

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain lemon water

BREAKFAST OPTIONS-

3DAYS- veg. poha/2high protein chilla

2DAYS- panner sandwich/Maggie with lot of veggies

2DAYS- 1glass smoothie from my page

MID- MORNING- 1glass coconut water

LUNCH-

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

2DAYS- Mexican wrap /2pao+bhaji+salad [whole wheat]

2Days- methi dal/palak panner sabji

EVENING SNACK- beetroot tea with apple with 1tsp peanut butter or almond butter

DINNER-

3DAYS- hummus sandwich/quinoa salad

2DAYS- vegetable daliya/kala chana salad

2 DAYS- sautéed vegetable+tomato soup/sweet corn
soup+sweet potato

BEDTIME- 1cup cinnamon tea

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. Manage your stress and Do some deep breathing at any time of the day.

