

WEIGHT LOSS DIET



A DETAILED WEIGHT LOSS DIET PLAN



Who Am I

Daulat - Athletes / Marketer

Helping New ATHLETES To Create Growing Ecosystem
Athletes + Digital Marketer
#1 Fitness consultancy website For Influencer



I run a Fitness Consultancy and having 5 Years of Experience Fitness Industry

If you like to know about the importance of healthy nutrition and workout tips, then definitely consider checking out my Daulat Hussain | Fitness Community Blog, Where I posted 100+ articles regarding Fitness & Nutrition which I think you'll really enjoy.

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A DETAILED WEIGHT LOSS DIET PLAN

The **best diet for weight loss** is a combination of the **five major food** groups – **fruits** and **vegetables**, **cereals** and pulses, **meat** and dairy **products**, and fats and oils. Knowing how to divvy up the food groups, allocate portion sizes, and the **best/ideal time** to eat is also important.

However, I have put together a diet plan for weight loss with food. This 7-day diet plan, **1200** calorie diet plan.

Day 1

Meal / Time

- After starting your day with cucumber water, have oats porridge, and mixed nuts for breakfast.
- Have a roti with dal and gajar matar sabzi for lunch.
- Follow that up with dal and lauki sabzi to go with a roti for dinner

6:30 AM

Cucumber Detox Water(1 glass)

8:00 AM

Oats Porridge in Skimmed Milk(1 bowl)Mixed Nuts(25 grams)

12:00 PM

Skimmed Milk Paneer(100 grams)

2:00 PM

Mixed Vegetable Salad(1 katori)

2:10 PM

Dal(1 katori)Gajar Matar Sabzi(1 katori)Roti (1 roti/chapati)

4:00 PM

Cut Fruits(1 cup)Buttermilk(1 glass)

5:30 PM

Tea with Less Sugar and Milk(1 teacup)

8:50 PM

Mixed Vegetable Salad(1 katori)

9:00 PM

Dal(1 katori)Lauki Sabzi(1 katori)Roti (1 roti/chapati)

Day 2

Meal / Time

- On the second day, eat a mixed vegetable stuffed roti with curd for breakfast.
- For lunch, have half a Katori of methi rice along with lentil curry.
- End your day with sauteed vegetables and green chutney.

6:30 AM

Cucumber Detox Water(1 glass)

8:00 AM

Curd(1.5 katori)Mixed Vegetable Stuffed Roti(2 piece)

12:00 PM

Curd(1.5 katori)Mixed Vegetable Stuffed Roti(2 piece)

2:00 PM

Mixed Vegetable Salad(1 katori)

2:10 PM

Lentil Curry(0.75 bowl)Methi Rice(0.5 katori)

4:00 PM

Apple(0.5 small (2-3/4" dia))Buttermilk(1 glass)

5:30 PM

Coffee with Milk and Less Sugar(0.5 tea cup)

8:50 PM

Mixed Vegetable Salad(1 katori)

9:00 PM

Sauteed Vegetables with Paneer(1 katori)Roti (1 roti/chapati)Green Chutney(2 tablespoon)

Day 3

Meal / Time

- Breakfast on day 3 would include Multigrain Toast and Skim Milk Yogurt.
- In the afternoon, have sauteed vegetables with paneer and some green chutney.
- Half a katori of methi rice and some lentil curry to make sure you end the day on a healthy note.

The Complete Weight loss Diet Plan & Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Skim Milk Yoghurt(1 cup (8 fl oz))Multigrain Toast(2 toast)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Sauteed Vegetables with Paneer(1 katori)Roti (1 roti/chapati)Green Chutney(2 tablespoon)
4:00 PM	Banana(0.5 small (6" to 6-7/8" long))Buttermilk(1 glass)
5:30 PM	Tea with Less Sugar and Milk(1 teacup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Lentil Curry(0.75 bowl)Methi Rice(0.5 katori)

Day 4

Meal / Time

- Start Day 4 with a Fruit and Nuts Yogurt Smoothie and Egg Omelette
- Follow that up with Moong Dal, Bhindi Sabzi, and roti.
- Complete the day's food intake with steamed rice and palak chole

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Fruit and Nuts Yogurt Smoothie(0.75 glass)Egg Omelette(1 serve(one egg))
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Green Gram Whole Dal Cooked(1 katori)Bhindi sabzi(1 katori)Roti (1 roti/chapati)
4:00 PM	Orange(1 fruit (2-5/8" dia))Buttermilk(1 glass)
5:30 PM	Coffee with Milk and Less Sugar(0.5 tea cup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Palak Chole(1 bowl)Steamed Rice(0.5 katori)

Day 5

Meal / Time

- Have a glass of skimmed milk and peas poha for breakfast on the fifth day.
- Eat a missi roti with low-fat paneer curry in the afternoon.
- End the day with roti, curd and aloo baingan tamatar ki sabzi

6:30 AM

Cucumber Detox Water(1 glass)

8:00 AM

Skimmed Milk(1 glass)Peas Poha(1.5 katori)

12:00 PM

Skimmed Milk Paneer(100 grams)

2:00 PM

Mixed Vegetable Salad(1 katori)

2:10 PM

Low Fat Paneer Curry(1.5 katori)Missi Roti(1 roti)

4:00 PM

Papaya(1 cup 1" pieces)Buttermilk(1 glass)

5:30 PM

Tea with Less Sugar and Milk(1 teacup)

8:50 PM

Mixed Vegetable Salad(1 katori)

9:00 PM

Curd(1.5 katori)Aloo Baingan Tamatar Ki Sabzi(1 katori)Roti (1 roti/chapati)

Day 6

Meal / Time

- On Day 6, have idli with sambar for breakfast
- For lunch, roti with curd and aloo baingan tamatar ki sabzi
- To end Day 6, eat green gram with roti and bhindi sabzi

The Complete Weight loss Diet Plan & Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Mixed Sambar(1 bowl)Idli(2 idli)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Curd(1.5 katori)Aloo Baingan Tamatar Ki Sabzi(1 katori)Roti (1 roti/chapati)
4:00 PM	Cut Fruits(1 cup)Buttermilk(1 glass)
5:30 PM	Coffee with Milk and Less Sugar(0.5 tea cup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Green Gram Whole Dal Cooked(1 katori)Bhindi sabzi(1 katori)Roti (1 roti/chapati)

Day 7

Meal / Time

- On the seventh day, start with besan chilla and green garlic chutney.
- Have steamed rice and palak chole for lunch.
- End the week on a healthy note with low-fat paneer curry and Missi roti.

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Besan Chilla(2 cheela)Green Garlic Chutney(3 tablespoon)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Palak Chole(1 bowl)Steamed Rice(0.5 katori)
4:00 PM	Apple(0.5 small (2-3/4" dia))Buttermilk(1 glass)
5:30 PM	Tea with Less Sugar and Milk(1 teacup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Low Fat Paneer Curry(1 katori)Missi Roti(1 roti)