

Weight Loss Through Ayurveda 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.
7. Although Ayurveda does not recommend meat, we have included non vegetarian food also. You may choose to take a vegetarian diet by choosing vegetarian in your profile.



Following is Your Very Own Ayurveda Weight Loss Diet for Two Weeks

	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
						
Day 1	Warm water with honey	Fresh Grapefruit or Fresh Apples	Pumpkin seeds or Walnuts	Bowl of cooked tori or Bowl of Moong dal	Fresh Kiwi or Fresh Watermelon	Broccoli soup or Bowl of Red lentils (Masoor dal)
Day 2	Warm water with honey	Fresh Pomegranate or Fresh Plums	Pine nuts or Pista	Palak paneer or Sautéed green beans with walnuts (akhrot)	Fresh Oranges or Fresh Berries	Bowl of Red lentils or Broccoli mushroom stew
Day 3	Warm water with honey	Fresh Grapefruit or Fresh Pineapples	Sunflower seeds or Pumpkin seeds	Tawa vegetables (bhindi beans and gajar) or Tawa vegetables (bhindi beans and gobi)	Fresh Watermelon or Fresh Kiwi	Chickpea cucumber chaat or Poached eggs
Day 4	Warm water with honey	Fresh Apricots or Fresh Melons	Sunflower seeds or Pista	Poached eggs or Carrot cucumber beet in hung curd	Fresh Apples or Fresh Plums	Stuffed omelet with onion tomato or Palak paneer

Day 5	Warm water with honey	Fresh Plums or Fresh Kiwi	Pumpkin seeds or Pista	Stuffed omelet with onion tomato or Chicken stew	Fresh Oranges or Fresh Berries	Poached eggs or Bowl of cooked tori
Day 6	Warm water with honey	Fresh Pomegranate or Fresh Berries	Pumpkin seeds or Sunflower seeds	Palak paneer or Bowl of Moong dal	Fresh Strawberries or Fresh Peaches	Carrot cucumber beet in hung curd or Bowl of Red lentils (Masoor dal)
Day 7	Warm water with honey	Fresh Apples or Fresh Papaya	Walnuts or Pine nuts	Chicken stew or Bowl of Black lentils	Fresh Papaya or Fresh Grapefruit	Tawa vegetables (bhindi beans and gajar) or Bowl of cooked bhindi
Day 8	Warm water with honey	Fresh Grapefruit or Fresh Pomegranate	Pumpkin seeds or Pista	Chickpea cucumber chaat or Tawa vegetables (bhindi beans and gajar)	Fresh Apples or Fresh Berries	Broccoli soup or Bowl of Red lentils (Masoor dal)
Day 9	Warm water with honey	Fresh Melons or Fresh Watermelon	Sunflower seeds or Pine nuts	Bowl of cooked bhindi or Tawa vegetables (bhindi beans and gobi)	Fresh Apricots or Fresh Plums	Tawa vegetables (bhindi beans and gajar) or Stuffed omelet with onion tomato
Day 10	Warm water with honey	Fresh Oranges or Fresh Strawberries	Pista or Pumpkin seeds	Cooked sprouted moong with tofu and lemon juice or Bowl of White channa	Fresh Pineapples or Fresh Kiwi	Carrot cucumber beet in hung curd or Chicken stew
Day 11	Warm water with honey	Fresh Apricots or Fresh Papaya	Pista or Pumpkin seeds	Bowl of cooked beans or Whole wheat sandwich with onion and cucumber	Fresh Watermelon or Fresh Peaches	Bowl of cooked carrots or Bowl of Red lentils
Day 12	Warm water with honey	Fresh Kiwi or Fresh Grapefruit	Walnuts or Pine nuts	Broccoli mushroom stew or Tawa vegetables (bhindi beans and gajar)	Fresh Melons or Fresh Papaya	Chickpea cucumber chaat or Tawa vegetables (bhindi beans and gajar)
Day 13	Warm water with honey	Fresh Oranges or Fresh Strawberries	Sunflower seeds or Pista	Tawa vegetables (bhindi beans and gajar) or Bowl of Black lentils	Fresh Plums or Fresh Peaches	Moong dal sprouts or Sauted green beans with walnuts (akhrot)
Day 14	Warm water with honey	Fresh Apricots or Fresh Kiwi	Pista or Walnuts	Bowl of White channa or Whole wheat sandwich with onion and cucumber	Fresh Papaya or Fresh Watermelon	Broccoli mushroom stew or Bowl of Moong dal

Diet will help you achieve only half your goal! The other half will come from Exercise. For an exercise regime, 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. For more information on Ayurveda, go to diet and nutrition videos.

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