



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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Here's a comprehensive 4-week diet plan tailored for someone weighing 110kg and aiming to reduce their weight to 100kg. This plan focuses on Indian home-cooked meals, ensuring balanced nutrition and effective weight loss. It includes meal timings, calorie estimates, and portion sizes.

### Week 1

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 Apple or 1 Orange	80
Lunch	1:00 PM	2 Whole Wheat Chapatis, 1 cup Mixed Vegetable Curry, 1 cup Curd	500
Evening Snack	4:00 PM	1 cup Buttermilk or Green Tea with 1 small Handful of Nuts	150
Dinner	7:00 PM	1 serving of Quinoa Pulao with 1 cup Dal (Lentils)	450

## Week 2

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Poha with Vegetables, 1 cup Herbal Tea	300
Mid-Morning	11:00 AM	1 Pear or 1 Banana	90
Lunch	1:00 PM	2 Bajra Rotis, 1 cup Bhindi (Okra) Sabzi, 1 cup Curd	500
Evening Snack	4:00 PM	1 small Bowl of Sprouts Salad	150
Dinner	7:00 PM	1 serving of Masoor Dal (Red Lentils), 1 serving of Steamed Vegetables	450

## Week 3

<b>Meal</b>	<b>Time</b>	<b>Menu</b>	<b>Approx. Calories</b>
<b>Breakfast</b>	<b>8:00 AM</b>	<b>1 serving of Moong Dal Chilla with Green Tea</b>	<b>300</b>
<b>Mid-Morning</b>	<b>11:00 AM</b>	<b>1 Guava or 1 Small Papaya</b>	<b>80</b>
<b>Lunch</b>	<b>1:00 PM</b>	<b>2 Whole Wheat Chapatis, 1 cup Lauki (Bottle Gourd) Curry, 1 cup Curd</b>	<b>500</b>
<b>Evening Snack</b>	<b>4:00 PM</b>	<b>1 cup Masala Tea with 2-3 Oats Biscuits</b>	<b>150</b>
<b>Dinner</b>	<b>7:00 PM</b>	<b>1 serving of Chickpea Salad, 1 cup Vegetable Soup</b>	<b>450</b>

## **Week 4**

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Vegetable Idli with Sambar and Coconut Chutney	300
Mid-Morning	11:00 AM	1 Kiwi or 1 small Mango	90
Lunch	1:00 PM	2 Jowar Rotis, 1 cup Mixed Vegetable Curry, 1 cup Curd	500
Evening Snack	4:00 PM	1 small Bowl of Fruit Salad	150
Dinner	7:00 PM	1 serving of Palak (Spinach) Paneer, 1 cup Brown Rice	450

### General Tips:

1. **Hydration:** Drink at least 2-3 liters of water daily.
2. **Portion Control:** Ensure portions are in moderation to maintain calorie intake.
3. **Exercise:** Combine this diet plan with regular exercise for effective weight loss.
4. **Adjustments:** Adjust portion sizes based on individual needs and progress.

This plan provides a balanced approach with various Indian dishes to keep meals interesting while helping you reach your weight loss goal.



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