

WEIGHT LOSS DIET

MORNING DRINK- 1glass tulsi leaves water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- chia seed pudding/bread omellete

2DAYS- grill sandwich/2high protein palak chilla

3DAYS- sweet potato chaat/2sunny side up

MID- MORNING- any seasonal fruit/1glass amla juice

LUNCH-

2DAYS- oats khichdi+curd+salad/mix veg sabji+boiled sprouts

3DAYS- 2onion stuff /ragi roti+any sabji or dal+salad +curd

1Day- chicken pulao+veg. raita+salad

1Day- meal of your choice

EVENING SNACK- milk tea/curry patta tea+popcorn

DINNER-

3DAYS- mix fruit yogurt salad/soya bhurji+salad

2DAYS- sweet corn soup+2egg whites/kala chana chaat

2 DAYS- barley daliya/1plain dosa+sambhar

BEDTIME- 1cup ajwain 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.

