

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- veg. poha/sweet potato chaat

2DAYS- hung curd sandwich/2oats chilla with veggies

2DAYS- 2sunny side up/boiled egg sandwich

[You can have coffee/milk tea with breakfast]

MID- MORNING- any 1 seasonal fruit/1glass ABC juice

LUNCH-

2DAYS- chicken wrap/egg curry+rice+salad

1DAYS- 2kulcha+chole+salad

3Days- 2ragi/wheat bran roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/turmeric tea with 1bowl roasted popcorn

DINNER-

3DAYS- 1subway/ sauteed mushroom salad /pasta panner salad

2DAYS- sugar free fruit custard/makhana pudding

2 DAYS- chicken tikka+salad /1bowl ragi soup

BEDTIME- 1cup cinnamon tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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 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.