

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- oats omellete

2DAYS- rava upma /veg. vermicelli

3DAYS- chocolate smoothie/makhana smoothie

MID- MORNING- coconut water

LUNCH-

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

2DAYS- lobia curry+rice+salad/brown rice pulao+curd+salad

1Day- chicken pasta

1Day- meal of your choice

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

DINNER-

3DAYS- soya chunk salad /ragi soup

2DAYS- masala idli/plain rice dosa+sambhar

2 DAYS- 250gms sprouts dhokla/gheeya kheer

BEDTIME- 1cup cinnamon 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.

