

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf water/lukewarm lemon water

BREAKFAST OPTIONS-

2DAYS- makhana milk/hummus sandwich

2DAYS- panner sandwich/veg. macroni

3DAYS- 2masoor dal chilla/1besan toast+green chutney

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- veg. pulao+curd+salad/2slice whole wheat pizza

1Day- wheat momos [5 pcs]

1Day- meal of your choice

EVENING SNACK- coffee/milk tea+popcron

DINNER-

3DAYS- carrot kheer/poha cutlet+green chutney

2DAYS- thai curry/ **sautéed vegetable+dal soup**

2 DAYS- 2 idli+sambhar /quinoa upma with lots of veggies

BEDTIME- 1cup chamomile 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.

