

# **DIET TO REDUCE WEIGHT**

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GUIDELINE BY SANJAY G.M.

- 40 Minutes speedy walk (Brisk walk) can be in 2 part (20 + 20 Minutes)

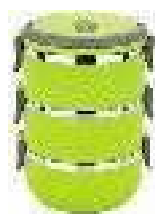
- **BREAKFAST**

OPTION 1 = 1 small bowl grate carrot OR grate beetroot

OPTION 2 = SOAK HALF CUP CHICKPEAS (CHANE)

OPTION 3 = 1 EGG  
1 BROWN BREAD SLICE

- **LUNCH**



To make vegetables use only Coriander, ONION, GINGER, GARLIC & SALT, SPICE & OIL as per requirement.



SPROUTS MOONGS OR LENTILS



SALAD :- RADISH, CABBAGE, CARROT, BEETROOT, FENUGREEK LEAVES, RAW CAPSICUM, CUCUMBER, ONION, TOMATO WITHOUT SEED, CELERY  
SPRING ONION :- Take any 2 items from these. Celery is important try to take 4 times a week.

- **EVENING (4.00-5.00PM) :-**

ANY 1 SEASONAL FRUITS

- **DINNER**

1 JOWAR BHAKRI + VEGETABLE MAKE AS METHOD IN LUNCH & RAW FENUGREEK LEAVES

**NOTE :-** ALMOND, KISHMISH & WATER :- Can take whenever feel to eat.

- With above diet normally around 2 kg/month weight will reduce.  
Keep above mention diet for time till you get your goal weight.  
After that, only change is take jowar bakri at lunch & take normal breakfast.

**Other note:-**

- Age above 45 years, reduce weight can loose skin, so do 2 times face massage in a week by Almond oil
- D deficiency can cause obesity so check & control by 20 mins light sunlight.
- B12 deficiency can cause obesity so control B12 by sprouts pulses, fish, eggs.
- Stress & skip breakfast result to balloon obesity
- Obesity can reduce iron absorption.
- Suggested blood test (name - Arogyam-C)

NOTE :- All guideline is on my personal research or study from many author which convince me, follow guideline under doctor's observation.