

☀️ SUMMER WEIGHT LOSS (VEG) DIET PLAN

Calories: 1200–1400 KCal/day

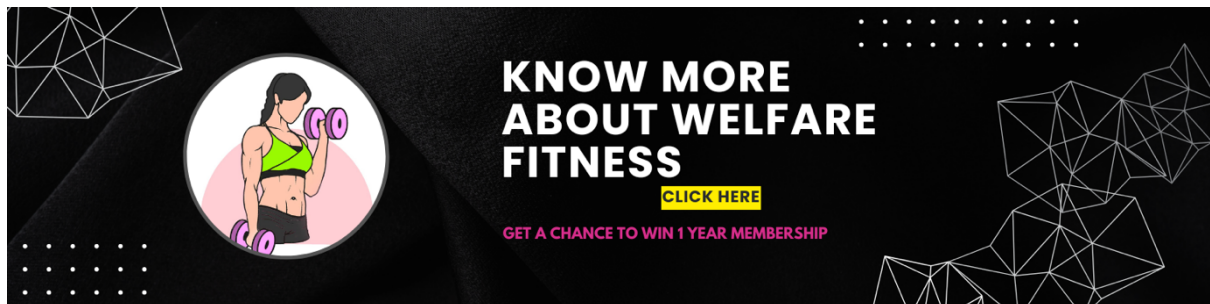
Focus: Cooling foods, hydration, seasonal fruits & vegetables, low oil/spices.

Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
Monday	Watermelon Chia Smoothie + 2 Multigrain Toast + Almonds (4)	Coconut Water + 1 Cucumber	1 Roti + Lauki Curry + Moong Dal + Curd + Salad	Buttermilk + Roasted Chana	1 Roti + Tinda Sabzi + Vegetable Soup	Warm Water + Lemon
Tuesday	Veg Dalia + Mint Chutney + 1 Boiled Potato (small)	Lemon Water + 1 Orange	1 Roti + Pumpkin Curry + Sprout Salad + Buttermilk	Roasted Makhana + Herbal Tea (No Caffeine)	1 Roti + Bottle Gourd Sabzi + Curd + Moong Dal	Warm Water + Cinnamon
Wednesday	Overnight Soaked Oats + Chia + Banana Slices	Coconut Water + 1 Apple	1 Roti + Tinda Sabzi + Moong Dal + Salad + Buttermilk	Cucumber + Carrot Sticks + Lemon Water	1 Roti + Lauki Curry + Vegetable Clear Soup	Warm Lemon Water
Thursday	Vegetable Upma + Mint Chutney + Herbal Tea	Lemon Water + 1 Cucumber	1 Roti + Bhindi Curry + Moong Dal + Salad + Buttermilk	Roasted Chana + Coconut Water	1 Roti + Pumpkin Sabzi + Curd + Vegetable Soup	Warm Water + Turmeric
Friday	Thepla (less oil) + Curd + 4 Almonds + Watermelon Juice	Coconut Water + 1 Orange	1 Roti + Lauki Curry + Moong Dal + Salad + Buttermilk	Roasted Makhana + Herbal Tea	1 Roti + Tinda Sabzi + Curd + Moong Dal	Warm Lemon Water
Saturday	Poha with Veggies + 1 Boiled Potato (small) + Herbal Tea	Lemon Water + 1 Cucumber	1 Roti + Bottle Gourd Sabzi + Curd + Moong Dal	Roasted Chana + Buttermilk	1 Roti + Bhindi Curry + Vegetable Soup	Warm Water + Cinnamon
Sunday	Mixed Fruit Bowl + Chia Seeds + 2 Toast + Herbal Tea	Coconut Water + 1 Apple	1 Roti + Pumpkin Curry + Sprout Salad + Curd	Cucumber + Carrot Sticks + Lemon Water	1 Roti + Lauki Curry + Moong Dal + Vegetable Clear Soup	Warm Water + Lemon

● KEY NOTES:

- **Seasonal Cooling Foods:** Watermelon, cucumber, coconut water, buttermilk, mint, lemon.
- **Avoid:** Fried food, too many spices, caffeine, and heavy dairy.
- **Hydration:** 3–3.5 liters/day (include lemon water, coconut water, and plain water).
- **Meal Timing:** Eat light and frequent meals to beat the heat.
- **Exercise:** Early morning or evening light workout; avoid mid-day outdoor activity.
- **Sleep:** 7–8 hours, avoid heavy dinner for better digestion.

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AVERAGE WEIGHT LOSS RESULTS*

	GENERAL TRAINING	PERSONAL TRAINING
3 MONTH	5-7 KG	10-15 KG
6 MONTH	10-14 KG	15-20 KG
12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



MONTHLY MEMBERSHIP IN JUST 749*

PERSONAL TRAINING IN JUST 5999/-