

## WEIGHT LOSS DIET

**Early morning:** 1 glass lemon-ginger water (Boil)

### **Breakfast:**

- 2 moong dal idli + 1 bowl sambar (Avoid coconut chutney)
- 1 bowl poha with veggies (avoid peanuts)
- 3 tbsp muesli + 200ml milk (1 bowl)

### **Mid morning:**

- 1 fruit + 1 tbsp pumpkin seeds
- 2 boiled egg whites

### **Lunch:**

- 1 Paneer (75 grams) paratha + 1 katori sabzi + 1 bowl salad
- 1 vegetable oats chilla + green chutney + salad
- 2 wheat bran roti + 1 bowl sabzi/egg/chicken/fish curry + 1 bowl salad

**Evening Snack:** 1 cup tea/coffee with less sugar (optional)

### **After 15 mins**

- 1 fruit
- 1 glass coconut water + 1 tsp chia seeds
- 1 glass buttermilk + 1 tsp jeera powder

- 1 bowl makhana

**Dinner:**

- 1 bowl brown rice + 4-5 pieces chicken tikka + 1 bowl salad
- 1 bowl vegetable/egg white soup + 1 bowl chickpea/sprouts salad
- 1 bowl salad + 1 Oats/wheat bran roti + 1 bowl sabzi/egg bhurjee/chicken curry

**Bedtime:** 1 cup ajwain water (1 tsp ajwain boil)

***THE BEST!!!***

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**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 Makhanas
- 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

**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