

Effective Diet Plan for Weight Loss 100kg to 90kg (Ages 20-30)

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This diet plan is designed for young adults aged 20-30 aiming to reduce their weight from 100kg to 90kg. It includes balanced and nutritious Indian home-cooked meals that support healthy and sustainable weight loss.

Week 1

| Meal | Time | Menu | Approx. Calories |
|----------------------|-----------------|--|-------------------------|
| Breakfast | 8:00 AM | 1 serving of Vegetable Oats Porridge, 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 Sabzi, 1 cup Curd | 500 |
| Evening Snack | 4:00 PM | 1 cup Buttermilk or 1 small bowl of Fresh Fruit Salad | 150 |
| Dinner | 7:00 PM | 1 serving of Grilled Paneer with Steamed Vegetables | 450 |

Week 2

| Meal | Time | Menu | Approx. Calories |
|----------------------|-----------------|--|-------------------------|
| Breakfast | 8:00 AM | 1 serving of Moong Dal Chilla with Mint Chutney, 1 cup Herbal Tea | 300 |
| Mid-Morning | 11:00 AM | 1 Banana or 1 small Papaya | 90 |
| Lunch | 1:00 PM | 2 Bajra (Pearl Millet) Rotis, 1 cup Palak Paneer (Spinach & Cottage Cheese), 1 cup Curd | 500 |
| Evening Snack | 4:00 PM | 1 small bowl of Sprouts Salad | 150 |
| Dinner | 7:00 PM | 1 serving of Tofu Stir-fry with Vegetables, 1 serving of Brown Rice | 450 |

Week 3

| Meal | Time | Menu | Approx. Calories |
|----------------------|-----------------|---|-------------------------|
| Breakfast | 8:00 AM | 1 serving of Vegetable Poha with 1 cup Green Tea | 300 |
| Mid-Morning | 11:00 AM | 1 Pear or 1 Guava | 80 |
| Lunch | 1:00 PM | 2 Whole Wheat Chapatis, 1 cup Chana Masala (Chickpeas), 1 cup Curd | 500 |
| Evening Snack | 4:00 PM | 1 cup Masala Tea with 2-3 Almonds | 150 |
| Dinner | 7:00 PM | 1 serving of Dal Soup with Steamed Vegetables | 450 |

Week 4

| Meal | Time | Menu | Approx. Calories |
|---------------|----------|--|------------------|
| Breakfast | 8:00 AM | 1 serving of Ragi (Finger Millet) Porridge with Milk, 1 cup Herbal Tea | 300 |
| Mid-Morning | 11:00 AM | 1 Kiwi or 1 small Mango | 90 |
| Lunch | 1:00 PM | 2 Jowar (Sorghum) Rotis, 1 cup Bhindi (Okra) Sabzi, 1 cup Curd | 500 |
| Evening Snack | 4:00 PM | 1 small bowl of Fresh Fruit Salad | 150 |
| Dinner | 7:00 PM | 1 serving of Quinoa Pulao with Steamed Vegetables | 450 |

General Tips:

- Hydration:** Drink 2-3 liters of water daily to stay hydrated and support metabolism.
- Exercise:** Engage in 30-45 minutes of physical activity daily, including cardio and strength training exercises.
- Portion Control:** Monitor portion sizes to create a calorie deficit while maintaining balanced nutrition.
- Balanced Diet:** Include a variety of whole foods like fruits, vegetables, whole grains, and lean proteins, while avoiding processed foods and sugary drinks.
- Sleep and Stress Management:** Aim for 7-8 hours of sleep each night and manage stress with activities like meditation, yoga, or mindfulness practices.