

FAT LOSS DIET PLAN

People often confuse the term “Dieting”. What is actually Dieting means? Is it staying hungry? No; Absolutely No. Even most of the diet plans available in the market are not based on proper macro balance. This will eventually affects the hormone level of the body and can even leads to many other lifestyle diseases. Then you may be wondering which diet plan is better or which one to be followed. I too had this confusion in the beginning, but I figured it out from my studies and research. Every diet plan or food habits should be scientifically backed up and should be a balanced diet.

IT'S ALL ABOUT CALORIE!!!

Every human body is different. Gender, Age, Size, Weight, level of activity, everything is different and differs from person to person. And hence, the Fat Loss Diet Plan calculation is also different. Fat lose is all about Total Calorie IN VS Total Calorie OUT. The end result depends on how effectively you implement this strategy in your day to day life.

CALCULATE YOUR DAILY MACROS

'Macros' in simple terms is the essential nutrients needed for the normal and efficient functioning of our body. Protein, Carbohydrates and Fats are the Macronutrients and Vitamins and Minerals are the Micronutrients. Follow the below steps to identify your total weekly/daily calorie intake. The below example will make you understand the calorie calculation for a 90 kg body for Fat Loss Program.



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Multiply Total Body weight in Kg
with 2.2 will give your weight in LBS.

WEIGHT (90 KG) * 2.2 = 198 LBS.

Multiply total lbs. with standard
ratio number 10 will give you
average daily calorie requirement.

198 LBS. * 10 = 1980 CALORIE / DAY.

Multiply daily Calorie with 7 days
to get weekly requirement

1980 CALORIE. * 7 = 13860 / WEEK



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Now we have figured out the total calorie requirement for the week. During your workout days, that means 5 days a week follow low carb diet and during your rest and recovery days (2 days in a week) follow high carb diet in order to refill the glycogen level. Keep this pattern throughout the Fat Loss programme for better results.

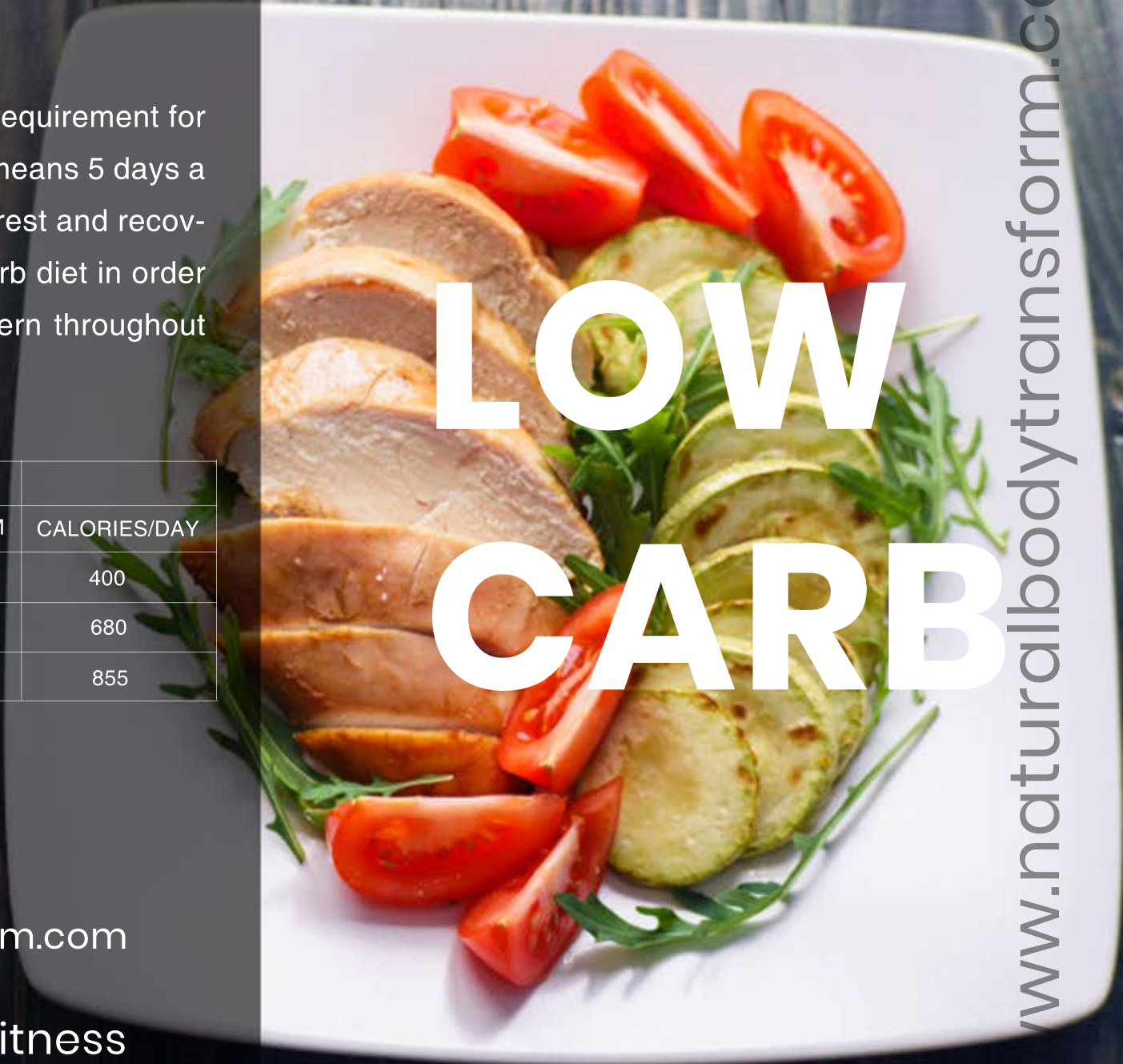
LOW CARB			
MACROS	IN GRAMS	ENERGY/GRAM	CALORIES/DAY
CARB	100	4	400
PROTEIN	170	4	680
FAT	95	9	855

LOW CARB

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LOW CARB DAY MEAL PLAN (SAMPLE) ON WORKOUT DAYS

MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	OAT MEAL(1/2 CUP / 40 GMS) 100 % WHOLEGRAINOATS MIXED WITH NUTS+ 5 BOILED EGG WHITES AND 2 WHOLE EGGS	1 APPLE (SMALL)		1 CUP BLACK COFFEE (MEDIUM SUGAR)
LUNCH	GRILLED CHICKEN BREAST (200 GMS) + LOW FAT GREEK YOGURT (200GM)		GREEN SALAD	1 CUP GREEN TEA (NO SUGAR)
DINNER	GRILLED FISH FILLET (200 GMS) +MEDIUM SIZE SWEET POTATO (125 GMS)+ 20 ALMONDS		GREEN SALAD	
PRE WORKOUT				WHEY PROTEIN ISOLATE DRINK
POST WORKOUT				WHEY PROTEIN ISOLATE DRINK
	PROTEIN- 170 g, CARBS - 100g, Fat- 95 Total CALORIE= 1940			Minimum 3 litres of fresh water throughout the day



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HIGH CARB

HIGH CARB	IN GRAMS	ENERGY/GRAM	CALORIES/DAY
MACROS			
CARB	200	4	800
PROTEIN	160	4	640
FAT	70	9	630

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HIGH CARB DAY MEAL PLAN (SAMPLE) ON REST DAYS

MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	OAT MEAL(1/2 CUP / 40 GMS) 100 % WHOLEGRAIN OATS MIXED WITH NUTS + 5 BOILED EGG WHITES AND 2 WHOLE EGGS	1 APPLE (SMALL)		1 CUP BLACK COFFEE (MEDIUM SUGAR)
MORNING SNACK	LOW FAT GREEK YOHURT (100 GM)			WHEY PROTEIN ISOLATE DRINK
LUNCH	GRILLED CHICKEN BREAST (200 GMS) + 1/2 CUP WHITE RICE + 1 SMALL WHOLE WHEAT ROTI/CHAPPATI		GREEN SALAD	1 CUP GREEN TEA (NO SUGAR)
EVENING SNACK		1 BANANA (BIG)		WHEY PROTEIN ISOLATE DRINK
DINNER	GRILLED FISH FILLET (200 GMS) +MEDIUM SIZE SWEET POTATO (125 GMS)+ 20 ALMONDS		GREEN SALAD	
	PROTEIN- 160 g, CARBS - 200g, Fat- 70 Total CALORIE= 2070			Minimum 3 litres of fresh water throughout the day



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