

Weight Loss Through Indian Diet

Dear Prashant

Your Current BMI is 23.3. You are Normal Weight.

Your Target Weight Loss is 1-2 Kgs

Your BMI calculation indicates that you are overweight meaning that you are Above the range of weight associated with lowest health risks.

You need to lose weight and for that we recommend that you follow our Weight Loss Diet.

As per your requirements and the menu chosen by you for yourself we have generated the following 14 day diet for you.

Once you start the diet, make sure you follow it for 2 weeks. You can take a break for 2 days and go back to the diet.

Keep A Few Things In Mind!

1. Remember that we give you a choice of two dishes. You can have any ONE of the two.
2. Do not eat to fill yourself. Take small portions and NEVER eat to fill your stomach. STOP when you still have some space left in your stomach.
3. A recipe has been recommended for every dish. Follow the recipe as far as possible.
4. Keep a note of whatever you eat; even a biscuit. Remember, every bite counts!
5. We have planned 6 meals to keep you feeling full! DO NOT munch in between meals.
6. Drink up to 8 glasses of water everyday along with the diet



Following is Your Very Own Weight Loss Through Indian Diet Plan for Two Weeks

	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
						
Day 1	Fresh Mint coriander (pudina dhaniya) juice or Herbal (mint, rose, lemon grass etc) tea	Rava Idli with Chutney and Buttermilk or Sprouted Masoor Chaat and Green salad	Mausambi or Guava	Lady's finger (bhindi) Subzi with 2 bran rotis and raita or Mix Veg Pulao with cucumber onion raita	Roasted Almonds (Badaam) or Pista	Matar Mushroom with 2 bran rotis and vegetable salad or Beans Subzi with 1 bran roti and curd rice
Day 2	Fresh ghia (Bottle gourd) juice or Herbal (mint, rose, lemon grass etc) tea	Sprouted Moong with vegetables or Whole Wheat Vegetable and Paneer Sandwich	Apples or Mausambi	Beans Subzi with 1 bran roti and curd rice or Tinda with sambar rice and buttermilk	Roasted Almonds (Badaam) or Pista	Black channa with brown rice and vegetable salad or Bisibele bhath with tomato onion pachadi
Day 3	Herbal (mint, rose, lemon grass etc) tea or Fresh Mint coriander (pudina dhaniya) juice	Rava Idli with Chutney and Buttermilk or Poha with Kachumber	Mausambi or Guava	Lady's finger (bhindi) Subzi with 2 bran rotis and raita or Ridge gourd (turai) Subzi with 2 bran rotis and skimmed curd	Pista or Roasted Almonds (Badaam)	Matar Mushroom with 2 bran rotis and vegetable salad or Mix Veg Pulao with cucumber onion raita

Day 4	Fresh Mint coriander (pudina dhaniya) juice or Fresh ghia (Bottle gourd) juice	White Channa salad with vegetables or Sprouted Moong with vegetables	Mausambi or Guava	Beans Subzi with 1 bran roti and curd rice or Black channa with brown rice and vegetable salad	Pista or Roasted Almonds (Badaam)	Parval with 2 bran rotis and chole or Carrots Subzi with 2 bran rotis and mushroom masala
Day 5	Fresh ghia (Bottle gourd) juice or Herbal (mint, rose, lemon grass etc) tea	Rava Idli with Chutney and Buttermilk or Poha with Kachumber	Mausambi or Guava	Mix Veg Pulao with cucumber onion raita or Tinda with sambar rice and buttermilk	Pista or Roasted Almonds (Badaam)	Ridge gourd (turai) Subzi with 2 bran rotis and skimmed curd or Matar Mushroom with 2 bran rotis and vegetable salad
Day 6	Herbal (mint, rose, lemon grass etc) tea or Fresh Mint coriander (pudina dhaniya) juice	White Channa salad with vegetables or Whole Wheat Vegetable and Paneer Sandwich	Apples or Guava	Bisibele bhath with tomato onion pachadi or Parval with 2 bran rotis and chole	Roasted Almonds (Badaam) or Pista	Black channa with brown rice and vegetable salad or Lady's finger (bhindi) Subzi with 2 bran rotis and raita
Day 7	Fresh ghia (Bottle gourd) juice or Fresh Mint coriander (pudina dhaniya) juice	Sprouted Masoor Chaat and Green salad or Rava Idli with Chutney and Buttermilk	Guava or Mausambi	Lady's finger (bhindi) Subzi with 2 bran rotis and raita or Matar Mushroom with 2 bran rotis and vegetable salad	Pista or Roasted Almonds (Badaam)	Bisibele bhath with tomato onion pachadi or Ridge gourd (turai) Subzi with 2 bran rotis and skimmed curd
Day 8	Fresh Mint coriander (pudina dhaniya) juice or Herbal (mint, rose, lemon grass etc) tea	Sprouted Moong with vegetables or Poha with Kachumber	Guava or Apples	Parval with 2 bran rotis and chole or Carrots Subzi with 2 bran rotis and mushroom masala	Pista or Roasted Almonds (Badaam)	Lady's finger (bhindi) Subzi with 2 bran rotis and raita or Matar Mushroom with 2 bran rotis and vegetable salad
Day 9	Fresh ghia (Bottle gourd) juice or Herbal (mint, rose, lemon grass etc) tea	White Channa salad with vegetables or Rava Idli with Chutney and Buttermilk	Apples or Mausambi	Beans Subzi with 1 bran roti and curd rice or Tinda with sambar rice and buttermilk	Roasted Almonds (Badaam) or Pista	Mix Veg Pulao with cucumber onion raita or Bisibele bhath with tomato onion pachadi
Day 10	Herbal (mint, rose, lemon grass etc) tea or Fresh Mint coriander (pudina dhaniya) juice	Sprouted Moong with vegetables or Poha with Kachumber	Mausambi or Guava	Lady's finger (bhindi) Subzi with 2 bran rotis and raita or Bisibele bhath with tomato onion pachadi	Pista or Roasted Almonds (Badaam)	Ridge gourd (turai) Subzi with 2 bran rotis and skimmed curd or Matar Mushroom with 2 bran rotis and vegetable salad
Day 11	Fresh Mint coriander (pudina dhaniya) juice or Fresh ghia (Bottle gourd) juice	Sprouted Masoor Chaat and Green salad or Rava Idli with Chutney and Buttermilk	Guava or Mausambi	Matar Mushroom with 2 bran rotis and vegetable salad or Black channa with brown rice and vegetable salad	Roasted Almonds (Badaam) or Pista	Beans Subzi with 1 bran roti and curd rice or Bisibele bhath with tomato onion pachadi
Day 12	Fresh ghia (Bottle gourd) juice or Herbal (mint, rose, lemon grass etc) tea	Poha with Kachumber or Whole Wheat Vegetable and Paneer Sandwich	Apples or Guava	Parval with 2 bran rotis and chole or Lady's finger (bhindi) Subzi with 2 bran rotis and raita	Pista or Roasted Almonds (Badaam)	Mix Veg Pulao with cucumber onion raita or Tinda with sambar rice and buttermilk
Day 13	Fresh Mint coriander (pudina dhaniya) juice or Herbal (mint, rose, lemon grass etc) tea	Sprouted Moong with vegetables or Rava Idli with Chutney and Buttermilk	Guava or Apples	Carrots Subzi with 2 bran rotis and mushroom masala or Tinda with sambar rice and buttermilk	Pista or Roasted Almonds (Badaam)	Black channa with brown rice and vegetable salad or Matar Mushroom with 2 bran rotis and vegetable salad

Day 14	Fresh ghia (Bottle gourd) juice or Herbal (mint, rose, lemon grass etc) tea	Whole Wheat Vegetable and Paneer Sandwich or White Channa salad with vegetables	Guava or Apples	Parval with 2 bran rotis and chole or Matar Mushroom with 2 bran rotis and vegetable salad	Roasted Almonds (Badaam) or Pista	Carrots Subzi with 2 bran rotis and mushroom masala or Mix Veg Pulao with cucumber onion raita
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Diet will help you achieve only half your goal! The other half will come from a Exercise. For a healthy diet, take a Fitness Profile Test and get your very own fitness plan!

If you have a question for our experts, go to Ask an Expert. For tips on how to stay motivated during your diets, go to self discipline, weight management issues.

Contact our nutrition expert at nutrition@desidieter.com and fitness expert at fitness@desidieter.com

