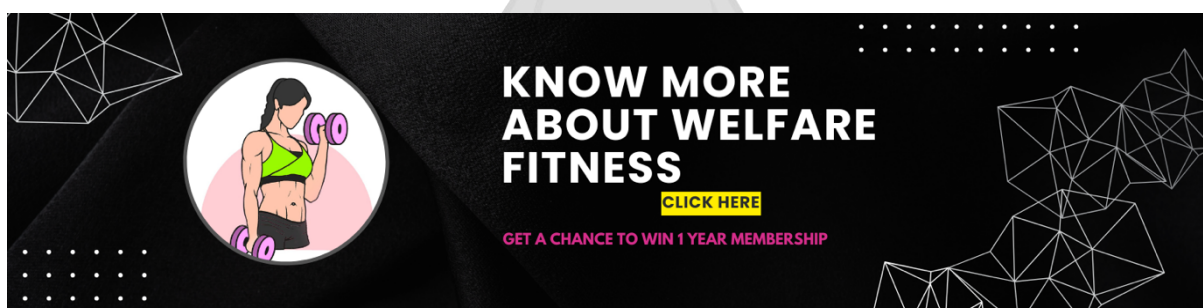## 🥗 Jain Hindu Weight Loss Diet Chart – 1200 to 1400 KCal

Day / Time	Breakfast (8:00 AM)	Lunch (1:00 PM)	Evening Snack (4:30 PM)	Dinner (7:30 PM)	Post-Dinner (9:00 PM)
Monday	– 1 glass warm lemon water – 1 Methi Thepla (no oil) + curd (low fat)	– 2 Multigrain Rotis – Lauki-Tinda sabzi – 1 bowl Moong Dal (no onion-garlic) – Cucumber salad	– 1 fruit (Apple/Orange) – 5 soaked almonds	– 1 bowl Vegetable Dalia (no root veggies) – 1 cup low-fat buttermilk	– 1 cup green tea or warm haldi milk
Tuesday	– 1 bowl Poha with peas, peanuts (root-free) – Herbal tea	– 1 cup Jain Chana Masala – 1 Multigrain Roti – Tomato-cucumber salad	– Roasted Makhana (1 cup) – 1 cup herbal tea	– 1 bowl Vegetable Khichdi (root-free) – 1 bowl curd	– 2 soaked walnuts or 4 almonds
Wednesday	– 1 bowl Upma with veggies (no root) – 1 glass buttermilk	– 2 Rotis – Torai/Tinda Sabzi – 1 bowl Jain Dal – Salad	– 1 fruit + 5 almonds	– 1 cup Moong Dal Chilla + Mint chutney (no garlic) – 1 bowl curd	– 1 cup warm water with jeera
Thursday	– 1 bowl Dalia with milk (low fat) – Herbal tea	– 1 Jain Sabudana Khichdi – 1 bowl Curd – Tomato, cucumber salad	– Roasted Chana (1 small bowl)	– 2 Thepla (no oil) + Lauki Sabzi + 1 bowl buttermilk	– 1 fruit (Papaya/Apple)
Friday	– 1 bowl Vegetable Idli (no root) + Mint chutney	– 1 cup Jain Rajma Curry – 1 Multigrain Roti – Salad	– 1 small bowl puffed rice + peanuts	– 1 bowl Vegetable Dalia + 1 bowl Curd	– 1 cup green tea
Saturday	– 1 bowl Jain Upma + buttermilk	– 2 Rotis – Tinda/Lauki sabzi – 1 bowl Moong Dal – Salad	– Fruit Chaat (no banana)	– 1 bowl Khichdi + 1 cup curd	– 1 cup warm haldi milk
Sunday	– 1 Moong Dal Chilla + Mint chutney	– 1 cup Jain Paneer Bhurji – 1 Multigrain Roti – Salad	– Roasted Makhana or Chana	– 1 bowl Jain Sabudana Khichdi – 1 cup buttermilk	– 1 fruit or 5 almonds

✅ Weight Loss Tips (Jain Dieters):

- Avoid fried food, sugar, heavy sweets.
- Use minimal oil (preferably cold-pressed) – max 1 tsp per meal.
- Stay hydrated (2-3L water/day).
- Incorporate light **walks or yoga**.
- Avoid **late-night meals**; aim to finish dinner by **7:30 PM**.

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