How Much Fat Should You Eat in a Day?

Day 1
- Watch out for your fat intake: Pen down whatever fat you are consuming in a day, this will keep you informed about the daily intake of calories as well. Note down all the products which contain some amount of fats, like oil, ghee, nuts, milk and milk products, non-vegetarian delicacies to name a few.
- Work Hard! Start your fitness regime by adding 5-10 minutes of warm up, then add to the routine three sets of High Intensity Training exercises which include the following - Spider push-ups for 50 seconds + Verticle jumps for 50 seconds + Jump squats for 50 seconds + Mountain climber for 50 seconds + Jump lunges for 50 seconds. Remember to take 10 seconds of rest in between each set of exercises. End your routine by adding cool down for 5-10 minutes.

Day 2
- Today’s challenge is to classify your fats into good fats and bad fats. Make use of the list which you prepared yesterday in which you noted which fats you consumed. Example of good fats - Polyunsaturated fats (omega 3 & 6): walnuts, canola oil, fatty fish such as salmon, mackerel, sardines, vegetable oils like safflower, soybean, sunflower and corn oils plus Monounsaturated fats like olive oil, peanut oil, canola oil, avocados, sesame oil and most nuts. Sources of bad fats - Saturated fats and trans-fat: Cheese, butter, cream, red meat, tropical oils, such as palm oil, coconut oil, cocoa butter and hydrogenated oil like ghee.
- Time to sweat it out! Start the regime by adding 5-10 minutes of warm up, then add to the routine three sets of High Intensity Training exercises which include the following - Spider push-ups for 50 seconds + Verticle jumps for 50 seconds + Jump squats for 50 seconds + Mountain climber for 50 seconds + Jump lunges for 50 seconds. Remember to take 10 seconds of rest in between each set of exercises. End your routine by adding cool down for 5-10 minutes.

Day 3
- Today differentiate the amount of fat you eat as Visible Fat and Invisible Fat. Fats that you use for cooking or add to your foods are visible fats like butter, ghee, oils, cheese. Whereas fats that contribute to the taste and flavor of a food, but you cannot see, are invisible fats such as fat content in egg yolk, nuts, milk, and cheese.
- Don’t ditch the work out! Start the regime by adding 5-10 minutes of warm up, then add to the routine three sets of High Intensity Training exercises which include the following - Spider push-ups for 50 seconds + Verticle jumps for 50 seconds + Jump squats for 50 seconds + Mountain climber for 50 seconds + Jump lunges for 50 seconds. Remember to take 10 seconds of rest in between each set of exercises. End your routine by adding cool down for 5-10 minutes.

Day 4
- It is advisable to keep changing your cooking oil from time to time in order to get the maximum benefits from all good quality fat components example PUFA and MUFA. Once you finish your oil, instead of going for the same oil, purchase some different oil. Say for example for one month, use rice bran oil, next month you can switch to ground nut oil.
- Stay motivated: Start your regime by adding 5-10 minutes of warm up, then add to the routine three sets of High Intensity Training exercises which include the following - Spider push-ups for 50 seconds + Verticle jumps for 50 seconds + Jump squats for 50 seconds + Mountain climber for 50 seconds + Jump lunges for 50 seconds. Remember to take 10 seconds of rest in between each set of exercises. End your routine by adding cool down for 5-10 minutes.

Day 5
- Change your cooking method: Instead of frying your food which adds unnecessary fats and calories - use cooking methods that add little or no fat. Opt for stir frying or shallow frying method. Tip - Use a brush to grease your food instead of using a spoon to pour oil.
- Burn it up with this power-packed workout: Start your fitness regime by adding 5-10 minutes of warm up, then add to the routine three sets of High Intensity Training exercises which include the following - Spider push-ups for 50 seconds + Verticle jumps for 50 seconds + Jump squats for 50 seconds + Mountain climber for 50 seconds + Jump lunges for 50 seconds. Remember to take 10 seconds of rest in between each set of exercises. End your routine by adding cool down for 5-10 minutes.

Day 6