

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- 1glass peanut butter banana smoothie /veg, poha

2DAYS- hung curd sandwich/2oats chilla+green chutney

2DAYS- egg omellete/boiled egg sandwich

MID- MORNING- any 1 seasonal fruit/ash gourd juice

LUNCH-

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

2DAYS- vegetable daliya+curd+salad/bajra
khichdi+curd+salad

1Days- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with 1bowl chana

DINNER-

3DAYS- boiled egg salad/sautéed panner salad/chicken tikka+salad

2DAYS- sugar free custard/besan sheera

2 DAYS- makhana pudding/sweet potato chaat

BEDTIME- 1cup cinnamon 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.
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.

