

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf hing water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- kala chana chaat/panner sandwich

2DAYS- 1glass cold coffee smoothie/chia seed pudding

3DAYS- 1besan toast+green chutney/ 2 protein chilla+green chutney

(You can take milk tea with breakfast)

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- 2slice wheat pizza/rajma wrap+salad

1Days- panner curry+rice+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+bhel

DINNER-

2DAYS- quinoa salad/sautéed mushroom panner salad

3DAYS- besan sheera/fruit custard

2 DAYS- whole wheat pasta/lemon coriander soup/sweet potato chaat

BEDTIME- 1cup turmeric 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. For sugar cravings you can have 1date/2pcs of dark chocolate/1oats ladoo/1dry fruit ladoo/1fruit.

16. Manage your stress and Do some deep breathing at any time of the day.

