

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- veg. masala oats /oats chia pudding with fruits

2DAYS- 2sunny side up/2sooji veggies chilla

3DAYS- veg. upma/1glass banana smoothie/scramble eggs

MID- MORNING- any seasonal fruit or coconut water

LUNCH-

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

2DAYS- veg. pulao+curd/1onion roti+any sabji+salad

1Days- 1gobhi prantha+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+bhel or makhana

DINNER-

2DAYS- 2idli+sambhar+chutney/ panner tikka+onion salad

3DAYS- chickpea yogurt salad/stir fried rajma salad /soya bhurji+salad

2 DAYS- milk daliya/ stir fried egg white salad
with veggies

BEDTIME- 1cup fennel 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.

