

**FOLLOW
THESE**

6

**SMALL STEPS TO
PERMANENT WEIGHT
LOSS FOR DESI
PROFESSIONALS**

A step-by-step guide to weightloss!!

-Sonia Dhingra

INTRODUCTION:

WHY MOST WEIGHT LOSS PLANS FAIL & WHAT ACTUALLY WORKS

Most weight loss plans fail because they rely on extreme restrictions that are impossible to maintain. Especially for busy Desi professionals, cultural food habits and hectic schedules make traditional dieting even harder.

But the truth is, sustainable weight loss doesn't require giving up the foods you love or spending hours at the gym. Instead, small, consistent changes lead to permanent results. In this guide, you'll learn six simple steps to help you lose weight without feeling deprived.

STEP 1

LET'S WRITE IT - AWARENESS IS THE FIRST STEP



The first step toward any transformation is awareness. You need to know where you're starting to understand what needs to change. Writing things down helps create this awareness.

**TRACK YOUR CURRENT WEIGHT, GOAL
WEIGHT, AND FOOD INTAKE**

**JOURNALING HELPS IDENTIFY PATTERNS
THAT MIGHT BE HOLDING YOU BACK.**

**QUICK EXERCISE: WRITE DOWN THREE FOODS
YOU EAT DAILY THAT MAY BE PREVENTING
WEIGHT LOSS.**

STEP 2

LET'S DROP IT - REMOVE FOODS THAT CAUSE WEIGHT GAIN



Your body's fat storage is regulated by hormones, primarily insulin. Weight loss becomes difficult when insulin levels are consistently high due to excess sugar, refined carbs, and frequent snacking.

**REDUCE FOODS THAT CAUSE INSULIN SPIKES:
SUGAR, FLOUR, AND PROCESSED SNACKS.**

**SWAP WHITE RICE FOR BROWN RICE, OPT FOR
WHOLE WHEAT ROTI, AND REDUCE
PROCESSED SWEETS.**

**SMALL CHANGES MAKE A BIG DIFFERENCE-
FOCUS ON PROGRESS, NOT PERFECTION.**

STEP 3

LET'S DRINK IT - HYDRATION FOR WEIGHT LOSS



Water is crucial for metabolism, digestion, and overall well-being. Dehydration can lead to fatigue, hunger, confusion, and weight gain.

START YOUR DAY WITH A GLASS OF WATER BEFORE ANYTHING ELSE.

AIM FOR AT LEAST 8-10 GLASSES OF WATER PER DAY.

TEA AND COFFEE DO NOT COUNT AS HYDRATION-STICK TO WATER!

STEP 4

LET'S EXTEND IT - GIVE YOUR BODY A BREAK (INTERMITTENT FASTING BASICS)



Our bodies were not designed to eat all day. When we eat constantly, our body never can burn stored fat. Extending the time between meals allows the body to use stored fat for energy.

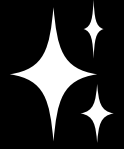
TRY EXTENDING THE TIME BETWEEN DINNER AND YOUR FIRST MEAL THE NEXT DAY.

SMALL ADJUSTMENTS LIKE DELAYING BREAKFAST BY ONE HOUR CAN SIGNIFICANTLY IMPACT.

THINK OF FASTING AS AN OPPORTUNITY FOR YOUR BODY TO DINE IN ON STORED FAT.

STEP 5

LET'S PLAN IT - MAKE FOOD CHOICES AHEAD OF TIME



One of the biggest reasons people struggle with weight loss is impulse eating. Making food decisions ahead of time removes temptation and emotional eating.

PLAN YOUR MEALS AT LEAST 24 HOURS IN ADVANCE.

USE YOUR PREFRONTAL CORTEX TO MAKE LOGICAL, HEALTHY DECISIONS INSTEAD OF REACTING TO CRAVINGS.

MAKE MEAL PLANNING SIMPLE-STICK TO FAMILIAR, EASY-TO-PREPARE MEALS.

STEP 6

LET'S THINK IT - THE POWER OF MINDSET IN WEIGHT LOSS



Your thoughts directly impact your actions and results. If you believe weight loss is hard or impossible, your brain will find ways to prove that belief true. The key is shifting your mindset.

**THE CTFAR THOUGHT MODEL:
CIRCUMSTANCES -> THOUGHTS -> FEELINGS -
> ACTIONS -> RESULTS.**

**REFRAME NEGATIVE THOUGHTS: INSTEAD OF
'I ALWAYS FAIL AT WEIGHT LOSS,' TRY 'I AM
LEARNING WHAT WORKS FOR ME.'**

**MINDSET SHIFTS ARE THE SECRET TO LONG-
TERM SUCCESS.**

FINAL STEP

TAKE ACTION & MAKE THIS WORK FOR YOU



You now have a robust framework for permanent weight loss. But knowledge alone isn't enough-implementation is key.

1

**START BY FOCUSING ON JUST
ONE OF THESE SIX STEPS TODAY.**

2

**WANT MORE GUIDANCE? JOIN MY
ENTIRE WEIGHT LOSS PROGRAM!**

3

**GET ACCESS TO EXCLUSIVE COACHING,
MEAL PLANS, AND SUPPORT TO MAKE
THIS PROCESS EASIER.**

[Click here to join now!](#)



BONUS YOUR 7-DAY WEIGHT LOSS CHALLENGE

For those ready to take action,
try this 7-day challenge:

**DAY
1**

**WRITE DOWN EVERYTHING
YOU EAT.**

**DAY
2**

CUT OUT ADDED SUGAR.

**DAY
3**

**DRINK AT LEAST 8 GLASSES
OF WATER.**

**DAY
4**

**DELAY YOUR FIRST MEAL BY
1 HOUR.**

**DAY
5**

**PLAN YOUR MEALS FOR THE
NEXT 24 HOURS**

**DAY
6**

**IDENTIFY AND REFRAME ONE
NEGATIVE THOUGHT.**

**DAY
7**

**CELEBRATE YOUR
PROGRESS! -**

This guide is just the beginning. Let's make lasting weight loss simple, sustainable, and enjoyable-without giving up the foods you love!

[Click here to take the next step!](#) >>>