

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer water (soak 2anjeer in water drink water and chew in anjeer)

BREAKFAST OPTIONS-

2DAYS- besan gheeya chilla/vegetable vermicelli

2DAYS- panner sandwich/1glass coconut date smoothie

3DAYS- sooji veggies chilla+green chutney/2peanut butter toast

(You can take milk tea with desi khand in breakfast)

MID- MORNING- 1glass cucumber mint juice or coconut water

LUNCH-

3DAYS- 2 oats roti+any dal or sabji+salad+buttermilk/
curry+rice+salad

2DAYS- veg. pulao+curd+salad/1onion prantha+curd+salad

1Days- 1panner roll+salad/1dosa+sambhar+chutney

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit

DINNER-

2DAYS- sauteed vegetable/quinoa salad with veggies

3DAYS- kala chana salad/soya bhurji+salad

2 DAYS- vegetable khichdi/chickpea veggie salad

BEDTIME- 1cup cinnamon tea [optional]

DOs / DONTs

1. Should have frequent and small meals.
2. Have at least 2-3 liters of water a day.
3. Have at least 7 hours of sleep daily.
4. Avoid the intake of sweetened drinks like colas, juices, etc.
5. Avoid adding salad dressing/mayo/any other type of sauces.
[Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.
6. For mid night cravings you can go for any fruit/roasted makhana/chana.
7. Vegetables - all seasonal vegetables are allowed except arbi.

Potato is allowed only once a week.

8. Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.
9. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.
10. Do not add extra salt in salads, curd, fruit salad. Avoid papad.
11. Always use low fat milk and its products.
12. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.
13. Choose multigrain / wheat bread
14. Limit your sugar intake to not more than 2 tsp a day or avoid it
15. Manage your stress and Do some deep breathing at any time of the day.

