

VPC 9

Early Morning: 1 glass lemon water + 1 tsp chia seeds (soak for 20 mins and drink)

Breakfast: 1 cup of tea/coffee (less sugar)

3 Days: 1 vegetable besan chilla with mint chutney/ 5 sprouts dhokla

2 Days: 1 vegetable paratha + 1 katori curd / 1 glass makhana smoothie

2 Days: 1 bowl poha (avoid peanuts) / 1 hung cued sand wich

Mid-Morning: 1 fruit + 4 almonds /sattu drink

Lunch:

3 Days: 1 bowl dalia pulao + 1 bowl beetroot raita / 1 paneer roll or wrap

2 Days: 1 paneer tikka roll (Use wheat and oats flour roti) + 1 glass buttermilk + 1 bowl salad. / 1 rajgira chilla

2 Days: 1 bowl brown rice + 1 bowl dal/rajma/chole + 1 bowl salad. / 1 curd rice

Evening Snack: 1 cup tea/coffee (less sugar)

1 bowl chatpata chana

OR

1 bowl roasted chana

OR

1 glass sattu water

Dinner:

3 Days: 1 bowl vegetable soup + 1 bowl salad + 1 glass buttermilk /1 bowl red bean salad + 1 glass buttermilk

2 Days: 1 bowl paneer chilly with veggies + 1 sliced cucumber /1 oats pan cake

2 Days: 1 multigrain roti + 1 bowl sabzi + 1 bowl salad /2 bread pizza with veggies

Bedtime: 1 cup fennel tea (1 tsp fennel seeds - boil, strain and drink)

GUIDELINES:

- Use 3 Tablespoon Oil/Day.
- Daily Walk For 35-50 min.
- Daily water intake 2.5-3 liters.
- If you are doing any activity or gymming then have 1 cup of skimmed milk after that.
- Whenever you feel hungry have 1 fruit any or 1 glass of coconut water.
- Avoid potato, white rice, banana & mango.

Snacking Options incase hungry	Options for sweet cravings
1 bowl popcorn/Makhana/Jowar puffs/Sukha bhel	1-2 dates
1 bowl makhana	4-5 raisins
1 fruit	1 oats-date laddoo

1 glass buttermilk	1 dry fruit laddoo
3-4 Almonds OR 3 walnut halves	2 bites granola bar
1 plain khakra	2 pieces dark chocolate
1 katori roasted chana	
Do inform the dietitian incase going for any of the above options	

#Fruits to be avoided in this program:

- 1) Banana - eat wherever we mention
- 2) Mangoes
- 3) Chickoo
- 4) Grapes
- 5) Jackfruit
- 6) Litchi
- 7) Custard apple

Other than these you can have any fruits
Fruits to be avoided in this program

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

ALL THE BEST!!!