

Weight Loss Plan 7 days

Early morning: (After waking up)

2 glass water with 1 spoon apple cider vinegar or ½ lemon juice (in each glass)

Breakfast: 1 Cup Tea/Coffee with less sugar (Optional)

Day 1: brown bread or multigrain sandwich with salad

Day 2: 1 moong dal/besan chilla with mint chutney

Day 3,6: 1 methi thepla+1 katori curd

Day 4,5: 1 bowl poha (no peanuts)

Day 7: 1 bowl oats upma with green peas

Midmorning: 5 almonds

Lunch:

1 bowl salad + 1 bowl brown/white rice +1 bowl rajma dal + 1 katori leafy vegetables.

OR

1 bowl salad + Oats/bran roti (1-2) + 1 katori vegetables
(*Have soybean, pulses, paneer, leafy vegetables*) + 1 cup curd.

Evening Snacks: 1 Cup Tea/Coffee with less sugar (Optional)

Day 1: 1 bowl pulses salad

Day 2: 1 bowl salad

Day 3 1 bowl soup/buttermilk

Day 4: 1 cup sukhi bhel

Day 5: 1 glass coconut water or buttermilk

Day 6: 1 cup makhana

Day 7: 1 medium size fruit

1 glass of chia seeds water before 5 min of dinner.

Dinner:

Day 1,3 - 1 bowl salad + 75 gms paneer tikka/ paneer chilly

Day 2,7- 1 bowl salad + 1 oats/bran roti + 1 cup vegetables (soyabean / pulses/ Paneer/ leafy vegetables)

Day 5: 1 bowl salad + 2 moong dal/ besan chilla with mint chutney

Day 4,6- 1 big bowl soup + 1 bowl salad (one bowl)

Chew fennel seeds immediately after dinner.

Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let us know)

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

Options for Salad : Tomato, Onion, Capsicum, Cabbage, Iceberg, Carrot, Cucumber, Onion etc.

Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let us know)

1 date

1 fruit

1 dry fruits ladoo
1 oats ladoo
2 pieces of dark chocolate

Do Not Skip Any Meals Or Change Any Combination.

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 to be eaten 3 hours before going to bed.

Ideal time: 7-9 pm

Don't have it later than 10pm

POST- DINNER

This you should take within 1 hr of dinner

Ideal time: 8-9.30 pm

If you are having dinner late then have this in the evening around 7-8 pm.

ALL THE BEST!!!