

WEIGHT LOSS DIET

MORNING DRINK- 1glass amla juice/black pepper lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 2high protein palak chilla/2sunny side up

2DAYS- chia seed pudding /chocolate smoothie [10almonds soaked,1tsp coco powder,1banaan,2dates.water blend and enjoy]

3DAYS- boiled egg sandwich/sprouts dahi chaat

MID- MORNING- any 1 seasonal fruit /1glass barley water

LUNCH-

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

2DAYS- chicken wrap/kala chana curry+rice+salad

1Days- 2kuccha+chole+salad

1Day- meal of your choice

EVENING SNACK- 1cup green tea/milk tea with 1small bowl bhel

DINNER-

2DAYS- sautéed chicken salad with veggies/steamaed quinoa+sambhar

3DAYS-stir fry boiled egg salad /soya bhurji+salad

2 DAYS- Mexican salad/besan sheera

BEDTIME- 1cup fennel 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] 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.