

WEIGHT LOSS DIET

MORNING DRINK- 1glass apple cider vinegar water (mix 1spoon ACV in warm water)

BREAKFAST OPTIONS-

2DAYS- ragi upma /vegetable maggie

2DAYS- choco chia pudding

3DAYS- panner sandwich/apple nutty smoothie
[1apple,5almonds,2walnuts,2dates,1cup milk blend and enjoy]
[you can take milk tea/coffee with breakfast]

MID- MORNING- 1glass coconut water+30gms seed mix

LUNCH-

3DAYS- 2 roti+any dal or sabji+salad+buttermilk

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

1Days- rajma rice+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit

DINNER-

2DAYS- carrot kheer /panner cabbage salad

3DAYS- chickpea salad /sautéed soya chunk salad

2 DAYS- ragi soup/dal palak soup

BEDTIME- 1cup chamomile tea [optional]

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] avoid adding excess of spices and oil in food.
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.

