

WEIGHT LOSS DIET

**Early morning:** 4-5 overnight soaked raisins(drink the water in which it is soaked)

**With breakfast have 1tsp of chia seeds & pumkin seeds (Roasted)**

**BF:**

**Day 1,5-** 1 curd sandwich

**Day 2-** 1 green thepla+1 bowl curd

**Day 4 -1-2** jowar dosa+ 1 bowl sambar

**Day 3,6-** 1 bowl fruit salad+1 cup curd (Sprinkle roasted flaxseeds,chiaseeds, sunflower seeds)

**Day 7-** Repeat any 1 day

**After 30min breakfast have lukewarm water 1 glass.**

**Mid morning:**

1 glass lemon water

Or

1 glass coconut water without malai

Or

4 pieces of tomato paneer

Or  
Fruits

## **Lunch :**

**Day1-** 1 katori brown rice + sabzi 1 katori + salad mixed with curd

**Day 2,5** - 1 bowl sprouts salad +1 bowl curd

**Day 3** – 1 ragi roti+1 bowl sabzi+1 bowl dal

**Day 4** 1 katori brown rice +1 bowl rajma+1 bowl salad mixed with curd

**Day 6** – 1 katori moong dal khichadi+1 bowl salad mixed with curd

**Day 7** - 1 jowar/bajra roti + sabzi + salad mixed with curd

## **Evening:**

1 bowl dry bhel

Or

1 bowl lemon popcorn

Or

1 katori hummus+ salad sticks

## **Dinner:**

4-5 ragi appe+1 bowl sambhar

Or

2moong dal chilla+1 bowl curd

Or

1 bowl veg soup(egg whites can be added) +1 bowl salad

Or

3 jowar idli+1 bowl sambhar

## **Guidelines:**

- *Stick to the plan as much as you can. Whenever you feel hungry have 1 fruit any except banana & mango.*
- *Oil consumption: 3 tbs/day*
- *Daily water consumption: 2.5-3 liters.*
- *Daily walk: 30-45min*

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