

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric lemon water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- masala oats/sprouts dahi chaat

2DAYS- hung curd sandwich/milk daliya [use plant based milk]

2DAYS- 2sunny side up/veg. vermicelli

MID- MORNING- any 1 seasonal fruit/cucumber mint juice

LUNCH-

2DAYS- vegetable daliya+curd /chicken curry+rice+salad

1DAYS- 1rajma wrap+salad

3Days- 2jowar roti+any sabji or dal+salad /oats beetroot chilla+green chutney

1Day- meal of your choice

EVENING SNACK- curry pata tea/milk tea with 1bowl popcorn [without butter]

DINNER-

3DAYS- chicken tikka+salad/whole wheat pasta/sautéed panner salad

2DAYS- quinoa veggie salad/1boiled egg+tomato soup

2 DAYS- 4moong dal idli+coconut chutney/besan sheera

BEDTIME- 1cup cinnamon tea [optional]

Snacking and munching options when you feel hungry- (If are choosing any of these mention

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: (If are choosing any of these mentioned things, apart from the diet suggested let me know)

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 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.

