

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf lemon water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- veg. poha/oats upma

2DAYS- 1glass cold coffee smoothie or chia seed pudding

2DAYS- egg omellete/2boiled eggs [2egg whites+1yolk]

MID- MORNING- any 1 seasonal fruit/coconut water

LUNCH-

2DAYS- rice+any curry or dal+salad+curd

1DAYS- veg. pulao+curd+salad

3Days- 2jowar roti+any sabji or dal+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/coffee with 1bowl makhana

DINNER-

3DAYS- 1 bowl dal soup/rajma veggie salad/panner tikka+salad

2DAYS- grilled chicken salad/fish tikka+salad

2 DAYS- soya chunk salad/lemon coriander soup+sweet potato salad

BEDTIME- 1cup ginger lemon tea [optional]

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.

