

**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.