

Early morning: 1 glass ginger water (lukewarm)/ 1 cup cardamom + coriander tea

Recipe for coriander cardamom tea

Elaichi:- 2 no.

Coriander leaves:- ½ katori.

1 glass water

Boil 2 mins strain and drink.

Breakfast: 1 cup tea/coffee (less sugar)

2Days: 2 moong dal idli /oats idli+ 1 bowl sambar (Avoid coconut chutney and peanut chutney).

2Days: 1 bowl poha with veggies (avoid peanuts, add handful of sprouted moong)/ sprout salad

3Days: 4 tbsp muesli + 150 ml milk (3/4 bowl)+ 1 fruit + 1 tsp chia seeds / 1 plate fruit plate

Mid morning:

1 Fruit (seasonal) + 2 whole walnuts

Lunch:

3 Days: 1 vegetable oats chilla + green chutney + 1 bowl salad / 1 bowl quinoa khichdi

2 Days: 1 Paneer paratha + 1 cup curd + 1 bowl salad / 1 moong dal paratha

2 Days: 1 wheat bran / wheat oats roti + 1 bowl sabzi (any) + +1

katori dal (any)+ 1 bowl salad.

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

1 cup makhana

OR

1 fruit

OR

1 dry Khakra

Pre-Dinner:- 1 glass Jeera water (15 mins before dinner)

Dinner:

2 days: 1 bowl curd rice+ 1 bowl salad / 5.-6 rajma tikki with salad

3 days: 1 bowl quinoa upma + 1 bowl soup/ 1 bowl quinoa salad or khichdi

2 days: 5-6 pieces chickpea salad with veggies + 1 bowl salad/

5-6 piece if hara bhara kabab

Bedtime: 1 cup ajwain + saunf water (lukewarm).

GUIDELINES:

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

<i>Snacking Options incase hungry</i>	<i>Options for sweet cravings</i>
<i>1 bowl popcorn/Makhana/Jowar puffs/Sukha bhel</i>	<i>1-2 dates</i>
<i>1 bowl makhana</i>	<i>4-5 raisins</i>
<i>1 fruit</i>	<i>1 oats-date laddoo</i>
<i>1 glass buttermilk</i>	<i>1 dry fruit laddoo</i>
<i>3-4 Almonds OR 3 walnut halves</i>	<i>2 bites granola bar</i>
<i>1 plain khakra</i>	<i>2 pieces dark chocolate</i>
<i>1 katori roasted chana</i>	
<i>Do inform the dietitian incase going for any of the above options</i>	

#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!!!

