

Weight loss diet chart

Just after wake up: 2 glass warm water then fresh

just after fresh up- 1st meal: 1 cup black coffee+ 5-6 soaked almonds

2rd meal protein shake and 2 brown bread/ 4 digestive biscuit/ 2 brown bread with half spoon peanut butter

3rd meal- 10:00Am -11:00Am breakfast- 1small bowl poha/sprouts/chana chaat/chole chaat/small 1 besan cheela with vege/ upma/3 egg white

12:00PM- 4cashew+ 2 pista+ Any fruits (1 apple/2 slice papaya/Pineapple)

lunch 15gm brown rice+ 1 roti+ 1 big bowl Daal + seasonal vege+ salad

4:00pm- 1 cup black coffee /4 digestive biscuits

6:30- protein Shake/Oats/ fruits/3 egg white

Dinner- 1 bowl Daal/seasonal veg/Chana/chole chaat+ salad

walk 15-30 min just after dinner

Note: Use Mustard oil or olive oil or coconut oil in cooking (less quantity)