

WEIGHT LOSS DIET

MORNING DRINK- 1glass ginger water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- sprouts dahi chaat/vegetable poha

2DAYS- egg omelette/1gobhi prantha+curd

3DAYS- banana peanut butter smoothie/besan gheeya chilla+green chutney/scramble eggs

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 1oats roti+any dal or sabji+salad+buttermilk/ soya curry+rice+salad

2DAYS- kala chana pulao+buttermilk/1barley roti+panner sabji+salad

1Days- veg. khichdi+salad+curd

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+30gms mix seeds or 1apple with peanut butter

DINNER-

2DAYS- sautéed vegetable+2egg whites/lemon coriander soup+30gms panner

3DAYS- kala chana salad/makhana kheer

2 DAYS- oats vegetable daliya/boiled chicken salad

BEDTIME- 1cup chamomile 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.

