners** (no late-night heavy meals)
  - ✓ Stay **consistent with workouts** (even 30 minutes daily helps)
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