

Balanced Diet Plan for Weight Loss: 90kg to 80kg (Ages 35-40)

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This diet plan is specifically designed for individuals aged 35-40 who are looking to reduce their weight from 90kg to 80kg. It focuses on providing balanced, nutritious, and easily prepared Indian home-cooked meals.

Week 1

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Vegetable Oats Upma, 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:** Incorporate at least 30 minutes of moderate physical activity daily, such as brisk walking, cycling, or yoga.
- Portion Control:** Practice mindful eating and monitor portion sizes to maintain a calorie deficit.
- Balanced Diet:** Focus on whole foods, including fruits, vegetables, whole grains, and lean proteins, while avoiding processed foods and sugary snacks.
- Sleep and Stress Management:** Prioritize 7-8 hours of quality sleep and manage stress through relaxation techniques like meditation or deep breathing exercises.