

**Personalized Diet Plan
for
Weight Loss
110kg to 100kg (Ages 30–35)**

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

This diet plan is crafted for individuals aged 20-30 who are aiming to reduce their weight from 100kg to 90kg. It focuses on balanced, nutritious Indian home-cooked meals that are easy to prepare and sustainable for long-term weight loss.

Week 1

Meal	Time	Menu	Approx. Calories
Breakfast	8:00 AM	1 serving of Oats with Milk and Fruits, 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 Dal (Lentils), 1 cup Mixed Vegetable Sabzi, 1 cup Curd	500
Evening Snack	4:00 PM	1 cup Buttermilk or Green Tea with 1 handful of Nuts	150
Dinner	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 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, 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 Oats Biscuits	150
Dinner	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 Fresh Fruit Salad	150
Dinner	7:00 PM	1 serving of Quinoa Pulao with Steamed Vegetables	450

General Tips:

- Hydration:** Drink at least 2-3 liters of water daily to support weight loss and digestion.
- Exercise:** Include at least 30 minutes of moderate exercise daily, such as walking, jogging, or yoga.
- Portion Control:** Be mindful of portion sizes to avoid overeating.
- Balanced Diet:** Focus on whole, unprocessed foods and avoid sugary or high-fat snacks.
- Sleep:** Ensure you get 7-8 hours of sleep each night to support your weight loss efforts.