

Diet Plan for Weight Management (Western India)

Meal	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soon after getting up		1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water	1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water	1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water	1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water	1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water	1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water	1 tsp Lemon juice + ¼ tsp Cinnamon powder + 1 tsp Honey + 1 glass Water
Pre-workout		4 Almonds (overnight soaked & peeled) + 1 Anjeer	4 Almonds (overnight soaked & peeled) + 1 Anjeer	4 Almonds (overnight soaked & peeled) + 1 Anjeer	4 Almonds (overnight soaked & peeled) + 1 Anjeer	4 Almonds (overnight soaked & peeled) + 1 Anjeer	4 Almonds (overnight soaked & peeled) + 1 Anjeer	4 Almonds (overnight soaked & peeled) + 1 Anjeer
Exercise		Walk/ Exercise/ Yoga for 30-45 mins	Walk/ Exercise/ Yoga for 30-45 mins	Walk/ Exercise/ Yoga for 30-45 mins	Walk/ Exercise/ Yoga for 30-45 mins	Walk/ Exercise/ Yoga for 30-45 mins	Walk/ Exercise/ Yoga for 30-45 mins	Walk/ Exercise/ Yoga for 30-45 mins
Breakfast (Water - 2 - 3 litres / day)	8.30 -9 AM	¼ cup Raw Besan flour - Chilla (Tomato, Capsicum, Carrots, Beans, Onion) + 1/2 cup Tea without/ 1tsp- Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup Raw Rawa - Upma (Tomato, Capsicum, Carrots, Beans, Onion) + 1/2 cup Tea without/ 1tsp- Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1 Whole Egg + 1 Egg White - Boiled/Bhurji + 1 Brown Bread/1 cup Daliya Upma with vegetables + 1/2 cup Tea without/ 1tsp- Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup Moong Sprouts Chat (Capsicum, Tomato, Onion) + Green Chutney + 1/2 cup Tea without/ 1tsp- Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	2-3 medium size Masala Idlis + 1 cup Sambar + Green Chutney + 1/2 cup Tea without/ 1tsp- Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1/4 cup raw overnight Soaked Moong / Moong Dal - Chilla (Capsicum, Tomato, Carrot, Peas, Onion)+ 1/2 cup Tea without / 1tsp - Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1 cup Poha (Tomato, Onion, Peas, Capsicum) + 1/2 cup Tea without/ 1tsp- Sugar Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items
Mid – morning	11:00 AM	1 medium Apple / any seasonal & local fruit with 1 teaspoon Slightly Roasted Flaxseeds powder/ Multiseed mix	3/4 th cup Watermelon / any seasonal & local fruit With 1 teaspoon Pumpkin seeds / Multiseed Mix	1 medium Guava / any seasonal & local fruit With 1 teaspoon White Sesame seeds / Multiseed Mix	1 medium Pear / any seasonal & local fruit with 1 teaspoon Slightly Roasted Flaxseeds powder/ Multiseed mix	1 medium Apple / any seasonal & local fruit With 1 teaspoon Pumpkin seeds / Multiseed Mix	3/4 th cup Watermelon / any seasonal & local fruit With 1 teaspoon White Sesame seeds / Multiseed Mix	1 medium Guava / any seasonal & local fruit with 1 glass Water + 1 teaspoon Chia seeds
Lunch (Oil - 4 tsp / day)	1- 1.30 PM	1 cup Palak/Masoor Khichdi + 1 cup Kadi + 1 bowl Mix Vegetable Salad + 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1/2 cup Cooked Rice + 1 bowl Drumstick Sambar + Amaranth Vegetable + 1 bowl Salad + 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1/2 cup cooked Pulao/ Jeera Rice + 1-2 Chicken pieces with Gravy/ 1-2 Fish pieces with Gravy/ 1 cup Sprouts + 1 cup Tomato Onion Raita + 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup - 2 Jowar/Bajra - Roti + 1 cup Chhole Chana Vegetable + 1 cup Methi (Fenugreek) Leaves Vegetable + Onion raita + 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1/2 cup cooked Rice + 1 cup Moong Dal /Masoor Dal / 2 small Chicken pieces with Gravy / 1-2 Fish pieces with Gravy + 1/2 cup Spinach vegetable + 1 bowl Salad + + 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1/2 cup cooked Jeera Rice + 1 cup Dal Fry in less oil +1 cup Cluster Beans (Gavar) vegetable + 1 bowl Salad + 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1/2 cup cooked Jeera Rice + 1 cup (Moong/Masoor) Dal /2 small Chicken pieces with Gravy / 1-2 Fish pieces with Gravy + Spinach Vegetable + 1 bowl Salad+ 1 glass Buttermilk / ½ cup Curd Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items
Evening snacks 1	4:30 PM	½ cup Tea/Coffee with 1tsp Sugar	½ cup Tea/Coffee with 1tsp Sugar	½ cup Tea/Coffee with 1tsp Sugar	½ cup Tea/Coffee with 1tsp Sugar	½ cup Tea/Coffee with 1tsp Sugar	½ cup Tea/Coffee with 1tsp Sugar	½ cup Tea/Coffee with 1tsp Sugar
Evening snack 2 (Avoid Maida products)	6:00 PM	½ cup Sprouted Kabuli Chana Chat	1 cup Makhana Chat	½ cup Bhel (Murmura + Salad)	½ cup Chana Jor + 1 cup Mix vegetables	1 Khakra + Green Chutney + vegetable (Tomato, Capsicum, Carrots, Onion)	1 thin Palm size- Raajgeera chikki	½ cup Moong Jor + 1 cup Mix vegetables Chaat
Dinner (2-3 hours before bedtime)	8.30 PM	¼ cup - Ragi Roti + 1 cup Bhindi Masala (1 tsp oil) + 1 bowl Salad (Tomato, Onion, Cucumber , 1 Garlic flakes) Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup - 2 Jowar Roti + 1 cup (Drumstick + Dudhi) Vegetable with less oil + Salad (Sprouted Moong Bean salad) Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup - 2 Ragi Roti + 2-3 Chicken pieces Gravy / 1 medium Fish pieces with gravy / 1 cup (Cauliflower + Green Pea) Vegetable + Cucumber Raita - 1 bowl Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	1 medium or 2 small Sattu/ Rajgeera Paratha + Green Chutney + 1 bowl Salad Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup - 2 Ragi Roti + 2-3 Chicken pieces Gravy / 1 medium Fish Gravy / 1 cup Tindora (Ivy gourd) Vegetable with less oil + 1 bowl Salad (beetroot + carrot) Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup - 2 Multigrain Roti + 1 cup Karela (Bitter gourd) Vegetable with less oil + Salad (Sprouted Moong Bean Salad) Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items	¼ cup - 2 Multigrain roti + 2-3 chicken pieces gravy / 1 med fish gravy / veg kolhapuri - 1 cup + Cucumber raita Add 1 sachet of ActiFiber Natural Weight Control to any of the given food or drink items

This Diet Plan is designed by a Nutrition Expert. Please consult your medical practitioner for any further advice.