

THE SOUTH ASIAN FAT-LOSS PLATE

Eat at weddings, pub lunches and after a 14-hour shift — without blowing your deficit.

01 THE INDIAN WEDDING

THE PLATE

Half the plate = veg curry (tomato-based, not cream). Palm-sized portion of tandoori meat or paneer. ONE roti OR a small scoop of rice — not both. Pile of kachumber / salad on top.

3 SMART SWAPS

- Skip samosas and pakoras — that's a 500-cal hit before you sit down.
- Pick kebabs over fried starters. Same satisfaction, half the calories.
- Alternate every drink with a glass of water. One Kingfisher = ~200 cal.

02 THE PUB / WORK LUNCH

THE PLATE

Grilled protein (chicken, steak, salmon). Big side salad, dressing on the side. Swap chips for sweet potato, extra veg, or a small jacket.

3 SMART SWAPS

- Burger? Take off one side of the bun. Saves ~150 cal without noticing.
- Pizza? 2 slices + a big side salad beats 4 slices every time.
- Creamy pasta → tomato-based pasta. Half the calories, same comfort.

03 AFTER A 14-HOUR SHIFT

THE PLATE

Fridge-friendly: pre-cooked dal or bean curry + ONE microwave rice pouch + a spoon of yoghurt + a handful of salad. 10 minutes, macros hit.

3 SMART SWAPS

- Batch-cook 3 high-protein curries on Sunday: rajma, tadka dal, chana.
- Keep boiled eggs or protein yoghurt in the fridge for the 11pm hunger.
- Ordering in? Tandoori mixed grill + salad + ONE roti. Skip the naan.

READY TO DO THIS FOR REAL?

Book a free 20-minute call. No pitch, no contracts — just a real plan built for your life.

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