

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water

BREAKFAST OPTIONS-

2DAYS- overnight soaked oats

2DAYS- Maggie with lots of veggies/ragi upma

3DAYS- boiled egg sandwich/sprouts chaat

MID- MORNING- 1apple with peanut butter /buttermilk

LUNCH-

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

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

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+makhana

DINNER-

3DAYS- chicken tikka+salad/tomato soup+2egg whites

2DAYS- 250gms dhokla/rajma veggie salad

2 DAYS- 2veg uttapams+coconut chutney/moong dal idli+chutney

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 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.

