

# Indian Diet for **WEIGHT LOSS** **IN 7 DAYS**



**Truweight**

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# 1. Introduction

This eBook is for people who need to lose weight in a healthy way and would like learn some interesting and achievable tips. The information in this book is intended as a guide.

We at Truweight encourage people to check with healthcare professionals and nutritionists for individual health advice.

This book will help you get more information on how you can have a good [Indian Diet](#) but still lose weight in a healthy way.

We are giving you here the Indian diet chart plan for weight loss which will help you lose weight in 4 weeks. The tips shared here are the natural tips for shedding excess fat in a manageable way. The tips shared ensure you lose weight by eating more and eating right foods.

This book bring you evidence-based diet chart plan for Indians to lose weight naturally.





## 2. Why Weight Loss is Important

Excess weight is never good for your overall health. So [weight management](#) should become an important part of your lifestyle.

Being overweight increases your risk of health conditions such as heart problems, high blood pressure, type 2 diabetes and certain types of cancer. Excess weight also increases your risk for osteoarthritis (joint disease), sleep apnea (abnormal breathing at night) or other respiratory (breathing) problems.

It also leads to poor self-esteem which can in turn lead to depression. Many overweight people start avoiding social events and family gathering for the fear of criticism, which is very harmful for overall mental well-being.

## 3. Lose Weight the Healthy Way

The best way to lose weight is to eat fewer calories (units of energy that your body gets from food) and get regular exercise. Eating more calories than you need will cause you to gain weight.

Try to cut down your calories by 500 calories per day. For example, cut down on one soda (about 150 calories), a small bag of regular potato chips (about 150 calories) and one chocolate bar (about 250 calories).

For most people, this change will result in a slow weight loss of about one pound a week. You can burn calories if you get [regular exercise](#). Exercise (for example, walk, swim or bicycle)



for at least 30 minutes on most days of the week. You will be more likely to keep weight off if you make lifelong lifestyle changes.



Aim for a slow, steady weight loss. Losing even a small amount of weight can lower your risk of health problems. Ask our dietitian, nutritionist or healthcare provider about a [weight loss goal](#) that is right for you.

## 4. Indian Diet Plan

Are you overwhelmed with all the fancy exotic diet plans that you hear or read about? Then it's time for you to follow something that suits you and your lifestyle. It is time to focus on an Indian Diet Plan for weight loss.

Because let's face it, although we think Indian meals are healthy there are a lot of loopholes. Therefore, instead of following a diet that is not suitable for you, try one that goes hand in hand with your eating habits.

We will give you insights on what is keeping you fat, the ratio of exercise and diet control you need to have. Plus an expert recommended month long [weight loss diet chart plan for Indians](#).

Vegetarian diet is an excellent way to lose weight. That's because, most vegetables contain good carbs, dietary fiber, vitamins, minerals, healthy fats, and proteins.

These nutrients prevent absorption of fat, improve bowel movement, strengthen bones, help shed fat and build muscle mass, boost brain function, energize the body, and keep all the diseases away.



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## 5. Recommended Indian Diet Tips for Weight Loss

Weight loss is not so difficult and by following the below [weight loss diet tips](#), one can lose weight at ease. The key is to follow the tips diligently. Here some points to keep in mind:

### 1] Don't skip meals

Skipping meals is never going to help you in weight loss. In fact, it will make you hungrier and you will end up eating something unhealthy that will further hamper your weight loss diet .

### 2] Eat more frequently

Have small meals frequently and regularly. The aim is to never let yourself be excessively hungry. Be it having healthy snacks or fruits, try to eat more frequently.

### 3] Have home-made foods

Cook food at home so that you can be more attentive towards the ingredients and find healthy alternatives to cooking. For example, you can use lesser oil or bake the chicken instead of frying.

### 4] Increase the stock of healthy foods

Always make sure that you have enough healthy foods in store





so that whenever your hunger pangs strike, you eat something healthy instead of the stored pastries or the pizza leftovers.

## 5] Add all the food groups into your diet plan

Whenever you are planning a meal make sure you have included all the important food groups like Proteins, Vitamins, Carbohydrates and Good fat. The goal is to follow a balanced diet.

## 6] Choose smaller plates and bowls

This really works. This has to do with the psychology. According to a new research published in the Journal of the Association for Consumer Research, decreasing the plate sizes can help in reducing the amount of food consumed. Hence a smart and easy trick to eat lesser and lose weight.

## 7] Don't go to parties with an empty stomach

Heading towards a party? Eat something healthy and then go. Prepare your body for the party by eating fresh and raw fruits throughout the day. This will let you be half-filled and hence you will gorge less on the party food.

This can help you have fewer alcoholic drinks too. To survive dehydration due to alcohols, keep yourself hydrated throughout the day and even in between your drinks.

## 8] Limit the usage of sugar and salt

Ditch the salt shaker and those additional spoons of sugar for your tea. Both sugar and salt should be





taken in moderation.

While excess sugar may affect blood sugar levels, excess salt may cause water retention and these contribute to weight gain.

## 9] Eat more fruits and vegetables

In order to make your meals more filling, you can add fruits and veggies to them. This is a way to twist your dishes in the most healthy manner.

## 10] Avoid zero carb/restricted diet plans

Don't fall into the traps of restricted diet plans such as zero carb diet. Our body needs nutrients from each of the food groups. So cutting any of them out will only stop us from enjoying their benefits.

Most of the weight loss diet plans provided online or by certain nutritionists look at curing the symptom and not treating the root cause of weight issues.



## 6. Expert recommended Indian Diet Plan for Weight Loss in 4 Weeks

### Week 1: Weight Loss Diet

Early morning: 1 fruit of your choice + 3 - 4 mixed seeds such as watermelon, flax, sesame, melon to name a few.

Breakfast: Open paneer sandwich with mint chutney/2 idlis with sambhar/Akki roti with dill leaves and sambhar/2 egg omelette with 2 whole grain bread slices/2 multigrain mixed vegetable parathas + 1 glass of vegetable juice of your choice.

Mid-morning: 4 walnuts and 2 dates/Fruit of your choice/tender coconut water with malai

Pre-lunch: 1 plate of preferred salad with vinegar dressing.

Lunch: 2 multigrain roti/1 Katori red or brown rice + 1 bowl dal/pulses like rajma/Egg bhurji/non-veg subji + 1 bowl low-fat curd

Mid-evening: 1 glass of tea or coffee/1 glass buttermilk

Snack: 1 fruit of your choice/1 glass whey protein drink/1 bowl Sprouts bhel

Dinner: 1 bowl chicken gravy + 1 bowl rice/2 multigrain rotis + salad + 1 bowl low-fat curd/1 bowl vegetable dalia upma or 1 bowl millet vegetable upma + 1 bowl sambhar + 1 bowl of salad or soup

Post-dinner : (if you are up late): 4-5 pieces of nuts/1 glass warm low-fat milk



## Week 2: Weight Loss Diet



Early morning: 10 ml wheatgrass juice + 5 to 6 almonds and walnuts

Breakfast: 2 medium vegetable uthappam with sambhar  
/1 bowl vegetable dalia upma + chutney/2 medium paneer, oats and ragi dosa with sambhar/1 bowl fruit, flaxseed and oats porridge  
/1 bowl red rice or brown rice pulse-mixed pongal + 1 bowl sambhar  
/1 sprouted red rice poha + 1 glass vegetable juice of choice

Mid-morning: 1 glass Whey protein shake with milk/assorted fruit platter/Trail mix/Tender coconut juice with the malai.

Pre-lunch: 1 bowl minestrone soup with more veggies and less of pasta.

Lunch: 2 multigrain roti + 1 bowl vegetable dish/ non-veg dish + 1 bowl boiled pulse chaat (rajma, chana, black chana, green moong etc)/1 bowl red or brown rice + 1 bowl mixed vegetable dish + 1 vegetable egg omelette.

Snack: 2 multigrain flour khakras/1 fruit of your choice + 1 cup green tea/Trail mix with mixed seeds.

Dinner: 1 bowl vegetable brown rice basmati chicken biryani/ vegetable pulao + 1 bowl vegetable raita + 1 bowl vegetable or chicken salad of choice/1 bowl steamed red rice + 1 bowl mixed vegetable sambhar + 1 bowl non-veg/vegetable dish + 1 bowl salad of choice/2 multigrain roti + 1 bowl mixed spiced dals/fish curry + 1 bowl curd.

Post-dinner (if you are up late): 1 glass of whey protein shake if missed during snack or simply a glass of warm milk.

## Week 3: Weight Loss Diet

Early morning: 10 Spirulina or green leafy veggie juice + 1 fruit of your choice

Breakfast: 1 bowl vegetable sprout poha with chutney/3-4 dal paddu with sambhar/2 oats idli + sambhar/2 methi parantha with low-fat curd/2 mixed vegetable adai uttapams + 1 bowl mixed veg sambhar.

Mid-morning: 1 fruit of your choice/fistful of Assorted nuts/2 tbsp of trail mix

Pre-lunch: 1 bowl sprout salad of choice/1 bowl mixed veggies chunky soup.

Lunch: 2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick dal/1 bowl red rice + 1 bowl mixed vegetable sambhar + 1 bowl subji + 1 bowl low-fat curd

Snack: Til or peanut chikki with 1 cup spirulina and mixed veggie juice.



Dinner: 1 bowl fruit and veggie mixed salad of choice + 2 bran rotis (wheat roti or oat bran) + 1 bowl of non-veg subji/1 bowl red rice or brown rice + 1 bowl dal + 1 bowl curd

Post-dinner (if you are up late): 1 glass of whey protein shake.



## Week 4: Weight Loss Diet

Early morning: 10 ml Amla juice +3-4 walnuts and almonds mix.

Breakfast: 2 medium dal paranthas (made from leftover dal if any) + 1 bowl low-fat curd/2 Ragi veggies paddus with peanut chutney/2 small and fluffy vegetable pancakes/2 paranthas + 1 bowl vegetables raita/Paneer and vegetable rice bath (from leftover rice) + 1 bowl curd/2 idlis with sambhar

Mid-morning: Amaranth seeds chikki/ 3-4 dry fruits/1 bowl cut fresh fruits of choice

Pre-lunch: 1 bowl sprout salad/1 bowl grilled chicken or fish salad

Lunch: 1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai/2 multigrain roti + 1 bowl non-veg subji or egg bhurji +1 glass of spiced buttermilk/2 vegetable millet uttapams + 1 bowl sambhar.

Snack: 1 cup spiced boiled corn or 1 corn on the cob + 1 cup coffee, tea or green tea/ 1 Fruit of choice / 1 glass whey protein drink

Dinner: 1 bowl vegetable and mixed seeds salad + 2 multigrain roti + 1 non-veg subji or dal of your choice/1 bowl red or brown rice + 1 bowl mix veg sambhar + 1 egg bhurji.

Post-dinner (if you are up late): 1 glass warm milk.



# Indian Diet Plan for Weight Loss in 4 Weeks by Truweight

## Week 1

|               |  |
|---------------|--|
| Early morning | 1 fruit of your choice + 3-4 mixed seeds                                   |
| Breakfast     | Open paneer sandwich with mint chutney /<br>2 idlis with sambhar           |
| Mid-morning   | 4 walnuts and 2 dates / Fruit of your choice                               |
| Pre-lunch     | 1 plate of preferred salad with vinegar dressing                           |
| Lunch         | 2 multigrain roti / 1 Katori red or brown rice + 1 Dal + Veg               |
| Mid-evening   | 1 glass buttermilk   |
| Snack         | 1 glass whey protein drink + Hummus with veggies                           |
| Dinner        | 1 bowl chicken gravy + 2 multigrain rotis + salad +<br>1 bowl low-fat curd |
| Post-dinner   | 4-5 pieces of nuts/ 1 glass warm low-fat milkB                             |

## Week 2

|               |   |
|---------------|---|
| Early morning | 10 ml wheatgrass juice + 5 to 6 almonds and walnuts                                       |
| Breakfast     | 2 medium vegetable uttapam with sambhar   |
| Mid-morning   | 1 glass Whey protein shake with milk /<br>assorted fruit platter                          |
| Pre-lunch     | 1 bowl minestrone soup with more veggies and less<br>of pasta                             |
| Lunch         | 2 multigrain roti + 1 bowl vegetable subji /<br>non-veg subji + 1 bowl boiled pulse chaat |
| Mid-evening   | 1 glass buttermilk  |
| Snack         | 2 multigrain flour khakras / 1 fruit of your choice +<br>1 cup green tea                  |
| Dinner        | 1 veg paratha + Raitha  |
| Post-dinner   | 1 glass of whey protein shake if missed during snack                                      |

### Week 3

|               |   |
|---------------|---|
| Early morning | 10 ml Spirulina or green leafy veggie juice + 1 fruit of your choice                                    |
| Breakfast     | 1 bowl vegetable sprout poha with chutney / 3-4 dal padu with sambhar                                   |
| Mid-morning   | 1 fruit of your choice/fistful of Assorted nuts / 2 tbsp of trail mix                                   |
| Pre-lunch     | 1 bowl sprout salad of choice / 1 bowl mixed veggies chunky soup  |
| Lunch         | 2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick da |
| Snack         | Til or peanut chikki with 1 cup spirulina and mixed veggie juice.                                       |
| Dinner        | 1 bowl fruit and veggie mixed salad of choice + 2 bran rotis (wheat roti or oat bran)                   |
| Post-dinner   | 1 glass of whey protein shake   |



## Week 4

|               |  |
|---------------|--|
| Early morning | 10 ml Amla juice + 3-4 walnuts and almonds mix.                                |
| Breakfast     | 2 medium dal paranthas + 1 bowl low-fat curd                                   |
| Mid-morning   | Amaranth seeds chikki / 3-4 dry fruits   |
| Pre-lunch     | 1 bowl sprout salad / 1 bowl grilled chicken or fish salad                     |
| Lunch         | 1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai                  |
| Snack         | 1 cup spiced boiled corn or 1 corn on the cob + 1 cup coffee, tea or green tea |
| Dinner        | 1 bowl vegetable and mixed seeds salad + 2 multigrain roti + 1 non-veg subji   |
| Post-dinner   | 1 glass warm milk  |

## 8. How not to gain all the weight back that you lost

Have you been losing muscle weight instead of fat weight? Or do you even understand the difference between these both weight types? Check out the video below to know more



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## 9. Weight Loss Tips Based On The Diet Chart

Superfoods are help in quick and healthy weight loss. They are nothing but regular foods that have concentrated nutrients. They could be millets, seeds, certain grass varieties or even fibre-rich foods. Consume them in measured amounts every day and see your weight vanishing.

Always drink enough water. Many times thirst is masked as hunger. So when you are hungry, try drinking water first. It is a proven natural way to fill up stomach and preventing yourself from gorging later.

Always preclude lunch with salads or chewy soups. You will be tempted to eat less of rice or roti or whatever is for lunch

Ensure all your meals have a protein source. If any meal is lacking in it, throw in an egg or dal preparation. Whey protein shake helps in meeting your protein recommendations. Read why we choose whey protein as a snack in detail here.

1 day of the week can be designated as a cheat day. It will help you get back on your Indian diet chart for weight loss! On a cheat day, do not overindulge on sweets or fried items. If you feel like it, have a small bite-sized portion to simply curb the craving.

Never at any point during the diet, starve yourself. There are evidence that starvation, in fact, leads to overeating. Remember, short-term thinking is not going to yield results. Hence, always focus on clean, healthy eating as suggested to lose weight.

## 10. Weight Loss Tips For Women

The way women lose weight is different from the way a man does. Many feminine health issues impact weight loss efforts for women. Hormonal issues like PCOS, hypothyroidism lead to weight gain. Also women are more prone to stress, which leads to weight gain.

So first thing to do is to get a thorough health check up and ensure that your sugar levels are in control, and so is your hormonal balance. Also if you get stressed easily try some calming yoga exercises and meditation, which should help you in your weight loss efforts.

Here are some things you can try

Shop smartly while buying groceries.

Take up exercises while watching your favourite serials.

Find 'me time' and try to keep yourself happy. A

Always remember, a well-balanced diet is not just for weight loss but it can also be a way to retain overall health and have great skin and hair.





## 11. Effective Tips to Reduce Belly Fat

Tips to reduce belly fat is probably one of the most popular Google searches and why not, the increased fat content around the waistline is a big deal.

Being one of the fat countries in the world, we see people with overweight and bigger tummies. However, the cruciality remains that even people who are weighing normal weight thinking about how to reduce belly fat!

In fact, there are reports stating that belly fat, also known as central obesity, can have a higher mortality rate.

A senior study author Dr. Francisco Lopez-Jimenez of the Mayo Clinic in Rochester, Minnesota, said, "If a person has a normal BMI and an abnormal waist size the risk is worse than if they have a high BMI."

## 12. 7 Quick Tips To Reduce Belly Fat

Before starting off with your strategy to lose the tummy weight, these are the tips that will help you maintain the right plan.

1) Eat More Protein - Studies show, people, consuming good quality protein regularly, have lesser belly fat. Including protein in your diet is very easy. Gather the different protein sources. Be it eggs, chicken, tofu etc. Make a list of your favorite proteinous foods and add them to your diet to reduce belly fat.



2) Have Small Meals - Not just reducing belly fat, eating small meals help in overall weight loss too. It accelerates the metabolic role by controlling overeating. This nowhere means you have to skip meals or starve. Eat timely but lower the quantities.

3) Eat more of Viscous Fiber – Viscous fibers are the soluble fibers that help in weight loss by keeping the stomach full for a long time. These fibers also help to reduce belly fat. These viscous fibers, forms a gel-like substance in your body that has the ability to slow down the process of your stomach releasing the digested food into your gut. This works great to reduce belly fat.

4) Reduce the Carbs intake – Reducing the consumption of simple carbs can help weight loss as well as reducing that tummy fat. However, don't take this as a thumbs up for any zero carb diet. You need carbs, in fact, the complex carbs come with numerous health benefits. They are found in vegetables, fruits, whole grain bread, oatmeal, legumes, brown rice and wheat pasta.

5) Don't have any added Sugar – Aerated beverages, as well as many packaged foods, contain added sugar that is a contributor to your tummy fat. That is why limit your sugar intake as much as possible.

6) Go for Aerobic Exercises – Not just a diet plan to reduce belly fat is important, exercises to reduce belly fat are very important. You can follow aerobic exercises, that not only cut down the stubborn belly fat but also helps in building body stamina and boost body's energy levels.



7) Take 8 Hrs of Beauty Sleep – If you want to reduce tummy fat, follow a proper sleep schedule. Along with a diet plan to reduce belly fat, sleep is also very important. Studies have shown that fat accumulates around the waistline due to sleep irregularities.



# 7 TIPS TO REDUCE BELLY FAT

## Eat More Protein

Studies Show, People, Consuming Good Quality Protein Regularly, Have Lesser Belly Fat.

## Have Small Meals

Not just reducing belly fat, eating small meals help in overall weight loss too.

## Eat More Of Viscous Fiber

Viscous fibers are the soluble fibers that help in weight loss by keeping the stomach full for a long time.

## Reduce The Carbs Intake

Reducing the consumption of simple carbs can help weight loss as well as reducing that tummy fat.

## Don't Have Any Added Sugar

Aerated beverages, as well as many packaged foods, contain added sugar that is a contributor to your tummy fat.

## Go For Aerobic Exercises

You can follow aerobic exercises, that not only cut down the stubborn belly fat but also helps in building body stamina and boost body's energy levels.

## Take 8 Hrs Of Beauty Sleep

Studies have shown that fat accumulates around the waistline due to sleep irregularities.



## 13. Our Dietician Recommended Diet Plan

# Diet plan for reducing **BELLY FAT**



### BREAKFAST

Cucumber carrot juice (1 glass)  
or Truweight's Trugreen  
(Super Green) (2 tsp), Ragi Idli  
or Truweight's Quinoa Dal Dosa



### LUNCH

Mixed veg Raita (1 bowl) or  
Rajma Masala Curry (1 bowl) OR  
Any whole gram curry (1bowl)



### DINNER

Buttermilk With Truweight's  
Trufibre ( SuperFibre ) (1tsp),  
Lentil and tomato soup (1bowl)



### WAKING UP

Seeds Cocktail (Truweight)  
(1tsp) or Mixed nuts (5)



### MID MORNING SNACKS

Amla Drink (Truweight)  
(1glass) or Plain lemon water  
(1 glass) or Fruit bowl (1bowl)



### EVENING SNACKS

Truweight's Teatox (1 cup)  
or Green Tea, Black Chana  
Sundal (1 bowl) or Ghugni  
(1 bowl)



### SLEEPING TIME

Low Fat Milk With  
Cinnamon/Turmeric(1cup)



## 14. Important Natural Weight Loss Tips At Home



We generally misunderstand that weight loss is effectively achieved by going to the gym, exercising outside or practising weight loss clinics or centres.

But Weight loss begins at home. And that is why it is very important to know the tips for weight loss naturally.

An unhealthy lifestyle contributes majorly to obesity. So firstly, get out of your unhealthy lifestyle. This may be difficult initially but you're going to love it once you see the results.

Wondering how to lose weight at home? The following Nutritionist recommended weight loss tips at home are a treat to your concern towards natural weight loss at home.

1. Include Asparagus
2. Eat Cabbage
3. Eat more of Whole Grains
4. Follow Weight Training
5. Drink Green Tea
6. Eat More Vegetables and Fruits at Home
7. Divide Your Meals
8. Chew Your Food Properly
9. Say No to soft drinks and Diet Colas

**More :** <https://truweight.in/blog/fitness-exercise/natural-weight-loss-tips.html>

## Conclusion :

Weight loss is not as tough as it seems. With healthy eating habits you can achieve to weight goals easily. Choosing the right food items is very important when you are trying to lose weight. With superfoods and Truweight's 4 Weeks Indian Diet chart, you eat healthy and tasty meals, you don't have to starve yourself and improve your metabolism to an overall healthy weight loss.



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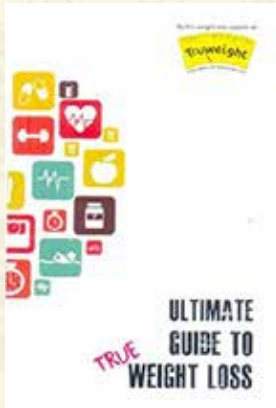
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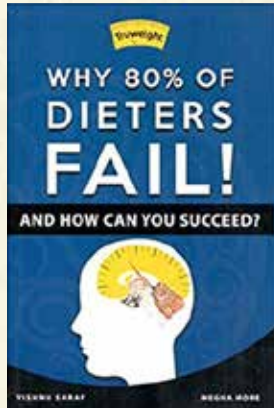
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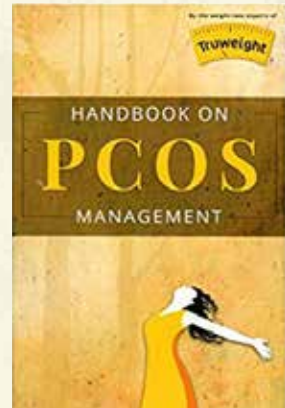
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## Mission

### MAKE EARTH LIGHTER & HEALTHIER

Making India Healthier From All the Sides Hyderabad, Delhi, Chennai, Bengaluru, Mumbai & Pune



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