

**Early morning:-**

1 tsp cinnamon with 1 glass of warm water  
(Helps in losing weight by increasing metabolism)

**Breakfast:-**

1 cup tea / coffee (less sugar)

**3 Days:-** 2 oats Idli + 1 bowl sambar **OR** 2 cucumber pancakes + 2  
tbsp green chutney.

**2 Days:-** 1 bowl Quinoa upma **OR** 1 bowl overnight oats.

**2 Days:-** 2 lobia dosa + 1 bowl sambar **OR** 1 beetroot paratha

**Mid-Morning:-** 4 almonds + 1 fruit. (Any seasonal fruit of your  
choice)

**Lunch:-**

**2 Days:-** 1 bowl brown rice pulao/ 1 bowl curd rice. + 1 bowl salad

**3 Days:-** 1 bowl chole /1 bowl dal + 1 bowl sabzi + 1 oats roti + 1  
glass buttermilk.

**2 Days:-** 1 bowl vegetable soup/ 1 bowl tomato soup + 1 bowl chana  
chaat/ 1 bowl chickpea chaat.

**Mid-Evening:-**

1 cup tea/coffee (less sugar) + 1 bowl roasted murmura (add veggies  
and make a bhel) **OR** 1 bowl roasted popcorn (no butter, less oil)

**Pre-Dinner:-**

1 glass chia water (20 minutes before dinner) (soak chia seeds for 30  
minutes before consuming)

**Dinner:-**

**3 Days:-** 1 bowl sabzi+ 1 bowl salad + 1 bowl brown rice + 1 bowl curd/ dal/ kadhi.

**2 Days:-** 1 bowl paneer bhurji + 1 ragi/oats roti + 1 bowl salad.

**2 Days:-** 2 oats chilla + 1 katori curd + 2 tsp green chutney.

**Bed time:-**

1 glass of fennel and ajwain water.  
(1tsp saunf + 1 tsp ajwain)

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**Have a note :**

- Do not have one option for more than 3 days
- Do Not Skip Any Meals OR Change Any Combination.
- Stay physically active everyday.
- Water intake : 3-4 lit.
- Have green tea one hour after your lunch and dinner.
- Household measurements for this program:  
1 bowl = 200ml  
1 katori/cup = 100ml  
1 glass = 200ml

**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

## **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 eaten 3 hours before going to bed.

Ideal time: 7-9 pm

Don't have it later than 10pm