

Early morning:-

1 tsp cinnamon with 1 glass of warm water
(Helps in losing weight by increasing metabolism)

Breakfast:-

1 cup tea / coffee (less sugar)

3 Days:- 2 oats Idli + 1 bowl sambar **OR** 2 cucumber pancakes + 2
tbsp green chutney.

2 Days:- 1 bowl Quinoa upma **OR** 1 bowl overnight oats.

2 Days:- 2 lobia dosa + 1 bowl sambar **OR** 1 beetroot paratha

Mid-Morning:- 4 almonds + 1 fruit. (Any seasonal fruit of your
choice)

Lunch:-

2 Days:- 1 bowl brown rice pulao/ 1 bowl curd rice. + 1 bowl salad

3 Days:- 1 bowl chole /1 bowl dal + 1 bowl sabzi + 1 oats roti + 1
glass buttermilk.

2 Days:- 1 bowl vegetable soup/ 1 bowl tomato soup + 1 bowl chana
chaat/ 1 bowl chickpea chaat.

Mid-Evening:-

1 cup tea/coffee (less sugar) + 1 bowl roasted murmura (add veggies
and make a bhel) **OR** 1 bowl roasted popcorn (no butter, less oil)

Pre-Dinner:-

1 glass chia water (20 minutes before dinner) (soak chia seeds for 30
minutes before consuming)

Dinner:-

3 Days:- 1 bowl sabzi+ 1 bowl salad + 1 bowl brown rice + 1 bowl curd/ dal/ kadhi.

2 Days:- 1 bowl paneer bhurji + 1 ragi/oats roti + 1 bowl salad.

2 Days:- 2 oats chilla + 1 katori curd + 2 tsp green chutney.

Bed time:-

1 glass of fennel and ajwain water.
(1tsp saunf + 1 tsp ajwain)

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