

WEIGHT LOSS DIET

MORNING DRINK- 1glass lukewarm saunf water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- veg. oats upma /veg. macroni

2DAYS- 2sunny side up+1bread toast

3DAYS- chia seed pudding/makhana pudding

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

LUNCH-

2DAYS- 2wheat bran roti+any dal or sabji+salad+curd

2DAYS- egg curry+rice+salad/soya bhurji+salad

2Days- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea /milk tea with 2tsp seed mix

DINNER-

3DAYS- stir fried egg salad/1moong dal chilla+green chutney

2DAYS- oats soup/rajma veggies salad

2 DAYS- 1 carrot uttapam+sambhar/250gms dhokla

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.

