

Daily Activities and Diet Chart for Weight Reduction

Sl No	Activities	Time/duration	Items to eat/drink	Amount	Calories
1.	Woke-up	4.45 AM, 5-10 min	Plain normal water	1 -2 glass	0
2.	Morning walk	5.0 AM 45-50 min	Speed @ 150 steps per min		
3.	Rest	10 min	Plain water	1-2 glass	0
4.	Wash room activities				
5.	Pranayam/Yoga 30-40 min				
5.	Drinks	2 min	Fresh home made Lauki/bottle guard juice	1 glass	3 cal
6.	Breakfast	By 8.20 AM, 15 min	One Apple with skin Papaya Seasonal fruits Wall nut kernel Almond water soaked Oat flake with diet milk Semolina plain dosa or pearl millet (Bajra) dalia khichdi one Katori In breakfast no use of external oil/fat	200 g 250 g 250 g 4-5 no 5-7 no One katori One no	50 45 50 80 40 125 80
7	Fillers	10 – 1.00pm	Green tea/lemon tea without sugar	2 cups at interval	2
8.	Lunch	1.00 pm, 20 min	Thin pearl millet (Bajra) roti Chana Dal Green vegetable Green Salad (cucumber, onion) (use external oil for cooking 1-2 tsp only)	2 no 2 katori 200 g 150	200 200 150 30
11.	Fillers	3.00 – 6.00pm	Roasted Chana/Seasonal fruits Green tea/lemon tea	50 g/100 g 2- 3 cups	50 5
12.	Evening walk	7.00 pm, 30-45 min	Speed @ 150 steps per min		
13.	Dinner	8.30 pm, 20 min	Bajra thin Roti Green vegetable Green Coriander leaves chatni Diet milk + cinnamon powder	1 no 1 katori 20 g 1glass+1tsp	110 100 5 75
Total Calori taken					1400
14.	Go to bed	By 9.45 pm	Sleep at least 6.30 hours with deep sleep of at least 1 hour		
15.	<p>Precautions: Avoid fruits and vegetables grown underground, Do not take sugar at all Do not take potato and high carbohydrate foods. Stop taking banana. No packaged food Saturday and Sunday if feel may take two ball of rice and fish/chicken curry in luch instead of bajra roti and green vegetables</p> <p>Total Steps in a day must be between 15000 – 20000 with energy burning of 500 -700 cal. It means you have to be active or walk (4000 – 6000 steps) in office also (For the purpose you can have a mi band on your wrist).</p> <p>This is tested on me by me. One can try for himself/herself. If feel any problem they should consult doctor immediatly. Once Target of losing weight completed, contact again to know how to stay on the same final weight. Follow above guideline strictly</p>				