

Early morning: Jeera water one glass (one tbsp. boiled 250ml)

Breakfast:

Day 1,2: Rawa idli (2 medium) + sambhar / moong dal Idli

Day 3,4: 2 besan chilla + green chutney/ oats or moong dal chilla

Day 5: 1 vegetable paratha + green chutney / paneer paratha

Day 6,7: 3-4 small dhokla +green chutney / overnight oats

Midmorning: 5 almonds soaked + ONE FRUIT

Lunch:

Day 1, 2 - Rice (40grms) + Dal (tur, moong, masur) / kadhi + rice

Day 3,4-1 roti pizza with lot of veggies

Day 5 – Boiled chole chat (add veggies and make chat) / beans salad

Day 6,7 – 1 wheat flour + wheat bran mix roti + sabji (avoid potato , yam , sweet potato) + sabji

Evening Snacks: 1 cup Tea (optional with less sugar) Choose any option
1 bowl salad/fruit

1 bowl soup/buttermilk 1

cup sukhi bhel

1 glass coconut water or buttermilk 1 cup
makhana

1 glass chia seeds water before 15 min of dinner.

Dinner:

1,2 days: - 1 roti +sabji + salad

3,4 days: 2 small ragi dosa + dal (one small bowl) / ragi balls with sambhat

5,6days: Oats upma (one bowl)/ ghiya salad

7day: 3-4 Oats methi muthiya (refer recipe book)

Ajwain water (one tbsp. of ajwain seeds boil in one glass 150ml)

Chew fennel seeds after dinner.

Chia seeds water:

Soak 1 teaspoon chia seeds in 1 glass of water for 15min they will become jelly like then have with 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 ladoo
1 oats ladoo
2 pieces of dark chocolate

DOs / DONTs

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 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,