

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- veg. vermicelli/hummus sandwich

2DAYS- makhana milk

3DAYS- boiled egg sandwich/avocado toast

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- brown rice pulao+vegetable raita+salad/1bajra roti+any green vegetable

1Days- waldrof salad

1Day- meal of your choice

EVENING SNACK- green tea/coffee/milk tea with 1bowl foxnuts

DINNER-

3DAYS- pumpkin soup+2egg whites /soya kakab+green chutney

2DAYS- roasted chicken salad /masala idli

2 DAYS- mix veg sabji+1bowl sprouts/1bowl thai curry

BEDTIME- 1cup jeera 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]
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. For sugar cravings you can have 1date/1oats ladoo/1dry fruit ladoo/2pcs dark chocolate/1fruit/1tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

