

# Weight Loss Diet



1. Lukewarm water immediately after you wake up.

2. PREWORKOUT (Workout in morning):

1 banana/ black coffee

3. POSTWORKOUT:

1 scoop whey with 1 scoop creatine if available.  
, else egg whites (4).

4. MEAL 1:

Oats, 2 Egg Whites, Dry Fruits

5. MEAL 2:

Any Fruit available.

6. MEAL 3:

Panner/Chicken with curd and Chapatis.

Dal (Boiled) and salad are advised.

7. MEAL 4:

SHAKE:

1 Banana Milk(250ml) +2 spoon PeanutButter, OATS (50gm)

Eggs- (1 whole egg, 1 Egg white)

8. MEAL 5:

Boiled Channa/Tofu with some veggies and 1 roti

9. MEAL 6:

1 scoop whey in milk with some cinnamon