

WEIGHT LOSS DIET

MORNING DRINK- 1glass luke warm lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 1glass smoothie [from my page]

2DAYS- oats chia pudding /panner sandwich

3DAYS- 2boiled egg/peanut butter sandwich/chickpea salad

MID- MORNING- any 1 seasonal fruit

LUNCH-

4DAYS- 2roti+any dal Or sabji+salad+curd/1chicken wrap or veg wrap

2DAYS- veg pulao+curd+salad/rice+any curry+salad

1Days- meal of your choice

EVENING SNACK- green tea or milk tea or coffee with 30gms makhana

DINNER-

3DAYS- sautéed vegetables+2egg whites/ sprouts salad/chicken soup

2DAYS- roasted chicken salad /grilled panner salad

2 DAYS- 1 bowl dal soup/egg white salad/kala chana salad

BEDTIME- 1cup chamomile 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.

