

WEIGHT LOSS DIET

MORNING DRINK- 1glass amla juice+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast/1glass smoothie from my page

2DAYS- kala chana chaat/sweet potato chaat

3DAYS- cucumber onion sandwich/1panner prantha+pickle/1bread
pizza

(You can take milk tea with desi khand in breakfast)

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- bajra khichdi+curd+salad/2onion roti+vegetable raita+salad

1Days- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

2DAYS- sweet corn soup/sugar free custard

3DAYS- chickpea salad /quinoa upma with lots of veggies

2 DAYS- pasta panner salad/ 2moong dal dosa+coconut chutney

BEDTIME- 1cup ginger 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] avoid adding excess of spices and oil in food.
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.

