



FAT LOSS STARTER GUIDE

Beginner Edition — Home & Gym Workouts + Indian Meal Plans

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Disclaimer

This ebook is for educational purposes only and is not medical advice. Consult your doctor before starting any new diet or training programme, especially if you have pre-existing health conditions. Results vary by individual. For a personalised plan, visit quadfit.info.

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Chapter 1: Why Most Fat Loss Attempts Fail

If you've tried losing weight before — crash diets, skipping meals, random YouTube workouts — and haven't kept the results, you are NOT alone. The fitness industry is full of confusing, often harmful advice that doesn't work for Indian bodies and lifestyles.

Here is the truth: Most fat loss attempts fail not because of lack of willpower, but because of a lack of the right system.

The 5 Most Common Mistakes

- **Eating too little — severe restriction slows metabolism and destroys muscle mass**
- No protein focus — without protein you lose muscle, not just fat, leaving you 'skinny fat'
- Doing only cardio — hours on the treadmill without strength training gives poor body composition
- Following Western diet advice — meal plans built around food Indians don't eat or buy
- No accountability or tracking — going alone without data leads to drift and plateaus

"Fat loss is not about punishment. It is about building the right system for your body to burn stored fat — consistently, sustainably, without starving." — Ankush Kumar, QuadFit

This guide gives you the exact framework used by 500+ QuadFit clients across India — from beginners with no gym access to those training 5 days a week. It is adapted specifically for Indian food, schedules, and lifestyles.

Chapter 2: Calories & Calorie Deficit — The Foundation

Every fat loss journey is built on one principle: the calorie deficit. This is not a trend — it is basic human biology.

What is a Calorie Deficit?

A calorie deficit means you consume fewer calories than your body burns each day. When this happens, your body turns to stored fat for energy — and you lose fat.

| Calorie Deficit Formula | |
|-------------------------|--|
| TDEE | Total Daily Energy Expenditure — all calories your body burns in a day |
| Safe Deficit | Eat 300–500 kcal BELOW your TDEE daily for safe, steady fat loss |
| Fat Loss Rate | ~500 kcal deficit per day = approximately 0.4–0.5 kg fat loss per week |
| Calculate Free | Use the TDEE + BMR calculator at quadfit.info/tools |
| Minimum Floor | Never go below 1200 kcal (women) or 1500 kcal (men) — muscle loss risk |

Activity Multipliers for Your TDEE

- Sedentary — desk job, no exercise: $BMR \times 1.2$
- Lightly active — 1–3 days light exercise per week: $BMR \times 1.375$
- Moderately active — 3–5 days training per week: $BMR \times 1.55$
- Very active — 6–7 days hard training: $BMR \times 1.725$

Beginner Tip: Use the free QuadFit TDEE Calculator at quadfit.info/tools to find your exact number in 2 minutes. No guesswork needed.

Practical Calorie Tracking Tips

- Use the MyFitnessPal app — it has a large Indian food database including dal, roti, sabzi
- Weigh your food with a kitchen scale for the first 3–4 weeks to build intuition
- Learn the calories in your 10 most-eaten foods — this alone gives 80% tracking accuracy

Chapter 3: Macros — Protein, Carbs & Fats

Calories tell you HOW MUCH to eat. Macronutrients tell you WHAT to eat. Getting your macros right is the difference between losing fat and losing muscle.

Protein — Priority #1

Protein is the single most important macro for fat loss. It preserves muscle, keeps you full for longer, and has a high thermic effect — your body burns 25–30% of protein calories just digesting it.

| Protein Targets for Fat Loss | |
|------------------------------|--|
| Daily Target | 1.6 – 2.2 grams per kg of bodyweight |
| Example (65 kg) | 104 – 143 grams of protein per day |
| Vegetarian Sources | Paneer, dal, rajma, chana, soya chunks, tofu, Greek yogurt, whey |
| Non-Veg Sources | Chicken breast, eggs, egg whites, fish, tuna, lean mutton |
| Timing | Spread protein across all meals — don't eat it all at once |

Carbohydrates — Fuel, Not the Enemy

Carbs are your body's preferred energy source. Choose complex, high-fibre carbs and time them around your workouts for best results.

- Best choices: brown rice, oats, multigrain roti, sweet potato, fruits, vegetables
- Target: 40–50% of total daily calories from carbohydrates
- Limit: maida products, sugary drinks, packaged snacks, white bread

Fats — Essential, Not Feared

- Include healthy fats: ghee (moderation), nuts, seeds, olive oil, fatty fish
- Target: 0.8–1.0 grams per kg of bodyweight daily
- Avoid: trans fats, vanaspati, excessive refined sunflower oil

Ideal Macro Split for Beginners: 35% Protein | 40% Carbs | 25% Fat — adjust after 4 weeks based on your response and energy levels.

Chapter 4: Indian Meal Plans for Fat Loss

One of the biggest reasons people fail on diet plans is that the food doesn't fit Indian households. Every plan below uses real Indian food you already know and love.

Plan A — 1500 kcal Vegetarian (Beginner)

| 1500 kcal Vegetarian Day ~110g Protein | |
|--|---|
| Breakfast 7AM | 3 egg whites + 1 whole egg scrambled (or paneer bhurji 100g) + 2 multigrain rotis + chai (no sugar) |
| Mid-Morning 10AM | 200g low-fat Greek yogurt + 1 banana + 5 almonds |
| Lunch 1PM | 150g paneer sabzi + 1 cup rajma + 2 rotis + cucumber-tomato salad + small raita |
| Snack 4PM | 1 cup roasted chana (50g) + 1 apple |
| Dinner 8PM | 1 cup dal (masoor/moong) + 1 cup cooked vegetables + 1.5 rotis + large salad |
| Before Bed | 1 cup warm low-fat milk (optional) |

Plan B — 1800 kcal Non-Vegetarian (Beginner)

| 1800 kcal Non-Veg Day ~140g Protein | |
|---------------------------------------|---|
| Breakfast 7AM | 4 egg whites + 1 whole egg omelette + 2 multigrain rotis + masala chai (no sugar) |
| Mid-Morning 10AM | 1 scoop whey protein in water OR 200g low-fat Greek yogurt + handful of almonds |
| Lunch 1PM | 150g grilled chicken breast + 1 cup rajma + 2 rotis + salad + raita |
| Pre-Workout 5PM | 1 banana + 1 cup green tea |
| Post-Workout 8PM | 1 scoop whey + 1 cup cooked rice + 200g sabzi (any) |
| Dinner 9:30PM | 150g fish / 2 boiled eggs + 1 cup dal + large salad + 1 roti |

Key Indian Food Swaps

- Replace white rice → brown rice or cauliflower rice for lower calories
- Replace regular roti → multigrain or jowar roti for more fibre
- Replace full-fat paneer → low-fat paneer to cut calories, keep protein
- Replace fried snacks → roasted chana, makhana, sprouts chaat
- Replace sweetened chai → green tea or black coffee to save 100–200 kcal/day

The 80/20 Rule: Eat clean, high-protein meals 80% of the time. The remaining 20% can include foods you enjoy — festivals, family gatherings, treats. This is what makes fat loss sustainable for life.

Chapter 5: Beginner Home Workout Programme

No gym? No problem. This programme is designed for complete beginners and requires zero equipment. You can do every exercise in your living room, bedroom, or terrace.

How to Use This Programme

- Train 3–4 days per week with at least 1 rest day between sessions
- Warm up for 5 minutes before each session: arm circles, leg swings, jumping jacks
- Rest 60–90 seconds between sets as a beginner
- Focus on form first — quality over quantity every time
- Progress by adding reps or sets every 1–2 weeks as you get stronger

Day 1 & 3 — Full Body A (Monday / Wednesday)

| Day 1 & 3 Workout | |
|--------------------------|--|
| Push-ups | 3 sets x 10–15 reps Beginners: knee push-ups. Progress to full push-ups. |
| Bodyweight Squats | 3 sets x 20 reps Feet shoulder-width apart, chest up, sit back into it |
| Glute Bridges | 3 sets x 15 reps Lie on back, push hips up, squeeze glutes at top |
| Plank Hold | 3 sets x 20–30 seconds Keep hips level, breathe steadily |
| Superman Hold | 3 sets x 12 reps Lie face down, lift arms and legs simultaneously |
| Mountain Climbers | 3 sets x 20 reps Drive knees to chest alternately in plank position |

Day 2 & 4 — Full Body B (Tuesday / Friday)

| Day 2 & 4 Workout | |
|-------------------------------|---|
| Pike Push-ups | 3 sets x 10 reps Hips high, lower head toward floor — works shoulders |
| Bulgarian Split Squats | 3 sets x 10 reps each leg Rear foot on chair, lunge down |
| Hip Thrusts (chair) | 3 sets x 15 reps Upper back on chair, drive hips up with weight |
| Side Plank | 3 sets x 20 sec each side Keep body in straight line, hips off floor |
| Tricep Dips (chair) | 3 sets x 12 reps Hands on chair edge, lower body and press back up |
| High Knees | 3 sets x 30 seconds Run in place, drive knees up to hip level |

Weekly Cardio Add-On

- Walk 8,000–10,000 steps every day — this alone burns 300–400 kcal and is free
- Add one 20-minute HIIT session per week: 30 sec on / 30 sec off (burpees, jumping jacks, high knees)

Consistency beats intensity at the beginner stage. Showing up 3–4 times per week for 8 weeks beats one perfect week followed by burnout. Start easy, build gradually.

Chapter 6: Beginner Gym Workout Programme

Starting the gym can feel overwhelming. This 4-day beginner programme focuses on compound movements that give you the most results in the least time. Learn the fundamentals, build strength, and your body composition will change.

Programme Overview

| 4-Day Beginner Gym Split | |
|--------------------------|--|
| Day 1 — Monday | Upper Body Push (Chest, Shoulders, Triceps) |
| Day 2 — Tuesday | Lower Body (Quads, Hamstrings, Glutes, Calves) |
| Day 3 — Wednesday | REST or 20-min walk |
| Day 4 — Thursday | Upper Body Pull (Back, Biceps) |
| Day 5 — Friday | Full Body + Core |
| Sat & Sun | Rest / Light walking / Stretching |

Day 1 — Upper Body Push

| Chest, Shoulders & Triceps | |
|----------------------------|--|
| Flat Dumbbell Press | 3 × 10–12 reps Control the descent, full range of motion |
| Incline DB Press | 3 × 10 reps 45-degree bench, targets upper chest |
| Dumbbell Shoulder Press | 3 × 12 reps Seated or standing, press directly overhead |
| Lateral Raises | 3 × 15 reps Light weight, slow controlled movement |
| Tricep Pushdown (cable) | 3 × 15 reps Keep elbows fixed at sides, extend fully |

Day 2 — Lower Body

| Quads, Hamstrings, Glutes & Calves | |
|------------------------------------|--|
| Barbell / Goblet Squat | 4 × 10 reps Beginners: goblet squat with dumbbell, depth to parallel |
| Romanian Deadlift (DB) | 3 × 12 reps Hinge at hips, feel stretch in hamstrings |
| Leg Press Machine | 3 × 15 reps Feet shoulder-width, don't lock knees at top |
| Walking Lunges | 3 × 10 reps each leg Keep front knee behind toes |
| Calf Raises (machine) | 4 × 20 reps Full range, slow and controlled |

Day 4 — Upper Body Pull

| Back & Biceps | |
|---------------------|--|
| Lat Pulldown | 4 × 12 reps Pull to upper chest, squeeze lats at bottom |
| Seated Cable Row | 3 × 12 reps Pull to navel, squeeze shoulder blades together |
| Dumbbell Row | 3 × 12 reps each arm Support on bench, row to hip |
| Face Pulls | 3 × 15 reps Cable at eye level, pull to face — great for posture |
| Dumbbell Bicep Curl | 3 × 12 reps Controlled, don't swing body for momentum |

Day 5 — Full Body + Core

| Compound Movements + Core | |
|------------------------------|---|
| Deadlift (light) | 3 × 8 reps Focus entirely on form — back flat, brace core |
| DB Bench Press | 3 × 10 reps Full range, controlled eccentric |
| Pull-ups / Assisted Pull-ups | 3 × max reps Use assisted machine if needed at first |
| Plank | 3 × 40 seconds Core tight, hips level, breathe |
| Cable Crunch | 3 × 15 reps Contract abs, don't use neck |

Progressive Overload is the key to gym results. Every 1–2 weeks, add 1–2 reps OR increase weight slightly. Your body adapts — you must give it a new challenge to keep improving.

Chapter 7: Sleep, Stress & Recovery

You can have the perfect diet and a great workout plan — but if sleep and stress are out of control, fat loss will stall. This is the most underrated chapter in all of fitness.

Why Sleep Is a Fat Loss Tool

- Poor sleep raises cortisol (stress hormone) which actively promotes belly fat storage
- Sleep deprivation increases ghrelin (hunger hormone) by up to 24% — you crave junk food
- Growth hormone — essential for fat burning and muscle repair — peaks during deep sleep
- Aim for 7–9 hours of quality sleep per night, consistent timing every day

Sleep Optimisation for Indians

- Put your phone down 30–45 minutes before sleep — blue light suppresses melatonin
- Keep bedroom temperature cool: 18–22°C is the optimal sleep environment
- Avoid heavy meals 2–3 hours before bed; a small high-protein snack is fine
- Wake and sleep at the same time daily — even weekends. Consistency > duration.

Managing Stress for Fat Loss

Chronic stress keeps cortisol elevated, signalling your body to store fat and break down muscle. Stress management is literally fat loss management.

- 10 minutes daily meditation or box breathing (Headspace, Calm apps)
- 20–30 minute daily walk outdoors — proven to reduce cortisol significantly
- Limit news and social media scrolling, especially in the morning and at night
- Adequate social connection — social isolation measurably increases stress hormones

Recovery is where transformation happens. Training breaks your body down. Sleep and rest build it back stronger, leaner, and better. Treat your sleep like a workout — it is equally important.

Chapter 8: Supplementation Guide for Indians

Supplements supplement a good diet — they cannot replace it. A few well-chosen supplements fill genuine gaps in the average Indian diet and support your training.

The Beginner Essential Stack

| Recommended Supplements | |
|-----------------------------|--|
| Whey Protein | Fill protein gaps post-workout or at breakfast. Brands: MuscleBlaze, MyProtein India, Optimum Nutrition |
| Creatine Monohydrate | 5g daily with water — anytime. Improves strength, muscle volume & brain function. Most researched supplement in history. |
| Vitamin D3 + K2 | Most Indians are deficient year-round despite sun. 2000–4000 IU D3 + 100 mcg K2 daily with food. |
| Omega-3 Fish Oil | Reduces inflammation, supports fat loss, improves joint health. 1–2g EPA+DHA per day with meals. |
| Magnesium Glycinate | Improves sleep quality, reduces stress, aids muscle recovery. 200–400 mg before bed. |

Supplements You Do NOT Need

- Fat burners — mostly overpriced caffeine pills with no real fat loss benefit
- BCAAs — redundant if you hit your daily protein targets from food and whey
- Pre-workout (initially) — black coffee 30 minutes before training is equally effective
- Detox teas / slimming teas — zero scientific evidence, often harmful to gut health

Start simple: Whey Protein + Creatine + Vitamin D3. These three give 80% of all supplement benefits at 20% of the cost. Add others only after these are consistent habits.

Chapter 9: Your 4-Week Action Plan & Progress Tracking

Knowledge without action is useless. Follow this exact 4-week plan before worrying about optimisation. Execute first, refine second.

Week 1 — Foundation

- Calculate TDEE at quadfit.info/tools and set your daily calorie + protein target
- Download MyFitnessPal — track every meal for 7 days without judgment, just awareness
- Begin your chosen workout programme (home or gym) 3 times this week
- Walk 7,000 steps per day minimum
- Take Day 1 photos: front, back, side — same lighting, morning, fasted

Week 2 — Build Habits

- Reduce calories 300–400 below your Week 1 average intake
- Hit your protein target every single day this week — non-negotiable
- Increase workout frequency to 4 days
- Add one 20-minute HIIT session
- Start Vitamin D3 and Omega-3 daily

Week 3 — Dial In

- Meal prep on Sunday — cook protein sources and vegetables in advance for the week
- Optimise sleep: consistent bedtime, phone off 30 min before sleep
- Take Week 3 measurements: weight (7-day average), waist, hips, arms, chest
- Are you losing 0.3–0.7 kg per week? If yes, continue. If not, reduce calories by 150 more.

Week 4 — Momentum

- Review 3-week progress — celebrate wins, identify struggles honestly
- Increase training intensity: add reps, sets, or weight to your programme
- Take Week 4 progress photos and compare side-by-side with Day 1 photos
- Plan your next 4 weeks — or apply for 1-on-1 coaching at quadfit.info/hire-coach

How to Track Progress Accurately

| Progress Tracking System | |
|--------------------------|---|
| Body Weight | Weigh daily morning fasted — use 7-day rolling average, not single readings |
| Tape Measurements | Waist, hips, chest, arms, thighs — every 2 weeks |
| Progress Photos | Front, back, side — same time, same lighting — every 4 weeks |
| Strength Numbers | Log your lifts — getting stronger = preserving muscle while losing fat |

| | |
|---------------------------|---|
| Energy & Sleep | Rate your energy 1–10 daily — chronic low energy means you need to adjust |
|---------------------------|---|

Consistency beats perfection every time. A 90% perfect plan followed consistently beats a 100% perfect plan followed inconsistently. Show up, follow the system, trust the process.

Chapter 10: FAQs & Your Next Steps

Q: Can vegetarians lose fat as effectively?

Absolutely yes. India has millions of vegetarians with incredible transformations. Prioritise paneer, dal, rajma, chana, soya chunks, Greek yogurt, and consider whey protein. It requires planning but results are equally powerful.

Q: I can't go to the gym — is home enough?

100% yes. The home programme in Chapter 5 is specifically designed to build muscle and burn fat with zero equipment. Many QuadFit clients have achieved full transformations without ever entering a gym. Consistency matters far more than equipment.

Q: How long until I see visible results?

Most beginners notice energy improvements and clothes fitting better within 2–3 weeks. Visible physical changes appear at 4–6 weeks. Significant transformation photos happen at 8–16 weeks depending on consistency and starting body fat.

Q: What if I miss workouts or have a cheat day?

One bad day does not ruin your progress — it is what you do consistently over weeks that matters. Miss a workout? Resume the very next day. Had a big meal? Return to your plan the next morning. Never skip two days in a row.

Q: Is this programme suitable for women?

Completely. Both the home and gym programmes are designed for all genders. Women should NOT fear strength training — it does not make you bulky. It creates the toned, defined physique that cardio alone cannot achieve.

Q: Why is QuadFit different?

QuadFit was built for Indian bodies, Indian food, and Indian life. We understand vegetarian diets, Indian festivals, busy family schedules, and limited gym access. 500+ transformations across India — from Raipur to Mumbai to Bangalore — are our proof.



Ready to Transform Your Body?

Apply for 1-on-1 coaching and get a fully personalised plan within 48 hours.

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