

WEIGHT LOSS DIET

MORNING DRINK- 1glass black pepper lemon water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- 2scramble eggs+1bread toast/veg. vermicelli

2DAYS- 1glass cold coffee smoothie/overnight oats

2DAYS- peanut buuter banana sandwich/masala oats+2egg whites

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

LUNCH-

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

2DAYS- quinoa pulao+salad/ chicken curry+rice+salad

1Days- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- curry patta chai/green tea+any seasonal fruit

DINNER-

3DAYS- sugar free fruit custard /panner tikka+salad/moong dal idli+coconut chutney

2DAYS- avocado egg salad/roasted chicken salad

2 DAYS- 250gms sprouts dhokla/whole wheat pasta

BEDTIME- 1cup chamomile 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]
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.
Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]
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. Manage your stress and Do some deep breathing at any time of the day.

