

WEIGHT LOSS DIET

MORNING DRINK- 1glass tulsi leaves water

BREAKFAST OPTIONS-

3DAYS- hung curd sandwich/veg grilled sandwich

2DAYS- 1glass smoothie from my page

2DAYS- 2oats chilla with veggies/1besan toast+green chutney

MID- MORNING- coconut water

LUNCH-

3DAYS- 1jowar roti+any sabji or dal+salad+curd

2DAYS- bajra khichdi+salad/panner roll

1Day- whole wheat noodles

1Day- meal of your choice

EVENING SNACK- milk tea/beetroot tea+chana

DINNER-

2DAYS- besan sheera/1subway

2DAYS- rajma tikki/makhana chaat

3DAYS- lemon coriander soup+30gms panner /Mexican soup

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.

