

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- milk daliya/overnight soaked oats

2DAYS- oats upma/2moong dal chilla+green chutney

3DAYS- peanut butter toast/fruit custard sugar free

[use any plant based milk]

MID- MORNING- 1glass ABC juice/chia seed lemon water

LUNCH-

2DAYS- lobia curry+rice+salad/moong dal+rice+salad

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

1Day- bajra khichdi+curd

1Day- meal of your choice

EVENING SNACK- curry patta tea/herbal tea+popcorn

DINNER-

3DAYS- Mexican salad/besan sheera

2DAYS- lentil salad/hummus sandwich

2 DAYS- soya bhurji+salad/1 bowl sweet corn soup

BEDTIME- 1cup fennel 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 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.

