

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- veg. poha/overnight soaked oats with fruits

2DAYS- rava upma with lots of veggies/hung curd sandwich

2DAYS- egg omelette/1glass smoothie [from my page]

MID- MORNING- any seasonal fruit /1glass ABC juice

LUNCH-

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

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

1Day- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- green tea/fennel tea with makhana

DINNER-

3DAYS- chicken tikka+salad/ sweet potato salad/hara bhara kabab+green chutney

2DAYS- soya chilli /egg white salad

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.

