

## **Plan for 7 days.**

**Early morning:** 1 glass water with 1tsp chia seed in each glass

**Breakfast:** Tea with no sugar

**3 Days:** 1 ghiya chilla (palm size) + 1 katori curd (½ tsp roasted flaxseed powder)/ 1 oats chilla with curd

**2 Days:** 1 paneer (75grams)/ moong paratha + 1 bowl low fat curd

**2 Days:** 1 rava dosa/ kuttu dosa + green chutney

**Mid morning:** 5 almonds/ 1 tbsp sunflower seed / Amla juice

## **Lunch**

**3 Days:** 1 Roti + 1 bowl dal + 1 katori sabji OR 1 palak paratha + 1 katori curd + 1 bowl salad

**2 Days:** 1 Masala paratha (add 1 tsp flaxseed powder in dough) + 1 katori curd+ 1 bowl salad/ 1 chicken sandwich

**2 Days:** 1 bowl oats khichdi/ dalia khichdi + 1 glass buttermilk+ 1 bowl salad

**Evening:** 1 cup green tea

## **Late evening:**

1 fruit/ 1 bowl vegetable or pulse soup/ kulkule sharbat

## **Dinner:**

**3 Days:** 1roti + 1 bowl sprouts sabji / 1 katori dry chicken gravy+ 1 bowl salad

**2 Days:** 3 boiled egg whites + 1 katori salad

**2 Days:** 1 bowl chicken pulao/ matar pulao + 1 katori curd+ 1 bowl salad

**At night:** 1 cup turmeric tea

**Guidelines:**

1. Oil/ghee consumption: 3 tablespoon/ day
2. Daily water consumption: 2-3 liters
3. Daily walk: 30-50min
4. You can interchange lunch & dinner options.
5. Have minimum 2 hour gap between 2 meals.

**Do Not Skip Any Meals Or Change Any Combination.**

**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

**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 laddoo
- 1 oats laddoo
- 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 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!!!***