

WEIGHT LOSS DIET PLAN

Simple, Healthy & Home-style Food for a Better You



MORNING ROUTINE (VERY IMPORTANT)

- ✓ Drink 1 glass of warm water.
- ✓ Soak 5–6 almonds & 1–2 walnuts overnight and eat them.
- ✓ Wait for 20–30 minutes before breakfast.

IMPORTANT TIPS

- ✓ Eat home-cooked food.
- ✓ Eat on time, never skip meals.
- ✓ Chew your food well.
- ✓ Drink 8–10 glasses of water daily.
- ✓ Stay active and get enough sleep.



YOUR DAILY MEAL PLAN (EXAMPLE)

TIME	MEAL	WHAT TO EAT (HOME-STYLE & AFFORDABLE OPTIONS)
 BREAKFAST (8:00 – 9:00 AM)	• 2 rotis + sabzi or • Dalia / Poha / Upma or • Moong dal chilla + Curd	 2 ROTIS + SABZI  DALIA  POHA / UPMA  MOONG DAL CHILLA + CURD
 LUNCH (1:00 – 2:00 PM)	• 2–3 rotis • 1 bowl dal • Sabzi • Salad • Curd / Buttermilk	 ROTIS  DAL  SABZI  SALAD  CURD / BUTTERMILK
 EVENING SNACK (4:30 – 5:30 PM)	• Roasted chana or • Makhana or • Any seasonal fruit • Green tea / Herbal tea	 ROASTED CHANA  MAKHANA  FRUIT  GREEN TEA
 DINNER (7:30 – 8:30 PM)	• 2 rotis + sabzi or • 1 bowl vegetable soup + 1 roti or • Dal + sabzi • Salad	 2 ROTIS + SABZI  VEGETABLE SOUP  DAL + SABZI  SALAD



DRINK ENOUGH WATER

Drink 8–10 glasses of water throughout the day.



STAY ACTIVE

Walk for 30–45 minutes every day.



MANAGE STRESS

Practice yoga, meditation or deep breathing.



SLEEP WELL

Get 7–8 hours of good sleep every night.



REMEMBER: Healthy food, regular exercise, good sleep and a positive mindset are the keys to your weight loss journey!



WEIGHT LOSS DIET PLAN

Balanced Eating for a Better You



1. PROTEIN-RICH FOODS

Protein helps build muscle, improves metabolism and keeps you full longer.



Moong Dal



Chana



Rajma



Curd



Paneer



Egg



Masoor Dal



Soya Chunks



Peanuts

★ Include any of these in your daily meals.

2. DAILY NUTRITIOUS FOODS

Eat a variety of home-cooked and natural foods every day.



Roti



Dal



Vegetables



Fruits



Salad



Curd / Buttermilk



Poha / Upma / Dalia



Vegetable Soup



Khichdi

★ Eat home-cooked food, fresh and seasonal.

3. FOODS TO LIMIT

These foods can slow your progress and may lead to weight gain.



Fried & oily foods
Samosa, pakora, kachori, chips



Cold drinks, packaged juices
Limit or avoid



Excess sugar
Cakes, biscuits, chocolate, sweets



Refined flour products
Bread, pizza, noodles, pastries



Too much tea or coffee
More than 1-2 cups a day



★ Limit these foods for effective weight loss.

4. NUTRIENTS THAT SUPPORT WEIGHT LOSS

These nutrients help boost metabolism, improve digestion and support fat burning.



Iron
Helps in energy production and oxygen transport.



Spinach, rajma, chana, jaggery, lentils



Calcium
Supports bones and muscle function.



Milk, curd, paneer, til (sesame seeds), soya, ragi



Vitamin D
Helps calcium absorption and immunity.



Get morning sunlight for 15-20 minutes daily.



B Vitamins
Help convert food into energy.



Oats, whole grains, nuts, seeds, green vegetables



Zinc
Supports immunity and overall wellness.



Pumpkin seeds, chana, peanuts, moong dal, nuts

★ A balanced diet provides all essential nutrients.

5. HEALTHY LIFESTYLE HABITS



Walk
30-45 minutes daily.



Sleep
7-8 hours every night.



Manage stress with yoga, meditation and deep breathing.



Drink
8-10 glasses of water daily.



Eat on time and maintain a regular routine.



REMEMBER: Small changes, consistent efforts and a positive mindset lead to long-lasting results!

