

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- oats with curd/bread omelette

2DAYS- makhana pudding/cucumber tomato sandwich

2DAYS- corn and spinach sandwich/1glass cold coffee smoothie

MID- MORNING- 1glass ash gourd juice/any seasonal fruit

LUNCH-

2DAYS- 2slice wheat pizza/chana dal+rice+salad

1DAYS- chicken pulao+curd+salad

3Days- 2makki/barley roti+any sabji or dal+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/coffee with 1bowl popcorn

DINNER-

3DAYS- methi dal/egg white salad /mix veg sabji+sprouts

2DAYS- roasted chicken salad/1carrot uttapam+sambhar

2 DAYS- soya bhurji+salad /hara bhara kakab+chutney

BEDTIME- 1cup saunf 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]
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.

