

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- oats in milk with nuts/vegetable vermicelli

2DAYS- panner sandwich/1glass coconut date smoothie

3DAYS- sooji beetroot chilla+green chutney/egg bhujji+1bread toast

MID- MORNING- 1glass cucumber mint juice or coconut water

LUNCH-

3DAYS- 2roti+any dal or sabji+salad+buttermilk/egg curry+rice+salad

2DAYS- veg. pulao+curd+salad/1rajma prantha+curd

1Days- 1chicken roll+salad/1dosa+sambhar+chutney

1Day- meal of your choice

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

DINNER-

2DAYS-1bowl chicken soup/quinoa salad with veggies

3DAYS- kala chana salad/soya bhurji+salad

2 DAYS- oats khichdi/egg white salad

BEDTIME- 1cup cinnamon 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.

