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A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

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🌙 Ramadan Weight Loss Diet Chart – Veg – 1200 to 1400 KCal

Meal Time	Food Items	Calories (Approx.)
Iftar (6:45 PM)	– 2 Dates – 1 glass Lemon Water (no sugar, with chia seeds) – 1 bowl Fruit Chaat (no banana) – 1 small bowl Roasted Chana or 1 Kuttu Cheela (without oil)	250-300 KCal
Dinner (9:00 PM)	– 1-2 Multigrain Roti – 1 cup Mixed Vegetable Curry (less oil) – 1 bowl Moong Dal or Lauki Chana Dal – 1 bowl Curd (low fat) – Salad (cucumber, tomato, carrot)	400-500 KCal
Post-Dinner (10:30 PM)	– 1 cup Herbal Tea or Warm Milk with haldi (low fat) – 2 soaked walnuts or 4 soaked almonds	100 KCal
Suhoor (Pre-Dawn – 4:30 AM)	– 1 Vegetable Stuffed Paratha (no oil) or 1 small bowl Poha with veggies – 1 small Banana or Apple – 1 glass low-fat Milk or 1 bowl Curd – 1 tsp Flaxseed Powder	300-400 KCal

✅ Tips for Weight Loss during Ramadan:

- Avoid **fried foods**, sugar syrups, and heavy sweets.
- Eat **fiber-rich foods** (fruits, veggies, whole grains) to stay full longer.
- **Hydration is key**: Drink 2-3 liters water between Iftar and Suhoor.
- Include **light workouts** like yoga or walking post-Iftar.
- Avoid over-eating at Iftar – break the fast with **light and nutritious food**.

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12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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