

WEIGHT LOSS DIET

MORNING DRINK- 1 glass methi seed water/curry leaves water/moringa water/ginger lemon water [take in alternate days]

BREAKFAST OPTIONS-

- 3DAYS-** 1 makki roti+any sabji+curd/barley upma with lots of veggies
- 2DAYS-** 2 besan chilla+chutney/moong dal chilla+chutney
- 2DAYS-** veg. poha/veg. upma

MID- MORNING- 1 glass smoothie [blend spinach, apple, ginger]/kanji/buttermilk

LUNCH-

- 3DAYS-** sprouts salad/kabuli chana salad
- 2DAYS-** boiled moong dal salad /rajma salad
- 2Days-** oats chia seed pudding with fruits

EVENING SNACK- green tea/coconut water/lemon water with 1 small bowl foxnuts or 5 soaked almonds

DINNER-

- 3DAYS-** sambhar with rice/2idli+sambhar

2DAYS- vegetable khichdi/vegetable daliya

2 DAYS- 250gms dhokla with green chutney

BEDTIME- 1cup cinnamon 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 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. Manage your stress and Do some deep breathing at any time of the day.

