

WEIGHT LOSS DIET

MORNING DRINK- saunf lemon water+2spoon mix seeds

BREAKFAST OPTIONS-

2DAYS- 1glass smoothie from my page

2DAYS- Maggie with lots of veggies/2scramble eggs+1bread toast

3DAYS- veg. poha/2peanut butter toast

MID- MORNING- any seasonal fruit/1glass coconut water

LUNCH-

2DAYS- kadi+rice+salad/chicken curry+rice+salad

3DAYS- 2wheat bran roti+any dal+salad+curd

1Day- 1aloo tikki burger/1mc puff [from mc donalds] or 1soyabean wrap

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+chana

DINNER-

3DAYS- rajma veggies salad/pasta panner salad

2DAYS- chicken tikk+salad/sweet corn soup+2egg whites

2 DAYS- egg white salad/besan sheera /1subway

BEDTIME- 1cup saunf 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]
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 are allowed.
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.

