

30 Days Customized Fat Loss Diet + Workout Plan

Hindi + English Mixed | Professional Client Format

Goal Fat Loss	VINITA	Duration 30 Days
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Primary Target

Body fat reduction, belly fat control,
inch loss, muscle retention

Training Style

5 workout days, 1 active recovery,
1 rest day

Diet Style

Ghar ka khana, budget friendly,
structured Indian meal plan

Supplement

Energify SlimShake integrated
for cravings control + protein support

Prepared for professional client presentation. This plan is designed from the shared body composition details and routine goals.

1. Client Assessment

Client Name	Vinita	Age	34 years
Gender	Female	Height	150 cm
Weight	61.6 kg	BMI	27.4
Body Fat	37.1%	BMR	1261 kcal
Subcutaneous Fat	32.7%	Visceral Fat	9.0
Muscle Mass	22.2%	Body Age	49
Primary Goal	Fat loss + belly fat reduction	Diet Type	Vegetarian, budget-friendly

Assessment Summary

- Current body composition indicates high body fat percentage, moderate belly fat risk, and a need to preserve lean muscle during fat loss.
- Best strategy is not crash dieting; instead use a structured calorie deficit with high-protein ghar ka khana and regular gym training.
- Expected 30-day outcome with consistency: visible inch loss, improved stamina, reduced bloating, and approx. 2.5 to 4 kg weight reduction.

Daily Calories 1200 - 1400 kcal	SlimShake Plan 5 days / week, evening or post-workout	Movement Target 7000 - 9000 steps daily
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2. Nutrition Framework

Meal Timing	Recommended Structure
Early Morning	Warm water + jeera/saunf water + 4 soaked almonds + 1 walnut
Breakfast	Moong chilla / besan chilla / poha / oats / daliya / SlimShake
Mid-Morning	Apple / papaya / guava / cucumber / carrot
Lunch	2 roti + sabzi + dal/chana/rajma + salad
Evening	SlimShake / roasted chana / makhana / sprouts
Dinner	Paneer / soyabean / veg soup / dal soup / light chilla

SlimShake Integration

- Best use: 1 serving Energify SlimShake at 5:00 - 6:00 PM on workout days or whenever cravings are high.
- Alternative use: post-workout recovery drink if dinner will be delayed.
- Avoid replacing all meals. SlimShake should support the routine, not create an extreme low-calorie diet.

3.1 30-Day Diet Plan - Week 1

Body adjustment phase

Day	Breakfast	Mid-Morning	Lunch	Evening	Dinner
Day 1	Veg poha + curd	Apple	2 roti + lauki + dal + salad	SlimShake	Paneer bhurji + cucumber salad
Day 2	2 moong chilla	Papaya	2 roti + mix veg + chana dal	Roasted chana	Veg soup + soyabean sabzi
Day 3	Oats upma / daliya	Cucumber	2 roti + rajma + salad	SlimShake	Paneer salad bowl
Day 4	Besan chilla	Guava	2 roti + tinda + curd	Roasted makhana	Moong dal cheela + salad
Day 5	Vegetable oats + curd	Orange	2 roti + bhindi + dal	SlimShake	Grilled paneer + saute veg
Day 6	Paneer roti (less oil)	Coconut water	Small rice + rajma + salad	Sprouts chaat	Lauki chana dal + salad
Day 7	Upma	Apple	2 roti + kala chana + salad	SlimShake	Tomato soup + paneer bhurji

3.2 30-Day Diet Plan - Week 2

Fat loss activation phase

Day	Breakfast	Mid-Morning	Lunch	Evening	Dinner
Day 8	Moong chilla	Papaya	2 roti + gobhi + dal	SlimShake	Paneer bhurji + salad
Day 9	Daliya	Cucumber	2 roti + chole + salad	Roasted chana	Veg soup + tofu/paneer
Day 10	Poha + curd	Guava	2 roti + tori + curd	SlimShake	Soyabean curry + salad
Day 11	Besan chilla	Apple	2 roti + mix veg + moong dal	Makhana	Dal soup + salad
Day 12	Oats	Carrot	2 roti + paneer sabzi + salad	SlimShake	Moong chilla + chutney
Day 13	SlimShake + almonds	Papaya	Rice + rajma + salad	Sprouts	Paneer stir fry
Day 14	Vegetable upma	Orange	2 roti + lauki + dal	SlimShake	Clear veg soup + paneer

3.3 30-Day Diet Plan - Week 3

Belly fat focus phase

Day	Breakfast	Mid-Morning	Lunch	Evening	Dinner
Day 15	SlimShake	Apple	2 roti + bhindi + dal	Roasted chana	Paneer bhurji
Day 16	Moong chilla	Cucumber	2 roti + chole + salad	SlimShake	Veg soup + soyabean
Day 17	Oats	Guava	2 roti + tinda + curd	Makhana	Dal soup + saute veg
Day 18	SlimShake	Papaya	2 roti + paneer sabzi + salad	Sprouts	Moong chilla
Day 19	Daliya	Apple	2 roti + mix veg + dal	SlimShake	Paneer salad bowl
Day 20	Besan chilla	Carrot	Small rice + rajma + salad	Roasted chana	Tofu/paneer stir fry
Day 21	SlimShake	Cucumber	2 roti + lauki chana dal + salad	Makhana	Clear soup + paneer

3.4 30-Day Diet Plan - Week 4

Final shaping phase

Day	Breakfast	Mid-Morning	Lunch	Evening	Dinner
Day 22	SlimShake	Apple	2 roti + dal + salad	Roasted chana	Paneer bhurji
Day 23	Moong chilla	Papaya	2 roti + gobhi + curd	SlimShake	Veg soup + soyabean
Day 24	Oats	Guava	2 roti + paneer sabzi + salad	Makhana	Dal soup
Day 25	SlimShake	Cucumber	2 roti + mix veg + dal	Sprouts	Paneer salad
Day 26	Besan chilla	Carrot	2 roti + bhindi + curd	SlimShake	Moong chilla + salad
Day 27	Daliya	Apple	Small rice + rajma + salad	Roasted chana	Paneer stir fry
Day 28	SlimShake	Papaya	2 roti + lauki + dal	Makhana	Clear veg soup
Day 29	Moong chilla	Guava	2 roti + chole + salad	SlimShake	Paneer bhurji
Day 30	SlimShake	Cucumber	2 roti + light sabzi + dal	Roasted chana	Soup + paneer / tofu

4. Workout Chart

5 workout days + 1 active recovery + 1 rest day. Warm-up 8-10 min before every session.

Week 1 Workout Schedule

Day	Focus	Details
Day 1	Lower Body	Treadmill 10 min, Squats 3x15, Leg press 3x12, Lunges 2x12/leg, Glute bridge 3x15, Calf raise 3x20
Day 2	Upper Body	Cross trainer 8 min, Lat pulldown 3x12, Seated row 3x12, Chest press 3x12, Shoulder press 3x12, Arms 2x15
Day 3	Core + Cardio	Incline walk 20 min, Crunches 3x15, Leg raise 3x12, Plank 20 sec x3, Russian twist 3x20
Day 4	Lower Body	Warm-up 10 min, Goblet squat 3x12, Leg extension 3x15, Ham curl 3x15, Glute kickback 3x15
Day 5	Full Body	Walk 10 min, Squats 3x15, Dumbbell press 3x12, Lat pulldown 3x12, Shoulder press 3x12, Mountain climbers 3x20
Day 6	Active Recovery	30 min brisk walk + light stretching
Day 7	Rest	No gym. Focus on hydration, sleep, and food discipline

Week 2 Workout Schedule

Day	Focus	Details
Day 1	Lower Body Progression	Same pattern as Week 1 with slightly higher weight and 5 min extra cardio
Day 2	Upper Body Progression	Same exercises with better form focus and slightly increased resistance
Day 3	Core + Cardio	Incline walk 25 min, plank 30 sec x3, core repetitions slightly increased
Day 4	Lower Body	Add step-ups or hip abduction if comfortable
Day 5	Full Body	Repeat with stronger tempo and controlled reps
Day 6	Active Recovery	30-35 min walk / mobility
Day 7	Rest	Recovery day

Week 3 Workout Schedule

Day	Focus	Details
Day 1	Legs + Glutes	Squats 4x12, Leg press 4x12, Lunges 3x12, Glute bridge 4x15, Incline walk 10 min

Day 2	Back + Arms	Lat pulldown 4x12, Seated row 4x12, Bicep curl 3x15, Hammer curl 3x12, Tricep pushdown 3x15
Day 3	Cardio + Core	Brisk walk 25 min, Crunches 3x20, Leg raises 3x15, Plank 35 sec x3, Knee tucks 3x15
Day 4	Lower Body	Goblet squat 4x12, Leg extension 3x15, Ham curl 3x15, Hip abduction 3x15, Hip thrust 3x15
Day 5	Upper + Full Body	Chest press 3x12, Lat pulldown 3x12, Shoulder press 3x12, Dumbbell deadlift 3x12, Step-ups 3x12
Day 6	Recovery	Yoga / walking / mobility
Day 7	Rest	No gym

Week 4 Workout Schedule

Day	Focus	Details
Day 1	Legs + Glutes	Heavier but safe resistance, focus on form and controlled tempo
Day 2	Back + Shoulders + Arms	Back and shoulder shaping session with moderate intensity
Day 3	Light HIIT Cardio	1 min fast walk + 1 min slow walk for 20 min
Day 4	Lower Body + Core	Leg work plus plank, crunches, and leg raise focus
Day 5	Full Body Circuit	3 rounds: Squat, Dumbbell row, Shoulder press, Lunges, Crunches, Plank
Day 6	Active Recovery	45 min walk
Day 7	Rest	Full rest and recovery

5. Weekly Progress Tracker

Week	Weight	Waist	Lower Belly	Energy	Notes
Week 1					
Week 2					
Week 3					
Week 4					

Important Notes

- Dinner ke baad 10 minute walk zaroor karein.
- Workout se 20-30 min pehle banana / black coffee / 5 soaked raisins le sakti hain.
- Post-workout SlimShake ya curd + roasted chana useful rahega.
- Weight ke saath inch loss bhi track karein. Water retention ke wajah se scale kabhi-kabhi stable reh sakta hai.

Consistency > Perfection

This plan is for general fitness guidance based on the shared measurements. Adjust portions or exercises if medical issues, pain, dizziness, or menstrual discomfort occur.