

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- hung curd sandwich/egg omlette

2DAYS- 1glass chocolate smoothie/chia seedpudding

3DAYS- 1banan with peanut butter/1bajra onion roti+any green vegetable

[you can take coffee/milk tea with breakfast]

MID- MORNING- 1glass any fresh vegetable juice/any seasonal fruit

LUNCH-

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

2DAYS- egg curry+rice+salad /chicken pulao+curd+salad

1Day- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+chana [you can take 2marrie biscuit 1-2 days]

DINNER-

3DAYS- sautéed chicken salad/palak soup+2egg whites

2DAYS- panner bhurji+salad/besan sheera

2 DAYS-kalal chana salad/250gms sprouts dhokla

BEDTIME- 1cup ginger 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 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.

