

WEIGHT LOSS DIET

MORNING DRINK- kesar tea (1 cup)

BREAKFAST OPTIONS-

3DAYS- choco chia seed pudding /oats upma

2DAYS- 2besan chilla+chutney/2moong dal
chilla+chutney

2DAYS- makhana milk/ scramble eggs (2egg whites)

[You can have coffee/milk tea with breakfast]

MID- MORNING- any 1 seasonal fruit/coconut water

LUNCH-

2DAYS- 1methi stuff roti+vegetable raita+salad

1DAYS- veg brown rice pulao.+salad

3Days- 2oats/wheat bran roti+any sabji or dal+salad

1Day- meal of your choice

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

DINNER-

3DAYS- thai curry/carrot kheer

2DAYS- boiled egg salad (2egg white+1whole egg) /stir fried rajma salad/panner cabbage salad

2 DAYS- 2idli+sambhar/ 250gms sprouts dhokla

BEDTIME- 1cup cinnamon 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.