

Personal Eating Routine to Reduce Belly Fat

General Guidelines (Follow Daily):

- Drink 1 glass of lukewarm water with lemon every morning.
- Eat slowly and chew properly. **Eat 1 whole egg + extra egg whites for balance (e.g., 1 whole egg + 2 egg whites).**
- Avoid sugar, sweets, and fried snacks on most days.
- Prefer chapati over rice and sprouts/salad over sweets.
- Exercise at least 30 mins/day (walk, jog, or light workout).

Monday

Breakfast: 2 rice idlis + chutney + sprouts or fruits

Avoid: Vada

Lunch: Aloo fry (small portion) + Chana dal + salad

Avoid: Extra rice

Snacks: Skip bhel puri or eat half

Dinner: Soya chunks curry + lemon rice (small) + salad

Avoid: Ghee, extra rice

Tuesday

Breakfast: Poha or Wangi bath (small portion) + fruits

Avoid: Aloo Bhujia

Lunch: Rajma + chapati + salad

Avoid: Suji Halwa, excess rice

Snacks: Skip milk if had at breakfast

Dinner: Soya biryani (small portion) + cabbage matar

Avoid: Kulfi

Wednesday

Breakfast: Set dosa (1) + sambar + sprouts

Avoid: Extra dosa or chutney

Lunch: Veg pulao (small portion) + bhindi masala + raita

Avoid: Papad

Snacks: Skip chowmein

Dinner: 1 chapati + Kaju kurma (small portion) + salad

Avoid: Custard, butter chicken (if non-veg)

Thursday

Breakfast: Pongal (small) + puri (1 max) + chutney

Avoid: Extra puri

Lunch: Mixed dal + moong + vegetable kurma + salad

Snacks: Half portion pav bhaji

Dinner: 1 chapati + rasam + sabzi

Avoid: Chole bhature, carrot halwa

Friday

Breakfast: 1 boiled egg (if allowed) or upma + fruits

Avoid: Bread + butter

Lunch: Tarkari + chana + chapati

Snacks: Skip bonda/pakoda

Dinner: Paneer butter masala (small) + tadka dal + 1 chapati

Avoid: Chili chicken, ice cream

Saturday

Breakfast: Sprouts + small aloo paratha (no butter)

Avoid: Bisibele bath

Lunch: Aloo chokha + cabbage manchurian + salad

Snacks: Skip masala puri

Dinner: Aloo dum (small) + dal + 1 chapati

Avoid: Egg curry (if high fat), gulab jamun

Sunday

Breakfast: Masala dosa (1) + sprouts + fruits

Avoid: Extra dosa or oil

Lunch: Chana dal + matar paneer + chapati

Avoid: Ice cream

Snacks: Fruits only

Dinner: Dal fry + 1 chapati + small portion sabzi

Avoid: Chicken biryani (if possible), or take a small portion only

