

WEIGHT LOSS DIET

MORNING DRINK- 1glass celery juicie +2-3brazil nuts soaked

BREAKFAST OPTIONS-

2DAYS- sweet corn chat/1 spinach panner roti+curd

2DAYS- rava upma with veggies/2 slice multigrain bread with ham

3DAYS- 2 sunny side up/hummus sandwich

MID- MORNING- green tea+any seasonal fruit

LUNCH- take apple cider vinegar in warm water 30-45 min before dinner

3DAYS- 1 chicken wrap+salad/sautéed lobia salad

2DAYS- couscous salad/falafel salad

1Day- soya bhurji+salad

1Day- meal of your choice

EVENING SNACK- fenugreek tea+makhana

DINNER-

3DAYS- boiled egg salad/Mexican salad

2DAYS- drum wheat pasta/tuna salad with veggies

2 DAYS- 1bowl lemon coriander soup/lentil salad

BEDTIME- 1cup green tea

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]
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.

