



Guduchi
the ayurvedism

Obesidat

a natural way to lose weight and boost metabolism

Weight loss Diet plan for 4 weeks

DO'S

SLEEP HOURS:

Restrict your sleep hours for 7 hours -7 hours 30min.

WAKE UP TIME:

Your time to wake up must be preferably ranging between 6am-6:30am.

SLEEP TIME:

Your time to go to bed must range from 10pm-10:30pm.

WORK OUT/ EXERCISE:

Body needs some physical exercise in order to hasten the process of weight loss other than diet control.

With proper and stipulated time of workout, body tends to get a good shape and also it enhances blood circulation and corrects the fat metabolism in body.

This should range from 30-60 min daily, 5- 6 times a week.

YOGASANAS

FAT BURNING YOGA

- 1) SURYANAMASKARA/ SUN SALUTAION: 20 min (11 ROUNDS)
- 2) ARDHAKATI CHAKRASANA/ HALF WHEEL POSE

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| 3) | GOMUKHASANA/ COW FACE POSE | 10 min |
| 4) | SETU BANDHASANA/ BRIDGE POSE | |
| 5) | PRANAYAMA LIKE | 10 min |
| | Anuloma-viloma, Bastrika, Kapalabhati | |
| | WALKING OR JOGGING | 20 min |

FOOD PATTERN

Eat 3-4 times a day with gap of 3-4 hours.
 Eat freshly prepared food.
 Eat warm meals.
 Eat in a moderate quantity.
 Sit in a comfortable place while eating.

DONT'S

Don't sleep late night or wake up late in the morning.
 Avoid sleep in day time or soon after food intake.
 Completely cut down sugar intake (use jiggery instead).
 Avoid tinned, canned, refrigerated, baked, fried food stuffs.
 Avoid dal, potato, underground tubers.
 Avoid dairy or milk products like cream, icecreams, milk shakes etc.

WEEK WISE DIET PLAN

FIRST WEEK

6:30 am: 1-2 glass of warm water
 7:30 am: Herbal tea (Ginger tea)
 8:00 am: Upma with vegetables like carrot, beans
 11:30 am: slices of vegetables (cucumber+salt+pepper)
 1:00 pm: Brown rice + Steamed vegetables+ Tomato Rasam
 5:00 pm: herbal tea with little milk
 8:00 pm: 2 Chapathi with green leaf playa
 Drink one glass of Hot water before sleep (500ml reduced to 250ml)

SECOND WEEK

6:30 am: 1-2 glass of warm water

7:30 am: Herbal tea (Ginger tea)

8:00 am: Upma with vegetables like carrot, beans

11:30 am: slices of vegetables (cucumber+salt+pepper)

1:00 pm: Brown rice + Steamed vegetables+ Tomato Rasam

5:00 pm: herbal tea with little milk

8:00 pm: 2 Chapathi with green leaf playa

Drink one glass of Hot water before sleep (500ml reduced to 250ml)

THIRD WEEK

6:30 am: 1 glass warm water

7:30 am: 1 glass Green tea

8:00 am: Wheat oats cooked with vegetables

1 glass Carrot juice (no sugar)

11:30 am: Salad (beetroot+ onion+ cabbage)

1:00 pm: 1 cup brown rice with Curry leaves Thambuli

Plain Bettle leaf with areca nut crushed

5:00 pm: Tea with cumin seeds (little milk)

8:00 pm: Jowar/ Jolada rotti with harive soppu palya(amaranth leaves)

Vegetable salad

Drink one glass of Hot water before sleep (500ml reduced to 250ml)

FOURTH WEEK

6:30 am: 1 glass Water (room temperature) with 1 tsp honey

7:30 am: Herbal tea (Jeera decoction tea)

8:00 am: Neer dosa with tomato-onion curry

11:30 am: Slices of vegetables

(raddish+onion+salt+pepper)

1:00 pm: Brown rice

Horse gram/ Hurali Saru

Steamed vegetables

5:00 pm: Fruits like water melon or papaya slices

8:00 pm: Mixed vegetable soup

2 Chapathi

Spinach soya curry

Drink one glass of Hot water before sleep (500ml reduced to 250ml)

FOR NON VEGETARIANS

FISH

Once in a week you can include fish curry for lunch (with very less coconut)

Fish masala can be steamed in a steamer rather than frying it.

Fish fry can be made on direct fire with much pepper and very less oil.

Fish like Sardines, Tuna, Salmon, Mackerel can be best.

Avoid fishes like Shrimps, prawns, lobsters.

CHICKEN

Once in 10 days you can include fish in your diet especially Noon meal time.

Chicken without skin should be preferred.

Should be cooked with adequate spices and less oil.

Steamed chicken, chicken salads or Chicken curry can be consumed.

Avoid deep fry, baked dishes, or don't mix with cheese.

Completely avoid Red meet like Pork, beef, mutton.

