



**BetterYouCo**

# GENERAL FAT LOSS GUIDE

## 1800 CALORIE STARTER PLAN

### WHAT THIS PLAN HELPS WITH

- Build a calorie-controlled routine without extreme dieting
- Eat enough protein to protect muscle while losing fat
- Use simple Pakistani meals instead of complicated food rules
- Train 4 days per week with cardio to increase calorie burn
- Understand the basics before investing in a tailored plan

### IMPORTANT NOTE

This is a general fitness and nutrition plan. It is not meant to diagnose, treat, or replace medical guidance for any specific medical condition, disease, injury, or hormonal issue.

### WANT A PLAN BUILT FOR YOU?

If you want a tailored program suited to your body metrics, lifestyle, training level, medical conditions, or personal goals - contact us and let's build your transformation properly.



@jalalahmed.wellness



Prepared by Jalal Ahmed

## 1800 CALORIE FAT LOSS MEAL STRUCTURE

Protein in every meal - controlled carbs - portion control

MEAL	OPTIONS	GUIDANCE
<b>Breakfast</b> 450-600 kcal	2 eggs + 1 roti + 1/2 cup dahi 40g oats + 200ml milk + 8 almonds 100g chicken + 1 egg + salad	Include protein + carbs. Avoid sugary chai + biscuits.
<b>Lunch</b> 500-600 kcal	150g chicken + 1 roti + sabzi 120g cooked rice + 150g chicken + veggies 150g daal + 1 roti + salad	Choose roti OR rice, not both. Add vegetables for fullness.
<b>Dinner</b> 400-600 kcal	150g chicken + large salad 120g chicken + 1/2 cup dahi 2 eggs + vegetables	Keep dinner lighter. Lower carbs at night if cravings are high.
<b>Snack Optional</b>	1 cup dahi OR 1 fruit OR small handful nuts	Only if hungry. Do not combine all snacks together.

### FAT LOSS RULES THAT ACTUALLY MATTER

- Protein in every meal.
- Roti size: 30-40g dough.
- Rice: 1/2 cup cooked max when fat loss is the goal.
- Oil: 1 tsp per meal where possible.
- Water: 3-4 liters daily.
- Biggest mistake: healthy food with no portion control.



Prepared by Jalal Ahmed

## 4-DAY FAT LOSS WORKOUT SPLIT

Structured weight training + cardio for sustainable fat loss

DAY	WEIGHT TRAINING	CARDIO + FOCUS
<b>Day 1 Push</b>	Incline Press - 3 x 8-12 Shoulder Press - 3 x 10 Lateral Raises - 3 x 15 Triceps Pushdown - 3 x 12	20 min incline treadmill. Focus: controlled reps and muscle connection.
<b>Day 2 Pull</b>	Lat Pulldown - 3 x 10 Seated Row - 3 x 10 Dumbbell Row - 2 x 12 Bicep Curls - 3 x 12	20 min cycling. Focus: stretch and squeeze, not ego lifting.
<b>Day 3 Legs</b>	Leg Press - 3 x 12 Hamstring Curl - 3 x 12 Lunges - 2 sets till fatigue Calf Raises - 3 x 15	15 min incline walk. Legs burn calories - do not skip.
<b>Day 4 Full Body</b>	Squats - 3 x 12 Pushups - 2 sets till fatigue Rows - 3 x 12 Plank - 3 x 30 sec	25 min walking. Full body day boosts overall activity.

### FITNESS GUIDANCE

- Train 4 days per week and move daily.
- Rest days: 7-10k steps if possible.
- Cardio should be conversational pace.
- Form comes before heavy weight.
- Consistency beats one perfect week followed by quitting.



# Become a Better You

Stay Consistent With Your Health

## **READY FOR A PLAN THAT FITS YOU?**

This guide gives you direction. But real transformation becomes easier when your plan is built around your body, routine, goals, health history and lifestyle.

**Contact BetterYouCo to start properly.**