

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer water+5almonds soaked [soak 2 anjeer in water
chew the anjeer and drink water]

BREAKFAST OPTIONS-

2DAYS- hung curd sandwich/2moong dal chilla+green chutney

2DAYS- 1glass cold coffee smoothie/egg omelette

3DAYS- sugar free fruit custard/sprouts dahi chaat

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

LUNCH-

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

2DAYS- quinoa pulao+curd+salad/dal makhani+rice+salad

1Days- 2idli+sambhar

1Day- meal of your choice

EVENING SNACK- 1cup green tea/milk tea with 1small bowl popcorn

DINNER-

2DAYS- besan sheera /egg white salad

3DAYS-sweet potato salad+veg. soup /lentil veggie salad/oats khichdi

2 DAYS- 250 gms dhokla/grilled chicken salad

BEDTIME- 1cup fennel 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] 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.