



TRANSFORM WITH RIYAZ

**Fat Loss Guide for Busy
Professionals & Women**

**Science-Backed • No Gimmicks
• Real Results**

www.transformwithriyaz.com

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WHY THIS GUIDE EXISTS



This guide is here because mainstream “quick fix” diets and gym culture don’t work for real people juggling work, family and life. You deserve a raw, honest approach to losing body fat that fits into your messy, wonderful life. I know it feels overwhelming: early alarms, boardroom meetings, playdates—who has time for self-care? Yet I’ve seen too many busy women (and professionals) give up on fitness because the advice out there is just too complicated or seems meant for elite athletes and personal trainers.

This guide cuts through the noise. I wrote it to share my story and science-backed strategies in plain English. Transform with Riyaz isn’t about celebrities, skinny models, or expensive supplements—it’s about you.. If I, a working professional managing diabetes, can find a way to get healthier and lose fat, so can you. In the chapters that follow, I’ll bust the fitness myths, share sample workouts and meal ideas, and ask you questions to reflect on your own journey. Consider this your practical, empowering companion on the path ahead.

MY JOURNEY—THE TRUTH BEHIND TRANSFORM WITH RIYAZ



I'm not a superhuman. I'm Riyaz: Type1 diabetic, a (formerly) sleep-deprived professional, and a coach who's been in your shoes. When I was diagnosed with Type1 diabetes years ago, I thought my life was over—carbs were the enemy and exercise sounded scary. For a long time I was overweight and on high insulin doses, feeling guilty about every meal and insecure in gyms. But I realized something: health and fitness aren't a one-size-fits-all club.. It wasn't anyone's fault—life happens.

I tried all the fads: keto-ish phases, starving myself, pounding the gym until collapse... but each time I'd binge or burn out. Eventually I found what works: **science + simplicity + self-compassion**. Exercise improved my glucose control (gaining muscle even boosted insulin sensitivity), and I discovered that "fitness shouldn't feel impossible" That became my mantra.

I built Transform with Riyaz to be the opposite of a secret clubhouse. You'll hear no nonsense here: just a real guy who gets it, walking alongside you. I struggled with cravings, skipped workouts, and felt frustrated with plateaus. But I also know how to fix breakfast for four, how to do squats by the printer, and how tiny choices add up.

So the truth behind Transform with Riyaz? It's built on my messy, real life—a life that includes insulin shots spreadsheets at work, and a kitchen filled with chicken. If you relate to any of that, this book is for you. I'm here to tell you: Fitness is for you, too—not just for gym buffs or Hollywood celebs. Together, we'll destroy myths, build habits, and figure out what fits into your world.

WHAT IS FAT LOSS, REALLY?



Weight loss and fat loss sound the same, but they're not. Weight loss can mean a drop in pounds from water, muscle, and fat. Fat loss means losing body fat only—and that's what we want.

At its core, fat loss boils down to energy balance: taking in fewer calories than you burn. In simple terms, you want to burn more energy than you eat. **Experts say a moderate daily deficit of about 300–500 calories leads to steady fat loss—roughly 0.5–1 kg (1–2 lbs) per week for most people.** The exact number depends on your size, but the idea is the same: eat a bit less, move a bit more. This doesn't mean starving yourself or skipping meals (that backfires). In fact, drastic cuts make you lose muscle and slow your metabolism, which hurts blood sugar control and makes weight rebound more likely. The goal is a sustainable deficit.

So how do we lose fat, not muscle? Science shows the winning combo: lift weights (or do resistance exercise) and eat enough protein while modestly cutting calories. Strength training tells your body, "Hey, keep my muscles!" and protein helps repair them after workouts.

In practice, fat loss means consistency. Your body needs time to adjust. It also means understanding that daily scale jumps can be water or glycogen, not fat. That's why I encourage tracking non-scale victories: how your clothes fit, how strong you feel, or how energy levels rise. Even taking an inch tape to your waist can show progress that the scale might hide.

Fat loss is a marathon, not a sprint. Aim for a moderate calorie deficit—eating about 500 calories less per day—and prioritize nutrient-dense foods. This approach yields about 1–2 pounds of fat loss per week. With regular movement and a focus on protein, you'll keep your hard-earned muscle and lose the fat instead.

THE BEGINNER'S REALITY— BUSY SCHEDULES, FOOD GUILT, AND ALL THAT



Life is busy. You probably wake up before dawn, race through your morning routine (burning your tongue on coffee), then hop on Zoom, tackle errands, cook dinner, help with homework... and finally flop into bed just to do it all again. In the midst of that, who has time to measure calories or do an hour of cardio daily? **Answer:** Busy people. We make time, even if it's not perfect. The key is **small wins**, not perfection.

Losing weight is hard when you're busy... balancing work, family, social obligations, and household can make healthy activities feel impossible. The time is **crunching** bad.

The secret is to **prep smart**.. Every minute saved adds up.

Ever felt ashamed for eating a “bad” meal? I've been there. Maybe you went out with friends, ordered fries and a milkshake, and felt like you ruined your week. Newsflash: You *will* eat foods that aren't on that glossy cover of a fitness magazine. That's life, and it's okay. The important part is not letting guilt spiral you into a 3-day junk-food binge. You **don't have to give up all your favorite foods** to lose weight. A slice of pizza or a piece of cake can fit into your plan if most of your meals are healthy and you account for those calories. Replace “good” vs “bad” thoughts with **moderation**.

It's normal to **doubt** yourself. You might think, “I have no time, no willpower, and nothing ever works.” I used to think the same. Remember this: if a guy like me with diabetes can stick to a plan, you can too. Write down your “why” (health, family, confidence) and keep it visible—even a sticky note on the fridge helps.

What's the biggest thing holding you back? Is it time? Guilt? Energy? Write it down. Now think: what is *one small change* that could ease that pain point this week? Did you find yourself saying “I have no time”—perhaps swap a 5-minute break for a walk? These little tweaks lead to big results over time.

WHAT ACTUALLY WORKS (SCIENCE + SIMPLICITY)



Forget complicated. Here's what the research and experience agree on: healthy fat loss boils down to a few simple habits done consistently.

1. **Move Regularly:** Aim for at least 150 minutes of moderate aerobic activity per week (like brisk walking) plus 2 days of strength training. That might sound like a lot, but it's only about 30 minutes a day. If that feels impossible, break it up: three 10-minute walks a day or two 15-minute home workouts fit the bill. Even short bursts help.
2. **Strength Train.** Yes, even women. Lifting weights (or bodyweight exercises) won't bulk you up unless you force it. Instead, strength training tones, builds metabolism-boosting muscle, and helps prevent that muscle loss many diets cause. Harvard reports that a 10-week bodyweight program significantly improved women's fitness (33% jump in aerobic capacity!). Aim for two sessions a week (push-ups, squats, lunges, dumbbell moves, etc.). You'll not only burn calories during workouts, but also afterward as your body repairs muscle.
3. **Eat Real, Whole Foods:** Fill your plate with veggies, lean protein, and some whole grains. Plants are low in calories but high in fiber—they fill you up, so you naturally eat less. Make your plate have veggies and fruits. Similarly add in whole grains (brown rice, quinoa, oats) and protein (chicken, beans, fish, tofu, eggs). Add a small amount of healthy fat (olive oil, avocado, nuts)—it'll keep you satisfied..
4. **Hydrate and Sleep.** Many people underemphasize these, but they're vital. Drinking water can curb overeating (sometimes thirst is mistaken for hunger). Aim for about 2–3 liters a day, more if you sweat. As for sleep: aim for 7–9 hours per night. Chronic sleep loss disrupts hormones and spikes appetites

WHAT ACTUALLY WORKS (SCIENCE + SIMPLICITY)



In short, what works is consistent, balanced habits: move your body (any way you can), eat mostly nutrient-dense foods, prep when possible, and prioritize recovery. It's not glamorous, but it is proven.

Sample Quick Workout (20 minutes):

- Brisk walking
- Bodyweight squats– 15 reps
- Push-ups (knee or full)– 10 reps
- Plank– 30 seconds
- Walking lunges– 10 reps each leg
- Rest– 1 minute

Repeat circuit twice. Modify as needed (march in place instead of jumping). This covers cardio and strength—all in your living room with no equipment.

THE LIES YOU'VE BEEN SOLD (MYTH-BUSTING)



Time to clear out the junk. The fitness world is full of false promises. Here are some of the biggest myths—and the truth behind them:

Myth 1: “Carbs and fat make you fat.”

You hear it all the time: “Cut all carbs!” or “Fat is evil!” But your body just cares about calories and nutrients overall. Whole-food carbs (veggies, fruits, brown rice) are essential, not the enemy. In fact, diets that eliminate entire food groups usually fail because you miss key nutrients. The truth is you can include carbs and healthy fats in moderation. Avoid empty carbs (soda, sweets, white bread) more than whole grains.

Myth 2: “I need to exercise hard for hours to see results.”

While longer workouts can burn calories, you don't need to live at the gym. You can get 150 minutes a week in as ten-minute walks or quick circuits. The key is consistency. Do what you can; even 5 minutes is better than none.

Myth 3: “Women who lift weights will get bulky.”

Not true. Women have lower testosterone, so weightlifting mostly sculpts and strengthens—it won't suddenly make you huge. In fact, lifting weights keeps muscle as you lose fat, raising your metabolism and improving body shape.

Myth 4: “Skipping meals or crash dieting works.”

Your body doesn't like starvation. Severe calorie cuts can lead to muscle loss and a plummeting metabolic rate. Plus, you'll be ravenous and likely binge later. Sustainable fat loss is about moderate reduction, not elimination. Remember the calorie-deficit rule? It's better to eat less each day than to skip meals and overeat at night.

THE LIES YOU'VE BEEN SOLD (MYTH-BUSTING)



Myth 5: “Only expensive programs and supplements work.”

This one's big. You've seen ads for fancy meal shakes, gym equipment, and posh crap. But you don't need a yacht or private chef to get fit. Bodyweight exercises work wonders, and simple gear (resistance bands, a mat) costs a fraction. Eating well can be done on any budget:

Myth 6: “It's all or nothing.”

You've probably felt that after one cheat meal, the day is ruined. Not true. Weight loss isn't undone by a cookie. One meal or one day of slipping doesn't erase weeks of good choices. What matters is getting back on track.

Myth 7: “I'm too old, or my metabolism's too slow.”

While metabolism can slow with age, it's still possible to lose fat. You may simply need a slightly smaller deficit or more exercise. Each decade, just adjust your approach.

In summary: Don't let these myths hold you back. Focus on what science actually supports: a balanced diet, consistent movement, and gradual progress. You deserve the truth!

BUILDING YOUR DAY— EATING, MOVING, SLEEPING



Let's design a realistic day for you with smart, simple habits:

- **Morning:** Start with water (it kickstarts your metabolism) and a balanced breakfast-Protein, some carbs and veggies!
- **Throughout the day (Meals):** Follow the “plate method”: Veggies, lean protein (target about 15-20 gram per meal usually) your lovely carbs, healthy fats for your snacking craze
- **Movement:** Break up sitting. If you have a desk job, aim to stand or walk a couple of minutes every hour. Take phone calls while pacing. Take the stairs, or do a quick stair-climb at the office. Lunchtime mini-workout? Try a 10-minute walk or do 2 rounds of our 20-minute circuit (from Chapter 4). Consistent movement—any movement—burns extra calories and improves mood. Even short bursts matter.
- **Evening:** Consider an after-work activity you enjoy: a yoga video in your living room, dancing with your kids, or a run/walk with a friend. Take advantage of post-dinner time for movement; for example, a family walk or doing squats/leg lifts while watching TV. Also, be mindful at dinner: avoid screens if you can. Research suggests mindful eating (focusing on your food) helps you stop when full. Put the phone down, enjoy your meal, and notice your hunger cue.
- **Sleep:** Schedule it like a meeting. Choose a bedtime that allows ~8 hours before your alarm and stick to it, even on weekends. Quality sleep controls hunger hormones: well-rested folks consume significantly fewer calories and are less tempted by junk. Make your bedroom a sleep-friendly zone: cool, dark, no devices. You'll wake up sharper and slimmer!

HOW TO START WITHOUT LOSING YOUR MIND



Starting is the hardest part. I recommend a “crawl-walk-run” approach. You don’t have to reinvent your life overnight; pick one small change and build on it.

- **Pick one habit.** Maybe it’s “I will drink water with every meal this week,” or “I will do a 10-minute walk after lunch.” Keep it very simple. Stanford researchers advise setting “side-quest” goals—like eating one extra vegetable each day. These tiny victories build momentum. When you succeed, you feel motivated to do more.
- **Set SMART goals.** Be Specific, Measurable, Achievable, Relevant, Time-bound. For instance: “I will do 15 minutes of bodyweight exercises every Monday, Wednesday, and Friday morning.” Not: “I’ll start working out.” Write it on a calendar or app. Tell a friend or post it on social media—sharing your goals helps you stick to them.
- **Track Progress (but don’t obsess).** A simple notebook or app can help you see where you started and where you’re going. Write down weight once a week, or track how many push-ups you can do or how long you run. If the scale doesn’t budge for a while, remember: inches lost, clothes fitting better, and increased energy are all progress.
- **Handle setbacks.** You will have a bad day—it happens. Maybe you missed your workout or ate more than planned. It’s OK. Simply tell yourself: “Next meal is healthy,” and move on. : Expect challenges, plan around them, and if you stumble, start fresh the next day.

HOW TO START WITHOUT LOSING YOUR MIND



Self-Reflection: Before you dive in, ask yourself: Why am I doing this? For my health? My kids? My confidence? Write down at least three personal reasons. Keep these reasons visible (put them on your mirror or fridge). When motivation flags, they remind you why you started.

First Tasks:

1. Choose one new habit to try this week and write down exactly what it is.
2. Make a realistic schedule (or set a reminder) for when you'll do it.
3. Tell someone about your plan.

Remember, this journey is about progress, not perfection. Each step you take is building a stronger, healthier you. And I'm here cheering you on (seriously, DM me any time for advice or just to rant!).

REAL TALK– PLATEAUS, SELF-DOUBT & SOCIAL PRESSURE



You've been at this for a while and then...nothing. Welcome to the plateau, where your weight loss stalls and frustration peaks. It's not your fault.

Our bodies are smart: when we lose fat, they slow metabolism and adjust hormones to protect what remains. Think of it as survival mode. Guidelines note that maximal weight loss often comes around 6 months of dieting, after which the body naturally levels off. So if the scale stops moving, don't panic or give up.

What to do? First, double-check your habits: sometimes calories creep up or activity drops unconsciously. Try adding a new form of movement (like a dance class or swap lunch walk for a jog) or tighten up one meal (swap that granola bar for an apple). Also consider a planned high-calorie day once in a while to reset hormones (some find it helps). But mainly, be patient. Plateaus are normal and temporary. Keep doing the right things, and sometimes the scale will jump again on its own.

Self-Doubt: Plateaus fuel doubt: "Maybe I'm broken," or "I'll never get there." Please, f**k those thoughts out. Remember your small wins—maybe you went from 0 to 10 push-ups, or you fit into jeans you haven't worn in years. This journey is psychological as much as physical.

Social Pressure: Ah, the unintentional saboteurs. You know them: the well-meaning friend who insists "just have one bite of cake, you're fine!" or the coworker who brings donuts on Monday. They mean well, but they can derail you. It's up to you to set gentle boundaries. You could say, "No thanks, I'm focused on my health goals right now,"

REAL TALK – PLATEAUS, SELF-DOUBT & SOCIAL PRESSURE



Parties and holidays? Plan ahead. Eat a healthy snack beforehand so you're not famished. Decide on a treat in advance and stick to it, then fill the rest of your plate with salad or veggies. You can enjoy celebrations without losing progress.

Self-Reflection: Who or what tends to knock you off track socially? How could you handle it next time? For example, if office treats are hard to resist, have a go-to healthy snack at your desk. Anticipating challenges and having a strategy is half the battle.

Remember: You are not alone in these struggles. Every fit person you admire has been exactly where you are. The difference is they kept going, even through the plateaus and pressure. You're stronger than you think, and each time you push past doubt, you win.

BUDGET FITNESS – WHY YOU DON'T NEED EXPENSIVE STUFF



Let's bust another myth: **You don't have to be rich to get fit.** In fact, a lot of the best tools for fat loss cost *jeerooooooooooooo* rupees.

Your Body: It's your best gym. All you *really* need to exercise is your body and a little space. Body-weight workouts for making exercise "convenient" and "the price is right"—no equipment needed beyond a mat and a pair of shoes. Push-ups, squats, lunges, planks, step-ups on a chair—they all work. Quick tip: with push-ups, if the floor version is tough, do them against a wall or table. Modify everything to your level (knees down, smaller range, etc.).

Outdoor Activities: Walking, running, cycling—all free. Dance to music at home. Climb stairs instead of paying for a stepper. Got a park? Use that for a HIIT routine or just brisk walks. I often say: dance like no one's watching in your living room (because seriously, *who cares*). The bottom line is, get moving however you enjoy it.

Budget Eating: Eating healthy doesn't have to break the bank. Yes, there is a perception that healthy=expensive, but that's often avoidable. . Cooking at home is cheaper than takeout—and healthier. When I need a quick meal, I go with my damn eggssssssssssssssss.

Smart Shopping: To stay on budget, write a list and stick to it. Healthy food (brown rice, whole grains, vegetables, eggs, legumes) is often cheaper per calorie than fast food in the long run. Plus, limiting ultra-processed snacks not only slims your body but also your grocery bill.

BUDGET FITNESS – WHY YOU DON'T NEED EXPENSIVE STUFF



Minimal Gear: If you want gear, look second-hand. But honestly, even a single resistance band and a jump rope (around ₹100–₹200 each new) can take you far. I started my home gym with just a with resistance bands and they are still with me for over three years, my mentees also use them. Turns out creative solutions work great.

So, erase that excuse: no gym membership, no fancy blender, no ₹150 protein bars needed. Your effort matters far more than your wallet.

THE LIFESTYLE SHIFT— MAKING IT STICK



By now, you know the basics. But lasting fat loss is not a temporary diet—it's a **lifestyle change**. Think of this as your new normal, not a punishment diet ending Friday at midnight.

- **New Identity:** Begin to see yourself as a healthy person. Maybe that means you're *someone who* eats vegetables for lunch, goes for a run on weekends, or lifts weights occasionally. . Over time, these new habits will feel *normal*.
- **Enjoy the Journey:** Find active hobbies you love (dancing, gardening, hiking, yoga). When exercise is something you *want* to do instead of *have to* do, it sticks. Likewise, find healthy foods you enjoy. It doesn't have to be bland. Spice up veggies with herbs and lemon, or try new recipes (like roasted veggies with a dash of parmesan). The more you take pleasure in these changes, the more they become part of who you are.
- **Flexibility:** Perfection is a myth. There will be vacations, birthdays, tough weeks at work—and your routine might wobble. That's okay. The key is to bounce back, not beat yourself up. Plan occasional “off” days in advance so you can relax without guilt (a dessert night or a cheat meal is fine, just don't let it turn into a cheat week).
- **Support System:** Keep using your community. If you've told friends or joined groups, stay connected. Maybe check in weekly with someone about your progress or struggles. You can also work with a **coach (wink wink)—having expert guidance for “custom plans”** can make a big difference. I'm here to help you tailor this to your life, answer questions, and keep you accountable.

THE LIFESTYLE SHIFT— MAKING IT STICK



Celebrate Milestones: Notice more energy, looser jeans, better mood, or healthier labs at the doctor. Those are wins! Throw yourself a mini-party (non-food!) when you hit goals: new workout gear, a massage, a movie night—whatever feels like a reward. This reinforces positive change.

Lifelong Learning: Finally, stay curious. As you progress, your body changes. Continue to adjust your intake and exercise. Keep an eye on new info or trusted people. The science of health evolves, and so will you.

FINAL THOUGHTS: THIS IS JUST THE START



Congratulations. By reading this, you've already taken action. Remember: this guide is just your launchpad. True transformation happens with time, effort, and sometimes help. Don't hesitate to reach out. Send me a DM anytime if you want a custom plan, a pep talk, or just someone to listen. I built **Transform with Riyaz** because I want to walk alongside you, whether you need workout ideas, meal tips, or an accountability buddy.

You have everything it takes: resilience, hustle, and the ability to grow. The path won't always be easy, but every step forward—no matter how small—is progress. Embrace the journey, celebrate your victories, and be kind to yourself on tough days.

This guide is just the start. The real change happens in your kitchen, your living room, your mindset. Take it day by day, habit by habit. Soon, you'll look back and barely recognize the 'before.'

You've got this—and I've got you.

Your partner in health,

Riyaz



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