

30-Day Weight Loss Diet Plan (Target: 10 kg)

Note: Losing 10 kg in a month is very aggressive. Consult a doctor or dietitian before starting. Drink 3-4 liters of water daily and aim for 45-60 minutes of exercise per day.

Daily Meal Schedule (~1,200-1,400 kcal/day)

7:00 AM - Warm Water: 1 glass with lemon + pinch of cinnamon

7:30 AM - Light Workout: 30-45 min walk/yoga/HIIT

8:30 AM - Breakfast:

- * 1 boiled egg + 1 multigrain toast + green tea OR
- * Oats porridge with skim milk + chia seeds

11:00 AM - Snack:

- * 5 almonds + 1 apple OR 1 boiled egg

1:00 PM - Lunch:

- * 1 multigrain roti + sabzi + dal OR
- * Grilled paneer/chicken salad + curd

4:00 PM - Evening Snack:

- * Green tea + roasted chana or sprouts

6:30 PM - Dinner:

- * Vegetable soup + sautéed veggies OR
- * Grilled tofu/fish + salad

8:00 PM - Post-Dinner:

- * Herbal tea + 1 tsp flaxseed (optional)

Weekly Meal Variations

Breakfast:

- * Oats with skim milk + banana
- * Vegetable poha or upma (low oil)

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- * Boiled eggs + fruit
- * Green smoothie (spinach + apple + chia + yogurt)

Lunch:

- * Brown rice + rajma/chickpeas + salad
- * Grilled chicken wrap
- * Tofu stir-fry + millet roti
- * Vegetable dalia + curd

Dinner:

- * Cabbage soup + moong dal
- * Egg white omelet + cucumber salad
- * Lentil soup + spinach
- * Clear chicken soup + sautéed vegetables

Workout Plan

- * Daily: 10,000 steps
- * 3x/week: HIIT or cardio
- * 2x/week: Bodyweight strength training
- * Yoga/stretching: 2-3x/week

Pro Tips

- * Track meals with MyFitnessPal or HealthifyMe
- * Sleep 7-8 hours daily
- * Reduce stress (high cortisol slows fat loss)

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Optional Add-ons

- * Intermittent fasting (16:8)
- * Apple cider vinegar (1 tsp in water before meals)
- * Supplements: L-Carnitine, Whey protein (only with workout + expert advice)