

WEIGHT LOSS DIET

MORNING DRINK- 1glass kesar tea

BREAKFAST OPTIONS-

2DAYS- 2 avocado toast/boiled sprouts chaat

2DAYS- corn and spinach sandwich/makhana milk

3DAYS- veg. macroni/ragi upma

MID- MORNING- any seasonal fruit

LUNCH- ACV WATER [add 1spoon acv in water and have 1hr before lunch]

2DAYS- 2besan roti+any sabji or dal+salad

2DAYS- rice+chicken curry/lobia curry+salad

2Days- 2slice wheat pizza/boiled moong dal salad

1day- meal of your choice

EVENING SNACK- herbal tea+1apple with peanut butter/any seasonal fruit

DINNER-

2DAYS- sautéed tofu salad/celery soup+2egg whites

2DAYS- carrot kheer/1quinoa chilla

3DAYS- grilled fish+salad/Egyptian egg salad

BEDTIME- 1cup chamomile 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.

