



Welcome to our personalized diet plan program, where we tailor every meal to meet your unique health and fitness goals. Whether you're aiming for weight loss, muscle gain, or overall wellness, our carefully crafted plans will help you achieve your objectives with ease

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Effective Diet Plan for Weight Loss: 110kg to 100kg (Ages 30-40)

Here's a tailored diet plan for individuals aged 30-40 aiming to lose weight from 110kg to 100kg. This plan focuses on nutritious Indian home-cooked meals, ensuring a balanced intake of essential nutrients.

Week 1

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Oats Porridge with Fruits, 1 cup Green Tea	300
Mid-Morning	11:00 AM	1 Apple or 1 Pear	80
Lunch	1:00 PM	2 Multigrain Chapatis, 1 cup Palak Paneer (Spinach & Cottage Cheese), 1 cup Curd	500
Evening Snack	4:00 PM	1 cup Green Tea with 1 handful of Roasted Chana (Chickpeas)	150
Dinner	7:00 PM	1 serving of Grilled Vegetable Salad, 1 serving of Dal (Lentils)	450

Week 2

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Ragi (Finger Millet) Dosa with Coconut Chutney	300
Mid-Morning	11:00 AM	1 Orange or 1 Guava	90
Lunch	1:00 PM	2 Bajra (Pearl Millet) Rotis, 1 cup Mixed Vegetable Curry, 1 cup Curd	500
Evening Snack	4:00 PM	1 cup Buttermilk with a pinch of cumin	150
Dinner	7:00 PM	1 serving of Methi (Fenugreek) Thepla, 1 cup Vegetable Soup	450

Week 3

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Moong Dal (Green Gram) Chilla with Mint Chutney	300
Mid-Morning	11:00 AM	1 Banana or 1 small Papaya	90
Lunch	1:00 PM	2 Jowar (Sorghum) Rotis, 1 cup Bhindi (Okra) Sabzi, 1 cup Curd	500
Evening Snack	4:00 PM	1 cup Herbal Tea with 2-3 Almonds	150
Dinner	7:00 PM	1 serving of Tofu Stir-fry with Vegetables, 1 serving Brown Rice	450

Week 4

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Vegetable Upma with 1 cup Green Tea	300
Mid-Morning	11:00 AM	1 Kiwi or 1 small Mango	90
Lunch	1:00 PM	2 Whole Wheat Chapatis, 1 cup Lauki (Bottle Gourd) Sabzi, 1 cup Curd	500
Evening Snack	4:00 PM	1 small bowl of Fruit Salad	150
Dinner	7:00 PM	1 serving of Dal Khichdi (Rice and Lentils), 1 serving of Steamed Vegetables	450

General Tips:

1. **Hydration:** Drink at least 2-3 liters of water daily.
2. **Physical Activity:** Include at least 30 minutes of physical activity daily, such as walking or light exercise.
3. **Portion Control:** Be mindful of portion sizes to control calorie intake.
4. **Avoid Processed Foods:** Focus on whole, unprocessed foods for better nutrition and weight loss.

Download Information

Download Your Diet Plan

Get the comprehensive diet plan for achieving your weight loss goal from 110kg to 100kg!

Download the Indian Home-Cooked Meal Plan

Includes:

- 4-week detailed meal schedule
- Nutritional information and portion sizes
- Healthy eating tips
- Printable PDF for easy access



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