

Early morning: 1 glass lemon ginger water (Soak overnight)

Breakfast: 1 cup tea/coffee with less sugar (optional)

3 days: 1-2 ghiya besan cheela with green chutney/ oat chilla

2 days: 100 grams paneer bhurji (add veggies)/ overnight oats

2 days: 1 bowl poha (add green peas, avoid peanuts)/ makhana smoothie

Mid-Morning: 1 fruit or kulkuli sharbat/ amla juice

Lunch:

3 days: 1 roti + 1 bowl vegetable sabzi + 1 bowl salad + 1 bowl dal/pulses/ 1 roti pizza with veggies

2 days: 5-6 pieces tomato paneer + 1 bowl salad / 1 paneer grilled sandwich

2 days: 1 bowl vegetable pulav (use brown rice) + 1 bowl curd + 1 bowl salad / 1 bowl fried rice

Evening:

1 fruit (any)

OR

1 cup makhana / 1 khakhra

Pre-dinner: 1 glass chia seeds water (10 mins before lunch)

Dinner:

2 days: 1 bowl curd rice+ 1 bowl salad / 5.-6 rajma tikki with salad

3 days: 1 bowl quinoa upma + 1 bowl soup/ 1 bowl quinoa salad or khichdi

2 days: 5-6 pieces chickpea tikki with green chutney + 1 bowl salad/ 5-6 piece if hara bhara kabab

At Bedtime: 1 cup fennel tea

ALL THE BEST!!!

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

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

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

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am MID-MORNING- 12PM

LUNCH- 2:30PM EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

ALL THE BEST!!

Snacking and munching options when you feel hungry-

- 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 Sweet Cravings:**
- 1 date**
- 1 fruit**
- 1 dry fruits ladoo**
- 1 oats ladoo**
- 2 pieces of dark chocolate**

DOs / DONTs

Should have frequent and small meals.

Have at least 2-3 liters of water a day.

Have at least 7 hours of sleep daily.

Avoid the intake of sweetened drinks like colas, juices, etc.

Avoid adding salad dressing/mayo/any other type of sauces. [Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.

For mid night cravings you can go for any fruit/roasted makhana/chana.

Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week.

Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.

Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.

Do not add extra salt in salads, curd, fruit salad. Avoid papad.

Always use low fat milk and its products.

Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.

Choose multigrain / wheat bread

Limit your sugar intake to not more than 2 tsp a day or avoid it

Manage your stress and Do some deep breathing at any time of the day.

Sugar cravings you can have 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,