

**Early Morning:** 1 glass coriander seeds water (1 tsp coriander seeds soak overnight, strain and drink)

**Pre- Breakfast:** 1 fruit

**Breakfast:**

**day 1,3:** 2 oats moong toast + 1 cup milk /1 glass fruit smoothie and nuts

**days 2,4,6 :** 1 bowl vermicelli upma with veggies / oats chia pudding/ museli with milk add fruits

**day 5,7:** 2 vegetable/egg white sandwich (use 4 brown bread slices; 3 boiled egg white)

**Mid-Morning:** 1 glass chia seeds water + Handful roasted chana

**Lunch:**

**day 1,4:** 2 dal paratha + 1 katori curd + 1 katori sabzi / 2 chickpea sandwich

**Day 2,5 :** 3 Plain dosa + 1 bowl sambar/ 5 piece paneer tikka + mint chutney add salaad

**day 3 ,6:** 2-3 phulka size besanchilla + 1 katorisabzi + mint chutney/ sprouts chilla

Day 7: 1 bowl chicken pualo with raita

**Evening Snack:**

- 1 bowl vegetable soup + 1 toasted brown bread
- 1 bowl sukhabhel with veggies
- 1 glass sattu water

**Pre-Dinner (15 mins before):** 1 glass buttermilk

**Dinner:**

**day 1,3:** 1 bowl paneer/egg white pulao + 1 bowl raita / 1 bowl salad / 4 oats tikka 2 roti with salad

**day 2,4,6:** 3 masala Idli + 1 bowl sambar / 2 uttapam with salad

**day 5,7:** 7-8 pieces paneer/chicken tikka with veggies + mint chutney/ paneer chilly

**Bed Time:** 1 cup fennel tea / 1 cup milk

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,

