

WEIGHT LOSS DIET

MORNING DRINK- 1glass moringa water

BREAKFAST OPTIONS-

2DAYS- milk daliya /veg. grill sandwich

2DAYS- oats omelte/2moong dal chilla with veggies

3DAYS- sweet potato chaat/Maggie with lot of veggies

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- 2ragi roti+any sabji or dal+salad

2DAYS- rice+fish curry+salad

2Days- 2besan gheeya chilla+green chutney /chicken biryani+salad
[curd optional]

1day- meal of your choice

EVENING SNACK- green tea+makhana

DINNER-

2DAYS- pumpkin soup/dal palak soup

2DAYS- boiled egg salad [3egg whites] /Mexican soup

3DAYS- sautéed chicken salad/mushroom pepper fry

BEDTIME- 1cup chamomile 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.

