

WEIGHT LOSS DIET

MORNING DRINK- 1glass ACV water [add 1spoon apple cider vinegar in warm water]

BREAKFAST OPTIONS-

3DAYS- ragi upma/veg. poha

2DAYS- boiled egg sandwich/1peanut butter toast+1boiled egg

2DAYS- carrot kheer

[You can have coffee/milk tea with breakfast]

MID- MORNING- any 1 seasonal fruit /coconut water

LUNCH-

2DAYS- 1bajra roti+any green vegetable+salad

1DAYS- soya wrap+salad

3Days- 2barley roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with 1bowl roasted chana

DINNER-

3DAYS- stir fried chickpea salad/mushroom pepper fry

2DAYS- panner cabbage salad/oats appe+green chutney

2 DAYS- makhana milk/besan sheera

BEDTIME- 1cup ajwain tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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

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.