

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- sprouts dahi chaat/overnight oats

2DAYS- 1glass smoothie from my page

2DAYS- 2scramble eggs+1bread toast/2sunny side up

[you can take cold coffee with breakfast]

MID- MORNING- any 1 seasonal fruit/amla juice

LUNCH-

2DAYS- 2kulcha+chlOLE+salad/veg. khichdi+curd+salad

1DAYS- quinoa pulao+curd+salad

3Days- 2oats roti+any sabji or dal+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/coffee with 1bowl makhana

DINNER-

3DAYS- fish tikka+salad/Mexican salad /kala chana salad

2DAYS- boiled chicken salad/egg white salad

2 DAYS- panner bhurji+salad /dal soup+30gms panner

BEDTIME- 1cup saunf 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.

