

WEIGHT LOSS DIET

MORNING DRINK- 1glass ash gourd juice/turmeric lemon water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- 1glass apple nutty smoothie/grill sandwich

2DAYS- sooji upma with lots of veggies/2sunny side up

3DAYS- hung curd sandwich/masala oats+2egg whites/moong dal chilla with veggies

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- veg. khichdi+curd+salad/kala chana pulao+buttermilk

2DAYS- 2palak stuff roti+any dal+salad+curd

1Day- 1chicken roll+salad

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+makhana

DINNER-

3DAYS- stir fried panner salad/boiled lentil salad/mix fruit yogurt salad

2DAYS- dal soup+30gms panner /grilled chicken salad

2 DAYS- steamed quinoa+sambhar/hara bhara kabab+green chutney/sprouts dahi chaat

BEDTIME- 1cup jeera 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.

