**Body Class: 80-100 kg | Height: 180-200 cm**

**Starter Pack**

* **For:** Beginners who are looking to kickstart their weight loss journey. This pack is designed to help you build a strong fitness foundation, focusing on burning fat, improving strength, and creating healthier habits. You’ll gradually increase your workout intensity while learning how to manage your nutrition effectively.
* **Fitness Plan:**
  + **Day 1:** Full-body workout (Bodyweight exercises like squats, push-ups, and lunges to target multiple muscle groups and increase metabolism)
  + **Day 2:** Cardio (Brisk walking or light jogging for 30 minutes to burn calories without putting too much strain on the body)
  + **Day 3:** Core strength (Planks, mountain climbers, and leg raises to activate the abdominal muscles and support weight loss)
  + **Day 4:** Rest and flexibility (Yoga or light stretching to improve flexibility and prevent injuries)
  + **Day 5:** Strength training (Light dumbbells or resistance bands for upper and lower body strength to support muscle growth and fat burning)
  + **Day 6:** Cardio (Cycling or swimming for 30-40 minutes to increase endurance and fat burning)
  + **Day 7:** Active recovery (Light walk or stretching to keep your body moving and support muscle recovery)
* **Nutrition Plan:**
  + **Meals:** Focus on creating a calorie deficit while maintaining proper nutrition. Opt for lean proteins, whole grains, and plenty of vegetables to keep you feeling full and satisfied while losing weight.
    - **Breakfast:** Scrambled egg whites with spinach and a small serving of oatmeal for a protein-rich, low-calorie start to your day.
    - **Lunch:** Grilled chicken breast with a large salad (lettuce, cucumbers, tomatoes, and a light vinaigrette) to keep calories in check while ensuring you’re getting the nutrients you need.
    - **Dinner:** Baked fish (like salmon or tilapia) with steamed broccoli and a small portion of quinoa for a filling, low-calorie meal.
  + **Snacks:** A handful of almonds, a low-fat Greek yogurt, or a protein smoothie to keep your metabolism active between meals.
  + **Portion Size:** Focus on smaller, more frequent meals throughout the day to control your calorie intake. Keep portions balanced and avoid overeating.
* **Wellness Tools:**
  + A **wellness tracker** to monitor your progress in terms of weight loss, strength, and overall well-being.
  + **Hydration reminder:** Aim to drink 2-3 liters of water per day to stay hydrated and support fat burning.
  + Incorporate a simple **5-minute mindfulness practice** to manage stress, which can help prevent emotional eating.

**Active Pack**

* **For:** Intermediate users who have a basic fitness foundation and are now looking to accelerate their weight loss. This pack will challenge you with more intense workouts and more structured nutrition to ensure you continue progressing towards your goal of fat loss.
* **Fitness Plan:**
  + **Day 1:** Upper body workout (Focus on push-ups, dumbbell presses, tricep dips, and shoulder raises to increase muscle mass and boost metabolism)
  + **Day 2:** Cardio (Moderate-intensity cardio, such as jogging or cycling for 40 minutes, to increase fat burning and improve cardiovascular health)
  + **Day 3:** Lower body strength (Squats, lunges, and calf raises to build lean muscle in the legs, helping to burn more calories at rest)
  + **Day 4:** Core and flexibility (Yoga or Pilates to improve flexibility, reduce stress, and strengthen the core)
  + **Day 5:** Strength and resistance (Use moderate weights or resistance bands to target the full body and increase muscle definition)
  + **Day 6:** High-Intensity Interval Training (HIIT) for 20 minutes (Intense bursts of activity followed by short recovery periods to maximize calorie burn)
  + **Day 7:** Active recovery (Take a walk, do light yoga, or stretch to allow muscles to recover while staying active)
* **Nutrition Plan:**
  + **Meals:** Continue to focus on creating a calorie deficit while ensuring you’re getting the right nutrients. Increase protein intake to support muscle growth and repair.
    - **Breakfast:** A smoothie with protein powder, spinach, almond milk, and a banana for a low-calorie, nutrient-packed start.
    - **Lunch:** Grilled chicken or turkey with a quinoa salad (add mixed greens, cucumbers, and a light vinaigrette) for a lean, high-protein meal.
    - **Dinner:** Stir-fried tofu with mixed vegetables (peppers, onions, and zucchini) and a small portion of brown rice to keep it light yet filling.
  + **Snacks:** Protein bars, apple slices with almond butter, or a small serving of cottage cheese for muscle repair and satiety.
  + **Portion Size:** Keep your meals balanced, focusing on lean proteins and fibrous vegetables to maintain a calorie deficit while supporting muscle recovery.
* **Wellness Tools:**
  + A **meal prep guide** to help you stay organized with your calorie intake and maintain your weight loss goals.
  + A **fitness tracker** to monitor your cardio progress and track fat loss.
  + A **stress management guide** to help manage cortisol levels and prevent stress-related eating.

**Pro Pack**

* **For:** Advanced users who are ready to push their limits and maximize fat loss. This plan is designed for those who have already seen some progress and want to take their weight loss to the next level with intense workouts, customized nutrition, and advanced strategies.
* **Fitness Plan:**
  + **Day 1:** Full-body strength training (Focus on compound movements like squats, deadlifts, and overhead presses to burn more calories and build muscle)
  + **Day 2:** Cardio (Longer, steady-state cardio session like a 45-minute jog, cycling, or swimming to increase calorie burn and improve endurance)
  + **Day 3:** Core and stability (Planks, side crunches, and stability ball exercises to further sculpt the abdominal muscles)
  + **Day 4:** Recovery and flexibility (Deep stretching or foam rolling to reduce muscle tightness and improve flexibility)
  + **Day 5:** Strength and endurance (Circuit training with weights, focusing on high reps and low rest to burn fat while building strength)
  + **Day 6:** HIIT session (30 minutes of intense interval training to maximize fat loss and improve cardiovascular fitness)
  + **Day 7:** Active recovery (A light walk, yoga, or a rest day to ensure proper recovery and muscle growth)
* **Nutrition Plan:**
  + **Meals:** Follow a calorie deficit with a focus on high protein, low carbs, and high fiber to maximize fat loss while maintaining muscle mass.
    - **Breakfast:** A protein-packed omelet with egg whites, spinach, and avocado for a low-calorie, high-protein start to the day.
    - **Lunch:** Grilled salmon or chicken with a side of roasted vegetables (broccoli, cauliflower, and asparagus) and a small portion of sweet potato for fiber and vitamins.
    - **Dinner:** Baked cod with sautéed spinach and quinoa for a lean, filling dinner that keeps your calorie count in check.
  + **Snacks:** Protein shakes, hard-boiled eggs, or a small handful of mixed nuts to keep hunger at bay and support muscle recovery.
  + **Portion Size:** Keep meals smaller but nutrient-dense, ensuring you’re eating enough to fuel your workouts but staying in a calorie deficit for weight loss.
* **Wellness Tools:**
  + **Fat-loss progress tracker** to visually monitor your journey and stay motivated.
  + **Weekly meal planner template** to help you stay on track with your nutrition and meal prepping.
  + **Sleep and recovery tips** to improve your rest and ensure you’re getting enough recovery for muscle repair and fat loss.