

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry patta water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 1besan toast/2 high protein chilla

2DAYS- quinoa upma/overnight soaked oats

3DAYS- boiled egg sandwich/panner sandwich

MID- MORNING- any seasonal fruit /1glass ash gourd juice

LUNCH-

3DAYS- 1ragi roti+any sabji or dal+salad

2DAYS- dal makhani+rice+salad/palak kadi+rice+salad

1Day- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+chana

DINNER-

3DAYS- egg bhurji+salad/tomato beetroot soup+2egg white

2DAYS- kala chana salad/lemon coriander soup+30gms panner

2 DAYS- 1rice dosa+sambhar /sprouts dahi chaat

BEDTIME- 1cup fennel tea

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.

