

## MEAL PLAN OF 7 DAYS

### **Early Morning (*after waking up*)**

**1 cup turmeric tea**

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

**3 days:** Disc size 2 ghiya besan chilla + 1 small Katori Yogurt.

**2 days:** 3-4 Pieces of Homemade Dhokla (Premix can be used) + green mint chutney

**2 days:** Chicken Multigrane Sandwich/Roti Wrap + 1 whole fruit

**Mid-Morning:** 1 Bowl Kurmura Bhel (Add Veggies + Squeeze Lemon)

### **Lunch:**

**3 days:** 1 bowl salad (only vegetable salad, no cream dressing) + 1-2 Oats roti + 1 bowl Sabji + 1 small katori curd

**2 days:** 3-4 Pieces of Chicken Chilly Tikka with Veggies (Squeeze Lemon) + 1 Bowl of Salad / 3 piece of chicken tandoor

**2 days:** 2 pulka size Millets Dosa (Add Veggies) with + green mint chutney + 1 bowl salad./ sprouts uttapam

### **Mid Evening:**

Tea with 2 Marie biscuits.

**OR**

1 bowl of roasted Kurmura

**OR**

1 whole fruit

**Pre-dinner:** 1 glass Coriander Seed Water (15 min before dinner)

**Dinner:**

**3 days:** 1 bowl salad + 1 millets roti (Jawar Flour + Bajra Flour) + 1 katori dal/ Chicken curry (1 bowl curry with 3-4 chicken pieces) + 1 bowl cooked Sabji.

**2 days:** 1 bowl salad + Chicken Chilly Tikka Multigrain wrap (Add veggies) + 1 katori curd/ 1 glass oats smoothie

**2 days:** 1 Bowl Makhana Bhel Chaat(Add Veggies + Squeeze Lemon) + 1 Whole Fruit / sprouts chaat

*Chew ½ tsp of fennel seeds after dinner.*

**At Bedtime:** 1 glass Cumin seeds (1 tsp) water.

**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 laddoo**  
**1 oats laddoo**  
**2 pieces of dark chocolate**

### **DOs / DON'Ts**

**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,**