

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- hung curd sandwich [2slice]/2sunny side up

2DAYS- rava upma with veggies/peanut butter toast

3DAYS- 1glass mixed berries smoothie [use plant based milk]/2besan chilla

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 2oats roti+any dal+salad

2DAYS- brown rice+soya curry+salad/whole wheat vegetable pasta

1Days- 1chicken wrap+salad

1Day- meal of your choice

EVENING SNACK- 1cup green tea/milk tea with 1small bowl bhel/fruit chaat

DINNER-

2DAYS- quinoa salad/lemon coriander soup+30gms panner

3DAYS- waldrof salad/rajma tikki+green chutney

2 DAYS- egg avocado salad/chicken veggie salad

BEDTIME- 1cup fennel 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.

