

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya lemon water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- overnight oats/2scramble eggs+1bread toast

2DAYS- panner sandwich/boil egg sandwich

3DAYS- veg. vermicelli/sprouts dahi chaat

MID- MORNING- any seasonal fruit/coconut water

LUNCH-

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

3DAYS- 2 roti+any dal or sabji+salad [flax seed raita optional]

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- milk tea/curry patta tea+roasted chana

DINNER-

3DAYS- chicken tikka+salad/250gms dhokla/moong dal idli+chutney

2DAYS- egg white salad/lentil salad

2 DAYS- milk daliya/sugar free custard

BEDTIME- 1cup fennel 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.

