

WEIGHT LOSS DIET

MORNING DRINK- 1glass amla juice/methi seed water+2spoon seed mix

BREAKFAST OPTIONS-

3DAYS- egg omellete/chia seed pudding

2DAYS- masala oats/2scramble eggs+1bread toast

2DAYS- 1-2 bajra radish roti+any sabji

MID- MORNING- 1glass ash gourd juice/coconut water

LUNCH-

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

3DAYS- steamed quinoa+sambhar/palak kadi+rice+salad

1Days- chicken pulao+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with any seasonal fruit

DINNER-

3DAYS- 1bowl palak panner sabji /methi dal /vegetable daliya

2DAYS- Mexican salad/roasted chicken salad

2 DAYS- 250gms sprouts dhokla/kala chana salad

BEDTIME- 1cup cinnamon 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.

