

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- 1bowl muesli/chia seed pudding

2DAYS- veg. upma /1oats gheeya chilla+green chutney

3DAYS- 2sunny side up/scramble eggs with veggies

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

LUNCH-

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

2DAYS- rice+any curry or dal+buttermilk+salad

1Day- 2besan chilla with panner stuffing+green chutney/1chicken wrap+salad

1Day- meal of your choice

EVENING SNACK- green tea/lemon ginger tea with 30gms seed mix

DINNER-

3DAYS- egg burji with veggies/sautéed panner salad/sprouts
dhokla+green chutney

2DAYS- moong dal salad/boiled kala chana salad

2 DAYS- grilled chicken salad/whole wheat pasta

BEDTIME- 1cup chamomile tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo

5. 2 pieces of dark chocolate

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.

