

WEIGHT LOSS DIET

MORNING DRINK- 1glass ash gourd juice/saunf water+2spoon seed mix

BREAKFAST OPTIONS-

2DAYS- 1glass smoothie from my page [use plant based milk

2DAYS- 1boiled egg+2egg whites/2sunny side up

3DAYS- chia seed pudding/kala chana chaat

MID- MORNING- any seasonal fruit /ABC juice

LUNCH-

3DAYS- 1oats/ragi roti+any sabji or dal+salad

2DAYS- steamed quinoa+sambhar or any dal

1Day- 2kulcha+chole+salad

1Day- meal of your choice

EVENING SNACK- milk tea/turmeric tea+makhana

DINNER-

3DAYS- palak dal soup/hara bhara kabab+green chutney

2DAYS- boiled egg salad /sautéed soya chunk salad

2 DAYS- boiled sprouts salad /bhel puri

BEDTIME- 1cup fennel 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.

