

WEIGHT LOSS DIET

MORNING DRINK- 1glass ginger water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- veg. Poha/veg. Macroni

2DAYS- 2oats chilla with veggies /1glass cold coffee smoothie

3DAYS- panner sandwich/2peanut butter toast

(You can take tea/coffee with breakfast)

MID- MORNING- any seasonal fruit/1glass ABCjuice

LUNCH-

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

2DAYS- veg. pulao+curd+salad/palak dal +1bowl rice +curd

1Days- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+makhana

DINNER-

2DAYS- 250gms sprouts dhokla/besan sheera /quinoa salad

3DAYS- milk dalia/stir fried pasta panner salad /rajma salad

2 DAYS- moong dal idli+green chutney/soya bhurji+salad

BEDTIME- 1cup chamomile tea

Snacking and munching options when you feel hungry-

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:

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.

