

WEIGHT LOSS DIET

MORNING DRINK- 1glass kesar tea

BREAKFAST OPTIONS-

2DAYS- makhana 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- veg. vermicelli /quinoa upma

3DAYS- sweet potato chaat/hummus sandwich

[use any plant based milk]

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- chana dal+rice+salad/veg. pulao+salad

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

1Day- 1besan toast+green chutney

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+chana

DINNER-

3DAYS- pumkin soup+30gms grill panner /1bowl thai curry

2DAYS- stir fried kala chana salad /boiled moong dal salad

2 DAYS- fruit custard/gheeya kheer

BEDTIME- 1cup fennel 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 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.

