

If your **BMI is between 34.9 and 39.9**, you fall under the **severely obese category** in the South Asian BMI scale. This means you are at high risk for diabetes, heart disease, and other health complications. **Your main goal should be significant fat loss, improving metabolism, and increasing daily activity.**

Key Focus Areas for Weight Loss:

- ✓ **Caloric Deficit** – Eat **500-800 kcal less** than your daily needs.
 - ✓ **Low-Carb, High-Protein Diet** – Reduce rice, bread, and sugar intake while increasing protein.
 - ✓ **Increase Fiber & Hydration** – Eat more vegetables, fruits, and drink **at least 3.5-4L water** daily.
 - ✓ **Daily Movement is Key** – Start with light exercises and gradually increase intensity.
 - ✓ **No Processed or Junk Food** – Strictly avoid **fast food, sugary drinks, and fried items.**
 - ✓ **Better Sleep & Stress Management** – Poor sleep can slow weight loss.
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Diet Plan for Severe Weight Loss (Bangladeshi Lifestyle)

Morning Detox (6:30 AM - 7:00 AM)

- ✓ 1 glass of **warm lemon water with chia seeds** (boosts metabolism)
 - ✓ 5-6 **almonds OR walnuts** (soaked overnight, for healthy fats)
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Breakfast (7:30 AM - 8:30 AM)

- ✓ 1 boiled or poached egg OR 2 egg whites (high protein, no fried items)
- ✓ 1 roti OR 2 slices of brown/multigrain bread
- ✓ 1 bowl of cucumber, papaya, and guava (fiber-rich fruits)
- ✓ 1 cup of green tea OR black coffee (without sugar)

⊘ **Avoid Paratha, White Bread, and Sugary Tea!**

Mid-Morning Snack (10:30 AM - 11:00 AM)

- ✓ 1 handful of roasted chickpeas (chola) OR 1 boiled egg
 - ✓ 1 glass of green coconut water OR 1 cucumber
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Lunch (1:30 PM - 2:00 PM) [High Protein, Low Carb]

- ✓ ½ cup of brown rice OR 1 whole wheat roti (control carb intake)
- ✓ 1 bowl of lentil soup (daal) cooked with mustard oil
- ✓ 1 piece of grilled/boiled fish (rui, pangash, ilish) OR skinless chicken curry (low oil, no potatoes)
- ✓ 1 plate of boiled/stir-fried vegetables (shak, gourd, pumpkin, beans, cauliflower, etc.)
- ✓ 1 bowl of homemade curd (unsweetened yogurt)

⊘ Strictly avoid white rice, potato-heavy meals, and deep-fried items.

Afternoon Snack (4:30 PM - 5:00 PM)

- ✓ 1 cup of green tea OR black coffee (no sugar)
- ✓ 1 handful of nuts (almonds, walnuts) OR 2 Marie biscuits

⊘ No sugary snacks like biscuits, cakes, or fried items!

Dinner (7:30 PM - 8:00 PM) [Very Light Meal]

- ✓ 1 small roti OR ½ cup of brown rice (small portion)
- ✓ 1 piece of grilled fish or boiled chicken
- ✓ 1 plate of steamed vegetables OR vegetable soup
- ✓ 1 bowl of daal (optional, for fiber)

⊘ No heavy meals or rice at night!

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

- ✓ 1 glass of warm turmeric milk OR chamomile tea (boosts metabolism and sleep)

⊘ No late-night snacks!

Exercise Routine for High BMI Individuals (Fat Loss Focused)

- ♦ **Start Slow & Be Consistent** – Overexertion can lead to injury.
 - ♦ **Workout at least 5-6 days a week** – Mix cardio, strength training, and flexibility exercises.
 - ♦ **Walking is Key** – **10,000+ steps daily** is the best fat-burning exercise.
 - ♦ **Avoid Prolonged Sitting** – Stand and move every 30 minutes.
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Workout Plan (Beginner-Friendly for Obese Individuals)

Day 1: Low-Impact Cardio & Fat Burn

- ✓ **Brisk Walking (30-40 minutes)** (Outdoors or on a treadmill)
 - ✓ **Seated Marching (for joint-friendly movement)** – 3 sets of 20 reps
 - ✓ **Step-ups on stairs (or a low bench)** – 3 sets of 15 reps
 - ✓ **Wall Push-ups** – 3 sets of 10 reps
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Day 2: Strength Training (Upper Body & Core)

- ✓ **Dumbbell Shoulder Press (Light Weight)** – 3 sets of 10 reps
 - ✓ **Seated Leg Raises** – 3 sets of 12 reps
 - ✓ **Russian Twists (No Weights)** – 3 sets of 20 reps
 - ✓ **Plank Hold (Start with 10-20 seconds, increase gradually)**
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Day 3: Functional HIIT & Low-Impact Cardio

- ✓ **Jumping Jacks (Modified, Step Touch)** – 3 sets of 30 reps
 - ✓ **Squats (Use a Chair for Support)** – 3 sets of 12 reps
 - ✓ **Step-ups** – 3 sets of 15 reps each leg
 - ✓ **Plank to Push-ups (Modified on Knees)** – 3 sets of 10 reps
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Day 4: Lower Body & Core Strength

- ✓ **Bodyweight Squats** – 3 sets of 12 reps
- ✓ **Lunges (Hold onto Support if Needed)** – 3 sets of 10 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 (Low-Impact Version Available)** – 3 sets of 10 reps
 - ✓ **Burpees (Slow, Modified)** – 3 sets of 10 reps
 - ✓ **Mountain Climbers (Slow, Controlled Movements)** – 3 sets of 30 reps
 - ✓ **Jump Rope (Low-Impact if Needed)** – 5 minutes
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Day 6: Yoga & Stretching for Flexibility

- ✓ **Cat-Cow Stretch** – 3 sets of 10 reps
 - ✓ **Child's Pose** – Hold for 30 seconds
 - ✓ **Standing Toe Touch** – 3 sets of 15 reps
 - ✓ **Deep Breathing & Meditation** – 5 minutes
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Final Tips for Sustainable Fat Loss

- ✓ **Eat Home-Cooked Meals** (Avoid fast food, biryani, deep-fried items).
 - ✓ **Use Less Oil** (Mustard oil is fine, but avoid deep frying).
 - ✓ **Reduce Salt & Sugar Intake** (Prevents water retention & bloating).
 - ✓ **Hydrate Properly** (Drink at least **3.5-4L water daily**).
 - ✓ **Avoid Crash Diets** (Sustainable weight loss is gradual).
 - ✓ **Stay Active Daily** (Even short walks help).
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Expected Weight Loss Timeline:

📌 If you **follow this plan strictly**, you can expect to lose **4-6 kg per month** in a **healthy way**.

📌 **Consistency is key** – Don't give up after a few days! Small changes lead to big results.