

**Visceral fat (pet ke andar wala fat) kam karna possible hai, but shortcut nahi hota — sahi diet + exercise + sleep = best results. Main tujhe simple, practical plan deta hoon jo India mein easily follow ho sakta hai.**

**💧 Sabse Important: Calorie Deficit**

**Visceral fat tabhi kam hoga jab body stored fat use karegi.**

**Rule:**

**👉 Roz ki calories thodi kam lo**

**👉 Junk aur sugar sabse pehle kam karo**

**🍽️ Diet Plan (Indian friendly)**

**☑️ Kya khana chahiye**

**Protein high rakho:**

**Eggs, paneer, dal, chana, chicken, tofu**

**Fiber zyada:**

**Sabzi, salad, oats, fruits (limited)**

**Healthy fats:**

**Badam, akhrot, seeds (thoda)**

**Simple plate rule:**

**1/2 plate sabzi/salad**

**1/4 plate protein**

**1/4 plate roti/rice**

**✗ Kya avoid karna hai (ye visceral fat badhate hain)**

**Cold drinks / packaged juice**

**Mithai, bakery items**

**White bread, maida**

**Deep fried snacks**

**Roz-roz alcohol (agar lete ho)**

** Exercise Plan (fat burning combo)**

** Strength training (bahut important)**

**Week me 3–4 din:**

**Squats**

**Push-ups**

**Plank**

**Lunges**

👉 **Muscle badhegi → visceral fat fast ghatega**

📅 **2 Cardio**

**Week me 4–6 din:**

**Brisk walking 30–45 min  
ya**

**Jogging / cycling / skipping**

**Best combo:**

👉 **Subah walk + shaam strength (agar possible)**

😴 **Sleep & Stress (log ignore karte hain)**

**Visceral fat stress se bhi badhta hai.**

**7–8 ghante ki sleep**

**Late night phone kam**

**Daily thoda walk ya deep breathing**

**⌚ Kitne time me result?**

**Agar properly follow kiya:**

**2–4 weeks → belly tight feel**

**8–12 weeks → visible fat loss**

**4–6 months → major visceral fat reduction**

**🚀 Ek simple daily routine (starter)**

**Morning:**

**Garam pani**

**30 min brisk walk**

**Breakfast:**

**Eggs / paneer + roti/oats**

**Lunch:**

**Dal + sabzi + 1–2 roti**

**Evening:**

**Fruit ya nuts**

**Dinner (light):**

**Paneer/chicken + sabzi**