

If your **BMI is between 25 and 29.9**, you fall under the **overweight** category, which means the goal should be **fat loss, improved metabolism, and better overall fitness**. The focus should be on **calorie control, high protein intake, and daily physical activity**.

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# Diet Plan for Fat Loss & Weight Management

## General Guidelines:

- ✓ **Caloric Deficit** – Consume **300-500 kcal less than your daily needs** to lose weight gradually.
  - ✓ **High Protein Intake** – Helps maintain muscle while burning fat.
  - ✓ **Complex Carbs Only** – Replace white rice with **brown rice, whole wheat, or oats**.
  - ✓ **Healthy Fats in Moderation** – Mustard oil, ghee, nuts, and fish oil.
  - ✓ **More Fiber, Less Sugar** – Helps digestion and controls hunger.
  - ✓ **Hydration is Key** – Drink **3-3.5L of water daily**.
  - ✓ **No Junk Food** – Avoid **fried foods, sweets, and sugary drinks**.
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## Meal Plan Example:

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

- ✓ 1 glass of **warm lemon water** OR green tea (boosts metabolism)
  - ✓ 5-6 **almonds or walnuts** (soaked overnight)
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### Breakfast (7:30 AM - 8:30 AM)

- ✓ 1 **boiled or poached egg** (high protein)
  - ✓ 1 **roti or 2 slices of brown bread** (no paratha)
  - ✓ 1 **bowl of mixed fruits** (papaya, apple, guava, orange)
  - ✓ 1 **cup of green tea OR black coffee (without sugar)**
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### Mid-Morning Snack (11:00 AM)

- ✓ 1 handful of **roasted chola (chickpeas)** OR puffed rice (muri) with mustard oil
- ✓ 1 cup of **green coconut water**

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

- ✓ 1 small cup of brown rice OR 2 whole wheat rotis
  - ✓ 1 bowl of daal (lentil soup) with mustard oil
  - ✓ 1 piece of grilled/boiled fish (rui, pangash, ilish) or skinless chicken curry (low oil)
  - ✓ 1 large serving of vegetables (shak, gourd, pumpkin, beans, cauliflower, carrots, etc.)
  - ✓ 1 bowl of homemade curd (improves digestion)
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### Afternoon Snack (4:30 PM - 5:00 PM)

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

- ✓ 1 roti OR 1 small bowl of brown rice
- ✓ 1 piece of grilled chicken or fish
- ✓ 1 bowl of boiled vegetables or salad
- ✓ 1 bowl of daal (optional)

⊘ No heavy meals after 9 PM to prevent fat storage.

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

- ✓ 1 glass of warm milk with turmeric (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 training)
- ◆ Start with low-intensity workouts and gradually increase difficulty.
- ◆ Strength training helps burn more calories than cardio alone.
- ◆ Avoid sitting too long – Stand or walk after every 30 minutes of sitting.

**Workout Plan:**

## Day 1: Cardio & Fat Burn

- ✓ **Brisk Walking or Jogging** – 30-40 minutes
  - ✓ **Jump Rope/Skipping** – 3 sets of 30 reps
  - ✓ **Jump Squats** – 3 sets of 12 reps
  - ✓ **Plank Hold** – 3 sets of 30-45 seconds
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## 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
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## Day 3: HIIT & Functional Workout

- ✓ **High Knees** – 3 sets of 40 reps
  - ✓ **Jumping Jacks** – 3 sets of 40 reps
  - ✓ **Burpees** – 3 sets of 10 reps
  - ✓ **Plank to Push-ups** – 3 sets of 10 reps
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## 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
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## Day 5: Full Body & Fat Burning 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
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♦ **Bonus Tips:**

- ✓ Walk **10,000+ steps daily** to burn extra calories.
  - ✓ Sleep **7-8 hours daily** for better metabolism.
  - ✓ Avoid **overeating and late-night snacks**.
  - ✓ Drink **plenty of water** (3+ liters per day).
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## Final Tips for Fat Loss & Healthy Living in Bangladesh

- ✓ **Eat home-cooked meals** (limit restaurant/fast food).
  - ✓ **Limit sugar, salt, and deep-fried foods** (avoid samosas, chips, sweets).
  - ✓ **Use mustard oil or olive oil in moderation** (not too much).
  - ✓ **Manage stress levels** (stress can cause weight gain).
  - ✓ **Stay consistent** – weight loss takes time!
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