

Plan Name :
Weight Loss Plans

Plan Description

Plan for week 2

DIET SECTION

Day 1

Early Morning - (07:00 AM)
BASIL MINT WATER (1 Glass (250.0g))
SOAKED NUTS
BreakFast - (09:30 AM)
SCRAMBLED EGGS WITH VEGETABLES + A SMALL BOWL OF PAPAYA
Mid Morning - (12:00 PM)
COCONUT WATER
Lunch - (02:00 PM)
NOTE: Green salad 20 mins before lunch
ANY SESAONAL VEGETABLE
MILLETS BREAD - 2 SLICES
Evening - (05:00 PM)
COFFEE + 1 DATE
Dinner - (08:00 PM)
GRILLED TOFU WITH SAUTEED VEGETABLES
Post Dinner - (10:00 PM)
LEMON WATER (1 Cup (250.0g))

Day 2

Early Morning - (07:00 AM)
GINGER MINT WATER (1 Glass)
SOAKED NUTS
BreakFast - (09:30 AM)
COFFEE SMOOTHIE + MIXED SEEDS
Mid Morning - (12:00 PM)

MIXED BERRIES
Lunch - (02:00 PM)
NOTE: Green salad prior lunch
CURD WITH ADDED CHIA SEEDS
SAUTEED IDLIS -2 TO 3 PC.
Evening - (05:00 PM)
ROASTED FOX NUTS
COFFEE
Dinner - (08:00 PM)
PANEER AND BOILED EGG SALAD
Post Dinner - (10:00 PM)
JEERA WATER (1 Cup (250.0g))

Day 3

Early Morning - (07:00 AM)
FENNEL SEEDS WATER (1 Glass (250.0g)) (soaked overnight)
SOAKED NUTS
BreakFast - (09:30 AM)
FRUIT BOWL
APPLE BEETROOT CARROT JUICE
Mid Morning - (12:00 PM)
BUTTERMILK
Lunch - (02:30 PM)
NOTE: Green salad prior lunch
VEGETABLE OATS CHEELA
CURD - 1 KATORI
Evening - (05:00 PM)
NO SNACK
COFFEE
Dinner - (08:00 PM)
DINNER OF YOUR CHOICE
Post Dinner - (10:00 PM)
LEMON WATER (1 Cup (250.0g))

Day 4

Early Morning - (07:00 AM)
BASIL MINT WATER (1 Glass)
SOAKED NUTS
BreakFast - (09:30 AM)

BOILED EGGS -2 + APPLE - 1

Mid Morning - (12:00 PM)

FRUIT

(Any seasonal fruit)

Lunch - (02:00 PM)

NOTE: Green salad prior lunch

MUSHROOM SANDWICH

SPROUTS SALAD -1 SMALL BOWL

Evening - (05:00 PM)

COFFEE

Dinner - (08:00 PM)

BEET HUMMUS

PITA BREAD

(2PC.)

Post Dinner - (10:00 PM)

JEERA WATER (1 Tea Cup (180.0g))

Day 5

Early Morning - (07:00 AM)

GINGER TURMERIC WATER (1 Glass (250.0g))

SOAKED NUTS

BreakFast - (09:30 AM)

SPROUTS CHEELA -1

MINT CHUTNEY

Mid Morning - (12:00 PM)

WATERMELON FRUIT

Lunch - (02:00 PM)

NOTE: Green salad prior lunch

BLACK CHANA CURRY

MILLETS BREAD - 2 SLICES

Evening - (05:00 PM)

ROASTED FOXNUTS

COFFEE

Dinner - (08:00 PM)

BROCOLLI ALMOND SOUP

1 BOWL

Post Dinner - (10:00 PM)

FENNEL WATER (1 Cup (250.0g))

Day 6

Early Morning - (07:00 AM)
CARDAMOM WATER (1 Glass (250.0g))
SOAKED NUTS
BreakFast - (09:30 AM)
BESAN CHEELA -1
MINT CHUTNEY -1
Mid Morning - (12:00 PM)
SEASONAL FRUIT
Lunch - (02:00 PM)
NOTE: Green salad prior lunch
PANEER SANDWICH
USE MULTIGRAIN BREAD
Evening - (05:00 PM)
ROASTED MAKHANE (Just 1 handful)
COFFEE
Dinner - (08:00 PM)
AVOCADO SALAD - 1 BOWL
Post Dinner - (10:00 PM)
LEMON WATER LUKE WARM (1 Cup (250.0g))

Day 7

Early Morning - (07:30 AM)
WARM WATER (1 Glass)
DATE 1
BreakFast - (09:30 AM)
WATERMELON JUICE -1 GLASS
MIXED NUTS AND SEEDS
Mid Morning - (12:00 PM)
COCONUT WATER
Lunch - (02:00 PM)
NOTE: Green salad prior lunch
BREAD OMELETTE
CURD WITH ADDED FLAX SEEDS
Evening - (05:00 PM)
DARK CHOCOLATE -1 PC
COFFEE
Dinner - (07:30 PM)

BOILED KIDNEYBEAN OR WHITE CHANA SALAD (1 Bowl (350.0g))

Post Dinner - (09:30 PM)

SAFRRON WATER (1 Glass (250.0g))

