

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- veg. sandwich/2besan chilla+green chutney

2DAYS- veg. vermicelli/makhana pudding

3DAYS- 2 oats beetroot chilla/ sprouts dahi chaat

(You can take milk tea with breakfast)

MID- MORNING- any seasonal fruit or 1glass any fresh vegetable juice

LUNCH-

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

2DAYS- soyabean curry/dal makhani+rice+salad+buttermilk

1Days- 1panner wrap+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+bhel or makhana

DINNER-

2DAYS- hara bhara kabab/250gms khaman dhokla

3DAYS- green moong dal dosa+coconut chutney/lemon coriander soup+sautéed panner

2 DAYS- sautéed vegetable/kala chana salad

BEDTIME- 1cup cinnamon 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. For sugar cravings you can have 1date/2pcs of dark chocolate/1oats ladoo/1dry fruit ladoo/1fruit.

16. Manage your stress and Do some deep breathing at any time of the day.

