

WEIGHT LOSS DIET

MORNING DRINK- water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- bread omellete/masala oats

2DAYS- rava upma/Maggie with lots of veggies

3DAYS- 1glass smoothie [from my page]/2high protein chilla+green chutney

[you can take milk tea or coffee with breakfast]

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

LUNCH-

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

3DAYS- 2oats roti+any sabji or dal+salad

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

3DAYS- kala chana salad/1bowl sweet corn soup

2DAYS- sautéed mushroom panner salad /boiled egg salad

2 DAYS- chickpea veggies salad/sugar fruit fruit custard

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.

