

WEIGHT LOSS DIET

MORNING DRINK- 1glass jeera lemon water/flax seed water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- 2scramble eggs +bread toast/veg.poha

2DAYS- 1glass smoothie [from my page]/bread omelte

3DAYS- oats with curd/milk daliya

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

LUNCH-

2DAYS- 2barley roti+any dal or sabji+salad+curd

2DAYS- moong dal+rice+curd+salad/veg. pulao+salad+curd

2Days- soya roll+salad

1Day- meal of your choice

EVENING SNACK- green tea /milk tea with 1bowl foxnuts

DINNER-

3DAYS- paner tikka+salad/2high protein chilla+green chutney

2DAYS- sautéed vegetable+dal soup/egg bhurji+salad

2 DAYS- stir fried kala chana salad/1bowl bhel puri

BEDTIME- 1cup jeera tea

NOTE- you can take milk tea or coffee with breakfast if required

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 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/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

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

