

WEIGHT LOSS

Person 1 - 500 + calorie deficit. By crash dieting and excessive cardio.



- ✗ Does excessive bouts of cardio
- ✗ Extreme calorie restrictive diets (**KETO, LOW CARB**)
- ✗ Does little to no **weight/resistance** training
- ✗ Thinks carbohydrates are the enemy avoiding **essential whole carbs**
- ✗ **Decreased** energy, decreased strength, decreased stamina, early aging and reduced immunity

FAT LOSS

Person 2 - 400 - 500 calorie deficit. Correct nutrition & training.



- ✓ Focuses on building **lean muscle** through resistance training
- ✓ Eats 90% - 95% **whole foods**, naturally bringing the body into a **calorie deficit**
- ✓ Does short 30 - 45 min max, **high intensity** sessions vs 60+ mins lower intensity sessions
- ✓ Drinks plenty of water, **prioritises sleep**, maintains low stress levels
- ✓ **Improved** fitness, increased strength, reduced risk of disease and delayed aging

The V H Fat Loss Diet

Puja Mehta



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