



7 DAY DIET PLAN FOR WEIGHT LOSS



Day 1

Early Morning	5 almonds, elaichi water
Breakfast	hung curd sandwich
Mid-Morning	mint coriander infusion, green coffee
Lunch	the masala chas
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	mix veg or celery soup
Post Dinner	chamomile tea

Day 2

Early Morning	5 almonds, elaichi water
Breakfast	besan cheela with low-fat curd/green chutney, overnight soaked oats
Mid-Morning	mint coriander infusion, green coffee
Lunch	any dal with oats roti
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	vegetable lentil soup, sauteed veggies
Post Dinner	chamomile tea

Day 4

Early Morning	5 almonds, elaichi water
Breakfast	apple curd smoothie/wheat bran flakes in medium low-fat milk
Mid-Morning	mint coriander infusion, green coffee
Lunch	wheat bran roti with any seasonal vegetable /bajra khichdi
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	fruits raita/mixed veg soup
Post Dinner	chamomile tea

Day 3

Early Morning	5 almonds, elaichi water
Breakfast	poha cutlet/rice or besan cutlet
Mid-Morning	mint coriander infusion, green coffee
Lunch	chana dal/brown rice cutlets
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	garlic sauteed veggies/bhelpuri/pumpkin soup
Post Dinner	chamomile tea

Day 5

Early Morning	black pepper seeds, lukewarm lemon water
Breakfast	sprouts jalfrezi,/sprout dahi chaat
Mid-Morning	mint coriander infusion, green coffee
Lunch	makhana kheer/pysumm/avocado veggie wrap
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	makhana kheer/pysumm/avocado veggie wrap
Post Dinner	chamomile tea

Day 6

Early Morning	5 almonds, elaichi water
Breakfast	Mexican wrap/avocado blueberry smoothie bowl
Mid-Morning	mint coriander infusion, green coffee
Lunch	oats cheela
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	chatpata guava chaat/fruit custard
Post Dinner	chamomile tea

Day 7

Early Morning	5 almonds, elaichi water
Breakfast	peanut butter cucumber sandwich/wheat bran roti kneaded with ghiya and curd
Mid-Morning	mint coriander infusion, green coffee
Lunch	whole wheat vegetable pasta/wheat bran roti with ghiya
Post Lunch	green tea, seeds mixture
Evening	any fruit except mango, Chikko, banana, grapes
Dinner	bowl of ghiya
Post Dinner	chamomile tea



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