

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water

BREAKFAST OPTIONS-

3DAYS- 1-2 besan chilla/2peanut butter toast/rava upma

2DAYS- oats pudding with fruits /veg. poha/veg. Sandwich

2DAYS- masala oats/milk daliya/1glass cold coffee smoothie

[You can take milk tea or coffee with breakfast]

MID- MORNING- any 1 seasonal fruit /green tea+5almonds

LUNCH-

2DAYS- whole wheat noodles/mix veg bowl+curd

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

2Days- vegetable khichdi with curd/ 2roti+any sabji+curd+salad

1Day- meal of your choice

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

DINNER-

3DAYS- sautéed vegetables+30gms panner /grilled chicken salad with veggies

2DAYS- boiled rajma salad/1 subway

2 DAYS- sprouts dahi chat/stir fried chickpea salad

BEDTIME- 1cup ginger 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.

Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]

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.