

## Weight Loss Plan 7 days

### **Early morning:**

2 glass water with 1 spoon apple cider vinegar or ½ lemon juice (in each glass)

**[1 glass water + 1 spoon Apple Cider Vinegar  
OR  
1 glass of water + 1/2 lemon juice.]**

### **Breakfast:**

1 Cup Tea/Coffee with less sugar (Optional)

+

**Day 1:** brown bread or multigrain sandwich with salad

**Day 2:** 1-2 moong dal/besan chilla with mint chutney

**Day 3,6:** 2 egg whites bhurjee +2 slice of bread  
(whole wheat or multigrain) / over night oats

**Day 4,5:** 1 bowl poha (no peanuts) / millet upma

**Day 7:** 2 moong Idli+1 bowl sambar /

**Midmorning:** 5 almonds

### **Lunch:**

2 days : 1 bowl salad + 1 bowl brown/white rice +1 bowl rajma/dal + 1 katori leafy vegetables.

2 days :1 bowl salad + Oats/bran roti (1-2) + 1 katori vegetables (*Have soya bean, pulses, paneer, leafy vegetables*) + 1 cup dal

2 days: egg / soya bean pulao with beetroot raita .

1 days : oats fruit smoothie with french toa

### **Evening Snacks:**

1 Cup Tea/Coffee with less sugar (Optional)+

**Day 1:** 1 bowl pulses salad

**Day 2:** 1 bowl salad

**Day 3** 1 bowl soup/buttermilk

**Day 4:** 1 cup sukhi bhel

**Day 5:** 1 glass coconut water or buttermilk

**Day 6:** 1 cup makhana

**Day 7:** 1 medium size fruit

**1 glass of chia seeds water before 5 min of dinner.**

### **Dinner:**

**Day 1,3** - 1 bowl salad + 75 gms **paneer** tikka/ paneer chilly

**Day 2,7-** 1 bowl salad + 1 oats/bran roti + 1 cup vegetables (soyabean / pulses/ Paneer/ leafy vegetables)

**Day 5:** 1 bowl 2 egg whites curry + 1 bowl salad

**Day 4,6-** 1 big bowl soup + 1 bowl salad

**Chew fennel seeds after dinner.**

**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

**Options for Salad :** Tomato, Onion, Capsicum, Cabbage, Iceberg, Carrot,

Cucumber, Onion etc.

**Sweet Cravings:** (If you are choosing anything apart from the mentioned option, please let us know)

1 date

1 fruit

1 dry fruits laddoo

1 oats laddoo

2 pieces of dark chocolate

**Do Not Skip Any Meals Or Change Any Combination.**

**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: 7-8a

m 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.

**ALL THE BEST!!!**