

WEIGHT LOSS DIET

MORNING DRINK- 1glass cinnamon lemon water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- oats in milk with 1banana/sooji beetroot chilla+green chutney

2DAYS- veg. poha/veg. vermicelli

3DAYS- avocado sandwich/1glass cold coffee smoothie

MID- MORNING- 1glass coconut water

LUNCH-

2DAYS- kala chana pulao+salad/1onion prantha+any sabji+salad

3DAYS- 2oats roti+dal makhani+salad /2wheat bran roti+any sabji or dal+salad

1Day- steamed quinoa+any dal+salad

1Day- meal of your choice

EVENING SNACK- curry patta tea/turmeric tea+roasted makhana

DINNER-

3DAYS- mix fruit yogurt salad/1bowl muesli [use plant based milk]

2DAYS- 1plain dosa+sambhar/sautéed mushroom corn salad

2 DAYS- whole wheat pasta/1bowl lemon coriander soup+30gms panner

BEDTIME- 1cup fennel 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.

