

Weight Loss Diet

Dear Prashant!

Your Current BMI is 26.9 Your Approximate Target Weight is 61 to 83 kgs

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	Herbal (Mint, Rose, Lemon Grass etc) Tea or Fresh Bottle gourd (ghia) juice	Fresh Peaches (Aadu) and Dhokla or Fresh Grapes (Angoor) and Boiled corn masala	Roasted Gram (Bhuna Channa) or Puffed Rice and Roasted Gram	Cooked Carrots with Paneer paratha (low fat) or Masoor Dal and Mix vegetable rice	Mushroom Soup or Strawberry Smoothie	Cooked Beans with Boiled tapioca and mint chutney or Steamed Mix Vegetables and Mushrooms with Mashed potato
Day 2	Fresh Mint Coriander (Pudina Dhaniya) Juice or Fresh Orange Juice	Fresh Pears (Nashpati) and Toast with peanut butter or Fresh Apricots (Zardalu) and Khandvi	Roasted Gram (Bhuna Channa) or Walnuts (Akhrot)	Steamed Mix Vegetables and Mushrooms with Mashed potato or Garden Salad with Brown rice and skimmed curd	Spinach Soup or Sweet Lime (Mausambi) Smoothie	Cooked Carrots with Paneer paratha (low fat) or Masoor Dal and Mix vegetable rice

Day 3	Herbal (Mint, Rose, Lemon Grass etc) Tea or Fresh Bottle gourd (ghia) juice	Rice Crackers with Paneer and Tomato topping or Fresh Peaches (Aadu) and Dhokla	Puffed Rice and Roasted Gram or Roasted Gram (Bhuna Channa)	Mix Vegetable Stew with Iddiappam or Whole Wheat Vegetable and tofu Sandwich	Banana smoothie or Strawberry Smoothie	Cooked Beans with Boiled tapioca and mint chutney or Sprouted Beans
Day 4	Fresh Mint Coriander (Pudina Dhaniya) Juice or Fresh Orange Juice	Fresh Apricots (Zardalu) and Khandvi or Fresh Pears (Nashpati) and Toast with peanut butter	Mixed Seeds (Flax, Sunflower, Melon) or Roasted Gram (Bhuna Channa)	Masoor Dal and Mix vegetable rice or Sprouted Beans	Spinach Soup or Sweet Lime (Mausambi) Smoothie	Sprouts Mix with Vegetables, topped with muesli or Mix Vegetable Stew with Iddiappam
Day 5	Herbal (Mint, Rose, Lemon Grass etc) Tea or Fresh Bottle gourd (ghia) juice	Fresh Grapes (Angoor) and Boiled corn masala or Fresh Peaches (Aadu) and Dhokla	Walnuts (Akhrot) or Puffed Rice and Roasted Gram	Whole Wheat Vegetable and tofu Sandwich or Steamed Mix Vegetables and Mushrooms with Mashed potato	Mushroom Soup or Strawberry Smoothie	Cooked Beans with Boiled tapioca and mint chutney or Masoor Dal and Mix vegetable rice
Day 6	Fresh Mint Coriander (Pudina Dhaniya) Juice or Fresh Orange Juice	Rice Crackers with Paneer and Tomato topping or Fresh Apricots (Zardalu) and Khandvi	Roasted Gram (Bhuna Channa) or Walnuts (Akhrot)	Cooked Carrots with Paneer paratha (low fat) or Vegetable Stew	Banana smoothie or Spinach Soup	Sprouted Beans or Sprouts Mix with Vegetables, topped with muesli
Day 7	Fresh Bottle gourd (ghia) juice or Herbal (Mint, Rose, Lemon Grass etc) Tea	Fresh Grapes (Angoor) and Boiled corn masala or Fresh Pears (Nashpati) and Toast with peanut butter	Mixed Seeds (Flax, Sunflower, Melon) or Walnuts (Akhrot)	Mix Vegetable Stew with Iddiappam or Steamed Vegetables with Nuts and Muesli	Sweet Lime (Mausambi) Smoothie or Strawberry Smoothie	Garden Salad with Brown rice and skimmed curd or Steamed Mix Vegetables and Mushrooms with Mashed potato
Day 8	Fresh Orange Juice or Fresh Mint Coriander (Pudina Dhaniya) Juice	Fresh Apricots (Zardalu) and Khandvi or Rice Crackers with Paneer and Tomato topping	Roasted Gram (Bhuna Channa) or Salted Roasted Green Gram	Steamed Mix Vegetables and Mushrooms with Mashed potato or Cooked Carrots with Paneer paratha (low fat)	Banana smoothie or Mushroom Soup	Steamed Vegetables with Nuts and Muesli or Cooked Beans with Boiled tapioca and mint chutney
Day 9	Fresh Bottle gourd (ghia) juice or Herbal (Mint, Rose, Lemon Grass etc) Tea	Fresh Peaches (Aadu) and Dhokla or Fresh Pears (Nashpati) and Toast with peanut butter	Salted Roasted Green Gram or Puffed Rice and Roasted Gram	Cooked Beans with Boiled tapioca and mint chutney or Whole Wheat Vegetable and tofu Sandwich	Spinach Soup or Sweet Lime (Mausambi) Smoothie	Masoor Dal and Mix vegetable rice or Sprouts Mix with Vegetables, topped with muesli
Day 10	Fresh Mint Coriander (Pudina Dhaniya) Juice or Fresh Orange Juice	Fresh Grapes (Angoor) and Boiled corn masala or Fresh Apricots (Zardalu) and Khandvi	Roasted Gram (Bhuna Channa) or Salted Roasted Green Gram	Steamed Mix Vegetables and Mushrooms with Mashed potato or Garden Salad with Brown rice and skimmed curd	Mushroom Soup or Banana smoothie	Sprouted Beans or Vegetable Stew
Day 11	Herbal (Mint, Rose, Lemon Grass etc) Tea or Fresh Bottle gourd (ghia) juice	Fresh Peaches (Aadu) and Dhokla or Fresh Pears (Nashpati) and Toast with peanut butter	Walnuts (Akhrot) or Mixed Seeds (Flax, Sunflower, Melon)	Vegetable Stew or Sprouts Mix with Vegetables, topped with muesli	Strawberry Smoothie or Sweet Lime (Mausambi) Smoothie	Cooked Carrots with Paneer paratha (low fat) or Steamed Mix Vegetables and Mushrooms with Mashed potato

Day 12	Fresh Mint Coriander (Pudina Dhaniya) Juice or Fresh Orange Juice	Rice Crackers with Paneer and Tomato topping or Fresh Grapes (Angoor) and Boiled corn masala	Roasted Gram (Bhuna Channa) or Mixed Seeds (Flax, Sunflower, Melon)	Masoor Dal and Mix vegetable rice or Cooked Carrots with Paneer paratha (low fat)	Mushroom Soup or Spinach Soup	Sprouts Mix with Vegetables, topped with muesli or Cooked Beans with Boiled tapioca and mint chutney
Day 13	Fresh Bottle gourd (ghia) juice or Herbal (Mint, Rose, Lemon Grass etc)	Fresh Pears (Nashpati) and Toast with peanut butter or Fresh Peaches (Aadu) and Dhokla	Puffed Rice and Roasted Gram or Roasted Gram (Bhuna Channa)	Cooked Beans with Boiled tapioca and mint chutney or Mix Vegetable Stew with	Sweet Lime (Mausambi) Smoothie or Banana smoothie	Vegetable Stew or Whole Wheat Vegetable and tofu Sandwich
Day 14	Fresh Orange Juice or Fresh Mint Coriander (Pudina Dhaniya) Juice	Fresh Apricots (Zardalu) and Khandvi or Fresh Grapes (Angoor) and Boiled corn masala	Roasted Gram (Bhuna Channa) or Salted Roasted Green Gram	Masoor Dal and Mix vegetable rice or Sprouts Mix with Vegetables, topped with muesli	Strawberry Smoothie or Spinach Soup	Sprouted Beans or Garden Salad with Brown rice and skimmed curd

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

