

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea

BREAKFAST OPTIONS-

2DAYS- 1maakki roti+saag

2DAYS- veg. poha/sprouts dahi chaat

3DAYS- 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

Boiled moong dal salad

(You can take tea/coffee with breakfast)

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- sambhar+rice/masala idli

1Days- 1panner beetroot prantha+pickle

1Day- meal of your choice

EVENING SNACK- turmeric tea/milk tea+popcorn

DINNER-

2DAYS- soya kakab+green chutney/Mexican soup

3DAYS-methi dal/mushroom pepper fry

2 DAYS- pumpkin soup+30gms panner /thai curry

BEDTIME- 1cup saunf 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.

