

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water+2spoon seed mix

BREAKFAST OPTIONS-

2DAYS- peanut butter sandwich

2DAYS- 2oats chilla with veggies/2sunny side up+1bread toast

3DAYS- chococlata smoothie/makhana smoothie

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- chicken pulao+salad

1Days- Maggie with lot of veggies

1Day- meal of your choice

EVENING SNACK- 1cup green tea+1apple with peanut butter

DINNER-

2DAYS- sautéed chciken salad/Mexican soup

3DAYS- palak dal soup/milk daliya

2 DAYS- hara bhara kabab+green chutney /boiled kala chana salad

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] avoid adding excess of spices and oil in food.
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.

