

# IUH FITNESS

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## Diet Chart & Overview - Taha

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### Overview:

Taha is a 21-year-old male weighing 79 kg at 165 cm height. His main goal is to reduce body fat and improve his physique.

He's consistent with workouts-training 5-6 times a week-and prefers evening sessions, but his current lifestyle, including a reversed sleep cycle (5 AM-2 PM), emotional eating, and frequent fast food intake, may slow down progress.

He has no medical issues, lives with a supportive family, and has full access to a kitchen with help for cooking.

While his energy and sleep quality are fine, he often feels bloated after meals, drinks less water than needed, and eats out of boredom or emotion.

He craves salty, late-night snacks, and tends to lose motivation when results don't show quickly.

### Personality-Based Strategy:

Taha is emotionally driven but motivated by logic. He works better with a flexible approach and needs visible or trackable progress to stay committed.

The strategy should focus on flexible meal plans with built-in variety, high-protein meals that reduce cravings, and tracking tools that show progress beyond just the scale (e.g., measurements, strength gains).

### Budget Note:

Taha has a grocery budget of PKR 15,000/month, which is tight for a high-quality fat loss plan.

A more realistic range would be PKR 20,000-22,000/month to allow for clean protein sources, fiber-rich carbs, and good fats essential for results and satiety.

## **Strengths:**

- Regular workout routine
- Supportive home environment
- Emotionally open and willing to be guided
- Access to all types of meat and help in the kitchen

## **Challenges:**

- Late sleep/wake cycle
- Emotional eating + frequent junk intake
- Low water intake
- Loses motivation if results are slow
- Feels bloated and full often (possible digestive inefficiency or portion control issues)

With the right structure, accountability, and gradual improvements in habits, Taha can achieve his goal and potentially grow into someone highly consistent and passionate about fitness.

## **What We Need to Work On:**

- Fixing the sleep-wake cycle: Shifting closer to a natural circadian rhythm will improve hormonal balance, digestion, and fat loss response.
- Reducing fast food intake: Gradually cutting down processed foods will help reduce water retention, bloating, and calorie surplus.
- Managing emotional eating: Replacing boredom/stress-based eating with mindful alternatives or structured snacking.
- Improving water intake: Aim for at least 2.5-3 liters daily to support metabolism and digestion.
- Building dietary consistency: Avoiding cheat patterns by tracking non-scale progress like strength, mood, or fit of clothes.
- Controlling portion sizes: Especially at dinner or late-night meals to reduce bloating and improve sleep quality.

# Diet Chart

Fat Reduction Meal Strategy - Taha

**Meal no 01:**

- 4 Whole Eggs & 40G Oats Cooked in 120ml Milk.

**Meal no 02:**

- 150G Boneless Chicken Brest (RAW) with 90G rice (RAW) with 250G of Plain Dahi (No Malai).

**Meal no 03:**

- 150G of 95/5 Beef (RAW) with 1 Tortilla Wrap.

**Snack:**

- 1 Medium Banana.

**Additional:**

- 2tbs of Seed OR Cooking Oil & 1tbs of Psyllium Husk

## Macros Breakdown

FOOD ITEM	AMOUNT	CALORIES	PROTIEN	FAT (g)	CARBS (g)
4 large eggs	4 eggs	288	25.2 (C)	19.2	1.60
Raw oats	40g	155	6.76	2.76	26.5
Whole milk	120ml	73.0	3.84 (C)	3.69	5.76
Raw chicken breast	150g	247	46.5 (C)	5.40	0.00
Raw white rice	90g	324	6.30	0.54	71.1
Plain yogurt	250g	152	8.75 (C)	8.25	11.75
Medium banana	1 banana	105	1.30	0.40	27.0
Raw beef (95/5)	150g	205	32.25 (C)	7.50	0.00
Tortilla wrap	1 wrap	138	4.00	4.00	22.0
Seed oil	2tbsp (28g)	250	0.00	28.0	0.00

### **Total:**

- **Calories:** 1,929.30 kcal
  - **Protein:** 134.90g
  - **Fat:** 80g
  - **Carbs:** 165.73g
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### **Final Note:**

Thank you for choosing **IUH Fitness** to be a part of your journey. This diet plan has been designed specifically for your personal use, keeping your body, goals, and lifestyle in mind. Please follow it consistently and give your body the time it needs to respond — progress doesn't happen overnight, but with patience and discipline, results will come.

Make sure to stay well-hydrated, get enough sleep, and maintain a balanced routine. If you have any medical conditions or experience any discomfort while following this plan, consult your healthcare professional. This plan is not a substitute for medical advice and should not be used by or shared with others.

Wishing you all the best on your transformation. You've got this!

— **IUH Fitness**