

WEIGHT LOSS PLAN

**Early morning:** 1 cup of turmeric tea

**Breakfast:** 1 cup of tea/coffee

**Day 1, 3:** overnight soaked oats with chia seeds + apple and pomegranate toppings

**Day 2, 4:** 1 bowl of muesli with 1 cup of milk with the topping of almonds and walnuts

**Day 5, 7:** 2 Dosa with 1 bowl of sambhar and 1 tbsp of tomato chutney

**Day 6:** Egg omelet with 2 slices of multigrain bread

**Mid -Morning:** 1 cup green tea

- Sprouts chaat
- Fruits
- 1 cup of kurmura chiwda
- 2 boiled egg whites
- 2 oats biscuit with 5 almonds
- 1 cup of popcorn
- 1 cup of makhana

**Pre- lunch:** 1 bowl of vegetable raita

**Lunch:**

**3 days:** 1 bowl of chicken or fish curry+ 1 bajra/ ragi roti

**2 days:** 1 bowl of Sprouts Salad+ 1 bowl of tomato soup

**2 days:** 1-2 vegetable sandwich (Use whole wheat or multigrain bread slices) with egg bhurji as filling

**Evening snacks:** 1 cup green tea

- 1 cup Roasted chana
- 1 cup Jowar Puffs
- 2 methi khakra
- 1 glass of buttermilk
- 1 cup of popcorn
- 2 methi thepla
- 2 small pieces of banana walnut cake

**Pre- dinner:** 1 glass of chia seeds water

**Dinner:**

**2 days:** 1 bowl of moong dal vegetable khichadi + 2 boiled egg whites + 1 bowl of salad

**2 days:** 1 cup of vegetable raita+ 1 bowl of chicken stir fry (add vegetables and 75 grams of chicken)

**2 days:** 1 cup of Bhaji + 2 pavs with 1 bowl of salad (use amul lite butter)

**1 day:** 1 bowl of salad+ 1 bowl of soup

**Bedtime:** 1 glass of warm water+ 1 tsp of cumin seeds powder+ 1tsp of fennel seeds powder

**Instructions:**

- ❖ 3-4 litres of water
- ❖ Oil- 3 tbsp of oil per day
- ❖ Whenever you feel hungry you can have any options from the snacks

❖ Do atleast 30 minutes of physical activity.

***ALL THE BEST***