

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric black pepper water

BREAKFAST OPTIONS-

2DAYS- quinoa upma/1 makki roti+saag

2DAYS- oats pudding /corn and spinach sandwich

3DAYS- chocolate smoothie/1besan toast+green chutney

Use plant based milk only

MID- MORNING- coconut water+2spoon seed mix

LUNCH-

3DAYS- 1wheat bran roti+any dal or sabji+salad

2DAYS- rice+sambhar/lobia curry+rice+salad

1Days- 1subway /masoor dal wrap

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+popcorn

DINNER-

2DAYS- lentil soup /Mexican soup

3DAYS- kala chana salad/makhana chaat

2 DAYS- chia seed pudding/mushroom pepper fry

BEDTIME- 1cup chamomile tea [optional]

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.

