

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya lemon water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- veg. poha/kala chana chaat/oats upma

2DAYS- grill sandwich +chutney/moong dal chilla+chutney

2DAYS- egg omellete /scramble eggs/2boiled eggs [2egg whites+1yolk]

MID- MORNING- any 1 seasonal fruit/coconut water

LUNCH-

2DAYS- 1onion stuff roti+any sabji+salad/palak dal khichdi+salad

1DAYS- veg. pulao+salad/rice with any curry+salad

3Days- 2oats/wheat bran roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/coffee with 1bowl roasted makhana

DINNER-

3DAYS- sautéed chicken salad/sooji beetroot chilla/veg. daliya

2DAYS- sprouts salad/stir fried egg white salad/rajma veggies salad

2 DAYS- 1plain dosa+sambhar/soya bhurji+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]
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.

