

WEIGHT LOSS DIET

MORNING DRINK- 1glass green juice [celery,orange,mint]+
2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- overnight soaked oats/ kala chana chaat

2DAYS- masala oats with veggies/2 scramble eggs with 1multigrain
bread

3DAYS- foxnut pudding/avocado toast

MID- MORNING- 1glass coconut water

LUNCH-

2DAYS- 2wheat bran roti+any sabji or dal+salad

2DAYS- quinoa pulao+salad/1 egg wrap

2Days- burrito bowl/mexican salad

1day- meal of your choice

EVENING SNACK- 1aapple with peanut butter+green tea/cinnamon
tea+popcorn

DINNER-

2DAYS- 250gms sprouts dhokla/veg. daliya

2DAYS- chicken tikka+salad/tuna salad

3DAYS- lentil soup/steamed veggies+1boiled egg

BEDTIME- 1cup green 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.

