

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- chia seed pudding /veg. vermicelli

2DAYS- hung curd sandwich [2slice]/besan gheeya chilla

3DAYS- oats upma/ 1glass cold coffee smoothie

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- veg. pulao+curd+salad/rice+dal makahni+salad

1Days- panner bhurji+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+popcorn

DINNER-

2DAYS- sugar free fruit custard/lentil soup+sautéed vegetable

3DAYS- kala chana salad/sprouts dahi chaat

2 DAYS- makhana pudding/250gms dhokla

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] 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.
16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,

