

#### Diwali Weight loss Meal Plan

Drink Plenty of water

Follow Circadian Rhythm strictly

Note- Do not binge eat on your so called healthy dessert,enjoy them in portion control,because finally all sugar contains same calories

Diwali Weight loss Meal Plan	
Time	Meal
On Wake up	1 Glass Anti inflammatory drink(refer receipe)
After 30mins	1 cup Ginger lemon tea/1 Cup Green tea/Milk Tea
Breakfast	1 Bowl Low fat curd +1 Apple or 1 Glass Apple pineapple smoothy(refer receipe)
Mid Morning	1 Cup green tea(add few drops of lemon)Compulsory
Lunch	1 Lauki Paneer paratha +green chutney+1 glass buttermilk+1 bowl salad or 1 Wheat/Jowar chapati +1 bowl green sabzi+1 bowl vegetable raita+1 bowl salad
Evening snack	1 Cup Black cofee/Black tea/Green tea/Matcha tea
Evening Snacks	2 Soaked walnuts+Any 1 seasonal fruit
Dinner 7.00pm	100gm roasted paneer cubes(refer receipe) Or 1 Bowl Crunchy moongdal salad(refer receipe)
Bed Time	1 Cup Chemomile Tea

#### Receipe -1

**Apple pineapple smoothy** -in a mixer jar add 1/2 apple,1/2 bowl pineapple,2tsp roasred chana(without peel)4 peeled almonds,and 100ml water,grind well

#### Receipe -2

**Paneer Lauki Paratha** -take 50gm homemade greeted paneer ,add carromseeds and chopped onion,tomato,corriender,capsicum,carrots(it should be 1 full medium size bowl of colorfull vegetables),for binding 3tsp jowar flour can be added and kneed well and make paratha

#### Receipe -3

**Anti inflammatory Drink** -In 200ml water allow it to boil,add 1tsp ginger,1tsp raw turmeric,2-3 pods of crushed blackpapper,1"cinemon stick,1/4th tsp carromseeds,allow it to boil till remains 3/4th ,then strain, and drink

#### Receipe -4

**Roasted Paneer cubes** -Chop 100gm paneer in cubes, in a non stick pan add 4-5 drops of oil chopped garlic,ginger,chilli, saute for 1 minute, then add cubes of onion, capsicum,tometo broccoli(you can add 150gm any of your choice of vegetables)then add salt, black papper powder,if you like little bit soy and chilli sauce can be added, then add chopped paneer, saute well

#### Receipe -5

**Crunchy Moongdal Salad** -take 25gm semi cooked moongdal,2-3 tsp pomegranate,2tsp freshly greeted coconut,1tsp roasted peanuts, add 1 chopped cucumber, 1tometo,and , add 1 pinch of black salt , salt,blackpapper, and lemon if you wish, add coriender