

WEIGHT LOSS DIET

MORNING DRINK- 1glass black pepper lemon water+2spoon seed mix

BREAKFAST OPTIONS-

3DAYS- egg omellete/2peanut butter toast

2DAYS- panner sandwich/2oats chilla with veggies

2DAYS- rava upma /Maggie add lots of veggies

MID- MORNING- green tea+makhana

LUNCH-

2DAYS- quinoa pulao+salad/2kulcha+chole+salad

1DAYS- egg curry+rice+salad

3Days- 2makki roti/wheat bran roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- milk tea+bhel

DINNER-

3DAYS- oats in milk with dry fruits /boiled chick pea salad/egg white salad

2DAYS- Mexican salad /sautéed vegetable+2egg whites

2 DAYS- 1rice dosa+sambhar / moong dal salad

BEDTIME- 1cup cinnamon tea [optional]

Snacking and munching options when you feel hungry- (If are choosing any of these mention

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: (If are choosing any of these mentioned things, apart from the diet suggested let me know)

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 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.

