

# Effective Diet Plan for Weight Loss 100kg to 90kg (Ages 30-40)

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This diet plan is tailored for individuals aged 30-40 who aim to reduce their weight from 100kg to 90kg. The plan emphasizes balanced, nutritious, and home-cooked Indian meals, ensuring gradual and sustainable weight loss.

**Week 1**

<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 Vegetable Oats Upma, 1 cup Green Tea</b>	<b>300</b>
<b>Mid-Morning</b>	<b>11:00 AM</b>	<b>1 Apple or 1 Orange</b>	<b>80</b>
<b>Lunch</b>	<b>1:00 PM</b>	<b>2 Whole Wheat Chapatis, 1 cup Mixed Vegetable Sabzi, 1 cup Curd</b>	<b>500</b>
<b>Evening Snack</b>	<b>4:00 PM</b>	<b>1 cup Buttermilk or 1 small bowl of Fresh Fruit Salad</b>	<b>150</b>
<b>Dinner</b>	<b>7:00 PM</b>	<b>1 serving of Grilled Paneer with Steamed Vegetables</b>	<b>450</b>

**Week 2**

<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 Mint Chutney, 1 cup Herbal Tea</b>	<b>300</b>
<b>Mid-Morning</b>	<b>11:00 AM</b>	<b>1 Banana or 1 small Papaya</b>	<b>90</b>
<b>Lunch</b>	<b>1:00 PM</b>	<b>2 Bajra (Pearl Millet) Rotis, 1 cup Palak Paneer (Spinach &amp; Cottage Cheese), 1 cup Curd</b>	<b>500</b>
<b>Evening Snack</b>	<b>4:00 PM</b>	<b>1 small bowl of Sprouts Salad</b>	<b>150</b>
<b>Dinner</b>	<b>7:00 PM</b>	<b>1 serving of Tofu Stir-fry with Vegetables, 1 serving of Brown Rice</b>	<b>450</b>

**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 Vegetable Poha with 1 cup Green Tea</b>	<b>300</b>
<b>Mid-Morning</b>	<b>11:00 AM</b>	<b>1 Pear or 1 Guava</b>	<b>80</b>
<b>Lunch</b>	<b>1:00 PM</b>	<b>2 Whole Wheat Chapatis, 1 cup Chana Masala (Chickpeas), 1 cup Curd</b>	<b>500</b>
<b>Evening Snack</b>	<b>4:00 PM</b>	<b>1 cup Masala Tea with 2-3 Almonds</b>	<b>150</b>
<b>Dinner</b>	<b>7:00 PM</b>	<b>1 serving of Dal Soup with Steamed Vegetables</b>	<b>450</b>

**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.