

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- veg.poha/veg. vermicelli **2DAYS-** 1onion
prantha+pickle/1glass smoothie from my page

3DAYS- 2scramble eggs/2sunny side up

[use any plant based milk]

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

LUNCH-

2DAYS- mix veg+sprouts/dal makhani+rice+salad

3DAYS- 2jowar roti+any dal+salad+curd

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+ 1bowl roasted popcorn

DINNER-

3DAYS- lentil salad/kala chana salad **2DAYS-** egg white
salad/moong dal idli

2 DAYS- quinoa salad /rajma veggies salad

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.

