

WEIGHT LOSS DIET

MORNING DRINK- 1glass black pepper lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- oats chilla+green chutney/veg macroni

2DAYS- hung curd sandwich/1glass cold coffee smoothie

3DAYS- sprouts dahi chaat/2scramble eggs

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- rice+palak curry+salad/quinoa pulao+curd

1Days- 1soya roll+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+any seasonal fruit

DINNER-

2DAYS- 1bowl lentil soup/rajma tikki+green chutney

3DAYS- egg omelet/mix fruit yogurt salad

2 DAYS- sugar free gheeya kheer/chicken tikka+salad

BEDTIME- 1cup saunf 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] avoid adding excess of spices and oil in food.
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.

