First things first, If everything with you is fine your weight gain is due to lethargy, wrong dietary habits and erratic routine. So When u go on a diet make sure that whatever plan u follow it must be timed right as well. You must wake up latest by 8:00 ( that’s for the late risers, even I used to wake up by 10 or 11). This is the most important thing in your routine because the body has its own clock and you shouldn’t mess with it.

This diet is split in 4 weeks period with the diet changing every week.

Before starting the diet weigh yourself and write it down somewhere. This way you know where you started and you feel good to see the scales going down.

Some things you need to follow this diet:

No salt after 7:30

No aerated drinks. Yes that includes even the diet version.

Restrict mango and banana

Restrict potato and rice.

No artificial juices as well.

Half an hour of aerobic exercise daily. If u want to join a gym good enough. But if due to any reason maybe time or money constraint u can’t join a gym. All you need is a comfortable pair of shoes to do some aerobics, a skipping rope to do at least 500 skips (5 sets of 100 skips and increasing it as you go). 1.5 -2 kgs dumbbells for toning your upper body. Just these basic things and you are set.

20 mins of breathing exercise. ( I’m talking about Baba Ramdevs pranayam)

Without further ado I present you with the Indian diet.

Week 1

8:00 am (as soon as you wake up) – 2 glasses of methi seeds water ( soak 1tsp of methi seeds in 2 glasses of water. Strain out the methi seeds and drink the water. Helps a lot in water retention and bloating) 5 soaked almonds with the skin. 1 kali mirch u don’t have to chew it just swallow it down.

9:00 am – 1 toast (brown bread) with amul lite butter / hung curd dressing/ salad and chutney

11:30 am – one fruit of your wish

1:30 pm – A small plate of salad before starting the meal. The fibers in the salad fills u up which in turn prevents false hunger that makes u overeat.1 bran chappati (mix wheat flour and wheat bran in equal proportions.) with 1 bowl ( normal sized katori ) of dal. Generally at my place dal is cooked at night so I used to store the dal made at night for the other days lunch, u can do the same.

5:00 pm – 1cup of milk or tea with 2 biscuits(just marie, no other biscuits)/ 1 small bowl bhuna channa/ 1bowl popcorn ( not the buttery act 2 ones but air popped popcorns without the butter)

7:30 pm –A small plate of salad before starting the meal. 1 bran chappati with 1 k vegetable ( any vegetable not rajmah, channa or kadhi)

8:30 pm – one fruit of your wish

When this week ends, weigh yourself again. I’m sure u must have lost weight. I lost 1.8kgs in the first week itself. U lose the max in this week because you lose all the water weight and the bloating is gone. The further weeks you are surely going to lose weight but it won’t be this much.

Now to the next week.

Week 2

8:00 am (as soon as you wake up) – 2 glasses of tulsi leave water ( soak 5 tulsi leaves in 2 glasses of water. Strain out the leaves and drink the water.) 5 soaked almonds with the skin. 1 kali mirch.

9:00 am – 1 toast (brown bread) with amul lite butter / hung curd dressing/ salad and chutney

11:30 am – one fruit of your wish

1:30 pm – A small plate of salad before starting the meal. 1 sandwich (2 brown breads with paneer filling, if you are a vegetarian and egg whites, if you are a non vegetarian.)

5:00 pm – 1cup of milk or tea with 2 biscuits

7:30 pm –A small plate of salad before starting the meal. 1 bran chappati with 1 k vegetable (this week you can take rajmah, channa or kadhi )

8:30 pm – one fruit of your wish

This week I lost just .9kgs

Week 3

8:00 am – 2 glasses of methi seeds water. 5 soaked almonds with the skin. 1 kali mirch.

9:00 am – 1 glass of milk and a fruit

11:30 am – one fruit of your wish

1:30 pm – 1 bran chappati and any vegetable

5:00 pm – 1cup of milk or tea with 2 biscuits/ 1 small bowl bhuna channa/ 1bowl popcorn (not the buttery act 2 ones but air popped popcorns without the butter)

7:30 pm – 3 pcs steamed or roasted chicken or fish + salad (non vegetarians)

Any one of the following for vegetarians:

1. 1 bowl dal .+ 1 bowl curd + salad

2. 1 bowl veg + 1 bowl curd + salad

8:30 pm – one fruit of your wish

Week 4

8:00 am – 2 glasses of methi seeds water. 5 soaked almonds with the skin. 1 kali mirch.

9:00 am – 1 glass of cold coffee and a bb toast

11:30 am – one fruit of your wish

1:30 pm – This week you have a lot of options which you can take alternatively.

1 bowl sprouts + fruits

2 bowl vegetables + salads

1 bowl dalia + 1 bb toast

1 bowl vegetables + 1 bb toast

1 bowl kadhi + 1 quarter plate rice

5:00 pm – 1cup of milk or tea with 2 biscuits/ 1 small bowl bhuna channa/ 1bowl popcorn (not the buttery act 2 ones but air popped popcorns without the butter)

7:30 pm – 1 bran chappati and 1 bowl vegetable.

8:30 pm – one fruit of your wish

By the end of the month you will definitely lose 3-6 kgs I lost 4.3 kgs in a month with PCOD. I’m sure u can do better.

He also gave me some really good gyan as well. According to him when on a diet your social life won’t stop but you can still manage your weight without locking yourself at home. Some pointers for it:

When you go out with friends try to have your lunch or dinner at subway. The healthiest option out there. Take a veggie delite sub in brown bread and eating out won’t harm your diet and weight at all. Tell them not to put mayo in it though.

If you don’t have a say in the place of eating then make your choices sensibly. If you go to eat Chinese have rice rather than noodles. Order stir fried veggies instead of Manchurian. And control your proportions. Don’t take fried starters. Avoid those thick soups they are no good.

When going out just pick 2 fruits before sitting in the car and eat it on your way to the venue. When you are already a little filled before going out. Your somewhat filled stomach helps your mind take the right decision.

If eating Indian, order tandoori chappati rather than butter naan or parantha. Take less gravy since it is the most fattening.

Even if you don’t want to lose weight keep these points in your mind and you will be able to maintain your weight easily.

So go on a diet now and get your svelte figure back.

P.S.: I really want to thank Rati for giving me a platform to share my thoughts and ideas without having me to bear with the responsibility of making a whole blog work.