

WEIGHT LOSS DIET

MORNING DRINK- 1glass ginger lemon water

BREAKFAST OPTIONS-

3DAYS- 1makki roti+saag/quinoa upma with lots of
veggies

2DAYS- oats omellete/1glass chocolate smoothie

2DAYS- oats with curd/2peanut butter toast+1apple

MID- MORNING- 1glass cucumber mint juice+2spoon seed mix

LUNCH-

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

2DAYS- sautéed sprouts salad /palak corn sabji

1Days- oats chocolate pancake

1Day- meal of your choice

EVENING SNACK- herbal tea+any seasonal fruit

DINNER-

3DAYS- boiled egg sandwich/panner bhurji

2DAYS- mushroom pepper fry/soya kakab+green chutney

2 DAYS- 1subway/Mexican soup/steamed quinoa+sautéed vegetables

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.

