

**Early morning:** 1tsp Jeera(chew that) + 1 tbsp methi seed water(soaked the methi seed over night and then next morning have on that water)

**Breakfast:**

**2 days:** 2 ghiya besan chilla + green chutney

**3 days:** Fruit plate (one bowl) + 3 almonds

**2 days:** 2 sprout dosa + green chutney

**Midmorning:** Buttermilk (one glass) or 1 lemon water (no sugar,honey or jaggery)

**Lunch:**

**3 days:** 1 bowl dal/ curd + 1 bowl vegetable sabji+ 1 bowl salad  
or you can make raita and sabzi

**2 days:** 1 bowl mix vegetables soup or tomato soup or macroni soup(one bowl)

**2days:** Stir fry veggies (any available)/ 4- 5 pieces or rajma tikki

**Post lunch:-** 1 cup green tea (no sweetners)

**Evening Snacks:** 1 cup Tea (optional with less sugar) + 1 fruit or puffed jawar

**1 glass chia seeds water before 15 min of dinner.( one tbsp. soaked for 1 hr)**

**Dinner:**

**2 days:** Mix Vegetable soup + salads

**2 days:** One plate fruit (any available)

**2 day:** Ragi porridge (one bowl)

**1 day:** 4-5 pieces of paneer tikka + salads

**Post Dinner** – 1 cup turmeric tea or green tea

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!!!**