



Healthy 7 day weight loss Balanced Diet

The Ultimate Guide





7 day weight loss diet plan



All the recipes for the mentioned diet plan are provided in the "Healthy Recipes" PDF.

MAKES YOU EAT
Dietitian Foram Modi



Created by **Nutritionist Foram Modi**



Day 1

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- Lime water
- Tea/coffee (Less sugar)
- Sprouts Poha



Lunch

- Whole grain roti with tofu/paneer wrap with chopped veggies & 1 katori curd/buttermilk.



Dinner

- Palak paneer with brown rice/khichadi & vegetables.



Pro tips & benefits



Benefits: Lemon stimulate your gastrointestinal tract. Lemons are acidic and help saliva to break down food for better digestion, so it is said that lemon aids digestion, and also flavonoids stimulate the secretion of digestive juices. Best for constipation as lemon helps to clear the excretory system and stimulate bowel movement.

Pro tip 1: Add in veggies to poha add more fiber, vitamins, and minerals + add tofu/paneer / boiled eggs/ sprouts to add in some protein punch and a dash of lime for better absorption of nutrients

Post meals: 1 glass of cfc tea (coriander + fennel + cumin) for better gut health, digestion, and bowel movement and also helps against bloating and water retention.

Day 2

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- Lime water
- Tea/coffee (Less sugar)
- 2 pieces of moonglet



Lunch

- 2 ragi/jowar/mix atta roti
- 1 mixed vegetable curry + 1 Dal
- 1 plate salad (cabbage, carrot, zucchini, beetroot, beans, peppers, and onion)



Dinner

- 2-4 pieces paneer
- Baked or stir-fried veggies
- +1 bowl tomato + onion+ dudhi soup

Day 3

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- Warm water + 1 /2 spoon overnight soaked methi seeds
- Tea/coffee (Less sugar)
- 1 plate vegetable umpa + ½ k sprouts + 1 k dahi



Lunch

- 1 medium bowl spinach rice + 1 k dahi



Dinner

- 1 plate smoked pasta + 1 glass lemon chia seeds drink
- Post meals: 1 glass of cfc tea (coriander + fennel + cumin)

Day 4

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- 1 glass of warm water
- Tea/coffee (Less sugar)
- 3-4 palak appi + 2 spoon fiber dip / green chutney



Lunch

- 1 bowl chole salad + 1 glass chia lemon water
- 1 Glass buttermilk



Dinner

- Tofu/ paneer / mushroom tikka masala+ green/ sprouts salad

Day 5

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- 1 glass of warm water with lime
- 1 plate fruit of your choice + 4 almonds + 4 walnuts or
- 1 glass oats berries smoothie (no milk)



Lunch

- Sauté veggies (minimum spices, give some rest to your digestion) + 1 k mix vegetable soup



Dinner

- Green/ sprouts salad + 1 k unfiltered soup (have unfiltered soup as it has maximum fiber and nutrition)

Day 6

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- 1 glass warm water + 1/2 spoon overnight soaked methi seeds
- 1 cup of tea/coffee (less sugar)
- Besan/ragi pancakes with mixed vegetables



Lunch

- 2 ragi / jowar / mix atta roti
- 1k mixed-vegetable curry +1k dal
- 1 plate salad (cabbage, carrot, zucchini, beetroot, beans, peppers, and onion) +1 Katori dahi/buttermilk



Dinner

- 1 small bowl healthy Manchurian + 1 k soup

Day 7

Apart from the 3 main meals, you should have 1 glass of coconut water to help improve the metabolic rate of the body .



Breakfast

- 1 glass warm water + 1/2 spoon overnight soaked methi seeds
- 1 cup of tea/coffee (less sugar)
- 2 boiled eggs or mixed sprouts (add vegies)



Lunch

- Large salad with rajma curry and quinoa/ brown rice
- Tea time: ½ cup tea / coffee/milk or thin buttermilk



Dinner

- Daliya khichdi with veggies + 1 k dahi
- Post meals: 1 glass of cfc tea (coriander + fennel + cumin)

REMEMBER



IT'S NOT ABOUT ACHIEVING PERFECTION

**BUT ABOUT PROGRESS
AND SELF-DISCOVERY.**



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