

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

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

**3 days:** 1 vegetable sandwich(2 whole wheat or multi-grain bread slices) / + green mint chutney.

**2 days:** 1 bowl oats/ vermicelli (whole wheat) upma.

**2 days:** 2 Oats idlis + 1 bowl sambhar

**Mid Morning:**1 fruit (papaya /kiwi /pomegranate /apple/ pear /muskmelon/sweet lime)

**OR**

1 glass coconut water. ( Without malai and only thrice in week)

**Lunch:**

**2 days :** 2 rava Dosa + 1 bowl salad + 1 bowl sambhar.

**3 days :** 1 bowl 2 egg white curry/sprout curry + 1 wheat oats mix Roti + 1 bowl salad.

**2 days :** 1 cup dalia pulao + 1 bowl raita.

**Evening:**

1 cup normal tea with less sugar ( optional) + 1bowl roasted channa/makhana/jowar puff

**Pre –dinner :** 1 glass chia seeds water **(30 min before dinner)**

## **Dinner:**

**3 days :** 1 bowl salad + 5 vegetable tikki + 1 glass buttermilk.

**2 days :** 2 moong/ oats chilla + 1 bowl Sabzi (use less oil & avoid corn and potatoes)+ 1 bowl salad

**2 days:** 1 bowl salad + 1 bowl chicken tikka (100 gm) .

## **Have a note :**

**ALL THE BEST!!**

- Do not have c
- Do Not Skip
- Stay physically active everyday.
- Water intake : 3-4 lit.
- Have green tea one hour after your lunch and dinner.
- Household measurements for this program:
  - 1 bowl = 200ml
  - 1 katori/cup = 100ml
  - 1 glass = 200ml

**Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let me 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 me know)**

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

# **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 eaten 3 hours before going to bed.

Ideal time: 7-9 pm

Don't have it later than 10pm