

## **Weight Loss Plan**

**Early morning:** (After waking up)

2 glass water with 1 spoon apple cider vinegar or ½ lemon juice (in each glass)

Preparation -

(1glass water + 1 spoon Apple Cider Vinegar

OR

1 glass water + 1/2 spoon lemon juice.)

**Breakfast:** 1 Cup Tea/Coffee with less sugar (Optional)+

**Day 1:** 1 whole wheat or multigrain bread egg whites sandwich

**Day 2:** 1 moong dal/besan chilla/ 2 egg white omelet with green chutney

**Day 3,6:** Poached egg whites (2),pinch of sprinkle pepper powder

**Day 4,5:** 1 bowl poha (no peanuts)

**Day 7:** 1 bowl oats upma with green peas.

**Midmorning:** 5 almonds + 2 walnuts

**Lunch:**

1 bowl brown/white rice +1 katori rajma dal + 1 katori leafy Vegetables.

OR

Oats bran roti (1-2) + 1 katori vegetables (*Have soybean, pulses, paneer, leafy vegetables*) or chicken tikka 4-5 pieces + 1 small katori curd.

**Evening Snacks:** 1 Cup Tea/Coffee with less sugar ( Optional)+

**Day 1:** 1 small bowl pulses salad+1 glass buttermilk

**Day 2:** 1 small bowl salad

**Day 3** 1 bowl soup / buttermilk (1 glass)

**Day 4:** 1 cup sukhi bhel ( avoid shev, potatoes)

**Day 5:** 1 glass coconut water (without malai) or buttermilk

**Day 6:** 1 small bowl makhana

**Day 7:** 1 Fruit

**1 glass of chia seeds water before 5 min of dinner.**

**Dinner:**

**Day 1,3** - 1 bowl salad + 75 gms paneer tikka/ paneer chilly/ chicken tikka

**Day 2,7-** 1 bowl salad + 1 oats/bran roti + 1 cup vegetables (soyabean / pulses/ Paneer/ leafy vegetables) or 2 egg white bhurji

**Day 5-** 1-2 moong dal/ besan chilla with chutney + 1 bowl salad

**Day 4,6-** 1 big bowl soup + 1 glass buttermilk + 1 bowl salad

**Chew fennel seeds after dinner.**

**Snacking and munching options when you feel hungry-** (If are choosing any of these mentioned snacks, apart from the diet suggested let us know)

1 bowl Popcorn

1 bowl Makhana

1 Fruit

1 glass Buttermilk

Nuts- 2 almonds or 3 walnut halves

1 Cucumber (salads)

1 Plain khakhra

1 katori Roasted chana

1 bowl sukha Bhel

1 bowl jowar puffs

**Options for Salads :** Tomato, Onion, Capsicum, Cabbage, Iceberg, Carrot, Cucumber, Onion etc.

**Sweet Cravings:** (If are choosing any of these mentioned things, apart from the diet suggested let us know)

1 date

1 fruit

1 dry fruits ladoo

1 oats ladoo

2 pieces of dark chocolate

**Do Not Skip Any Meals Or Change Any Combination.**

## **TIMINGS TO FOLLOW FOR EFFECTIVE WEIGHT LOSS**

### **EARLY MORNING**

Within an hour of getting up.

### **BREAKFAST**

Remember if you skip breakfast, you will likely eat up to 500 calories extra per day.

Ideal time: 7-8am Or 8-9am

Do not have it later than 10am

### **MID-MORNING**

You should have it between your breakfast and lunch

Ideal time: 10.30-12pm

### **LUNCH**

Lunch is ideal about 3 to 4 hours after breakfast.

Ideal time: 12.30-2.30pm

Don't have it later than 4pm

## MID-EVENING

You should have it between your lunch and dinner

Ideal time: 4-6pm

## DINNER

Dinner is best eaten 3 hours before going to bed.

Ideal time: 7-9 pm

Don't have it later than 10pm

## POST- DINNER

This you should take within 1 hr of dinner

Ideal time: 8-9.30 pm

If you are having dinner late then have this in the evening around 7-8 pm.

***ALL THE BEST!!!***