

## **Disclaimer :**

All information on diet and recipes and supporting guidance is solely to provide assistance in your daily healthy lifestyle. The information is not planned as a substitute for meeting, evaluation or treatment by a medical doctor and/or registered dietitian or nutritionist. The services provided by Dr Sonal's DietPlan is not intended to be, and should not be taken as a substitute for medical advice nor can they be represented as a guarantee of progress of specific conditions or weight loss.

1. Save Your Plan

2. Join our community

[https://www.facebook.com/Nutrichief/?ref=pages\\_you\\_manage](https://www.facebook.com/Nutrichief/?ref=pages_you_manage)

<https://www.youtube.com/channel/UCDbEfOAoy1fBBgpP86VhdIA>

<https://www.linkedin.com/in/dr-sonal-kolte-731210109/>

<https://play.google.com/store/apps/details?id=com.ydl.nutrichief>

3. Send pictures of your food, check your weight before you start upload your pictures in group

4. Take Starting Measurements and weight properly.

5. Take your before and after pictures for the future.

6. This is generalised plan for weight loss.

7. You can join [www.mydietplan.co.in](http://www.mydietplan.co.in) for customized plan.

## **Precaution to be taken**

No junk food, follow plan Strictly

1 cup tea/coffee or 2 cups of green / herbal tea allowed per day without sugar

Drinking WATER at least 3 to 4 litres of water (12- 15 glasses)

each day. Add lemon or other natural flavourings to keep it interesting.

Mid Meal or breakfast to be counted as pre/post workout meal

No cheat meal allowed

Finish your dinner early by 7.30 pm

Try to sleep early in the night before 12 pm

7- 8 hours sound sleep. Don't starve yourself.

## 30 Days Plan

### Early morning

One glass of lukewarm water and one pinch of jeera mint and Tulsi leaves

/One glass of water + pinch of Dalchini powder

/apple cider vinegar one spoon + one glass of water

### Breakfast

1) moong usal (One handful of 35-40gm)

2) mot usal (One handful of 35-40gm)

3) one slice of atta bread + one full egg Omlete or 30gm Panner

5) vegetable poha 1/2 plate

6) oats and vegetable upma 1/2 plate

7) vegetable upma 1/2 plate

### Mid morning

5-6 almond + one walnut

### Lunch

One katori sprouts and vegetables salad

One Jawar roti/two wheat roti /multi grain atta roti

dal and Sabji

Curd low fat one katori

### Mid evening

One fruit 100 gm/ green tea/ black tea / herbal tea without sugar

## **Dinner**

1) Two small roti dal and Sabji and

2) Two moong dal chilla with vegetables salad and tomatoes chutney

3) dalia one katori 40gm

Moong dal 20gm

Vegetable make khichadi

4) Two oats chilla with vegetables salad and tomatoes chutney

5) 2 normal idli and vegetables sambhar lots of vegetables have sambhar as much as you want

6) Two plain dosa and vegetables sambhar add lots of vegetables sambhar add

7) oats 30 gm vegetable upma

+ one big bowl of salad

## **40 min before going to bed**

One small katori vegetable soup / one cup of milk with out sugar pinch of turmeric powder

**BEST WISHES FOR WEIGHT LOSS**