

WEIGHT LOSS DIET

Plan for 7 days.

Early morning:

1 glass of warm water with ½ lemon juice + 4 soaked almond with skin (drink the water in which it is soaked as well)+ ½ tablespoon flax seeds/4-5 curry leaves(chew)

Breakfast Options:

1 cup tea/coffee with less sugar (optional)

- 1 bowl Scrambled paneer(75 grams) bhurji with vegetables
- 1 bowl Yogurt smoothie (2-3 almonds & 1 apple)
- 1 bowl Boiled chana with cucumber & tomatoes
- 1 green moong dal chilla with curd
- 1 bowl poha

Mid morning snack:

- 1 cup Greek yogurt (plain)
- 1 fruit
- ½ bowl Roasted chana or chana chat

Lunch and Dinner Options:

- 1 bowl Cooked rajma with green chutney and salad
- 1 bowl Boiled chickpea chat with tomato & onion
- 1 big Mixed sprouts dosa + 1 bowl sambar + salad

- 3 spinach & besan chilla with ½ tablespoon butter+1 katori curd + salad
- 1 bowl Soya chili or soyabean sabzi with 1 brown bread toast+1 bowl salad
- 2 green moong dal chilla with spinach or methi sabzi and salad
- 1 bowl Paneer(100 grams) chilly made in little oil+ salad
- Paneer tikka (100 grams)with vegetables +1 bowl salad
- 1 bowl salad + 200 grams dhokla (**without sugar syrup tadka**)

Evening snack:

- 1 glass Fruit smoothie homemade with 1 almond & 1 fruit
- 1 glass of plain toned milk
- 1 glass of buttermilk

½ hour after dinner: 1 teaspoon flax seeds + 1 tablespoon sunflower seeds. (chew raw)

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

ALL THE BEST!!!

RECIPES

Moong dal chilla OR dosa

Ingredients:

- 1 and 1/2 cup soaked,drained green moong dal
- 1/2 tablespoon crushed to paste green chilli
- 2 pinches salt
- 3/4 tablespoon cumin powder
- 1/2 tablespoon ginger paste
- Little oil
- Spinach/ methi or any of your favorite veggies.
- Soak the green moong dal for about 5 hours. When it's soaked properly, drain the dal and grind it in a processor until a thick and non-lumpy mixture is formed.

- Now add all the ingredients in the dal mixture and mix them well.
- Heat oil in a flat non-stick pan and spread the mixture evenly using the back of a serving spoon. Spread it well.
- Turn the pancake over and make sure it is slightly brown from both the sides. Serve with green chutney.
- You can add your favorite veggies as well.