

**Early Morning (after waking up)** – 1 glasses of methi seeds water. Soak the 1 tablespoon of methi seeds overnight then strain the seeds & drink the water + 1 black pepper (swallow).

**Breakfast:** 1 cup tea with less sugar (optional)

2 days: Multigrain bread toast sandwich egg whites scrambled as a feeling / 1 vegetable sandwich

2 days: 1 cup oats upma with green peas./ Oats chilla with chutney

2 days: 1 cup vegetable poha (avoid peanuts)/ Makhana smoothie

1 day: 2 Besan chilla + green chutney / overnight oats 1 bowl

**Mid-Morning:** 5 almonds + 2 walnuts or one fruit (avoid banana, pineapple, grapes, custard apple, chikoo, lichi, )

**Lunch-**

Eat 1 small plate of salad first.

2 days: 1-2 no oil roti (half wheat bran + half wheat flour) + 1 katori vegetable (sabzi).

2 days: 1-2 oats roti + Sabji ( avoid potato, yam, sweet potato) or msalad dal

2 days: Rice ( one bowl) + Dal ( moong, tur, masoor) + sabzi / 1 besan chilla with chutney

1 day: Vermicelli upma (one bowl)/ millet upma

**Mid Evening:** tea with 2 marie biscuits

or 1 small bowl of roasted chana

or 1 bowl of popcorn (without butter)

or 2 small khakra

***10min before dinner: 1 glass chia seeds water***

**Dinner-** salad first then

**3 days:** 1-2 roti (half wheat bran + half wheat flour) + 1 katori dal (dont have rajmah, chana or kadhi this week) + 1 cup cooked vegetable (sabzi).

**2 days:** 1-2 oats roti + sabji / pulao with raita

**1 day :** Sprouts chat (one bowl) any sprouts / 1 sprouts dosa with chutney

**1 day:** panner tikka (4-5 pieces) + salads / 1 panneer Paratha with chitney

***Turmeric tea after one hour of dinner***

***Turmeric Tea***

***Ingredients:***

- 1. Turmeric powder- 2/3rd teaspoon***
- 2. Ginger or ginger powder- 1/5th teaspoon***
- 3. Cinnamon powder- 1/5th teaspoon***
- 4. Black pepper powder- 1/5th tsp***

***Tips to follow:***

- Avoid maida or any other bakery products
- Drink 3 lts of water per day
- Avoid junk, oily, fast food
- Have 3 tbsp of oil per day
- Exercise: Daily walk for 40-45 minutes per day (brisk walk)

**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 laddoo, 1dry fruit laddoo, 1spoon peanut butter,**