

WEIGHT LOSS DIET

MORNING DRINK- 1glass curry leaves water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- egg omellete/masala oats

2DAYS- veg. poha/grilled sandwich

3DAYS- sprouts chaat/2sunny side up

[you can have tea/coffee with breakfast]

MID- MORNING-1glass coconut water/barley water

LUNCH-

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

2DAYS- quinoa pulao+curd+salad

1Days- 1bajra raddish roti+any green sabji

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

2DAYS- besan sheera /sautéed panner with veggies

3DAYS- chicken soup/1bowl chia seed pudding/ boiled chicken salad

2 DAYS- 1glass coconut dates milk/chocolate smoothie

BEDTIME- 1cup turmeric /tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
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] 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.

16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,

