**Lose weight**: -

Everyone in this world knows how to lose weight. Its simple by doing exercises like cardio, etc. *But what about diet?*

Today we’ll see how we can lose many kilograms just by improvising our diet routine.

*24-hour routine*: -

1. Wake up early in morning, still in bed drink one big glass of warm water slowly. Watch your system getting activated. Warm water will kickstart your metabolism which is extremely important for fat loss.
2. Jump out of bed freshen up and get ready for some workout. 20 minutes of strength training at home or gym followed by 10 minutes of abs and cardio is good enough. After exercising, let your body cool down and get ready for breakfast.
3. In breakfast eat “masala oats”. Not the purchased one, but the homemade one. Let’s check out its quick and simple recipe.
4. Chop all your favorite vegetables put on the flame and in a pan add a little water. Toss in the vegetables and salt for taste. Let it boil for 2 minutes. Once this is done, put the flame on low. Now add ginger, black pepper and turmeric. Mix it well.
5. Add finely chopped capsicum and half a cup of oats.
6. Finally add tomatoes and 70 grams of paneer for protein. Make sure not to overcook the vegetables.
7. Garnish it with fresh coriander leaves and add lemon juice.

Oats are the excellent source of complex carbohydrates and are very much high in protein & fiber. They will keep you full for a longer period of time.

* *So, the calorie consumption for your breakfast should be this*: -
* Calories=350 kcal
* Carbohydrates=30 grams
* Protein=16 grams
* Fats=11 grams
* Fiber=12 grams
* Next meal should be after 4 to 5 hours after the breakfast. If you feel hungry between breakfast and lunch drink water. If that doesn’t feel you up, you can have one cup of hot green tea along with apple, orange, banana, chikku or any other seasonal fruit.

1. Its lunch time and for lunch, we will have one whole wheat ‘roti’ along with one bowl of black chana and one delicious bowl of cucumber mint raita.
2. Now it’s time for evening snack. Evening snack should be something which is very easy to carry & is highly nutritious and balanced diet.

Take this as you evening snack: -

1. 3 to 4 dried figs
2. 8 to 10 almonds
3. One small piece of fruit of your choice

Fruits are high in vitamins which is essential for fat loss. So, it is very low-calorie food, but excellent snack option.

1. Its dinner time and for dinner we will have one big bowl of mix dal along with vegetable salad. For best results have your dinner 3 hours before going to sleep. Also in this diet, avoid roti and rice at night. Mix dal will not only give you the required carbohydrates but also all the essential amino acids.

One serving of vegetable salad is of course very important to cut the lower belly fat. If you feel hungry after this meal you can have half glass of hot turmeric milk one hour before going to sleep.