

WEIGHT LOSS DIET

MORNING DRINK- 1glass methi seed water +5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 1glass mixed berries smoothie/chia seed pudding

2DAYS- 1onion prantha+curd/veg. oats with curd

3DAYS- peanut butter toast/corn and spinach sandwich

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 2wheat bran roti+any sabji or dal+salad+curd

2DAYS- 1soya roll+salad/veg. pulao+salad+curd

1Day- 2idli+sambhar

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

3DAYS- chickpea yogurt salad/avocado bean salad

2DAYS- milk daliya/masoor dal chilla

2 DAYS- 1bowl dal soup+30gms panner /Mexican salad

BEDTIME- 1cup cinnamon 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 are allowed.
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.

