

WEIGHT LOSS DIET

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

DAYS 1, 3, 5

BREAKFAST- kala chana chaat / grilled panner chaat

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/ gheeya kheer

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+1katori roasted makhana

1peanut butter toast/1hung curd toast

Laxative smoothie+1katori roasted makhana

BEDTIME- 1tsp fennel seeds

