

WEIGHT LOSS DIET

MORNING DRINK- 1glass cuury leaves water

BREAKFAST OPTIONS-

3DAYS- 2suuny side up/boiled egg sandwich

2DAYS- 1glass smoothie from my page

2DAYS- makhana pudding/Maggie with lot of veggies

MID- MORNING- 1glass chia seed lemon water

LUNCH-

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

2DAYS- 1veg. uttapam+sambhar/dal makhani+rice+salad

1Days- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with any seasonal fruit

DINNER-

3DAYS- chciken tikka+salad/boiled sprouts panner salad

2DAYS- egg white salad /1besan toast+green chutney

2 DAYS- tomato soup+2egg whites/sweet potato chaat

BEDTIME- 1cup cinnamon tea [optional]

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.

