

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, chicko, 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!!!

ALL THE BEST!!!