

Use these tips to drop 2-3 kilos sustainably in 4-6 weeks

1. You must be in a consistent calorie deficit which means you have to ingest fewer calories than you expend in a day. My strategy is to reduce calories ingested from fat and carbohydrates and increase calories expended through movement, easiest way to do it is to start walking more and cut portion sizes by a bit.
2. It is easier to cut visible fat rather than cutting carbs too much. Firstly, visible fats like oil, butter, ghee etc are highly calorie dense. 1 tablespoon of oil has as many calories as a whole apple but an apple would satiate your hunger much more than a tablespoon of oil. If you have enough fiber and protein, cutting fat won't impact your satiety. Also, if you exercise, you need carbs more than fat to keep your energy up. So cut out visible fat but also fatty meats and desserts. One easy hack is to replace full fat dairy with a fat free version.
3. Walking is the most underrated tool for fat loss and it actually works. You could either do a 45-60 minute brisk walk outdoors or even a few kms on an incline on the treadmill. Do save some energy for resistance training. That will help in long term weight maintenance.
4. Prioritise protein. Aim for 1.2-1.5g/kg of ideal or goal body weight. This helps maintain muscle during fat loss and keeps you satiated.. Whey protein shakes are easy and efficient tools to get your required amount of protein, especially for vegetarians. 1-2 servings a day are just fine.
5. Another tool to keep muscle and maintain intensity at the gym while on fat loss is to have creatine.
6. Have the same breakfast, lunch and dinner every day or just stick to 2-3 options. This way you need to count your calories only once or twice and don't have to get obsessive about them. Does it sound boring? Well be boring. It's for a limited period anyway.
7. Eat home cooked food more often. Restaurants tend to cover stir fries and even roasted veggies in an insane amount of oil and add sauces we have no clue about, adding many more calories than we would expect.
8. Keep room in your diet for your favourite fun foods once a week or once a fortnight. Subtract the calories from somewhere else. This way you won't buckle and give in to a bingeing episode.
9. Strictly NO boredom snacking. A small bite of chocolate here and a handful of peanuts there can add up to hundreds of extra calories and you have defeated the primary purpose which was to be in a deficit in the first place.
10. Consistency and patience. The emphasis on gradual weight loss is firstly to preserve muscle and secondly for it to be sustainable. For that you will have to be patient and consistently do the same things every day.

Good luck!

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