

WEIGHT LOSS DIET

MORNING DRINK- 1glass lukewarm turmeric water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- egg omellete /sweet potato chaat

2DAYS- 2oats chilla with veggies/1boiled egg+1peanut butter toast

3DAYS- 1bajra raddish roti+any sabji/panner sandwich

[you can have tea/coffee with breakfast]

MID- MORNING- coconut water

LUNCH-

3DAYS- 1jowar roti+anydal or sabji+curd+salad

2DAYS- rajma rice+salad/veg. pulao+salad+curd

1Day- whole wheat pasta /egg bhurji+salad

1Day- meal of your choice

EVENING SNACK- turmeric tea/milk tea+any seasonal fruit

DINNER-

3DAYS- sautéed vegetable+30gms grill panner /soya chunk salad

2DAYS- sweet corn soup+2egg white/kala chana salad

2 DAYS- milk daliya /chickpea salad

BEDTIME- 1cup jeera 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]
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 are allowed.
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.

