

Early Morning: 1 glass mint leaves water (Soak overnight)

Breakfast:

1. 2 mixed sprouts dosa + 1 bowl sambar
2. Oats moong toast (use 2 brown breads)
3. 1 bowl poha with sprouts (2 tbsp)
4. 2 boiled egg whites+100 ml milk(without sugar and malai)
5. Avacado wrap with veggies
6. Chicken sandwich with veggies

Mid morning: 1 fruit (add 1 tsp seeds)

Lunch & Dinner Options:

1. 1 bowl 2 egg white/soyabean/chicken pulav + 1 katori raita
2. 1 dal/chickpea paratha + 1 bowl curd + 1 bowl salad
3. 1 bowl black chana/chicken salad/ragda chaat + 1 glass buttermilk
4. 1 bowl rajma dal with veggies + 1 glass buttermilk
5. 2 besan dal chilla with 1 katori curd + salad
6. 1 bowl salad +1 katori rice+1 katori dal/chicken curry + 1 katori rice (have this option only twice in a week)
7. Makhana smoothie with nuts
8. Chicken wrap with veggies

Evening Snack:

1. 1 glass sattv water
2. 1 glass buttermilk
3. 1 cup roasted chana

Bedtime: 1 cup ajwain tea

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!!!