

# ■ AyuamritWellness – weight loss diet ■

## ■ Breakfast (200–220 kcal, choose 1)

- 1) Guava (150g) + 4 soaked almonds
- 2) Orange (120g) + 1 glass water with 1 tsp soaked chia
- 3) Cucumber (100g) + Carrot (50g) + 1 tsp peanut butter
- 4) Pomegranate (120g) + 1 tsp sunflower seeds
- 5) Green Smoothie – Spinach (30g) + ½ banana (50g) + coconut water (100ml)
- 6) Apple-Papaya Mix – Apple (80g) + Papaya (100g) + lemon drizzle
- 7) Steamed Veg Bowl – Pumpkin (80g) + Lauki (80g) + carrot sticks

## ■ Lunch (450–600 kcal, choose 1)

- 1) Paneer Tikka Bowl – 100g paneer grilled + capsicum, tomato, lauki (100g)
- 2) Vegetable Daliya – Samak daliya (150g cooked) + cucumber salad
- 3) Rajgira Khichdi – 1 cup cooked (~180g) + curd (100ml)
- 4) Stuffed Capsicum – 2 capsicum stuffed with 100g mashed sweet potato + lemon
- 5) Kuttu Roti (2 small, 40g each) + Lauki Sabzi (100g) + Curd (100ml)
- 6) Rainbow Fruit Salad – Apple (80g) + Pomegranate (80g) + Orange (80g)
- 7) Steamed Vegetable Platter – Broccoli (80g) + Beans (80g) + Carrot (80g)

## ■ Dinner (300–450 kcal, choose 1)

- 1) Bottle Gourd Soup (250ml) + Stir-fried Zucchini/Beans (100g)
- 2) Rajgira Roti (2 small, 35g each) + Lauki Raita (100ml)
- 3) Stir-Fried Veggies with Tofu – 100g tofu + 100g veggies
- 4) Pumpkin Soup (200ml) + Fruit Salad – Apple (100g) + Papaya (100g)
- 5) Steamed Broccoli & Cauliflower (200g) + 1 tbsp roasted peanuts
- 6) Papaya Bowl – Papaya (120g) + Chia seeds (1 tsp)
- 7) Veg Soup Mix – Lauki (100g) + Spinach (50g) + Tomato (50g)

## ■ Allowed Detox Drinks when ever you

### Want drink YOU CAN

- Tulsi tea (no sugar)
- Ginger-lemon water
- Fennel seed water (soaked overnight)
- Hibiscus tea
- Cucumber-infused water

## ■ Why This Works

- ✓ ■ Breakfast ~200 kcal → energy boost while keeping fat-burning active.
- ✓ ■ Lunch = protein + smart carbs + veggies → metabolism boost, prevents overeating.
- ✓ ■ Dinner = light, protein-rich → promotes overnight fat burn.
- ✓ ■ Extra fruit/veg recipes = freshness, variety, prevents boredom.
- ✓ ■ Detox drinks → hydration, toxin flush, reduced craving

