

Best Carbs, Protein, Fibre & Fat for Fatloss

Foods that make hitting your calorie deficit easier, not harder

Fatloss ultimately comes down to one thing: a calorie deficit — consistently eating fewer calories than your body burns. No food “burns fat” on its own, and no food is banned just for existing. But the foods you build your deficit around decide whether that deficit feels sustainable or miserable.

The foods in this guide aren't magic — they simply give you more fullness, more nutrients and better training performance per calorie. That makes it much easier to stay in a deficit without constantly feeling hungry, low on energy, or tempted to binge.

Why These Foods Work For a Deficit

- **High satiety per calorie** — protein and fibre-rich foods keep you full longer, so you naturally eat less without white-knuckling hunger.
- **High food volume** — foods like vegetables and fruits let you eat a bigger plate for fewer calories, which matters mentally as much as physically.
- **Muscle preservation** — adequate protein in a deficit protects the muscle you've built, so the weight you lose is mostly fat, not muscle.
- **Steadier energy** — slow-digesting carbs and healthy fats avoid the energy crashes that lead to unplanned snacking.

Best Carbs

High-volume, high-fibre carbs that keep you full on fewer calories

FOOD	WHY IT HELPS FATLOSS	HOW TO INCLUDE IT
Oats	High fibre and slow-digesting, so it keeps you full for hours on a small calorie count.	Have as porridge for breakfast, or use rolled oats in idli/dosa batter.
Sweet Potato	Higher fibre and micronutrients than white rice for a similar calorie load.	Boiled or air-fried as a side, swap in for rice 2-3 times a week.
Brown Rice / Red Rice	More fibre than polished white rice, so it digests slower and controls hunger better.	Use in place of white rice at lunch, especially on training days.
Quinoa	A complete protein plus carb source, high in fibre for its calorie count.	Use as a rice substitute or add to salads for extra volume.
Fruits (Apple, Guava, Orange)	Natural sugars come with fibre and water, so they fill you up without a calorie spike.	Keep as your go-to snack instead of packaged sweets or juices.

Best Protein

Protein preserves muscle in a deficit and has the highest satiety per calorie

FOOD	WHY IT HELPS FATLOSS	HOW TO INCLUDE IT
Eggs (with yolk)	Complete protein with all essential amino acids, and very satiating for its calories.	2-3 whole eggs at breakfast, boiled or as a bhurji with minimal oil.
Chicken Breast	Very high protein-to-calorie ratio, ideal for hitting your target without excess fat calories.	Grilled or curry-style with less oil, as your main lunch/dinner protein.
Paneer (Home-made/Low-fat)	A solid vegetarian protein source that also keeps you full longer than most veg options.	Add to sabzi, or grill it lightly as a snack.
Greek Yogurt / Curd	High protein per serving plus gut-friendly probiotics, and very filling.	Have as a mid-meal snack or mix into breakfast with fruits.
Fish (Rohu, Pomfret, Mackerel)	Lean protein with healthy fats, supporting muscle retention during fatloss.	Steamed, grilled, or curry-style 2-3 times a week.
Soya Chunks / Tofu	Budget-friendly plant protein that's very high in protein-to-calorie ratio.	Soak and add to curries, or pan-fry tofu with light seasoning.

Best Fibre

Fibre slows digestion, controls hunger, and adds volume without adding many calories

FOOD	WHY IT HELPS FATLOSS	HOW TO INCLUDE IT
Leafy Greens (Palak, Methi)	Very low calorie but high volume and fibre, so they fill your plate without filling your calorie budget.	Add to sabzis, dal, or as a side saag with every main meal.
Chia Seeds	Absorbs water and expands in your stomach, helping you feel full on very few calories.	Soak in water or curd for 15-20 minutes and have before meals.
Vegetables (Broccoli, Cabbage, Beans)	Bulk up your meal significantly for very little calorie cost.	Fill half your plate with these at lunch and dinner.
Whole Chana / Rajma / Lentils	High fibre plus protein combo that's both filling and nutrient-dense.	Use as a base for curries 3-4 times a week instead of only rice-heavy meals.
Flaxseeds	Fibre plus healthy fats that support digestion and satiety together.	Roast and powder, sprinkle over curd, salads, or smoothies.

Best Fats

The right fats support hormones and satiety while keeping calories in check

FOOD	WHY IT HELPS FATLOSS	HOW TO INCLUDE IT
Almonds & Walnuts	Healthy fats and protein together, but easy to overeat — portion matters here.	A small handful (8-10 pieces) as a snack, not a full bowl.
Peanut Butter (Natural, No Sugar)	Calorie-dense but very satiating, good for controlling hunger between meals.	1 tablespoon with fruit or on multigrain toast, not straight from the jar.
Ghee (in Moderation)	Supports hormone health and helps absorb fat-soluble vitamins from your other foods.	1 teaspoon on dal or rice — track it, don't pour freely.
Avocado	Monounsaturated fat that supports satiety and is nutrient-dense for its calories.	Half an avocado in a salad or on toast, once or twice a week.
Fatty Fish (Salmon, Mackerel)	Omega-3s support recovery and reduce inflammation while still fitting a fatloss plan.	2 servings a week, grilled or steamed.

Putting It Together

You don't need to eat everything on this list. Pick 1-2 foods from each category that fit your budget and taste, build your meals around them, and let the calorie deficit do the rest. Consistency with simple foods beats a perfect plan you can't stick to.

Note: This guide is for general education, not a prescribed diet plan. Your total calorie and protein needs depend on your bodyweight, activity level and goals — consult a coach or dietitian for numbers specific to you.