

Plan for 7 days.

Early morning: 1 glass water with 1tsp chia seed in each glass

Breakfast: Tea with no sugar

3 Days: 1 ghiya chilla (palm size) + 1 katori curd (½ tsp roasted flaxseed powder)/ 1 oats chilla with curd

2 Days: 1 paneer (75grams)/ moong paratha + 1 bowl low fat curd

2 Days: 1 rava dosa/ kuttu dosa + green chutney

Mid morning: 5 almonds/ 1 tbsp sunflower seed / Amla juice

Lunch

3 Days: 1 Roti + 1 bowl dal + 1 katori sabji OR 1 palak paratha + 1 katori curd + 1 bowl salad

2 Days: 1 Masala paratha (add 1 tsp flaxseed powder in dough) + 1 katori curd+ 1 bowl salad/ 1 chicken sandwich

2 Days: 1 bowl oats khichdi/ dalia khichdi + 1 glass buttermilk+ 1 bowl salad

Evening: 1 cup green tea

Late evening:

1 fruit/ 1 bowl vegetable or pulse soup/ kulkule sharbat

Dinner:

3 Days: 1roti + 1 bowl sprouts sabji / 1 katori dry chicken gravy+ 1 bowl salad

2 Days: 3 boiled egg whites + 1 katori salad

2 Days: 1 bowl chicken pulao/ matar pulao + 1 katori curd+ 1 bowl salad

At night: 1 cup turmeric tea

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.

Snacking and munching options when you feel hungry- (If are choosing any of these mentioned snacks, apart from the diet suggested let us know)

- 1 bowl Popcorn
- 1 bowl Makhanas
- 1 Fruit
- 1 glass Buttermilk
- Nuts- 2 almonds or 3 walnut halves
- 1 Cucumber (salads)
- 1 Plain khakhra
- 1 katori Roasted chana
- 1 bowl sukha Bhel
- 1 bowl jowar puffs

Sweet Cravings: (If are choosing any of these mentioned things, apart from the diet suggested let us know)

- 1 date
- 1 fruit
- 1 dry fruits laddoo
- 1 oats laddoo
- 2 pieces of dark chocolate

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

ALL THE BEST!!!