

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- boiled egg sandwich/1glass smoothie from my page

2DAYS- sprouts dahi chaat/1bowl papaya with mix seeds

2DAYS- 2scramble eggs+1bread toast

[You can have coffee/milk tea with breakfast]

MID- MORNING- coconut water

LUNCH-

2DAYS- steamed quinoa+sambhar/1carrot uttapam+sambhar

1DAYS- moong dal khichdi+salad

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

1Day- meal of your choice

EVENING SNACK- greentea+1apple with peanut butter

DINNER-

3DAYS- 1boiled+3egg whites/ 1besan chilla with veggies+green chutney

2DAYS- milk daliya/grilled chicken salad

2 DAYS- tofu veggie salad/1bread pizza

BEDTIME- 1cup jeera 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 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.