



# 7 DAYS DIET CHART FOR BELLY FAT REDUCTION



## MONDAY

**Early  
Morning**

A glass of lemon water

**Breakfast**

2 idlis/ 1 dosa + A small bowl of samber + A small bowl of Red Chill Chutney + 1 Banana/Apple/Orange

**Mid  
Morning**

A bowl of fruits salad + A glass of warm water

**Lunch**

2 Missi roties + A small bowl of Paneer makhni + A small bowl of capsicum salad

**Snacks**

Tea and 2 whole wheatlow on oil khakra

**Dinner**

2 Dosa + A small bowl of garlic podi + A glass of warm water

**Post  
Dinner**

2 glasses of warm water

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# TUESDAY

## Early Morning

A glass of Detox

## Breakfast

2 Brown bread veg sandwich + A small cup of yoghurt + A cup of Tea + 1 Banana/ Pear/ Papaya

## Mid Morning

A handful of assorted seeds like watermelon seeds/ chia seeds/ pumpkin seeds/ Flax seeds + 2 glasses of warm water

## Lunch

1 small bowl of Brown rice + 1 small vegetable Curry + Small Baked Salmon + A small plate of veg salad

## Snacks

1 cup of Green tea and a Cup of Steamed Corn

## Dinner

1 Ragi Roti + a small bowl of Vegetable stir fry / Corn curry + 1 small bowl of mixed vegetable Salads

## Post Dinner

a cup of fat free yoghurt



# WEDNESDAY

## Early Morning

A glass of Amla drink

## Breakfast

A medium bowl of Barley Porridge/Oats + A cup of Tea+ 1 Mango/ Jamun/Orange

## Mid Morning

A handful of assorted fibres like psyllium husk / fenu greek + 2 glass of warm water

## Lunch

1 Plate of panner tikka kabab + half a bowl veg Fried rice + a small bowl of Salad

## Snacks

1 cup Green tea and a bowl of Sprouts chat

## Dinner

2 bajra rotis + a small bowl of pepper dal curry / paneer gravy

## Post Dinner

A glass of warm skimmed milk



# THURSDAY

## Early Morning

A glass of Wheat grass and spirulina Juice

## Breakfast

1 Stuffed Muli/Cauliflower Chapathi + A glass of Almond Milk / Cold press juice / Soy milk

## Mid Morning

A handful of quinoa and chana mixture + 2 glasses of warm water

## Lunch

1 small bowl of roasted chicken and veggies salad + 2 Wheat Rotis + A small cup of low-fat yoghurt

## Snacks

1 glass Fresh Strawberry smoothie + A small granola almond bar

## Dinner

A small bowl of tomato soup + 1 Wheat roti + Small bowl of cucumber sprouts salads

## Post Dinner

4 almonds soaked in water



# FRIDAY

## Early Morning

A glass of warm water

## Breakfast

A medium bowl of Oats /Cereals + A small bowl of fresh fruits

## Mid Morning

A bowl of veggie salad + A glass of warm water

## Lunch

A glass of Buttermilk and 1 Khakra / khandvi

## Snacks

A glass of Buttermilk and 1 Khakra/ khandvi

## Dinner

1 small bowl of Veg rava upma / semiya + A small cup of samber (No protein in chutney)

## Post Dinner

2 glasses of warm water



# SATURDAY

## Early Morning

A glass of spirulina drink

## Breakfast

3 Dhokla/1 jowar roti + A small bowl of imli chutney + A small bowl of khara chutney + A glass of Carrot Juice / Fruits Smoothie

## Mid Morning

A glass of tender coconut water + A handful of walnuts and apricots

## Lunch

A cup of fat free , flavour free yoghurt + 2 flax sesame ladoo

## Snacks

A cup of fat free , flavour free yoghurt + 2 flax sesame ladoo

## Dinner

2 wheat rotis + curry + 1 small bowl of Mixed veg salads

## Post Dinner

A glass of skimmed milk

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# SUNDAY

## Early Morning

A glass of water with Apple Cider Vinegar

## Breakfast

1 Dosa + A small bowl bowl of pumpkin sambar + A small bowl of coriander chutney + A glass of Beetroot Juice / Bottlegourd Juice

## Mid Morning

A bowl of Sprouts and paneer salad + A glass of Buttermilk

## Lunch

A glass of whey protein shake + A small bowl of amaranth and raisin mix

## Snacks

A glass of whey protein shake + A small bowl of amaranth and raisin mix

## Dinner

2 Neer dosa + 1 small bowl of Pudina chutney + 2 pieces boiled fish / chana salads

## Post Dinner

4 almond soaked in water



To know all about natural and healthy ways of shedding those extra pounds, you can always drop by to any of the Truweight Centres and ask our Nutrition experts themselves. All for FREE! [Just click and get started!](#)