



PERFECT RAMADAN FAT LOSS PLAN

Here we can start iftar
to Sheri.

Meal 1 – 7pm iftar

4 eggs with one full egg

One green apple

1 banana for carb

Mix Salad one plate

5 dates

500ml water intake to hydrate your body

Total calories around = 520



Meal 2 – 10pm pre workout

200 gram chicken boil or steam

100 gram rice or half plate rice

250ml orange juice

One boil potato

Total calories around = 700

Meal 3 as a post workout 12:30 am

Whey protein

Or

6 eggs white

Mix fruits but no banana no mango

Total calories around = 200

Meal 4 – 3am to 4am Sheri

One roti but no oil

1 cup dahi but no sugar like 250ml

One green apple

Any veggies

Oats with honey



Small quantity dry fruits

Total calories around = 500

Grand total calorie = 2000

Note

Daily workout routine before iftari only 30 mints walk

And for muscle training you can after 9pm

Max gym workout time 30 to 45 mints only in Ramadan

No super sets no drop sets no power set only normal workout.

I hope this diet plan help you a lot during your Ramadan.

Stay happy stay fit and remember me in your prayers 🙏