

WEIGHT LOSS DIET

MORNING DRINK- 1glass cinnamon water+30gms seed mix

DAYS 1, 3, 5

BREAKFAST- 4 egg whites

MID-MORNING- chaach/ coconut water+any seasonal fruit

LUNCH- rajma veggies salad /cucumber raita

EVENING- bowl of papaya

DINNER- oats pudding with strawberry

DAYS 2, 6

BREAKFAST- 2mausami

MID-MORNING- chach/coconut water

LUNCH- quinoa salad with hung curd/ moong dal with palak sabji

EVENING- bowl of papaya

DINNER- bowl of papaya/ 3boiled eggs (1whole egg +2 egg whites)

DAY4 -

BREAKFAST- hot coffee/cold coffee

MID- MORNING- chaach/coconut water

LUNCH- 1 ragi roti+any vegetable+salad

DINNER- 1glass gulkand shake / 1 protein bar

DAY 7-

Debloat smoothie+2boiled eggs (1whole egg 1egg white)

1peanut butter toast/1hung curd toast

Laxative smoothie+2boiled eggs (egg white)

BEDTIME- 1tsp fennel seeds

