

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- 2sunny side up/chia oats pudding/2peanut butter toast

2DAYS- rava upma/onion tomato sandwich

2DAYS- scramble eggs/1glass smoothie [from my page]

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- 1panner wrap+salad/veg. pulao+curd+salad

1Day- 2spinach roti+any dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/coffee with 30gms mix seeds
/makhana

DINNER-

3DAYS- sautéed chickpea salad/ sweet potato salad

2DAYS- mushroom panner salad/1dosa+coconut chutney+sambhar

2 DAYS- massor dal chilla+green chutney/rajma veggies salad

BEDTIME- 1cup turmeric 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.

