

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- masala oats/Maggie with lots of veggies

2DAYS- oats omellete/1besan toast+green chutney

3DAYS- 2peanut butter toast/choco chia pudding

[you can take milk tea/coffee with breakfast]

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- bhaji+2whole wheat pao+salad/moong dal rice+salad

1Days- 2methi roti+any dal+salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+makhana

DINNER-

2DAYS- pumpkin soup+2egg whites/250gms sprouts dhokla

3DAYS- chickpea salad/quinoa panner salad

2 DAYS- egg bhurji+salad/poha cutlet+green chutney

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.

