

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry leaves water

BREAKFAST OPTIONS-

2DAYS- 1-2 roti+any sabji [use makki ka atta/besan/barley]

2DAYS- carrot uttapam+chutney /2sunny side up+1bread toast

3DAYS- 1glass smoothie [apple, spinach,ginger,orange] /oats coconut smoothie

[use plant based milk only]

MID- MORNING- green tea+any seasonal fruit

LUNCH-

3DAYS- methi dal/makhana panner sabji

2DAYS- mix veg sabji/vegetable dalia

1Day- egg roll

1Day- meal of your choice

EVENING SNACK- beetroot peel tea/herbal tea+roasted chana

DINNER-

3DAYS- 1boiled+2egg whites/boiled moong dal salad

2DAYS- sprouts salad/bowl of fruits with melon seeds, sunflower seeds, coconut or dates

2 DAYS- ragi soup with tofu/vegetable idli+coconut chutney

BEDTIME- 1cup moringa water

NOTE-

- **For vegetables use methi, spinach, carrot, cauliflower**
- **Use only plant based milk**
- **For flour use makki, barley, besan**

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.

