

WEIGHT LOSS DIET

MORNING DRINK- 1glass methi seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- beetroot panner sandwich/makhana pudding

2DAYS- masala oats/sprouts dahi chaat

3DAYS- 1besan toast/2 high protein palak chilla

MID- MORNING- green tea/1glass barley water

LUNCH-

3DAYS- 2 roti+any sabji or dal+salad+curd /1panner prantha+pickle

2DAYS- dal makhani+rice+salad+curd /barley dalia

1Days- 2whole wheat pao+bhajii+onion salad

1Day- meal of your choice

EVENING SNACK- turmeric tea/milk tea+any seasonal fruit

DINNER-

2DAYS- barley daliya/museli

3DAYS- kala chana chaat/moong dal idli+coconut chutney

2 DAYS- pasta panner salad/1bowl sweet corn soup

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

