

**Early morning:** 1 glass jeera water (soaked overnight) one tbsp.

**Breakfast:**

2 days: 2 small besan chilla + greenchutney/ 2 small moong chilla + green chutney

2 days: Plain oats (3-4tbsp) + Skimmed milk one cup (one bowl)/ overnight oats

1 day: Rava upma (one bowl) avoid peanuts / avacado juice

2 days: 5 piece sprouts dhokla / boiled potato chaat

**Mid morning:** 1 fruit (avoid pineapple, lichi, chlicko, grapes, mango, jackfruit) + 5 soaked almonds

**Lunch:**

2 days: 1 roti + bhaji + salads / 1 pizza roti with salad

2 days: Mix sprouts ussal (one bowl) with added vegetables/ 1 soya wrap

2 days: Scrambled paneer burjee with veggies (one bowl)- paneer (100grms)/ 1 paneer beetroot paratha

1 day: Rice (40grms) + dal (one wati) + sabji(one wati) avoid potato, yam, sweet potato

**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 makhana plain

OR 1 cup roasted chana

**Dinner:**

- 2 days: 2 small oats chilla + green chutney/ hummus sandwich
- 2 days: 1 roti + bhaji + salad/ 1 bowl curd rice
- 2 days: Vegetable soup (one bowl) + one brown bread toast/ mexican soup
- 1 day: Daliya khichdi (one bowl)/ sauteed tofu salad

**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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