

Early Morning (after waking up):

1 glass of methi seeds water. Soak 1 teaspoon of methi seeds overnight, strain the seeds & drink the water

Breakfast: 1 cup tea/coffee.. no sugar(optional)

3 days: 1 hung curd sandwich/ 1 ghiya besan chilla

2 days: 5-6 pieces of Oats Dhokla with green chutney/ 2 egg white bhurji + 1 toasted brown bread

2 days: 1 bowl poha(avoid peanuts)/ overnight oats

Mid Morning: 1 fruit (Avoid banana, chikoo and custard apple)+ 1 tsp seeds (flaxseeds/sunflower seeds)

Lunch:

3 days: 1 bowl salad (only vegetable salad, no cream dressing) + 1-2 roti (half wheat bran /oats flour+ half wheat flour) + 1 bowl sabzi (avoid potato, yam and sweetcorn)+ 1 bowl curd/dal/2 egg white curry/75 gm chicken curry

2 days: 1 bowl sprouts/2 egg white/chicken rice (Brown rice preferred) + 1 bowl raita

2 days: 2 moong cheela (cd size chilla) with green chutney + 1 bowl salad/ 2 rava uttapam with chutney

Mid Evening: 1 cup Tea/coffee (no sugar)(optional)

2 oats biscuits

OR

1 bowl makhana

OR

1 bowl of plain popcorn

Dinner:

3 days: 1 bowl salad + 1 roti (half wheat bran + half wheat flour) + 1 katori dal/2 egg white bhurji/75 gm of chicken curry+ 1 bowl cooked vegetable (sabzi)

2 days: 1 bowl salad + 2 jowar dosa + 1 bowl paneer bhurji

2 days: 1 bowl salad + 1 bowl dalia khichdi / 1 chole pualo woth raita

At Bedtime: 1 cup fennel tea (boil 1 tsp fennel seeds in 1 cup water, strain and have)

Have a note :

- Do not have one option for more than 3 days
- Do Not Skip Any Meals OR Change Any Combination.
- 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 ladoo
4. 1 oats ladoo
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