

Eternal Yoga

7-Day Diet Chart for Yoga-Based Weight Loss

Morning Routine (6:30 AM – 8:00 AM)

Time	Meal	Example
6:30 AM	Warm Water + Lemon	1 glass warm water with half lemon
7:00 AM	Pre-Yoga Snack	Handful of soaked almonds or banana

Breakfast (8:30 AM – 9:30 AM)

Meal Option	Example
Option 1	Oats with fruits & flaxseeds
Option 2	Vegetable poha or upma with mint chutney
Option 3	Green smoothie with spinach, banana, and almond milk

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☐ Mid-Morning Snack (11:00 AM)

Option	Example
Fruit	Apple, pear, or papaya slices
Drink	Herbal tea or coconut water

🍽️ Lunch (1:00 PM – 2:00 PM)

Meal Component	Example
Grain	1 multigrain roti or 1 bowl brown rice
Protein	Paneer, tofu, lentils (dal)
Vegetables	2 cups mixed sabzi (steamed or sautéed)
Salad	Cucumber, beetroot, and carrot slices

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☕ Evening Snack (4:00 PM – 5:00 PM)

Option	Example
Tea	Green tea or tulsi tea
Snack	Roasted chana or makhana

🍲 Dinner (7:00 PM – 8:00 PM)

Option	Example
Light Meal	Vegetable soup with 1 roti or quinoa salad
Protein	Grilled tofu/paneer with sautéed veggies

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🌙 Bedtime (9:30 PM – 10:00 PM)

Drink	Example
Detox Drink	1 glass of warm turmeric water or chamomile tea