

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry leaves water

BREAKFAST OPTIONS-

3DAYS- veg. poha/chia oats pudding/2peanut butter toast

2DAYS- 2beetroot sooji chilla+chutney/onion tomato sandwich

2DAYS- veg. vermicelli/1glass coffee smoothie

[1banana, 2dates, 1tsp cocoa powder, 1tsp coffee, 5almonds soaked, half cup milk, 1tsp chia seeds blend and enjoy!]

MID- MORNING- 1glass chia seed lemon water+any seasonal fruit

LUNCH-

3DAYS- 2roti+any dal or sabji+salad+curd /soyabean curry+rice+salad

2DAYS- cucumber rice+salad+buttermilk /1panner prantha+any sabji+salad

1Day- barley daliya with lots of veggies

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with 30gms mix seeds /makhana

DINNER-

3DAYS- sautéed chickpea salad/oats in milk with dry fruits

2DAYS- mushroom panner salad/1dosa+coconut chutney+sambhar

2 DAYS- 1besan chilla+green chutney/dal soup+1small bowl sweet potato

BEDTIME- 1cup fennel 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.

