

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- makhana pudding/sprouts dahi chaat

2DAYS- egg omellete/2peanut butter toast

3DAYS- quinoa upma/panner sandwich

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- palak kadi+rice+salad/veg. daliya+curd+salad

1Day- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with 1apple with peanut butter or makhana

DINNER-

3DAYS- egg whites salad/sautéed panner salad /sweet corn soup+2egg whites

2DAYS- Mexican salad /kala chana salad

2 DAYS- chicken tikka+salad/besan sheera

BEDTIME- 1cup chamomile 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.

