

## **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.

<b>Snacking Options incase hungry</b>	<b>Options for sweet cravings</b>
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	
<b>Do inform the dietitian incase going for any of the above options</b>	

**#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!!!***