

Early morning: 1 tsp cinnamon powder with 1 glass of warm water.(Add a pinch of cinnamon powder to a glass of water and boil it - have it Luke warm.)

Breakfast:

3 Rava Idlis + 1 bowl of sambar

OR

1 palak paratha + 1 cup curd.

OR

1 bowl rava vegetable upma (add urad dal and chopped veggies).

OR

1 bowl muesli + 200 ml milk (150-200 ml Skimmed/Toned milk) + 2 almonds powder/ Crushed.

Or

1 bowl Overnight oats

Or

Mid morning:

1 apple

Lunch:

1 roti(+ 1 cup sprout sabzi + 1 cup dal + 1 cucumber.

OR

40 gms paneer tikka salad + 1 cup tomato soup.

OR

1 roti same + 1 cup dry moong dal + 1 cup curd.

Or.

1 bowl curd rice with salad

Or

1 bowl veg pulao

Evening: 1 cup roasted chana/Makhana.

Dinner:

1 bowl daliya green moong dal khichdi +
1 Bowl salad

OR

1 roti pizza(grate 20 gms paneer like
cheese) + 1 cucumber.

OR

1 cup salad+1 bowl oats vegetable khichdi

Or

1 beetroot paratha woth curd

At night: 1 glass jeera water.

Snacking and munching options when you feel hungry-

1. Popcorn
2. Makhanas
3. Fruit
4. Buttermilk
5. Nuts- almonds and walnuts
6. Cucumber (salads)
7. Plain khakra
8. Roasted chana
9. Bhel
10. Jowar puffs

Sweet craving..

You can have

1 date

Or

1 fruit

Or

1 dryfruits ladoo

Or

1 oats ladoo

Or

20 grams sweet paneer (mix 1/2 tsp powdered sugar in 20 grams paneer, can add elaichi powder for flavour or unsweetened coco powder for flavour)

Put Black Munaqqa in your mouth (7-8) per day
This will prevent sweet craving.

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.