

WEIGHT LOSS DIET

MORNING DRINK- saunf hing water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- 2high protein chilla/onion cucumber sandwich

2DAYS- Maggie lots of veggies/1glass smoothie from my page

3DAYS- chia seed pudding/1besan toast

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

LUNCH-

2DAYS- massor dal+rice+salad/mix veg. sabji+sprouts

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

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+chana

DINNER-

3DAYS- whole wheat noodles/1plain dosa+sambhar

2DAYS- panner bhurji/mix fruit yogurt salad

2 DAYS- oats in milk with fruits/chickpea yogurt salad

BEDTIME- 1cup jeera 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.

