

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry patta water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- ragi upma/2oats chilla with veggies+green chutney

2DAYS- hung curd sandwich/1glass smoothie [from my page]

3DAYS- egg white omellete/2sunny side up

MID- MORNING- any seasonal fruit /1glass ABC juice

LUNCH-

3DAYS- 1jowar roti+any sabji or dal+salad

2DAYS- bajra khichdi+curd /1rajma wrap

1Day- quinoa pulao+curd /2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+makhana

DINNER-

3DAYS- egg white salad/250gms sprouts dhokla

2DAYS- chickpea veggies salad/sweet corn soup

2 DAYS- tomato spinach soup+30gms sweet potato/soya chunk salad

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.

