

Plan for 7 days.

Early morning: 1 glass ginger water

Pre- breakfast: 1 fruit.

Breakfast:

3 Days: 1 paneer (30 grams) vegetable sandwich/ roll. (Use Multigrain/whole wheat bread).

2 Days: 1 bowl overnight soaked oats. (You can add nuts - Almonds and Walnuts to it) / 1 glass makhana smoothie

2 Days: 3-4 besan dhokla (Without sugar syrup and tadka / 2 rava dosa + green chutney.

Mid morning: 1 fruit.

Pre-lunch: 1 glass lemon water/ buttermilk.

Lunch

HAVE A BOWL OF SALAD FIRST, then

3 Days: 1 bowl vegetable khichdi/ 1-2 roti + 1 katori paneer/ sprouts curry

2 Days: 2 besan roti + 1 katori green leafy vegetable sabji / 5 6 beetroot tikki with chutney

2 Days: 1 bowl dalia khichdi/ oats khichdi + 1 katori curd

Post- lunch: 1 tbsp roasted flaxseed.

Snack: 1 khakra/ 1 katori corn chaat.

Dinner:

3 Days: 2 roti + 1 bowl kadi/ sambhar + 1 Bowl salad.

2 Days: 1 bowl soybean salad OR 1 katori salad + 3-4 paneer tikka
2 Days: 1 bowl whole wheat noodles / 1 bowl wheat pasta + 1 glass buttermilk + 1 Bowl salad.

At night: 1 glass lemon water.

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.

ALL THE BEST!!!

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.