

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry leaves water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 1glass coconut date smoothie/ overnight soaked oats

2DAYS- hung curd sandwich/mix fruit yogurt salad

3DAYS- rava upma with veggies/veg. macroni

MID- MORNING- 1glass ash gourd juice/1apple with peanut butter

LUNCH-

3DAYS- 2jowar roti+any sabji or dal+salad+curd

2DAYS- kala chana sabji+rice+salad+curd/ 1 avocado wrap

1Day- 2moong dal chilla+green chutney

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+ popcorn [without butter]

DINNER-

3DAYS- millet khichdi/boiled lentil salad

2DAYS- vegetable daliya/sprouts dahi chaat

2 DAYS- paneer tikka+green chutney/gheeya kheer

BEDTIME- 1cup green 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.

