

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- chocolate smoothie/1glass hot milk+1small katori panjiri

2DAYS- peanut butter banana sandwich

2DAYS- mix fruit bowl+2spoon seed mix

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- soya curry+rice+salad /2kulcha+chole+salad

1Day- 1beetroot panner prantha+pickle

1Day- meal of your choice

EVENING SNACK- milk tea/orange peel tea+chana

DINNER-

2DAYS- gheeya kheer /makhan Milk

2DAYS- sautéed vegetable/oats soup

3DAYS- pumpkin soup/mushroom pepper fry

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 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.

