

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- veg. masala oats /makhana pudding

2DAYS- veg. Macroni/2sooji veggies chilla+green chutney

3DAYS- corn spinach sandwich/1glass banana smoothie/1onion prantha+cure

MID- MORNING- 1glass ABC juice

LUNCH-

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

2DAYS-veg.pulao+curd/oats khichdi+salad+curd

1Days- 1gobhi prantha+curd+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit

DINNER-

2DAYS- moong dal idli+coconut chutney/ stir fried mushroom panner salad

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

2 DAYS- milk daliya/ 1glass coconut date milk

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.

