

WEIGHT LOSS DIET

MORNING DRINK- ginger lemon water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- oats chilla with veggies/panner sandwich

2DAYS- veg. poha/sprouts dahi chaat

3DAYS- 1gobhi prantha+curd/2besan gheeya chilla+chutney

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

LUNCH-

2DAYS- veg.pulao+curd+salad/bajra khichdi+curd

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

1Day- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn

DINNER-

3DAYS- whole wheat pasta/1bowl sweet corn soup

2DAYS- 1bowl bhel puri/sweet potato salad

2 DAYS- rajma tikki+green chutney/panner tikka+onion salad

BEDTIME- 1cup saunf tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.

