

WEIGHT LOSS DIET

MORNING DRINK- 1glass methi seed water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- 1glass avocado smoothie/grill sandwich

2DAYS- sooji upma with lots of veggies/millet upma

3DAYS- hung curd sandwich/makhana pudding/moong dal chilla with veggies

MID- MORNING- 1glass ash gourd juice/any vegetable juice

LUNCH-

2DAYS- millet khichdi+salad/cucumber rice+any dal/soya bhurji+salad

3DAYS- 2palak stuff roti+any dal+salad

1Day- sambhar+rice+salad

1Day- meal of your choice

EVENING SNACK- curry patta tea/turmeric tea+any seasonal fruit

DINNER-

3DAYS- stir fried tofu salad/boiled lentil salad/chickpea salad with veggies

2DAYS- 1 oats beetroot chilla+chutney /4moong dal idli+coconut chutney

2 DAYS- quinoa salad with veggies/boiled rajma salad with steamed vegetables/1bowl veg. soup+sprouts

BEDTIME- 1cup jeera 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.

