

WEIGHT LOSS DIET

MORNING DRINK- 1glass cucumber mint juice+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast/1glass smoothie [from my page]

2DAYS- masala oats/veg. macroni

3DAYS- hung curd sandwich/overnight soaked oats

(You can take milk tea with breakfast)

MID- MORNING- coconut water

LUNCH-

3DAYS- 2wheat bran roti+any dal or sabji+salad+curd

2DAYS- bajra khichdi+curd/whole wheat noodles

1Days- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+popcorn /1apple with peanut butter

DINNER-

2DAYS- milk daliya/1subway

3DAYS- 2idli+sambhar/mix veg. bowl+curd

2 DAYS- chickpea panner salad /rajma tikki+green chutney

BEDTIME- 1cup cinnamon 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. For sugar cravings you can have 1date/2pcs of dark chocolate/1oats laddoo/1dry fruit laddoo/1fruit.

16. Manage your stress and Do some deep breathing at any time of the day.

