

— NUTRITION SYSTEM · LOSE FAT, SIMPLY

THE STARTER DEFICIT

Lose fat without an app, a food scale, or a single number to count. A calm, repeatable way to eat less — built on the hand, the plate, and the weekly trend.

LEVEL

Beginner

APPROACH

No tracking

BEST FOR

Losing fat

FORMAT

Free PDF



01 — BEGIN HERE

EAT LESS, WITHOUT THE SPREADSHEET.

Fat loss comes down to one thing: eating a little less than you burn, consistently, for long enough. You don't need to weigh rice or log every bite to do that. The Starter Deficit builds the deficit into your plate and your habits — protein-led, vegetable-heavy, measured by your hand — so the weight comes off and stays off, no app required.

FOR YOU, IF

You want to lose fat and the idea of tracking calories makes you want to quit before you start. You'd rather build a few simple habits you can keep for life.

PAIR IT WITH

Lean Start — the training that keeps your muscle while this removes the fat. Ready for the precise, tracked version later? Fat-Loss Architecture.

THE WHOLE TRUTH IN THREE LINES

A modest deficit removes fat. Enough protein keeps the muscle and the hunger in check. The weekly weight trend — not the daily number — tells you if it's working. Everything in this guide serves those three facts.

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02

THE FIVE PRINCIPLES

Everything here follows from these. Read them once; they explain every choice that follows.

01 A MODEST DEFICIT, HELD

Small and steady beats drastic and brief. Aim to lose about 0.5–0.75% of bodyweight a week — slow enough to keep muscle, sane enough to sustain. → [Studies](#) · [How to set up your calorie deficit](#)

02 PROTEIN AND VEG LEAD

The two most filling things on the plate. Lead with them and you eat fewer calories without feeling starved — the entire trick to a deficit you can hold.

03 LIQUID CALORIES ARE THE LEAK

Sugary chai, soft drinks, juices and creamy coffees add hundreds of calories you never feel full from. Plugging this one leak often creates the whole deficit.

04 MEASURE THE WEEK, NOT THE DAY

Weight swings daily with water, salt and food in the gut. Weigh most mornings, then judge only the weekly average. The trend is the truth. → [Studies](#) · [Why you're not losing fat](#)

05 ADJUST SLOWLY, FROM THE TOP

When loss stalls, take away the easiest calories first — liquids, then extra fats and carbs. Never crash. You can always remove more; you can't un-burn yourself out.



03

THE METHOD, AT A GLANCE

No counting. Four habits create the deficit; the weekly trend tells you to hold or adjust. This is the whole system.

THE FOUR HABITS

EVERY MEAL

PROTEIN + VEG

Half the plate veg, a palm of protein. Fill on these first.

PORTION

CARBS & FATS

Carbs to a cupped hand, fats to a thumb. The dials you turn down.

CUT THE LEAK

DRINK LEAN

Water, black coffee, no-sugar chai. Calories belong on the plate.

MOVE

8-10K STEPS

The easy burn that widens the deficit without hunger.

READ THE WEEK, THEN ACT

IF THE WEEKLY AVERAGE...	IT MEANS	DO THIS
Dropped 0.5–0.75%	Perfect pace	Nothing — hold it
Flat for 2–3 weeks	No longer in a deficit	Pull a lever (next page)
Dropping >1% / week	Too fast — risking muscle	Add a little food back

THE ONE RULE

Hold the four habits, weigh most mornings, and only judge the weekly average. Change one thing at a time, and only when the trend has been flat for two to three weeks. Patience is the method.



04

THE DEFICIT PLATE

The same four parts as any VYSN plate — just with the dials turned for fat loss. Protein and vegetables grow; carbs and fats shrink. You eat enough to feel human, less than you burn.

BUILD IT FOR A DEFICIT

PROTEIN

A palm+, every meal

Keep this high — it holds muscle and kills hunger. The one part you never cut.

VEGETABLES

Half the plate

Turn these up. Huge volume, few calories, lots of fibre — the secret to feeling full on less.

CARBS

A cupped hand

Keep some for energy and training — just smaller. The first dial you turn down at a stall.

FATS

A thumb

A little for taste and hormones. Calorie-dense, so easy to overdo — measure by the thumb.

EAT MORE OF

Vegetables and salad · lean protein · dal and beans · fruit · curd. High-volume, filling foods that make the deficit feel generous.

GO EASY ON

Fried food · sweets and sugar · oily gravies · refined snacks · and above all, sugary drinks. Not banned — just smaller and less often.



05

THE LEVERS

When the weekly trend goes flat for two to three weeks, pull **one** lever — from the top down. Give it two weeks, then reassess. Never pull two at once.

#	LEVER	HOW
1	Plug liquid calories	Cut the sugary drinks, juices, and creamy coffees first. Often the entire fix, and the least painful.
2	Add 2,000 steps	Bump the daily walk before touching food. More burn, no hunger, no recovery cost.
3	Shrink the fats	Less oil and ghee in cooking, fewer nuts. Calorie-dense, so a small trim does a lot.
4	Shrink the carbs	Drop the carb portion to half a cupped hand at one or two meals. Keep some around training.
5	Drop one snack	Cut the least useful between-meal snack. Last resort — keep protein snacks.

DIET BREAKS

Every 6–8 weeks, or whenever you're worn down, spend **1–2 weeks eating at maintenance** (a bit more food, no deficit). It restores sanity and hormones, and makes the next push work better. Breaks are part of the plan, not a failure.



06

A DAY ON THE PLAN

No numbers — just the shape of a fat-loss day. Protein and veg lead every meal; carbs and fats are portioned; drinks stay lean.

MEAL	WHAT'S ON THE PLATE	THE MOVE
Morning	Eggs or curd + a fruit; black coffee or no-sugar chai	Protein first thing; plug the sugar leak
Lunch	A palm of protein + half-plate sabzi/salad + one katori rice or 2 rotis	Veg fills the plate; carbs portioned
Snack	Curd, roasted chana, or a piece of fruit; water	A protein snack, not a fried one
Dinner	Protein + a big sabzi + a small carb; go light on oil	Lighter carbs at night; thumb of fat
All day	Water, 8–10k steps	Hydrate; the easy burn

STILL HUNGRY?

Reach for the free foods first: more vegetables, salad, a glass of water, or a black coffee. Add protein before you add carbs or fat.

BIG MEAL COMING?

Eat lighter and higher-protein earlier in the day, walk more, and enjoy it. One meal never undoes a week — the average does.



07

HUNGER, EATING OUT & STAYING SANE

The best diet is the one you can actually live with. These are the habits that keep a deficit from feeling like deprivation.

01 VOLUME IS YOUR FRIEND

Fill up on vegetables, salad, soups and fruit — high volume, low calorie. A big plate that happens to be light beats a small plate you resent.

02 PROTEIN AT EVERY MEAL

It's the most satiating macro by far. Hit it and hunger quietly drops — the single biggest reason diets stay livable.

03 EATING OUT, HANDLED

Pick a protein-led dish, ask for less oil, fill on the salad, and skip the sugary drink. You can eat anywhere and still hold the trend.

04 PLAN ONE TREAT, GUILT-FREE

Build a favourite into the week on purpose. A planned indulgence keeps you on the wagon far better than rigid rules that snap.

05 SLEEP, OR YOU'LL SNACK

Short sleep spikes hunger hormones and cravings the next day. Seven to nine hours is a fat-loss tool, not a luxury.



08

THE WEEKLY TRACKER

Print this. Each week, log your average morning weight and tick the habits. Judge progress by the weight column over a month — never by one day.

WEEK	AVG WEIGHT	PROTEIN/VEG	LEAN DRINKS	STEPS 8K+	NOTES
01					
02					
03					
04					
05					
06					
07					
08					

STARTING WEIGHT & WAIST

MY BIGGEST LIQUID-CALORIE LEAK TO PLUG



09

QUESTIONS, ANSWERED

DO I REALLY NOT NEED TO COUNT CALORIES?

Not to start. The hand-and-plate method creates a deficit for most people automatically. If progress stalls after pulling the levers, the tracked approach in Fat-Loss Architecture is the next step.

HOW FAST SHOULD THE WEIGHT COME OFF?

About 0.5–0.75% of your bodyweight a week. Faster usually means losing muscle and water, and it rarely lasts. Slow is what stays off.

CAN I EAT RICE AND ROTI AND STILL LOSE FAT?

Yes. No food is off-limits — you just portion the carbs to a cupped hand and let protein and veg fill the rest. Indian food is completely compatible with fat loss.

THE SCALE WENT UP THIS MORNING.

Daily noise — water, salt, a big dinner. Ignore single days entirely. Only the weekly average means anything.

SHOULD I DO FASTING / KETO / A DETOX?

Only if it helps you eat less without misery. They're tools, not magic — the deficit is what works. Pick what you can sustain.

I LOST WEIGHT, NOW WHAT?

Ease back to maintenance slowly (a reverse, covered later), keep the habits, and hold your new weight. Keeping it off is the real win.

General nutrition guidance, not medical advice. For specific conditions, consult a qualified professional.



LESS, KEPT UP. THAT'S THE WHOLE SECRET.

There is no trick to fat loss — only a modest deficit, held with enough protein and enough patience to let the weeks do their work. Build these habits once and you'll never need a crash diet again.

TRAIN ALONGSIDE IT

LEAN START

Lift to keep the muscle while you lose the fat.

GO PRECISE LATER

FAT-LOSS ARCHITECTURE

The tracked, structured deficit.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

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