

WEIGHT LOSS DIET

MORNING DRINK- turmeric lemon water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- overnight oats with fruits/grill sandwich

2DAYS- sooji upma with lots of veggies/milk daliya

3DAYS- hung curd sandwich//moong dal chilla with veggies

MID- MORNING- any seasonal fruit/1glass barley water

LUNCH-

2DAYS- veg. khichdi+curd+salad/kala chana curry+rice+buttermilk

3DAYS- 2palak stuff roti+any dal+salad+curd [wheat bran
atta]/1onion prantha+any sabji+curd

1Day- 1soyabean roll+salad

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+makhana

DINNER-

3DAYS- 250gms dhokla/boiled lentil salad/chickpea salad

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

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

BEDTIME- 1cup saunf 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.

