

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- masala oats/sooji chilla+green chutney

2DAYS- vermicelli with lots of veggies /1glass smoothie from my page

3DAYS- cucumber onion sandwich/sprouts dahi chaat

(You can take tea/coffee with breakfast)

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

LUNCH-

3DAYS- 2 wheat roti+any dal or sabji+salad+curd

2DAYS- 1bowl rice +sambhar+salad/chole+rice+salad

1Days- veg pulao+curd+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

2DAYS- sweet potato chaat/1glass turmeric milk+1apple

3DAYS- boiled moong dal salad/oats upma

2 DAYS- vegetable daliya/stir fried panner salad

BEDTIME- 1cup saunf 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] avoid adding excess of spices and oil in food.
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.

