

WEIGHT LOSS DIET

MORNING DRINK- 1glass tulsi leaves water

BREAKFAST OPTIONS-

3DAYS- veg. poha/quinoa upma

2DAYS- oats omellete

2DAYS- chia seed pudding /2besan chilla with veggies

[You can have coffee/milk tea with breakfast]

MID- MORNING- any 1 seasonal fruit

LUNCH-

2DAYS- brown rice pulao+curd+salad

1DAYS- chicken biryani+salad

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

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with 1bowl popcorn

DINNER-

3DAYS – hara bhara kakab+green chutney/milk daliya

2DAYS- rajma tikka/boiled sprouts salad

2 DAYS- sautéed chicken salad/grilled fish

BEDTIME- 1cup turmeric tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.