

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer water/ajwain water+5soaked almonds [soak 2 anjeer in water drink water and chew the anjeer]

BREAKFAST OPTIONS-

2DAYS- bread omellete/2scramble eggs

2DAYS- overnight soaked oats/2peanut butter toast

3DAYS- 2moong dal chilla+green chutney/quinoa upma

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

LUNCH-

3DAYS- 2wheat bran roti+any dal or sabji+salad

2DAYS- chicken curry+rice+salad/1rajma wap+salad

1Days- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- 1cup ginger tea+popcorn

DINNER-

2DAYS- sprouts panner salad/sweet potato salad

3DAYS- avocado salad/chicken tikka+salad

2 DAYS- sugar free fruit custard/boiled egg salad

BEDTIME- 1cup chamomile 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] 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.

