



## **DIET BASED WEIGHT LOSS PROGRAM**

**Dear Friend,**

Thank you for choosing Leptyn's Diet-Based Weight Loss Program.

It's no secret that many of us struggle with weight due to factors beyond our control. Busy lifestyles, huge portions, frequent snacking, lack of physical activity, high stress levels, and reduced sleep all contribute to weight gain.

This food kit is designed to support your weight loss journey while ensuring you enjoy delicious, satisfying, and easy-to-cook meals. This kit will help you cultivate a healthy lifestyle and achieve realistic weight loss goals.

By consistently following this meal plan and our expert advice, you can expect to lose up to 15% weight in 3-6 months timeframe. Individual results may vary, but our team will work with you to customize the program and help you achieve your desired results.

Please reach out to us at +91-93-6301-6300 to schedule dietician consultation or resolve any queries you may have. We are available Monday to Saturday, from 9 AM to 7 PM.

Here's to a healthier, happier you. Let's embark on this journey together!

Best wishes,  
Dr. Neha Shah  
Co-Founder, Leptyn

## Food variety available inside the box:

Name	Weight	Suggested qty for cooking 1 serving	Total servings in 1 month	Remarks
Millet Dosa	300 gm	1 katori (30 gm)	10	Make batter. Rest for 15 mins before cooking
Millet Upma (Pongal)	300 gm	1/2 katori (30 gm)	10	Roast as per taste
Millet Chilla (Adai)	300 gm	1 katori (30 gm)	10	Make batter. Rest for 15 mins before cooking
Red Rice	300 gm	1/2 katori (30 gm)	10	Soak for 6-8 hours
Forest Elephant Rice	300 gm	1/2 katori (30 gm)	10	Soak for 6-8 hours
Kodo Millet	300 gm	1/2 katori (30 gm)	10	Rinse properly. Soak for 1-2 hours
Millet Museli	300 gm	1/2 katori (20 gm)	15	Soak in milk for 5-10 mins
Horsegram Vermicelli	150 gm	1 katori (30 gm)	5	Roast as per taste
Millet Noodle	180 gm	1/4 bunch (45 gm)	4	Cook al-dente in boiling water
Health-mix Soup	200 gm	1/2 katori (20 gm)	10	Adjust soup consistency as per taste
Herbal Tea	60 gm	1 tea bag (2 gm)	30	Drink herbal tea 1 or 2 times daily

Note: 1 food-grade disposable katori is provided for measurement.

Book dietician consultation to get below meal plan customized as per your preference:

**Call / Whatsapp on: +91-93-6301-6300**

Timing: Mon to Sat: 9 am to 7 pm

## Day Wise Meal Plan (Standard)

Day	Breakfast	Lunch	Dinner
Day 1	Millet dosa (30 gm) + mint chutney	Red rice (30 gm) with sambar, poriyal, kootu, rasam + Low fat paneer salad	Carrot soup cooked with health mix powder (20 gm) + Black chana sundal
Day 2	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm) bisibellabath with kovakkai poriyal + sprouts	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Chickpea Sundal
Day 3	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm) pulao with cucumber raita + Tofu salad	Barnyard noodles (45g, 1/4th bunch) with vegetables (carrot, beans, capsicum, onion) + Peanuts sundal
Day 4	Millet dosa (30 gm) + tomato chutney	Red rice (30 gm ) vegetable fried rice + banana stem raita + Low fat paneer salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Black chana sundal
Day 5	Millet pongal (30 gm) + sambar	Kodo millet (30 gm ) + sambar, rasam, carrot beans poriyal + sprouts	Horse gram vermicelli (30 gm) kichadi with sambar + Chickpea Sundal
Day 6	Millet chilla (30 gm) + onion chutney	Forest Elephant rice (30 gm ) with sambar, poriyal, kootu, rasam + Tofu salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Peanuts sundal
Day 7	Millet dosa (30 gm) + mint chutney	Red rice (30 gm ) vegetable fried rice + banana stem raita + low fat paneer salad	Tomato soup cooked with health mix powder (20 gm) + Black chana sundal
Day 8	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm ) bisibellabath with kovakkai poriyal + sprouts	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Chickpea Sundal
Day 9	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm ) pulao with cucumber raita + Tofu salad	Barnyard noodles (45g, 1/4th bunch) with vegetables (carrot, beans, capsicum, onion) + Peanuts Sundal
Day 10	Millet dosa (30 gm) + tomato chutney	Red rice (30 gm ) pulao with cucumber raita + low fat paneer salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Black chana sundal

Day	Breakfast	Lunch	Dinner
Day 11	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm) bisibellabath with kovakkai poriyal + sprouts	Horse gram vermicelli (30 gm) kichadi with sambar + Chickpea Sundal
Day 12	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm) pulao with cucumber raita + Tofu salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) +Peanuts sundal
Day 13	Millet dosa (30 gm) + tomato chutney	Red rice (30 gm ) vegetable fried rice + banana stem raita + Low fat paneer salad	Tomato soup cooked with health mix powder (20 gm) + Black chana sundal
Day 14	Millet pongal (30 gm) + sambar	Kodo millet (30 gm ) + sambar, rasam, carrot beans poriyal + sprouts	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Chickpea Sundal
Day 15	Millet chilla (30 gm) + onion chutney	Forest Elephant rice (30 gm ) with sambar, poriyal, kootu, rasam + Tofu salad	Barnyard noodles (45g, 1/4th bunch) with vegetables (carrot, beans, capsicum, onion) + Peanuts Sundal
Day 16	Millet dosa (30 gm) + mint chutney	Red rice (30 gm ) vegetable fried rice + banana stem raita + low fat paneer salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Black chana sundal
Day 17	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm ) bisibellabath with kovakkai poriyal + sprouts	Horse gram vermicelli (30 gm) kichadi with sambar + Chickpea Sundal
Day 18	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm ) pulao with cucumber raita + Tofu salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Peanuts Sundal
Day 19	Millet dosa (30 gm) + tomato chutney	Red rice (30 gm ) pulao with cucumber raita + low fat paneer salad	Spinach soup cooked with health mix powder (20 gm) + Black chana sundal
Day 20	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm) bisibellabath with kovakkai poriyal + sprouts	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Chickpea Sundal

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Day 21	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm) pulao with cucumber raita + Tofu salad	Barnyard noodles (45g, 1/4th bunch) with vegetables (carrot, beans, capsicum, onion) + Peanuts Sundal
Day 22	Millet dosa (30 gm) + tomato chutney	Red rice (30 gm ) vegetable fried rice + banana stem raita + Low fat paneer salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Black chana sundal
Day 23	Millet pongal (30 gm) + sambar	Kodo millet (30 gm ) + sambar, rasam, carrot beans poriyal + sprouts	Horse gram vermicelli (30 gm) kichadi with sambar + Chickpea Sundal
Day 24	Millet chilla (30 gm) + onion chutney	Forest Elephant rice (30 gm ) with sambar, poriyal, kootu, rasam + Tofu salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Peanuts Sundal
Day 25	Millet dosa (30 gm) + mint chutney	Red rice (30 gm ) vegetable fried rice + banana stem raita + low fat paneer salad	Carrot soup cooked with health mix powder (20 gm) + Black chana sundal
Day 26	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm ) bisibellabath with kovakkai poriyal + sprouts	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Chickpea Sundal
Day 27	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm ) pulao with cucumber raita + Tofu salad	Horse gram vermicelli (30 gm) kichadi with sambar + Peanuts Sundal
Day 28	Millet dosa (30 gm) + tomato chutney	Red rice (30 gm ) pulao with cucumber raita + low fat paneer salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Black chana sundal
Day 29	Millet upma (30 gm) with green peas + green chutney	Kodo millet (30 gm) bisibellabath with kovakkai poriyal + sprouts	Tomato soup cooked with health mix powder (20 gm) + Chickpea Sundal
Day 30	Millet chilla (30 gm) + mint chutney	Forest elephant rice (30 gm) pulao with cucumber raita + Tofu salad	Millet Muesli (20 gm) in 150 ml of slim milk (or almond milk) + Peanuts Sundal

## Additional Resources

Download Recipe Book for Leptyn food products:



Follow our Instagram page for interesting and useful updates - **@leptyn**



## Contact Us

### **Leptyn (A unit of Cratos Healthtech Pvt Ltd)**

#17, 11th Cross Street, Indiranagar

Adyar, Chennai - 600020

Call / Whatsapp: +91 93 6301 6300

Email: [support@leptyn.com](mailto:support@leptyn.com)

Website: [www.leptyn.com](http://www.leptyn.com)