

— NUTRITION SYSTEM · LEAN OUT

FAT-LOSS ARCHITECTURE

A calm, sustainable deficit built for how India eats — lose fat without losing muscle, your mind, or the foods you love.

LEVEL

All Levels

FOCUS

Fat Loss

FORMAT

Free PDF

BUILDS ON

The Indian Plate



01 — BEGIN HERE

LOSE FAT, NOT MUSCLE.

Crash diets strip muscle, wreck your energy, and rebound. This is the opposite: a small, deliberate deficit on top of the Indian plate, anchored by high protein, padded with volume foods, and built with breaks so you actually reach the end — leaner, and still strong.

FOR YOU, IF

You want to lose fat and keep the muscle you have — sustainably, eating Indian food, without starving or banning anything outright.

BUILDS ON

The four-part plate from The Indian Plate. If that's new to you, read it first — this is simply that plate, sized into a smart deficit.

BY THE END, YOU WILL

Know your maintenance and your deficit · build a deficit plate that keeps you full · use volume foods and breaks to survive it · read progress past the scale · and break a plateau without crashing.

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02

THE FIVE PRINCIPLES

Fat loss is simple, not easy. These five keep it honest and survivable.

01 THE DEFICIT IS THE ENGINE

Fat loss happens only when you eat a little less than you burn. Not keto, not "clean eating," not skipping carbs — a calorie deficit, however you arrange it.

02 PROTEIN PROTECTS MUSCLE

In a deficit, high protein is what keeps the weight you lose as fat rather than muscle. It is also the most filling food you can eat. Guard it above all.

03 VOLUME FOODS CARRY YOU

Vegetables, dal, curd, fruit, soup — high fullness for few calories. Lean on them and a deficit stops feeling like deprivation.

04 LOSE SLOWLY

About 0.5–0.75% of bodyweight a week. Faster costs muscle and rebounds. Slow is not only kinder — it's what actually lasts.

05 THE SCALE IS A POOR JUDGE

Weight swings daily on water and salt. Judge fat loss by the weekly average, the waist, and the mirror — not tomorrow morning's number.



03

THE PLAN AT A GLANCE

One page. Screenshot it. The whole system is three numbers and a plate.

THE THREE NUMBERS

FIND

MAINTENANCE

Bodyweight kg $\times$ 31 $\approx$
calories to hold steady.

SUBTRACT

-300 TO -500

The deficit. $\sim$ 0.5–0.75%
bodyweight lost / week.

PROTECT

2.0–2.4 G/KG

Protein — higher in a cut,
to keep muscle.

WATCH

WEEKLY AVG

Adjust by the trend, not
the daily scale.

THE DEFICIT PLATE · HOW IT TILTS

LEAD

PROTEIN + VEG

- 1 A palm of protein, each meal
- 2 Half the plate vegetables
- 3 Fullness for few calories

TRIM

CARBS + FATS

- 1 Carbs mostly around training
- 2 Fats small & measured
- 3 Where the deficit comes from

RELIEVE

BREAKS

- 1 Weekly higher-carb refeed
- 2 Diet break every 4–6 weeks
- 3 So you reach the end

THE ONE RULE

Small deficit · high protein · vegetables for volume. Hold those three, weigh weekly, and the fat comes off slowly and stays off.



04

SETTING THE DEFICIT

Set it small, set it once, and let the weekly trend correct it. Three steps:

STEP	WHAT TO DO
1 · Maintenance	Bodyweight (kg) × 31 ≈ daily calories to hold weight. Or track your normal intake for 1–2 stable weeks — that's your true number.
2 · The deficit	Subtract 300–500 kcal. Start at the smaller end — you can always trim more later, and slower keeps muscle.
3 · The check	Weigh daily, judge the weekly average. Losing >1%/wk → eat a little more. Stuck 2–3 weeks → trim ~150 kcal or add steps.

ROUGHLY, BY BODYWEIGHT

BODYWEIGHT	~ MAINTENANCE (×31)	CUT TARGET (–400)
60 kg	–1,860 kcal	–1,460 kcal
75 kg	–2,325 kcal	–1,925 kcal
90 kg	–2,790 kcal	–2,390 kcal

HOW
LONG

Run the deficit **8–12 weeks**, then spend time at maintenance before going again. Nobody diets well forever — the breaks on page 9 are what make it finishable.



05

THE DEFICIT PLATE

In a cut the plate flips: protein leads, vegetables fill, carbs fuel the training, fats stay small. Built this way, you eat a satisfying volume of food on fewer calories.

PROTEIN

2.0-2.4 g/kg

A big palm every meal — eggs, curd, paneer, soya, chicken, fish, whey. Protects muscle, kills hunger.

VEGETABLES

Half the plate

Sabzi, salad, greens. Your best friend in a cut — volume and fullness for almost no calories.

CARBS

Around training

Rice, roti, oats, fruit — kept moderate and placed near your sessions to fuel the lifts.

FATS

Small, measured

Ghee, oil, nuts — a thumb. Calorie-dense, so this is where excess hides. Measure it.

06

VOLUME FOODS — EAT FREELY

When hunger hits, reach for the foods that fill you for little: **vegetables, dal, curd, egg whites, fruit, clear soups, salad, makhana, roasted chana**. Build meals around these and the deficit rarely feels like one. The trap is liquid calories and fried snacks — high calories, low fullness.



07

A DAY ON THE PLATE

One example — ~75 kg, around 1,900 kcal, ~150 g protein, high fullness. A shape to borrow, not a script to copy.

MEAL	WHAT	WHY
Morning	3 eggs + 2 whites, or besan chilla · bowl of curd · black coffee	~35 g protein, very filling
Lunch	Palm of chicken or double dal + curd · 1 cup rice or 2 roti · large sabzi / salad	Protein + big veg volume
Around training	Whey scoop + a fruit	Protein + a little fuel
Dinner	Palm of paneer / fish / soya · huge salad · small rice or 1 roti	Protein-led, carbs light at night
If hungry	Curd, fruit, boiled egg, clear soup, makhana	Volume foods — low cost, high fullness

ON REST DAYS

Drop the around-training carbs and trim a little elsewhere — you need less fuel when you're not training. **Keep the protein exactly the same.**



08

EATING OUT & THE BREAKS

A cut has to survive real life — and it needs scheduled relief, or it quietly fails.

EATING OUT

Lead with a tandoori / grilled protein or dal, share rich gravies, one roti not four, fill with salad. A protein-led restaurant plate barely dents the week.

THE WEEKLY REFEED

One day at roughly maintenance, carbs up and fats down. It refills the muscles, lifts training and mood, and makes the week sustainable. Not a cheat — a plan.

THE DIET BREAK

Every 4–6 weeks, eat at maintenance for 5–7 days. Eases hunger, protects muscle, resets the mind. The cut resumes easier on the far side.

STEPS — THE QUIET LEVER

Before cutting calories further, add movement. **8,000–10,000 steps a day** widens the deficit without taxing recovery or willpower. A walk after each meal does most of the work. Use steps and food first; save hard cardio as a small extra, not the engine.



09

PLATEAUS & MEASURING

The scale will stall, lie, and jump. Knowing how to read it — and what to do when it sticks — is what separates finishing from quitting.

READ THE TREND

Weigh daily, first thing, and track the 7-day average. Only the average matters — a single morning is water, salt, and last night's dinner.

USE THE TAPE

Measure your waist weekly. A falling waist while the scale holds means you're losing fat and keeping muscle — exactly the goal.

WHEN TRULY STUCK

No change in the average for 2–3 weeks? Trim ~150 kcal or add 1–2k steps — not both, not drastically. Or take a diet break and resume.

DON'T CRASH

The instinct at a plateau is to slash food and add hours of cardio. Resist it — that's how muscle and sanity are lost. **Small adjustments, patiently applied, always win.**



10

THE CUT TRACKER

Print this. Log your weekly average weight and your waist — this table, not the daily scale, tells the truth of a cut.

WEEK	AVG WEIGHT	WAIST	NOTES · HUNGER, ENERGY, TRAINING
01			
02			
03			
04			
05			
06			
07			
08			

MY NUMBERS — MAINTENANCE / DEFICIT /
PROTEIN

REFEED DAY · DIET-BREAK WEEKS



11

QUESTIONS, ANSWERED

DO I HAVE TO CUT RICE AND ROTI?

No — just portion them with a cupped hand and put them around training. The deficit comes from total calories, not from banning a food group.

IS KETO OR INTERMITTENT FASTING BETTER?

No magic — they only work by creating a deficit. Use whichever eating window suits you; this plate works fasted or not.

HOW FAST SHOULD I LOSE?

About 0.5–0.75% of bodyweight a week. Faster usually means muscle loss and a rebound. Slow is the shortcut.

WHY IS THE SCALE UP AFTER A GOOD WEEK?

Water — from salt, carbs, a hard session, or your cycle. Trust the weekly average; fat doesn't appear overnight.

CAN I DRINK ALCOHOL?

Occasionally, at the edges of a protein-led day. It's empty calories and dents next-day appetite control, so keep it rare during a cut.

DO I NEED FAT BURNERS?

No. They do almost nothing. Protein, volume foods, steps and patience are the real "fat burners."

I'M ALWAYS HUNGRY.

Push protein and vegetables higher, drink more water, sleep more, and use your refeed. If it's still brutal, your deficit is too steep — eat a bit more.

WHAT AFTER I REACH MY GOAL?

Add food back slowly to maintenance (a reverse), then hold. To keep muscle while lean, pair this with training — or build with **Muscle-Gain System**.



LEAN IS BUILT SLOWLY, AND KEPT CALMLY.

Fat loss is not a punishment to survive — it's a small, patient deficit you barely feel, eating food you know, with breaks built in. Lose it slowly and you lose it for good.

THE FOUNDATION

THE INDIAN PLATE

The base plate every goal sits on.

WHEN YOU'RE LEAN

MUSCLE-GAIN SYSTEM

Build with a lean surplus next.

EVERY MORNING

THE EDGE

One letter before noon.

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