

MEAL PLAN OF 7 DAYS

Early Morning (*after waking up*)

1 cup turmeric tea

Breakfast: 1 cup tea with less sugar (optional)

3 days: Disc size 2 ghiya besan chilla + 1 small Katori Yogurt.

2 days: 3-4 Pieces of Homemade Dhokla (Premix can be used) + green mint chutney

2 days: Chicken Multigrane Sandwich/Roti Wrap + 1 whole fruit

Mid-Morning: 1 Bowl Kurmura Bhel (Add Veggies + Squeeze Lemon)

Lunch:

3 days: 1 bowl salad (only vegetable salad, no cream dressing) + 1-2 Oats roti + 1 bowl Sabji + 1 small katori curd

2 days: 3-4 Pieces of Chicken Chilly Tikka with Veggies (Squeeze Lemon) + 1 Bowl of Salad / 3 piece of chicken tandoor

2 days: 2 pulka size Millets Dosa (Add Veggies) with + green mint chutney + 1 bowl salad./ sprouts uttapam

Mid Evening:

Tea with 2 Marie biscuits.

OR

1 bowl of roasted Kurmura

OR

1 whole fruit

Pre-dinner: 1 glass Coriander Seed Water (15 min before dinner)

Dinner:

3 days: 1 bowl salad + 1 millets roti (Jawar Flour + Bajra Flour) + 1 katori dal/ Chicken curry (1 bowl curry with 3-4 chicken pieces) + 1 bowl cooked Sabji.

2 days: 1 bowl salad + Chicken Chilly Tikka Multigrain wrap (Add veggies) + 1 katori curd/ 1 glass oats smoothie

2 days: 1 Bowl Makhana Bhel Chaat(Add Veggies + Squeeze Lemon) + 1 Whole Fruit / sprouts chaat

Chew ½ tsp of fennel seeds after dinner.

At Bedtime: 1 glass Cumin seeds (1 tsp) water.

WEIGHT LOSS DIET**MEAL TIMMINGS-**

BREAKFAST- should be max by 10am **MID-MORNING-** 12PM

LUNCH- 2:30PM **EVENING SNACK-** 5PM

DINNER- max by 8-8:30PM

ALL THE BEST!!

Snacking and munching options when you feel hungry-

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 Sweet Cravings:
1 date
1 fruit
1 dry fruits laddoo
1 oats laddoo
2 pieces of dark chocolate

DOs / DON'Ts

Should have frequent and small meals.

Have at least 2-3 liters of water a day.

Have at least 7 hours of sleep daily.

Avoid the intake of sweetened drinks like colas, juices, etc.

Avoid adding salad dressing/mayo/any other type of sauces. [Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.

For mid night cravings you can go for any fruit/roasted makhana/chana.

Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week.

Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.

Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.

Do not add extra salt in salads, curd, fruit salad. Avoid papad.

Always use low fat milk and its products.

Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.

Choose multigrain / wheat bread

Limit your sugar intake to not more than 2 tsp a day or avoid it

Manage your stress and Do some deep breathing at any time of the day.

**Sugar cravings you can have 1date, 1oats laddoo, 1dry fruit laddoo,
1spoon peanut butter,**