

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

5,6 days: 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.

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!!!

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