

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- 1cup hot chocolate/foxnut milk Roasted makhana

Simple almonds 4-5

2 cashews

Grinded coconut

2 dates

Blend and put this mixture in hot milk. Give it a boil and enjoy the milk

2DAYS- 2sunny side up/1peanut butter toast+1boiled egg

3DAYS- milk porridge/ 2 hummus toast

MID- MORNING- any seasonal fruit /celery juice

LUNCH- take apple cider vinegar in warm water 30-45 min before dinner

3DAYS- chicken wrap/1subway/avocado wrap

2DAYS- rice+thai curry

1Day- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- green tea+any seasonal fruit or protein bar
[once or twice a week]

DINNER-

3DAYS- sautéed vegetables /baked bean salad

2DAYS- lentil salad/ celery soup+2egg whites

2 DAYS- 1bowl Mexican soup /sautéed chicken salad

BEDTIME- 1cup green 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.

