

WEIGHT LOSS DIET

MORNING DRINK- 1cup tulsi leaves water

BREAKFAST OPTIONS-

2DAYS- carrot kheer

2DAYS- 2hummus toast/1peanut butter toast+2egg whites

3DAYS- 2quinoa chilla/makhana chaat

MID- MORNING- coconut water+30gms seed mix

LUNCH-

3DAYS- 1jowar/bajra roti+any dal or sabji+salad+curd

2DAYS- egg roll/masoor dal wrap

1Days- moong dal rice+salad

1Day- meal of your choice

EVENING SNACK- green tea /milk tea with popcorn/ 1protein bar
[once or twice in a week]

DINNER-

3DAYS- thai curry/panner cabbage salad

2DAYS- rajma tikki/1glass hot milk+1katori panjiri

2 DAYS- pumpkin soup+2egg whites/hot and sour soup

BEDTIME- 1cup chamomile tea

NOTE- you can take milk tea or coffee with breakfast if required

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 laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

15. Manage your stress and Do some deep breathing at any time of the day.

