

Early morning: 2 glass luke warm lemon water (250 ml) + 1 black pepper

Breakfast:

2 days: Banana and Oats Smoothie (one glass)- 250ml/sunny side up

2 days: Veg Poha one bowl (40gms)/makhana smoothie

2 days: 1 Methi paratha + green chutney / sattu shake

1 day: 2 egg whites omlette + salads

Mid morning: 5 almonds + 2 walnuts

Kulkuli sharbat

Lunch

Day 1: 1 bowl sprout salad (40gms) (moong)

Day 2: whole wheat bread vegetable sandwich

Day 3: 1 bowl vegetable soup + one fruit

Day 4: 1 bowl kadhi/dal/curry + 1 quarter plate white/brown rice

Day 5: 2 Besan Chilla + green chutney

Day 6: 4-5 pieces of paneer tikka + salad

Day 7 : 1 bowl grilled panner sandwich

Evening: 1 cup tea or coffee + 2 digestive biscuits

Late evening:

1 cup Chatpata Chana

(Boiled chana + tomato, onion, cucumber + chat masala) OR 1

cup popcorn plain

OR 1 cup roasted chana

Dinner:

2 days: 1 wheat bran and wheat flour mix roti + 1 bowl vegetable / dal (any)

2 days: 2 cucumber pancake (recipe book) + green chutney/ oats appe

3 days: veg soup + one toast if hungry can have one besan or oats chilla/1 soya wrap with veggies

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 Makhana

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!!!

ALL THE BEST!!!