

Day	Time	Meal	Food Items	Portion Size
Monday	6:30 AM	Early Morning Drink	Warm water with lemon or apple cider vinegar (optional)	1 glass
	7:30 AM	Breakfast	Oats with almond milk and chia seeds (or) Whole wheat toast + avocado	1 bowl oats or 2 slices toast + 1 boiled egg
	10:30 AM	Mid-morning Snack	Fresh fruit (apple or papaya) or a handful of almonds	1 fruit or 8-10 almonds
	12:30 PM	Lunch	Lentil soup (dal) or chickpea salad (cucumber, tomato, olive oil)	1 bowl soup or 1 plate salad
	3:30 PM	Evening Snack	Green tea or herbal tea + mixed nuts (cashews, walnuts)	1 cup tea + 10-12 nuts
	6:30 PM	Pre-Dinner	Carrot or cucumber sticks with hummus (or) boiled egg or tofu	1 serving (1-2 boiled eggs or tofu)
	7:30 PM	Dinner	Grilled paneer + sautéed veggies (broccoli, spinach, mushrooms)	1 serving paneer + 1 cup veggies
	9:30 PM	Night Snack	Greek yogurt (or) small fruit (apple or pear)	½ cup Greek yogurt or 1 small fruit
Tuesday	6:30 AM	Early Morning Drink	Warm water with lemon or apple cider vinegar (optional)	1 glass
	7:30 AM	Breakfast	Chia pudding with almond milk and berries (or) Whole wheat toast + avocado	1 serving chia pudding or 2 slices toast + 1 egg
	10:30 AM	Mid-morning Snack	Fresh fruit (orange, papaya) or a handful of almonds	1 fruit or 8-10 almonds
	12:30 PM	Lunch	Quinoa salad with chickpeas, tomatoes, cucumber, olive oil	1 bowl salad
	3:30 PM	Evening Snack	Green tea + handful of mixed nuts	1 cup tea + 10-12 nuts
	6:30 PM	Pre-Dinner	Cucumber sticks with hummus (or) boiled egg or tofu	1 serving (1-2 boiled eggs or tofu)
	7:30 PM	Dinner	Stir-fried tofu with veggies (broccoli, bell peppers, zucchini)	1 serving tofu + 1 cup veggies
	9:30 PM	Night Snack	Greek yogurt (or) a small fruit like an apple or pear	½ cup Greek yogurt or 1 small fruit
Wednesday	6:30 AM	Early Morning Drink	Warm water with lemon or apple cider vinegar (optional)	1 glass
	7:30 AM	Breakfast	Oats with almond milk and chia seeds (or) Whole wheat toast + avocado	1 bowl oats or 2 slices toast + 1 boiled egg
	10:30 AM	Mid-morning Snack	Fresh fruit (apple, orange) or a handful of almonds	1 fruit or 8-10 almonds

Day	Time	Meal	Food Items	Portion Size
Thursday	12:30 PM	Lunch	Lentil soup (dal) or chickpea salad with cucumbers, tomatoes, olive oil	1 bowl soup or 1 plate salad
	3:30 PM	Evening Snack	Green tea + handful of mixed nuts	1 cup tea + 10-12 nuts
	6:30 PM	Pre-Dinner	Carrot or cucumber sticks with hummus (or) boiled egg or tofu	1 serving (1-2 boiled eggs or tofu)
	7:30 PM	Dinner	Grilled paneer with sautéed vegetables (broccoli, spinach, mushrooms)	1 serving paneer + 1 cup veggies
	9:30 PM	Night Snack	Greek yogurt (or) small fruit like apple or pear	½ cup Greek yogurt or 1 small fruit
	6:30 AM	Early Morning Drink	Warm water with lemon or apple cider vinegar (optional)	1 glass
	7:30 AM	Breakfast	Chia pudding with almond milk and berries (or) Whole wheat toast + avocado	1 serving chia pudding or 2 slices toast + 1 egg
	10:30 AM	Mid-morning Snack	Fresh fruit (orange, papaya) or a handful of almonds	1 fruit or 8-10 almonds
	12:30 PM	Lunch	Quinoa salad with chickpeas, tomatoes, cucumber, olive oil	1 bowl salad
	3:30 PM	Evening Snack	Green tea + handful of mixed nuts	1 cup tea + 10-12 nuts
Friday	6:30 PM	Pre-Dinner	Cucumber sticks with hummus (or) boiled egg or tofu	1 serving (1-2 boiled eggs or tofu)
	7:30 PM	Dinner	Stir-fried tofu with veggies (broccoli, bell peppers, zucchini)	1 serving tofu + 1 cup veggies
	9:30 PM	Night Snack	Greek yogurt (or) a small fruit like an apple or pear	½ cup Greek yogurt or 1 small fruit
	6:30 AM	Early Morning Drink	Warm water with lemon or apple cider vinegar (optional)	1 glass
	7:30 AM	Breakfast	Oats with almond milk and chia seeds (or) Whole wheat toast + avocado	1 bowl oats or 2 slices toast + 1 boiled egg
	10:30 AM	Mid-morning Snack	Fresh fruit (apple, orange, papaya) or a handful of almonds	1 fruit or 8-10 almonds
	12:30 PM	Lunch	Lentil soup (dal) or chickpea salad (cucumber, tomato, olive oil)	1 bowl soup or 1 plate salad
	3:30 PM	Evening Snack	Green tea + handful of mixed nuts	1 cup tea + 10-12 nuts
	6:30 PM	Pre-Dinner	Carrot or cucumber sticks with hummus (or) boiled egg or tofu	1 serving (1-2 boiled eggs or tofu)

Day	Time	Meal	Food Items	Portion Size
	7:30 PM	Dinner	Grilled paneer + sautéed veggies (broccoli, spinach, mushrooms)	1 serving paneer + 1 cup veggies
	9:30 PM	Night Snack	Greek yogurt (or) small fruit (apple or pear)	½ cup Greek yogurt or 1 small fruit

### Key Tips:

- **Stay hydrated:** Drink at least 8 glasses of water each day.
- **Exercise regularly:** Include 30 minutes of physical activity daily (walking, yoga, strength training).
- **Portion control:** Even with healthy foods, controlling portions is essential for weight loss.
- **Avoid processed foods:** Stick to whole, natural foods.
- **Be consistent:** The key to weight loss is maintaining a consistent, healthy routine.