

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich/veg. upma

2DAYS- 1glass smoothie[from my page] [use plant Based milk] or scramble eggs

3DAYS- veg. poha/masala oats/1bread pizza

MID- MORNING- any 1 seasonal fruit /coconut water

LUNCH-

2DAYS- 2roti+any dal or sabji+salad

2DAYS- veg. pulao+salad/dal rice or curry rice with salad

2Days- soybean wrap/veg wrap

1Day- meal of your choice

EVENING SNACK- 1cup green tea/milk tea with 1small bowl makhana or seed mix

DINNER-

2DAYS- pasta veggies salad/ sprouts salad

3DAYS- kala chana salad/chickpea salad/oats khichdi

2 DAYS- stir fried soya chunk salad/chicken salad with lots of veggies

BEDTIME- 1cup chamomile tea/turmeric 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.