



# FAT LOSS MEAL PLAN

for Women



Home  
Food Edition





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# for Women

*(Drop 4kg in 4 weeks)*

# Welcome !



Thank you so much for downloading my resource. Congratulations on taking the first step in your fitness journey.

# Who am I ?

My name is Nikhil Xavier D'Souza, some of my friends call me NXD.

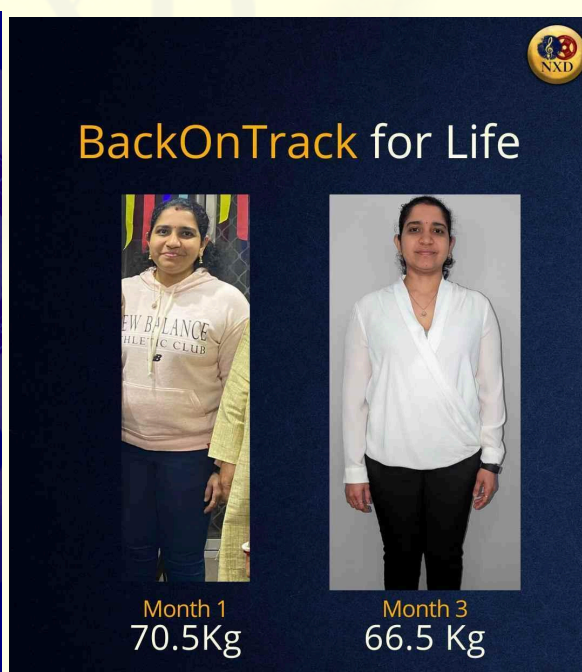
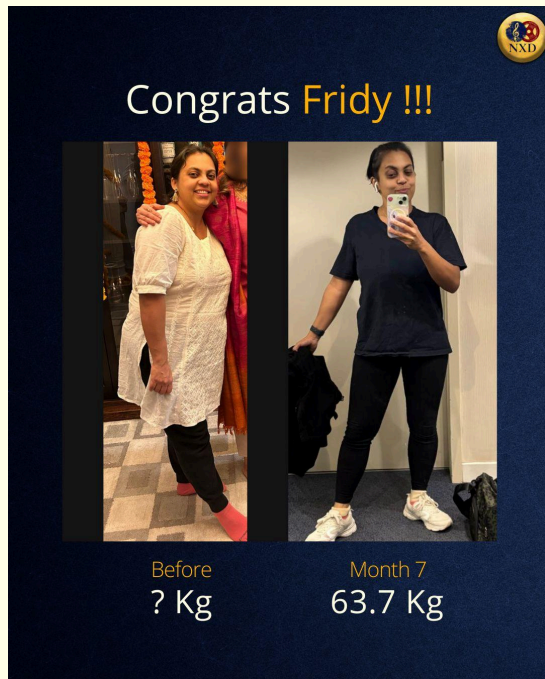
I am a Certified Nutritionist + Personal Trainer +  
Prehab and Rehab Specialist.





# What my Clients have achieved

Here are some of the results my clients have achieved using my approach to fitness.



**BackOnTrack for Life**

Month 1  
125 Kg

Month 6  
101 Kg

<<< SWIPE LEFT <<<

**BackOnTrack for Life**

Month 1  
105 Kg

Month 3  
94 Kg

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**CLIENT TRANSFORMATION**

Before  
x Kg to lose

After 2 months  
after losing x Kg

**Client Transformation**

3 MONTH PROGRESS

Before  
135 Kg

After  
122 Kg



# **The Back on Track Program**

## **What is the Back on Track Program?**

The Back on Track Program is designed to help fellow Working Professionals get their health back on track after spending countless hours working at their desk jobs with simple efficient workouts.

There are 3 components to this program

- 1.Nutrition
- 2.Training
- 3.Mindset.

Keep in mind, once you get Nutrition right, you will start seeing positive results in a few days.

## **Basics of how weight loss works**

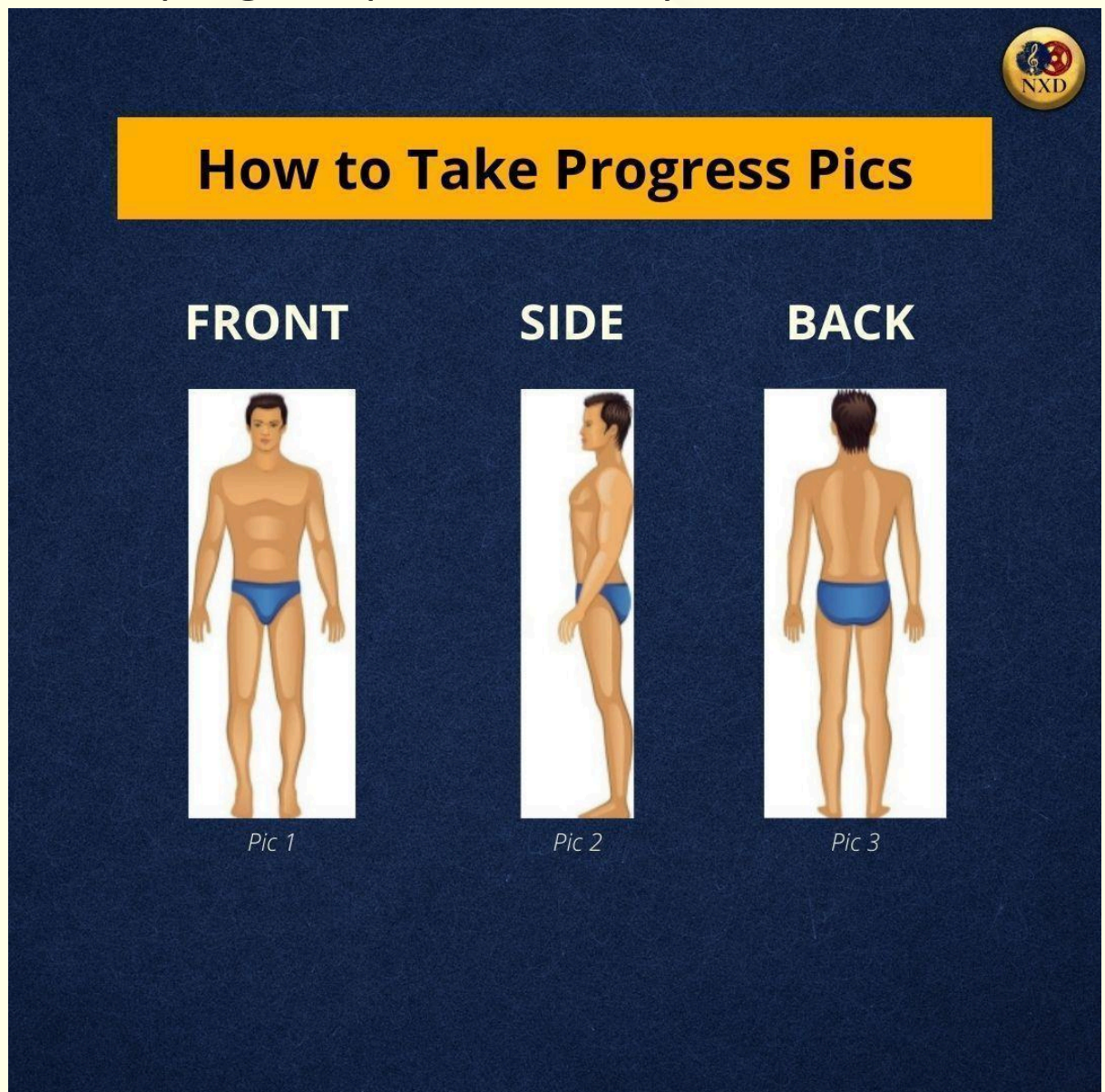
You need to be in a caloric deficit to actually see the number on the scale go down, but without the right proportion of macro nutrients you will lose all the muscle and retain the fat. Too much cardio will also lead to you looking skinny fat.

The right nutrition is the most important step to

sustainable weight loss and that is why I have this guide for you.

## How should you track progress?

1. Take a note of your bodyweight, first thing in the morning, before you consume anything (even water).
2. Take 3 progress pictures every week





## Should I be doing cardio?

Cardio isn't necessary but it helps if your goal is to drop 4kg per month. Without cardio you will drop approximately 2kg per month.

## How to start with cardio?

- walk at least 30 minutes per day
- increase the steps by 10% per week
- slowly build up to 8k to 10k steps a day

## Is resistance training required?

Yes, it is.

Without the right resistance training workouts, your body will be burning off the muscle mass and leaving the fat as it is. This is why most people look skinny fat. Don't be them.

However, before getting started, do check with a professional like myself if your core and back strength are sufficient to exercise without injury.

Please note : all foods should be measured **RAW**, especially lentils.

## Non Veg Meal Plan

Just follow the meal plan below to ensure consistent weight loss.

## Day 1:

### Meal 1 (Breakfast):

2 Idlis with Sambar and Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 medium-sized banana + 1 ounce (28g) of almonds

### Meal 3 (Lunch):

0.5 cup Rice + 100gm Chicken Curry + Mixed Vegetable Stir-Fry + 1 cup of buttermilk

### Meal 4 (Afternoon Snack):

1 cup curd with 2 tsp sugar

### Meal 5 (Dinner):

0.5 cup Rice with Sambar + 150 gm Grilled Fish  
+ Cucumber and Tomato Salad



## Day 2:

### Meal 1 (Breakfast):

2 Dosa with Aloo Baji + Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 Apple with 2 tablespoons of peanut butter

### Meal 3 (Lunch):

0.5 cup Rice with 0.5 Cup Dal + 150 gm Chicken + Unlimited Spinach and Tomato Salad

### Meal 4 (Afternoon Snack):

100g Paneer cubes + 1 medium orange

### Meal 5 (Dinner):

Brown Rice (0.5 cup) + Egg Curry (2 boiled eggs) + Mixed Vegetable Stir-Fry + 1 cup of buttermilk

## Day 3:

### Meal 1 (Breakfast):

1 cup Upma with mixed vegetables + 1 cup of green tea

### Meal 2 (Mid-Morning Snack):

1 small pear + 30 gm of walnuts

### Meal 3 (Lunch):

0.5 cup Brown Rice + 0.5 cup Chana Masala +  
Cabbage and Carrot Thoran + 1 cup curd

### Meal 4 (Afternoon Snack):

1 cup of cucumber slices with pepper and salt

### Meal 5 (Dinner):

0.5 cup Rice with Spinach Dal + 150gm Grilled Fish + Tomato and Onion Salad with Mint Chutney



## Day 4:

### Meal 1 (Breakfast):

2 Dosa with Aloo Baji+Coconut Chutney + 1 cup  
Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 Apple with 2 tablespoons of peanut butter

### Meal 3 (Lunch):

0.5 Cup Rice + 150 gm Chicken + Unlimited Spinach and Tomato Salad

### Meal 4 (Afternoon Snack):

100g Paneer cubes + 1 medium orange

### Meal 5 (Dinner):

Brown Rice (0.5 cup) +Egg Curry (2 boiled eggs)  
+ Mixed Vegetable Stir-Fry+1 cup of buttermilk

## Day 5:

### Meal 1 (Breakfast):

2 Idlis with Sambar and Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 medium-sized banana + 1 ounce (28g) of almonds

### Meal 3 (Lunch):

1 Chappati + 100gm Chicken Curry + Mixed Vegetable Stir-Fry + 1 cup of buttermilk

### Meal 4 (Afternoon Snack):

1 cup curd with 2 tsp sugar

### Meal 5 (Dinner):

0.5 cup Rice with Sambar + 150 gm Grilled Fish + Cucumber and Tomato Salad

## Day 6:

### Meal 1 (Breakfast):

1 cup Upma with mixed vegetables + 1 cup of green tea

### Meal 2 (Mid-Morning Snack):

1 small pear + 15 gm of walnuts

### Meal 3 (Lunch):

0.5 cup Brown Rice + 1 cup Chana Masala +  
Cabbage and Carrot Thoran + 1 cup curd

### Meal 4 (Afternoon Snack):

1 cup of cucumber slices with pepper and salt

### Meal 5 (Dinner):

0.5 cup Rice with Spinach Dal + 150gm Grilled Fish + Tomato and Onion Salad with Mint Chutney



## Day 7:

### Meal 1 (Breakfast):

2 Idlis with Sambar and Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 medium-sized banana + 1 ounce (28g) of almonds

### Meal 3 (Lunch):

1 Chappati + 100gm Chicken Curry + Mixed Vegetable Stir-Fry + 1 cup of buttermilk

### Meal 4 (Afternoon Snack):

1 cup curd with 2 tsp sugar

### Meal 5 (Dinner):

0.5 cup Rice with Sambar + 150 gm Grilled Fish  
+ Cucumber and Tomato Salad

## Veg Meal Plan

Just follow the meal plan below to ensure consistent weight loss.

### Day 1:

Meal 1 (Breakfast):

2 Idlis with Sambar and Coconut Chutney + 1 cup Tea with sugar

Meal 2 (Mid-Morning Snack):

1 medium-sized banana + 1 ounce (28g) of almonds

Meal 3 (Lunch):

0.5 cup Rice + 70gm Paneer Curry + Mixed Vegetable Stir-Fry + 1 cup of buttermilk

Meal 4 (Afternoon Snack):

1 cup curd with 2 tsp sugar

Meal 5 (Dinner):

0.5 cup Rice with Sambar + 0.5 cup Yellow dal + Cucumber and Tomato Salad

## **Day 2:**

Meal 1 (Breakfast):

2 Dosa with Aloo Baji + Coconut Chutney + 1 cup Tea with sugar

Meal 2 (Mid-Morning Snack):

1 Apple with 2 tablespoons of peanut butter

Meal 3 (Lunch):

1 Chappati with 1 Cup Dal + 70 gm Paneer Fry with spices + Unlimited Spinach and Tomato Salad

Meal 4 (Afternoon Snack):

100g Paneer cubes + 1 medium orange

Meal 5 (Dinner):

Brown Rice (0.5 cup) + 50 gm Channa Masala + Mixed Vegetable Stir-Fry + 1 cup of buttermilk



## Day 3:

### Meal 1 (Breakfast):

1 cup Upma with mixed vegetables + 1 cup of green tea

### Meal 2 (Mid-Morning Snack):

1 small pear + 30 gm of walnuts

### Meal 3 (Lunch):

0.5 cup Brown Rice + 0.5 cup Chana Masala +  
Cabbage and Carrot Thoran + 1 cup curd

### Meal 4 (Afternoon Snack):

1 cup of cucumber slices with pepper and salt

### Meal 5 (Dinner):

1 Chappati with Spinach Dal + 125 gm Tofu +  
Tomato and Onion Salad with Mint Chutney

## Day 4:

### Meal 1 (Breakfast):

2 Dosa with Aloo Baji + Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 Apple with 2 tablespoons of peanut butter

### Meal 3 (Lunch):

0.5 Cup Rice + 0.5 cup Yellow dal + Unlimited Spinach and Tomato Salad

### Meal 4 (Afternoon Snack):

100g Paneer cubes + 1 medium orange

### Meal 5 (Dinner):

Brown Rice (0.5 cup) + 50 gm Channa Masala +  
Mixed Vegetable Stir-Fry + 1 cup of buttermilk

## Day 5:

### Meal 1 (Breakfast):

2 Idlis with Sambar and Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 medium-sized banana + 1 ounce (28g) of almonds

### Meal 3 (Lunch):

1 Chappati + 60 gm Rajma curry + Mixed Vegetable Stir-Fry + 1 cup of buttermilk

### Meal 4 (Afternoon Snack):

1 cup curd with 2 tsp sugar

### Meal 5 (Dinner):

0.5 cup Rice with Sambar + 50 gm Channa  
Masala + Cucumber and Tomato Salad



## **Day 6:**

Meal 1 (Breakfast):

1 cup Upma with mixed vegetables + 1 cup of green tea

Meal 2 (Mid-Morning Snack):

1 small pear + 15 gm of walnuts

Meal 3 (Lunch):

0.5 cup Brown Rice + 1 cup Chana Masala + Cabbage and Carrot Thoran + 1 cup curd

Meal 4 (Afternoon Snack):

1 cup of cucumber slices with pepper and salt

Meal 5 (Dinner):

0.5 cup Rice with Spinach Dal + 50 gm Soya chunks + Tomato and Onion Salad with Mint Chutney

## Day 7:

### Meal 1 (Breakfast):

2 Idlis with Sambar and Coconut Chutney + 1 cup Tea with sugar

### Meal 2 (Mid-Morning Snack):

1 medium-sized banana + 1 ounce (28g) of almonds

### Meal 3 (Lunch):

1 Chappati + 70 gm Paneer Curry +Mixed Vegetable Stir-Fry + 1 cup of buttermilk

### Meal 4 (Afternoon Snack):

1 cup curd with 2 tsp sugar

### Meal 5 (Dinner):

0.5 cup Rice with Sambar + 125 gm Tofu +  
Cucumber and Tomato Salad

## What Next?

Follow the meal plan and enjoy your results for the next 6 months. If your results have stalled, then please reach out to me and I would be glad to help you further.

## Found this Guide helpful?

If you found this helpful, please give this a 5 star rating or whatsapp me to say thanks, it would really make my day! This will really help me make more free stuff for you and others who might benefit from this.

## Need more help?

I also offer

- 1.Live Workouts
- 2.In-App Coaching
- 3.6 Month Family Level Up Program
- 4.Consultation Calls

## Direct Hotline?

[Click here](#) to reach out to me for any questions !