

How to lose 10kg in a month diet plan pdf: Weight Loss Diet Plan Chart – Day 1

- Always start your day with warm water.

Day 1 Diet Chart

7 AM 5 soaked Almonds
9:00 AM Breakfast: Vegetable poha
12:00 PM Any seasonal fruit
2:00 PM Lunch: 2 oats atta roti, Salad, and any vegetable
4:00 PM Any Protein Rich salad.
5:30 PM Green Tea
8.30 PM Dinner: 1 oat roti with salad and vegetable

How to lose 10kg in a month diet plan pdf: Day 2- Weight loss diet chart Plan

- Diet is not that boring, you can enjoy your every meal with different weight loss recipes and make your weight loss journey interesting

Day 2 Diet Chart

6:30 AM 1 warm water with lemon and honey
7:00 AM Eat 5 soaked almonds with 1 spoon of pumpkin seeds
9:00 AM Breakfast: 2 vegetable sandwiches (add one cheese slice to each sandwich) with mint Chutney
12:00 PM Any Season Fruit or Buttermilk
2:10 PM Lunch: 1 katori rice with any dal and curd
4:00 PM Green Tea
6:00 PM Makhanas
8.00 Dinner: Paneer Bhurji with 1 chapati and salad

How to lose 10kg in a month diet plan pdf: Day 3- Weight loss diet chart Plan

- Make sure you drink at least 3 liters of water every day.
- 1spoon of ghee is required in a day. So don't shy away from using Desi ghee for making breakfast

Day 3 Diet Chart

6:30 AM Cucumber Detox Water (1 glass)
8:00 AM Skim Milk Yoghurt (1 cup (8 floz)) 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 tablespoons)
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 bowls) Methi Rice (0.5 Katori)

How to lose 10kg in a month diet plan pdf: Day 4- Weight loss diet chart Plan

Day 4 Diet Chart

7:30 AM Cucumber Detox Water (1 glass)
8:00 AM Egg Omelet
12:00 PM Buttermilk or coconut water
2:00 PM Mixed Vegetable Salad (1 Katori)
1/2katorisprouted moong dal Roti (1 roti/chapati) with any sabzi
4:00 PM Any seasonal fruit
5:30 PM Either coffee or green tea with Makhan
8:30 PM 1 multigrain atta roti with dal(1 Katori)

How to lose 10kg in a month diet plan pdf: Day 5- Weight loss diet chart Plan

I hope you are following 4 days diet chart plan rigorously.

Day 5 Diet Chart

7:00 AM 4 soaked almonds, 2 walnuts, and 1fig
8:30 AM 1 vegetable Katori poha with black coffee
11:30 PM Have either buttermilk or coconut water.
2:30 PM Mixed Vegetable Salad (1 Katori) with 1 black chana chat
5:30 PM Tea with coconut Sugar and Milk (1 teacup)
8:30 PM 1 Bran atta roti with any sabzi

10.00 PM chamomile green tea

How to lose 10kg in a month diet plan pdf: Day 6- Weight loss diet chart Plan

Day 6 Diet Chart

7:30 AM Warm water with lemon and honey in it

8:30 AM 2 Ravaidlis with sambhar or chutney

12:00 PM 50 grams paneer chat(add vegetables of your choice, bell pepper, capsicum,broccoli)

2:00 PM 1 katori rice with dal and salad and raita

4:00 PM Either fruit chat or a glass of buttermilk in summers

5:30 PM Black coffee/lemon tea with makhanas

8:30 PM Dinner: 1 oats atta roti and 1 katorisabji

10:00 PM Green Gram Whole Dal Cooked (1 Katori)Bhindisabzi (1 Katori) chamomile green tea

How to lose 10kg in a month diet plan pdf: Day 7- Weight loss diet chart Plan

It's going to be 7th day of your diet so be consistent. If you have any plans for an outing, please choose a healthy option outside

Day 7 Diet Chart

7:30 AM Drink 1 glass of jeera water

9:00 AM 2 Besan chilla(add green vegetables) with green chutney

12:00 PM Coconut water

2:00 PM Eat 1 multigrain chapatti with dal and can have half katori rice with lots of salad

5:30 PM 1 Katori white chana chat

8:30 PM Dinner:1 roti of bajraatta with sabzi and salad and can have 1 egg white

10:00 PM Chamomile green tea

- Chamomile tea is for good sleep so it is better if you take it on a daily basis.
- If you are non-vegetarian, please include at least 50 grams of protein in your diet.
- Diet doesn't mean starving yourself if your regular diet includes 4 chapatis in your diet

You can't suddenly start with 1 chapatti, so start with 2 multigrain atta chapattis for at least 10 days because your body can't adapt to change so frequently.