

# Customized Diet Plan for Weight Loss 110kg to 100kg (Ages 40-45)

## Customized Diet Plan for Weight Loss: 110kg to 100kg (Ages 40-45)

This diet plan is designed for individuals aged 40-45 who are aiming to reduce their weight from 110kg to 100kg. It includes nutrient-rich Indian home-cooked meals tailored to support weight loss while ensuring balanced nutrition.

### Week 1

<b>Meal</b>	<b>Time</b>	<b>Menu</b>	<b>Approx. Calories</b>
<b>Breakfast</b>	8:00 AM	1 serving of Dalia (Broken Wheat) Porridge with Fresh Fruit, 1 cup Green Tea	300
<b>Mid-Morning</b>	11:00 AM	1 Apple or 1 Orange	80
<b>Lunch</b>	1:00 PM	2 Whole Wheat Chapatis, 1 cup Mixed Vegetable Curry, 1 cup Curd	500
<b>Evening Snack</b>	4:00 PM	1 cup Buttermilk or 1 small bowl of Sprouts Salad	150
<b>Dinner</b>	7:00 PM	1 serving of Quinoa Salad 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 Fresh Fruit Salad	150
Dinner	7:00 PM	1 serving of Tofu Stir-fry with Vegetables, 1 serving of Brown Rice	450

### Week 3

<b>Meal</b>	<b>Time</b>	<b>Menu</b>	<b>Approx. Calories</b>
<b>Breakfast</b>	8:00 AM	1 serving of Vegetable Upma with 1 cup Green Tea	300
<b>Mid-Morning</b>	11:00 AM	1 Pear or 1 Guava	80
<b>Lunch</b>	1:00 PM	2 Whole Wheat Chapatis, 1 cup Chana Masala (Chickpeas), 1 cup Curd	500
<b>Evening Snack</b>	4:00 PM	1 cup Green Tea with 1 handful of Nuts	150
<b>Dinner</b>	7:00 PM	1 serving of Dal Soup, 1 serving of Grilled 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 Masala Tea with 2-3 Oats Biscuits	150
Dinner	7:00 PM	1 serving of Quinoa Pulao with Steamed Vegetables	450

## General Tips:

- Hydration:** Aim to drink 2-3 liters of water daily to stay hydrated and support metabolism.
- Regular Exercise:** Incorporate at least 30 minutes of moderate exercise daily, such as walking, swimming, or yoga.
- Portion Control:** Pay attention to portion sizes to maintain a calorie deficit.
- Balanced Diet:** Focus on a variety of nutrient-rich foods, including vegetables, lean proteins, and whole grains.
- Sleep and Stress:** Ensure adequate sleep and manage stress levels, as they both impact weight loss and overall health.