

## **PHASE F Belly fat loss 7 days plan.**

**Early Morning:** 1 glass of turmeric tea

**Breakfast:** 1 cup of tea/coffee with less sugar (optional)

**Day 1-** 1 vegetable sandwich (2 whole wheat or multigrain bread slices) with amul lite butter + green mint chutney.

**Day 2-** 1 bowl oats upma

**Day 3 & 4-** 2 idlis + 1 bowl sambar

**Day 5-** 2 Besan Chillas (CD size) + 2 tbsp green chutney

**Day 6-** 2 Moong Chillas + 2 tbsp green chutney

**Day 7-** 1 bowl Poha (no peanuts)

**Mid Morning:** 1 fruit + 5 almonds

**Lunch:**

**Day 1-** 1-2 wheat bran mix Roti + 1 katori Sabzi (no corn and potato) + 1 bowl salad + 1 bowl dal

**Day 2:** 1 bowl salad + 1 sandwich with paneer filling (2 whole wheat or multigrain bread slices, 75-100grams paneer)

**Day 3-** 2 oats flour mix Roti + 1 katori Sabzi + 1 bowl salad + 1 bowl dal

**Day 4-** Paneer Tikka 5-6 pieces (75 grams) +1 bowl salad.

**Day 5-** 1-2 wheat bran mix Roti +1 katori Sabzi + 1 bowl salad

**Day 6-** 1 bowl boiled Sprouts (moong or chana) + 1 bowl salad

**Day 7-** 2 Oats chilla + 2 tbsp green chutney + 1 katori dal + 1 bowl salad.

**Evening (around 4pm):** 1 cup of tea/coffee with less sugar (optional) **OR** 1 glass chia seeds water

**Late Evening:**

1 glass of skimmed milk

**OR**

1 glass of buttermilk

**OR**

1 bowl of roasted chana /makhana/ jowar puff

**Dinner:** 1 bowl salad + 1 wheat bran roti + 1 katori sabzi (avoid corn, raw banana, suran, arvi and potato)

Or

1 bowl dal khichdi with raita

Or

1 bowl pualo with curd

**At Bedtime:** 1 cup turmeric tea.

**YOU CAN INTERCHANGE LUNCH AND DINNER  
OPTIONS**

**YOU CAN INTERCHANGE THE SEQUENCE OF DAYS**

**Turmeric Tea**

**Ingredients:**

1. Turmeric powder – 2 pinches
2. Ginger or ginger powder- 1 pinch
3. Cinnamon powder- 1 pinch
4. Black pepper powder- ½ pinch
5. Water – 1 glass

## **Method:**

Into the glass add a mixture of these spices and then add in 1 glass of boiling hot water. Mix well and allow it to steep for about 10 minutes and then have it, but make sure you give it a stir once or twice before drinking.

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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. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

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

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

**ALL THE  
BEST!!**