

WEIGHT LOSS DIET

MORNING DRINK- 1glass jeera water/lukewarm lemon water

BREAKFAST OPTIONS-

2DAYS- makhana chaat/sweet potato chaat

2DAYS- 2oats chilla with veggies/mix fruit bowl

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

MID- MORNING- coconut water

LUNCH-

3DAYS- 2jowar roti+anydal or sabji+salad

2DAYS- rajma rice+salad/whole wheat noodles

1Day- wheat momos [5 pcs]

1Day- meal of your choice

EVENING SNACK- coffee/milk tea+makhana

DINNER-

3DAYS- 1glass chocolate smoothie /1subway

2DAYS- 1bowl hot and sour soup/1 oats pancake

2 DAYS- 1glass cold coffee smoothie/hara bhara kabab+green chutney

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

[THIS DIET IS SUITABLE FOR SPORTS]

Specifications- allergic to nuts and soya

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.

