



## 3-Step Free Guide to Lose Up to 12 Kgs in a month

By Indian Weight Loss Diet (IWLD)

Instagram: @indianweightlossdiet | YouTube: Indian Weight Loss Diet

### Step 1: Eat Only When You're Genuinely Hungry (Asli Bhook)



Don't eat by the clock. Start listening to your body. If you are not genuinely hungry, wait. When you eat only when your body truly needs food, your body starts to burn stored fat for energy.

- Skip breakfast if not hungry.
- Drink salted lime water or black coffee in the morning. Avoid salt & coffee in case suffering from high BP (Hypertension).
- Eat only 1-2 meals per day, based on real hunger.

✓ Watch our 'Asli Bhook' lecture on YouTube to master this. 🙌🙌🙌🙌🙌

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## Step 2: Quit Carbs Completely (No Sugar, No Grains)

Excessive intake of carbs is the reason you gain fat. Once you stop eating carbs, your insulin levels drop, and your body starts using stored fat for energy.

- Stop roti, rice, bread, biscuits, sweets, and junk food.
- Eat weight loss recipes made in ghee, butter, or coconut oil.
- Focus on proteins and fats (paneer, eggs, chicken, curd, cheese etc).
- ✓ Recipes available FREE on our YouTube channel.

<https://www.youtube.com/@indianweightlossdiet>

# Quit Carbs Completely

~~Grains~~      ~~Pulses~~

~~Fruits~~      ~~Sugar~~

**Download  
IWLD app**

## Step 3: Sleep 8 Hours & Drink 4 Litres Water Daily

Weight loss is not just about food. Poor sleep and dehydration can slow down your fat loss.

- Sleep minimum 8 hours daily.
- Drink 4 litres of water every day.
- Add lime + rock salt to 1-2 glasses to avoid weakness.
- ✓ Your body repairs and burns fat best when you're asleep!



**SLEEP 8 HOURS  
&  
DRINK 4 LITRES  
WATER DAILY**





## 🌟 Want Fast Results Without Gym or Medicines?

Join our IWLD courses through the Indian Weight Loss Diet App!

🎯 Lose up to 12 kgs in just 1 month with our No Carb plan + Daily Zoom + Personal Coach.

📺 Lifetime FREE Weight Maintenance Classes!

📱 Download the IWLD app now and start your transformation!

# LOSE UP TO 12 KGS IN 1 MONTH



## DOWNLOAD IWLD APP



# Start Your Weight Loss Journey Today!

➡️ Download the Indian Weight Loss Diet App:

- Android: <https://play.google.com/store/apps/details?id=com.iwldbyricha>

- iPhone: <https://apps.apple.com/in/app/indian-weight-loss-diet/id6462674579>

💬 Talk to Our Team Directly:

- Zoom (8 AM to 11 PM IST): [https://iwld.in/talk\\_to\\_me.php](https://iwld.in/talk_to_me.php)

- WhatsApp: +91 8956557753

<https://wa.me/+918956557753?text=Hi,%20Mujhe%20jldi%20weight%20kum%20karna%20h.%20Weight%20-%20>

Join thousands of people who've transformed their bodies and lives with Indian Weight Loss Diet.