

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric black pepper water

BREAKFAST OPTIONS-

2DAYS- quinoa upma/makki roti+saag

2DAYS- oats omellete/boiled egg sandwich

3DAYS- chocolate smoothie/2moong dal chilla with veggies

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

LUNCH-

3DAYS- 1jowar roti+any dal or sabji+salad+buttermilk

2DAYS- rice+sambhar/palak kadi+salad

1Days- 1subway

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+popcorn

DINNER-

2DAYS- lentil soup /Mexican soup

3DAYS- kala chana salad/makhana chaat

2 DAYS- milk daliya/sautéed egg white salad

BEDTIME- 1cup chamomile 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] 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.

