**Early Morning:**

One liter water either with honey lemon or Chia seeds(which were soaked all over night) **Breakfast:**

One glass of orange juice without sugar.(50 cal)

2 idly / one cup of Oats / two boiled eggs and one slice of Bread (mostly brown)

* Better avoid dosa , puri for a while
* Don’t add sugar in oats

**Lunch:**

2 chapathi with more vegetables / one big cup of rice with curry

And one glass of buttermilk and small cucumber

**Snacks:**

One fruit / small bowl of nuts / popcorn

Tea / coffee / any juice without sugar

**Dinner:**

2 chapati / oats upma / one big bowl of Muesli / big bowl of corn flakes

* Add boiled corn / boiled vegetables
* One class of buttermilk

**Do’s:-**

At least 5/6 liters water in day (very imp)

* Can eat dark chocolates
* Add more any corn items to your diet like popcorn , flakes
* Eat more watermelon, papaya, apple
* Add more citric food like lemon , oranges , pineapple etc.,
* Eat more grains , pulses which are rich in fiber.( fiber helps to reduce fat in your body)

**Don’ts:-**

* Avoid sugar , white flour , candy, cool drinks , soda
* Avoid Banana , chiku(sapota)

**Note :** Diet + workouts = weight lose

**Workouts:** 40 mins of walking / 20 mins running/ 1hr swimming / 1hr gym

Do At least this workouts to not gain weight :

* 50 pushups , 50 squats , 50 leg raisings , 50 crunches
* Do workouts in 3 set of 20 reps I min break , 15 reps I min break ,15 reps I min break.