

WEIGHT LOSS DIET

MORNING DRINK- ginger lemon water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- overnight oats with fruits/veg. sandwich

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

3DAYS- mix fruit yogurt salad /1 moong dal chilla with veggies / chia seed pudding

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

LUNCH-

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

3DAYS- 2palak stuff roti+any dal+salad+curd [wheat bran atta]

1Day- 1soyabean roll+salad /veg. khichdi+curd

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+ 1bowl roasted makhana

DINNER-

3DAYS- 1glass dry fruit cold coffee [soaked 4almonds, 4cashwes, 3dates, 2walnuts, 2spoon oats, water blend and enjoy!] /rajma tikki+chutney/grilled fish/ fish tikka

2DAYS- boiled chicken salad/grilled paneer salad

2 DAYS- quinoa salad /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.

