

Weight Loss Plan 7 days

Early morning: Jeera water one glass

BF:

Day 1,2: 1 brown bread sandwich with salad/1 bowl Channa chaat with veggies

Day 3,4: 1 Rawa dosa + chutney / 1 bowl overnight oats with fruits

Day 5: 2 idli+ sambhar / 1 beetroot Paratha

Day 6,7: Poha (one bowl)

Midmorning: 5 almonds soaked

Lunch:

Day 1- vegetable pulao+ raita/ 1 bowl soya pulao

Day 2,3- Methi besan roti + green chutney/ 4 pieces paneer stir fry

Day 4 – Stir fry veggies (one bowl)/ 1 glass fruit smoothie

Day 5,6,7 - Boiled Pulses / salad (any one bowl)/ 1 avacado wrap

Evening Snacks: 1 cup Tea (optional with less sugar)

Choose any option

1 bowl salad/fruit

1 bowl soup/buttermilk

1 cup sukhi bhel

1 glass coconut water or buttermilk

1 cup makhana

1 glass luke warm water before 15 min of dinner.

Dinner:

2 days: - vegetable soup + one toast

2 days: 1 Onion uttapum + tomato chutney

2days: Bottle guard raita

1day: Soya chilly (one bowl)

Chew fennel seeds after dinner.

Guidelines:

- Stick to the plan as much as you can.
- Whenever you feel hungry have fruits or coconut water or buttermilk.
- Oil consumption: 3 tbs/day
- Daily water consumption: 2.5-3 liters.
- Daily walk: 30-45min
- Have homemade paneer chilly and do not use cornstarch.

Chia seeds water:

Soak 1 teaspoon chia seeds in 1 glass of water for 15min they will become jelly like then have with water.

ALL THE BEST!!!