

Your **BMI is between 30 and 34.9**, you fall under the **obese category** in the South Asian BMI scale. This means your primary goal should be **significant fat loss, improving metabolism, and increasing overall fitness**.

To achieve this, you need:

- ✓ **Caloric Deficit** – Eat **500-700 kcal less** than your daily requirement.
 - ✓ **Low Carb, High Protein Diet** – Reduce rice and bread intake, focus on lean protein.
 - ✓ **Healthy Fats & Fiber** – Nuts, mustard oil, and vegetables are essential.
 - ✓ **Regular Physical Activity** – **Walk 10,000+ steps daily & exercise at least 5 days a week.**
 - ✓ **Hydration & Sleep** – **3.5L water daily** and **7-8 hours of sleep** for better metabolism.
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Diet Plan for Fat Loss

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

- ✓ 1 glass **warm lemon water with honey** OR apple cider vinegar (boosts metabolism)
 - ✓ 5-6 **almonds** (soaked overnight) + 1 teaspoon of **chia seeds** in water
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Breakfast (7:30 AM - 8:30 AM)

- ✓ 1 **boiled or poached egg** (protein)
 - ✓ 1 **roti or 2 slices of brown bread** (no paratha)
 - ✓ 1 **bowl of cucumber, papaya, and guava** (fiber-rich fruits)
 - ✓ 1 **cup of green tea OR black coffee** (no sugar)
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Mid-Morning Snack (10:30 AM - 11:00 AM)

- ✓ 1 handful of **roasted chola (chickpeas)** OR puffed rice (muri) with mustard oil
 - ✓ 1 glass of **green coconut water**
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Lunch (1:30 PM - 2:00 PM) [Balanced but Light]

- ✓ ½ **cup of brown rice OR 1 whole wheat roti**
- ✓ 1 **bowl of daal (lentil soup)** with mustard oil
- ✓ 1 **piece of grilled/boiled fish (ruhi, pangash, ilish) or skinless chicken curry** (low oil, no potatoes)

- ✓ 1 plate of vegetables (shak, gourd, pumpkin, beans, cauliflower, carrots, etc.)
- ✓ 1 bowl of homemade curd/yogurt (no sugar, improves digestion)

🚫 No deep-fried foods or excess rice!

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

- ✓ 1 cup of green tea (no sugar) OR black coffee
 - ✓ 1 handful of nuts (almonds, walnuts) or 2 Marie biscuits
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Dinner (7:30 PM - 8:00 PM) [Very Light Meal]

- ✓ 1 roti OR ½ cup of brown rice
- ✓ 1 piece of grilled fish or chicken
- ✓ 1 bowl of boiled/stir-fried vegetables
- ✓ 1 bowl of daal (optional, for fiber)

🚫 No rice-heavy meals at night.

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

- ✓ 1 glass of warm turmeric milk OR chamomile tea (improves metabolism and sleep)
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Exercise Routine (Fat Loss & Strength Focused)

- 🚀 Workout at least 5-6 days a week (Mix of cardio, strength, and flexibility).
 - 🚶 Walk 10,000+ steps daily (Helps burn extra fat).
 - 💪 Strength training increases fat burn even when resting.
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Workout Plan (Beginner-Friendly for Obese Individuals)

Day 1: Low-Impact Cardio & Fat Burn

- ✓ Brisk Walking or Slow Jogging – 40 minutes
- ✓ Seated Marching (for joint-friendly movement) – 3 sets of 20 reps

- ✓ **Step-ups on stairs** – 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
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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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♦ **Bonus Tips for Weight Loss:**

- ✓ Walk at least **10,000 steps daily** to burn extra fat.
 - ✓ Sleep **7-8 hours daily** (Lack of sleep = weight gain).
 - ✓ No **late-night eating** (stops fat burning).
 - ✓ Avoid **excess sugar & processed foods** (cuts down calorie intake).
 - ✓ **Stay consistent** – Even small workouts and diet changes matter!
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Final Tips for Sustainable Fat Loss in Bangladesh

- ✓ **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 **3.5L water daily**).
 - ✓ **Avoid Crash Diets** (Sustainable weight loss is gradual).
 - ✓ **Stay Active Daily** (Even short walks help).
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