

## **Plan for 7 days**

**Early Morning** – 1 glass luke warm water + ½ lemon (squeeze)

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

2 days: 2 Besan toast + 1 cup skim milk

2 days: 1 Bowl chia seed pudding + 2 boiled egg whites

2 days : 1 Rava dosa/ wheat dosa + 2 boiled egg whites

1 day: 1 methi thepla + curd

**Mid Morning:** 1 fruit + 1 glass buttermilk + mix seeds (pumpkin, flaxseeds) one tbsp

### **Lunch :**

**3 days :** 1 bowl salad + 1 bran roti + 1 katori chicken gravy/ egg bhurji (2 egg white)

**2 days:** 1 cup brown rice + 1 bowl dal/ 1 katori paneer+ 1 bowl curd.

**2 days:** 1 chicken or egg tortilla + 1 glass butter milk

**Evening:** Tea ( green tea/regular) + 1 khakra

**OR**

1 bowl Roasted chana

**OR**

1 bowl makhana.

**Late evening:** 1 glass of buttermilk.

### **Dinner:**

**2 days:** 2 missi roti ( half wheat flour + half besan flour) + 1 bowl Sabzi /daal/ 1 katori chicken gravy

**2 days:** 1 bowl pulao+ 1 katori curd

2 days: 1 paneer paratha + curd

1 day: 3 egg white omlette with salads + chicken soup (one bowl)

Bed time: 1 cup milk

# TIMINGS TO FOLLOW FOR EFFECTIVE WEIGHT LOSS

## EARLY MORNING

Within an hour of getting up.

## BREAKFAST

Remember if you skip breakfast, you will likely eat up to 500 calories extra per day.

Ideal time: 7-8am Or 8-9am

Do not have it later than 10am

## MID-MORNING

You should have it between your breakfast and lunch

Ideal time: 10.30-12pm

## LUNCH

Lunch is ideal about 3 to 4 hours after breakfast.

Ideal time: 12.30-2.30pm

Don't have it later than 4pm

## MID-EVENING

You should have it between your lunch and dinner

Ideal time: 4-6pm

## DINNER

Dinner is best to be eaten 3 hours before going to bed.

Ideal time: 7-9 pm

Don't have it later than 10pm

## POST- DINNER

This you should take within 1 hr of dinner

Ideal time: 8-9.30 pm

If you are having dinner late then have this in the evening around 7-8 pm.

Fruits avoided :Except mango chickoo custurd apple and banana you can have everything

Veggie avoided And in veggies except potato yam suran you can have other