

■ 3■Month Fat Loss Challenge Program ■

A simple, sustainable & printable fat■loss plan focusing on diet, discipline and lifestyle.

Program Overview

Duration: 90 Days (3 Months)

Goal: Healthy fat loss (0.5–1 kg/week)

Focus: Balanced diet, clean eating & consistency

Suitable for: Beginners to intermediate

Monthly Fat Loss Strategy

Month 1: Body detox & habit building

Month 2: Fat burning & metabolism boost

Month 3: Toning, maintenance & lifestyle transformation

Daily Diet Chart (Printable)

Time	Meal	Food Options
6–7 AM	Morning Drink	Warm water + lemon / jeera water
8–9 AM	Breakfast	Oats / vegetable poha / 2 boiled eggs / fruit
11 AM	Mid■Meal	Fruit / coconut water / nuts (5–6 almonds)
1–2 PM	Lunch	2 rotis or brown rice + dal + veg + salad
4–5 PM	Evening Snack	Green tea / roasted chana / sprouts
7–8 PM	Dinner	Soup + sautéed vegetables / paneer / tofu
9–10 PM	Optional	Haldi milk / chamomile tea

Daily Fat Loss Rules

- Drink 2.5–3 liters water daily
- Walk 8,000–10,000 steps
- Avoid sugar, fried food & packaged snacks
- Sleep 7–8 hours
- Practice yoga or stretching 15 minutes daily

Disclaimer: This plan is for general guidance. Please consult a doctor or nutritionist if you have medical conditions.