

Weight-Loss Plan — Diet & Home Training

Male · 32 yrs · 168 cm · 81 kg · Goal: steady fat loss without starving · Home equipment only

28.7
BMI (OVERWEIGHT)

~1,600
KCAL / DAY TARGET

~150 g
PROTEIN / DAY

0.5–1 kg
LOSS / WEEK (SAFE)

Read first — you don't eat vegetables, fruit, or nuts. That removes most fiber and many vitamins/minerals. This plan works around it with high protein + supplements, but it's a gap. **Daily, take:** a multivitamin, a fiber supplement (psyllium husk / Metamucil, 1 scoop) to prevent constipation, and ideally fish-oil (omega-3). Drink **~3 litres of water**. Eating even a little veg/fruit later will make this much healthier — aim to add some over time.

Diet — the rules

- **~1,600 kcal/day, protein in every meal** (keeps you full and protects muscle while losing fat).
- **Measure your carbs** (rice/bread/oats/potato) — they're the easiest place to overeat. Stick to the portions below.
- **Zero sugary/calorie drinks** — no soda, juice, sweetened coffee. Water, black coffee, tea, diet drinks are fine.
- Keep added oils/butter light (1 tbsp max per meal). Lean meats first.
- Weigh yourself once a week, same morning. If weight hasn't moved in 2 weeks, cut ~150 kcal (one carb portion).

Sample day (~1,600 kcal · ~155 g protein)

Meal	Food (only things you eat)	Protein	kcal
Breakfast	3 eggs scrambled in 1 tsp oil/butter, no bread, + either 2 tbsp full-fat cream cheese or 170 g Greek yogurt · black coffee	20–32 g	~360
Snack	200 g plain low-fat Greek yogurt	20 g	~130
Lunch	180 g grilled chicken breast · 1 cup (150 g) cooked rice	45 g	~450
Snack	1 scoop whey protein in water/milk	25 g	~150
Dinner	160 g lean beef or fish · 1 small potato or ½ cup rice	37 g	~430
Total		~145–155 g	~1,500–1,600

If you pick the cream-cheese breakfast (lower protein), add a yogurt or extra whey scoop later so daily protein stays near 150 g.

Foods to build from

- **Protein (eat lots):** chicken, lean beef, turkey, fish/tuna, eggs, egg whites, Greek yogurt, cottage cheese, milk, whey protein.
- **Carbs (portion-controlled):** rice, bread, oats, potato, pasta.
- **Fats (small amounts):** olive oil, butter, cheese, whole eggs.

Easy swaps / if hungry

- Extra hungry? Add protein, not carbs: scrambled eggs (1 tsp oil), tuna, a scoop of whey, extra yogurt — all low-cal, high-protein.
- On heavy training days you may add +1 carb portion (~+150 kcal).
- Craving crunch (normally from veg/fruit): pickles, popcorn (measured), diet jelly.

Training — weekly schedule (home)

3 strength days + treadmill. "One DB" = use your single dumbbell for one-arm moves (do both sides); use the barbell for the rest.

Day	Session
Mon	Strength A (full body) + 15 min incline walk
Tue	Treadmill — steady: 35–45 min brisk walk, incline 6–10%, 5–6 km/h
Wed	Strength B (full body) + 15 min incline walk
Thu	Treadmill — intervals (HIIT): 5 min warm-up, then 10× (30 s fast run / 60 s walk), 5 min cool-down (~25 min)

Fri	Strength A + 15 min incline walk
Sat	Long walk: 45–60 min incline treadmill (easy pace, can watch a show)
Sun	Rest (optional light 20 min walk). Target 8,000–10,000 steps most days.

Strength A

Exercise	Sets×Reps
Barbell back squat	3 × 8–10
Barbell bench press	3 × 8–10
One-arm dumbbell row (each side)	3 × 10–12
Barbell Romanian deadlift	3 × 10
Overhead press (bar or DB)	3 × 10
Plank	3 × 30–45 s

Strength B

Exercise	Sets×Reps
Barbell deadlift	3 × 6–8
Goblet / split squat (single DB, each side)	3 × 10
Barbell bent-over row	3 × 8–10
Floor/bench DB press (each side)	3 × 10
Single-arm DB shoulder press (each side)	3 × 10
Lying leg raises / crunches	3 × 15

How to progress: rest 60–90 s between sets. When you can hit the top of the rep range with good form on all sets, add a little weight next time. On the treadmill, each week add time, incline, or an extra interval. **Expect ~0.5–1 kg/week** — losing faster than that usually means losing muscle and bouncing back, so don't crash below ~1,500 kcal.

Disclaimer: General fitness/nutrition information, not medical advice. Given the no-vegetable/fruit diet and an aggressive calorie target, check with a doctor before starting — especially if you have any heart, blood-pressure, kidney, or blood-sugar condition. Start weights light to learn form and avoid injury.