



FLEX Fitness GYM Lucknow

Diet Plan Weight Loss 1200KCAL

Weight Loss Diet Plan Chart – Day 1

- After starting your day with cucumber water, have oats porridge and mixed nuts for breakfast.
- Next, have a roti with dal and gajar matar sabzi for lunch.
- Follow that up with dal and lauki sabzi along with a roti for dinner.

Day 1	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Oats Porridge in Skimmed Milk (1 bowl) Mixed Nuts (25 grams)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Dal(1 katori)Gajar Matar Sabzi (1 katori) Roti (1 roti/chapati)
4:00 PM	Cut Fruits (1 cup) Buttermilk (1 glass)
5:30 PM	Tea with Less Sugar and Milk (1 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
9:00 PM	Dal (1 katori) Lauki Sabzi (1 katori) Roti (1 roti/chapati)



Weight loss Diet Plan Chart – Day 2

- On the second day, eat a mixed vegetable stuffed roti along with curd for breakfast.
- For lunch, have half a katori of methi rice along with lentil curry.
- Next, end your day with sautéed vegetables and green chutney.

Day 2	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Curd (1.5 katori) Mixed Vegetable Stuffed Roti (2 pieces)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Lentil Curry (0.75 bowl) Methi Rice (0.5 katori)
4:00 PM	Apple (0.5 small (2-3/4" dia)) Buttermilk (1 glass)
5:30 PM	Coffee with Milk and Less Sugar (0.5 tea cup)
8:50 PM	Mixed Vegetable Salad (1 katori)
	Sauteed Vegetables with Paneer (1 katori) Roti (1 roti/chapati)
9:00 PM	Green Chutney (2 tablespoon)



Weight Loss Diet Plan Chart – Day 3

- Breakfast on day 3 would include Multigrain Toast and Skim Milk Yogurt.
- In the afternoon, have sauteed vegetables along with paneer and some green chutney.
- Half a katori of methi rice and some lentil curry to make sure you end the day on a healthy note.

Day 3	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Skim Milk Yoghurt (1 cup (8 fl oz)) Multigrain Toast (2 toast)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
	Sauteed Vegetables with Paneer (1 katori) Roti (1 roti/chapati)
2:10 PM	Green Chutney (2 tablespoon)
4:00 PM	Banana (0.5 small (6" to 6-7/8" long)) Buttermilk (1 glass)
5:30 PM	Tea with Less Sugar and Milk (1 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
9:00 PM	Lentil Curry (0.75 bowl) Methi Rice (0.5 katori)



Weight Loss Diet Plan Chart – Day 4

- Start Day 4 with a Fruit and Nuts Yogurt Smoothie and Egg Omelette
- Follow that up with Moong Dal, Bhindi Sabzi, and roti.
- Complete the day's food intake with steamed rice and palak chole.

Day 4	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
	Fruit and Nuts Yogurt Smoothie (0.75 glass)
8:00 AM	Egg Omelette (1 serve(one egg))
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori) Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori)
2:10 PM	Roti (1 roti/chapati)
4:00 PM	Orange (1 fruit (2-5/8" dia)) Buttermilk (1 glass)
5:30 PM	Coffee with Milk and Less Sugar (0.5 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
9:00 PM	Palak Chole (1 bowl) Steamed Rice (0.5 katori)



Weight Loss Diet Plan Chart – Day 5

- Have a glass of skimmed milk and peas poha for breakfast on the fifth day.
- Eat a missi roti with low fat paneer curry in the afternoon.
- End the day with roti, curd and aloo baingan tamatar ki sabzi.

Day 5	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Skimmed Milk (1 glass) Peas Poha (1.5 katori)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Low Fat Paneer Curry (1.5 katori) Missi Roti (1 roti)
4:00 PM	Papaya (1 cup 1" pieces) Buttermilk (1 glass)
5:30 PM	Tea with Less Sugar and Milk (1 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
	Curd (1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori)
9:00 PM	Roti (1 roti/chapati)

Weight Loss Diet Plan Chart – Day 6

- On Day 6, have idli with sambar for breakfast
- For lunch, roti with curd and aloo baingan tamatar ki sabzi
- To end Day 6, eat green gram with roti and bhindi sabzi

Day 6	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Mixed Sambar (1 bowl) Idli (2 idli)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori) Curd (1.5 katori) Aloo Baingan Tamatar Ki Sabzi (1 katori)
2:10 PM	Roti (1 roti/chapati)
4:00 PM	Cut Fruits (1 cup) Buttermilk (1 glass)
5:30 PM	Coffee with Milk and Less Sugar (0.5 tea cup)
8:50 PM	Mixed Vegetable Salad (1 katori) Green Gram Whole Dal Cooked (1 katori) Bhindi sabzi (1 katori)
9:00 PM	Roti (1 roti/chapati)

Weight Loss Diet Plan Chart – Day 7

- On the seventh day, start with besan chilla and green garlic chutney.
- Have steamed rice and palak chole for lunch.
- End the week on a healthy note with low fat paneer curry and missi roti

Day 7	Diet Chart
6:30 AM	Cucumber Detox Water (1 glass)
8:00 AM	Besan Chilla (2 cheela) Green Garlic Chutney (3 tablespoon)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad (1 katori)
2:10 PM	Palak Chole (1 bowl) Steamed Rice (0.5 katori)
4:00 PM	Apple(0.5 small (2-3/4" dia)) Buttermilk (1 glass)
5:30 PM	Tea with Less Sugar and Milk (1 teacup)
8:50 PM	Mixed Vegetable Salad (1 katori)
9:00 PM	Low Fat Paneer Curry (1 katori) Missi Roti (1 roti)

