

11 Homemade Weight Loss Drinks

Simple recipes with ingredients from every Indian kitchen



INSIDE THIS GUIDE

Ginger & Lemon Water

Jeera Water

Cinnamon Water

Mint & Lemon Water

Chia Seed Water

Haldi & Black Pepper Water

Methi Daana Water

Saunf (Fennel) Water

Kokam Water

Amla & Ginger Juice

Lemon Water



11 recipes

Every one with exact quantities & steps



5 minutes

Most take only soaking or a quick boil



Everyday staples

Jeera, methi, saunf, lemon, ginger, chia

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A few things to know

- These drinks are **healthier alternatives to sugary, high-calorie drinks**
- They can support **hydration, digestion & metabolism**
- These are **not miracle drinks**. Weight loss still depends on what you eat, how active you are & your overall lifestyle
- **ADA recommends water or another healthy beverage** with your plate-method meal
- **Quantity tip:** Start with a little extra water when boiling, as some will evaporate

How to use this guide

1

Pick one drink

Choose what suits your routine – an overnight soak or a quick boil

2

Keep it simple

No added sugar
Fresh ingredients, plain water & whole seeds

3

Stay consistent

Pair it with balanced meals & regular physical activity

You don't need to drink all 11. Choose the one that fits your routine

Which drink, when?

MORNING

- Jeera water
- Methi daana water
- Saunf water

BEFORE A MEAL

- Chia seed water
- Lemon water
- Mint & lemon water

ANY TIME OF DAY

- Cinnamon water
- Ginger & lemon water
- Haldi & black pepper water
- Amla & ginger juice

1

Ginger & Lemon Water

METABOLISM

⌚ Morning or evening



YOU WILL NEED

-  Small piece of ginger, washed & cut into thin strips
-  1 cup water
-  Juice of ½ lemon, freshly squeezed
-  A pinch of roasted jeera powder

HOW TO MAKE

- 1 Blend the ginger with the water until smooth
- 2 Pour into a glass & add the lemon juice
- 3 Mix well
- 4 Add a pinch of roasted jeera powder & stir again

Why it works – Ginger has anti-inflammatory & antioxidant properties & may support digestive & metabolic health. Combined with lemon & water, it makes for a simple, low-calorie drink

2

Jeera Water

DIGESTION

⌚ Morning



YOU WILL NEED

-  1 tsp jeera (cumin seeds)
-  1 glass water

HOW TO MAKE

- 1 Overnight way: Soak the jeera in a glass of water overnight. Strain in the morning & drink or drink it along with the seed.
- 2 Boiled way: Boil the jeera & water in a pan. Once cool, strain & drink, with or without the seeds

Why it works – Jeera (cumin) contains antioxidants & has traditionally been used to support digestion. As an unsweetened drink, it is also naturally low in calories

3

Cinnamon Water

BLOOD SUGAR

⌚ Any time of day



YOU WILL NEED

-  1 cup water
-  2 tsp cinnamon powder – best ground fresh at home
-  Freshly squeezed lemon juice

HOW TO MAKE

- 1 Heat the water in a pan & add the cinnamon powder while it heats
- 2 Remove from the heat and let it cool
- 3 Once lukewarm, add the lemon juice
- 4 Mix well & drink

Why it works – Cinnamon has been studied for its potential role in supporting healthy blood glucose levels. Combined with water & lemon, it provides a low-calorie alternative to sugary drinks

4

Mint & Lemon Water

REFRESHING

⌚ Throughout the day



YOU WILL NEED

-  1 cup water
-  A few mint leaves, washed
-  Freshly squeezed lemon juice

HOW TO MAKE

- 1 Boil the water with the mint leaves
- 2 Remove from the heat & let it turn lukewarm
- 3 Pour into a glass & add the lemon juice
- 4 Strain the leaves out or leave them in

Why it works – Mint is traditionally used to support digestion, while lemon adds flavour without the calories of sugary drinks. Together, they make it easier to stay hydrated throughout the day

5

Chia Seed Water

KEEPS YOU FULL

⌚ Morning or pre-meal



YOU WILL NEED

-  1 tsp chia seeds
-  1 cup water

HOW TO MAKE

- 1 Soak the chia seeds in the water for about an hour
- 2 Mix well & drink
- 3 For a morning drink, soak them overnight instead
- 4 Or drink it an hour before a meal

Why it works – Chia seeds are rich in fibre & absorb water, which may help you feel fuller for longer & support portion control

6

Haldi & Black Pepper Water

WARMING

⌚ Morning or evening



YOU WILL NEED

-  1 cup water
-  ½ tsp haldi (turmeric powder)
-  A pinch of black pepper powder
-  Juice of ½ lemon, freshly squeezed

HOW TO MAKE

- 1 Bring the water to a boil
- 2 Add the haldi & black pepper
- 3 Simmer for 2–3 minutes
- 4 Remove from the heat & allow it to cool until lukewarm
- 5 Add the lemon juice, mix well & drink

Why it works – Turmeric contains curcumin, a compound known for its antioxidant & anti-inflammatory properties. Black pepper contains piperine, which can improve the absorption of curcumin

7

Methi Daana Water

FIBRE RICH

 Morning


YOU WILL NEED



1 cup water



½ tsp methi daana (fenugreek seeds)

HOW TO MAKE

- 1 Soak the methi daana in the water overnight
- 2 Strain in the morning & drink
- 3 You can also drink it without straining
- 4 If the taste is too bitter, soak it for just an hour in the morning instead

Why it works – Methi daana – fenugreek seeds – are a familiar ingredient in Indian kitchens. They contain fibre & may support digestion & feelings of fullness

8

Saunf (Fennel) Water

CURBS CRAVINGS

 Morning


YOU WILL NEED



1 cup water



1 tsp saunf (fennel seeds)

HOW TO MAKE

- 1 Soak the saunf in the water overnight
- 2 Strain in the morning & drink or drink it along with the seeds

Why it works – Saunf contains fibre & is traditionally used to support digestion. Its naturally refreshing flavour also makes it a simple alternative to sweetened drinks

9

Kokum Water

REFRESHING

 Any time of day


YOU WILL NEED



3–4 dried kokum pieces



1 cup water



A pinch of roasted jeera powder



A pinch of black salt

HOW TO MAKE

- 1 Rinse the dried kokum pieces well
- 2 Soak them in 1 cup of water for 2–3 hours
- 3 Gently press the soaked kokum to release its flavour & colour
- 4 Strain the water into a glass
- 5 Add roasted jeera powder & black salt
- 6 Mix well & drink. Avoid adding sugar

Why it works – Kokum makes for a refreshing, low-calorie drink when prepared without sugar. It can help with hydration & is a healthier alternative to sugary beverages

10

Amla & Ginger Juice

VITAMIN C

Fresh, drink at once



YOU WILL NEED

-  ½ cup finely chopped amla
-  1 tsp roughly chopped ginger
-  1½ cups water
-  ¼ tsp rock salt

HOW TO MAKE

- 1 Blend ¼ cup of water with the amla & ginger into a smooth mix
- 2 Strain into a glass
- 3 Add the remaining water & the rock salt
- 4 Mix well and drink immediately

Why it works – Amla – Indian gooseberry – is naturally rich in vitamin C, while ginger provides antioxidant compounds. Together, they make a fresh, unsweetened addition to your routine

11

Lemon Water

HYDRATION

Any time of day



YOU WILL NEED

-  1 fresh lemon
-  240–360 ml (8–12 oz) water
-  Optional: a little honey or stevia

HOW TO MAKE

- 1 Pick a firm, bright lemon, free from mould or blemishes
- 2 Rinse it under cold water
- 3 Cut it in half and squeeze the juice
- 4 Fill the glass with lukewarm or room-temperature water
- 5 Sweeten lightly if you like – this adds calories
- 6 Stir well & drink

Why it works – Lemon water is not a miracle solution for weight loss. It supports hydration & is a simple, low-calorie alternative to sugary beverages

Quick Takeaway

- Choose one drink that fits your routine – you don't need all 11
- Use these to replace sugary, high-calorie drinks, not meals
- Skip added sugar; keep honey optional & minimal
- Pair them with balanced meals & regular physical activity
- Remember: no drink alone can cause weight loss
- If you have diabetes, are pregnant, breastfeeding or take regular medication, check with your doctor or dietitian first