

WEIGHT LOSS DIET

MORNING DRINK- lukewarm lemon jeera water+2walnuts soaked
/1glass anjeer water

BREAKFAST OPTIONS-

2DAYS- overnight soaked oats/2scramble eggs+1bread toast

2DAYS- kala chana chaat/2sunny side up

3DAYS- sooji beetroot chilla+green chutney/2moong dal
chilla+chutney

[you can take milk tea or coffee with breakfast]

MID- MORNING- coconut water/amla juice

LUNCH-

2DAYS- veg pulao+curd+salad/palak kadi+rice+salad

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

1Day- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn

DINNER-

3DAYS- 1plain dosa+sambhar/chicken tikka+salad

2DAYS- besan sheera/sprouts dahi chaat

2 DAYS- stir fried egg salad/sautéed panner veggie salad

BEDTIME- 1cup cinnamon 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 are allowed.
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.

