

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer water [soak 2 anjeer overnight in water, drink water and chew anjeer]

BREAKFAST OPTIONS-

2DAYS- scramble eggs /moong dal chilla+green chutney

2DAYS- veg. poha/egg white omellete

3DAYS- grill sandwich/oats upma with veggies

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- kala chana curry+rice+salad+buttermilk

3DAYS- 2jowar roti+any dal or sabji+salad

1Day- veg. khichdi+curd+salad

1Day- meal of your choice

EVENING SNACK- milk tea/turmeric tea+roasted makhana

DINNER-

3DAYS- boiled chicken salad/chickpea salad

2DAYS- 1plain dosa+sambhar/panner tikka+salad

2 DAYS- whole wheat pasta/ egg bhurji+salad

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.

