

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry leaves water+2spoon seed mix

BREAKFAST OPTIONS-

3DAYS- overnight oats/1bajra raddish roti+any green veg

2DAYS- boiled egg sandwich/2peanut butter toast

2DAYS- veg. poha/quinoa upma

[You can take milk tea or coffee with breakfast]

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

LUNCH-

3DAYS- 2jowar+any sabji or dal+salad+curd

2DAYS- chicken pulao+curd+rice

1Days-whole wheat pasta with lots of veggies

1Day- meal of your choice

EVENING SNACK- green tea/milk tea/coffee with any seasonal fruit/hummus with cucumber

DINNER-

3DAYS- palak dal soup+30gms panner /besan sheera

2DAYS- Mexican salad/quinoa salad with veggies

2 DAYS- carrot uttapams+coconut chutney /mix veg sabji+sprouts

BEDTIME- 1cup ginger tea [optional]

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.

Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]

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.