

WEIGHT LOSS DIET

MORNING DRINK- 1glass green juice [cucumber, celery,mint]
+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- chia seed pudding [use any plant based milk]/masala oats

2DAYS- 2besan gheeya chilla+green chutney/2ragi beetroot
chilla+green chutney

3DAYS- French toast/scramble eggs

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 2wheat bran roti+any sabji or dal+salad

2DAYS- veg. khichdi+salad/1avocado wrap

1Day- kala chana curry+rice+salad

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+makhana

DINNER-

3DAYS- avocado bean salad/stir fried tofu salad

2DAYS- waldrof salad/lentil soup

2 DAYS- lemon coriander soup/steamed veggies+1boiled egg

BEDTIME- 1cup fennel 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.

