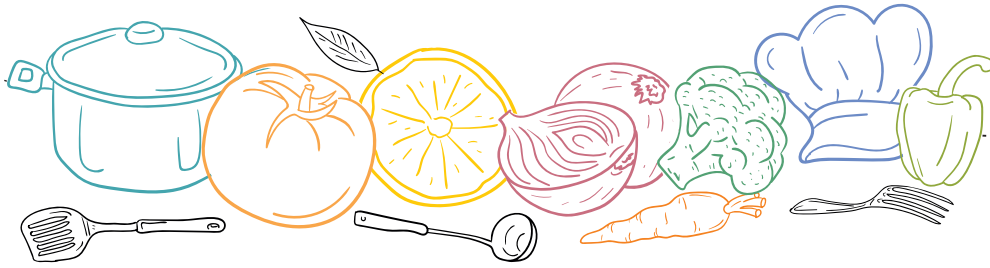




## 7 DAY WEIGHT LOSS INDIAN DIET CHART

# Weight Loss Food Plan

To be followed after the 1-day detox (optional)



## Early Morning

7.00 am – 8.00 am

2 glasses of sabja water (1tsp sabja soaked in 1 liter water overnight)



## Mid Morning

8.00 am – 9.00 am

(Optional)

1 cup black tea/ 1 cup coffee (no sugar, 2 tbsp milk (optional))



## Before Lunch

12.30 pm – 1.00 pm

5 almonds (optional- only in case you are hungry)



## Breakfast

9.30 am – 10.30 am

1 slice whole wheat bread + green chutney + grated cheese + tomato & cucumber slices (salt & pepper)

OR

1 slice whole wheat bread + 1 full egg or 2 egg whites + tomato slices (salt & pepper)



## Lunch

2.00 pm – 2.30 pm

1 chapati (made from whole wheat/jowar/bajra)  
1 cup green vegetables (no peas, no potatoes)  
1 cup raw salad (salt & pepper)



## Post Lunch

4.30 pm – 5.00 pm

1 glass nimbu pani (with a pinch of salt - no sugar)



## Before Dinner

7.30 pm – 8.30 pm

Homemade palak soup / any light clear soup



## Evening

5.30 pm – 6.30 pm

1 apple / orange / mosambi

(optional)

1 cup black tea / 1 cup coffee (no sugar, 2 tbsp milk (optional))



## Dinner

8.30 pm

For first 3 days

Raw salad + 1 bowl dal (moong or channa) / 150g grilled chicken or fish

For next 3 days

Raw Salad + 1 roti (whole wheat / jowar / bajra) + 1 cup vegetable (no potatoes, no peas)



## Post Dinner

10.00 pm

5 almonds (optional- only in case you are hungry)



# Do's and Don'ts of Weight Loss Plan



## TO EAT



**Green Tea**



**Lime Juice (no sugar)**



**Coconut Water**



**Raw Salad (salt & pepper)**



**Thin Buttermilk (salt & pepper)**



**Clear Soups**  
(homemade or soups available  
on [shop.health-total.com](http://shop.health-total.com))



## TO AVOID



**All junk food like pizzas,  
pastas, burgers and chaat**



**Sweets, desserts, cold drinks,  
fruit juices, sugar and chocolate**



**White rice, idlis, dosas, dhoklas**



**Sweet fruits like mango, chikoo,  
banana, papaya, watermelon, grapes**



**Whole milk, high fat yogurt,  
paneer, cheese, butter and ghee**



**All products made from refined flour (maida)**



**Red meat, thick creamy curries, biryani/pulao**



**Vegetables like cooked carrots, green peas,  
potatoes, suran, arbi as they are rich in starch**



**All fried foods/biscuits /chivdas/khakhra**



**Avoid sweetening your tea with refined  
sugar, jaggery, honey. Use stevia instead**

# Things to Remember

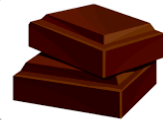
Drink at least 10-12 glasses of water through the day



Dal can be substituted by 150 gm of fish or chicken



If you have sugar cravings, try Health Total's Dark Chocolate available on <https://shop.health-total.com/>. It is full of anti-oxidants and is under 15 calories per piece



Avoid alcohol while on the plan



You can eat one full egg for 4 days in a week OR 2-3 egg whites for 3 days a week

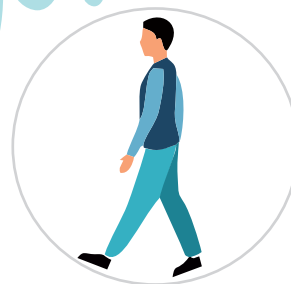


Use not more than 1 tsp of oil per person, per meal



Sleep for 7-8 hours every day as all the repair work in your body takes place only when you sleep soundly at night for that duration

Exercise for 45 minutes to an hour every day like a brisk walk, a racket sport or swimming



Manage stress as it will hamper your weight loss progress



For any query, please contact us on

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**Disclaimer**

Weight loss and overall health results may vary from person to person, based on the individual's metabolic rate, general health, daily activity and levels of exercise. We do not guarantee any kind of results. In case you have a serious health concern, please consult your doctor before consuming any products.

These statement have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.